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CORNELL UNIVERSITY TO HOST LARGE PUBLIC TALK BY THE DALAI LAMA—MARCH 26

H.H. the Dalai Lama, Nobel Peace Prize laureate, has accepted an invitation from Cornell University, located in Ithaca, New York, to be their 1991 Bartel World Affairs Fellow. This is Cornell's most prestigious lectureship.

The highlight of His Holiness' visit will be a talk, free and open to the public, scheduled for the early evening of March 26th. This event is one of the few opportunities for a large audience to hear a major talk by His Holiness the Dalai Lama. In anticipation of a sizeable response, the talk will be held in the University's huge field house. Cornell is designating substantial parking areas with free shuttle buses to make access to the field house convenient for out-of-town guests.

This visit will take place during His Holiness' first trip to the United States during the International

Year of Tibet, and special events in Ithaca are being planned to commemorate this occasion. Among them, Cornell's Herbert F. Johnson Museum of Art will host the construction of an intricate Tibetan sand mandala by monks of Namgyal Monastery during the two weeks preceding the visit, and His Holiness will be stopping by the museum during his visit to inspect and bless the mandala. Other events include a Tibetan film series at the Cornell Cinema, musical performances, a photo exhibit, and other displays of Tibetan art and culture.

Ithaca is located in the Finger Lakes region of New York State, directly accessible by bus (Greyhound) and by air (USAir, TWA and Continental fly into Ithaca). Ithaca may also be reached from Syracuse, which has more extensive airline service and lies approx-

imately an hour and a half north by car.

We are hoping to make this visit a very special occasion and encourage our readers to organize their friends or other groups to come join us for His Holiness' public talk. Please drop us a card, at the address below, to let us know where you are travelling from and the approximate number in your party so that we can have an idea of attendance. A map and an information sheet on local accommodations may be obtained by sending a stamped self-addressed envelope to: Dalai Lama Visit, P.O. Box 6761, Ithaca, NY 14851.

During late March and early April of 1991 His Holiness will also visit Houston, Findlay, OH, and San Francisco. Watch for details in our next newsletter. ■

A TALE OF TWO LAMAS

It is said that, at the time of the rebirth of the Terton Dorje Dechen Lingpa, the sky in Sikkim resounded in thunder, "I am here!" the sound coming from all directions in space. Sogtrul Rinpoche, his principle student and lineage holder, was already awaiting him, as his place of rebirth had been predicted both by His Holiness Dudjom Rinpoche and by His Holiness Reting Rinpoche, the senior tutor to His Holiness the Dalai Lama. By the time Sogtrul Rinpoche reached him, he had already declared himself to be the rebirth of the terton from Dhomang. He became known as Yangthang Tulku, as he was from the Yangthang clan in Sikkim.

Once back he was quickly put into training, Khenpo Pema being sent from the main Pelyul monastery, of which Dhomang was a branch, specifically of that end. He had much to live up to. Dorje Dechen Lingpa, aside from being a terton, a revealer of hidden revelations (*terma*), had also been a great lineage holder in the Palyul tradition, which included the main lineage for the terma of Ratna Lingpa and the Namcho lineage of Terton Migyur Dorje. Incarnations previous to Dorje Dechen Lingpa included Vimalamitra, through whom most of the Dzogchen teachings first came into Tibet, and Terton Lhatsun Namkha Jigme.

Among the teachings and practices which he had to master were the extensive and powerful practices of Ratna Lingpa, the complete Namcho tradition, and of course the terma of Dorje Dechen Lingpa himself. As a matter of course, he was completely trained in the Kangyur and Tangyur, and in the works of Longchenpa.



Yangthang Tulku.

As he matured, Yangthang Tulku gave many great empowerments and transmissions, including that of the entire Kangyur. He was widely recognized for the quality and depth of his realization, the power of his attainment, and the purity of his transmissions. Eventually, he succeeded Sogtrul Rinpoche as the Abbot of Dhomang.

Already enthroned when he arrived was another great tulku of

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Ven. Pema Losang Chogyen at Cornell University's Computer Graphics Laboratory.

EXPLORING THE MANDALA

For the past two years the maroon-robed Tibetan Buddhist monk, Pema Losang Chogyen, from Namgyal Monastery of Dharamsala, India, has been a steady presence at the prestigious Program for Computer Graphics at Cornell University. In 1988 Pema, who is a scholar, artist and ritual arts master, was chosen to come to the United States for the purpose of translating the mandala structure as it is traditionally visualized into a useful three-dimensional format allowing the viewer to understand its basic inner and outer structure.

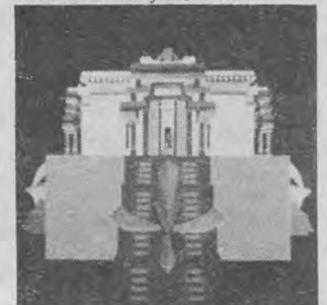
After exploring several possible approaches, Pema met Professor Donald Greenberg at Cornell University, who became very interested in the project. Professor Greenberg encouraged Pema to work at Cornell's Program for Computer Graphics and placed at his disposal the program's most advanced, state-of-the-art computer graphics technology together with the assistance of Cornell's technical staff. The computer-

generated video that emerged from their collaboration is unique, both for its subject matter and for the extraordinary photographic realism of its images.

The short video, *Exploring the Mandala*, demonstrates the relationship between two-dimensional mandalas and their less familiar three-dimensional forms. A three-dimensional mandala such as this, although described in outline form in Tibetan meditation texts, has never been produced to the scale of the viewer so as to allow complete visual inspection of its stage-by-stage construction and internal layout. While the sequence of the mandala's construction does not precisely follow a specific ritual text, meditation practitioners will find this video especially interesting for its demonstration of the process of mandala generation.

The specific subject is a variation of the Thirteen-Deity Vajra Bhairava (Yamantaka) mandala. It was chosen for its relatively simple structure and its similarity to

Exterior view of the mandala



Interior view

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THE SHARTSE MONKS IN MEXICO

The first visit of a group of Tibetan monks to Mexico last March produced an extraordinary response from the Mexican people. During their six-day stay, organized by Casa Tibet Mexico, more than 35,000 people turned out to witness unprecedented cultural and social events. The monks were invited to the Basilica de Guadalupe, Patron Saint of Mexico and Latin America. They also performed a purification ceremony for the people of Mexico at the pyramids of Teotihuacan, a major pre-Columbian landmark. Wherever the Shartse monks made an appearance, the public response was overwhelming. Press, television, and radio were also attentive to the monks' activities, resulting in generous front page and prime time coverage throughout their stay.

On the day after their arrival the monks were taken to Casa Tibet Mexico in Mexico City for a major press conference involving sixty correspondents who expressed much interest in regard to Tibet, its culture, religion, and political status. In the afternoon, the empowerment of White Tara was given to 350 women.

The Shartse monks gave three sell-out ritual dance performances. Each time the audience responded enthusiastically, and on the final night the monks received a standing ovation with cries of "Free Tibet!" from the crowd.

On a tour of downtown Mexico City, the monks encountered Mexican Indian dancers whose leader dedicated a ritual dance to the monks and people of Tibet. In return, Topgyal Rinpoche, having received the ritual conch used by the Indians, gave katas to each of them. Expressing his appreciation, he said that through this present the union of Mexico and Tibet was established. Topgyal Rinpoche then blew the conch three times.

During the morning of March 18th the monks were invited to participate in an ecumenical ceremony in the Basilica de Guadalupe. This Catholic sanctuary honors the Patron Saint of Mexico and Latin America, being its most important and sacred spiritual center. The ceremony symbolized the acceptance of the Buddhist religion by the Catholic church in Mexico, resulting in an extremely important visit. The monks were personally welcomed by the Abbot of the Shrine of Guadalupe, Monsignore Shulemberg. Afterwards the monks chanted a prayer to the Virgin in the atrium of the church. In return Monsignore Shulemberg asked the congregation to sing, and expressed his deep respect for the Tibetan spiritual tradition, referring to it as "one of the most important spiritual disciplines existing in the world." This historical event, the first of its kind, was witnessed by more than two thou-

sand people.

That afternoon the first empowerment of the Eight Medicine Buddhas was given to 450 people. Medicine men, holders of the ancient Mesoamerican traditions, came from all over Mexico to receive this blessing.

On March 21, in the pyramids of Teotihuacan, an extraordinary event took place. In the words of Topgyal Rinpoche, the Shartse monks prepared to "establish a direct dialogue with the tutelary deities of the Mexican land in order to remind them of the commitment they have toward the progress and happiness of the people of Mexico." The monks arrived at 8 A.M. and performed an impressive ceremony before an attentive audience of 25,000 people.

Upon their return to Mexico City the monks were requested to plant a tree to commemorate the International Year of the World Environment, which will be held in Mexico City and will be hosted by the United Nations. This was filmed and will be made into a documentary to be viewed around the world.

The tremendous response to this visit has not only shown the great interest the Mexican people have for Tibetan culture and religion but also their concern for the oppression of the people. This emerges in part from their own deep understanding of the tragic loss of national identity, which



Topgyal Rinpoche planting a tree in Mexico City.

Mexico suffered as a consequence of the Spanish conquest. Since the departure of the monks the telephones have not stopped ringing at Casa Tibet with requests for information on Tibet and Buddhism. This is not only the result

of successful organizing by Casa Tibet and the great performances by the Shartse monks, but also of the deep-rooted interest in Mexico for Tibetan Buddhism, for His Holiness, and for the survival of this culture. ■

THE ART OF MASK-MAKING

by Pema Losang Chogyen

The mask-making tradition is one of the oldest existing Tibetan art forms. A great variety of materials and techniques may be employed, depending on the uses for which the mask is made. The most common technique, that of cloth mask-making, allows the artist to create the intricate detail necessary for ornate mythological beings and other complex figures. For this reason the cloth mask is especially employed for religious ceremonial dances and contemporary performances.



Ven. Pema Losang Chogyen holding the traditional cloth mask.

Most cloth masks are made almost twice the size of a human face and are frequently adorned with headdresses that make them look even bigger. Despite the size and detail, this kind of mask is lightweight and relatively inexpensive to produce. Consequently the art of cloth mask-making continues to be widespread, although modern materials may be substituted for the traditional ones, depending on convenience and availability.

The mask-making process involves five major steps: sculpting a mold, forming the mask over it, securing the shape of the mask, adding ornamental details, and finally painting the mask.

This complex process begins with the creation of a mold for the mask on a strong wooden board of the same width as the desired mask. First, a rough outline of the mask is drawn on the board to maintain the desired size during the modeling. The mold is then sculptured over the drawing, in

are carefully applied to the clay surface without overlapping. A weak glue is used so that the paper will not stick permanently to the mold. In a similar manner, five or six layers of thin cloth are next applied. Frequently a different color of fabric is used for each layer to ensure the consistency of thickness; otherwise the mask may lose the precision of its shape. For this process a stronger glue is used, which strengthens the overall structure.

Once the application of the fabric layers is complete, the mask is allowed to dry, and the underlying mold is then broken and removed. To preserve the shape of the mask, a supporting frame is attached to its inner edge. The frame is made of a strip of bamboo, heated to make it pliable and then shaped to fit the mask. Once cool, the bamboo retains its shape and provides a strong, lightweight support. The frame is then bound to the mask with strong twine that is passed through holes punched in the frame and the mask.

Now the details are added. The entire surface of the mask is carefully covered with a smooth thin layer of a special mixture consisting of equal amounts of paper pulp—finely mashed rice paper—and fine sawdust moistened with strong glue. This material gives strength to the mask and also provides a medium with which to sculpt fine ornamental details. Tibetan rice paper, which is thicker, softer, and much lighter than regular rice paper, provides lightweight strong adherence, while sawdust gives a pliable working medium as well as strength when it is dry. Artists find this medium very workable and convenient. Projecting embellishments, such as headdresses and other ornament-

continued on page 4

CUTTING THROUGH APPEARANCES

Practice and Theory of Tibetan Buddhism

By Geshe Lhundup Sopa
& Prof. Jeffrey Hopkins

This recent publication is a cornerstone of Buddhism—it is a practical manual of meditation and the theory that supports it. This book provides the foundation needed by any sincere practitioner to be able to follow the mahayana and vajrayana paths. By following the meditations explained in Part 1 concomitant with a rigorous cleansing of wrong views outlined in Part 2, a major step can be taken on the Buddhist path. The practice of Tibetan Buddhism is founded on a thorough study of Buddhist theory, the practices being the means of internalizing theory to the point where it becomes spontaneously lived experience.

In Part 1, the three principal aspects of the path, the essence of all the nearly countless scriptures of Buddha and their commentaries, are presented as meditations to be realized. The three aspects are: the intention to leave cyclic existence, the cultivation of an altruistic aspiration to highest enlightenment, and the third is the cultivation of the correct view. These are not to be seen as merely partial or introductory, they are written from the point of view of the highest of the philosophical schools, the Prasangika Madhyamika.

Without firm establishment of these three, no real progress in tantra can be accomplished. The intention definitely to leave cyclic existence is as essential to the practice of tantra as it is to that of

sutra; in tantra the discipline is even stricter than that of the sutra systems. The aspiration to enlightenment for the sake of all sentient beings is the assumption of the burden of freeing all sentient beings from misery and joining them with happiness and one's consequent wish for Buddhahood, the state wherein one actually has the power to effect one's promise to free all beings through teaching the path. It forms the motivation for tantra practice as well as for sutra practice. The correct view is the realization of emptiness, the realization that all phenomena do not exist inherently, are just imputations by thought, nominally existent and effective but not to be found under ultimate analysis. Emptiness itself is the life of sutra and tantra.

Part 2 is an excellent analysis of the four tenet systems in Buddhism. The Buddha spoke of the importance of tenets in the Lankavatara Sutra: "My doctrine has two modes, advice and tenets. to children I speak advice and to yogis, tenets." In order to clear the mind of wrong views which are the root cause of our suffering, the analysis of the nature of reality is delved into with special emphasis on the two truths, consciousness, the hindrances to enlightenment, the paths to freedom and the fruits of practice.

Cutting Through Appearances is available from Snow Lion for \$15.95. ■

HIS HOLINESS DILGO KHYENTSE RINPOCHE

Teaching in France, Summer 1990

The northern ranges of the French Alps provided the setting for the Rigpa International Summer Retreat, held this year from August 1-26. Led by Sogyal Rinpoche, Rigpa's annual retreats, which take place every summer in France, welcome great masters and attract over six hundred members of the Rigpa Sangha and others. However, this year's retreat was quite unique, with the presence of His Holiness Dilgo Khyentse Rinpoche and a number of other masters, who gave teachings to a gathering of nearly fifteen hundred people.

The ski station of Prapoutel, at an altitude of 1,350 meters and one hour's drive from Grenoble, was little prepared for the influx of so many summer visitors. The focal point for retreatants, accommodated mostly in the apartments of the ski station, was a group of tents strung along a narrow road skirting the edge of a precipitous drop on the mountain-side. The temple itself was housed in an enormous white tent, meticulously prepared by Sogyal Rinpoche, and filled with thangkhas, small shrines and large photographs of masters. Within it lay the central shrine, a curtained inner tent made entirely of yellow silk, lined with thangkhas, and containing some of the most precious and holy images and relics. Opposite the shrine, the whole wall of the tent could be opened, revealing a small garden, beyond which a vast panorama of space and mountain opened out over the lower slopes, tumbling like waves into the valley of the river Isere below. Directly across the valley lay the imposing presence of the Massif de la Chartreuse, a colossal rock face, itself the site of an enduring stronghold of the contemplative life, the famous Carthusian monastic order. In fact, when local officials visited His Holiness to pay their respects, the gifts they offered were a Chartreux cross and a large rock crystal.

Sogyal Rinpoche opened the retreat on the anniversary of the birth of Padmasambhava with a Feast Offering. Rinpoche gave a number of teachings, preparing retreatants for the presence of H.H. Dilgo Khyentse Rinpoche. Nyoshul Khen Rinpoche, a frequent visitor to Rigpa's retreats and one of the most eminent khenpos of the Nyingma tradition, offered a series of teachings, all delivered in his inimitable style, so redolent of the Dzogchen teachings of which he is an acknowledged master. After the first week, Chakdud Tulku Rinpoche arrived, to lead a *drupcho* (an intensive practice) of Rigdzin Dupa, "The Embodiment of the Vidyadharas," the inner sadhana of the guru according to the Dzogchen Longchen Nyingtik revelation of Jikme Lingpa. Rinpoche is a great master of sadhana, well-known amongst the Rigpa Sangha on account of his superlative chanting. Every day the complete Rigdzin Dupa sadhana was accomplished along with a full protectors' practice. Rinpoche also took this opportunity to teach on the Rigdzin Dupa.

Towards the end of the second week of the retreat Dzongsar Khyentse Rinpoche came. The reincarnation of the great Jamyang Khyentse Chokyi Lodro (1896-1959), who was the root

master of both His Holiness Dilgo Khyentse Rinpoche and Sogyal Rinpoche, Dzongsar Khyentse Rinpoche teaches widely around the world and is known for the challenging, humorous and fresh approach he brings to explaining the buddhadharma, qualities he manifested generously while teaching on a number of subjects, including Empowerment and Vajrakilaya. He also spent time with the children on the retreat, leading them in games such as volleyball and archery, and taking them for blessings from His Holiness.

On August 15th, His Holiness Dilgo Khyentse Rinpoche arrived, to be greeted by the sound of gyaling music and more than a thousand retreatants lining the approach road holding scarves. Born at Denkhok in Kham, eastern Tibet, in 1910, His Holiness Dilgo Khyentse was recognized as the mind incarnation of the great Jamyang Khyentse Wangpo (1820-92), one of the pioneers of the cultural and spiritual renaissance that swept Tibet, and particularly Kham, in the last century. Jamyang Khyentse was also the emanation of Jimke Lingpa (1730-98), the revealer of the Longchen Nyingtik cycle of Dzogchen teachings. His Holiness is universally revered as the greatest living exponent of Dzogchen and revealer of termas and he is the teacher of many of the important lamas today. For some years now, he has been giving teachings from the Nyingma and Dzogchen tradition to His Holiness the Dalai Lama, and he is the spiritual advisor to the royal family of Bhutan.

Khyentse Rinpoche is a master who is larger than life, and in a category entirely of his own. It would be no exaggeration to say that within the Buddhist tradition of Tibet there is no other meditation master or scholar of his calibre. With more than twenty years in retreat, his poetic and inspired writings, his vast learning, his tremendous achievements in the fields of building and publishing, his inexhaustible energy and the unique and effortless manner in which he continuously teaches and passes on the transmission, he epitomizes the image of the greatest lamas of the past.

Each day His Holiness gave teachings and empowerments. The first of these was the empowerment of the elaborate *Tendrel Nyesel*, the practice for eliminating inauspicious circumstances, revealed by the great Tertön Sogyal (1856-1926), which includes mandalas of deities of Mahayoga and Anuyoga, from both karma and terma traditions. His Holiness gave a remarkable teaching based on the actual terma text of the great Tertön. This was followed by the great empowerment of Vajrakilaya, the *Phurba Yang Nying Pudri*, again a terma of Tertön Sogyal, the famous Vajrakilaya practice of which the Thirteenth Dalai Lama was the Dharma heir, and which is practiced to this day H.H. the Dalai Lama and the monks of the Namgyal Dratsang. Dilgo Khyentse Rinpoche concluded by teaching on Vajrakilaya and the four kinds of Phurba.

Over the next two days His Holiness granted a series of empowerments from the Longchen Nyingtik cycle: Rigdzin Dupa, Yumka Dechen Gyalmo the



H.H. Dilgo Khyentse Rinpoche.

Queen of Great Bliss—the Dakini practice of Yeshe Tsogyal—and Takhyung Barwa, the wrathful practice of the Guru embodying Guru Drakpo, Hayagriva and Garuda, which is directed particularly against the kind of deeply-rooted illness so prevalent today.

Then His Holiness gave the empowerment of the Khandro Nyingtik, the Dzogchen teachings of Padmasambhava which passed into terma and were incorporated into the Nyingtik Yabshyi by Longchen Rabjam (1308-63). Subsequently, over the four days that followed, he gave the highest Dzogchen instructions from Longchen Nyingtik to a select group of students, conferring the empowerment of Tikle Gyachen, the innermost secret practice of the Guru according to Longchen Nyingtik. He also gave a number of teachings on *semtri*—guidance of the mind—to the whole assembly. At the request of Vajradhatu stu-

dents in particular, he granted the empowerment of Konchok Chidu, the practices of Guru Rinpoche, Guru Drakpo and Senge Dongma, from the *ter* of Jetsun Nyingpo, after which he taught on shamatha and vipasayana.

When the late afternoon sunshine flooded the temple, fusing its copper pink hues with the golden glow of the shrine, and as the assembly of masters and students sat at the feet of this great master, his voice ringing out in its effortless, unending and majestic way, it was as if time stood still. It was only too easy for those who were there to sense that they were in a pure realm and in the presence of Guru Rinpoche himself.

The last two empowerments that His Holiness gave were also particularly auspicious: the empowerment of Netik Phurba, a Vajrakilaya practice which is a mind terma of Jamyang Khyentse Wangpo, and finally his own mind

terma, the *Rangjung Peme Nyingtik*—"The Naturally Arising Innermost Essence of Padmasambhava." Through this series of empowerments, transmissions and teachings, His Holiness created a foundation and sowed the seeds for the complete practice of the Nyingma path and Dzogpachenpo.

The masters who accompanied His Holiness also gave a number of teachings. Khetsun Zangpo Rinpoche, acknowledged as one of the scholars within the Nyingma tradition, taught on examining the mind. Tulku Pema Wangyal Rinpoche, the son of Kangyur Rinpoche and one of the leading figures in the spread of the Nyingma teachings in Europe, gave a teaching on choosing a teacher and self-reliance, and Dzigar Kongtrul Rinpoche taught on the different kinds of laziness.

His Holiness thanked Sogyal Rinpoche and the Rigpa Sangha before he left, promising that, if he lived, he would return to the West to teach again. For Sogyal Rinpoche and the Rigpa Sangha, this retreat had been a fulfillment of all their prayers and aspirations, and a landmark in their work. Nearly 400 of those participating had offered their time in order to make the retreat a success: in sewing, gardening, administration, construction, serving, cooking, ushering and security. It was an event marked by its auspiciousness, a blessing made all the more powerful because of the intimate connection felt by the Rigpa Sangha with His Holiness. As Sogyal Rinpoche was to reflect later: "The real significance of this we can hardly comprehend. Only in the future, over many years to come, will the realization of its meaning slowly dawn as its reverberations are felt..."

A biography of His Holiness Dilgo Khyentse Rinpoche, along with an article about H.H. the Dalai Lama and teachings by Kalu Rinpoche and Sogyal Rinpoche, can be found in the first issue of Rigpa's International Journal, Khyentse Ozer, available from Snow Lion.

ENLIGHTENED EXPERIENCE CELEBRATION:

Kalachakra Initiation, Sarnath, December 1990

- Mahayana teachings, Dec. 24-28: "The Precious Garland of Nagarjuna"
 - Kalachakra Ritual Dance, Dec. 28, monks of the Namgyal Monastery
 - Kalachakra Initiation, Dec. 29-Jan. 1, His Holiness The Dalai Lama
 - Long Life Ceremony for His Holiness the Dalai Lama, Jan. 2
- Kalachakra Tantra was taught by the Buddha at the request of Chandrabhadra, the king of legendary Shambala. From Chandrabhadra the lineage of these teachings has been passed down through a succession of Great Rulers and Kulika Kings. With the coming of the 25th Kulika King, the special connection the people of this earth share with Kalachakra will manifest strongly in world events. Anyone wishing to receive the initiation as a blessing can attend on this basis alone.

Long Life Ceremony: All those who attend the initiation and anyone else wishing to participate will formally request His Holiness to live long and for all Buddhas and

Boddhisattvas to grant this wish.

General information: Seating will be on December 22nd, so participants are advised to reach Varanasi not later than Dec. 21. All participants should check in on the morning of the 22nd. Please contact the Kalachakra committee in the lobby of the Gautam Hotel, Varanasi, at that time.

Translation will be broadcast receivable by F.M. radio. It is highly recommended that you bring such a radio with you. Places are limited and preference for seating will be given according to booking date.

Sarnath is a small Indian village, half an hour's drive from the main Indian city of Varanasi. Due to the large number of people expected for this event and the conditions in Sarnath, it is advisable not to stay in Sarnath, but rather in Varanasi and travel from there. Since the initiation is being held during peak tourist season, you are strongly advised to book your accommodation as soon as possible.

The weather in Sarnath will be cold in the evenings (possibly as low as 7 degrees celcius) and pleasant to warm during the day (up to

25 degrees celcius). There could be some showers in December.

For any general enquiries, please contact: The Secretary, Kalachakra Committee, B22 Defence Colony, New Delhi 110024, India. Tel: 011-699371. ■



KALACHAKRA RETREAT, BODH GAYA

Starting January 10, 1991, Kalachakra teachings and retreat will be held on the premises of the Root Institute. Places are limited. The retreat will last 6-8 weeks. For further information please contact: Root Institute, C/-Burmese Vihar, Bodghaya, Bihar 824231, Attention: Kabir Saxena ■

SNOW LION IN ITS 10TH YEAR

As we complete this issue of the newsletter, we are reflecting on the fact that Snow Lion has now completed its tenth year of publishing books on Tibet. The Snow Lion effort has involved numerous people generously working to do something for the Tibetan people and the precious culture that is so threatened at this time. Begun as a family business by Gabriel and Pat Aiello, Snow Lion now has eleven employees working full or part-time. It is a tightly run business as it must necessarily be. Our common bond with each other and with you is our deep interest in the preservation of Tibetan culture, and we try to show this in the way we operate Snow Lion and in our relationship to you. We hope that you benefit from the information in this free paper and that the products, which we carefully select, are satisfactory in every way. We appreciate the many letters of encouragement that we receive and we also appreciate hearing about any problems that you might have with our items or service. Your support means more books published, and all profits are spent in this way. This fall we have quite a remarkable line-up of new books—*House of the Turquoise Roof*; *White Lotus*; *To the Lion Throne*; *Open Heart—Clear Mind*; *Mo—Tibetan Divination System*;

Knowing, Naming and Negation—we hope that you enjoy them!

We attempt to offer you a non-sectarian spread of products that will enhance your practice and study. We think that the non-sectarian posture is very important since the teachings and practices of all lineages of Tibetan Buddhism are rich and effective.

The newsletter has been the primary way of reaching out to share information on Tibetan happenings. It is now in its eleventh issue and completing its fifth year. Now published four times a year, with a print run of 20,000 each time, the newsletter is sent all over the world and acts as a networking tool for numerous Tibet groups. We are pleased to be able to offer this service. Over the last few years, the interest in Tibet has grown remarkably. With the awarding of the Nobel Peace Prize to His Holiness the Dalai Lama and with the announcement of the "International Year of Tibet" and the many events commemorating it, the Tibetan issue has come to the fore. We hope that the world community can return the blessing of the great gifts of this culture by responding to the suffering of Tibetans and by working to restore their culture in Tibet.

We look forward to serving you in the future. Tashi Delek! ■



Mrs. Dorje Yudon Yuthok, third from left, ca. 1938.

HOUSE OF THE TURQUOISE ROOF

By Mrs. Dorje Yuthok. 330 pp., photos, glossary. Preface by Tenzin N. Tethong. Foreword by Heinrich Harrer. Now available from Snow Lion Publications for \$14.95.

Dorje Yudon Yuthok was born into the Lhasa aristocracy at a critical moment in Tibet's history—at the time of her birth in 1912 her mother had fled the capital city to escape the heavy fighting that had erupted between the Tibetan army and the Chinese forces temporarily occupying Lhasa.

