



Address correction requested

1123

BULK RATE  
U.S. POSTAGE PAID  
ITHACA, NY 14851  
Permit No. 746

ORDER FROM OUR  
TOLL FREE NUMBER  
**1-800-950-0313**

# SNOW LION

## NEWSLETTER & CATALOG

### FALL 1993

SNOW LION PUBLICATIONS

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

ISSN 1059-3691

VOLUME 8, NUMBER 4

## THE TASHI GOMANG STUPA

by Mark Elliott

In 1980 His Holiness the XVI Gyalwa Karmapa came to the Baca Grande, a large estate in the remote San Luis Valley of southern Colorado, at the invitation of Maurice and Hanne Strong. During his visit His Holiness had a vision that this would be a place where the rich legacy of Tibetan Buddhism could be transplanted, preserved and passed on to future generations. He foresaw the creation of a Tibetan medical center, a monastery and retreat center and an entire lay community in this inspiring location, reminiscent of many famous meditation places in his homeland. At that time the Karmapa selected and was given 200 acres of land in the Baca Grande by the Strongs so that this vision could be fulfilled.

Shortly after, the Ta Lama and a small group of Tibetans were sent to the Baca to work on the project. While significant progress was made, sadly the Ta Lama passed away, the Tibetans relocated and the project went into abeyance until 1988 when Marianne and Ngodup Burkhara were sent to revive it. A house was purchased as a practice and residential center, a road built to the land and a small group, including Maria Pelaez and Mark Elliott, assembled to work on realizing His Holiness' vision.

After visiting the Baca Grande, His Eminence Jamgon Kongtrul Rinpoche instructed us that the first step would be the creation of a forty-foot stupa on the land. Sakyamuni Buddha had instructed his students to cremate his body after his passing and place his ashes in a stupa, an architectural rendering of enlightenment, the shape of which represents the Buddha crowned and seated in meditation posture upon a lion's throne. His crown is the top of the spire, his body the vase shape, his legs the four steps of the lower terrace, and the base his throne.

There are eight kinds of stupas in the Tibetan tradition. The particular form selected for the project by His Eminence is the Tashi Gomang Stupa, or stupa of many auspicious doors, representing the 84,000 paths to enlightenment taught by the Buddha himself.

The function of a stupa is more than just symbolism, however. When a great teacher, such as His Holiness the XVI Gyalwa Karmapa, is alive, his body is known as the nirmanakaya and is not regarded as an ordinary body, but is seen as containing the very essence of awakened mind. Similarly when the teacher dies physically, his remains are considered to be a distillation of this same essence and to have enormous power, the power of complete wakefulness. The

proper container for these remains is therefore a stupa, which will enshrine the aspirations, blessings and form of the teacher. The Tashi Gomang Stupa will contain relics of Sakyamuni Buddha, of His Holiness the XVI Gyalwa Karmapa, and of many highly realized Bodhisattvas. In addition one hundred thousand tsa-tsas, or miniature stupas, are being made by volunteers, each of which contains rolls of mantras and the names of Buddhas and Bodhisattvas, carrying their blessings and vows to help all beings. These will be placed inside the stupa, together with many mandalas and offerings. While the outer shape is like the body, the interior holds the life force, invoking the presence and the deep goodness and infinite compassion of all Buddhas and Bodhisattvas. A statue of the XVI Gyalwa Karmapa is also being made to be placed in the base of the stupa, along with numerous decorative items and symbols.

Construction of the Tashi Gomang Stupa will accomplish many purposes. First, it will bless and consecrate the land, pacifying the negative and enriching the positive energies. In the words of Khenpo Karthar Rinpoche, who is supervising all aspects of its creation, "When negativity in a particular area is allowed to accumulate, the inhabitants cannot

experience good health, prosperity or the enrichment of spiritual qualities, so it creates difficulty in their lives. Building a stupa destroys and pacifies such negative energies and enriches the qualities for all inhabitants." Further, the stupa will act as a source of blessings and place of pilgrimage to people of all faiths, will give people a way to remember and reflect on the qualities of the XVI Karmapa and allow people who venerate it to join their minds with the mind of the Buddhas and Bodhisattvas.

At first the task of building such a stupa seemed to us rather intimidating, especially as we had no experience with the matter. Fortunately there is an emerging tradition of stupa building in the United States and many of the makers have been generous in sharing their knowledge and experiences. We also have the ongoing guidance of Khenpo Karthar Rinpoche and have been fortunate to receive visits from great teachers such as Bokar Rinpoche, Tenga Rinpoche and Khenpo Tsultrim Rinpoche, who have given tremendous support and inspiration. Recently Khenpo Gocha, who is exceptionally well-versed in all aspects of stupa making, has been staying with us and imparting his own detailed knowledge and understanding. All aspects of stupa building require much practice and ritual, with which Lama Dorje from Santa Fe and Lama Tashi from Hamburg have been particularly helpful.

The actual work on the Tashi  
*Continued on page 3*



## NEW HEAD OF NYINGMA TRADITION



Kyabje Pema Norbu Rinpoche

On April 23, 1993, His Holiness the Dalai Lama confirmed Kyabje Palyul Dubwang Pema Norbu Rinpoche as the new head of the Nyingma lineage of Tibetan Buddhism. The post became vacant after Kyabje Dilgo Khyentse Rinpoche passed away on September 28, 1991. The new Nyingma head had an audience with His Holiness the Dalai Lama in Dharamsala on June 5, 1993.

Kyabje Pema Norbu Rinpoche, popularly known as Penor Rinpoche, was elected to succeed Dilgo Khyentse Rinpoche by a gathering of lamas and abbots be-

longing to the Nyingma tradition in Bodh Gaya on January 9, 1992. However, at that time Rinpoche was on a visit to Tibet. On his return, Rinpoche accepted the leadership at another gathering of Nyingma lamas, during the Nyingma Great Prayer Festival held in Bodh Gaya on January 3, 1993. Penor Rinpoche heads the Namdroling Monastery in Lug-sung Samdubling settlement, Bylakuppe. You can read about the Palyul Nyingma lineage in *The Garland of Immortal Wish-Fulfilling Trees*. ■

### Catalog Contents:

Adventure & Travel . . .	22-23
Art & Photography . . .	24
Audio Tapes . . .	20
Biography . . .	29-30
Calendars . . .	17
Cards . . .	18-19
Children . . .	28
Cookbooks . . .	28
Dalai Lama . . .	26-27
Death & Dying . . .	21
Dharma Items . . .	13-16

Dzogchen . . .	30-31
Health & Fitness . . .	29
History & Politics . . .	31
Kalachakra . . .	28
Language . . .	27
Music & Chants . . .	21
Ordering Info. . .	44
Other Traditions . . .	25
Posters . . .	18
Religion & Phil. . .	32-40
Videos . . .	22
Women's Studies . . .	17

## IN MEMORIAM: LAMA YESHE DORJE RINPOCHE

On July 23, 1993 Lama Yeshe Dorje Rinpoche, the Dalai Lama's weather-controller, passed on. The following story was written by L.B. Grotte in memory of him.

A blue-black giant of a woman wearing a tigerskin loincloth, fifty feet tall with flaming orange hair, standing in a torrent of flames and holding a skullcup filled with blood. That was the sort of person we needed at the moment. Overcoming the monsoon requires almost unimaginable power. Before me, though, stands Yeshe Dorje Rinpoche, a gentle, bespectacled Tibetan lama. He also happens to be the primary weather-controller for His Holiness the Fourteenth Dalai Lama of Tibet.



Lama Yeshe Dorje

Glancing at the Rinpoche, it is hard to imagine that he can indeed marshal the necessary resources. This area has the second-largest annual rainfall in all of India. Yet he has a personal interest in altering today's weather. Construction at his monastery is to continue today, and the weather has to clear. But the weather is not obeying. It's still raining. Actually, it's pouring. Rinpoche is soaked, and so am I.

Quite sure we are the only human beings standing outside at 6:30 am in the rain, we are perched atop Zilnon Kagyeling Monastery in McLeod Ganj, roughly a mile up the hill from the palace of His Holiness. In a few days it will be His Holiness' birthday, and he has requested that Lama Yeshe Dorje ensure nice weather for the occasion. At 5:30 am I left a warm bed to climb up a muddy trail in the heaviest rain I have felt in my life, curious to see an indication of the Lama's ability.

It's looking bad for the Rinpoche. He seems unconcerned. Grinning at me through the downpour, he places a trumpet to his lips. No ordinary instrument, this; it is fashioned from a human thighbone. Used in practices to control the most powerful forces of nature, this *kangling* is covered in silver and leather. Rinpoche blows a long, plaintive note, followed by three shorter bursts. There is an enormous crack of thunder, and it seems to pour even harder. My fancy Gortex raincoat is no more comfortable than a wet towel. Even Rinpoche seems chastened. We wait. He sounds another series, which echoes into the mists and down to the valley floor.

However abstract the role of a weather controller may seem to us in the West, it is a vital function for an agrarian society. In the high mountain fields of Tibet, the short growing season makes drought a constant concern. Damaging hailstorms or ill-timed rain, as well as too much

rainfall, can also easily destroy an entire crop. Without the services of a capable weather-controller, entire villages may starve.

Interspersed with cracks of thunder, the downpour continues. Rinpoche shrugs and walks down to his residence to change his soaked raincoat. I seek refuge in the temple. Surrounded by fierce-visaged statues and paintings of wrathful Tibetan meditational deities, I watch the rain gushing off the roof. The construction will have to be delayed. This is a serious setback for the Lama, as today, Sunday, is the best day for such a project. In the area of McLeod Ganj, concrete is not moved by machine, but is carried up by physically passing

bowls of wet concrete from person-to-person. A large project like this requires a lot of volunteer help, most of whom can only come on a Sunday.

Twenty minutes later, the rain is just as heavy. Rinpoche returns and I dutifully join him. Again, the thigh bone trumpet is brought out and blown. Smoke drifts into our faces from the juniper wood fire that is smoldering down below. Periodically, a special incense is thrown on the fire at Lama's direction, and its sweet pungency adds to the aroma of the juniper.

A figure appears through the mists. It is Tra-joong, one of the monks in three-year-retreat at the monastery. He brings an umbrella for Rinpoche, and I huddle with him under its slight protection.

A final series of notes and a series of mantras are whispered, and the Lama again smiles at me, blowing through pursed lips as he extends his right arm in a circle around himself. I understand that he's pantomiming pushing the clouds away. As he invites me down to breakfast, I note that the rain is finding its way right through the fabric of the umbrella. I feel a pang of sadness for the Lama. I would have wished him success this morning. He seems confident, however, and his appetite demonstrates that he is unconcerned. In my honor, his son, Karma Sonam, has prepared French toast.

Carefully avoiding the subject of rain, I learn that the source of the Lama's power resides in his meditational practice, which originated in Tibet during the eighth century. At that time the tantric master Padmasambhava brought Buddhism to that country and started a lineage of practice known today as Nying-ma. A large gilded image of Guru Rinpoche, as he is known to the Tibetans, graces the temple at Zilnon Kagyeling.

Lama Yeshe Dorje is not only a

Nying-ma Lama, but he is also a *Ngag-pa*, one of a small group of yogis who specialize in unusually difficult and dangerous practices requiring control of vast powers. One example is controlling the weather; another is the *dur* ceremony, in which the Lama summons all of the negative forces afflicting the people who come to the ritual, appeases and disperses them. The participants are thus relieved of the obstructing forces in their lives, whether physical or mental. So dangerous is this ritual that very few will perform it. Nonetheless, the Lama tells me later, it is much more difficult to control one's mind than to control the weather. He seems to be gently suggesting that the former is a more appropriate project for me than the latter.

We finish breakfast. It is still raining as the workmen appear and stand around helplessly. Rinpoche takes a nap. By 10 am the rain begins to slow, and it is only a light drizzle by 10:15. This is ideal, as the concrete will crack if it dries too quickly. I leave the monastery to visit the Library of Tibetan Works and Archives as Rinpoche begins to supervise the work from the roof of the monastery. When I return at about 2 pm, volunteers have arrived and are already passing concrete. I join them, struggling to keep up with Rene, a seemingly inexhaustible young girl who has become a student of the Rinpoche. By 6:30 the work is done. Clearly, the weather has been subjugated, after all.

Four days later, it is July 6th. His Holiness' birthday is celebrated by Tibetans through prayer ceremonies, feasting and singing. There is a slight drizzle at 6:30 am as I arrive at the monastery. Rinpoche confirms that he has already performed the ritual to ensure good weather, and that I should wait to see the result. True to prediction, it becomes a beautiful morning, and is clear and sunny almost all day.

The entire monastery is planning to have an outdoor feast for dinner, and I am invited. In the courtyard, Karma Sonam is overseeing a feast of meat, pancakes, and potatoes, and we are joined by a visiting lama and a Buddhist nun. Every dish is simple and delicious.

Clouds begin to roll in, but Rinpoche gives no hint of anxiety. Suddenly, a rainbow arcs over the monastery and the monks exclaim their delight. Rainbows are a special sign of Guru Rinpoche. I look to Lama Yeshe Dorje for his reactions, and am rewarded with a wink and a broad smile.

The monsoon continues the next day as usual. ■

clothing, gift & decorative, ritual items, windchimes & meditative, good karma & more...