Like her entry into the world, the course of Mrs. Yuthok's life has continued to be closely linked to the fate of her homeland. Both her father and her husband were cabinet ministers, giving her an insider's view of the highest government circles. Reflected in this book are the timelessness of that world, its slow but unmistakable modernization, and the abrupt transitions brought about by the Chinese invasion.

Mrs. Yuthok also possesses a novelist's sensitivity for the revealing detail that brings this all but vanished world to life. She re-creates the idyllic world of childhood in a wealthy Lhasa family

and evokes the excitement that greeted family excursions, the New Year's celebrations, and audiences with His Holiness the Dalai Lama. Her marriage in 1933 to Yuthok Tashi Dhondup, then a general in the Tibetan army, marked her entry into the adult world of family, social, and economic responsibilities. As Tibet was invaded in the 1950s the pall of confusion that fell over the country was mirrored in the dissolution of the Yuthoks' married life. Mrs. Yuthok's escape to India and eventual emigration to the United States bring her world into our own.

Filled with detail about the complex workings of family and social relations, customs and traditions, these memoirs constitute essential reading for anyone interested in Tibetan society past or present. A genealogy of the Yuthok and Surkhang families is appended together with a list of the Tibetan noble families.

"This is one of those rare books that will shed insight into a whole culture and a historical period of great importance to the Tibetan people."—Tenzin N. Tethong, from the Preface ■

THE IMMIGRATION OF 1,000 TIBETANS A Final Push in September

The Tibetan Amendment in Section 202 of immigration bill HR 4300—for the immigration of 1,000 Tibetans to the U.S.—is approaching the end of a long march through Congress that began one and a half years ago. Thanks to the support of many of you writing letters to Judiciary Members, on Wednesday August 1, 1990 the Tibetan Amendment was passed in a mark-up session on the HR 4300 bill in the House Judiciary Committee. It now goes to a full vote of the House and Senate.

One more push is needed to bring about the successful completion of our campaign. In anticipation of the final vote in mid to late October, Tibet supporters should write to their own House and Senate representatives, requesting support for continued inclusion of the Section 202 Tibetan Amendment and passage of the HR 4300 bill in which it appears. In the final vote of Congress, the support of every member counts, so please

promptly convey your views on the Tibetan amendment as soon as possible to influence the late October ratification vote.

Hand written, or typed, personalized letters are most effective in writing legislators. Be sure to specify the immigration bill 4300, Section 202. Request your House or Senate member's support, then make a brief, personal statement giving your reasons for your support of the Tibetan cause. Letterheads on stationery showing business or professional affiliation in your Congressional District are especially effective. So are telephone calls and visits to the local district office.

Write to: Senator or The Honorable _____, The United States Senate or House of Representatives, Washington, DC 20515.

Dear Senator or Representative _____:

I am requesting support for the

continued inclusion of the Tibetan amendment as specified in Section 202 of HR 4300, as well as your help in the speedy passage of this legislation through Congress. Conditions in Tibet remain such that many Tibetans must flee their troubled homeland, or cannot return there because of political and religious persecution. The provision in Section 202 of HR 4300 calling for the immigration of 1000 Tibetans is an appropriate humanitarian response, offering displaced Tibetans new opportunities in the USA. Without taking admission numbers away from any other group, the Tibetan amendment is a special one-time provision with no congressional appropriations, the cost to be raised by private sources. Please support inclusion of the Tibetan amendment in the immigration bill which you will soon be voting on. Be so kind as to keep me informed on what you have done regarding this request. ■

CHAKSAM-PA: Tibetan Performing Arts

A song silenced . . . in its home. Since their invasion of Tibet, the Chinese have suppressed the rich traditions of Tibetan music, dance, and drama in an effort to assimilate this ancient culture. But the art survives, barely, in refugee settlements in India.

Hope sustained in exile . . . Now in San Francisco, a small group of master performers have joined together to form Chaksam-Pa, offering this unique art to a world audience in hopes of keeping it alive for another generation.

Chaksam-Pa aims to meet these goals: *offering performers of

Tibetan drama, music, and dance of the highest standard and to the widest possible audience.

- fostering the appreciation of Tibetan culture and drawing attention to its threatened survival.
- continuing the traditions by offering material support, training, and encouragement to young performers.
- recording and documenting performances in the Tibetan refugee communities for preservation and study.
- initiating cultural exchange programs to explore the common

language of performance with artists of other traditions.

Chaksam-Pa depends on the generous donations of individuals and on volunteers who share their time and expertise with us. We desperately need your support. If you would like to help, learn more about our programs, or get information on booking workshops and performances, call 415-641-9139. Or write to us at P.O. Box 460727, San Francisco, CA, 94146. Chaksam-Pa is a non-profit organization and is sponsored in part by Tibet House. ■

PETER GOLD'S EAST COAST AND BRITISH TOUR, Autumn 1990

New York City:

October 25 & September 1: "Geography and Geomancy on the Colorado Plateau," slide talks at the American Museum of Natural History, 212-769-5000.

October 26: "Between Earth and Sky: Geography and Geomancy in Tibet and the Native American Southwest," slide talk at the New York Open Center, 212-219-2527.

October 28: "Circle of the Spirit: The Sacred Journey of Tibetans and the Navajo Indians," slide talk at the Jaques Marchais Center of Tibetan Art, Staten Island, 718-987-3478.

England:

November 26 & December 2: "Circle of the Spirit: The Sacred Journey of the Tibetans and the Navajo Indians," talk and work-

shop, Alternatives Center, London.

November 30 & December 9: "Circle of the Spirit: The Sacred Journey of Tibetans and the Navajo Indians," talk and workshop, Lam Rim Center, Bristol.

December 4 & December 8: "Circle of the Spirit: The Sacred Journey of Tibetans and the Navajo Indians," talk and workshop, Sharpham North Community, Devon. ■

MANDALA

Continued from page 1

other Tibetan Buddhist mandalas.

This project was carried out with the blessings of His Holiness the Dalai Lama in response to a growing interest in the cultural and religious traditions of Tibet.

Snow Lion Publications plans to commercially produce a version of this video for distribution to individuals. Its cost will be approximately \$30-\$50. If you are interested in purchasing a copy of this video, write to us and we will let you know when it becomes available.

Snow Lion also plans to produce a poster of the finished three-dimensional image. ■

MASKS

continued from page 2

tation, may be first formed in a wire frame and attached after being worked in great detail.

Finally the mask is painted elaborately with the desired colors. Many artists use primary colors to give the mask a bright and striking appearance; however, the use of color varies tremendously depending on the artist's preference. Water-based pigments are traditionally used, as this was the only painting medium employed by Tibetan artists until the middle of this century. As a final touch a coat of clear varnish is applied to protect the paint, which also gives the mask a glossy and fresh look. Gold leaf may also be applied to the ornaments, imparting the luster and beauty of solid gold. ■



Although all Tibetan cloth masks are constructed by following the process just described, recent changes may be noted particularly in the use of materials. Oil-based paint is frequently used to replace traditional water-based colors; in this case the varnish is not used. Stronger and more accessible modern glues are also replacing the traditional adhesive mixtures. More adaptations and improvements in materials can be expected, marking a period of change in this centuries-old tradition. ■

NEWS

LEGISLATIVE UPDATE, August 1990

His Holiness the Dalai Lama's visit to Washington, D.C. has been cancelled. However, he will be visiting the United States in March, and there is great interest on Capitol Hill in having His Holiness address a joint session of Congress. The Bush Administration, however, following its misguided policy of appeasing the Chinese leadership and ignoring the violations of human rights in Tibet, will no doubt maneuver behind the scenes to block an invitation from Congress to the Dalai Lama. We should continue in our efforts to write letters to Representative Thomas Foley, the Speaker of the House of Representatives and to Senator George Mitchell, the Senate Majority Leader, urging them to invite the Dalai Lama, the recipient of the 1989 Nobel Peace Prize, to address a joint session of Congress. We need to demonstrate to the Congress that there is strong grass-roots support for Tibet and for the idea of having the Dalai Lama speak directly to the entire Congress. Letters should also be addressed to your Senators and your Representative urging them to support extending an invitation to His Holiness. Write to: Senator George Mitchell, U.S. Senate, Washington, D.C. 20510. Representative Thomas Foley, U.S. House of Representatives, Washington, D.C. 20515.

We also urge you to call your Senators and your Representative and urge them to support the idea of having the Dalai Lama address a joint session of Congress. The number of the Capital Hill Switchboard is: 202-224-3121.

\$1,000,000 HUMANITARIAN AID PACKAGE

Congressman John Porter of the U.S. House Foreign Operations

Committee recommended on June 13 that \$1,000,000 be appropriated for humanitarian assistance to Tibetan refugees residing in India and Nepal. This bill is now before the Senate Foreign Operations Committee. The recommendation is included in the Foreign Operations, Export Financing, and Related Programs Appropriations Bill, 1991. Letters should be written to Senator Patrick Leahy thanking him for his past support of Tibet and encouraging him to support this provision. Address letters to: Senator Patrick J. Leahy, Senate Foreign Operations Committee, Russell Building 433A, Washington, D.C. 20510.

CHINA'S MFN STATUS

Before Congress recessed this summer, it was not able to pass legislation to deny, condition or approve the President's extension of Most Favored Nation (MFN) status to China. However, many bills are pending, and when Congress reconvenes in September it will continue to address the MFN issue. Letters should be written to your local Representative and Senators urging that they not approve the President's unconditional extension of China's MFN status. All of Congress's options remain open, though it appears unlikely that enough political support can be summoned to deny China this preferred trade status. There is, however, a very good chance that legislation will be passed conditioning the extension of MFN to improvement in human rights performance.

GUIDELINES FOR WRITING LETTERS

- Handwritten, or typed, personalized letters are most effective in writing legislators.

Letters on stationery showing business or professional affiliation in your Congressional District are especially effective.

- Try to limit letters to one type-written page.
- Always cite the name and number of the bill you are requesting support for, e.g., Tibetan Amendment in Section 202 of immigration bill HR 4300.
- Begin the letter by requesting your Representative's (or Senator's) support, then make a brief personal statement giving your reasons for supporting the Tibetan cause.
- Be factual and support your position with information about how legislation is likely to affect you and others.
- Be sure your name and return address are legible.
- Letters should be addressed as follows:

The Honorable _____
United States Senate
Washington, D.C. 20510

Dear Senator _____

The Honorable _____
United States House of Representatives
Washington, D.C. 20515

Dear Representative _____

- Telephone calls (both to Capitol Hill and locally) and visits to your local district office are also effective. You can call the Capitol Hill Switchboard at 202-224-3421 to reach the offices of your representatives and senators.
- To register your opinion on an issue you can call White House Comments at 202-456-7639. ■

TIBETAN SCHOLARSHIP PROGRAM THREATENED

Under the legislation passed by the Congress in 1987 and renewed in 1990, the Tibet Fund will be able to bring 20 Tibetan refugee students in September 1990 from Nepal and India to the United States to enter American universities for higher education programs. The Tibetan Scholarship Program (TSP) is a very successful part of the Fulbright Program—and is vital to the development of a Tibetan leadership group. Tibetans who study in the United States today will not only head our communities in the coming years but will also be able to work effectively for the liberation of Tibet.

The crisis the TSP faces is that the Fulbright Program of the United States Information Agency (the fiscal agent for the TSP) has informed them that their expected funding has been cut back to only \$250,000 for 20 students. With all factors taken into account (including international and domestic air fares), there will be about \$10,000 per student per

year. TSP needs to match this amount on a 2:1 basis, bringing it up to at least \$15,000 for each student. The cutback is no reflection on the program, which has earned praise in Congress and won strong support in the USIA and academic community; rather, it is an outcome of the nation's continuing budget crisis.

In response to now urgent financial needs, TSP has begun to contact all past, present, and potential supporters and is asking them to help insure that they can continue the Program and bring in the new students in September 1990. In addition a brief fund-raising appeal has been prepared for foundations, corporations, and major individual donors who are concerned with education and are friends of Tibet.

If you can contribute either funds or ideas about potential sponsors, please contact: Tenzing Chhodak, The Tibet Fund, 107 East 31st Street, New York, NY, 10016. 212-213-5011. ■

ASIA WATCH

Asia Watch's latest publication on human rights violations in Tibet is now available. Anyone wishing to purchase a copy should contact Reza Farzan at Human

Rights Watch at 485 Fifth Avenue, New York, NY, 10017. Tel: 212-972-8400, FAX: 212-972-0905. The price of the publication is \$10.00. ■

TIBET IN EXILE

The exodus of Tibetans that began in 1959 continues today, despite the Chinese crackdown on freedom of movement. Each year hundreds of people attempt the dangerous journey, crossing the high passes of the Himalayas on foot, travelling by night to avoid detection by border patrols and soldiers. The refugees make their way from Tibet through Nepal to Dharamsala, India, center of the Tibetan community in exile.

Tibet in Exile, a half-hour video documentary, tells the story of a recent group of refugees, 9 children and 3 adults, who made that journey, arriving in Dharamsala on March 16, 1990. The children were smuggled out of Tibet by their families so that they might receive the education and knowledge of their history and culture which is denied them within Tibet. By leaving their families behind in Tibet, the children have become virtual orphans, and will have to be cared for, fed, and educated by the community in exile. The Tibetan's Children's Village, nucleus of a school system that educates over

7,000 children a year, will give the children a home, health care, and education. Interviews with the Health and Education officials responsible for the children place their story in the larger context of the Tibetan struggle for cultural survival.

The video explores both the accomplishments and the critical needs of the Tibetan community as they seek to aid the refugees who continue to flow into Dharamsala. The documentary also illuminates the current conditions in Tibet under Chinese occupation, and reveals the spirit and determination of the Tibetan people in adjusting to life in exile.

The producers are seeking funds to complete and distribute the documentary for broadcast and to support groups in the U.S. and abroad. Total funds needed are \$9,850.00. Please contact: Barbara Banks, 305 Fallow Street, Norwalk, CT, 06850. tel. 203-866-9640 or Meg McLagan, 200 West 92nd Street, apt. 5B, New York, NY 10025 212-496-9205. ■

DEAR AMNESTY, WHERE'S TIBET?

Amnesty International has recently launched a new China campaign involving strategies to confront the continued policy of repression by the Chinese government. While Amnesty's intentions may be laudable, this campaign attempts to evade the issue of Tibetan self-determination. Amnesty's effort to remain "non-political" in effect condones China's illegal occupation of Tibet.

Yulo Dawa Tsering is listed as a prisoner of conscience, but his

homeland is conspicuously absent from a map etched in red ink at the top of all the campaign's literature. It is appalling to open a piece of mail from one of the largest human rights organizations in the world and to see Tibet's existence as a sovereign nation completely denied.

We would like to encourage all Tibet supporters to file a formal protest to Amnesty International and encourage them to rename their initiative the China and Tibet

Campaign. Support for this action could possibly be drawn from Amnesty's own literature in the case of Lithuania, or other similar examples. Write to Amnesty International, 322 8th Avenue, New York, NY 10011.

Also, any ideas you have on how to approach Amnesty on this issue would be much appreciated. Please contact U.S. Tibet Committee, 107 East 31st Street, New York, NY 10016. ■



A SPECIAL MEDAL COMMEMORATING HIS HOLINESS THE DALAI LAMA'S 1989 NOBEL PEACE PRIZE

(Reverse, superimposed on the map of Tibet is the image of Avalokiteshvara, protector of Tibet, the Potala Palace in Lhasa and the mantra, Om Mani Padme Hum.)

The Council for Religious and Cultural Affairs of the Dalai Lama has commissioned the renowned firm of Arthus Bertrand, of Paris, to create fine medals available in two sizes and three finishes:

30mm, Sterling Silver, \$55.00; Gilded Bronze, \$22.00
68mm, Bronze with Patina, \$29.00; Gilded Bronze, \$39.00

Postage is \$1.00 for each 30mm medal; \$2.00 for the first 68mm medal & \$1.50 for add'l. Send check or MO to the Tibetan Handcraft Import Company, Representative Agent, 1744 Kilbourne Pl, NW, Washington, DC 20001, or call 202-332-4555 for further details.



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TIBET

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HIS HOLINESS THE 14th DALAI LAMA

Tibet Stamps-Genuine Sheets-color reprint set of Tibet's first stamp issue. 60 stamps per set. Scott 1-5.

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SNOW LION

SNOW LION FALL 90 NEWSLETTER & CATALOG

MAY ALL BE AUSPICIOUS: THE NUNS OF LOBSERING

Om Tashi Dondrup! The crisp morning air sparkled with their shouts as the group of men raised a tall wooden flagpole hung with prayer cloth. They were welcoming in another New Year in the Tibetan Refugee camp of Lobsering, India. At every home in the small community the ritual would be repeated, the men running happily from place to place. The women of the household came out bearing a large, intricately carved, painted wooden box mounded with barley flour. Everyone took a pinch to toss and again chanted, "Om Tashi Dondrup!"—"Please may this be a prosperous year!"

I had come to Lobsering to renew my connection with the students of Ani Jetsun Drolma. Ani Jetsun, the woman who through the strength of her practice manifested many remarkable abilities, had made her power accessible to the troubled Tibetan refugees in the camps of Orissa. Their lives had been so miserable then, having fled their native land for refuge in India. "She was for the poor. Whatever you needed, she could help you get it, be it money, food, a place to stay, protection, comfort in our pain. . . she never let us feel hopeless." The villagers did not see her often as she was always in retreat. However, when they climbed through the snake infested jungle to her hut they knew they would be helped. Her death in 1979, accompanied by rainbows and many miraculous signs, left her students struggling to maintain their practice in the face of extreme poverty.

"Come quickly!" Kyizom, the eldest daughter of Singye and Tseten Dolma tugged my sleeve.

"Everyone is starting to gather on the hill." Her parents had brought the plight of Ani Jetsun's students to the attention of a western nun, Karma Lekshe Tsomo. When I was visiting Lekshe in Dharamsala on my way to Orissa, she asked for my help. I went to Lobsering in 1988, wrote an article which was published in the Snow Lion Newsletter ("A Life of Practice, a Rainbow Death"), and received some donations.

Another tug on my sleeve, and I turned around just in time to steady old Ani Pema who was struggling to maintain her balance in the dusty road. In one hand she brandished a wooden cane, in the other she waved a kata, the traditional white blessing scarf. At 78 years old the small donations we had sent her through the year had enabled her to remain independent. She had come to say her thanks.

At the top of the hill, five white parachutes had been erected, like sprouting mushrooms or exotic teepee umbrellas. The people of Lobsering are from different parts of Tibet, each having its own traditional prayers. They gathered under separate parachute umbrellas so that the whole camp could pray and feast together at the gathering but still maintain the individual traditions of their ancestors.

The maintenance of tradition is a high priority with the refugees. When His Holiness the Dalai Lama came to visit the camp he requested them to be strong and not give up their identity as Tibetans with a cultural heritage. Throughout the year most of the able-bodied leave the camp in or-

der to earn money, usually selling shoes or sweaters on the sidewalk in populated Indian cities. The elderly and the children stay behind to maintain the camps. But everyone comes home to celebrate Losar together.

Some children were running noisily up a small path to the left of the gathering. Kyizom and I followed them. A row of small rooms and a graceful stupa looked out over the fields and the distant, purple hills. This was the site of a three-year retreat center in the lineage of His Holiness Dudjom Rimpoche. A group of monks had completed their retreat last year. Now Ani Tsultrim Palmo had been allowed to occupy one of the small rooms. She was sitting before her shrine, chanting softly when we arrived. She gestured to the modest offerings on her shrine. "Your friends have made it possible for me to stay in retreat," she said. "I always offer part of everything I am given in their name."

We went outside and sat while she made a small fire for tea. "Where will you cook when the rains come?" I asked. "Where will you go when the monks come for retreat?"

She smiled. "I will deal with things as they arise," she assured me. We watched the late afternoon sun cast its long shadows and relished Ani Palmo's serenity.

People had dispersed to their own family celebrations as we made our way through the jungle to Ani Kadak's hut. She was going to the village to perform a Tara puja for a family but she paused when she saw us coming.

"Ani-la, is there anything that we can do to make you more com-



Ani Tsultrim Palmo, Lobsering, India.

fortable?" I asked, a question I would repeat to each of the women we are supporting. She was so poor; her hut was dark and ramshackle, empty of anything we could call comfort.

"Yes," she said, "the farmers have put a fence across my path. It is difficult to get my water buckets over." I could easily imagine that. Ani Kadak is 73. She hauls water a quarter of a mile uphill. She does not want us to move her to a better spot. It is peaceful in the jungle.

"Ani-la," I ventured, "your blanket is full of holes. May I get you a new blanket?"

"No," she said, "it is not good to have too much. What I have is plenty. Besides, I am an old woman. I will die soon. What will happen to that new blanket then?" She laughed and walked us down the path as darkness settled softly over the camp.

Suddenly, up roared Singye on a blazing red Rajdoot motorcycle. "I borrowed it," he said. There is dancing in camp #5." Kyizom and I climbed aboard and off we went, down winding cattle trails and over

rattling bridges through the velvet blackness. After some time there were lights and the laugh of children. We could hear the singing, first the men, then the women. Circling in ceremonial steps, chanting an epic of their people, the men wore high hats with different colored flags while the women were crowned with flowers. The dancing went on and on. . . . The people dreamt of a land of abundance and high mountain passes. They remembered the days of heroes and freedom.

The next day, fortified by the ever-full cup of steaming butter tea, I visited the other nuns to whom we had been sending donations. Ani Tsultrim Wangmo was standing in the courtyard of her sister's house. She told us she was going to Nepal to see her teacher, His Holiness Dilgo Khyentse Rinpoche. I asked her how she was going to get there.

"Someone will provide," she replied.

"Where will you stay? What will you eat?"

continued on page 8

OPEN HEART, CLEAR MIND A Book by Ani Thubten Chodron

One of the exciting books on our fall list is by an American Tibetan Buddhist nun, Thubten Chodron. It is a practical introduction to Buddhism that focuses on the application of Buddhist psychology to modern life. It has received the attention of many notable persons whose comments will cast light on the contents and value of the book:

"There has been a great need for an introductory book on Buddhism in clear language, with practical, down-to-earth explanations. *Open Heart, Clear Mind* meets this need. I recommend it highly to anyone who wants to know, without any mystification, what Buddhism is all about."—Dr. Alexander Berzin

"Ven. Thubten Chodron's book is a very valuable contribution to the Dharma in the West. It presents a clear and complete survey of the teachings of the Buddha. Based on experience and written in easy language, *Open Heart, Clear Mind* will help many on the open path of meditation and in dealing with the challenges of everyday life."—Ven. Thich Nhat Hanh

"The transmission of the Buddhist teachings to the West requires not only linguistic interpretation, but cultural interpretation. And the work of cultural interpretation can best be done by one who has authentically experienced the tradition in its original context, then returned to interpret it for the West. At last we have a readable, reliable introduc-

tion to this ancient wisdom."—Karma Lekshe Tsomo, President, International Association of Buddhist Women

"A refreshingly straightforward and accessible introduction to the basic principles of Buddhist practice addressing the needs and concerns of contemporary Buddhists in both Asia and the West."—Prof. Alan Sponberg, Dept. of Religious Studies, Stanford University

"*Open Heart, Clear Mind* by Rev. Thubten Chodron makes a valuable contribution to Buddhist literature. While there are many books on Buddhist philosophy and practice, Rev. Chodron's book adds a very practical dimension to the presentation of Buddhism to the West. She is not concerned with just philosophy, but with the clear understanding of the psychology underlying the philosophy and the direct application to daily life."—Ven. Dr. Havanpola Ratanasara, President, College of Buddhist Studies

"May *Open Heart, Clear Mind* benefit many living beings. May loving-kindness, compassion and a good heart grow within everyone who merely sees, touches or talks about this book. In turn, may they cause many others to develop a kind heart. In this way, may everyone enjoy complete satisfaction and peace, and may they ultimately attain enlightenment."—Ven. Thubten Zopa Rinpoche

Open Heart, Clear Mind is available from Snow Lion for \$9.95.

SAKYADHITA

International Association of Buddhist Women

Sakyadhita (Daughters of the Buddha) is an alliance of women devoted to the practice of the Buddha's teachings. This international organization was founded at the conclusion of the First International Conference of Buddhist Nuns in Bodhgaya, India, in February of 1987. It seeks to unite Buddhist women of various countries and traditions, to promote their welfare, and to facilitate their work for the benefit of humanity.

Some of the aims of Sakyadhita are: to create a network of communications among the Buddhist women of the world; to promote understanding among the different Buddhist traditions; to encourage and educate women as teachers of Buddhadharmas; to provide guidance and assistance for Buddhist nuns and those aspiring to ordination; to conduct research into the Buddhist texts, especially those on monastic discipline (Vinaya); and to foster world peace through the practice of the Buddha's teachings.

Although it is impossible to give an exact count, we estimate that there are some 130,000,000 Buddhist women world-wide, including at least 60,000 nuns. These numbers indicate tremendous potential for transforming our world—physically, economically, socially, and spiritually. If Buddhist women cooperate to activate and encourage this potential, hu-

manity may be benefitted in significant ways.

At present the Buddha's guidelines for creating inner peace and social harmony are in the process of being transmitted to new countries, and new ways of applying them in the chaotic modern world are being explored. The attitudes and efforts of women, both East and West, are crucial to this process. Buddhist women can help make this planet a gentle, sane place to live.

Sakyadhita is developing national branches and local chapters so that members may gather for discussions and undertake projects with women in their own areas. Groups have already met on the national level in England, India, Sri Lanka, Thailand, the United States and West Germany; members in Australia, Canada, Holland, Italy, and Poland are also active and plan to meet in the near future.

An International Conference of Buddhist Women is being planned for Bangkok, Thailand, from October 25 to 29, 1991. Women from various parts of the world will meet to discuss the special opportunities and problems they experience in their practice. This will be a rare opportunity to become more aware of the diversity of traditions, and to explore such topics as socio/cultural factors affecting Buddhist women, the rela-

tionships between lay and ordained practitioners, understanding Buddhist texts from a woman's perspective, helping women to qualify to become teachers of Dharma, and the prospects for the monastic life in modern societies. A tour of some of the wonderful temples of Bangkok will be arranged in conjunction with the conference.

The Sakyadhita newsletter keeps members up-to-date on activities in different countries, and provides a forum for sharing different experiences and ideas. It includes Dharma talks, interviews, information about practice and study centers, gatherings both national and international, ordinations, publications, and other issues relevant to women in Buddhist practice.

Sakyadhita is a non-profit organization incorporated in the state of California. It welcomes members, regardless of creed, nationality or gender. The research, educational, and publication activities of Sakyadhita will require generous support. Donations are tax-deductible and may be directed to specific projects, in accordance with the wishes of the donor.

Please send U.S. \$10.00 for a one year membership to: Sakyadhita, 400 Hobron Lane, #2615, Honolulu, HI, 96815.

NEWS

Residential Zen Training at ZEN MOUNTAIN MONASTERY *Becoming Intimate with Yourself*



Residencies emphasizes quiet introspection within a monastic community in the Catskill Mountains.

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For more information contact:

ZEN MOUNTAIN MONASTERY
Box 197SL, Mt. Tremper, NY 12457 914/688-2228

The Venerable Chhoje Rinpoche



The Venerable Chhoje Rinpoche is a reincarnated Tibetan Buddhist Lama and an Oracle. He was recognized by H.H. Dudjom Rinpoche and H.H. Karmapa as the incarnation of the previous Chhoje Rinpoche.

Chhoje Rinpoche is a lineage holder of both the Nyingma and Kagyu traditions. He is a yogi and a scholar who was trained under the personal guidance of H.H. Dudjom Rinpoche and who

received the complete transmission of the Nyingma lineage from His Holiness.

Chhoje Rinpoche is the founder of Padma Shedrup Ling, a Tibetan Buddhist Meditation Center dedicated to the tradition of Padmasambhava, the 8th century enlightened master who founded Vajrayana Buddhism in Tibet. Chhoje Rinpoche's autumn 1990 teaching schedule includes:

NEW YORK CITY

- 10/6, 7:30 p.m. The Nature of Mind
- 10/7, 1-5 p.m. Orgyen Menla Medicine Buddha Empowerment
- 10/12-14 Actualizing Compassion: 7 Points of Mind Training

BOSTON, MASS.

- 10/16, 7:30 p.m. Intuition & the Spiritual Path
- 10/19, 7:30 p.m. Death & Dying: A Buddhist Approach
- 10/20-21 The Nature of Mind: Sitting Meditation Workshop

SHELburnE FALLS, MASS.

- 10/24, 7:30 p.m. Introduction to the Buddhist Teaching
- 10/26-28 Actualizing Compassion: 7 Points of Mind Training

SAN FRANCISCO BAY AREA

- 11/7, 7:30 p.m. Identifying Discipline Within
- 11/16-17 Actualizing Compassion: 7 Points of Mind Training
- 11/18, 1 p.m. Vajrasattva Empowerment
- 12/15-16 Rediscovering Basic Goodness: Intensive Meditation
- 12/21, 7:30 p.m. Creating Healthier Relationships with Our Children

ASHLAND, OREGON

- 11/21, 7:30 p.m. Beginner's Mind, Best Mind
- 11/23-24 Actualizing Compassion: 7 Points of Mind Training
- 11/25, 1 p.m. Orgyen Menla Medicine Buddha Empowerment

For further information, please contact:

PADMA SHEDRUP LING
P.O. Box 117, Fairfax, California 94930, (415) 485-1356

WHITE LOTUS—A MAJOR EXPEDITION A MAJOR BOOK



This book is more than an introduction to the land, culture, and people of Tibet. It is also a photographic and written record of the 1988 Cultural Arts Expedition, planned and actualized by Carole Elchert and Philip Sugden—a project that materialized from five previous journeys to the Himalayas and took three more years to complete. On the expedition five artists from three continents traveled together for six months visiting Tibetan communities in Tibet, India, Nepal and Ladakh. They returned with hundreds of paintings, drawings, sketches, and field recordings, as well as 20,000 slides of subjects related to Tibetan culture. They covered over 8,000 land miles to photograph in those areas where Tibetan culture still flourishes, including Eastern Tibet and the Central Tibetan plateau, the Himalayan regions where Tibetans migrated over thousands of years, and the exiled communities in India, Nepal and Ladakh.

For the last two hundred years, mountain ranges and vast upland deserts insulated this Buddhist culture from modernizing forces until the tumultuous invasion of the Chinese. From the 50s on, this ancient culture was thrust into a modern world of machines that promised material progress, resource development that despoiled

the environment, and radical changes that translated into cultural disintegration. This book, then, is a tribute to the Tibetans' efforts, inside the Chinese-occupied Tibetan Autonomous Region and outside as dispossessed countrymen, to preserve a cultural identity which evolved over three thousand years.

White Lotus provides a lavish photographic record as well as a scholarly introduction to the many facets of Tibetan culture. The companion volume to a documentary film that will be shown on PBS around the country, this oversized book contains 36 color and 60

black and white photos and illustrations. The 228-page text includes sixteen essays by well-known scholars and contributors, among them Lobsang Lhalungpa, Robert Thurman, Anne Klein, and Jose Ignacio Cabezon, that describe Tibet's history, customs and lifestyles, religious arts, architecture, and literature.

"...an excellent introduction to our complex culture. Through the images, writings and recordings, viewers and readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama, from the Foreword. ■

TIBET HOUSE, NEW DELHI: Thonmi Sambhota Fellowship

Thonmi Sambhota, scholar and Minister for Culture under King Songtsen Gampo, is also regarded as the Father of Tibetan literature. It was he who invented the Tibetan script, thus filling the void in the language.

As homage to this great scholar, Tibet House instituted the Thonmi Sambhota Fellowship for research in any of the fields in Tibetan Studies. This will be the second fellowship being awarded. The first one was awarded to Mr. Pema Dorjee for research in the field of Tibetan art and architecture.

Applicants can be from any part of the world and should submit their proposals in not more than 2,500 words, indicating the specific

subject, method of approach, etc. The Fellowship is for a period of two years and requires the researcher to stay in Delhi for the duration of the fellowship unless warranted by the research itself.

Research in the following fields is supported by this Fellowship:

- A chronological study on the life of the Buddha, any of the early eminent Buddhist Pandits, Siddhas and Teachers.
- A comparative study of any aspect in history, theory or practice in the Tibetan and Ayurvedic systems of medicine.
- Tibetan society and culture (folklore, etc.).
- Study on a particular school of Tibetan Buddhist philosophy or Buddhist Tantra.

• Buddhist art or architecture with regard to any particular sites or monuments having a bearing on Buddhism, iconography, painting, music, dance or poetry.

Candidates must have an adequate knowledge of the Tibetan language. They should also have a sound background in Buddhism and possess the experience and aptitude required for advanced studies.

Completed application forms must reach Tibet House by September 15, 1990. The fellowship will be effective from January 1991. Application forms and information may be obtained from: Research Assistant, Tibet House, 1 Institutional Area, Lodhi Road, New Delhi, 110 003 INDIA ■

THE TIBETAN SCHOOL PROJECT

Two international organizations of Tibetan exiles, Swedish and U.S. citizens, are working with local Tibetans to establish a school in the village of Katsel, located two hours northeast of Lhasa, Tibet. (The temple of Katsel, built by King Songsten Gampo in the 7th century C.E., marks one of the four corners of ancient Tibet and has survived the ravages of the Chinese Cultural Revolution.) No school exists to provide basic education to the many children of the village and the surrounding areas. The project will build, establish and operate a primary school (grades 1-6) to educate 50 day students and 50 boarding students.

Permission has been received from the People's Republic of China to proceed with the project. Accordingly, the organizers obtained a grant for the land and developed plans for construction to begin during the summer of 1990. Administrators and teachers have also been selected.

The goal of the Tibetan School Project is to meet a need for basic education and to support the continuation of Tibetan language and culture. The project is non-political. Specifically, the project aims to: *train students in the basic skill areas of reading, writing, math, geography, science, etc. *educate Tibetan children in their native language and culture. *provide a medical dispensary to serve the basic needs of the children and surrounding community. *provide nourishing meals for children to reduce instances of

malnutrition. Plans include growing some food items in the school garden. *establish a local organization to ensure long term support for the school and development activities in the community.

How you can help: In order to complete construction, maintain and operate the school, the project depends on much needed individual contributions. An investment in the Tibetan School Project is an investment in a young mind, in a village and in an entire people. All donations (made payable to the U.S. Tibetan School Society) are tax deductible.

For more information contact the U.S. Tibetan Society for School and Culture, 105 Charles Street, #179, Boston, MA 02114. Phone: 617-469-5415 ■

TIBETAN LANGUAGE CORRESPONDENCE COURSE

Home study program of colloquial and scriptural Tibetan emphasizing spoken dharma. Text, tapes and ongoing help.

Sarah Harding & Jeremy Morrell
751 Airport Rd. Santa Fe, NM 87501
(505) 473-5451

THE DHAMMA CHAKKA IN INDIA

Bhimrav Ramji Ambedkar, more popularly known as Baba Saheb ("Father") Ambedkar, was born to a poor but cultured untouchable family near the city of Indore in 1891. He graduated from Bombay University in 1912 and was sent to Columbia University in New York by the Maharaja of Baroda who early on recognized his exceptional abilities. He completed his Ph.D. degree at Columbia in 1915. From there he continued his studies in economics, political science and law, at universities in England and Germany.

Throughout his life he worked on behalf of some 170 million needy people who suffered under the social slavery of the caste system. Baba Saheb worked tirelessly in his efforts towards social equality and religious freedom. He is especially remembered for his successful landmark struggle to allow "untouchables" to drink from a public water tank. Such struggles led him into the arena of Indian politics where he became the first Law Minister of the newly-independent India. Ambedkar has been hailed as the chief architect and father of the constitution of free India, which united the diverse, multicultural peoples of India into one nation.

For a period of twenty-three years, he studied the world religions, seeking out the most uplifting one. Because of its rational and scientific approach and its firm base in equality, he embraced Buddhism. On October 15, 1956, he performed a public ceremony with five million people; it was the largest peaceful conversion in human history. He had set the Wheel

of the Dhamma in motion again in Nagpur, India, the birthplace of the exalted Buddha, in the year of the 2500th anniversary of the Buddha's Mahaparinibbana and on the anniversary day of King Ashoka's own historic conversion to Buddhism.

Baba Saheb Ambedkar now appeared before this vast throng as a leader who was both educated and experienced. He knew from history and from his own reflection that injustice is not removed until the sufferer himself does away with it in his own exertions and actions. Self-help, self-elevation and self-respect were the symbols on the standard he unfurled. He was to spend the rest of his short life working on behalf of the millions of untouchables and poor of India, extolling them to stand up and not accept their downtrodden status as inevitable. Dr. Ambedkar, now known to his people as Bodhisattva Ambedkar, died on December 6, 1956 in the city of Bombay, Parinibban Day.

The Tathagata Vihar

Today there are some nine million Buddhists in India. There is, however, not a single Indian Buddhist Vihar (temple) in existence. Conditions of "untouchability" have made it extremely difficult for the new Indian Buddhists to establish a Buddhist Vihar with well-trained teachers.

In 1985 the Tathagata Vihar was formed by Rahul Sariputra with the help of various Buddhist groups in America, with the goal of raising money to establish a Buddhist Vihar in Bombay State to house monks qualified to teach the Buddha Dhamma. Rahul

Sariputra is an internationally renowned performing artist in sitar. In 1980 he was ordained as a Shrammer Buddhist under the Arahantship of Taungpulu Sayadaw. He has given sitar concerts in America and Europe as well as in India. He is a Sitar Maestro descended from the illustrious tradition of Baba Allaudin of Central India. He is also noted for his unique Buddhist paintings. We ask for your support in this fund-raising drive to build a temple with the Buddhists of India who have declared their independence and freedom from centuries of untouchable status. The Tathagata Vihar is a non-profit, religious incorporation recognized by the State of California with tax-deductible status granted by the IRS. All donations are tax-deductible. Please contact Tathagata Vihar, P.O. Box 77766, Los Angeles, CA 90007. Tel. 213-731-4617. ■

ROBERT STONE

Robert Stone, one of the Founders of Appropriate Technology for Tibetans, recently passed away. He contributed greatly to the welfare of the Tibetan people through ApTT and had great concern for the global environment. A trust fund has been set up for ApTT in Robert's name. Contact: ApTT, 10954 Santa Monica Blvd., Los Angeles, CA 90025, 213-478-1501. ■

NEWS FROM THE MUNDGOD SETTLEMENT AND GERIATRIC NURSING HOME

The predicament of the Old People's Home in the Mundgod Settlement has been brought to our attention. When a large percentage of the Tibetan population exiled into India in 1959, many were forced to leave their families behind and others tragically lost their families in the fighting.

For these reasons many refugees who were old and infirm did not have family members to support them. Nor could they earn their livelihood in the unfamiliar territory. In 1976 the government sought foreign assistance and established the Mundgod Old People's Home for 770 aged and infirm refugees. It was the first of this type of social services institution in Tibet's long history.

Many of the early residents have passed away in the past 15 years. There are now 220 people in the Home. Each person receives the following monthly aid:

- 60 rupees from the Indian government
- 30 rupees from a German Aid group

—15 rupees from the Canadian Tibetan Society

Among them, 70 people are receiving 175 rupees from German and Canadian sponsors.

The majority, however, are facing extreme difficulty in meeting their basic needs on 105 rupees. When someone passes away, the community has no provisions to perform a proper burial and ritual service. As of late they have been canvassing Tibetan homes for burial donations; however, support is terribly limited.

This is a very sad situation. These elderly people desperately need support but their present stipend does not cover nearly all their expenses. They are hoping to locate sponsors so that each person could receive an additional 200 rupees per month for proper food, medicine, and supplies.

If you would like to help Mundgod Settlement's Old People's Home, please make checks payable to: Tibet Fund, re: Mundgod Settlement Office, 107 East 31st St. 4th floor, New York, NY, 10016. ■

SPONSOR A CHILD AT THE TIBETAN CHILDREN'S VILLAGE IN DHARAMSALA

Tashi Dolma's mother died in childbirth, and her father, being a "coolie," was unable to look after her. Consequently, at one and a half months of age she was admitted into the Tibetan Children's Village. She was fortunate enough to be sponsored for the program and now lives in a home where she receives love and care from all the members of her large family. Please help us give other children like Tashi Dolma a home with a loving, caring family.

This is an opportunity for needy

children to live normal and happy lives which would not otherwise be possible. We look after orphans, semi-orphans, and children from very poor families.

Sponsor a child for \$20.00 a month and help him or her to a happy childhood with adequate food, clothing, education—and most important—a loving family. Write to us at: Tibetan Children's Village, Dharamsala Cantt, Dist. Kangra (H.P.) INDIA, and we will send you case-histories and photographs of children who need your help. ■

COMPASSIONATE CARE OF CHILDREN

There are hundreds of children among Tibetan Refugee families living throughout the world who suffer the pains of hunger, sickness and despair. Your assistance to them is urgently needed.

Sponsors make a crucial difference between a life of suffering or one of well being and self-reliance. With sponsor assistance, impoverished children receive basic necessities of food, clothing, medical care, and educational fees.

Initially, a child with most urgent needs will be selected and their name, age, photo and address will be sent to you. This begins a unique relationship in which your generosity and compassion enrich the future of a child's life.

Please join Rigpe Dorje Foundation's family of sponsors for a most worthy effort. Your entire contribution will be sent to your child for his or her sole benefit.

I would like to sponsor a child

- | | | |
|---|---|---|
| <input type="checkbox"/> \$20 monthly | <input type="checkbox"/> I cannot sponsor a child at this time but wish to contribute to the children's general fund \$ _____ | <input type="checkbox"/> Please included my name on your mailing list |
| <input type="checkbox"/> \$60 quarterly | | |
| <input type="checkbox"/> \$240 annually | | |

All contributions are tax deductible in the USA and Canada

Make checks payable to: Rigpe Dorje Foundation
Mail to one of the addresses below

Name _____

Address _____



Rigpe Dorje
Foundation:

328 N. Sycamore Ave, Los Angeles, CA 90036 USA
120 Le Cavalier, Montreal, Que. H4N 2K2, Canada



NUNS OF LOBSERING

continued from page 6

"I will beg," she replied.

"Is there anything we can give you for your journey?"

She smiled and shook her head slowly. The radiance of her face took my breath away.

Ani Tenzin Dolma was very happy at the old people's home. Singye gave her some rupees from our fund for medicine and for making offerings at her shrine during the holy days. Ani Tsering Dolma requested a cooking pot. She had only one and wanted to cook her rice and vegetables separately. Ani Yountro wanted to help with our prayer flag project so we wandered back to Singye's house where a small crowd had gathered. Singye was covered with black ink. So was the wooden block carved with mantras and auspicious animals. Now if all that enthusiasm could be transferred to the bright cloth stretched out before us, we'd be in business.

I packed my bag slowly. This visit had flown by. As I stood to leave, Singye filled my tea cup yet another time. When I protested he informed me that I wasn't to drink it. "This is so that you will come back," he said.

We walked down the road together, sounds of merriment coming from a neighbour's house. We caught up with Ani Pema, came in

one hand, bucket in the other, on her way to the well at the edge of the camp. "Ani-la," I told her, "Please go to the Tibetan doctor. We have made an arrangement with him to give you medicine for your arthritis."

She shook her cane at me. "I am not going to take any more medicine," she said. "I am too old. I will die soon. I have no need for medicine. But I am telling you, we will all meet in Dewachen."

The bus approached, banging and rattling down the road. I had a fourteen-hour ride ahead of me, and the bus was packed to the gills. A young Tibetan called my name and gestured me to his seat. I remembered meeting him at Singye's house. He was in the Indian army, stationed on the Ladakh border at 20,000 feet. He had walked up the road several miles in order to save a seat for me.

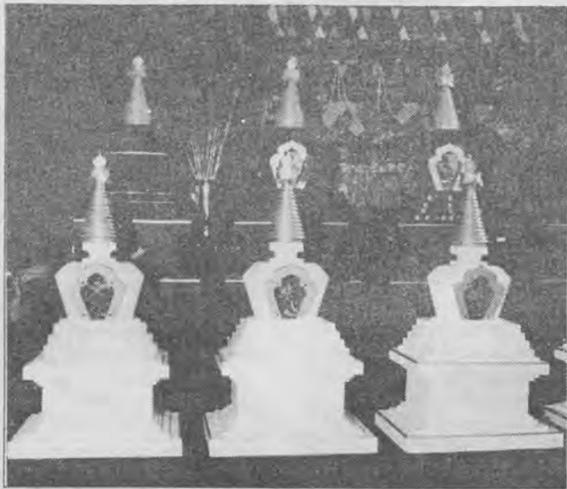
"The fare is paid," he said as he struggled to exit through the packed and seething multitude. My eyes filled with tears.

"Tashi Deleg!" Tseten Dolma shouted over the din, "may all be auspicious!" —Prema Dasara ■

You are invited to send donations for the support of Ani Jetsun's students and the Tibetan refugee community of Lobsering to: Karma Rimay O Sal Ling, P.O. Box 1029, Paia, Maui, HI 96790.

NYINGMA TEACHERS IN AMERICA

Ven. Lama Khenpo Palden Sherab Rinpoche
Ven. Lama Khenpo Tsewang Dongyal Rinpoche



Small Stupas

AVAILABLE FROM

Kunzang Palyul Chöling

Although thousands of stupas exist throughout the East, there are only a handful of these sacred monuments in the United States. Yet, since the time of Shakyamuni, stupas have brought countless blessings to practitioners and the communities in which they have been located.

One reason for their relative scarcity is that stupas require considerable resources and painstaking efforts to be built to the exacting specifications required. Now Buddhist centers and practitioners need not be deterred any longer from practicing in the presence of these wish-fulfilling structures. The sangha at Kunzang Palyul Chöling (KPC) in Poolesville, Maryland, is building stupas for sale.

The stupas, like the one pictured here, are expertly crafted from high-quality, clear white pine and then painted white and decorated in gold in the traditional manner. The umbrella that covers the spine cap is fashioned in solid copper, as are the walls of the chamber in which a statue can be placed. The copper chamber is then covered with a vibrant silk brocade. The stupas are three-foot tall and weigh 65 pounds before being filled and empowered.

If you or your center are interested in purchasing a stupa or finding out more about these structures



we will be happy to send you an information packet. Kits for constructing your own stupa or building plans can also be made available. Please write KPC at 18400 River Road, Poolesville, MD 20837, or call the KPC office at (301) 428-8116.

In the eighth century, the Buddhist teachings were carried from India to Tibet by the great tantric master Padma Sambhava. In the 1970s and '80s these same teachings came to America. The Nyingma lineage, founded by Padma Sambhava, is being transmitted by Khenpo Palden Sherab Rinpoche and his brother Khenpo Tsewang Dongyal Rinpoche, who are currently living in New York City.

The Venerable Khenpo Palden Sherab Rinpoche was born in Eastern Tibet. Like many of the youths chosen to enter the monastic life, his training began at the tender age of six. At an early age he was trained to become abbot of Gochen Monastery. He went on his first extended retreat at age seven and has been practicing meditation for over forty years. In 1953 he entered Riwoche Monastery, one of the oldest and largest monasteries in Eastern Tibet.

In 1960, following the Communist invasion, he and his brother and their family were forced to leave the country. Both Gochen Monastery and Riwoche Monastery were destroyed by the Communist Chinese, and many people were either imprisoned, killed, or forced into exile. It took nearly a year for the family to escape and they were under constant duress. Finally, they made their way to India where they lived in refugee camps.

Soon afterwards Khenpo Palden Sherab Rinpoche began to teach Buddhist philosophy, literature, and culture to Tibetan refugees in Assam in east India. The Tibetan culture was in grave danger at that time. Being keenly aware of the situation, the refugee elders, the Dalai Lama, and the heads of the four main sects of Tibetan Buddhism joined together to preserve the culture as best as they could. Therefore, according to the wishes of the Dalai Lama, the masters of the four main sects met in Mussoorie in northern India in 1965. Among them was Khenpo Palden Sherab Rinpoche on behalf of His Holiness Dudjom Rinpoche. Together they honored and cherished their ancient and rich heritage. At the same time they laid a new foundation, a strategy for preserving and passing on the teachings and traditions of the four schools.

In 1967 the Khen Rinpoche became one of the founding members of the cultural Institute of Tibetan Higher Studies at Varanasi. He was appointed Chief Abbot of the Nyingma Department where he taught classes on Abidharma, Prajnaparamita, debate, poetry, and Buddhist philosophy and psychology. He also guided the research of the students and guided the graduate program. His duties involving these positions were numerous. After six years he found himself teaching as many as fourteen classes per day. In addition, he kept up his daily duties of organizing the students and seeing to the smooth operation of the Institute.

It was around this time that Rinpoche began to focus upon a vision that he held regarding the expansion and stabilization of the Nyingma tradition, not so much in the academic sense but in the area of contemplation and meditation.

He carried his dream to His Holiness Dudjom Rinpoche who offered encouragement and said he would help in any way possible. In 1972 Khen Rinpoche managed to

purchase a small piece of land within five minutes of where the Buddha first turned the Wheel of Dharma at Sarnath, Varanasi. He also received modest financial support from other Nyingma lamas as well as H.H. Dudjom Rinpoche.

By now there were a number of western students that had travelled to India to learn more about Tibetan Buddhism. In 1975 some American students invited Khenpo Palden to the United States to give teachings. However, he felt that he should wait.

In 1979, when another request was extended by Dr. Rhoda P. Le Cocq, he agreed to come to the

entrance to the Deer Park at Sarnath in India. The Khenpos are now raising funds to build a monastic college on this site.

Khenpo Palden Sherab Rinpoche is one of the most highly qualified scholars and meditation masters of the Nyingma lineage currently teaching in America. He is fully versed in the three yantras and is an acknowledged master of Dzog Chen, the most highly advanced tradition of spiritual practice in the Nyingma lineage. He is the author of works in Tibetan and English. His book, *The Blazing Light of the Sun and the Moon* is used as a textbook at Sanskrit



Ven. Khenpo Palden Sherab Rinpoche (l.), Ven. Khenpo Tsewang Dongyal Rinpoche (r.)

West. By this time he had graduate students to take his place and he came to the United States on a one year sabbatical in 1980.

The purpose of the visit was to share Nyingma teachings as well as the knowledge of the Tibetan culture. He taught at many colleges, universities, churches, ashrams, private groups and Tibetan Buddhist centers as arranged by Dr. Le Cocq. In the United States he worked closely with His Holiness Dudjom Rinpoche.

The situation in India at the Tibetan Institute was now quite stable. Khen Rinpoche had devotedly trained several bright, young masters for many years, and in 1985 he felt that it was time to resign his post. The students wanted very much for him to remain, but he had great confidence in their enthusiasm and skills. He was certain that they would carry on the Nyingma lineage in solid fashion.

Khenpo Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche moved to New York City to work with His Holiness Dudjom Rinpoche, head of the Nyingma lineage. Upon H.H. Dudjom Rinpoche's passing Khenpo Palden Sherab Rinpoche became the abbot of the Yeshe Nyingpo Center in New York City. In 1987 he resigned from this post to take up teaching and establishing Nyingma centers around America.

The Padma Sambhava Society was founded to serve as a national organization for the various centers under the direction of Khenpo Palden Sherab and Khenpo Tsewang Dongyal. They are now spiritual directors at centers in New York City, West Palm Beach, Orlando, Middle Tennessee, and Albuquerque. Khenpo Palden Sherab Rinpoche has acquired land near the

University. Two books of his teachings have thus far been published in English, *The Light of the Dharma* and *Prajnaparamita: The Six Perfections* (see catalog).

Ven. Lama Khenpo Tsewang Dongyal Rinpoche is also a fully qualified lama in the Nyingma tradition. He was recognized as a Tulku soon after birth and is now a graduate of Sanskrit University. He was invested with the authority of Khenpo by H.H. Dudjom Rinpoche and presided at Orgyen Chokhorling Monastery. He also served as a teacher at the Wishfulfilling Nyingmapa Institute in Nepal where he taught Buddhist philosophy, writing, calligraphy, and poetry. He is both a poet and a scholar as well as serving as translator for teachings given by Khenpo Palden Sherab Rinpoche. He holds the complete transmissions and initiations for the Kama and Terma traditions in the Nyingma lineage.

Khenpo Tsewang Rinpoche's dynamic personality has delighted academic circles and practitioners of Buddhist philosophers around the world. His highly skilled approach bridges the ancient Nyingma tradition with contemporary Western thought.

The Khenpos are pursuing an active travel schedule teaching at all their established centers in America. They also spend time each year at Sarnath working to establish the college there.

For further information the Rinpoches may be contacted through the following Padma Sambhava Centers:

West Palm Beach .407-586-9941
Orlando407-568-4448
Miami305-532-0706
New York City . . .212-255-8774
Tennessee615-653-4667
Albuquerque505-836-1947

JANGCHUB CHOELING NUNNERY

The Jangchub Choeling Nunnery, established by H.H. the Dalai Lama in 1986 in Karnataka State, India, currently houses 35 young nuns, some recently arrived from Tibet. Most of the younger nuns attend regular day school and study religious subjects at night. There is no reliable source of in-

come with the exception of a 50-rupee monthly stipend received by 22 of the nuns. Contributions of any amount would be greatly appreciated. Please contact P. Bamman, P.O. Box 781, Albuquerque, N.M. 87103. Tel: 1-505-242-9072 for details on sending funds to Mundgod. ■

THE MAITREYA PROJECT

Maitreya—whose name is derived from the Sanskrit "maitri," meaning "universal love"—will be the fifth and next Buddha to appear in the world during this fortunate green aeon of one thousand Wheel Turning Buddhas.

Buddhas manifest to lead sentient beings from misery and bondage into liberation and bliss. Infinitely compassionate, all-knowing and all-powerful, they guide us skillfully according to our various capacities and dispositions on the path to our own Buddhahood.

In the North Indian town of Bodh Gaya, the religious center of the Buddhist world, preparations have begun for the construction of a large statue of the future Buddha, Maitreya. Sited in a specially created meditation grove, the image will be in the classical form of Maitreya: seated on a throne supported by snow lions, with hands in the gesture of turning the wheel of Dharma and feet resting on the earth.

Bodh Gaya is the site of the enlightenment of the present Buddha, Shakyamuni, and it remains, after 2,500 years, a powerful symbol for the heart of the Buddhist experience. Pilgrims from all over the world flock to this sacred place. Its religious, cultural, and historical significance is immense: it has served as a fountainhead of a way of life that has extended beyond the boundaries of India to every corner of the planet.

The Maitreya Project was the wish of the late Tibetan Buddhist master, Lama Thubten Yeshe (1935-1984). Having established a world-wide network of dozens of Buddhist centers comprising the Foundation for the Preservation of the Mahayana Tradition, Lama Yeshe wanted to remind us of our roots in Bodh Gaya, the site of enlightenment of not only Shakyamuni Buddha, but of Maitreya and all the thousand Wheel Turning Buddhas of this fortunate great aeon.

In his advice in 1983 on the construction of Root Institute, a teaching and retreat center in Bodh Gaya, Lama Yeshe said there should be a statue of Maitreya, "And it should be huge," he said. "As big as possible."

The tradition of constructing statues of Maitreya is common, especially in Tibet. They are seen not only as powerful objects of merit but also as the karmic condition for everyone who connects with it to be born at the time of Maitreya and to receive his teachings on the path to enlightenment.