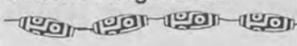


**The Tibet Collection**

Send \$1.00 for catalog:

dZi, Inc., Dept. SL  
6925 Willow St, NW  
Washington, DC 20012

Made by Tibetan refugee artisans living in India.




## IT'S TIME FOR TIBET.

Introducing GESAR watches. Now you can tell the time with GESAR NUMERAL, a classic design with white dial and black Tibetan numerals or GESAR FLAG, a beautiful five color circular interpretation of the Tibetan National Flag. The watches have accurate Japanese quartz movements (battery included) and leather straps.

\$45 each plus \$3.50 shipping and handling. Please specify style and quantity. Make check or M.O. payable to L. Gyatso. Mail to: Gyatso, 514 E. 11 St. Apt 3F, NYC, NY 10009.

### Sambhota

། ཨོཾ་མུ་ཤུ་ལྷོ་མྱི། ཨ་ར་པ་ཅོན་རྗེ།

Tibetan Publishing Software for Windows 3.1 and the Macintosh. Direct inquiries to:

Sambhota Phone-Fax:  
3929 Orchard Ct. (303)442-5410  
Boulder, CO  
80304

HOW CAN EASTERN AND WESTERN APPROACHES TO MENTAL HEALTH BE INTEGRATED TO EVEN GREATER BENEFIT?



## BUDDHISM & PSYCHOTHERAPY

### AN EAST/WEST DIALOG

University of Washington, Seattle, Main Campus

**Kane Hall • Room 130**

**SATURDAY, NOVEMBER 6, 1993**  
9A.M. to 4P.M.

Distinguished Panel Moderated by  
Genjo Marinello, Osho-San

Keynote Speaker  
**Dr. Lobsang Rapgay, Ph.D.**

### PANEL MEMBERS

Judith Gordon, Ph.D. • Ven. Thubten Chodron  
Ryo Imamura, Ed.D. • May Lu Ph.D.  
Geshe Jamyang Tsultrim • Mark Hart, Ph.D.

**FOR INFORMATION CALL: (206) 784-7882**  
**LIMITED SEATING • REGISTER EARLY**

Suggested Ticket donation \$25 general/ \$10 student & senior  
Low Income and Scholarship Tickets Available  
Mail Advance Registration donation to: T. Levington,  
3423 Evanston Ave. N. Seattle WA 98103  
Make Check Payable to: D.F.F.

### Tashi Gomang Stupa

*Continued from page 1*

Gomang Stupa began Thanksgiving 1989 with the cutting of the Tsok Shing, or life tree, which goes through its center. The site was blessed and offerings made by Khenpo Karthar Rinpoche and Bardor Tulku the following year, followed by the pouring of the foundation and construction of the throne. The throne was then filled with chipped juniper and many offerings, from machine guns at the very bottom (the stupa is built on the ground of samsara) to treasure vases especially prepared for us by Tenga Rinpoche. Maria Pelaez made several trips to Nepal to commission artwork such as the umbrella and the sun and moon that form the top of the spire, and volunteers have been constantly at work making tsa-tsas. Finally this summer construction of the bumpa (or vase shape) was completed.

Much work on the stupa still remains to be done, however. Almost half the tsa-tsas have been made, and we will continue to work on them over the winter. Volunteers are always welcome and can be housed at our center. Approximately \$70,000 needs to be raised to complete construction and add all the appropriate decoration, including landscaping and retaining walls. Because of the many benefits a stupa brings, it is said that contributing one's labor or financial support to the construction of a stupa brings countless individual and collective blessings in this and future lifetimes. Finally the building of the Tashi Gomang Stupa is an act of devotion to H.H. the XVI Karmapa who performed the selfless and compassionate activity of a buddha throughout his lifetime, and we invite anyone who sincerely wishes to join us in this activity to participate as fully as possible.

Donations may be sent to: Tashi Gomang Stupa, PO Box 39, Crestone, CO 81136. If you would like further information please write to us or call Mark at 719-256-4764 or Marianne Burkhar and Maria Pelaez at 256-4698. ■

## KOKOPELLI NOTES

Support your spiritual values through your lifestyle choices. Living in balance with plant and animal beings of the planet, through adopting simple modes of transportation, is the subject of a quarterly magazine called *Kokopelli Notes*. Through incorporating "self-propelled" transportation into their lives, individuals can contribute to creating a more sustainable environment. *Kokopelli Notes* offers step-by-step articles on how to adopt a more "self-propelled" lifestyle. Each issue explores a different aspect of how transportation affects our lives and impacts the earth.



"Kokopelli Notes is a pragmatic and inspirational magazine about people whose lives reflect values and political action alerts."—*Utne Reader*  
To receive a copy, write to: *Kokopelli Notes*, PO Box 8186, Asheville, NC 28814, (704) 683-4844. Sample copy \$4; one-year subscription \$16; published quarterly. ■

## HIS HOLINESS DRIKUNG KYABGON CHETSANG RINPOCHE TO VISIT USA



H.H. Drikung Kyabgon Chetsang Rinpoche

His Holiness Drikung Kyabgon Chetsang Rinpoche, one of the heads of the Drikung Kagyu lineage, plans to tour the United States for the first time in six years. He will be giving empowerments and teachings throughout the country between May and September 1994.

His Holiness' last visit to the United States was very successful, bringing blessings to many people. Again this time, his students would like as many people as possible to benefit from his teachings. Any Dharma Center or other group which wishes to invite His Holiness to visit them should contact the Tibetan Meditation Center, 9301 Gambrill Park Road, Frederick, MD no later than mid-December. Their telephone number is (301) 473-5750.

The Drikung Kagyu lineage was founded by Lord Jigten Sumgon in the 12th century. His life story

may be read in *The Great Kagyu Masters*, published by Snow Lion. The lineage is jointly headed by His Holiness Chetsang Rinpoche and His Holiness Drikung Kyabgon Chungtsang Rinpoche, who lives in Lhasa, Tibet. Under the spiritual direction of Khenpo Konchog Gyaltsen, the lineage is represented by several centers in the United States.

At the Frederick, MD Center, Khenpo Konchog Gyaltsen will present a series of lectures on the six paramitas on October 30, November 7, 13 and 14. He will bestow Medicine Buddha empowerment on November 20. Rinpoche will be teaching in the Clearwater, FL area between October 15 and 25. Please contact the Tibetan Meditation Center (above) for exact times, location, prices and for more information about on-going programs. ■

## THANK YOU!

Snow Lion recently sent a postcard to all those people who have been receiving the newsletter but who have not become customers. The costs of producing our quarterly newsletter combined with the numbers of people wanting it and rising postal charges make it prohibitive to send more than one or two to people who would like sam-

ple copies. We were very pleased to see the number of people who sent us contributions of \$10 or more to remain on the mailing list! We also were moved to hear and read the many wonderful comments about the newsletter. We thank you and also thank the many customers who continue to support Snow Lion's work through your purchases from us! ■

## BUDDHIST RELIGIOUS ART AND RITUAL ITEMS

Tibetan ■ Chinese ■ Japanese

Bronze Statues, Bells, Drums, Malas  
large selection of hand painted Thankas

Wholesale prices to retail buyers

Charles O'Hara

207 Washington Street, Susquehanna, PA 18847

*A Service Not A Business*



Now Available!

## FLUENT TIBETAN: A Proficiency-Oriented Learning System Novice and Intermediate Levels by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor.

In collaboration with:

Ngawang Thondup Narkyid, Geshe Thupten  
Jinpa, Kunsang Y. King, Jules B. Levinson,  
Jigme Ngapo, Daniel E. Perdue,  
Dolma Tenpa and Steven N. Weinberger.

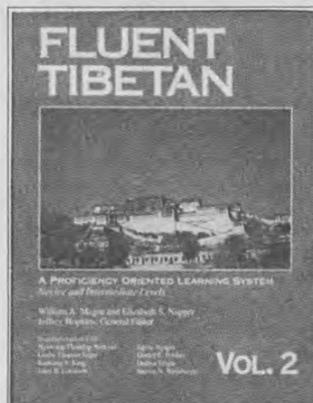
1010 page, 3-vol. text, 8 1/2 x 11,"  
18 cassettes (26 hours), #FLTI \$250

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed by a team of language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

*Fluent Tibetan* is based upon the courses developed by the U.S. State Department's Foreign Service Institute (FSI) specifically for diplomats needing to learn a language quickly. The FSI model used for this course is unsurpassed in its proven effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling them to learn increasingly complex structures quickly, and in this way promotes rapid progress in speaking the Tibetan language. *Fluent Tibetan* is the best course available anywhere for learning Tibetan on your own.

The *Fluent Tibetan* package consists of a textbook and a set of tape recordings, arranged in fifteen

units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. Beginning with unit four, vocabulary and grammatical patterns are introduced in the form of situational dialogues. Each dialogue is followed by extensive drills which repeat the vocabulary and grammatical patterns in different contexts. In this way the student learns not merely to mimic the phrases but to use the language creatively.



All the voices in the dialogues and drills are those of indigenous Tibetan speakers and the material is given by both male and female voices alternately. The Tibetan voices on the tape are exceptionally clear. The end-of-text glossary is both Tibetan-English and English-Tibetan.

The material covered in *Fluent Tibetan* roughly corresponds to what is covered in two semesters of college-level language study. Having completed this text, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee. ■

## HIS HOLINESS, THE DALAI LAMA: New audio and videotape recordings from the Patience Teachings in Arizona

### New Videotape:

Beautifully filmed at Arizona State University in September 1993, "Arising from Flames: Overcoming Anger through Patience," offers His Holiness' personal, practical advice on how to deal with the frustrations of modern life and the anger they produce.

**One-hour videotape, \$19.95 (plus \$4.00 postage and handling).**

### New Audiotape Set:

Recorded in Tucson, Arizona in September 1993, this 16-hour series offers an in-depth commentary on the "Patience" chapter of Shantideva's *Guide to the Bodhisattva Way of Life*. In these tapes, His Holiness also responds to audience questions on a variety of topics.

**8-cassette set in a collector's edition binder, \$99.50 (plus \$5.50 postage and handling).**



© 1993 Photo by Kathryn Wilde

Please send me

\_\_\_\_\_ copies of "Arising from Flames: Overcoming Anger through Patience."  
@ \$19.95 + \$4 postage and handling \$ \_\_\_\_\_

\_\_\_\_\_ copies of the 8-audio cassette set on Shantideva's "Patience" chapter  
@ \$99 + \$5.50, postage and handling \$ \_\_\_\_\_

Total Enclosed:\* \$ \_\_\_\_\_

Visa/Mastercard # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

\*Please make checks payable to: Arizona Teachings, Inc. and send to:  
4725 E. Sunrise Drive, #137, Tucson, AZ 85718 • FAX orders to: (602) 624-0408

Please allow 4-6 weeks for delivery

## BODH GAYA'S FORGOTTEN HOLY PLACE

The beautiful Bakror Tibetan Buddhist Temple and monastery is situated close to the place where, over 2,500 years ago, Buddha Shakyamuni spent six years sitting in meditation for the purpose of purifying all defilements of his body, speech and mind. This event is one of just a few significant activities which hold great meaning in the life of the Buddha.

It was from Bakror that, purified by his years of meditation, Shakyamuni set off for Bodh Gaya and attained Enlightenment. The historical significance of this area is recognized by the fact that His Holiness the Dalai Lama has visited Bakror Tibetan Monastery four times.

Bakror Tibetan Monastery lies 2 km from Bodh Gaya, Bihar, in unspoiled desert landscape. Away from the touristy bustle of Bodh Gaya, the walk to the Monastery will take you past rice fields, palm trees and the tiny mud hut village of Bakror.

A short walk from Bakror Tibetan Monastery brings the pilgrim to a small shrine under a large banyan tree along the Narajana River, designated as the place where the Buddha Shakyamuni sat for six years in meditation. From here, it is just a few minutes' walk to the historical Sujata Place, the banyan tree under which Princess Sujata offered Buddha Shakyamuni a bowl of rice cooked in milk—the

first food he ate in six years—which energized him for his walk to Bodh Gaya.

Next time you are in India, please take time to visit these holy places, starting with Bakror Tibetan Monastery and its abbot, the Venerable Lobsang Tashi. It was Lobsang Tashi's dream which created the beautiful Monastery. In 1956, he purchased the half-acre site of barren sand with 500 rupees of offerings received from Tibetan pilgrims. Over the last 35 years, Ven. Lobsang Tashi has slowly built a gompa and a few basic living huts, but he is in urgent need of funds for the construction of a classroom, bedrooms, a kitchen and bathroom facilities, as well as funds to pay for a resident teacher to ensure the young monks' education.

"The purpose of establishing a temple and monastery at Bakror is for all people to come and receive the benefits of this holy place," says Ven. Lobsang Tashi. "It is my pure intention that Bakror be a place of meditation, study and worship offering the opportunity to show faith and confidence in the Buddha's teachings."

Lama Tashi needs to raise \$20,000 US, but no matter how small your contribution, it will not be wasted. Postal donations can be sent to: Lama Lobsang Tashi, Bakror Tibetan Monastery, PO Bakror, Bodh Gaya, Bihar, India. ■

## TREASURE VASES

Lama Kunga was trained at Ngor Monastery, a branch of the Sakya School, in western Tibet. Rinpoche is a reincarnated lama, his line of succession originating in Sevan Repa, a heart disciple of the illustrious Mila Repa. Rinpoche entered the monastery at eight and was ordained as a monk at sixteen. Before he left Tibet in 1959 he was vice-abbot of Ngor Monastery.