Rinpoche has dedicated the Maitreya Project to "bringing peace and harmony to the world."

There are many ways to help sentient beings, he says. "For example, giving money and food to the poor. But that is not the primary solution to their suffering because food and money cannot stop the main causes of their suffering, the disturbing thoughts such as ignorance, anger and desire. But building a statue such as this Maitreya very much helps sentient beings to meet the right path that can liberate them from the samsaric suffering of being bound by karma and delusion. In this way such a statue can help bring peace not only to the individual, not only to the nation of India, but to the whole world."

The image and its environment will be designed to create a visual and spatial experience that will shift the consciousness of even the most casual visitor. Lama Yeshe not only wanted the statue to be huge, but to be "alive" as well—to be vividly practical, something to be used by as many people as possible. Given that the image could exceed 60 meters (200 feet) in height, there will be the equivalent of several storeys inside the throne alone that could easily house a gallery/museum, shrine rooms, a library, a shop, or a restaurant.

A final design has not yet been chosen, but one possibility is that the statue will show Maitreya in the nirmanakaya aspect, teaching on this earth. A feature inside the image could be another statue of Maitreya, rising up through a central atrium, in the magnificent jewel-and gold-encrusted sambogakaya aspect, as he appears in the pure realm of Tushita, giving Mahayana teachings unceasingly until samsara ends.

The statue will be set in a landscape of trees and flower gardens, water pools and fountains, with paths for circumambulation and places for meditation. Rinpoche visualizes deer wandering freely.

Lama Zopa Rinpoche has inspired many students and friends worldwide to become involved in the project—architects, engineers, and financial advisors have given input, and individuals and organizations have given money totalling some US \$50,000 so far. In April, Rinpoche appointed Australian nun Yeshe Khadro as director of the project.

Donations may be sent as personal checks in Australian dollars, or as bank checks in Australian or U.S. dollars, made out to The Maitreya Project. All communication, including donations, should be addressed to Yeshe Khadro, The Maitreya Project, P.O. Box 41, Eudlo, Queensland 4554, Australia. Tel.# 61-071-45 9047. Fax: 61-071-45 9720. ■

DREPUNG LOSELING MONASTERY

Drepung Monastery was established in Tibet in 1416 by Jamyang Choje. Eventually it became the largest monastic university in the world, with up to 12,000 lamas and monks from all over Tibet, the surrounding Central Asian kingdoms, China, Japan, and Russia. After completing their course of studies and undergoing rigorous examinations, these lamas would return to their home regions and become important teachers of the various Tibetan Buddhist spiritual traditions.

All this ended with the forced closing and destruction of Tibetan religious institutions following the holocaust unleashed by the Chinese Communists in the 1950s. To preserve their traditions and their lives, several hundred lamas from Drepung Loseling escaped to India, settling temporarily in West Bengal. Eventually, they built a new monastery on a small piece of land in Karnataka, South India, which the Indian government donated to them in 1971.

The lamas moved to their new home, and with great enthusiasm began the long process of clearing the land of jungle, building new housing facilities, classrooms, and a prayer hall, and cultivating the remaining 140 acres of land. Soon, they were growing corn and rice. The monks consumed most of the rice, and sold the corn at local markets to help support the monastery.

Since then, the population of the monastery has grown from 250 to 1,000 due to the continual influx of young monks arriving from Tibet. These refugees from the communist occupation risk their lives in order to escape the brutal Chinese policies of repression and apartheid. At Drepung in India, they find the freedom to practice their religion and to secure the education and training which they are denied in their own country.

The policy of the monastery has always been to accept whomever comes to it, without regard to their ability to contribute financially to their own support. Most of these young refugees, fortunate to have escaped with their lives from the tightening net of Chinese security, arrive empty-handed, and as a consequence, the monastery now finds itself greatly overcrowded and unable to adequately support the growing numbers of student monks.

In 1988-89, eight Tibetan lamas from the Drepung Loseling Monastery in South India toured 108 cities in North America to present "Sacred Music, Sacred Dance: The Mystical Arts of Tibet." Performing chants, dances and invocations for purification, spiritual renewal and world peace, the tour was the monastery's contribution to the world peace movement.

The performances were enthusiastically received by audiences from Los Angeles to

Vancouver, Montreal to Miami, Chicago to Dallas, Memphis to Fort Wayne. Throughout the tour people expressed an interest in keeping in touch with the lamas and their monastery. Many friends even offered to help the refugee monastic community in such ways as foster-sponsoring a young monk, contributing medicines, and offering to provide technical advice on an ongoing basis. The proceeds from the tour of "Sacred Dance" have helped to alleviate the financial strain on the monastery and to give it hope for its future.

The Drepung Loseling Educational Trust has been established to provide support and encouragement to Drepung Loseling Monastery and in particular to the young refugee monks seeking sanctuary there. The Trust felt that it would be helpful to publish a newsletter to keep friends of Drepung Loseling abreast of developments. This thrice-yearly publication will give a fuller picture of the monastery's life and of the monks and lamas who are working to preserve and perpetuate their unique and endangered Tibetan Buddhist heritage.

If you would like to receive the Drepung Loseling Newsletter, or know of anyone else who would, please write: Drepung Loseling Educational Trust, P.O. Box 6375, Grand Central Station, New York, NY, 10163. ■

UPCOMING TEACHINGS WITH THE VEN. SHYALPA TENZIN RINPOCHE



THE VEN. SHYALPA TENZIN RINPOCHE is a highly accomplished lama in the Ka-Nying lineage of Tibetan Buddhism. He is a meditation master, scholar, and founder of Do Kham Riwoche Taklung Kagyud Center in Nepal, and Rangrig Yeshe Center in Stockbridge, Mass. Rinpoche began studies in Buddhist philosophy, esoteric ritual, mudra, calligraphy, sculpture, music, and dance at the age of four with his father. He received all of the pith instructions and tantric teachings from the greatest masters. Rinpoche completed the full traditional training of a Vajra Master and holds a degree from Benares Sanskrit University. Since his arrival in the United States in March, 1988, Rinpoche has been giving teachings on the Middle Way Path (Madhyamika), the Great Symbol Path (Mahamudra) and the Great Perfection (Dzogchen). Known for engaging students directly and personally, Rinpoche teaches in fluent English.

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Dec 7,8,9	Wisdom Dakini Retreat Breckenridge, CO	(303) 337-7896

Rangrig Yeshe Center, PO Box 1167, Stockbridge, MA 01262 (413) 298-5141

NEWS

YANGTHANG TULKU'S TOUR OF THE WEST

Over the past few years since his departure from Dhomang, Yangthang Tulku has received countless letters from the people, monks and tulkus of Dhomang requesting him to return. He has finally agreed, hoping to build a study center and a retreat center.

Gyatrul Rinpoche has seized this opportunity to invite the Dhomang Terchen, one of the great masters of the older generation, to the U.S. to give his American students transmissions of unsurpassed purity and power in the lineages of Ratna Lingpa, Longchenpa, and Dorje Dechen Lingpa, as well as teachings on the nature of the mind.

In particular, it is planned that he will give the *wangchen* (great transmission) of Ratna Lingpa twice, once in Ashland, Oregon, and once in Washington, D.C. This comprises the initiation and oral transmissions for the complete opus of Tertön Ratna Lingpa, whose terms are practised widely among the Nyingmapa. It was a transmission that was difficult to receive, even in Tibet. He will give the empowerments into the *Nying-*

thig Ya Shi, a set of teaching and practices which encompass the entire *Men-ngag-De* (secret oral instructions) of Dzogchen, including the practices of *Trekchod* and *Thodgal*. The Nyingthig Ya Shi is the work of the great Longchenpa whose opus was the inspiration and source material for the Longchen Nyingthig tradition of Tertön Jigme Lingpa, and is one of the most important single transmissions in the Nyingma lineage, and rarely given.

The complete schedule of Yangthang Tulku's tour is advertised in this issue of the Snow Lion Newsletter. During this tour, Gyatrul Rinpoche will accompany Yangthang Tulku, both to introduce his own students to him and to fill in with teachings as seems appropriate. It is Gyatrul Rinpoche's great hope that his own students and many other sincere practitioners of the Buddha's doctrine will come to receive these transmissions, and by making a connection by act of body, speech or mind with a lama of such pure qualities and realization, may ripen their own spiritual qualities. ■



Yeshe Nyingpo Presents

Yangthang Tulku Rinpoche, The Incarnation of Tertön Dorje Dechen Lingpa The Great Transmission of the Lineage of Tertön Ratna Lingpa and of The Nyingthig Ya Shi

Schedule:

Sept. 28 to Oct. 14: The Great Transmission of the Lineage of Tertön Ratna Lingpa. Ashland, OR: (503) 488-0477, (503) 482-0665.

Oct. 20 to Nov. 9: Nyingthig Ya Shi: Dzogchen Transmissions in the Secret Oral Instruction Class. San Francisco, CA: (415) 864-8633.

Nov. 11 to Nov. 18: "The Union of Mahamudra and Dzogchen," by Karma Chagmed. Los Angeles, CA: (213) 450-2559.

Nov. 23 to Nov. 24: Teachings on the nature of the mind, and 1,000 Buddhas initiation. Santa Fé, NM: (505) 983-4885.

Nov. 27 to Dec. 20: The Great Transmission of the Lineage of Tertön Ratna Lingpa. Washington, D.C.: (301) 428-8116.

Dec. 31 to Jan. 4: Avalokiteshvara and 1,000 Buddhas initiation. Boston, MA: (617) 969-2848.

Jan. 15 to Jan. 30: "The Union of Mahamudra and Dzogchen," by Karma Chagmed. Big Island, HI: (808) 322-3961.

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Oct. 26 - Nov. 14, 1991

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Please refer to the listing of our tape in the VIDEO DHARMA section of this catalogue.

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TWO LAMAS

continued from page 1

the Palyul tradition: Gyatrul Rinpoche, the rebirth of Sampa Kunkhyab, the root teacher of Dorje Dechen Lingpa. Sampa Kunkhyab had been a great practitioner, spending most of his life in retreat. Even in retreat, however, he would give many teachings and initiations to students.

In 1959, when the Chinese Communists overtook Tibet, the lives of these two men underwent dramatic change. After Dhomang Monastery was attacked, Yangthang Tulku escaped to the retreat quarters of Gyatrul Rinpoche, and they considered what course of action to take. The path before them forked at that decisive moment: Yangthang Tulku, as the Abbot of Dhomang, felt it best to stay, while Gyatrul Rinpoche determined to leave for Nepal and India. When Yangthang Tulku asked him how he was planning to get there, he replied, "I'll get there." Their paths were not to cross for twenty-six years.

Gyatrul Rinpoche joined a party which took an evasive route to Nepal, and then to India. Only a fraction of the people who began the journey arrived there. In the Tibetan refugee camp in Buxa, he connected with the present throneholder of the Palyul lineage, Padma Norbu Rinpoche. He spent a brief but interesting period in the service of His Holiness the Karmapa. At one point he was the overseer of the school of debate at Buxa. During this period, he met not one monk from Dhomang Monastery.

At the request of His Holiness the Dalai Lama, he accompanied the King and Queen of Gyarong, as their lama, to Canada, where a contingent of Gyarongpas had been admitted as refugees. He then visited various parts of the United States. In 1976 he was asked by His Holiness Dudjom Rinpoche to be his spiritual representative in California, so he took up residence in Berkeley. Plunging into a life of teaching, organizing and building, he opened up centers in Los Angeles, Oregon (Ashland, Eugene, Portland, and Newport), and in Ensenada, Mexico.

Gyatrul Rinpoche became especially active in Ashland, and eventually moved there to build a traditional temple to provide the setting for extensive teachings and practice. He built a 32-foot high statue of Vajrasattva to crown the site.

During all this time, there was no word about the fate of the Dhomang Terchen, Yangthang Tulku.

Then in 1985, Gyatrul Rinpoche led a group of his American students on pilgrimage to the sacred shrines of the Dharma. He took time off to do a personal retreat in the Maratika cave, where Guru Rinpoche and his consort Mandarava had accomplished the long life practice. Invigorated by an intense period of this practice, Rinpoche led his students to Bodhanath in Nepal to circumambulate the Great Stupa. And there, to his surprise and delight, he met Yangthang Tulku.

The party that followed this joyous reunion was hosted by Dzongnang Rinpoche, who invited all the

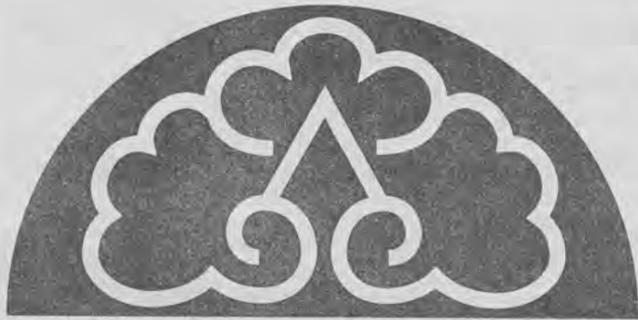
leading tulkus of the Palyul lineage. Yangthang Tulku described his capture and his years of imprisonment and torture. Throughout this terrible time however, he had secretly maintained his practice and encouraged his fellow prisoners to do likewise, confident in their eventual liberation.

Following the death of Mao-tse Tung, he had been released and had returned to Dhomang. He found that the monastery had been completely dismantled. He also found that, under the existing conditions of constant surveillance, he could not do much for the community. So he had obtained permission to go to Sikkim to be with his aging and ailing mother. While there, he travelled back and forth to Nepal and Bhutan, receiving transmissions and empowerments from His Holiness Dilgo Khyentse Rinpoche and His Holiness Dordrupchen Rinpoche, as a simple yogi. And that is how he happened to be circumambulating the Great Stupa.

Then, at Gyatrul Rinpoche's request, Yangthang Tulku gave the American students teachings on the nature of the mind. He then blessed them with certain relics of the great translator Vairocana: a statue, some clothing, and the phurba. Despite the terrible conditions under which he lived, he had somehow managed to conceal these precious terms during his imprisonment. ■

Neal J. King is a student of the Venerable Gyatrul Rinpoche. He is Vice President of Orgyen Dorje Den—San Francisco Bay Area Yeshe Nyingpo.

YEAR OF TIBET



THE YEAR OF TIBET

The use of the official logo by all organizations in events commemorating the International Year of Tibet will be symbolic of the unity of effort and cooperative nature of all participants. The logo, which was originally developed for

the U.S. Tibet Committee, was redesigned by Milton Glaser specifically for the international celebration. By enclosing the original logo in a semicircle, Mr. Glaser reinforces the global nature of our appeal. ■

WHY A YEAR OF TIBET?

Despite the recognition achieved by the award of the 1989 Nobel Peace Prize to the Dalai Lama, Tibet still faces a systematic and total destruction of its entire culture.

In recognition of this urgency, and in an appeal to the world community, the Dalai Lama has dedicated 1991 as the "Year of Tibet."

The Dalai Lama has consistently "advocated peaceful solutions based upon tolerance and mutual respect in order to preserve the historical and cultural heritage of his people" (Nobel Committee, 1989). However, China's policy in Tibet continues to ravage the culture, the people and the land. The International Commission of Jurists concludes that the Chinese are guilty of "the most pernicious crime that any individual or nation can be accused of, viz. a willful attempt to annihilate an entire people."

The purpose of the Year of Tibet is to promote understanding and appreciation of this beautiful yet endangered culture, and to create widespread awareness of the situation in Tibet. It is the first, and possibly the last, opportunity for all of us to work together in a global effort to save the Tibetan people before they and their culture disappear.

Our hope is that through the programs and events of the Year of Tibet, the entire world community will share our concern for Tibet and its culture, and will join us in an active effort to prevent it from vanishing from the earth forever.

THE YEAR OF TIBET—1991 IS AN APPEAL TO THE WORLD COMMUNITY TO SPEAK OUT ABOUT TIBET, TO ACTIVELY PARTICIPATE AND ASSUME THE RESPONSIBILITY OF KEEPING THIS ANCIENT CULTURE ALIVE.

HOW YOU CAN GET INVOLVED

To organize an event in your area, please contact your appropriate Regional Coordinating Committee. These committees will play key roles in the coordination of the Year of Tibet, as they will serve as a link between you and all regions and Tibet House. Events for the

Year of Tibet will generally be organized, managed, and funded on a local level. When planning events, please be sure to have your Committee inform Tibet House, as all events will be published in our National Calendar. Tibet House will provide resources and

support to Coordinating Committees as well as organize a few high-profile national events.

To find out who your Regional Coordinating Committee members are please contact Tibet House. ■

IDEAS FOR EVENTS AND PROGRAMS

All activities, no matter how large or small, are integral to the success of the Year of Tibet. One event or object on display for the Year of Tibet symbolizes the larger effort to preserve a culture and a people. The following is a preliminary list of ideas; please feel free to develop your own.

- Encourage a local gallery or museum to put on a show of Tibetan art, artifacts or photos.
- Arrange a lecture, conference or educational program on any aspect of Tibet at a local university or community center.
- Work with international students' organizations to sponsor lectures on Tibet.
- Encourage a local environmental group to present and discuss the ecological problems of Tibet.
- Develop a relationship with your local media outlets and keep them informed about Tibet and the Year of Tibet.
- Encourage a radio station or local access cable channel to present a program on Tibet. (Contact Babette Silberberg (415) 922-7528 or the Samaya Foundation (212) 219-2908 for existing cable shows on Tibet.)
- Create your own "Tibet Exhibit" of Tibetan items (i.e., dharma art prints, reproductions, books, rugs).
- Ask your local bookstore or department store to set up readings or a window or shelf display on Tibet.
- Ask your local library to display its books about Tibet or exhibit a piece of Tibetan art in honor of the Year of Tibet.
- Arrange a public showing of a series of videos on Tibet.
- Sponsor dharma teachings as part of the Year of Tibet.
- Arrange a public media forum of local officials who support Tibet.
- Paint Tibetan murals with the Year of Tibet logo on buildings and billboards.
- Fly Tibetan flags on Losar (Tibetan New Year) and March 10 (Tibetan National Day).
- Involve local religious organizations in the construction of community prayer poles and flying prayer flags dedicated to world peace and to Tibet.
- Work with political, religious and community groups to arrange forums of discussion about "universal responsibility" and non-violence.
- Set up Tibet booths at expos and fairs during 1991-1992.
- Establish a relationship between your community and a Tibetan community, nunnery or monastery in exile.
- Initiate a public awareness campaign about Tibet in your community.
- Present slide-lecture shows/ travelogue talks on Tibet in conjunction with clubs like the Sierra Club, the Lions Club, etc.
- Hold Tibetan cultural evenings/dinners/dances/parties.
- Set up an information table about Tibet on campus, in malls, the street or at key events.
- Hold a candlelight vigil for Tibet.
- Display "Honk-for-Tibet" placards at a busy intersection during rush hour at a consistent time and location.
- Enter a Tibet float in a parade or organize a group to march as a Tibet support contingent in a parade. ■

KALACHAKRA

Tibet House has the great honor of announcing that His Holiness the Dalai Lama has consented to offer the Kalachakra Initiation in New York City in October of 1991.

His Holiness will give preparatory teachings Oc-

tober 15-18, and confer the Kalachakra Initiation October 21-23. Tentatively scheduled for October 12-14 are teachings by the lineage holders of the four schools of Tibetan Buddhism.

To receive registration information in spring 1991,

send your name, address and zip code to Tibet House, Kalachakra Committee, 636 Broadway, 12th floor, New York, NY 10012 or call (212) 353-9391 and leave your name address and zip code on the answering machine. ■

YEAR OF TIBET

YEAR OF TIBET TIBET HOUSE-SPONSORED PROGRAMS AVAILABLE FOR BOOKING

VISUAL ARTS

Film Festival on Tibet

This first film series on Tibet explores the facts and myths of Tibet as seen through the movie camera. While Hollywood feature films create a Tibet of Western imagination, documentaries dispel the myths that have been perpetuated about "Shangri-La". Ultimately the viewer will come through with a better understanding and appreciation of Tibet's history, religion, and the current political situation.

The program consists of eight films available in 16mm format. To provide context for each film, booklets with program notes and film stills will be provided. A list of recommended films and distributors will also be available for those interested in arranging additional film programs on Tibet.

The Film Festival on Tibet is available after April 8, 1990. Bookings are already being placed so please call Tibet House with preferred dates soon if you are interested.

Photography Exhibits

Tibet House is sponsoring three photo exhibits for the Year of Tibet which we feel represent the work of three exceptionally talented photographers. They are:

My Tibet, by Galen Rowell

Focusing on Tibet's natural and cultural heritage, *My Tibet* reveals the beauty of Tibet and her people to the West. This exhibit, comprised of 61 spectacular color photographs, is also accompanied with captions by H.H. the Dalai Lama, many of which are His direct responses to images of His homeland.

The exhibit is also accompanied by other supportive artworks. These include the eight auspicious signs of Tibetan Buddhism, an Asian artist's impressionistic map of Tibet, and five two-sided hanging banners featuring quotes from His Holiness on the subjects of environment and universal responsibility.

The exhibit will be accompanied by a book of the same title to be released by University of California Press in the fall of 1990.

The rental fee is \$2,500 per month and booking requests should be referred to Marcia Robertson, Mountain Light Photography, 1483 A Solarno Avenue, Albany, CA 94706 / Tel: (415) 524-9343.

Without Tibet, by John Smart

Without Tibet, a collection of 50 black-and-white photographs, is an artistic tribute to the Tibetan people in exile and a timely gift to the Western world. These photographs were taken in 1973 and 1974 during John Smart's visit to four exile communities in India, the Kathmandu Valley and the remote Dolpo region of Northwestern Nepal.

Smart's portraits introduce us to a fascinating array of people, including H.H. the Dalai Lama, monks, nuns, laypeople, families, children, yogis and nomads. These historic photographs allow the viewer to explore Tibetan culture as manifested through the people, the living examples of their traditional values. The portraits emanate the inner strength of these individuals and rather than expose the hardships of refugee life with sensationalism, Smart chooses to make a positive statement that is both poetic and objective.

A book of John Smart's photographs with an introduction by Richard Gere, Chairman of Tibet House, and Robert Thurman, Professor of Religion at Columbia University, will accompany the exhibition. The book will be published by Snow Lion Publications.

A rental fee of \$1000 a month is charged and bookings are arranged through Tibet House.

Tibet Today, by Erhard Hursch

This exhibit of 150 breathtaking color photographs is divided into 12 chapters—each with a textual introduction. Hursch offers a broad look into Tibet by presenting an overall picture—land, villages, towns, temples, monasteries, people, customs, and religious activity. The show also portrays the present political situation in Tibet, the faith and devotion of the Tibetan people, their problems and needs, and most important of all a way of life that is well worth preserving.

Tibet Today brings the viewer in close contact with striking scenes of religious passion, age-old historic sites, a pantheon of religious relics, and the Tibetan effort to rebuild and continue practicing their religion.

Each chapter fosters a deeper understanding of a particular facet of Tibetan culture. The chapter "Lhasa: the Divided City" is a microcosm of the general situation in Tibet. The Jokhang, the holiest temple in Lhasa, and the Potala Palace are offset by the antennas of state radio and television stations.

The rental fee for this exhibition is \$750 for six weeks. Please contact Tibet House with preferred dates if you are interested.

Visions from the Roof of the World

Visions from the Roof of the World is a series of exhibitions by artists whose works have been influenced by the culture of Tibet. This series of exhibitions is co-sponsored by the Cultural Arts Expedition to Tibet.

Tibetan Locks and Keys: Wall reliefs and three-dimensional works by Robert Rauschenberg.

Tibet—Realm of the Sacred: Photographs by Dr. Edwin Bernbaum, whose book will also be available.

Visions from the Silk Road: Multimedia works by the artists of the Cultural Arts Expedition to the Himalayas and Tibet: Carole Elchert, John Westmore, Philip Sugden, and Roger Sugden. A PBS video, *White Lotus*, and a book of the same title published by Snow Lion are also available.

The Sacred Mountain of Tibet—on Pilgrimage to Kailas: photographs by Russell Johnson and Barbara Iertilli. A book of the same title will also be available.

Panorama Photographs by George Berticevich and Don Weiss.

Paintings by Mindi Katzman, Bergen Ruse, Marcia Clark, and Michail Dupille.

Paintings from the Fields of Merit: Thangka Paintings by the Tibetan artist Phuntsok Dorje.

When the Iron Bird Flies: Photographs by ASUPI and graphic arts by Vicki Khuzami.

If you wish to book one of these programs please contact: Philip Sugden, P.O. Box 572, Findlay, OH 45839 / Tel: W (419) 422-0498, H (419) 365-7131. ■

YEAR OF TIBET

YEAR OF TIBET TIBET-HOUSE SPONSORED PROGRAMS AVAILABLE FOR BOOKING

CULTURAL AND EDUCATIONAL

Losel Doll Exhibit

An exhibit of Losel Dolls will be held throughout the month of October 1991 at the American Museum of Natural History in New York. Four Tibetan monk artisans from Drepung Loseling Monastery in South India will be making this colorful Tibetan craft in public. The skills used to form clay into delicate Buddhist statuary are relived in the making of the doll heads and colorful masks; the intricate artistry of braiding ropes and hair will be accomplished in miniature; exceptional painting skills are used for the doll faces and colorful masks; and silk brocade and applique are used to make the doll costume and accessories.

Between 40 and 50 completed dolls will also be on display in traditional Tibetan settings. The Losel dolls represent not only an expressive integration of several ancient and traditional craft

forms unique to Tibet, but each setting enables the viewer to experience different scenes of the Tibetan way of life.

For further details please contact Tibet House or Mac McCoy of the Tibetan Handicraft Project Development at (202) 332-4555.

Children's Program

Tibet House and a team of educators are working on developing a Children's Program that will introduce Tibet and its culture into the classroom. The program will also be available at certain national exhibits and events.

If you know of existing materials on Tibet geared for children that could be integrated into our program or if you are interested in obtaining a program, please contact Tibet House.

Sand Mandala Exhibit

Monks from Namgyal Monastery will be creating sand mandalas of various meditational deities, at venues across North America. Mandalas will be made in various designs, depending on which meditational deity is being represented.

Tibet House has received tremendous response to our earlier announcement of the sand mandala exhibit. So far exhibits are scheduled for the Herbert F. Johnson Museum in Ithaca, the Asian Art Museum in San Francisco, the Mingei International Museum of World Folk Art in La Jolla, the St. Louis Art Museum, the IBM Gallery in New York, and at the Kalachakra Initiation in New York.

Bookings are still available for the months of May, June, and August of 1991. ■

PERFORMING ARTS

Tibetan Institute of Performing Arts

The Tibetan Institute of Performing Arts (TIPA) was founded in 1959 with a handful of skilled artists from Tibet. Over the years this institute has become internationally renowned and today is considered the premier institute for traditional Tibetan performing arts. Realizing that the Year of Tibet would be incomplete without the TIPA, Tibet House is very honored to announce their tour to North America in October and November of 1991.

TIPA's tour will be managed by Hillyer International, which, under the direction Kazuko Hillyer, is entering its 22nd season of presenting national and international tours of many of the world's leading artists, attractions, and orchestras. Hillyer International presented TIPA in its last tour of North America in 1975 under the name of Lhamo Folk Opera of Tibet.

The dances are often comical and poetic, drawing from history, legends, myths and fairy tales. The performance is a kaleidoscope of sound, color and beautiful, striking costumes.

For booking information contact Hillyer International, 888 Seventh Ave., Suite 300, New York, N.Y. 10101 / Tel: (212) 582-2200 / Fax: (212) 582-3799.

Gyuto Tantric Monks

The overwhelming success of previous tours of the Gyuto Tantric monks has inspired the Grateful Dead to co-sponsor a tour in honor of the Year of Tibet. Western audiences will once again be able to experience the harmonic choral chanting and exotic wind and percussion instruments.