Lama Kunga Rinpoche has empowered a select number of Treasure Vases. There are two kinds, the Wealth Treasure Vase and the Earth Treasure Vase. The Wealth Treasure Vase (*norbum*) brings blessings to its possessor. Traditionally the Vase provided material wealth and spiritual wealth; if one increased, the other did too. Tibetan Buddhism believes that it is good to fulfill your desires as long as you do not harm anyone else. Obtaining what you want brings a great deal of self knowledge. The Wealth Treasure Vase evokes the inexhaustible wealth within us all. It should be placed on a shrine, altar, or other auspicious place.

The Earth Treasure Vase (*sabumd bum-pa*) is meant to bless and empower the earth where it is placed. It is a way of putting positive mind energy into the natural environment. The secret nature of the Vase is the increase of good-

ness and the elimination of evil. Earth Treasure Vases are commonly buried in fields, on river banks, at the beginnings of streams, and on the sides and tops of mountains. The Vase should be placed so that it will not be walked over or disturbed in any way.



Lama Kunga Rinpoche does a series of pujas which empower the Vases. Each Vase contains many precious minerals, soil from sacred places, mantras, pictures of deities, rice, lentils and all good things that beings like.

In this time of environmental crisis we need whatever help we can find to bless and empower ourselves and the earth for future life and nourishment for all sentient beings. These Vases are meant to transmit these feelings of empowerment and nurturance.

A donation of \$45 is requested for the Vases, sent to Ewam Choden Tibetan Buddhist Center, 254 Cambridge Avenue, Kensington, CA 94708. ■

## TIBETAN MEDICINE

Contrary to the information provided in *Dream Yoga and the Practice of Natural Light*, Snow Lion does not carry the Tibetan medicines Agar 35 and Vimala. However, they can be purchased directly from the Tibetan Medical and Astrological Insti-

tute for approximately \$15/month. You may write to them for a current price list and other information: Tibetan Medical and Astrological Institute, Khara Danda Road, Dist. Kangra, Dharamsala, H.P. 176219, INDIA. ■

### Advertising Rates

#### Snow Lion

P.O. Box 6483  
Ithaca, NY 14851, USA  
Tel. (607) 273-8506  
Fax (607) 273-8508



Snow Lion is the most widely read newspaper in the West on Tibetan culture. It contains news articles, profiles of teachers, announcements of events, travel information, as well as the most extensive catalog of books, videos, cassette tapes, and other Tibetan cultural items.

Snow Lion, now in its sixth year, is published four times a year during the first week of January, April, July and October. 20,000 copies are printed and sent to interested individuals and Buddhist centers.



3 columns X 14" high	2 columns X 14" high
\$400	\$260

2 columns X 3" high \$55	3 columns X 3" high \$85
2 columns X 4" high \$80	3 columns X 4" high \$110
2 columns X 7" high \$135	3 columns X 7" high \$200

2 columns X 2" high \$40	2 columns X 8" high \$155	1 column X 14" high \$135
2 columns X 2" high \$40		
1 column X 4" high \$40	1 column X 4" high \$40	
4 columns X 6" high \$220		

Whole Page (10" wide x 14" high) \$650

Half Page (10" wide x 7" high) \$325

<b>Deadlines</b>	<b>Space Reservations</b>
Spring	February 25
Summer	May 25
Fall	August 25
Winter	November 25

Classified 25¢ per word

**Camera Ready Ad Due**  
March 15  
June 15  
September 15  
December 15

**Column Width**  
one = 1 3/4"  
two = 3 3/4"  
three = 5 3/4"  
four = 7 3/4"

To place an ad:  
Call Snow Lion Ad Manager, Jeff Cox  
(607) 273-8506

Ads must be accompanied by payment.

We reserve the right to sell space based on our editorial profile.

## LHASA: BEGGARS AND MONKS CLEARED TO "BEAUTIFY" CITY

The Chinese authorities in Tibet last week evicted itinerant monks and the poor from the streets in the center of Lhasa, and put up signs banning the unemployed from staying in the area, according to reports from unofficial sources in the Tibetan capital.

The move appears to be a part of a drive to "beautify" the Tibetan quarter of Lhasa, now being fast turned into a modern commercial center, and may be intended to impress important foreign visitors believed to be visiting the city.

A proclamation posted in the city last week read, "In the Barkor beggars and unemployed persons are not allowed to stay." The Barkor is the circuit around the Jokhang, Lhasa's main temple.

Itinerant monks and "nagpas" or tantric adepts, who usually sit in the Barkor in order to recite prayers and perform religious ceremonies, were also cleared from the streets during last week's ban, according to the reports.

It is not known if the evictions were permanent or temporary, but they suggest that the Chinese government is now putting official muscle behind the increasing commercialization of the old City.

Red banners were strung across the street last week explaining the evictions as part of a drive to "beautify" the Barkor, the last remaining part of the Tibetan capital which still has traditional Tibetan buildings in it.

One banner said, "We will make the Barkor even more beautiful and this is the work of everybody."

The official beautification plan appears to be linked to the ongoing drive by the authorities to demolish traditional Tibetan buildings in the Barkor, replacing them with modern Chinese-style buildings with mock-Tibetan facades. In July Chinese construction workers were reported as working until 11 at night to complete new buildings along the Barkor in record time.

Most evicted residents have not been offered alternative housing or consulted about whether they wanted the houses destroyed, according to some reports. Rents in the new buildings are said to be 7 or 8 times higher than in the traditional buildings, although facilities are little improved, according to one source.

Another red banner strung across the Barkor last week mimicked Tibetan religious beliefs, which regard circumambulating the Temple and giving alms to beggars and monks on the Barkor as meritorious acts. "Doing a good deed on the Barkor, we will increase its wealth," said the banner, apparently suggesting that increasing commercial activity is also a religious virtue.

Earlier this year the authorities, who say they are under pressure to provide more residential accommodation, knocked down at least one perfectly sound Tibetan residential compound in the Barkor, apparently to make way for a department store.

A western building expert who inspected the buildings unofficially a few days before they were flattened in April says there was no sign of any structural damage to the building, which was only 70 years old. The building, on the southeast corner of the Barkor, belonged to the Surkang family—their name means "corner-

house"—which included the last Prime Minister of Tibet before it lost its independence.

Many Tibetans say that the new buildings are changing the fundamental character of the historic Tibetan quarter, turning it into a modern commercial area. They also say that it is linked to the influx of outside entrepreneurs—

mainly Chinese or Chinese Muslim—who are taking over shops and street stalls in the area.

Most Tibetans lack the capital or the social connections to take over the new shops or get business licenses, and many believe that there is deliberate support by the authorities for the increasing domination of the Tibetan econo-

my by Chinese migrants.

In a survey carried out for TIN in July on the southern Lingkor, a street parallel to the Barkor, it was found that in one stretch of 50 shops west of the sports stadium 46 were owned or operated by Chinese traders. Two of the fifty shops were owned by the Government and two were owned by Tibetans.

In the same month a similar survey in Shigatse, Tibet's second city, counted a stretch of 88 shops beside the main hotel, of which 76

were Chinese. Nine of the 88 shops were owned by the Government, and three were Tibetan.

Chinese people "now dominate new economic activity in Tibet," said a senior western diplomat who visited Lhasa in the last three months, adding as an example of the trends that "during the Chinese New Year 80 percent of the shops in Lhasa were closed while during the Tibetan New Year only 20 percent of the shops were closed."

## INDIA ARCHIVE MUSIC

### DEBASHIS BHATTACHARYA • IAM CD1007

Slide-guitarist Bhattacharya plays Ahir Bhairav, an early morning raga, which combines elements of the austere and profound raga Bhairav with the romance and sorrow of Ahiri folk melodies. With Bhairavi Thumri. Samir Chatterjee, tabla. 74 min.



### TEJENDRA NARAYAN MAJUMDAR • IAM CD1008

Sarodist Majumdar performs raga Bageshri - the mood is of 'romantic love,' but the lover is absent and the mood is tinged with sadness. Raga Zilla Kafi, a Maihar gharana specialty, shares this romantic mood, but not the pathos. Pandit Kumar Bose, tabla. 73 min.



### SHUJAAT KHAN • IAM CD1009

Sitarist Shujaat Khan offers Raga Shahana Kanada (regal, 'like a shah'). Unlike the serious and majestic raga Darbari Kanada, it is suggestive of the romance and beauty that enlivened and vitalized the Mughal court's grandeur. With Pahari Dhun. Shyam Kane, tabla. 73 min.



### USTAD VILAYAT KHAN • IAM CD1010

The legendary sitarist Ustad Vilayat Khan plays raga Jaijivanti (literally, 'glory to the mistress of victories'), expressing the mood of shringara rasa, 'romantic love,' which in this manifestation is full of tenderness and yearning. Akram Khan, tabla. 74 min.

#### ALSO ON INDIA ARCHIVE MUSIC

IAM • CD/CS 1001 • USTAD VILAYAT KHAN • SITAR  
IAM • CD/CS 1002 • PROF. DEBU CHAUDHURI • SITAR  
IAM • CD/CS 1003 • RASHID KHAN • VOCAL

IAM • CD/CS 1004 • AJOY CHAKRABARTY • VOCAL

IAM • CD/CS 1005 • USTAD IMRAT KHAN • SURBAHAR/SITAR

IAM • CD/CS 1006 • BUDDHADEV DAS GUPTA • SAROD

#### AVAILABLE SOON

IAM • CD 1011 • VUJAY KICHLU • VOCAL

IAM • CD 1012 • THUMRI COLLECTION

IAM • CD 1013 • TARUN BHATTACHARYA • SANTUR

INDIA ARCHIVE MUSIC recordings may be purchased directly by mail. Each cassette is \$9.99. Each CD is \$15.99. Postage and Handling: In the U.S.—add \$2.00 for the first item—add 50¢ for each additional item. Canadian and other foreign orders—add \$5.00 for the first item—add \$1.00 for each additional item. New York State residents add applicable sales tax. Payment only by check or money order in United States currency. Allow 4 to 6 weeks for delivery. Please write for information about our current and upcoming releases.

INDIA ARCHIVE MUSIC, LTD. 2124 Broadway, Suite 343 NY, NY 10023 TEL/FAX (212)740-1508

## Connect with the Cosmos



Tara  
Meteorite \$55  
S. Silver \$35

Ganesha  
Meteorite \$85  
S. Silver \$65

Vajra  
Meteorite \$55  
S. Silver \$35

### Solid Meteorite:

### The Power and the Lineage of Sky Metal

We offer the designs shown above plus many others, cast in Solid Meteorite or Sterling Silver. Gold is available on request. Write for FREE catalog of sacred jewelry & artifacts. Dealer inquiries invited.

Items pictured above are shown about 30% larger than life size.

## Lotus Born

P.O. Box 252, Marshfield, VT, 05658; Ph: 800-554-4579

**Chagdud  
Gonpa  
Presents**



## Dream Yoga Retreat

January 13 - 16, 1994

## Vajrakilaya Drubchen

February 4 - 11, 1994

with

**Chagdud Tulku Rinpoche**  
in the Trinity Alps, Northern California



### TIBETAN DREAM YOGA RETREAT

Chagdud Tulku Rinpoche will lead a rarely offered dream yoga retreat. Tibetan dream yoga is an advanced practice, best accomplished in a strict group retreat where practitioners assist each other in gaining dream recognition.

The purpose of Tibetan dream yoga is to awaken to unobstructed awareness both day and night. First, recognition of the empty nature of both the night-dream display and the dreamlike drama of the day undercuts grasping at phenomena as solid and real. Further mastery enables the meditator to realize he or she is dreaming while still in the dream, to meditate within the context of the dream and, finally, to dissolve dream phenomena into clear light.

**RESERVATIONS:** The dream yoga retreat and the Vajrakilaya drubchen will be given at **Rigdzin Ling**, Chagdud Gonpa's center in the splendid Trinity Alps region of northern California. Preregistration for the dream yoga retreat by December 31; fee for nonmembers \$180, members \$140. Preregistration for the drubchen by January 15; fee for nonmembers \$450, associate members \$405, members \$337.50. Both events include food and accommodation. Please send a 50% deposit to **Chagdud Gonpa, P.O. Box 279, Junction City, CA 96048**. For further information write or call Rambhali or Cathy Anne at Rigdzin Ling, (916) 623-2714.

### VAJRAKILAYA DRUBCHEN

Obstacles to beneficial action, obstacles to life force, obstacles to spiritual practice, obstacles to the ultimate realization of enlightenment—all obstacles, whether outer, inner or secret, can be conquered through the direct, wrathful compassion of Vajrakilaya.

The Vajrakilaya practice of Chagdud Gonpa comes from the peerless lineage of Dudjom. Vajrakilaya meditation, particularly within the intensity of a splendid, elaborate drubchen ceremony, has the power to unlock the practitioner's own qualities of brilliant clarity and to subjugate the mind's demons. Performed at the close of the lunar year, it averts negativity of the old year and establishes auspicious conditions in the new year, not only for ourselves, but for all beings in all realms.