Booking requests are being accepted by Tibet House and will be referred to the Grateful Dead.

Sera Monastery Monks

This is the first tour of the Sera monks in the United States. They will be performing sacred dance and music and touring mainly in university towns. The tour will be managed by Tibet scholar Glen Mullin.

Those interested in this tour should contact Tibet House.

Chaksam-pa

Chaksam-pa, the first Tibetan dance and opera company to be established in the United States, will be making nationwide performances. The performers of this company are all former

members of the Tibetan Institute of Performing Arts, the premier institute for traditional Tibetan performing arts in the world.

Booking requests should be referred to Tashi Dhondup at (415) 527-4173.

Sounds of Peace

Sounds of Peace is a unique presentation of world music that is performed and created spontaneously. Nawang Khechog, a Tibetan presently living in Australia, performs this original style of music using the flute, the Australian wood instrument didgeridoo, and the South American okharina.

Nawang Khechog has been performing throughout Australia since 1986 and is regarded as one of the leading musicians in world music. Apart from numerous performances on radio and television, he has taped and released two albums. His music has also been used for the soundtrack of several documentary films on Tibet, Nepal and the Australian TV serial *Blackout*.

Those interested in booking performances by Nawang Khechog should call Tibet House as soon as possible. ■

YEAR OF TIBET

YEAR OF TIBET TIBET HOUSE-ENDORSED PROGRAMS

In Tibet

In Tibet is a photography exhibition of 30 outstanding black-and-white photographs taken in Tibet by photographer Kevin Bubriski. The viewer is presented with images of Tibetan traditions and daily rituals of worship that are integral parts of religious communities. Photographs include monks, pilgrims, townspeople and villagers and pilgrimage sites of Lhasa, Sakya, Shigatse and Gyantse.

Kevin Bubriski has lived in the Himalayan region for the past eight years. He has taken part in innumerable exhibitions and his photographs are in the permanent collections of the Metropolitan Museum of Art, the International Polaroid Collection, the Center for Creative Photography in Tucson, Arizona, and the Museum of Photographic Arts in San Diego.

For further details please contact: Kevin Bubriski, 817 Main Street, Bennington, VT 05201 / Tel: (802) 442-4516.

On the Roof of the World

On the Roof of the World is a seven-channel multi-monitor video installation incorporating a variety of objects and media.

The central theme of this work is religion, and how it is manifested and expressed in Tibet. Throughout the tape, the chanting of monks, nuns, and devotees can be heard on one of the seven channels. The seven channels of video are

incorporated into a contemplative setting which evokes the ambience and mood of a Tibetan monastery.

The artist of this work, Tomiyo Sasaki, has participated in numerous exhibitions throughout the United States and Canada. Her last four video installation works have focused on the gestalt of different cultures in visual terms.

For further information please contact: Tomiyo Sasaki, 118 Forsyth Street, New York, NY 10002 / Tel: (212) 925-9095.

Snow Leopard

The Minnesota Opera New Music-Theater Ensemble will produce the opera *Snow Leopard*. This show will premiere in the spring of 1991 and will travel during the following year to Washington, Atlanta, Chicago and Portland.

For further information please contact Ben Krywosz, Artistic Director, Minnesota Opera New Music-Theater Ensemble, Park Square Court, 400 Sibley Street, Suite 20, St. Paul, MN 55101 / Tel: (612) 221-0122.

From the Roof of the World

This exhibit consists of photographs, paintings, rugs and artifacts. The opening exhibit is scheduled at La Mama Gallery in New York from October 10th-27th.

For more information contact Mike McCormick at (814) 948-9112 or (212) 777-2851.

Facing the Gods: Ritual Masks of the Himalayas

This exhibition, which is organized by the Smithsonian Institution Travelling Exhibition Service, geographically covers the Terai and lower part of the Himalayan hills, the middle hills, the Buddhist region of Northern Nepal, the Northeastern Himalayas, and the highlands of Tibet, Bhutan, and Ladakh. Researched and organized by Eric Chaxot, the exhibit includes 75 masks selected from museum and private collections within the U.S. and abroad.

Venues for this travelling exhibition include the Indiana State Museum, Indianapolis, from January 12 to February 24 and the Santa Fe Community College in Gainesville, Florida from March 17 to April 28. For more information contact the Office of Public Relations at (202) 357-3167.

Where the World Meets the Sky: Ladakh and Tibet

This travelling photographic essay by Ellen Kaplowitz consists of 35 color photos. The opening exhibition is scheduled at the University Museum in Philadelphia during September of 1991.

For more information contact Ellen Kaplowitz at 445 East 86 St., New York, NY 10028 / Tel: (212) 410-9789. ■

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Dalai Lama speaks for environment

By Kevin Ellis
Free Press Staff Writer

MIDDLEBURY — In an American hockey rink jammed with eager crowds, the Dalai Lama said Saturday that compassion, love and affection can lead civilization away from the worldwide environmental crisis.

And scientists and other experts — more than great leaders — must play a special role in finding solutions to environmental problems, he said.

"People like me speak, but it has little effect," the 1989 Nobel Peace Prize winner told more than 5,000 people at Bryan Gymnasium at Middlebury College. "More responsibility lies with the scientist to understand long term negative consequences."

The Dalai Lama gave the main address during the third day of Middlebury's Spirit and Nature symposium, holding the giant crowd — including 1,500 viewing him on television outside the arena — in awe.

From the moment he entered the arena shortly after 11 a.m. to a mas-



sive hush, the Tibetan leader alternately broke the audience up with laughter and subdued them with his pleas for compassion and love among peoples.

As he did throughout his stay in Vermont, which started Thursday, the Dalai Lama broke tension Saturday with his high-pitched giggles and his easy manner. He cautioned the audience not to expect much from his speech, which brought people from throughout the northeast.

"You have come here with great
Turn to DALAI, back page

Dalai Lama teaches Vt. children to question life

By Lori Campbell
Free Press Staff Writer

Scrunching his eyes and laughing in a high-pitched "hee-hee-hee," the Dalai Lama — leader of 14 million Buddhists and a Nobel Peace Prize winner — won over Vermont children Friday.

In the Buddhist tradition of the teacher questioning students to help them find answers within themselves, the Dalai Lama spent an hour Friday morning asking children their thoughts on war, animals, religion and culture.

At the hour's end, he bowed his head and thanked the children, telling them, "You are my teacher."

The Dalai Lama, a great lover of children, agreed to meet several elementary school classes of 6- to 11-year-olds under a tent on the front lawn of the Middlebury College's Hadley House, where he is staying during visit through Monday.

With one hand propped on his knee, and his other hand holding a long-stemmed white carnation, the Dalai Lama asked the children, "What are your feelings toward insects and animals?"

Many children eagerly held up their hands for him to call upon. One girl answered, "I enjoy being with insects but mostly with animals because they give you as much love as your family and friends. Mosquitoes, I like to slap."

The Dalai Lama laughed and said, "Oh, very practical."

Another boy answered, "I think people who hunt, they don't think about the deer, they just think about the meat." The Dalai Lama nodded.

Another boy answered, "I like all insects but not grasshoppers."

At this, the Dalai Lama laughed "hee-hee-hee," and talked in his Tibetan language to his interpreter, who translated for the boy, "But grasshoppers do challenge you because if you try to catch them, they are hard to catch."

"What do you think of the military thing, those very beautiful weapons and smart uniforms?" the Dalai Lama asked the children.

A boy answered, "For some people it might be attractive, but if they ever go into war, they will not think it's good."

"Why? War is beautiful," the Dalai Lama said.

A girl answered, "Sometimes people think they gain, but they don't think about lives lost."

Another boy said, "I think war is bad because you use Earth's treasures to destroy."

Even children too young to understand the Dalai Lama came to see him in their parents' arms.

Stacey Douglas-Manzelmann of Middlebury brought her 7-month-old son, Tenzin, to see the Dalai Lama because, "I wanted him to be in the presence of this peaceful, great person," she said.

Manzelmann named her son after the Dalai Lama, whose name is Tenzin Gyatso, because, "We wanted him to be a peace worker."

Another young mother, Stacey Dobek, brought her two small children for the same reason.

"I wanted them to be in his presence. I really did. He is a constant reminder of ultimate human compassion. I wanted them to see him in person. Cassidy (her 4-year-old daughter) said, 'When is he going to talk to me?' I felt moved that he was trying to learn from the children."

As the Dalai Lama left, children gave him flowers and small, handmade gifts. One boy gave the Dalai Lama a silver star sticker crumpled in his hand. The Dalai Lama accepted it as if it were an honored prize. He shook the children's



JYM WILSON, Free Press

Addie Rose Mayer, a fourth-grader at Mary Hogan Elementary School in Middlebury, waits for the Dalai Lama.

hands as he returned to the Hadley House.

"Oh man! a double handshake. I got a double handshake," exclaimed John Dow, 11, from Middlebury.

"I liked his laugh," said Rhiana Welch,

'I liked his laugh. And I liked his haircut. He doesn't consider himself a really big deal. He considers himself like you and me.'

Rhiana Welch, 11,
of Middlebury

11, of Middlebury. "And I liked his haircut. He doesn't consider himself a really big deal. He considers himself like you and me."

"When he asked us 'Do you like your mom or dad better?' I think he was kidding," said Owen Foster, 11. "I think he was checking our sense of humor."

As a child, the Dalai Lama was identified as a possible Buddhist leader at the age of 2 after a search through the Tibetan countryside. After passing numerous tests, like picking out a belonging of the former Dalai lama among other objects, he was recognized as the new leader, and he went to Tibet's capital to learn the Dalai lama ways.

At the age of 15, with three years of schooling left before he undertook the Dalai lama position as spiritual and secular leader, he had to flee his country with the Chinese invasion of 1950.

He formed a government and country of exile within India and took care of 100,000 refugees. He established large-scale agricultural settlements and built schools. Between 1959 and 1965, he appealed several times to the United Nations for help in his Chinese-occupied country.

The United Nations released three resolutions in 1959, in 1961, and in 1965, calling for China to respect the human rights of Tibetans.

"One of the reasons he got the Nobel Peace Prize awarded to him in 1989 was the way he dealt with his country's conflict. It has been peaceful," said Joseph Kroger, professor of religious studies at St. Michael's College in Colchester.

"He has taken the slow peaceful route."

Dalai Lama speaks for environment

From page 1A

expectations," he said. "I have nothing to say to you."

The Tibetan leader moved in his 45-minute speech between English and his native language, with the help of a translator.

After the speech, in answer to a question from a man looking for guidance in raising his children in a troubled world, the Tibetan monk replied with a grin:

"I don't know. If I had children I would probably quarrel with them."

The crowd laughed, but many appeared to understand the leader's message: Change for good in the world depends on everyone's understanding the role of "compassion, love and affection" — elements of nature — and making them part of their everyday lives.

"What hit me was that I just felt completely different afterward," said Robin Thren, 39, who came from Wells, Maine, to hear the Buddhist leader. "For me it was a complete energy shift. There is a real power there."

Thren said that even if people did not leave the speech transformed, they were affected in some small way.

"Something inside them changed whether they know it or not," she said.

Affection, love and compassion transcend religion and can be used for a better world despite the many different religions in the world, the leader said.

"Even without religion, you can survive, you can manage," he said. "Without affection you cannot survive. Affection is the dominant force of the human mind."

The environmental crisis has emerged chiefly because of ignorance and a lack of courage in people to take action to solve problems, the Dalai Lama said.

"We have such intelligence, but I think we use it in the wrong direction and make decisions that go against basic human nature," the leader said.

Despite his decades of scientific study,

the Dalai Lama eagerly admitted that he is no expert on environmental issues, but using simple analogies, he explained how caring for nature should be a natural act for all people, like a mother breast-feeding a child.

A single speech or conference such as the one in Middlebury cannot change the world, or even win back the Dalai Lama's native Tibet from the occupation of the Chinese, he said. "But constant effort, discussion will be useful," he said.

The crowd at the conference was a wide-ranging one.

"We have a group here from Alaska," college spokesman Ron Nief said. "We've gotten calls from Latin America. I don't know if those people made it, but we did get calls from them. I've met people from California, New Mexico, one from Oregon who picked up another from Colorado."

Middlebury College tried to provide facilities for everyone who needed a place to stay, Nief said.

Barns and classrooms were opened up on the Breadloaf campus for people to sleep in. The meadow alongside the campus was opened to conference attendees, and a few campers dotted it and other places on campus, Nief said.

Saying she was 60-plus years old, Mabel Slack of Toronto said: "We got to see him face to face as he walked by. Boy, let me tell you that was our thrill for the day."

Her friend, Rita Nault of Essex Junction, said of the Dalai Lama's Saturday morning talk, "He's got a wonderful message to preserve nature."

Free Press staff writer Lori Campbell contributed to his report.

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The 1989 Nobel Peace Prize Announcement

The Norwegian Nobel Committee has decided to award the 1989 Nobel Peace Prize to the 14th Dalai Lama, Tenzin Gyatso, the religious and political leader of the Tibetan people.

The Committee wants to emphasize the fact that the Dalai Lama is the only one of the three who consistently has espoused the use of nonviolence. He has instead advocated peaceful solutions throughout his life.



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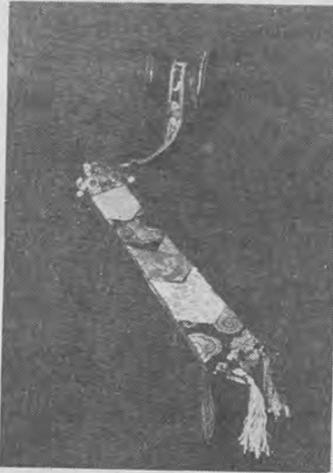
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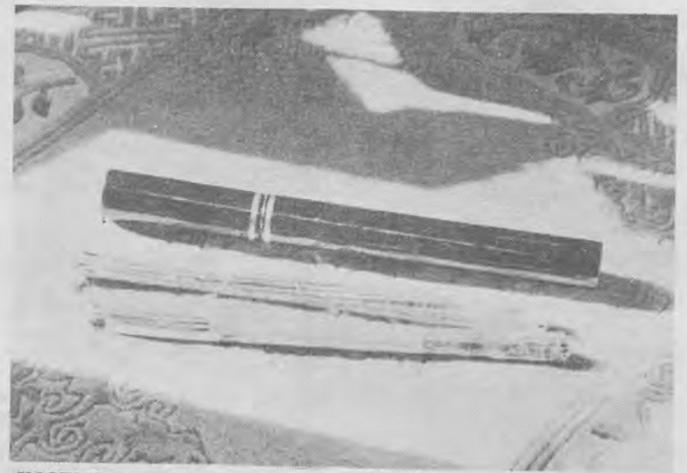
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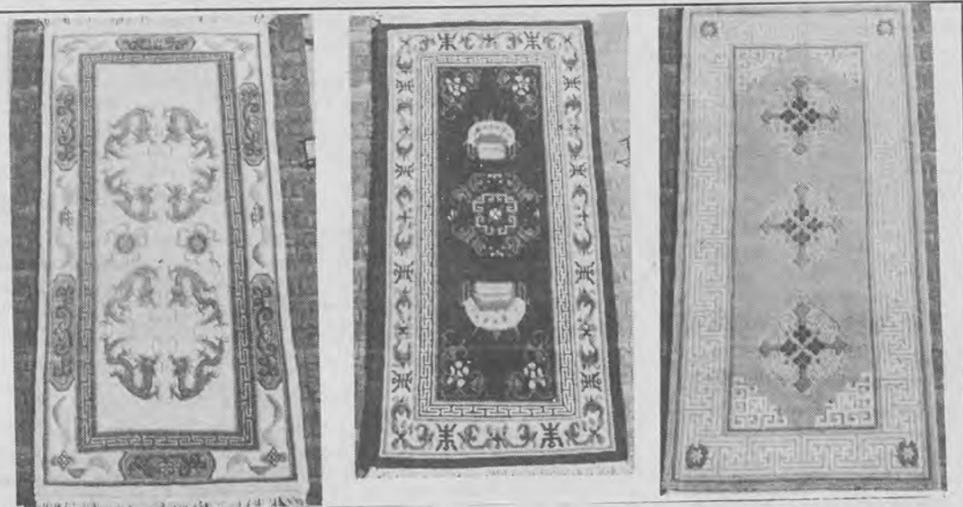
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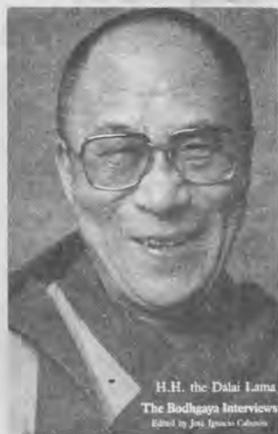
Woven with Tibetan wool and using brilliant quality dyes, each rug requires three weeks of intense labor for weavers to produce. These long-lasting and easy-to-care-for rugs are hand-sculpted and have a thick pile. They are 3 x 6' and sell for \$450.

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.

BOOKS BY THE DALAI LAMA



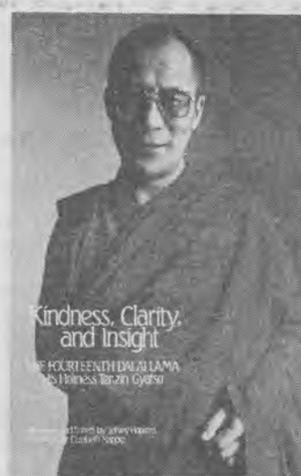
THE NOBEL PEACE PRIZE
and the DALAI LAMA



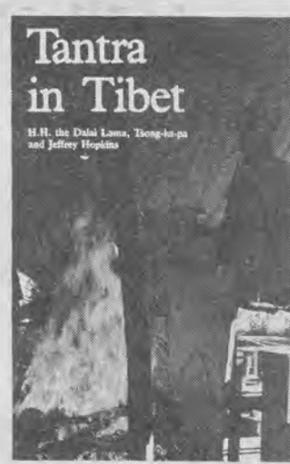
H.H. the Dalai Lama
The Bodhgaya Interviews
Edited by Jose Ignacio Cabezon



Deity Yoga
H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins



Kindness, Clarity,
and Insight
THE FOURTEENTH DALAI LAMA
WITH HIS WIFE TENZIN GYASO



Tantra
in Tibet
H.H. the Dalai Lama, Tsong-ka-pa
and Jeffrey Hopkins



Featured:
NEW!

THE DALAI LAMA: A Policy of Kindness, Compiled & edited by Sidney Piburn. 152pp., #SLBKPK \$4.95

"...This is a very important collection...most highly recommended."—Library Journal

"Clear, concise, interweaving practical discussion with things of a more ethereal nature, this is an essential and wonderfully inexpensive purchase."—Booklist, American Library Association

Who is the Dalai Lama and why was he awarded the Nobel Peace Prize? Beginning with the Nobel Lecture which presents his policy of kindness, this book offers a comprehensive view of his personal life, his wide-ranging interests, and his thoughts on issues of global concern. These addresses, interviews and biographical essays reveal a highly pragmatic man, dedicated to the establishment of non-violent solutions to human problems in the personal, environmental and political arenas. A captivating picture emerges of the Dalai Lama whose goodwill, understanding and practicality have brought him respect from world leaders and the acclaim of millions around the world. Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee.

NEW!

THE NOBEL PEACE PRIZE AND THE DALAI LAMA, Compiled and edited by Sidney Piburn. 72pp., #SLBKNPP \$4.50

This year's Nobel Peace Prize has been awarded to H.H. the Dalai Lama, first and foremost for his practice of non-violence and his human approach to world peace. Included here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award.

These talks detail the constructive and forward-looking proposals for solving international conflicts, human rights issues, and global environmental problems that earned the Dalai Lama the recognition of the Nobel Committee. Comprising a succinct statement of his personal and political philosophy, these addresses also show



the great depth, warmth and humor of the Dalai Lama as a person and statesman. Foreword by Tenzin Tethong, Director of the International Campaign for Tibet.

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 DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$14.95 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

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
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.

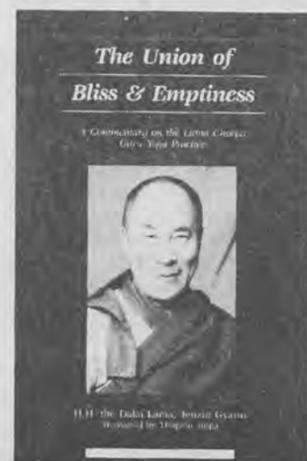
The Great Exposition of Secret Mantra—parts 2 & 3, by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures)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

ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271pp. #SLBKERG \$12.95

"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 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.

KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper 239pp. #SLBKCCI \$11.95

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, making 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.

TANTRA IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 252pp. #SLBKTT \$14.95
"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.

NEW!

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

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.

THE DALAI LAMA/KALACHAKRA TEACHINGS

THE DALAI LAMA

KALACHAKRA TEACHINGS

OCEAN of WISDOM
GUIDELINES FOR LIVING



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 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.

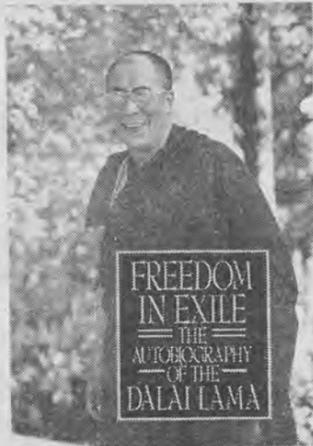
THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191pp. #SLBKUBE \$12.95

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.

Other Titles:
NEW!

FREEDOM IN EXILE: The Autobiography of the Dalai Lama. 256pp., 16 black & white photos. #HRFE \$22.95

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion up to the present life in exile and re-establishment of his culture in India.



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

OCEAN OF WISDOM: Guidelines for Living, text by Dalai Lama, photos by Marcia Keegan. 112pp. 19 color photos. #HROW \$8.95 paper #CLOW \$14.95 cloth
The Dalai Lama's message is interwoven with many photos of him.

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 \$12.95 (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."



HIGHEST YOGA TANTRA, by Daniel Cozart. 192pp. #SLBKHYT \$12.95 (see Religion section)

For anyone interested in practicing Kalachakra, this book is a 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. #SLBKTIPI \$14.95 (see Travel)

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 60 cents each. They capture some of the most moving images of the 1985 Kalachakra in Bodhgaya, India.



SLSTC10 Dalai Lama at Kalachakra

SLSTC9 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



SLSTC22 Dalai Lama & Dingo Khyentse R.

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

KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$.75 Same image as poster only in postcard size.

GARUDA POSTCARDS \$.75 ea. Traditional thangka images.

GAC3 Kalachakra Deity

KALACHAKRA EMBLEM NOTECARDS \$12 for 10 cards plus envelopes. #HCNC2 These are full-color cards of the Kalachakra mantra.

KALACHAKRA EMBLEM PRINT 8 X 10" full-color #HCPR1 \$7



MERIDIAN TRUST VIDEOS

THE WHEEL OF TIME: Kalachakra Initiation, Switz. 1985, 45 min., \$38

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. Included are, teachings, interviews and some exclusive footage of the rituals involved in the preparation of the mandala and the dances of the tantric monks.

KALACHAKRA 1974, 1 hr., \$50 (See video section for shipping details on Meridian films.)

THE DALAI LAMA

H.H. THE FOURTEENTH DALAI LAMA PORTRAITS

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.



SLCDL1 The Dalai Lama Leading the Great Prayer Festival 4 1/4 x 6" \$.60 (postcard)



NEW PHOTO!
DFDLW The Dalai Lama, Man of Compassion, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO!
DFDLB The Dalai Lama, Winner of the Nobel Peace Prize, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO!
DFDLG The Dalai Lama, Man of Wisdom, 5 x 7" \$9; 8 x 10" \$12

SNOW LION TIBET CARDS

SNOW LION TIBET CARDS



SLSTC54



SLSTC66



SLSTC46



SLSTC53



SLSTC57

IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself.

Cards measure 4 1/4" x 6" and are only 60 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
- SLSTC16 Potala Palace
- SLSTC17 Young Tibetan Monk
- SLSTC18 Potala from Back Side
- SLSTC19 White Masked Dancer
- SLSTC20 Tibetan Lamas
- SLSTC21 Red-Masked Dancer
- 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



SLSTC5



SLSTC15



SLSTC44



SLSTC4



SLSTC60



SLSTC19



SLSTC59



SLSTC27

- SLSTC32 Woman with Prayer Wheels
- 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
- 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
- SLSTC68 Chorten Detail
- SLSTC69 Golden Buddha

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

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now 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.

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

Cards measure 4 1/4" x 6" and are only 60 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
- SLSC7 Potala During Losar
- SLSC8 Tantric Meditator
- SLSC9 Tibetan Men & Horses
- SLSC10 Mani Stones—Tibet-China border
- SLSC11 Wife of Tibetan Governor

FACES OF TIBET

- SLSC51 Nomad Yogi
- SLSC52 Yogi of Milarepa Tradition
- SLSC53 Woman with Prayer Beads
- SLSC54 Young Tibetan Girl
- SLSC55 Yeshi Dorje, Weather Controller



SLSC11



SLSC51



SLSC7



SLSC54



SLSC53

#PMBEP
PMBE

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.

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.

BUDDHA EYES, 24 x 36" #PMBEP \$5
Mind-stopping close-up of the eyes of a Tibetan Buddhist statue.

HAYAGRIVA POSTER 19 x 25" #JMH \$8

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

KALACHAKRA SAND MANDALA POSTER, 24 x 35" #SYKP \$15

The 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

It is truly a beautiful poster, with fine gold ink.

WHEEL OF LIFE, 17 x 24" #THPRWL \$9.95

The best painting of this famous image that we have seen.

GARUDA POSTERS \$7 ea.
Fine quality posters of three important images.

GAP01 Amitabha in Dewachen
GAP02 Kalachakra Deity
GAP03 Kalachakra Mandala

SPECIAL ITEMS

CARDS & PRINTS

THARPA FINE ART DEITY CARDS

These superb fine art cards depict some of the most important figures of Tibetan Buddhist iconographic art. The cards measure 4 x 6" and sell for \$.80 ea. They have been beautifully reproduced in full color and high gloss finish.

THARPA DEITY CARDS \$.80 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
- THC17 Guyhasamaja
- THC18 Vajradharma
- THC19 Maitreya
- THC20 Vaishravana
- THC21 Vajrasattva
- THC22 Prajnaparamita
- THC23 Wheel of Life
- THC24 Stupa of Enlightenment

THARPA GREETING CARDS

- \$1.75 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



THGC2

THARPA FINE ART DEITY PRINTS

These superb fine art prints 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 matte 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.

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

THC5
THPRS

THARPA BODHISATTVA CARDS

#THBC \$6.50 for set Painted by Lama Jamyang

Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri

Tangpa, Je Tsongkhapa.



Chandrakirti



SHOTUN FESTIVAL #AM906

NEW!

NOTECARDS!

These great cards are 5 x 7" and cost \$1.50 ea.

- SHOTUN FESTIVAL #AM906
- VILLAGE WOMEN #AM904
- CHIN GOMPA & MT. KAILAS #AM901

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
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37 PRACTICES OF ALL BUDDHA'S SONS—A COMMENTARY (4) #SLTPHH37 \$28 Trans. by Jeffrey Hopkins. These are the preliminary teachings on the path of the Bodhisattva given by His Holiness prior to the Kalachakra initiation in Madison, WI.

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TARA TULKU

These talks were made possible by the AIBS.

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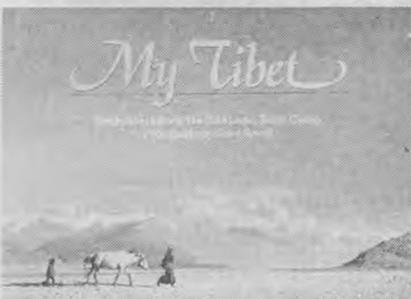
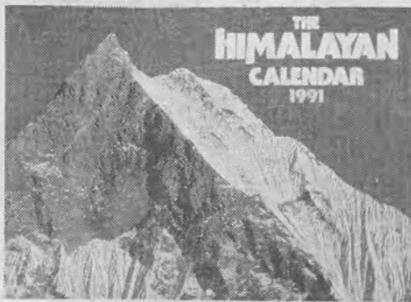
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TIBETAN CHANTS

CHO-GA: Tantric and Ritual Music of Tibet. Cassette #DLC-G \$9.95
A unique anthology of tantric instrumental music and chants performed by Tibetan lamas. Recorded in monasteries, this tape contains powerful mantric rituals from this profound culture. Represented here are the monasteries of Gyuto, Gyume, Drepung, Ganden, Sera, and Namgyal Dratsang, the private monastery of the Dalai Lama. This tape contains a wide variety of chanting styles and is one of the best we know.

THE GYUTO MONKS: Freedom Chants. Cassette #RYGM \$9.95

Under the guidance of Grateful Dead percussionist Mickey Hart, the Gyuto Monks recorded their sacred chants at George Lucas' Skywalker Ranch Soundstage in northern California. The Monks' wondrous vocalizing is featured, performing the chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro that were recorded live on Dec. 3, 1988 at the Cathedral of St. John the Divine in NYC.

THE GYUTO MONKS: Gyuto Tantric Choir. Cassette #WHGM \$10.95

This music, which invokes Tibetan Buddhist deities, produces an astoundingly rich and atmospheric tonal texture. Mickey Hart, drummer with the Grateful Dead, produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto Monks at their monastery in India.

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA, by the Nuns of Nyingma Odsel Ling, Tibet (1) Cassette #QGB \$10
Dechen Gyalmo represents, within the Longchen Nying Thig tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal.

Forty anis live at Nyingma Odsel Ling in Eastern Tibet where this recording was made.

SACRED HEALING CHANTS OF TIBET, by Monks of Gaden Shartse Monastery. Cassette #EWSHC \$10

The Shartze Monks offered special healing chants that were recorded during their 1989-90 tour of the USA. The monks perform significant parts of lengthy, colorful, elaborate healing ceremonies: rites for purification and invocation of the Medicine Buddha; self-generation of the Medicine Buddha; purification and blessing of the environment.

TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung. Cassette #WTSTM \$10

A powerful collection of sacred temple music from the monks of Drepung Loseling Monastery in southern India. In addition to overtone chanting, they also perform their beautiful midrange chanting and play traditional Tibetan temple instruments such as tong horns, trumpets, cymbals, drums and bells which altogether create a very haunting and mystical effect.

TANTRIC HARMONICS by monks of the Gyume Tantric College. Cassette #SPTH \$10.00
Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe and rever-

ence and transfixes the mind of the listener as well as the chanter. Side 1: Guhyasamaja Tantra: Rite of Self-Initiation; Side 2: Invocation of the Dharma Protector Kalarupa.

EXPLORER SERIES

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

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Mahakala is the Great Black Lord of Transcending Awareness. He is a manifestation in wrathful form of the Buddha of Compassion and is a principal protector of the dharma.

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These two LP's are also available on cassette for \$9.95 ea.: **TANTRAS OF GYUTO: Mahakala, Cassette #NSM TANTRAS OF GYUTO: Sangwa Dupa, Cassette #NSSD**

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

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"We are all pilgrims. Whether we know it or not, we all have souls and we're all on a spiritual journey." Eighteen solo piano pieces with 20th century themes composed in the George Winston style. The titles draw upon events and imagery which are applicable to Christians, Buddhists, Hopi Indians, Jews, scientists, agnostics and others.

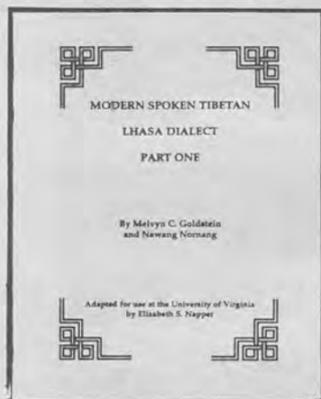
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REALISATIONS: Songs of a Tibetan Yogi, Getag Rinpoche, by David Molk. #DMR \$10
Great music! Tibetan vocal in folk style with accompanying guitar.

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TIBETAN MEMORIES, by Jon Shore. #JSTM \$10
Music of Tibetan bells and synthesizers—a modern touch to classical Tibetan folk sounds.

LANGUAGE



ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein. 486pp., #UCETD \$55 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.

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

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. These books are sent from Lhasa in burlap and sometimes show signs of the difficulty of the journey.

NEW!

MODERN SPOKEN TIBETAN: Lhasa Dialect, by Melvyn C. Goldstein and Nawang Norngang. 286pp. & 3 cassette tapes #UVMST \$50

This revised version of part one of *Modern Spoken Tibetan* is based very closely on the original 1970 edition. In place of Prof. Goldstein's phonetic system are sentences in Tibetan script. Tapes have been provided to assure correct pronunciation. This manual is an introductory course to the Lhasa dialect of spoken Tibetan. There are twenty lessons that comprise the basic patterns of spoken Tibetan and a working vocabulary of about seven hundred words, accompanied by glossaries. It assumes a familiarity with the Tibetan alphabet.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin. 479pp. #LITED \$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.

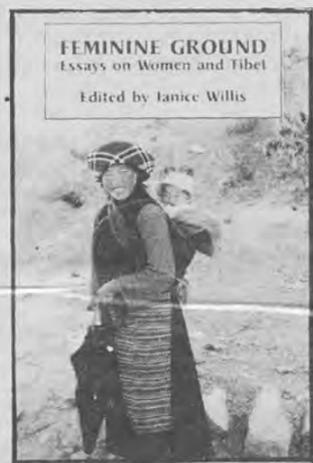
A TIBETAN-ENGLISH DICTIONARY (compact edition), Sarat Chandra Das. #MBTED \$19.95

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.

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, #SLBKTBT \$45, forthcoming 1991

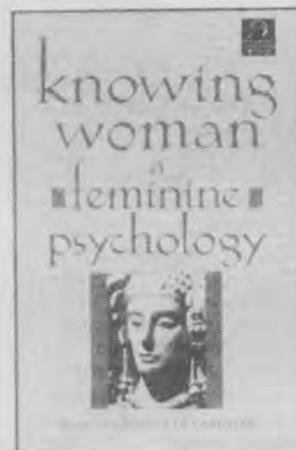
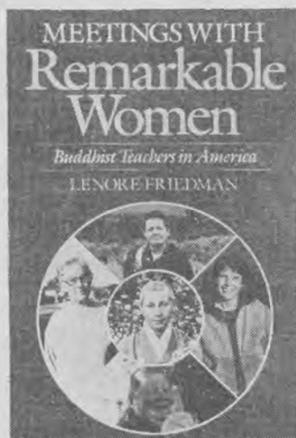
Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. 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.



FEMININE GROUND: Essays on Women and Tibet, Ed. by Janice Willis. 200pp. approx. #SLBKFG \$11.95

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 Demoness: 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."



KNOWING WOMAN: A Feminine Psychology, by Irene Claremont de Castillejo. 192pp., #SHKW \$9.95

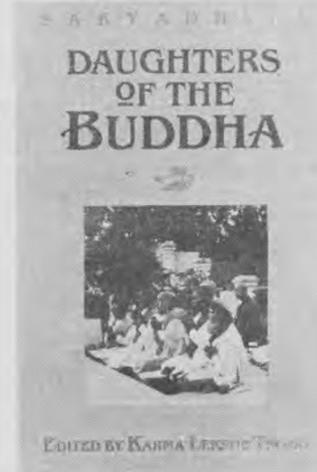
In this classic work a noted Jungian analyst explores the division of the psyche into masculine and feminine. The author discusses such topics as the four female personality types—the maternal woman, the companion, the amazon, and the medium—as well as issues such as abortion and aging.

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.

SAKYADHITA: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 300pp. approx., #SLBKSD \$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



WOMEN'S STUDIES



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.

SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel, by Dowman. 350pp. #RKPSD \$12.95

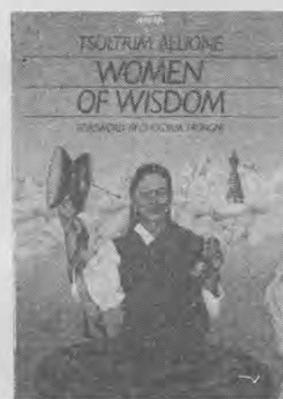
The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel.

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*

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 \$12.95

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.

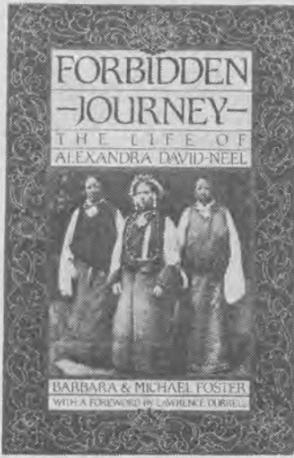
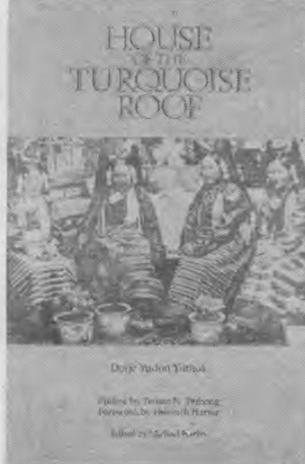
WOMAN'S MYSTERIES: Ancient and Modern, by M. Esther Harding. 272pp., #SHWM \$9.95

Here is a classic study of the feminine principle in myths, dreams, and religious symbolism. In presenting the archetypal foundations of feminine psychology, the author shows how the ancient religious initiations of the moon goddess symbolized the inner development of the emotions. Understanding the psychological meaning of these initiations, she believes, can help to heal the troubled relationships of men and women today.



BIOGRAPHY/HISTORY & POLITICS

BIOGRAPHY



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.

THE BOY LAMA, by Vicki Mackenzie. 183pp. #HRBL \$9.95 This is the remarkable story of Osel Torres, who at the age of two was identified by the Dalai Lama as the reincarnation of Lama Yeshe, a prominent Tibetan lama who died in California in March 1984. Lama Yeshe contributed greatly to the spread of Tibetan Buddhism in the West. This is a riveting account of Osel Torres, a story filled with mystery, mysticism, humanity and hope.

THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche, by McLeod. 101pp., 91 photos & illustrations. #KDCTP \$18.75

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

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 recognized 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.

FORBIDDEN JOURNEY: The Life of Alexandra David-Neel, by Barbara & Michael Foster. 320pp. #HRFJ Now in paper \$12.95. This is the first full-length English biography of the remarkable Alexandra David-Neel, one of the great women of modern times.

NEW!

THE HISTORICAL BUDDHA, by H.W. Schumann. 274pp. #RKHB \$9.95

This is a "realistic" account of the life and times of the Buddha. The Buddha is treated in a demythologized way—he is discussed in the context of the age in which he lived and with the political and social conditions which made his mission possible and permitted its success. This is a truly interesting book.

NEW!

HOUSE OF THE TURQUOISE ROOF, by Dorje Yutok, Foreword by Heinrich Harrer, 300pp., photos #SLBKHTR \$14.95

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

This frank and thoughtful autobiography of a Tibetan noblewoman describes life in Lhasa before the Chinese occupation. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister.

The timelessness of this world, its slow but unmistakable modernization, and the abrupt transition brought about by the Chinese invasion are vividly presented. Through all, her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

THE LIFE & TEACHINGS OF CHOKGYUR LINGPA, Orgyen Tobegyal Rinpoche. 70pp. #LTCL \$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 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 Downman, 30 illustrations by Robert Beer. #ITME, \$19.95 oversize paperback

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.

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.

PRINCESS IN THE LAND OF SNOWS, by Jamyang Sakyā & Julie Emery. 288pp., #SHPLS \$14.95 July

This is a vivid firsthand account of life in pre-Communist Tibet. It is the story of a determined woman who overcame great obstacles in order to achieve religious freedom. Jamyang Sakyā married into one of the country's most powerful families, the Sakyā, spiritual advisers of Kublai Khan and for years rulers of most of Central Asia.

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 \$18.95

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.

IN EXILE FROM THE LAND OF SNOWS

The first full account of the Dalai Lama and Tibet since the Chinese conquest.



JOHN F. AVEDON

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

GOVERNMENT RESOLUTIONS & INTERNATIONAL DOCUMENTS ON TIBET, #ICGR \$5

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; United Nations resolutions; and much more.

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.

THE RENAISSANCE OF TIBETAN CIVILIZATION, by Christoph von Furer-Haimendorf. 121pp., 65 illus., #GTRTC \$11.95

This is an inspiring story of the power of courage and hope—the story of refugees who arrived destitute at the frontiers of India and Nepal, yet a mere forty years later had managed to rebuild the essential patterns of Tibetan culture in exile as a legacy for the future. "It is very welcome... especially since it is from the pen of a distinguished anthropologist. I warmly recommend the work."—Dr. Robert Thurman.

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Armbricht Forbes. 184pp., photos, #CSSH \$10

This is the story of the Tibetan

refugees who resettled in Nepal. Because of the unique confluence of eastern & western influences here, the refugees are forced to make choices that 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 challenges to be faced by all Tibetans.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by Michael C. van Walt van Praag. 450pp. #WVST \$48.50 paper

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.

SUPPRESSION OF A PEOPLE: Accounts of Torture and Imprisonment in Tibet, A Physicians for Human Rights Report, by John Ackerly & Dr. Blake Kerr. #ICSP \$5

Describes the prisons around Lhasa, details prison life and torture, the medical effects of torture, and the Chinese attitudes.

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

Essential reading for anyone interested in Asian affairs.

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.

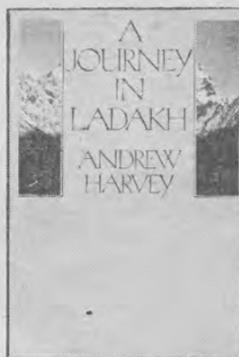
ADVENTURE/TRAVEL



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.

HEART OF ASIA: Memoirs from the Himalayas, by *Nicholas Roerich.* 192pp. #ITHA \$10.95
One of the world's great artists, visionaries and humanitarians, Nicholas Roerich is best known for his Himalayan landscapes. This book, in exquisite detail, describes his expeditions through Central Asia where he sketched, painted and studied the people and places



with the same richness, vigor and brilliance that have made his paintings famous.

INDIA: A Travel Survival Kit, by *Crowther, Raj and Wheeler.* 792pp. #LPITSK \$19.95

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.

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.

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

NEW!

LHASA: The Holy City, by *F. Spencer Chapman.* 342pp., many rare photos #MBL \$27 cloth

This is a beautiful first-hand account of Lhasa just after the time of the 13th Dalai Lama, when the capital was at its peak. The accounts of the city, its great monasteries, festivals and the fascinating Potala Palace are truly magnificent.

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

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.

SHAMBHALA: In Search of the New Era, by *Nicholas Roerich.* 328pp. #ITS \$10.95

Nicholas Roerich evokes the coming of Shambhala, the new era of human achievement and destiny through the experiences of his travels through Central Asia and Tibet. He reveals the many facets of the theme of Shambhala in chapters on Buddhism, Tibetan art, desert cities, subterranean dwellers and the Great Mother.

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.* #LPITSK \$7.95

Contains many color photos and useful descriptions of the region.

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*

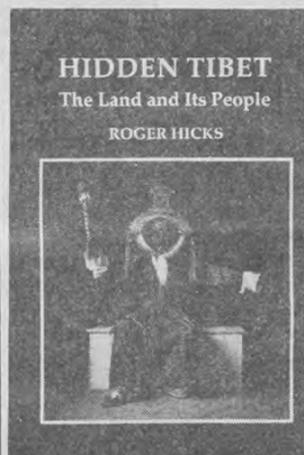
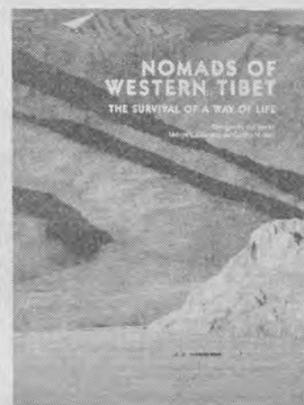
Prof. Giuseppe Tucci was both a renowned orientalist and an adventurer. He has received many awards and honors for his scholarship, and his publications on history, art, archaeology and ethnology have been translated into many languages.

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).

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

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



MAPS

**NEPAL HIKING MAPS**

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Kathmandu Valley: 1:50,000 #MLKV \$11.95
Khumbu Himal: 1:50,000 #MLKH \$11.95

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NEW!

Map of Tibet, 1919 w. Tibetan script \$12
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Nepal: 1:1.5 mil & 1:1.5 mil #MLN \$7.95
South-Central Tibet: 1:1 mil #MLT \$8.95



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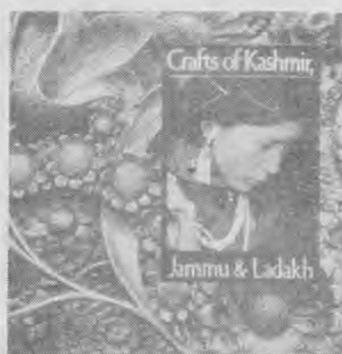
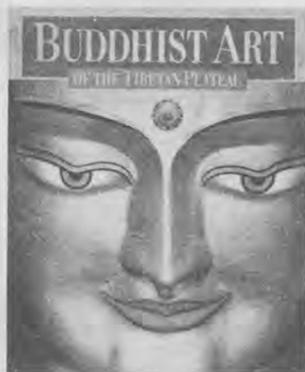
December 29, 1990 through January 5, 1991

For more information please contact
Kathleen Laritz at (313) 646-5196

or

Chris Branson at (313) 486-4148

ART & PHOTOGRAPHY

**SPECIAL OFFER FOR YEAR OF TIBET!**

TIBET, by Pietro F. Mele; intro. by Michael C. van Walt van Praag 9 1/2 x 9 1/2," B&W Photos, #SLBKT \$7.95 cloth (was \$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. This opportunity gave Mele a unique opportunity to partake of Tibetan life. This book presents a series of photos that exemplify Tibetan culture. Each page frames a facet of the Tibetan people and Tibetan landscape.

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

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 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*

Rosemary Jones Tung, Professor of Oriental Art History and student of Tibetan Buddhism, has traveled widely in the Far East and was a curator of the Jacques Marchais Center of Tibetan Art.

ARTISTIC FORM AND YOGA IN THE SACRED IMAGES OF INDIA, by Heinrich Zimmer. 320pp., 30 pages of plates. #PRAF \$12.95

This is the clearest introduction to the essence of Indian art and yoga for both the specialist and general reader. It unfolds the meaning of mandalas and yantras. "The book is as vital today as it was the year it was written, still unmatched for the eloquence of its recognition and celebration of this inspiration of Indian art."—Joseph Campbell

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.

BUDDHIST ICONOGRAPHY, by Tibet House. 247pp. plus 73 plates, #TIBI \$18.95.

Buddhist iconography holds a unique position in the spiritual and cultural life and tradition of the Tibetan people. Its study is one of the best ways of understanding Buddhism. Tibet House of New Delhi published this comprehensive survey of the history, significance, philosophy, symbolism, variety and impact of Buddhist iconography.

NEW!

CRAFTS OF KASHMIR, JAMMU & LADAKH, by Thomas Kelly & Patricia Roberts. 204pp., 10 x 10," 200 full-color illus. #ABK \$49.95

This is another great photography book from Abbeville. Kathmandu, one of the most exotic and cosmopolitan cities is captured here in all its charming facets: lamas and pilgrims, mountains and valleys, copper pagoda roofs, merchants, natives, the religions and temples.

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

The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this coffee-table book of photos. The daily life of the Tibetans in and about Lhasa is well-documented 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.

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. Here is an intimate, moving adventure in one of the last truly exotic places on earth.

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.

FORTHCOMING!

IMAGES OF ENLIGHTENMENT, by Jonathan Landaw and Andy Weber. 160pp., 24 full-color plates, 6 line drawings, #THBKIE, \$15.95 Spring 1991

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.

KATHMANDU: City at the Edge of the World, by Thomas Kelly & Patricia Roberts. 204pp., 10 x 10," 200 full-color illus. #ABK \$49.95

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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 Egypt.

NEW!

THE MONASTERIES OF THE HIMALAYAS: Tibet, Bhutan, Ladakh & Sikkim, by Suzanne Held. #MLMH \$40

A rigorous photographic account of Himalayan monasteries. Suzanne Held portrays monastic life, art, architecture, rituals, dances and colorful festivals.

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 Turkestan and Tibet—a photographic portrait illuminated by stunning color photos and extensive descriptions of his experiences in these regions.

NEW!

MY TIBET, by the Dalai Lama & Galen Rowell. 168pp., oversize cloth edition, 108 color photos. #UCMT \$35

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Galen is well-known for his Sierra Club books. His photos of Tibet are unlike any we've seen before. They are remarkable in quality and composition. His Holiness has written the captions for the photos and also six essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

NEW!

NOMADS OF WESTERN TIBET: The Survival of a Way of Life. 192pp., 190 color photos, #UCNWT \$17.95 paper

For 16 months between 1986-88, Melvyn Goldstein and Cynthia Beall lived and studied in a community of roughly 300 western Tibetan nomads. This copiously illustrated book is an intimate and fascinating account of these remarkable people, of their tradition and struggle for cultural survival.

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

True religion and true art should both aim to expand our consciousness, to give access to states of heightened awareness.

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, \$19.95 paper

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 step has its own legend and every feature of the landscape 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 Lobsang 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 has come 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.

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

TIBET: A Lost Civilization, by Simon Normanton. 192pp., b&w photos throughout, 8 1/4 x 11". #VPTLC \$40 cloth

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 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; thangkhas, including painted, applied and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."

TIBETAN 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.

It includes a description of the pigments, and how they are mixed and applied. The theories underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figure 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*

CHILDREN'S BOOKS

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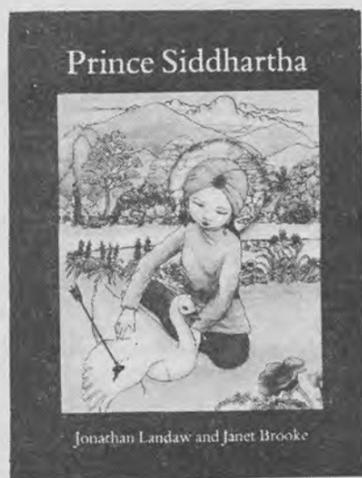
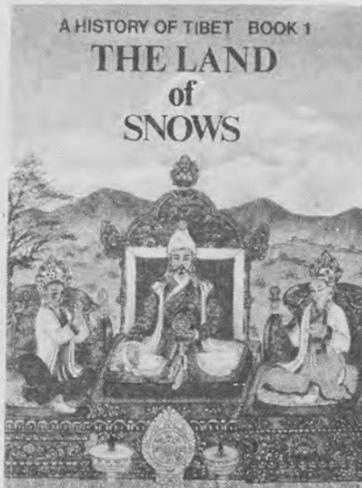
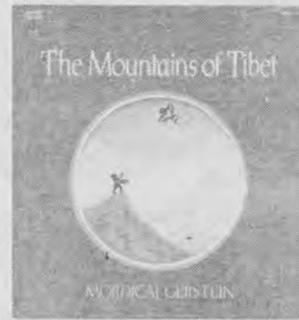
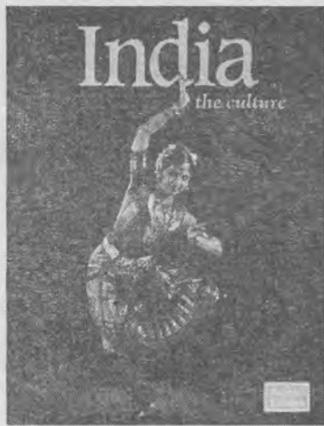
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THE HIMALAYAN JOURNEY OF BUDDHISM, by Nancy M. Gettelman. 96pp., 133 photos in full-color & black & white, oversize. NGHJB \$14.95

INDIA: The Culture, by Bobbie Kalman. 32pp., many color photos, 8 1/2 x 11," ages 8 to 14, #CTI \$7.95

The whole world has been influenced by the rich and colorful culture of India. India's art architecture, music, festivals, food and dancing all have their roots in India's three major religions. Explore this fascinating culture through stunning photographs and easy-to-read text.

INDIA: The People, by Bobbie Kalman. 32pp., many color photos, 8 1/2 x 11," ages 8 and older. #CTIP \$7.95

A lively, intimate look at the daily life of the people of India. Replete with beautiful photos.

INDIA: The Land, by Bobbie Kalman. 32pp., many color photos, 8 1/2 x 11," ages 8 and older. #CTIL \$7.95

The third in this outstanding series of books on India. The focus here is on the land and how the rich variety of people live, work and entertain themselves in this difficult environment.

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

BOOK1: 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.

BOOK2 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.

THE MOUNTAINS OF TIBET, by Mordicai Gerstein. Color illus., 7 and up, #HRMT \$4.95

In a tiny village, high in the mountains of Tibet, lives a woodcutter. All his life he has longed to travel to faraway places, to see the world. But he grows old without ever leaving the mountain. When he dies, he is offered the chance to live another life, in any form he wants, anywhere in the galaxies. Carefully he decides...and finds himself in a place he never thought he would choose.

People Who Have Helped the World

This is an excellent series that describes the lives of extraordinary people who held strong beliefs, and acted on those beliefs with courage and commitment for the benefit of the world. They are cloth bound and contain many photos in color and B&W. Each is \$12.95 and are suitable for ages 10 and up.

THE DALAI LAMA: The leader of the exiled people of Tibet and tireless worker for world peace. #GSDL

MOTHER TERESA: Her mission to serve God by caring for the poor. #GSMT

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

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

SAINT GEORGE AND THE DRAGON, by Margaret Hodges, illus. by Trina Hyman. 32 beautifully illus. pages, ages 4-10. #LBSG \$14.95

Set in the days when monsters and giants and fairy folk lived in England, this classic and well-loved tale recounts the battle between Saint George and the Dragon—a creature so huge and fearsome that his tail swept the land behind him for almost half a mile. The exquisitely detailed drawings and powerful story make this book a classic.

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

SPIRITUAL PARENTING, by David Carroll. 416pp., #PGSP \$12.95

A practical, accessible guide to the spiritual development of children from infancy to adolescence. Written with no particular religious perspective, it draws on the great Eastern and Western religious traditions and aims at helping parents to effectively communicate spiritual ideas to their children. David Carroll has degrees from Harvard and Columbia and is the author of twenty-two books.

TARA'S COLORING BOOK, by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #WITCB \$7.95

A book of twelve exquisite line drawings of famous Tibetan icons. Buddha, Chenrezig, Tara, Manjushri and others with instructions on how to color the drawings.

TIBET, by Bobbie Kalman. 32pp., 33 full-color photos, 8 1/2 x 11," ages 8 to 14, #CTT \$7.95

Candid, intimate photographs highlight this study of Tibetan culture and daily life. The photos are excellent and the whole book is very inviting to look at and read.

TINTIN IN TIBET, by Hergé. 62pp. #LBTT \$6.95

Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.

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



COOKBOOKS/HEALTH & FITNESS

HEALTH & FITNESS

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

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!

BEYOND THE DEVILS IN THE WIND, Dorris Still. 141pp., 66 photos & illus., #SBBB \$16.95 cloth

The exciting story of Dr. Albert Shelton, the first American medical doctor to venture into the forbidding and isolated Land of Snows, told by his daughter, Dorris Still, who was born in China and raised in Tibet until she was sixteen. Relates the Shelton family's background and travels that led them to the Eastern Tibetan city of Batang, where Dr. Shelton established the first Western-style hospital in Tibet's history.