We invite practitioners from all traditions to join us in a week-long Vajrakilaya drubchen that will close with the celebration of Tibetan New Year. The ceremonies include a hundred thousand tsog offerings and daily performances of lama dancing.



WISDOM

TIBETAN BUDDHISM  
FROM THE GROUND UP  
B. Alan Wallace

Many have found a practical answer to life's dilemmas in the 2,500-year-old teachings of Tibetan Buddhism. Here at last is an organized overview of these teachings, beginning with the basic themes of the sūtras—the general discourses of the Buddha—and continuing through the esoteric concepts and advanced practices of tantra. Unlike other introductions to Tibetan Buddhism, this accessible, enjoyable work doesn't stop with theory and history, but relates timeless spiritual principals to the pressing issues of modern life, both in terms of our daily experience and our uniquely Western world view. 1993, 6x9, 210pp., \$14.00



MANIFESTATION  
OF THE TATHAGATA  
Cheng Chien Bhikshu

What does it mean to be a Buddha? This new translation of the "Manifestation of the Tathagata" chapter from the Avatamsaka Sūtra, considered to be the most profound Buddhist scripture, offers the reader a rare glimpse of the sublime realm of Buddhahood in language that is rich in meaning and in captivating imagery. 1993, 6x9, 175 pp., \$12.50



FOR FURTHER DETAILS,  
SEE LISTINGS IN THE  
RELIGION AND  
PHILOSOPHY  
SECTION.

## ADVERTISEMENTS

Open up to a new perspective.

Never before has Buddhism been introduced into a culture that honors democracy, diversity and feminism. And this meeting of cultures makes for one of the most fascinating dialogues taking place anywhere today.

Tricycle is the independent forum for this important conversation. Join today, and find out for yourself what everyone is talking about.

For information about subscribing to Tricycle, please call: 1-800-950-7008

**tricycle**  
THE BUDDHIST REVIEW

### LAMA THARCHIN RINPOCHE'S WINTER AND SPRING TEACHING SCHEDULE

Rinpoche will give the empowerment, teachings and lead the profound Guru Yoga practice of *Tso Kye Thug Tig*, "The Secret Accomplishment of the Great Guru, Heart Essence of the Lake Born Vajra". This text is a terma, or treasure concealed by Guru Rinpoche. It was to be rediscovered at a particular point in history when it would best be suited to solve the problems of that age. Revealed by his H.H. Dudjom Rinpoche in this century, it is a powerful vehicle for the attainment of enlightenment despite the obstacles of these degenerate times.

The site is a spacious conference center on the water's edge at Hood Canal. The accommodations are gracious and will allow everyone to quietly focus on the teaching and practice using every minute of this precious time with Rinpoche.

For information and registration please call Karen Ljunggren at (206) 883-0875 or Diane Leveque (206) 932-6621.

The Venerable Lama Tharchin Rinpoche is a Dzogchen master of Vajrayana Buddhism. He is the tenth lineage holder of the Repkong Ngakpas (yogis). The lineage began with Palchen Namka Jigme, who was a mind emanation of the founder of Tibetan Buddhism, Guru Padmasambhava. Rinpoche's seat in the West is in California at Pema Osel Ling, where he is working to establish dharma in the West at the request of H.H. Dudjom Rinpoche.



### GURU YOGA RETREAT

November 16-21, 1993  
Seabeck Conference, Hood Canal, WA

October 28-October 31  
Little Rock, AR  
Anna Cox (501) 664-1170

November 14-November 21  
Seattle, WA  
Diane Leveque (206) 932-6621

November 26-December 2  
Troma Nakmo Retreat  
Pema Osel Ling  
Tim Duncan (408) 761-6266

December 27-January 21  
Ngondro  
Pema Osel Ling  
Tim Duncan (408) 761-6266

February 18-February 28  
Hawaii  
John Reynolds (808) 929-9889

March 12-March 20  
Los Angeles, CA  
Chuck Goldman (310) 202-0832

March 25-April 3  
Khandro Norla Retreat  
Pema Osel Ling  
Tim Duncan (408) 761-6266

April 4-May 2  
Sacred Arts Retreat  
Pema Osel Ling  
Tim Duncan (408) 761-6266

Please write or call Vajrayana Foundation for more information.

Vajrayana Foundation 531 Corralitos Rd. Suite 108 Corralitos, CA 95076 (408) 761-6266

## SPECIAL MEETING IN CHINA DECIDES ON "FINAL SOLUTION" FOR TIBET

### TIBETANS APPEAL TO UN FOR INTERVENTION

GENEVA, August 29, The Tibet Bureau—Information obtained from sources inside China reveal that the Chinese authorities have decided on strong measures to put an end to Tibetan resistance to Chinese rule in Tibet. These include a further flooding of Tibet with Chinese settlers and manipulation of senior religious circles to create divisions among Tibetans.

The decisions were taken at a secret meeting, code-named 512, held on 12 May 1993 at a place identified as Wen Jiang, a small town close to Chengdu, the capital of Sichuan province. The meeting was called for the ostensible purpose of discussing "cultural affairs." However, the principal issue discussed was the means of "countering" the activities of H.H. the Dalai Lama and "splittists," the Chinese term used for Tibetans opposing Chinese rule or policies in Tibet.

The meeting was convened by the United Front (Ch: Tong Yi Zhan Xian Bu), the principal body of the Chinese Communist Party which is responsible for Tibet policy and policies related to East Turkistan ("Xinjiang"), Inner Mongolia, Hong Kong, Taiwan etc.

Eighty officials attended the meeting, including representatives of the United Front of China; the United Front of the Tibet Autonomous Region and provincial units of the United Front from Sichuan, Qinghai, Gansu and Yunnan (the provinces in which Tibetan areas have been incorporated); the Foreign Ministry; the State Security Ministry (Ch: Guojia An Quan Bu); and the Chengdu Military Region. Due to the extremely sensitive nature of the discussion, the number of participants was reduced from 514 to 80.

One of the participants was Ambassador Fan Guoqing, until recently China's permanent representative to the United Nations in Geneva, who reported that in the international arena Tibet had become a tough issue for China. In an introductory address he also told the meeting that "many countries" rallied against China in recent sessions of the UN Human Rights forums.

The meeting characterized the failure of China to "win over" Archbishop Desmond Tutu of South Africa as a "major blunder." Participants recognized that the European Community had been lost to the "Dalai camp" and it was proposed that China must now focus its hope on developing countries of Asia and Africa, and it must try as hard as possible to escape censure in human rights meetings and bodies.

In order to counter the growing resistance inside Tibet against the Chinese occupation, the meeting decided to "transfer" large numbers of Chinese settlers into Tibet with the aim of making it demographically "impossible for the Tibetans to rise as is the case in Inner Mongolia and Xinjiang." Further measures adopted to undermine the growing Tibetan movement in exile include the decisions to "manipulate" renowned international figures and religious personages in Tibet for propagand

da purposes, "break the unity" of the Tibetan community in exile, and "manipulate" the ranks of Tibetan religious figures and religious affairs.

These measures are intended to destroy the cultural and national identity of the Tibetan people and amount to cultural genocide. Such policies further confirm that the Chinese government has no genuine interest in finding a negotiated solution to the Tibetan issue. "The international community must not allow itself to be misled by the Chinese government anymore. Urgent action is needed to save Tibet," said Mr. Gyaltsen

Gyaltag, Representative of H.H. the Dalai Lama for United Nations Affairs in Geneva.

The Tibetan delegation attending the forty-fifth session of the UN Sub-Commission has appealed to the Special Rapporteur of the United Nations and to UN Human Rights Sub-Commission Members to interview and to investigate the situation. Non-governmental human rights organizations attending the Sub-Commission have also been requested to support the Tibetan appeal.

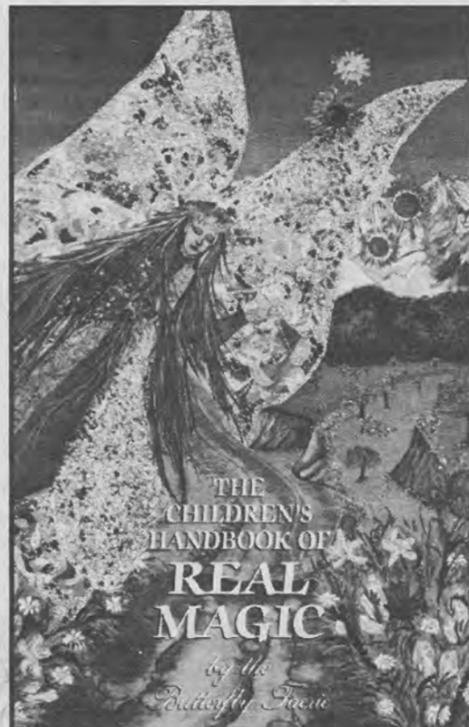
The emphasis placed at the Wen Jiang meeting, especially by Am-

bassador Fan Guoqing, on preventing United Nations action explains the tremendous pressure and threats used against members of the UN Sub-Commissions on Human Rights when it tried to adopt a resolution on Tibet in Geneva on August 20 this year. In an unprecedented move, during the debate on the subject, Mrs. Claire Palley, the chief sponsor of the resolution on human rights violations in Tibet, exposed the "intolerable pressure and threats" used against the members by China. This pressure effectively blocked discussion of the substance of the resolution and no action was taken. In reaction non-governmental human rights organizations (NGOs) represented at this year's Sub-Commission issued a statement saying that the credibility of this UN body was brought to question. "NGO representatives regard with deep concern the increased government interference and pressure that hinder the independence of experts."



#### The Sakya Society

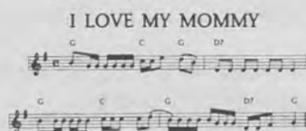
Friday Harbor, Washington offers for sale individually cast porcelain bas-relief plaques of the Long-life White Tara deity. All proceeds will benefit the Sakya Kachod Chöling Retreat Center. The plaques are beautifully sculpted porcelain, and are available in pure white, with a single color border—for \$90.00, or a full color hand-painted plaque may be specially ordered for \$180.00, including shipping. The sculptures are 8" x 10." For more information, please contact: The Sakya Society, P.O. Box 752, Lake Stevens, WA 98258



Real magic is different from rabbits coming out of a hat. Real magic is making wonderful things happen when you want them to. Real Magic is making others feel better, and getting bad thoughts out of your head when you don't want them there. Real magic is changing things when you want them to be different.

#### How to Get Your Magic Power

- Just say to yourself  
1. I am hooking up to the GREAT GOOD POWER from the top of my head.
- I am putting roots to the center of the earth like an old tree.
- I am putting on my magic bubble.
- Say "GREAT GOOD LOVE" and your name to yourself as long as you want.



Dear Children,  
You can change things!  
You can make things happen!  
You can help your friends!  
You can help the planet!  
I have been sent by the world of faeries to bring you a book of real magic.  
Learn to use your magic power to make a better planet Earth!  
The faeries send you rainbow after rainbow after rainbow.  
Love,  
The Pathology Team  
THE CRYSTAL ORACLE PRESS  
ISBN 1-883783-1-1  
\$10.00

Countdown to the biggest event of our lifetime!

The Millennium will NOT go away!

#### GET A GREAT T-SHIRT



Made in the USA. All cotton.

#### THE CRYSTAL ORACLE PRESS

2 South State Street  
Vineland, NJ 08360  
(212) 969-0420



## THE CRYSTAL ORACLE

#### A do-it-yourself fortune-telling kit

- Five natural crystals: Amethyst, Aquamarine, Carnelian, Rose Quartz, Tourmaline.
- Casting Cloth: highest quality, silver silk-screened cotton velvet: doubles as a crystal carrying pouch.
- The Crystal Oracle Guidebook: the story of crystals, instructions for use and Oracle messages colored-keyed to each crystal.

Over 100,000 in print worldwide  
USA, UK, Japan, Spain, Germany

Crystals have always been used for their mysterious powers to connect with knowledge and healing. Today, crystals power the most advanced scientific technology, from computers and telecommunications systems to spacecraft. Now, THE CRYSTAL ORACLE uses crystals to connect you with Wisdom, Power and Healing.

Hold the crystals in your hand and ask a question. Each semiprecious crystal has a unique personality or vibration to receive and transmit your own energy patterns.

Drop the crystals onto the velvet casting cloth, marked with 15 glittering lines (SPIRITUALITY, LOVE, SELF, MONEY, DANGER, HEALTH...), is it a good day to travel? Will your new venture be successful? Is your partner the perfect companion? How can you help the planet? Read the pattern of the crystals using the color-coded Crystal Oracle guide book. Receive guidance and answers to all your questions instantly.

AMETHYST ▲ for Spirituality, Wisdom and Pure Thought  
AQUAMARINE ▲ for Happiness, Activity and Clarity  
CARNELIAN ▲ for Physical Realities, Strength and Self  
ROSE QUARTZ ▲ for Love, Health and Prosperity  
TOURMALINE ▲ for Power, Energy and Protection

Created and channeled by renowned psychics Leifly Morrison and Linda Whitton, THE CRYSTAL ORACLE is the perfect gift for your friends, loved ones - or yourself! Experience the fun and mystery of THE CRYSTAL ORACLE. Your Future Awaits.