CANCER AND CONSCIOUSNESS, by Barry Bryant. 240pp. #SPCC \$15.95

Cancer and Consciousness is about dialogue—the patient's inner dialogue with himself and his disease, dialogue between doctor or healer and patient, dialogue between often competitive healing techniques, but first and foremost the meta-dialogue of soul and body, of East and West. Bryant guides us through fascinating and provocative dialogues with fifteen of the world's greatest cancer researchers and healers including Elisabeth Kubler-Ross, Julian Beck, Bernie Siegel, and His Holiness the Dalai Lama.

NEW!

DOLMA & DOLKAR: Mother & Daughter of Tibetan Medicine, by Tashi Tsering Josayma & K. Dhondup. 76pp. #MLDD \$7.95

Here is an account of the life and work of one of the most famous Tibetan medical families. Dr. Lobsang Dolma passed away in Dec. 1989, but her memory and work live on in her daughters who are continuing the medical tradition. An unusually good overview of Tibetan medicine is also contained in this book.

DRAGON RISES, RED BIRD FLIES: Psychology & Chinese Medicine, by Leon Hammer, M.D. 426pp. #STDR \$28.95 cloth

Leon Hammer is an American doctor, psychiatrist and long-time practitioner of Chinese medicine. Behind the acupuncture, herbal remedies and a complex array of diagnostics, he finds a congenial system of healing that embodies the unification of body and mind. "Dr. Hammer has provided a view of the life process that is fully respectful of traditional thought, while building a bridge to Western clinical psychology. It is an excellent piece of work—honest, illuminating and creative—and I would recommend it to anyone with a serious interest in Oriental Medicine."—Peter Eckman, M.D., Chairman, Schools Subcommittee of the California Acupuncture Examining Committee.

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.

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

THE HEALING BUDDHA, by Raoul Birnbaum. 318pp., illus. #SHHB \$15.95

This is the study of the Healing Buddha, who specializes in the healing of illnesses of all kinds, psychological and physical. Discussed are the role of healing in Buddhism, the various Buddhas and scriptures involved in this process, and the rituals through which curative power is released.

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshi 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 Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—East-West Journal

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 include 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. Its wide variety of curative techniques are described in this book.

Dr. Yeshi 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

MIGRAINE AND THE ALLERGY CONNECTION: A Drug-Free Solution, by John Mansfield, M.D. 160pp. #ITMAC \$9.95

Research conducted around the world indicates that food allergy is the main single cause of migraine, accounting for 80 to 90 percent of all cases. Dr. Mansfield explores the factors underlying allergy occurrence, identifying common foods that are the main offenders

and pointing the way to lifestyle and eating habits that will lessen the chance of continued migraine attacks.

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.

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, herbolgy, exercise, and a wealth of other health topics. An excellent textbook on preventative medicine that has been used in many courses.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford. #WETBM \$12.95 Now in Paperback!

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

YOU CAN RELIEVE PAIN, by Ken Dachman & John Lyons. 161pp., #HRYRP \$18.95 cloth

Are you one of the many who suffer daily from the chronic pain of arthritis, back injuries, migraines, cancer, or other afflictions? If so, here are simple but effective methods, using the proven techniques of guided imagery, to relieve pain or end it altogether. In a study of one thousand patients who worked with these techniques, 90% of the cases had pain reductions of more than half.

THERAPEUTIC INCENSE!

AQUILARIA-R #AQ \$5.00

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

NIRVANA BRAND #TMNIR \$6

For relief of stress and tension. A totally natural, safe, non-toxic and non-habit forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.

TIBETAN THERAPEUTIC MASSAGE OIL #RAMO \$8.50

34 Himalayan Herbs are blended in olive oil. Heat before use.

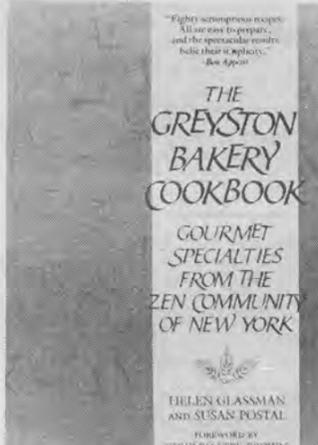
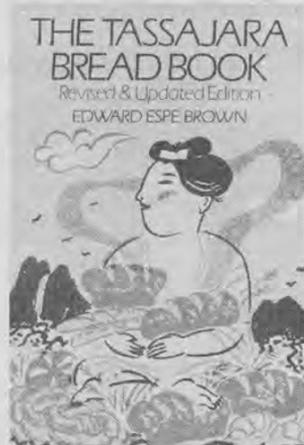
TIBETAN MEDICINE BRACELETS & RINGS #3METAL

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

Bracelet:

Thin 3-metal band \$14
Medium 3-metal band \$19

COOKBOOKS



INDIAN VEGETARIAN COOKING, by Michael Pandya. 208pp., illus. #ITIVC 10.95

This is a definitive collection of vegetarian dishes covering every aspect of the Indian meal, from a multitude of curries, breads, sauces, and side dishes to desserts, drinks, and appetizers. A tempting array of picnic and party food adds special enjoyment and flair to the art of Indian cooking. The author includes valuable information on Indian herbs and spices and the proper presentation and balance of an Indian meal.

NEW!

RECIPES FROM MOOSEWOOD RESTAURANT, by the Moosewood Collective. 320pp., color photos. #TSNRM \$12.95

200 recipes celebrating the varieties of vegetarian cooking offer an endless array of creative combinations. "Superior, innovative vegetarian cuisine."—*Publisher's Weekly*

20% OFF WHILE THEY LAST!

THE SELF-HEALING COOKBOOK, by Kristina Turner. 210pp., illus. #ETSH \$15, now \$12

This is the macrobiotic primer for healing the body, moods and mind with whole, natural foods. Kristina has been a macrobiotic cooking teacher for over eight years. She trained at the Center for Healing Arts in LA and the East West Center for Macrobiotics in Eureka, CA. The basics for nutritional healing as well as recipes to make tasty, healthful food make this one of the most sound approaches to eating available.

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.

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*

Snow Lion is pleased to offer some of the very finest vegetarian (mostly) cookbooks for those of you who would like to experience delectable and non-violent cuisine.

FROM A MONASTERY KITCHEN, by Brother Victor-Antoine d'Avila-Latourrette. 128pp. #HRFMK \$12.95

This is a classic natural foods cookbook arranged seasonally—complete with recipes for soups, salads, main dishes, fish, breads, and desserts from Brother Victor's kitchen at Our Lady of the Resurrection Priory in Lagrangeville, New York.

THE GREENS COOKBOOK: Extraordinary Vegetarian Cuisine from the Celebrated Restaurant. 396pp. #DDGC \$22.95 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.

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.

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.



PSYCHOLOGY & SELF-HELP/DEATH & DYING

PSYCHOLOGY & SELF-HELP



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

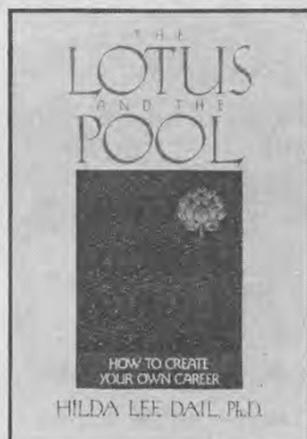
The impact of Buddhism on psychological thought was the topic of a recent British Psychological Society conference. How Buddhist ideas about self, identity and personality go beyond or can be interpreted in terms of current psychological concepts is presented. Also considered is research on meditation, the value of contemporary therapeutic techniques and the question of spiritual and personal development.

DEPTH PSYCHOLOGY AND A NEW ETHIC, by Erich Neumann. 160pp. #SHDP \$9.95 June
This classic work on the Jungian concept of the shadow—the dark side of human nature—is by one of Jung's most creative pupils. Neumann advances an approach to the problem of evil based on confronting the shadow and integrating it into conscious awareness. The new ethic that he proposes, instead of denying the negative forces in the psyche, accepts and transforms them for the benefit of both individual and collective life.

DIVINE MADNESS: Archetypes of Romantic Love, by John Haule. 296pp., #SHDM \$19.95 cloth

This book describes romantic love as the paradigm of relationship, in which the instinctual depths and spiritual heights of human experience come together. Draws on psychology, the mystical traditions and literature to lead the reader inside the mind and heart of the lover. Each chapter explores a characteristic aspect of relationship: fusion, separation, quarrelling, seduction and, by focusing on the meaning of these experiences reconnects us with the wisdom of time immemorial.

FINDING EACH OTHER: A Practical Guide to Achieving Successful Relationships, by John Selby. 131pp. #GTFFO \$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.



JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart, by Radmila Moacanin. 192pp. #WIBKJP \$12.95

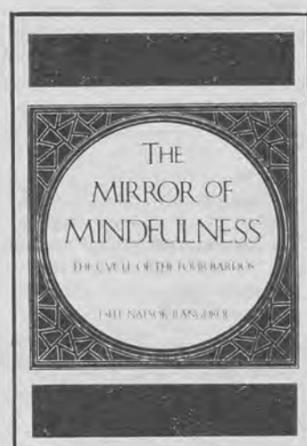
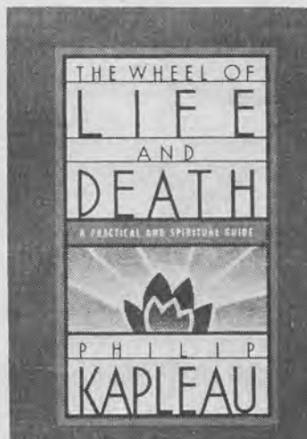
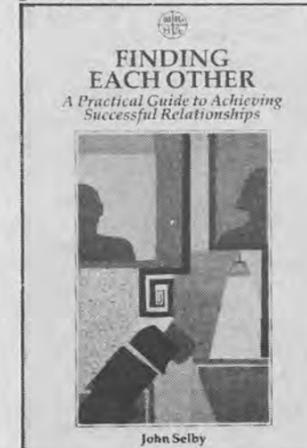
The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities and differences with simplicity and straightforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.

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.

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.



BARDO TEACHINGS: The Way of Death and Rebirth, by Ven. Lama Lodo. 73pp. #SLBKBTE \$7.95

BRINGING DOWN THE LIGHT: Journey of a Soul After Death, by Mother Meera. 64pp., 26 full-color plates, 9 x 11 1/2," #MPBDL \$29.95 cloth

What happens after death? Answered with unique authority by one of the most widely respected spiritual teachers of our time—Mother Meera—whose fame has swept Europe. Painted directly from Meera's inner perception of the after-death experiences of a disciple, these luminous works inspire our vision of death and comfort those who have lost loved ones.

DEATH AND DYING: The Tibetan Tradition, by Glenn H. 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.

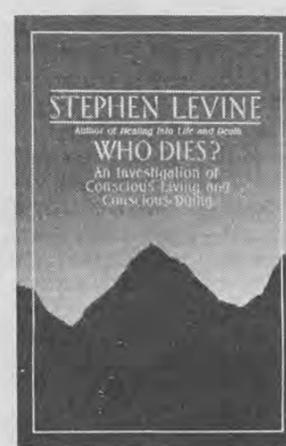
DEATH, INTERMEDIATE STATE AND REBIRTH by Lati Rinbochay | Jeffrey Hopkins 86pp. #SLBKD \$7.95

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.

DEATH & DYING



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*

DEATHING: An Intelligent Alternative for the Final Moments of Life, by Anya Foos-Graber. 415pp., #WED \$14.95

Death is the most natural passage we will make since birth. Looking at death before the time comes is like learning about natural childbirth before having a baby. The process of conscious preparation is called "deathing." The author provides exercises and meditations that teach us the dying process and how to benefit from it the most. Anya is a lecturer, yoga teacher, linguist and survivor of a near-death experience.

JAPANESE DEATH POEMS, Ed. Yoel Hoffmann. 366pp. #CTJDP \$17.50 cloth

"I raise the mirror of my life
Up to my face: sixty years.
With a swing I smash the

reflection—
The world as usual
All in its place."

The consciousness of death is in most cultures very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing such a poem, often at the very moment the poet is breathing his last. Here are hundreds of death poems, many with a commentary describing the circumstances of the poet's death.

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.

KING UDRAYANA AND
the wheel of Life



ON DREAMS & DEATH, by Marie Louise von Franz. 193pp. #SHODD \$12.95

"A true masterpiece 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

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 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.

THE WHEEL OF LIFE AND DEATH: A Practical and Spiritual Guide, by Philip Kapleau. 371pp., #DDWLD \$19.95 cloth

A very thorough discussion of death and dying by the famous Western Zen Rishi. Intimate in tone, he covers dying, death, karma and rebirth as traditionally understood in the world religions as well as the philosophic, scientific and humanistic traditions. One of the best books on the topic.

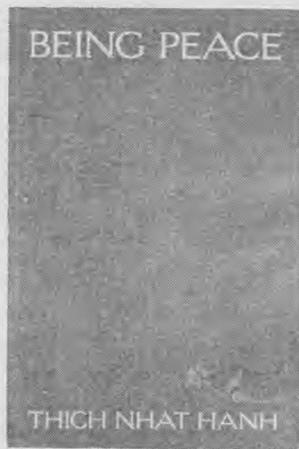
NEW!
WHO DIES? An Investigation of Conscious Living and Conscious Dying, by Stephen Levine. 317pp., #DDWD \$9.95

"The bible of the conscious dying movement."—Harper's

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elisabeth Kubler-Ross

This is a rare and insightful book. It prepares you for life as well as death.

RELIGION & PHILOSOPHY



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

ANALYSIS OF GOING AND COMING, by Chandrakirti, Trans. Jeffrey Hopkins. #LTAGC \$2.95 Through a masterful analysis of going and coming, Chandrakirti shows how the Madhyamika handles the problem of existents.

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

ART OF HAPPINESS: Teachings of Buddhist Psychology, by Mirko Fryba. 368pp. illus., #SHAH, \$15.95

Based on the earliest works of Buddhist psychology and philosophy (Abhidharma), this book offers advice and 30 practical techniques for nurturing one's innate capacity for happiness. True happiness, the author states, cannot be manufactured or conjured up but arises spontaneously when one is freed from external conditioning.

ARYASURA'S ASPIRATION AND A MEDITATION ON COMPASSION, by H.H. the Dalai Lama, trans. Brian Beresford. 148pp. #LTAA \$6.95

A bodhisattva's aspirational prayer in seventy stanzas by Aryasura is supplemented by a rare commentary. It also contains a sadhana on the inseparability of the spiritual master and Avalokiteshvara, 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 \$12.95

A simple, clear presentation of meditations that take the beginner towards enlightenment.

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

Based on a ten-day meditation course in Sri Lanka by a Western Buddhist nun, *Being Nobody, Going Nowhere* is full of clear, helpful instructions on meditation and mindfulness, and all the essential points of the Theravadin Buddhist path.

BEING PEACE, Thich Nhat Hanh. 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.

THE BODHGAYA INTER-VIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp. photos, #SLBKBI \$8.95 (see Dalai Lama section).

BREATH! YOU ARE ALIVE, 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 lem-



onade 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."

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Talbot, 482pp. #SLBKBM \$18.95 paper, #SLBKBMC \$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, Kunkhyen Klong-chen-pa is here made accessible to the specialist and interested non-specialist in a manner that is authoritative, comprehensive and clear. . . This book fills a major gap."—Matthew Kapstein, *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 Nyingmapa School of Tibetan Buddhism. 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 technique 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 extensively 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 Dordrup Chen Monastery, and after years of study attained the degree of Dorje Lopen (Vajracarya). He has taught in Indian universities and from 1980-83 was a visiting scholar at Harvard. Presently, he is writing on Tibetan Buddhism and translating Nyingmapa scriptures under the auspices of the Buddhayana Foundation.

BUDDHA NATURE: The Seed of Happiness, Ven. Thrangu Rinpoche. 180pp. #ESBN \$13.95

Buddha Nature expounds in a sim-



ple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

BUDDHISM IN THE TIBETAN TRADITION: A Guide, Geshe Kelsang Gyatso. 132pp. #RKBT \$10.95

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.

NEW!

BUDDHIST REFLECTIONS, by Lama Anagarika Govinda. 256pp., #WEBR \$12.50

Written shortly before his death in 1985, Lama Govinda provides a rich overview of Buddhism with much food for thought for the Western student.

CHANDRAKIRTI'S SEVEN-FOLD REASONING, by Wilson. 69pp. #LTCR \$4.95

An astute discussion on emptiness and selflessness.

CHOOSING REALITY: A Contemplative View of Physics and the Mind, by B. Alan Wallace. 216pp. #SHCR, \$15.95

How shall we understand the relationship between reality as we experience 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 concepts 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.

THE CHRIST AND THE BODHISATTVA, Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274pp. #SUCB \$17.95

The 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 examine the significance of the Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA, by Geshe Lobsang Tharchin. 80pp. #SLBKCGY \$7.95

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



Enlightened qualities of the Buddha become their own.

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

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

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

* outer mandala—the symbolic world * inner mandala—one's own body * secret mandala—the offering of the two minds, that of the altruistic aspiration to enlightenment and the wisdom that perceives emptiness. This last offering is reserved for tantric practitioners.

COMPASSION IN TIBETAN BUDDHISM Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein. 263pp. #SLBKCTB \$12.95

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-kyi 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.



NEW!
DZOGCHEN & PADMASAMBHAVA, by Sogyal Rinpoche. 103 pp. #RIGPADP \$8

This is an excellent introduction to Dzogchen practice expressing the heart and spirit of Dzogchen. It describes the practice, path and the guru. It includes an accessible survey of the nine yana approach and the history of the Nyingma School. Illustrated with many photos of the lineage holders.

THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, by Namkhai Norbu, Compiled and Ed. by John Shane. 176pp. #RKCWL \$12.95

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 \$15.95

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.

NEW!

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism, by Geshe Sopa & Jeffrey Hopkins. 376pp. #SLBKCTAP \$15.95 paper

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 Gonchok-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 Sera Monastic University in Lhasa. He is now professor of South Asian Studies at the University of Wisconsin, 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

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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.

NEW!

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal, by Erik Pema Kunsang. 200pp. #SHDT \$12.95 This is a terma text of the oral teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until their revelation centuries later. The teachings translated here are short, direct instructions relating to the three levels of Buddhist practice.

THE DALAI LAMA: A Policy of Kindness, Compiled & Edited by Sidney Piburn. 152pp. #SLBKDLPK \$4.95 (see Dalai Lama Section).

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$14.95 paper, #SLBKDLHC \$22.95 cloth (see Dalai Lama section).

FORTHCOMING!

DEBATE IN TIBETAN BUDDHISM, by Dan Perdue. 1025pp., Bibliography, Notes, Index, #SLBKDTBP #SLBKDTBC \$55.00 cloth Winter 1990

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 in The Presentation of Collected Topics Revealing the Meaning of the Texts on Valid Cognition, the Magical Key to the Path of Reasoning*, composed by Purbu-jok Jam-ba-gya-tso,

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.). 274pp. #SLBKDY \$14.95 (see Dalai Lama section).

DEBATE IN TIBETAN BUDDHIST EDUCATION, by Dan Perdue. 111pp. #LTDTB \$5.95 An introduction to Tibetan debate, as well as Buddhist logic and epistemology.

DEPENDENT-ARISING AND EMPTINESS, by Elizabeth Napper. 849pp. #WIBKDAE, \$49.95 cloth

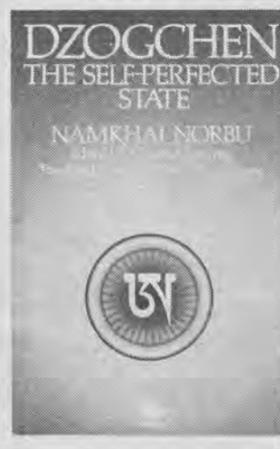
This is one of the best Tibetan Buddhist interpretations of Madhyamika philosophy and emphasizes the compatibility of emptiness and conventional phenomena. An understanding of their integral relationship shows how the highest school of Buddhist philosophy, Madhyamika, completely denies any concrete, solid status to the world around us and yet maintains a valid presentation of that world based on ethical principles. Includes critical review of contemporary Western interpretations of Madhyamika.

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.

DHARMA GAIA: A Harvest of Essays in Buddhism and Ecology, Ed. by Allan Badiner. 265pp. #PADG \$15

Published for Earth Day 1990, Dharma Gaia explores the ground where Buddhism and ecology meet. Through the writings of 30 celebrated Buddhist thinkers and ecologists, we see how Buddhist



philosophy and practices can help us renew our relationships with one another, with other forms of life, and with the Earth. Includes writings of Gary Snyder, Thich Nhat Hanh, Joanna Macy, Joan Halifax, Robert Aitken, Bill Devall, John Seed, Rick Fields, and Deena Metzger, with a foreword by H. H. the Dalai Lama.

NEW!

THE DIAMOND SUTRA & THE SUTRA OF HUI NENG, trans. by A.F. Price & Wong Mou-Lam. 192pp. #SHDS \$12.95

These two scriptures present the central teachings of Mahayana Buddhism and are essential presentations of the correct view.

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

NEW!

DZOGCHEN: The Self-Perfected State, by Namkhai Norbu. 96pp. #RKD \$7.95 This is a manual of Dzogchen practice that is remarkably complete for its size.

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.

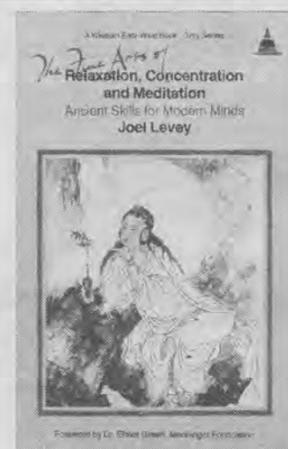
The many reasonings used to analyze persons and phenomena and to establish their true mode of existence are presented in the context of meditative practice.

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.

NEW!

ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters, by Tulku Thondup. 144pp., #SHEL \$12.95

These writings focus on how to



live harmoniously in the world through the practice of social and spiritual values. They offer advice on ethical conduct from several prominent teachers including Paltrul Rinpoche.

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 Khyentse Rinpoche, and Venerable Lama Kalu Rinpoche.

ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271pp. #SLBKERG \$12.95 (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.

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

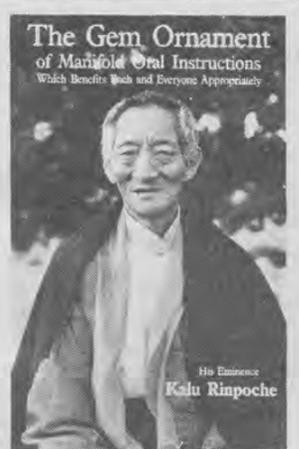
This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions. For the last fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands of people the fine art of relaxation, concentration, and stress reduction.

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.

**NEW!**

THE FOUR FOUNDATIONS OF MINDFULNESS, by Ven. U Silananda. WIBKFFM \$12.95

This discourse of the Buddha has been the strong foundation for meditation practice in the Theravada Buddhist countries. This basic method of meditation has a commentary which provides fresh insight for anyone who meditates. It tells how to clear away habitual patterns so that meditation can be continuously renewed and insight into the fundamental nature of existence deepened.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44pp. #LTPG \$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 Konchog Gyaltzen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140pp. #SLBKGM \$9.95

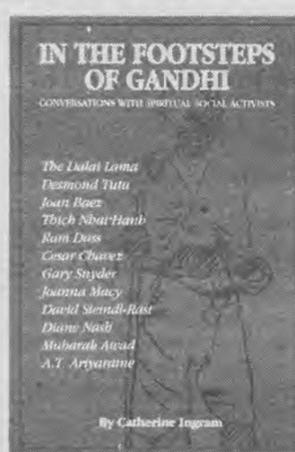
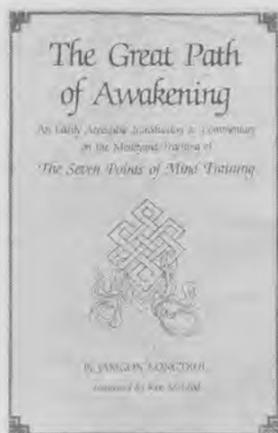
"An important work... a clear and concise summary of the Vajrayana path." —Religious Studies Review
Mahamudra or the "Great Seal" refers to a direct path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa and Milarepa. Gampopa, a disciple of Milarepa 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. #SLBKG \$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.

RELIGION & PHILOSOPHY



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 GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master, trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 150pp. #STGL \$14.95 November

Three Statements That Strike the Essential Path is an ancient Dzogchen revelation that introduces the practitioner to the nature of his or her own mind. Included are commentaries by Patrul Rinpoche and H.H. Dudjom Rinpoche.

THE GREAT GATE, by Chogyur Lingpa. #ESGG \$12.95
Lucidly explains the preliminary practices and their application as well as a daily meditation on Padmakara, with commentaries. This is a terma text by the 19th century master Chogyur 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 19th 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 BODHISATTVA'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. #LIGP \$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 \$14.95

The Heart Sutra Explained offers new insights on emptiness and form, on the mantra "gate gate paragate parasamgate 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 19th-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 9th-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 \$12.95

"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 Dickinson College.

HOW TO MEDITATE, by Mac-Donald. 216pp. #WIBKHTM \$10.95

Contains a wealth of practical advice on a variety of authentic and proven techniques: from sim-

ple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in this one book!

I WONDER WHY, Thubten Chodron. 80pp. #TCIWW \$2

An American Buddhist nun living in Singapore has produced this little gem of a book which skillfully 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 Gyaltzen, ed. by Victoria Huckenpahler. 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 Gyaltzen, 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. Also included are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

IN THE FOOTSTEPS OF GANDHI: Conversations with Spiritual Social Activists, Ed. by Catherine Ingram. 284pp. #PAFG \$15

Twelve renowned spiritual social activists speak on compassionate action. "To live for the benefit of others heals us. These are interviews with women and men who tread the path of compassionate action and leave markers to point the way. A wonderful book!"—Stephen and Ondrea Levine. Writers include: The Dalai Lama, Desmond Tutu, Joan Baez, Thich Nhat Hanh, Joanna Macy, David Steindl-Rast and others.

INTRODUCTION TO THE BUDDHIST TANTRIC SYSTEMS, by Wayman. 382pp. #WEIBTS \$8.95

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 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.

FORTHCOMING!

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

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.

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 Tselim Gyeltsen. 176pp., #TDKGE \$12.95

Contains commentaries on two key Mahayana Buddhist texts: *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*. Geshe Gyeltsen gives a verse by verse exposition of the full root texts in accordance with the oral tradition.

NEW!

KHYENTSE OZER: Radiance of wisdom and Compassion, by the Rigpa Fellowship. 54pp., oversize with 14 illustrations #RIGPAKO \$12.95

A great book; the contents are well worth the price. His Holiness the Dalai Lama speaks on Dzogchen; A biography of His Holiness Dilgo Khyentse Rinpoche; Venerable Kalu Rinpoche on the union of Mahamudra and Dzogchen; Sogyal Rinpoche: Beyond Birth and Death—The Key to the Bardos.

KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239pp. #SLBKCCI \$11.95 (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

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 systematization 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

RELIGION & PHILOSOPHY



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. #SLBKKLP \$18.95, #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

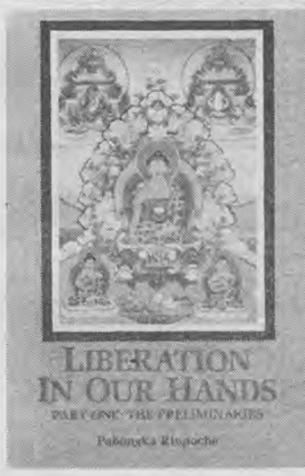
This simple and insightful guide takes the reader through the stages of Mahamudra practice: from the cultivation of clarity and one-pointedness of mind to a mode of experiencing beyond duality.