THE CRYSTAL ORACLE PRESS  
ISBN 1-883783-01-1

## FOR SALE: LHASA APSO PUPPIES

AKC Registered, these male and female Apsos are golden in color, lively and ready for homes. For information on cost, availability, etc., call 607-277-3099 (Ithaca, NY).

The Lhasa Apso as we have come to know it today traces its origin back to the land of Tibet on the Asian continent, along the northern border of India, near Mount Everest. History relates the presence as early as 800 C.E. of shaggy little dogs which were found in great numbers around the palaces and monasteries in Tibet.

Comparisons between lions and Lhasas stems from the rich golden color of many Lhasas and the "mane" of thick hair around their necks, which give them their

"lion" look. The dogs are also said to paw the ground in much the same manner as horses and lions do when they are restless or agitated. It is certain that these spunky, assertive little dogs have the courage of lions; their temperament and their resemblance to the king of the jungle have earned their title of Apso Seng Kye, which translates as "bark sentinel lion dog."

Since the invasion of Tibet by the Communist forces in 1950, no dogs have been permitted to leave the country. With the exile of the Dalai Lama into India the best of the breed went with him and for now, the foundation of the Lhasa Apso breed centers around Dharamsala. ■



## TOYCOTT ENDORSED BY H.H. DALAI LAMA

The momentum of the Toycott campaign is increasing. On March 22nd, His Holiness the Dalai Lama issued a public endorsement of the Toycott, the boycott of toys made in China, citing the campaign as an effective non-violent means of applying economic pressure to China. During the Dalai Lama's visit to Washington, DC in April, where he met with President Clinton and Vice President Al Gore, members of the Toycott coalition dumped Chinese-made toys in front of the Chinese Embassy and in other cities around the country to send a signal to the Chinese government that Americans refuse to participate in China's occupation of Tibet and repression of its own citizens through purchases of Chinese goods. His Holiness' statement on the Toycott was read in front of the Chinese Embassy.

Citizens in London have begun a boycott of goods from China and held a BOYCOTT CHINA demonstration in front of Chinese Embassy in London on May 9th, protesting the Chinese rule of Tibet. The demonstration was organized following a lecture by His Holiness the Dalai Lama at the Gandhi Foundation on May 3rd.

Levi Strauss and Company, Inc. recently pulled their business out of China as a result of on-going human rights violations, and a number of US businesses have contacted the Toycott coalition to notify them that they have made similar corporate decisions. Emily's Toy Box in New York has dropped the purchase of toys made in China; Fee Fil-Mag Corporation, an electronics firm in San Diego, has pledged to stay out of



China; and Bus Van For Bargains, a San Francisco furniture store, has said they will not carry any merchandise from China.

Recently, however, Donna Karan (designer of women's apparel including DKNY) has indicated that she plans to use China as a base for manufacturing her clothing. The Toycott coalition has already contacted her to urge that she reverse this decision. Please lodge your own individual protest. You may address your letters to: Donna Karan, 550 Seventh Ave, New York, NY 10018. ■

## THE STUPA OF AWAKENING



H.E. JAMGON KONGTRUL RINPOCHE

*His Eminence Jamgon Kongtrul Rinpoche's expressive compassion and wisdom established him as an international Buddhist leader and teacher of the Karma Kagyu Lineage. His pure view and vitality of teaching inspired the establishment of monasteries, retreat centers, institutions of Buddhist study, and many projects for the welfare of others.*

Rigpe Dorje Foundation needs your support with a unique opportunity to build a Stupa of Awakening for H.E. Jamgon Kongtrul Rinpoche. The stupa will enshrine Rinpoche's Kudung or relic body and at once be a reminder of Rinpoche's all-pervasive aspect of enlightenment. It will stand as a symbol of his pure mind residing in the unchanging state of Dharmakaya.

Your participation in this effort will enable you to engage directly in hastening the rebirth of H.E. Jamgon Kongtrul Rinpoche. Such a stupa also magnetizes enlightened energy, promotes peace and harmony, subdues fear and is intended to benefit all people. The Stupa of Awakening is being constructed in a temple filled with murals depicting Rinpoche's life and is situated in a hilltop garden at Pullahari Monastery and Retreat Center in Kathmandu, Nepal.

We have raised one-half of the funds needed for the basic structure. Your contributions will be used for construction, frescoes, sculptures, and landscaping. Please help in any way you can and may your contributions to this propitious Stupa of Awakening bring you great benefit.



All contributions in the U.S. are tax deductible and can be sent to:  
**Rigpe Dorje Foundation**  
328 North Sycamore Avenue . Los Angeles. CA 90036

## COMPASSIONATE CARE OF CHILDREN

There are hundreds of children among Tibetan Refugee families living in Asia who suffer the pains of hunger, sickness and despair. They very much need your assistance as a sponsor.

Sponsors make a crucial difference in the lives of these children by providing basic necessities of food, clothing, medical care and educational fees. This eases their suffering and gives them a chance to become self-reliant.

As a sponsor, a child with the most urgent needs is selected and their name, age, photo and address is sent to you. This begins a unique relationship in which your generosity and compassion enriches a child's future.

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



I would like to sponsor a child

\$20 monthly     \$60 quarterly     \$240 annually     Please send information about Rigpe Dorje Foundation.

I cannot sponsor a child but wish to contribute to the children's general support fund \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Make checks payable to: Rigpe Dorje Foundation and mail to the address below

**Rigpe Dorje Foundation . 328 N Sycamore Avenue. Los Angeles . CA . 90036**  
All contributions are tax deductible in the USA

## TIBETAN RESPONSE TO CHINA'S TIBET WHITE PAPER

Press statement by  
Kalon Tashi Wangdi, Member of the  
Cabinet of H.H. the Dalai Lama

As the international community takes up the issue of Tibet, China's propaganda campaign has intensified.

The "White Paper on Tibet" issued by the State Council of the People's Republic of China on September 22, 1992, is to counter international criticism of its illegal rule in Tibet. This document is riddled with distortions and generalized statements so incredible that actually it does not even warrant a response. To prevent the completely uninformed from being deceived, however, we have produced a response, *Tibet: Proving Truth from Facts*, which seeks to set the record straight on the fundamental issues raised in the Chinese White Paper.

At first glance, one will be struck by the title of the Chinese White Paper: *Tibet—The Ownership and Human Rights Situation*. If Tibet were truly an integral part of China for hundreds of years, as China claims, Tibet could not form the object of "ownership" by the country it is already a part of. The very notion of "ownership" of Tibet by China is colonialist and imperialist in nature.

China's claim rests on Tibet's relationship with the Yuan and Qing emperors. But the truth is that the Yuan and Qing were not Chinese empires. They were Mongol and Manchu empires, of which China only happened to form the biggest and the most important part. Furthermore, Tibet's relationship with these empires predated the lat-

ter's conquest of China, and ended before they were overthrown by Chinese. The relationship which existed with the Mongol and Manchu empires was a very unique one of priest and patron.

Tibet was an independent country at the time of China's invasion in 1949. The country possessed all the attributes of statehood as defined under international law; there was a defined territory, a population inhabiting that territory; and a functioning government exercising authority over that territory and possessing the ability to enter into international relations. The so-called 17-point Agreement which China cites as one of the reasons for its right to rule Tibet is, in international law, invalid by virtue of its having been imposed on the Tibetan representatives who were forced to sign it under duress. The Tibetan representatives were told that either they should sign it or there would be grave danger not only to their own lives but also an all-out military invasion of Tibet would begin and they would be held responsible for the consequences. That so-called Agreement had never been accepted by the Tibetan people and at the very first opportunity His Holiness the Dalai Lama, the spiritual leader and the *de jure* Tibetan head of state, repudiated it in unambiguous terms. He said on June 20, 1959, soon after his escape to India, that the so-called 17-point Agreement

was "thrust upon Tibetan government and people by the threat of arms." In regard to this "Agreement", Mao himself had also openly admitted on April 6, 1952 that "not only the two *Silons* (i.e. prime ministers) but also the Dalai Lama and most of his clique were reluctant to accept the Agreement and are unwilling to carry it out."

The second part of China's White Paper speaks about unprecedented human rights, political freedom, and socio-economic and cultural progress brought to the "backward" region of Tibet under China's civilizing mission. This claim smacks of colonialism. The White Paper unabashedly talks about how the Tibetans elect their own leaders, and so on and so forth. Political freedom and human rights, as everyone knows, do not exist even in China. In 1989 Tiananmen Square massacre is resounding evidence of this. How can you give something to others when you can't give it to your own people?

Tibetans in Tibet would be better off today if they were allowed the freedom to manage their own affairs. The Tibetan exile community is an example of this. In terms of education, skill and general standard of living, they are far ahead of their unfortunate countrymen left in Tibet. This, despite being refugees.

If the Tibetans in Tibet were indeed as happy as the Chinese White Paper claims, why have they risen up against Chinese rule so many times risking their lives? Why did 1.2 million Tibetans lose their lives resisting the Chinese occupation of their homeland? Furthermore, why is China not responding to the Dalai Lama's call for an internationally supervised plebiscite in Tibet?

As the first Prime Minister of independent India, Jawaharlal Nehru, said in 1950, "The last voice in regard to Tibet should be the voice of the people of Tibet and nobody else." ■

## 1994 DOLMA LING

*Tibetan Nuns in Exile*

DAILY POCKET CALENDAR



*An elegant daybook commemorating the courageous lives of Tibetan nuns.*

Tibetan women tell their stories, accompanied by glowing full-color photographs. Every week provides a thoughtful Buddhist quotation, along with ample space for notes and schedule keeping.

Proceeds will help build Dolma Ling, a nunnery under construction in India, providing health, livelihood, and education to Tibetan nuns in exile.

\$12.00 U.S.A., plus shipping and handling.

\$2.00 for the first calendar, \$1.00 for each additional.

Send name, address and phone number along with a check or money order made out to the Tibetan Nuns Project, P.O. Box 374, San Geronimo, CA 94963.

## THE DALAI LAMA A POLICY OF KINDNESS



"This is a very important collection...the writings are well chosen...Most highly recommended." —Library Journal

"...a penetrating look at the personal life and philosophy of the Dalai Lama...a deeply moving book." —Leading Edge Review

"How I wish this book had been available earlier! It took me months of research to arrive at the same kind of understanding that this slim volume delivers. *A Policy of Kindness* gives the reader an accurate sense of why the exiled religious and temporal leader of an ancient nation has become a major player in world affairs." —Galen Rowell, Award-winning photographer and co-author of *My Tibet*

"The Dalai Lama: a Policy of Kindness brought me gently and pleasantly into the life and mind of this extraordinary spiritual leader and assured the success of my interview with him." —Bill Moyers, PBS Television, Public Affairs TV, Inc.

ISBN 1-55939-022-0 / 144 pages / \$10.95 USA

Snow Lion

P.O. Box 6483, Ithaca, NY 14851  
1-800-950-0313

REVISED, LARGER FORMAT  
SECOND EDITION

## THE TIBETAN COMPUTER COMPANY P.O. BOX 4957 KATHMANDU, NEPAL

### WYSIWYG TIBETAN WORDPROCESSING

We are pleased to announce that a new era in Tibetan word-processing software has arrived. For five years we have maintained a tradition of professionally produced and supported Tibetan software. Our new software continues that tradition and we are pleased to offer you the latest version of the only professionally-produced Tibetan software available.

Previous Tibetan programs have been complicated and somewhat difficult to use. Other programs now available offer simplicity but no depth. Our new package is extremely easy-to-use, even for beginners, yet has all of the capabilities of a full-fledged word-processor. We offer you true WYSIWYG display; spelling checker with full Tibetan dictionary; the ability to print extremely high-quality output to any printer at all; fully scaleable typefaces of the highest quality; direct support for Tibetan-Sanskrit, and so on. All of this within the context of WordPerfect 6.0 to provide you with extraordinary page layout capabilities for Tibetan alone or with other languages.

The new package comes with six postscript fonts of highest quality. These fonts include complete support for Tibetan-Sanskrit; no further purchases required. A completely new, extremely easy-to-use Tibetan keyboard is provided which has no equal on the market. Last but not least we provide you with a complete, properly produced manual, 60 pages long with all of the instructions you need to use the software plus many details about producing Tibetan pecha, rules of Tibetan grammar and so on. No-one else has this sort of quality in their product!

To find out more about Tibetan! version 4.0 or about the other, similar software that we sell specifically for working with transliterated Sanskrit (a full set of diacritics provided, all built into WordPerfect 6.0, using very high quality fonts) write to us or call us (see below).

#### NEW AND OLD CUSTOMERS and A.C.I.P. USERS NOTE:

We have moved! Not down the block but overseas! Some of our customers have had trouble contacting us for which we apologize profusely. However we are now settled in our new location and can be contacted as shown above. The Asian Classics Input Program gave a wrong address for us in their last book; we are NOT in the U.S.A. any longer. IMPORTANT: Mr. Gerry Weiner should NOT be contacted regarding Tibetan Computer Company software. The sole contact is Tony Duff, at the above address or telephone us at country code (977)-1-472-678.

## DHARMA COMMUNICATIONS MEDIA SUPPORT FOR SPIRITUAL PRACTICE

1993 CATALOG

- Audio Tapes
- Video Tapes
- Books
- Periodicals
- Home Practice Supplies
- Gifts

P.O. BOX 156 SL, MT. TREMPER, NY 12457 (914) 688-7993



## Be Informed About Tibet

It is vitally important that the people who are concerned about saving Tibetan culture know about the key issues and do what they can to help. The way to be informed is to read some of the following journals and newsletters, which provide up-to date news and information. We especially recommend *News Tibet*, which carries valuable news items that we don't need to duplicate since they are easy to obtain.