NEW!

LIFE IN RELATION TO DEATH, by Chagdud Tulku. #CGLRD \$6.50

LIVING BUDDHISM, by Andrew Powell & Graham Harrison, Foreword by His Holiness, the Dalai Lama. 210pp., 150 photos. #RHLB \$24.95 cloth

"Living Buddhism illuminates the human face of the Buddhist tradition, showing the vital role that the Buddha's teaching plays in the lives of his many followers."—H.H. the Dalai Lama. Andrew Powell describes the development of Buddhism around the world and through the centuries, explains the fundamentals of Buddhist philosophy, and presents an unusual up-to-date picture of Buddhism's place in contemporary society. Graham Harrison intimately portrays the splendor of Buddhist art and architecture as well as the living face of Buddhism, bringing the religion to life before our eyes.



NEW!
LIBERATION IN OUR HANDS, by Pabongka Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300pp. #MSLOH \$12.50

Based on a 24-day teaching in Tibet in 1921, 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 Je Tsong Khapa. Throughout, he tells marvellous stories to bring his teachings alive. This volume is the first of three to appear and covers the first 1/3 of the material. Do not confuse this three-volume edition with the forthcoming one-volume edition that Wisdom Publications has advertised.

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.

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

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

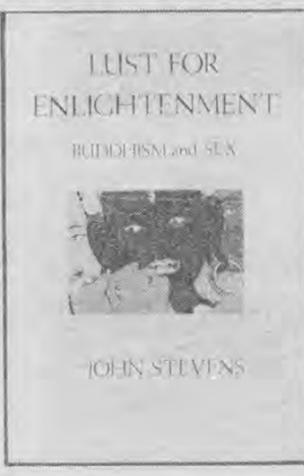
NEW!

LUST FOR ENLIGHTENMENT: Buddhism and Sex, by John Stevens. 160pp. #SHLE \$9.95

This is a survey of Buddhist responses to sexuality. Beginning with Shakyamuni Buddha himself the author discusses a wide range of approaches leading to the tantra of India, China and Japan.

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. #LTMAM \$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 for 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. #LTMPP \$6.95

A commentary to the main practices of mental purification in Tibetan Buddhism.

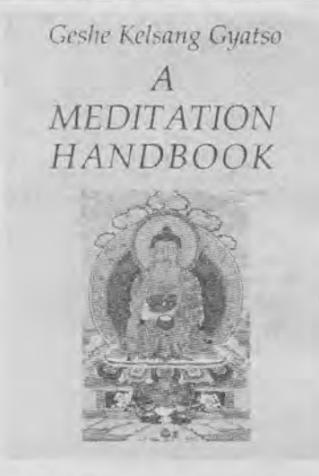
MAINTAINING THE BODHISATTVA VOW AND THE BODHICITTA PRECEPTS. #KDKMB \$5.00

MANUAL OF RITUAL FIRE OFFERINGS, by Sharpa Tulku & Michael Perrott. 180pp., #LTMRO \$14.95

The ritual fire offering plays an important part in tantric practice. The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. In this manual are fire offering practices for six meditational deities: Solitary and Thirteen Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by Keith Dowman. 454pp. #SUMM \$16.95

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.

NEW!

MEDITATION HANDBOOK, by Geshe Kelsang Gyatso. #THBKM \$11.95

An excellent introduction to meditation for beginners and experienced meditators. The procedure of meditation and 21 meditations are presented on the various aspects of the Buddhist path. The handbook concludes with advice on how to maintain the experience of meditation throughout the day, how to combine these meditations into a cycle for daily meditation, and advice on how to do a simple meditation retreat.

MEDITATION ON EMPTINESS, by Jeffrey Hopkins. 1017pp. #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 principal divisions of consciousness and mind.

"... a valuable work written in concise form... clearly translated... oral commentary on the textbook 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 Ganden Monastery in Lhasa at an early age and later received his Geshay degree, after which he attended the Tantric College of Upper Lhasa.

MIRACULOUS JOURNEY, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cunillo. 232pp. #LOMJ \$12.95



A rare collection of previously untranslated narratives and songs by the famous Tibetan poet-yogi Milarepa.

NEW! IN DECEMBER!

MO: The Tibetan Divination System, by Jay Goldberg, Illus. by Doya Nardin. 124pp. book, 36 color cards, dice, \$29.95

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 proficient in this system. This is a unique item, never before made available to Westerners.

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.

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. #SLBKNS \$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.

RELIGION & PHILOSOPHY



TANTRIC PRACTICE IN NYING-MA, by Khetsun Sangpo Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239pp. #SLBKTP \$14.95

"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 Nyingma 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*

Khetsun 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 \$12.95

"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.

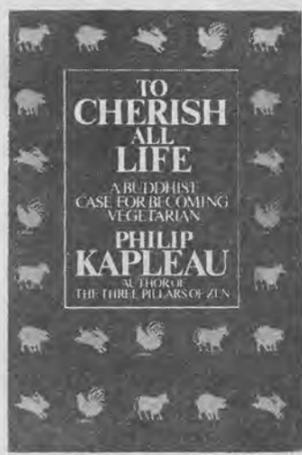
Vajrabhairava Tantra (Yamantaka): teachings on the generation and completion stages.

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



TO CHERISH ALL LIFE, A BUDDHIST CASE FOR BECOMING VEGETARIAN, by Philip Kapleau, in honor of the Three Pillars of Zen. 104pp. #DDCAL, \$7.95

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

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by Geshe Dhargyey. 255pp. #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. 104pp. #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. #SLBKTTW \$9.95 (see Dalai Lama section).

TRANSFORMING PROBLEMS: Utilizing Happiness and Suffering in the Spiritual Path, by Lama Zopa Rinpoche. 34pp. #WIT23 \$3.95

TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, by Geshe Rabten. 224pp. #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. 356pp. #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 recom-



TRANSFORMATIONS OF CONSCIOUSNESS, by Ken Wilber, Jack Engler & Daniel Brown. 356pp. #SHTC, \$22.95

TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, by Robert A. F. Thurman. 442pp. #PRSOG \$55.50 cloth

This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of Vijnanavada and Madhyamika, and an explanation of the Prasangika interpretation of Madhyamika. The translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal a rigorous, critical philosophy. Robert Thurman emphasizes the relevance of Prasangika to our own time. This text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.

FORTHCOMING!

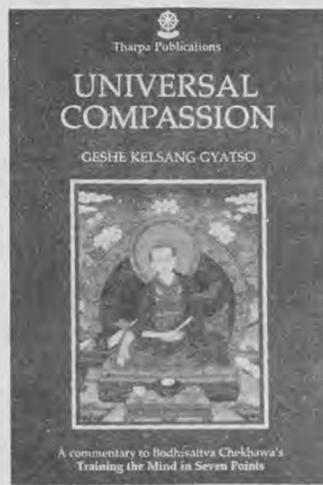
THE TWO TRUTHS, by Guy Newland. 700pp., Bibliography, Notes, Index #SLBKTTTRP \$29.95 paper, #SLBKTTTRC \$39.95 cloth

"...a challenging, but worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

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. 191pp. #SLBKUBE \$12.95 (see Dalai Lama section).



UNION OF MAHAMUDRA & DZOGCHEN, by Tulku Chokyi Nyima Rinpoche. 267pp. #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. 160pp. #THBKUC \$13.95

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.

UTTARATANTRA: The Sublime Science of the Great Vehicle to Salvation of Maitreya, by Obermiller. 306pp. #CPU \$27.50 This is one of the famed Five Treatises of the coming Buddha, Maitreya, received from him by the founder of the Yogacara school, Aryasanga, after twelve years of one-pointed meditation. It is an analysis of the *Tathagatagarbha* teaching. Often used in the Tibetan tradition to bridge the sutras and tantras.

WHEEL OF SHARP WEAPONS, by Geshe Dhargyey. #LTWSW \$4.95

An inspiring Yamantaka text for the Bodhisattva warrior.

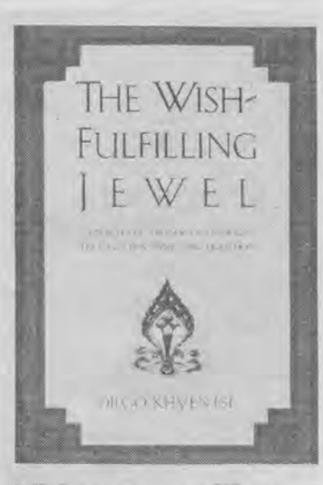
NEW!

WHITE LOTUS: An Introduction to Tibetan Culture, Ed. by Carole Elchert. 240pp., 36 color and 60 black & white illus. #SLBKWL \$14.95

"...an excellent introduction to our complex culture. Through the images, writings and recordings, viewers and readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama

In 1988 an expedition of five artists from three continents traveled together for six months and covered over 7000 land miles to visit Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these a PBS documentary has been produced to introduce people to the many facets of Tibetan culture.

White Lotus is a companion volume to the documentary. Presented here are sixteen essays, each written by an expert in the field, covering Tibetan life, art, architecture, literature and history. The accompanying photographs and artwork provide a rich sensory experience of the culture that survives today among Tibetans.



WISDOM ENERGY 2, by Lamas Yeshe and Zopa. 92pp. #WIBKWE2 \$4.95

THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthing Tradition, by Dilgo Khyentse Rinpoche. 108pp. #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. 71pp. #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. 128pp. #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 AND THE PSYCHOLOGY OF TRANSFORMATION: The Supreme Doctrine, by Hubert Benoit. 264pp. #ITZPT \$12.95

This is one of the most powerful expositions of Zen ever written. It explains the psychological setting of the unenlightened mind and the psychological revolution required to develop insight. Benoit is a master psychologist and has presented the inner working of enlightenment in Western terms. This book is suitable for the followers of any tradition Eastern or Western.

WHITE LOTUS

AN ILLUSTRATED DOCUMENTARY



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Produced by Tibet House USA, Inc.

A COMPANION VOLUME TO THE DOCUMENTARY

NATIVE AMERICA AND OTHER TRADITIONS

NATIVE AMERICA



RICHARD ERDOES CRYING



FOR A DREAM

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.

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.

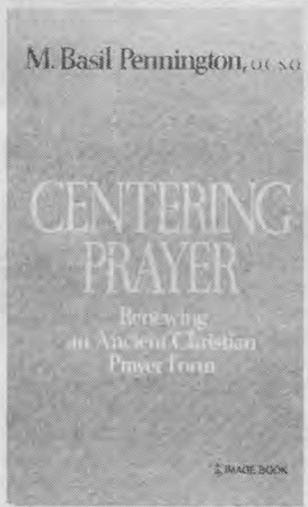
MEDITATIONS WITH THE HOPI, by Robert Boissiere. 144pp. #BCM \$7.95.

Meditations with the Hopi is a heartfelt and reverential view of the Hopi way of spiritual cultivation.

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.

OTHER TRADITIONS



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.

ANDROGYNY: The Opposites Within. 273pp. #SPA \$14.95
"Androgyny is an illuminating, and I would even say indispensable contribution... It will surely stand for years as the definitive exposition of its subject."—Joseph Campbell

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!
CENTERING PRAYER: Renewing an Ancient Christian Prayer Form, by M. B. Pennington, O.C.S.O. 254pp. #DDCP \$5.95

Centering Prayer combines the best of the Eastern Christian spiritual exercises with life in the modern world. He discusses ways to overcome problems that stifle our attempts at achieving the highest possible communion with divinity.

DICTIONARY OF WORLD RELIGIONS, ed. Keith Crim. 830pp., many illus., #HRDWR \$22.95

This comprehensive, authoritative compendium of information on the world's living religions brings together the work of 161 scholars from major religious traditions and related fields. Over 1600 cross-referenced entries by theologians, sociologists, historians, and anthropologists trace the historic development, beliefs, and current status of the world's living religions: Buddhism, Christianity, Judaism, Hinduism, Islam, Shintoism, Sufism, Taoism and the many other religions of the world. This is an excellent book to browse or for reference!

NEW!
DRUMMING AT THE EDGE OF MAGIC: A Journey into the Spirit of Percussion, by Mickey Hart with Jay Stevens. 192pp., 100 illus., #HRDEM \$19.95



David Steindl-Rast

A Listening Heart The Art of Contemplative Living

This is Mickey Hart's story about the search for mastery through the vehicle of the drum. Drummer for the Grateful Dead for over 20 years, his enthusiasm for his art eventually brought him into contact with drum masters from Brazil, Tibet, and Africa and initiated him into the transformative power of rhythm.

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.

THE GRAIL LEGEND, by Emma Jung & Marie-Louise von Franz. 452pp., illus. #SPGL \$16.95

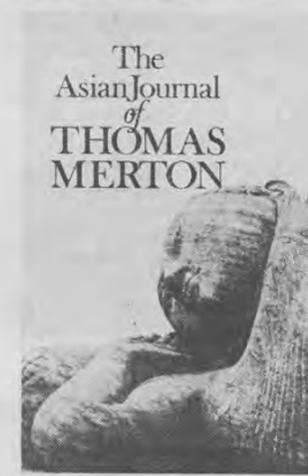
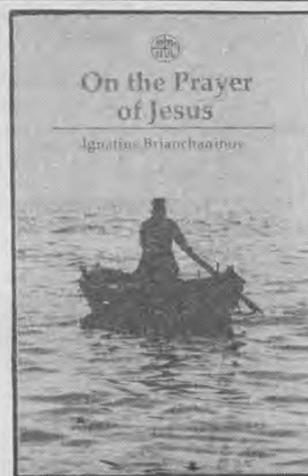
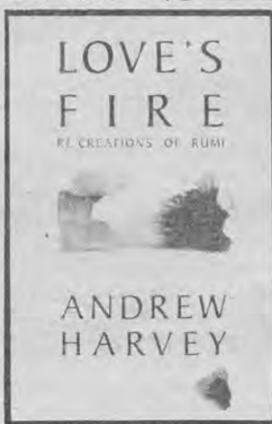
The quest for the Holy Grail is a story which has had a powerful impact on Western culture, one which continues to fascinate us today. The Grail represents the universal search for the supreme value of life. Emma Jung and Marie-Louise von Franz present a highly suggestive and enlightening interpretation of the psychological meaning of the search for the Grail.

NEW!
GRATEFULNESS, THE HEART OF PRAYER, by Brother David Steindl-Rast. 224pp. #PPG \$8.95.

This book is about our ability to see into things, discovering the grace that awaits us in everyday life. When we bless things simply because they are, we live life in its fullness. Brother David is the Benedictine monk who actively pioneers the East-West dialogue.

LOOKING INTO MIND, by Anthony Damiani. 282pp. #LALM \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. From the practical side, it shows how to use meditation as a means to experience the mind directly, free



Brother David Steindl-Rast
gratefulness, the heart of prayer
An Approach to Life in Fullness

of any images. From the side of reason, its compelling, readily accessible analysis of the nature of everyday experience shows that the world and the I are thought into existence by the same creative mind. Anthony Damiani presents this combined approach as the most direct way to intimate knowledge of one's own basic mind, the surest route to reliable spiritual independence.

LOVE'S FIRE: Recreations of Rumi, by Andrew Harvey. 118pp. #MPLF \$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*.

OCCULT JAPAN, by Percival Lowell. 400pp., illus. #ITOL \$12.95

Unrivaled in its detailed description of Shinto miracles, possessions, and incarnations. Percival Lowell was an explorer who experienced the Shinto religion first-hand and wrote with frankness and objectivity, presenting its many contradictions with candor and literary grace.

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.

ORDINARY PEOPLE AS MONKS AND MYSTICS: Lifestyles for Self-Discovery, Marsha Sinetar. 183pp., #PPOP \$8.95
A valuable, personal and practical book on spiritual psychology. It will assist the self-actualization and self-transcendence of the monk and mystic in each of us.

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.

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.

SPEAKING FLAME: Rumi Recreated by Andrew Harvey. 120pp., #MSF \$8.95

Stunning in their ability to evoke the mystical states, these extraordinary poems by the great sufi master, Rumi, speak directly to spiritual seekers of every tradition. Translated by the author of *A Journey in Ladakh*.

"Splendid... the rare pure sound of passion."—Iris Murdoch

VIDEO DHARMA

These films are available in VHS format only.

H.H. THE DALAI LAMA, NOBEL PRIZE WINNER, 1 hour, #GWDL \$29.95
Highlights of the historic week with the Dalai Lama as he receives news of the Nobel Prize and meets with the public. Includes special address on compassion and world harmony.

THE HEALING TRADITIONS OF TIBET

Three exquisite films of the Gaden Shartse monks 1989-90 tour include Medicine Buddha chants and rituals, Medicine Buddha Mandala, cultural exchanges with Navajo and Hopi Indians, and dances:

1. SHARTSE SACRED HEALING RITUALS, 75 min., #GWSHR \$34.95

Eleven different rituals are performed including the invocation of Medicine Buddha, Black Hat Dance and Chod. The monks chant with overtones.

2. HEALING MANDALA: Creation of a Medicine Buddha Sand Mandala, 30 min., #GWHM \$29.95

The rare mandala of the Medicine Buddha is believed to convey healing benefits to all who behold it. Its 4-day creation is captured here with stunning closeup photography.

3. SHARTSE MONKS N. AMERICAN TOUR, 1 hour, #GWNAT \$29.95

Highlights of the tour featuring cultural exchanges with Native Americans, arts, music and visits to sacred sites.

JOSEPH GOLDSTEIN: Purity of Action, Purity of Mind & The Way of the Tao, 2 hours, #DSJGPA \$19.95

How to lay the groundwork for meditation practice. The meaning of emptiness and dependent arising.

JACK KORNFIELD 1: The Sacred Journey & The Seven Factors of enlightenment, 2 hours, #DSJKSJ \$19.95

How to undertake a spiritual discipline. Living with energy, power, and joy.

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Acting from what you value. Supports to keep the practice going. Wonderful rhythms and deep wisdom. How our lives are always new.

BUDDHIST PILGRIMAGE TO INDIA AND NEPAL, by Robert Pryor, 32 min., #ISBP \$19.95

This documentary uses 35mm color photos to portray the journey of a group of Americans to the Buddhist sacred places. The major sights are presented in the context of the Buddha's life: Lumbini, Bodhi Gaya, Sarnath, Rajgir, Nalanda and Kushinagar.

THE LION'S ROAR, 50 minutes, #WWLR \$49.95

This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

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

The Lord of the Dance is Garwang Tsojy 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.

THE MEANING OF TIBETAN BUDDHIST CHANTING, by

Thubten Pende, 27 min., #THMC \$21.95

This program features Thubten Pende, an American Buddhist monk in the Tibetan tradition, who studied in Dharamsala, India, with the Dalai Lama. The video is a presentation not only of chanting but of Tibetan Buddhism and its disciplines in general, and includes beautiful visuals of Tibetan art symbolic of the ideas and techniques discussed.

MERTON: A Film Biography, by Paul Wilkes & Audrey Glynn, 1 hour, #FRM \$29.95

In his lifetime, Thomas Merton was hailed as prophet and censured for his outspoken social criticism. During his 27 years as a monk of the austere Trappist order, he became an eloquent spiritual writer and mystic as well as an anti-war advocate and witness to peace. This critically acclaimed film examines Merton's life and work through insightful interviews with those who knew him including the Dalai Lama, poet Lawrence Ferlinghetti, Nicaragua's Minister of Culture Ernesto Cardenal, publisher Robert Giroux and Joan Baez. Interwoven are passages from Merton's writings and scenes from the significant places of his life.

OCEAN OF WISDOM Video Presentation of the Life and Teachings of H.H. The Fourteenth Dalai Lama, 35 minutes, #POOW \$49.95

Ocean of Wisdom offers an intimate profile of His Holiness as a monk and as a spiritual leader, as a statesman for our troubled times and as a crusader for world peace. In rare footage, the Dalai Lama is seen during his private religious practices, his daily routine and his infrequent recreation: personal moments that contrast with his public role as the world's foremost Buddhist leader.

REQUIEM FOR A FAITH, by Houston Smith, 28 minutes, #HFRF \$89

This award-winning film tells the story of Tibetan Buddhism. The 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.

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 of sacred rituals and recently compiled material shot in Tibet during the summer of 1987, as well as scenes from the Drepung Loseling tour of N. America and interviews with H.H. the Dalai Lama and foreign activists.

TIBET: Where Continents Collide, by David Howell, 45 min., #EVT \$45

Melding geologic history with glimpses into the culture of Tibet, this video field trip will delight all who care about the Earth, about mountains, and about ancient cultures. Visit the Yarlung Tsangpo suture and observe the players in the India-Eurasia collision—the Gandise volcanic arc; see the India plate as it descends beneath Eurasia and listen while David Howell of the US Geological Survey describes the history of this

MERIDIAN TRUST FILMS

We are pleased to offer the complete line of VHS Meridian Trust Films in NTSC (N. American) video format. In addition to the excellent talks captured on these films, many of these valuable teachings contain some of the last records of great lamas. For shipping, handling and insurance, please refer to the new chart and indicate to us whether you want air or sea shipping. The videos will be sent from London so please allow 4 weeks for delivery by air and longer by sea. The orders will be filled as quickly as possible. For a complete descriptive catalog please contact Snow Lion. Please order by title and teacher.

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HIS HOLINESS THE DALAI LAMA

A BUDDHIST MONK: The Dalai Lama of Tibet, 11 Days in England, 40 min., \$36 (1 tape)

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.

A MAN OF PEACE, 30 min., \$18 (1 tape)

In December 1989, His Holiness the Dalai Lama visited Norway to receive the Nobel Peace Prize in Oslo. While there, he also visited Trondheim and Bergen, and the Arctic region of Samiland. The Meridian Trust video crew travelled with him and were granted frequent access to His Holiness. The resulting documentary is unique in that it captures the qualities that so distinguish His Holiness: his warmth and wisdom, his compassion and humor.

collision with the aid of simple, clear diagrams and graphic animation.

TIBETAN MEDICINE: A Buddhist Approach to Healing, 29 min., #MFTM \$49.95

Filmed at the Tibetan Medical Center in Dharamsala, India. Ama Lopsang Dolma, Tibet's first woman doctor, shows the making of medicines and how acupuncture and moxibustion are used.

YANTRA TIBETAN YOGA: System of Namkhai Norbu, Dir. by Michael Katz, #NNYY \$35

Five senior Yantra Yoga practitioners demonstrate the movements of this ancient system. Yantra Yoga has been practiced as part of the Tibetan Buddhist tradition for over 1000 years. Similar to Hatha yoga in that it includes basic asanas (postures), breathing exercises and movements, Yantra Yoga differs in its initial emphasis on more continuous movements. More equally balanced energy and breath, relaxation, and inner development are the benefits of its practice.



COMPASSION & NON-VIOLENCE, 1 hr., \$50 (1 tape)

Two talks by the Dalai Lama recorded while he was in Norway to receive the Nobel Peace Award. In both talks he speaks of the value of non-violence as a path to world harmony and how developing altruism makes for a happier person.

THE FUTURE OF RELIGION, 1 hr., \$50 (1 tape)

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.

GREEN TARA INITIATION, 2 hrs., 45 min., \$60 (1 tape)

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.

HIS HOLINESS THE DALAI LAMA: An Interview by Jonathan Landaw, 30 min., \$30 (1 tape)

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.

AN OVERVIEW OF TIBETAN BUDDHISM WITH A COMMENTARY ON BODHICHARYAVATARA, 11 hrs., \$180 (6 tapes)

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.

NEW!

THE PATH OF NON-VIOLENCE, 1 hr. 30 min., \$62 (1 tape)

Talk given in Stockholm, Sweden in the fall of 1988.

UNIVERSAL RESPONSIBILITY IN A NUCLEAR AGE, 30 min., \$30 (1 tape)

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.

Other Films by His Holiness the Dalai Lama:

CONTRIBUTION OF THE INDIVIDUAL TO WORLD PEACE, 1 hr 15 min., \$55 (1 tape)

DZOGCHEN, 4 hrs., \$110 (2 tapes)

THE ESSENCE OF BUDDHIST PHILOSOPHY, 65 mins., \$52 (1 tape)

THE ESSENCE OF MAHAYANA BUDDHISM, 1 hr., \$50 (1 tape)

THE EXPERIENCE OF TRANSDUALITY, 1 hr., \$50 (1 tape)

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

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

INDIVIDUAL RESPONSIBILITY TOWARDS WORLD PEACE, 90 min., \$62 (1 tape)

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

PEACE THROUGH HUMAN UNDERSTANDING, 1 hr., \$50 (1 tape)

PEACE OF MIND: Peace in Action, 1 hr., \$50 (1 tape)

THE 37 PRACTICES OF A BODHISATTVA, Kalachakra, Rikon, July 1985, 5 hrs., \$124 (4 tapes)

WORLD PEACE, 1 hr., \$50 (1 tape)



H.H. SAKYA TRIZIN

THE NATURE OF MIND, 1 hr. 30 min., \$62 (1 tape)

THE TEACHING OF BUDDHA IN EVERYDAY LIFE, 1 hr. 30 min., \$62 (1 tape)

THE TRIPLE VISION, 6 hrs., \$138 (3 tapes)

VEN. TSENZHAB SERKONG RINPOCHE

A KIND HEART, 1 hr., \$50 (1 tape)

Discusses the four thoughts that turn the mind to dharma, renunciation, and the development of dedicated being—bodhicitta.

LAMA ZOPA

NEW!

THE PURPOSE OF MEDITATION, 2 hrs., \$70 (1 tape)

With great humor, Lama Zopa shows how neither friends, money, nor reputation are the key to happiness and satisfaction. He explains the importance of compassion, and gives a very clear explanation of emptiness.



VEN. KYABJE ZONG RINPOCHE

THE BASIS OF THE SPIRITUAL PATH, 2 hrs. 30 min., \$80 (1 tape)

THE PRINCIPLES OF THE SPIRITUAL PATH, 4 hrs., \$110 (2 tapes)

PROFESSOR NAMKHAIB NORBU

DHARMA: The Meaning of Existence, 2 hr. 45 min., \$85 (2 tapes)

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20% OFF WHILE THEY LAST!
THE ALCHEMICAL MANDALA: A Survey of the Mandala in the Western Esoteric Traditions, by Adam McLean. 143pp., 77 illus., #PHAM \$12.95
 Though various Western traditions possess mandalas for contemplation as spiritual exercises, they have not often been recognized as such, except by those deeply schooled in Western esotericism. Many beautiful engravings are here analyzed in depth. Not only is this book a guide on how to read the spiritual symbolism of alchemical engravings, but Adam McLean also outlines three ways for working practically with these mandalas in meditation.

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.

"...humorous and insightful, as well as poetic... a readable introduction to Tibetan civilization."—*Tibet Journal*

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.

CHANGING WOMAN AND HER SISTERS: Feminine Aspect of Selves and Deities, by Sheila Moon. 232pp. #SPCW \$11.50

Sheila Moon has called upon her exceptional imaginative gifts and long experience with Jungian analysis to provide a remarkable synthesis of Navajo and Pueblo myths concerning feminine deities and their psychological application. The acceptance and union of the male-female in everyone is the key to becoming a whole human being.

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

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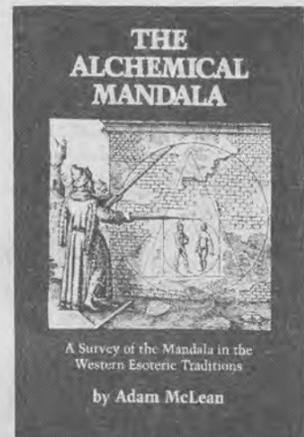
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