**News Tibet** (quarterly, free) and the **US Tibet Committee Newsletter**. USTC, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). Political and cultural news.

**Tibet Press Watch** (bi-monthly, \$25) From the International Campaign for Tibet, 1518 K St NW, Suite 410, Washington, DC 20005 (tel: 202-628-4123). Reproduces news articles from worldwide sources.

**Tibetan Review** (annual subscription of 12 issues is \$20 including airmail postage) c/o Tibetan SOS Youth Hostel, Sector 14 Extn, Rohini, Delhi-85, India, North American subscriptions through Potala Publications, 241 E 32 St., New York, NY 10016 (tel: 212-213-5010). Independent publication by Tibetans in Delhi.

**Tibetan Bulletin** (bi-monthly, free; donation to defray postage is appreciated) The Office of Infor-

mation and International Relations, Central Tibetan Secretariat, Gangchen Kyishong, Dharamsala (H.P.) 176215, India. Official publication of the Government-in-Exile.

**Canada Tibet Newsletter** (quarterly, \$20) Canada Tibet Committee, 4675 Coolbrook Ave, Montreal, Quebec H3X 2K7, Canada. International news as well as information of interest to Tibet supporters in Canada.

**Tibet Brief International Committee of Lawyers for Tibet** (quarterly, free). A group of volunteer lawyers who, through legal channels, work to improve conditions in Tibet. For more information contact: ICLT, 347 Dolores Street, Suite 206, San Francisco, CA 94110. Tel: 415-252-5967 Fax: 415-626-0865.

**Tibetan Rights Campaign** (monthly, \$10/year). Articles and action items in support of the Tibetan cause. Three-month free trial period to try it out! TRC, 4649 Sunnyside Ave. N, #342, PO Box 31966, Seattle, WA 98103, 206-547-1015 (phone & fax).

**Snow Lion Newsletter** quarterly, free) Snow Lion Publications, PO Box 6483, Ithaca, New York 14851. tel: 607-273-8506. This is the paper you are presently reading. It is available to anyone on request and sent for free. Please let your friends know about Snow Lion!

## BUDDHIST MEDICAL INSTITUTE FOUNDED AT KAGYU LING IN FRANCE

The Venerable Lama Sherab Dorje, representative of His Holiness Kalu Rinpoche at Kagyu Ling in Burgundy, France, has announced the founding of a Buddhist Medical Institute. The Institute, a long-time wish of Kalu Rinpoche, is an aspect of Kagyu Ling's Shedra in the Marpa Institute. A Shedra is a Tibetan Buddhist institution of higher learning, similar to a university, in which the traditional curriculum of philosophy, language, grammar, calligraphy, etc. is taught.

H.H. Kalu Rinpoche was himself a physician and the son of a physician. During his last visit to Kagyu Ling he predicted that Kagyu Ling would become a second Bodhgaya. Rinpoche made the wish that Buddhist medicine also be among the many aspects of the Dharma taught and practiced at Kagyu Ling, which include daily rituals, an eight-year course of Buddhist Philosophy, and the traditional 3-year, 3-month retreat.

## TURNING WHEEL



Journal of the Buddhist Peace Fellowship

*Turning Wheel* is the quarterly journal of engaged Buddhism. Each issue contains articles, reviews, poems, and graphics speaking to Buddhist peace and ecology work in all traditions.

Recent & upcoming issues feature:

Thich Nhat Hanh, Joanna Macy, Robert Aitken, and Thubten Chödrön; reports on engaged Buddhism in all parts of the world, including Burma, Central America, and Tibet; and articles on money, race in Buddhist America, prison practice, misconduct in Buddhist communities, and gays & lesbians in Buddhist practice. *Turning Wheel* also has features on Buddhist approaches to ecology & education.

Subscriptions help support the work of BPF.

\$35 for a year (four 48-page issues).

Buddhist Peace Fellowship

P.O. Box 4650, Berkeley, CA 94704. 510/525-8596

This has finally come to fruition due to the kindness and generosity of the Government of His Royal Highness Jigme Wangchuck of Bhutan. It was they who granted Dr. Pema Dorje a leave of absence from his post as administrator of Bhutan's first hospital to come to the West to share with us the tradi-

tional medicine of their Himalayan Buddhist Kingdom.

For further information on Dr. Pema Dorje, this program, or any other program at Kagyu Ling, interested parties may contact Venerable Lama Seunam Tcheupel, Kagyu Ling, 71320 La Boulaye, France. Tel. 85.79.43.41.; FAX: 85.79.43.09

### NEW FROM SNOW LION PUBLICATIONS



#### ANCIENT WISDOM

*Nyingma Teachings of Dream Yoga, Meditation and Transformation*, by Gyatrul Rinpoche 150 pp., \$14.95 ISBN 1-55939-018-2

Essential practices for the activities of daily life, for meditation and for dream were chosen and elaborated upon by Gyatrul Rinpoche.



#### THE BUDDHA'S QUESTION

by W.W. Rowe, Illus. by Pamlyn Grider 24 pp., \$9.95 ISBN 1-55939-020-4 Sept.

For children 3-8



Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about the way of awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree and the events he witnessed.



#### THE BUDDHISM OF TIBET

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins 219 pp., \$12.95 ISBN 0-937938-48-3

"The book will give the beginner an excellent foundation in Tibetan Buddhism."

—The Tibet Journal

#### THE DALAI LAMA AT HARVARD

*Lectures on the Buddhist Path to Peace* by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins 255 pp., \$14.95 ISBN 0-937938-71-8

"The best teachings from the East are the ones given by the Dalai Lama" —Joseph Campbell

#### EXPLORE TIBET

by the Junior Museum Staff of the Newark Museum 32 pp., \$9.95 ISBN 1-55939-017-4 Oct.

This is designed to introduce the young reader to Tibetan culture through the combination of hands-on activities with stories and illustrations.

#### WHAT COLOR IS YOUR MIND?

by Thubten Chodron 192 pp. \$12.95 ISBN 1-55939-015-8

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."

—Karina Lekshe Tsomo, author and President of Sakyadhita

#### IS ENLIGHTENMENT POSSIBLE?

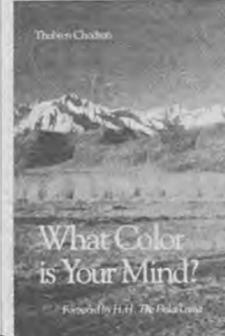
*Dharmakirti & Gyalshabje on Knowledge, Rebirth, No-Self and Liberation* by Roger Jackson 520 pp. \$29.95 ISBN 1-55939-010-7 Nov.

Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from the body, mind's nature is such that enlightenment is possible, and the attainment of enlightenment requires realization of the uniquely Buddhist view of no-self.

#### TRAINING THE MIND IN THE GREAT WAY

by the First Dalai Lama, trans. & ed. by Glenn H. Mullin 170 pp. #TRMIGR \$12.95

The attitude of self-cherishing and ego-grasping is the greatest enemy to happiness and peace of mind. It is overcome by practicing these methods for developing great compassion and the blissful wisdom of emptiness.



## BUDDHISM AND PSYCHOTHERAPY: AN EAST/WEST DIALOG

### A SYMPOSIUM AT THE UNIVERSITY OF WASHINGTON, NOVEMBER 1993

Dharma Friendship Foundation (a non-profit organization) and The University of Washington Department of Psychology are pleased to sponsor Buddhism and Psychotherapy: An East/West Dialog on Saturday, November 6, 1993.

Seven panelists who are psychotherapists and/or Buddhist teachers will share their experience, views and ideas on how Buddhist psychology and psychotherapy relate to each other and how we might mutually benefit from both approaches to human well-being. Dialog between audience and panelists is welcome and there will be a reception following the symposium so that panelists and audience have more time to speak with each other.

This year's symposium presenters are: Dr. Lobsang Rappagay, Ph.D., Ryo Imamura, Ed.D., Judith Gordon, Ph.D., Venerable Thubten Chodron, May Lu, Ph.D., Geshe Jamyang Tsultrim, Mark Hart, Ph.D., and Genjo Marinello, Osho-San (Moderator).

The program will be located on the UW main campus, from 9 am to 4 pm. Admission is \$25 general, \$10 students or senior. There are also low income and scholarship tickets available upon request. Advance registration is advised as seating is limited. Checks should be made payable to Dharma Friendship Foundation; non-refundable after October 25, 1993. Mail registration to: T. Levington, 3423 Evanston Avenue North, Seattle, WA 98103-8618.

## SPECIAL ITEMS



**TIBETAN BACKPACK #BAC**  
\$35

This sturdy, attractive cotton backpack is well-designed and washable. The main compartment measures 16" high, 14" deep and 12" wide and has a double zipper. Another smaller compartment measures 6" deep and it has other pockets inside including an 8" one with zipper. Loop at top makes it easy to hang. Cloth design is Tibetan and pack is made by Tibetans in Dharamsala.



**BELL & DORJE #BEDO** \$60

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

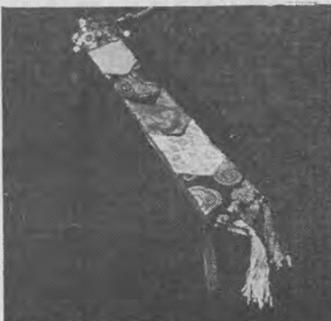
**BELLS & DORJES**, Supreme Grade #DABEDO \$200

Fine detail two metal bell and dorje sets. There are a few still available at this price.



**BELL & DORJE COVERS**  
#BEDOCO \$20

These are elaborately brocaded covers that are perfect for the standard size bell and dorje.



**DAMARU BANNERS #DABA**  
\$20

Beautiful brocade banners in 5 traditional colors.



**BUTTER LAMP #16**  
White metal, well-made, 3 1/2" high.

**BHUMPA, #BH** \$28  
Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is used for blessed water.

**BRACELETS**  
We have two new beautiful silver bracelets:



**#SIOMBR** \$46. This is a silver bracelet with dorjes and snow lions on the ends and gold colored OM MANI PADME HUM letters. 5/8" wide.

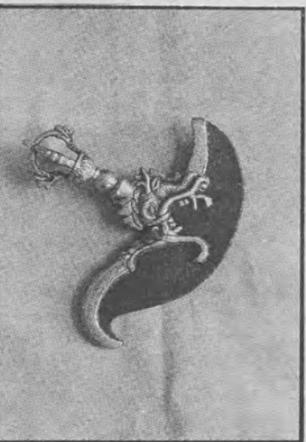


**#SIDOBR** \$46. This bracelet is all silver and has a row of seven dorjes with snow lions on the ends. 5/8" wide.

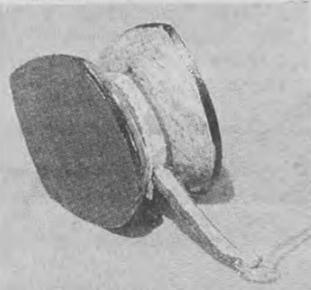


**NEW!**

**#SAOMBR** \$35.  
This features the OM MANI PADME HUM in Tibetan letters and has small coral or turquoise stones and filigree silver work.



**CURVED KNIFE #CUKN** \$40  
This is the ritual knife referred to in many tantric practices.



**DAMARUS** (wood), #DA \$30



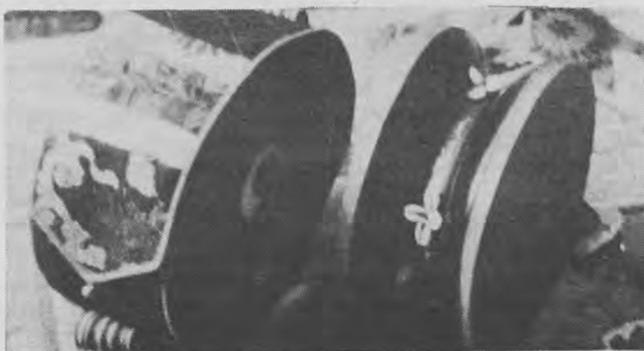
**NEW!**

**DHARMA NECKTIES,**  
#DHNE \$18

Silk neckties with colorful embroidered eternal knots or wheel of dharma. Please call to check availability of designs.

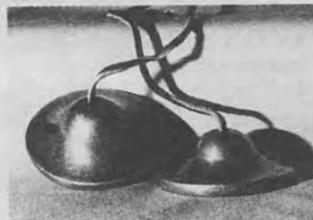
**CHOD DRUM, #CHDR** \$170

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



**DOOR MANTRA #HECEDO**  
\$2.50

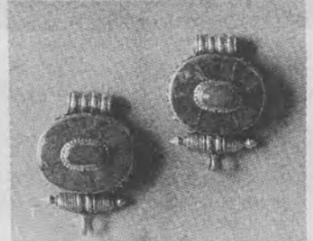
This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.



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

The sound of these bells is psychically cleansing.

**"FREE TIBET" Buttons** 2 1/2" Diameter. \$1



**PRECIOUS STONE GAUS**  
#STGA \$52

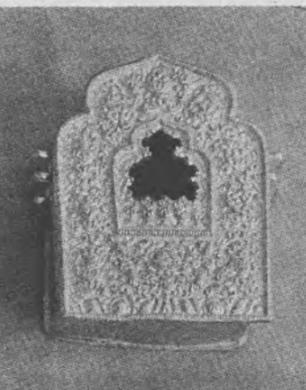
These are some of the most beautiful we have seen. The surface is covered with either lapis or turquoise and there is an oval red coral in the middle.



**KAPALAS** (skull cup)  
Medium brass #MEBRKA \$30



**OM MANI PADME HUM RINGS** #OMRI \$17  
Women and men's styles; adjustable.



**NEW!**

**LARGE GAU, #LAGA** \$18  
Made from copper with brass cover, this 4" gau will hold many precious objects.

# I ♥ TIBET

## COMMIT RANDOM ACTS OF KINDNESS



## FREE TIBET!

**BUMPER STICKERS!**

"Commit Random Acts of Kindness" #CORACC \$1.50  
Red letters on yellow background.

"I (Heart) Tibet" #HEBUST \$1.50

Blue letters, red heart and yellow background.

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

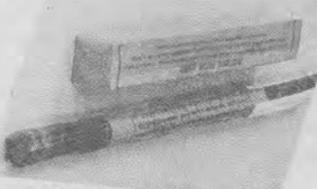


**GAU, #GA** \$36  
Made from silver with kalachakra symbol on one side and double dorje on the reverse with coral.



### ILLUSTRATED MAP OF TIBET #MATI \$14

This poster was produced in India and shows Tibet as it was before the Chinese invasion and annexing of Eastern Tibet. Contains illustrations of Tibetan dress from the various regions. Measures 22 x 40".



### TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades. Each box contains approximately 50 eleven-inch sticks:

**Highest Grade #BL \$8**

**Medium Grade #RE \$6**

**Common Grade #YE \$5**

**"Aromat" Tibetan Traditional Incense #ARTIIN \$6**

The formula for this incense comes from the Rinchen Terzoe. The ingredients come from the Himalayas and are packaged in a 7" tube.

**Pure Sandalwood 8" bundle #SAIN \$5**

**Extra-Grade Tibetan Incense 16" bundle (45 sticks) #EXGRTI \$10**

**Extra-Grade Tibetan Incense 10" bundle #EXGRS \$10**

This is a high-grade incense which we have also sold in 16" bundles that contained fewer sticks.

**Tibetan Incense 16" bundle, #CHTIIN \$5.00**

### THERAPEUTIC INCENSE!

**TARA HEALING INCENSE #TAIN \$5**

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six inch sticks per box.

**AGAR 31 HERBAL INCENSE, made by Dr. Dolkar.**

Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds." #BLAG \$7.95

**NIRVANA BRAND #NIBRIN \$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 MEDICINE BRACELETS #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.

**Woven 3-metal band #KBW \$10**  
**3-metal design with beaded edge #KBB \$10**



### H.H. KARMAPA

**Dharma Decal #KADHDE \$3**

**Dream Flag Pin #KADRPI \$5**

### KATAS

A standard offering scarf.

**White #PLOFSC \$8**

**Banana color #KATA3 \$8**

**Long (8') white silk scarves with auspicious symbols embroidered into them #BROFSC \$25**



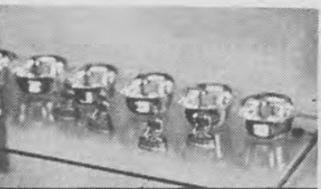
### MALA BAG #MABA \$8

These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.



### MANDALA PLATES #MAPLA \$CALL

We have available mandala plates for mandala offerings. The sizes and type of metal varies considerably—copper, white metal, silver plated, pure silver—so call us for prices and style.



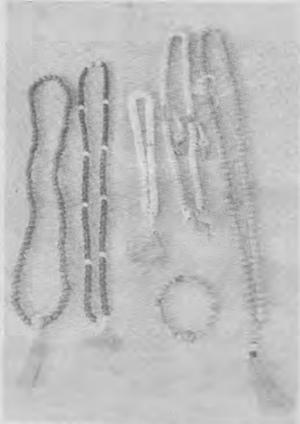
### OFFERING BOWLS (set of 7)

**Copper #COOFBO \$38**

**White Metal #WHMEOF \$32**

**OFFERING BOWLS #SIOFBO \$33 set of 7**

Ornately designed silver-plated offering bowls that measure 3" dia.



### MALA COUNTERS

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



### Pewter Counters #PECO \$22

These look like silver, have red tassels, and the bell has a clapper.



### MANI PLAQUE 6 x 9" #MAPL \$50

Beautiful wooden plaque with Tibetan calligraphy of "Om Mani Padme Hum" by Ven. Bhakha Tulku Rinpoche. The script is made of maple and inlaid into a hardwood veneer background made of padauk or similar wood. The frame is one-inch hardwood and plaque is finished with non-toxic oil and wax. Made by professional woodworkers.



### MEDITATION CUSHIONS

Carolina Morning Designs produces high-quality cushions at competitive prices and ensures customer satisfaction. These handcrafted cushions are available in six colors: burgundy, royal blue, forest green, deep purple, navy blue and black. Specify the color of your choice. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery.

**Zafu** (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #ZAF \$34

**Support Cushion** is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #SUCU \$17

**Zabuton** (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #ZAB \$40

## MALAS

**Cobalt Blue Glass Mala**, with clear crystal guru and white onyx counter beads. #CGCM \$30

**Cobalt Blue Glass Pocket Mala**, with 27 beads. #CGCPM \$15

**Lotus Seed Pocket Mala**, with 27 beads, Red Jasper Guru bead. #CGLPM \$15

**Lotus Seed Mala**, with semi-precious marker beads. #CGLM \$30

**Bodhiseed #BOSEMA \$40**

**Crystal Mala #CRMA \$80**

**Lotus Seed #LOROMA \$40**

**Lotus Seed #LOSEMA \$52**

**Ebony Mala #EBMA \$36**

**Wood #WOMA \$16**

**Sandlewood Malas \$14**

Red or natural color sandlewood malas with guru bead and tassels. They smell wonderful!

**Red Sandlewood #RESAMA**

**Regular Sandlewood #RGSAMA**

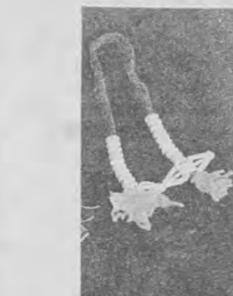
**Bone Mala #BOMA \$22**

We have small bone malas with counters and head bead. They are brown and strung on a red cord.

**White Bone Mala** with skull head bead. #WHBOMA \$20

**White Disk Bone Mala** with skull head bead. #WHDIBO \$20

For other hand malas and semi-precious stone malas, please call us for selection and availability.



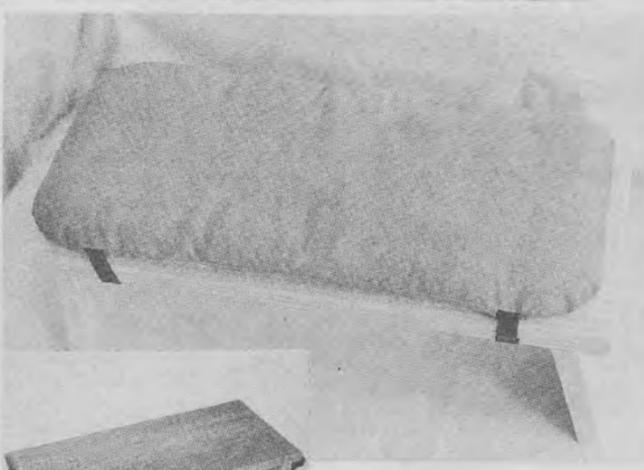
### White Metal Counters #WHMECO \$14

Silver Counters #SICO \$60



### Silver Counters #LASICO \$50

Large counters on thick red cord with red and yellow tassels.



**NEW!**

### MEDITATION BENCH

Handcrafted of solid oak, these sturdy benches are designed to support your body comfortably for extended periods. 18" wide x 7" deep, top rests at an angle about 6" high at front edge. We find them most comfortable when sitting with legs underneath. It allows the back to be straight with little effort and legs to be comfortable for long periods. Beautifully finished with clear matte varnish. The cushion velcros on to the benches and doesn't slide around. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery. Shipped to you directly from the manufacturer.

**#MEBN Standard Bench \$37**

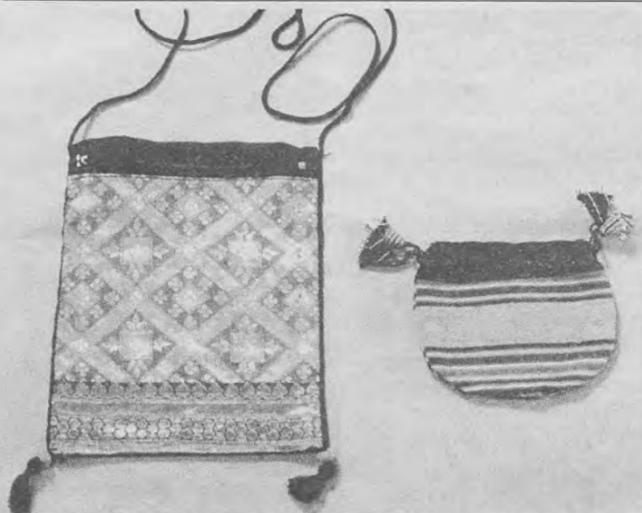
**#MEBNC Collapsible Bench \$55**

**#MEBNCU Attachable Cushion \$18**

### INFLATABLE ZAFU! #INCU \$20.50

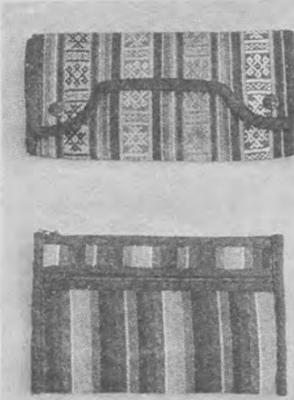
Just the thing for traveling meditators! A zafu cushion that can be inflated to just the right height and deflated for easy storage. Inside the fine quality zafu cover is a beachball. Inflated it provides dependable support for sitting meditation. Deflated it weighs about 8 ounces and can be folded to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

# SPECIAL ITEMS



**BROCADE BAG #BRBA \$6**  
Cotton bag with shoulder cord. Outside has beautiful silver threaded brocade. Measures 8" high by 6" wide and has two compartments, one with zipper.

**COTTON CHANGE POUCH #CHPO \$3**  
Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures 5" wide by 4" high.



**NEW!**

**TIBETAN MONEY POUCHES \$8**

These pouches will easily hold money and credit cards. They can be folded like a wallet or left flat. #DOZIPO Double Zipper Pouch #CHSIPO Checkbook Sized Pouch



**TIBETAN WALLET #TIWA \$6**  
Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro seal.



**TIBETAN BAG, 5 x 7 x 1.5" #TIBA \$8**

Maroon and black with brightly colored trim, this woolen bag has three pouches for holding valuables. Two pouches have wooden buttons.

**PENDANTS**



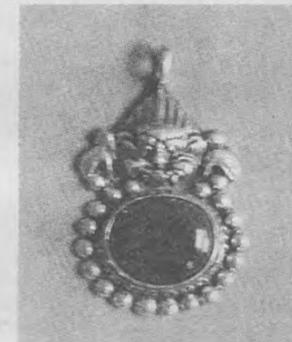
**Kalachakra Pendant, white metal, #KAPE \$12**



**PURBA PENDANT #PUPE \$14**  
Silver purba 1.5" long—looks great!



**Silver Pendants**  
Fine silver pendants from Nepal. The small ones are 1 1/4" high and are \$12. The large pendants measure 1 3/4" high and are \$30.



**MALACHITE PENDANTS #MAPE \$24**

Lovely silver pendant with blazing green oval malachite.

- sm. \$12
- Manjushri #SMMASI
- Tara #SMTASI
- Padmasambhava #SMPASI
- Chenrezig #SMCHSI
- Buddha #SMBUSI
- lg. \$30
- Padmasambhava #LAPASI
- Tara #LATASI
- Buddha #LABUSI



**TIBETAN PICTURE FRAME #TIPIF \$15**

Gao-shaped frame holds 2 1/2 x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



**TIBETAN SHOULDER BAGS, #TISHBA \$16 ea.**

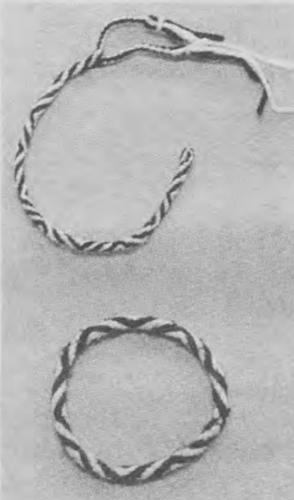
Hand woven shoulder bags with black background and bright, multi-colored patterns, one featuring the wheel of dharma and the other has a lively striped geometric design. Both have zippered outside pocket. Specify design choice.



**TIBETAN BELT POUCHES AND SHOULDER BAGS \$35 ea.**

Made of leather with metal ornaments these pouches and bag are attractive as well as useful. There are four designs:

- #LEPUC Half-Moon Belt Pouch, 2 x 4"
- #LEPUHB Rectangular Pouch with belt, 4.5 x 8"
- #LEPUHS Rectangular Pouch with shoulder strap, 4.5 x 8"
- #LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"

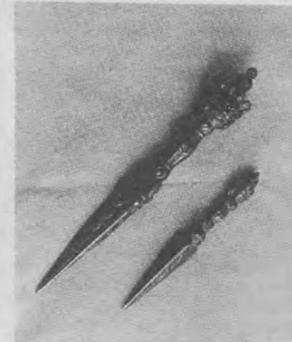


**TIBETAN FREEDOM BANDS**

In Tibet where there is no freedom of expression, where the singing of the national anthem is prohibited and the national flag is banned, the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community in exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. Black & White #BLWHFR \$4

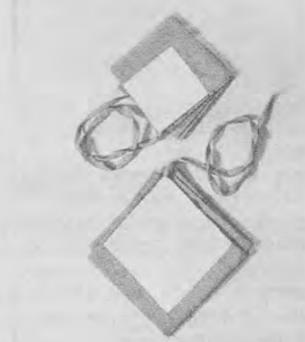


- Other Silver Pendants:**
- Double Dorje #SIDODO \$30
- Bell & Dorje #SIBEDO \$30
- Buddha #SIBUPE \$15
- Garuda #SIGAPE \$10
- Dorje #SIDOPE \$18
- Virocana #SIVIPE \$16



**PURBAS**

Tantric daggers made of iron. 9" #9PU \$30 5" #5PU \$12



**PECHA COVERS # \$15**

Two sizes of traditional book covers in red cloth with yellow square and cord. Each costs \$15. 22" sq. #PEWR 30" sq. #PEWRL



**TIBETAN NATIONAL FLAG #TIFL2 \$25**

This is a printed flag on cotton-poly with grommets for hanging. It measures 3 x 4 1/2." It is printed on one side and bleeds through to the other side.



**TIBETAN STAMPS #TIST \$5**

60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



**STUPA 9" #ST \$98**

This 9" stupa is a replica of an enlightenment stupa, a traditional monument representing the mind of the Buddha. A stupa is one of the items that appears on a Buddhist altar along with a statue of the Buddha and a dharma book. It is white with gold top and contains many mantras for peace. This stupa is very well made and beautiful.

## SPECIAL ITEMS


**PRAYER FLAGS—Support Tibetan Nuns, \$12 for set of five #SEPRFL**

This is a set of traditional prayer flags in the five colors with wind-horse and other animals and mantras printed on them. They are pre-strung for easy hanging and look great. The Tibetan nuns of Lobsering, India have made these and will receive payment for them as they sell. The purchase of one set of flags will feed a nun for a month.


**CHENREZIG PRAYER FLAG SET #CHPRFL \$12**

Five Chenrezig prayer flags with his OM MANI PADME HUM mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

**MILAREPA PRAYER FLAG SET #MIPRFL \$12**

Five Milarepa prayer flags with a Milarepa mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

**PADMASAMBHAVA PRAYER FLAG SET #PAPRFL \$12**

Five Padmasambhava prayer flags with Padmasambhava mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

**21 TARA PRAYER FLAGS #SETAPR \$12**

A lovely traditional design is silk screened on the five colors of cloth and have a string for easy hanging. Comes with a detailed explanation of the 21 praises and the design.

**NEW!**

**VAJRAYOGINI PRAYER FLAGS #VAPRFL \$12**

Five Vajrayogini prayer flags with mantra, each in one of the five sacred colors, strung on a cord.

**TARA BANNER #TABA \$16**

This vertical banner is six feet long and has attachments for a pole. It has green prayer flags of Tara.


**CHENREZIG BANNER #CHBA \$16**

Six foot long banner that can be attached to a pole. The color is green with Chenrezig surrounded by his OM MANI PADME HUM mantra.

**TIBETAN TILDENS, 11 x 19" #TIL \$25**

This is brocade cover for prayer tables to enhance the sacred space and provide a base for sadhana or other texts. It has a brocade red border with blue interior.


**TIBET PLACE MAP, by Peter Gold, 16 x 23" #TIPLMA \$5**

A charming and intriguing artist's rendering of Central Tibet and outlying areas drawn by a Tibetan in traditional Tibetan style. It shows many important sacred, historic and geographic sites. *Altar of the Earth* (also by Peter) describes many of the places depicted here (see Sale section).

**SACRED ART OF TIBET MAGNETS, 2 x 3", \$3.95 ea.**

Well-made images of deities mounted on magnets.

Kalachakra #KAMAG

Niguma #NIMA

Padmasambhava & Yeshe Tsogyal #PAMA

**TIBETAN WOOL SCARF #WOSC \$20**

Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide.


**STATUES #RU**

High quality statues of the Buddha and various deities are available on request. We have numerous rupas and our stock is always changing. Materials range from brass to copper with gold and painted faces. Contact us for photos of these images:

Chenrezig 8" \$295

Chenrezig 12" \$495

Jigme Lingpa 8" \$370

Karmapa 8" \$375

Maitreya 10" \$395

Medicine Buddha 5.5" \$195

Milarepa 3 1/2" \$225

Milarepa 3 1/2" \$200

Mipham 7.5" \$360

Padmasambhava 14" \$495

Rahula 12" \$595

Shakyamuni Buddha 4" \$85

Vajradhara 5" \$200

Vajrapani 12" \$495

Vajrasattva 6" \$158

Vajrasattva 6" \$165

White Tara 12" \$495

Yamaraja 6" \$120

**THANGKAS**

We now have smaller thankas of principle deities mounted in brocade. There are three different styles. Call to reserve the one you want.

**Thangka print, laminated, mounted in brocade with multi-color fringe at bottom, measures 14 x 26" # \$60.** Selections: Gelupa Guru Tree #GTLATH; 1000-Arm Avalokiteshvara #AVLATH; Milarepa #MILATH; Green Tara #GRLATH; Kalachakra #KALATH; White Tara #WTLATH; Buddha #BULATH; Padmasambhava #PALATH.

**Brocaded Deity Thangka, mounted with multi-color fringe at bottom, measures 14 x 25" # \$60.** Selections: Padmasambhava #PAEMTH, Buddha #BUEMPR, Green Tara #GTEMTH.

**Thangka print, laminated, mounted in brocade with wooden rod at bottom, measures 20 x 23" # \$75.** Selections: Padmasambhava #PATHPR, 1000-Arm Avalokiteshvara #AVTHPR, Milarepa #MITHPR, Buddha #BUTHPR, Kalachakra #KATHPR, Long-Life #LLTHPR.

**THANGKAS**

These thankas are excellent in quality and are all properly mounted and brocaded for hanging. Please call us for information as to availability. Contact us for photos of the following in stock:

Amitabha \$295

4-arm Chenrezig \$325

Ekajati \$320

Green Tara \$320

Guru Dragpo \$295

Guhyasamaja \$360

Kinkara Skeleton Couple \$350

6-arm Mahakala (3 headed) \$325

6-arm Mahakala \$325

4-arm Mahakala \$325

Machig Labdron \$350

Marpa \$295

Medicine Buddha \$320

Padmasambhava \$320

Padmasambhava (w/deities) \$320

Singhamukha \$290

Singhamukha w/deities \$360

16th Karmapa \$350

Vajradhara \$400

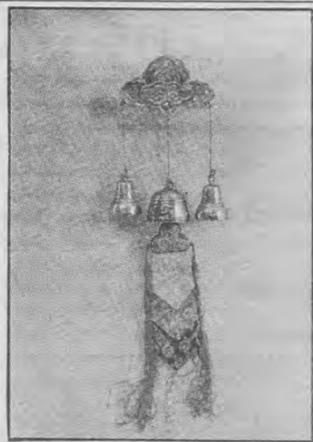
Vajrakilaya \$350

Vajrayogini \$325

Vajrayogini \$325

Vajrayogini w/4 Dakinis \$320

Yamantaka (w/consort) \$360


**TIBETAN WINDCHIMES #TIWI \$50**

Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch will add delightful tones to the sound of the wind. Made by Tibetans in India.

**DZAMBALA TSA-TSAS**

These light sand colored images are 2 1/2" high and 2" wide for \$11.50 ea. They stand up. Shakyamuni Buddha #DZSHBO Padmasambhava #DZPATS These two Buddha tsa-tsas are 3" high, stand up and are \$13.50 ea. Buddha (sand colored) #IVBU Buddha (mahogany colored) #MABUD

**SILK SCARF, 39" Square, \$50** Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India. #SISCT Tiger

**SINGING BOWLS #SIBO \$250** 10 to 11" in diameter, these singing bowls produce a marvelous sound when struck or rubbed on the rim with the striker. Ideal for meditation practice.


**EXQUISITE HAND-WOVEN 100% WOOL TIBETAN CARPETS**

Encouraged by the response that we have received to our Tibetan carpets, we have now commissioned the manufacture of beautiful high-quality traditional style carpets. The designs selected were from photos of carpets in museum publications we've been admiring but were unable to find. Tibetan weavers were located who could produce them. We don't think you have seen carpets like these before since weavers have, for some time,

been selling designs that are more mass-marketable but lack the refined look of these new carpets. You may be interested to know that a number of these are hard-to-find Tibetan Tiger Rugs.

The new carpets vary in pile density and the price varies according to this and according to the size (most are approximately 3 x 6', some are 6 x 9'). Please contact us for photos of available carpets. Prices range from \$225 to \$1695.

## DALAI LAMA PORTRAITS

### 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.



#COPOKI Wallet-size photo from the cover of *Policy of Kindness*. It is laminated on both sides. \$1



#DALAPP The Dalai Lama plus long life prayer in Tibetan and English on the reverse side. Laminated, 2 1/2 x 3 1/2" \$2.50



#DALMAR The Dalai Lama in Arizona, 8 x 10" \$15 This is a lovely closeup photo of His Holiness standing next to Arizona cactus.

## 1994 CALENDARS

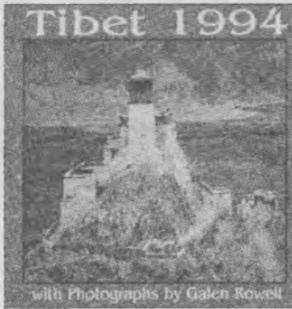


**HIMALAYAN CALENDAR, 20 X 14"** #HICA \$10.95

The photographs not only offer dramatic view of the Himalayas but also a glimpse of the culture that co-exists with the mountains—a terrific gift for any nature lover or trekker.

**RIGPA TIBETAN CALENDAR, 1994-5** #RICA \$8

This pocket calendar features the main Buddhist festivals, anniversaries and special practice days of all traditions. Contains photos of lamas and line drawings. With this little calendar you'll have no excuse for missing Tsog days. Order now—it will be sent as soon as we receive it in late Feb.



**SACRED SPACES, 20 x 14"** #SASPCA \$10.95

Whether they are created by nature or by artifice, these sacred spaces exude inspiration.

**TIBET, 22.5 x 11.25"** #TICA \$10.95

Superb photos by Galen Rowell capture Tibet's rich legacy for the world.

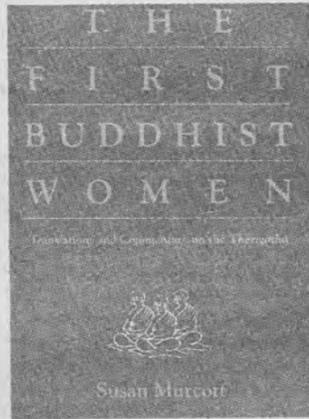
**WISDOM TIBETAN ART CALENDAR 1994, 16 1/2 x 23 1/2"** #WIARCA \$26.95

This calendar has thirteen great Tibetan thangkhas.

## WOMEN'S STUDIES

**NEW!**

**DETERMINATION: Tibetan Women & the Struggle for an Independent Tibet**, by Carol Devine. 118 pp. #DE \$12 (for description see History & Politics)



**THE FIRST BUDDHIST WOMEN: Translation and Commentaries on the Therigatha**, by Susan Murcott. #FIBUWO \$15

This is a translation and commentary on the Therigatha, the enlightenment verses of the earliest female disciples of the Buddha. The author traces the journeys of wives, mothers, teachers, courtesans, and wanderers who became leaders in the Buddhist community. The poetry of these women reveals their search for spiritual attainment and their struggles in society. "Murcott's insightful commentaries along with her descriptions of the social context in which they were composed are bright, warming, and welcome lights for all of us who long to hear the voices of our sisters in the Dharma."—Michelle Mills, *Karuna Journal*

**HOUSE OF THE TURQUOISE ROOF**, by Dorje Yuthok, trans. & edited by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$14.95

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

"Dorje Yuthok's book, rich in vignettes of the quotidian life of Tibetan aristocrats prior to the Chinese invasion, reflects a sensitivity to readers' interests in finely drawn portraits of Tibetan social interaction, ritual observances, and material culture. Yuthok focuses on detailed descriptions of the intimacies of family life...deftly conveys the immediacy of her experience to readers."—Marcia Calkowski, *The Journal of Asian Studies*

"Here an assessment has been given on the position of Tibetan women both past and present—something that for centuries has been shrouded in myth and conjecture...a superior book."—Carebanu Cooper, *The Tibet Journal*

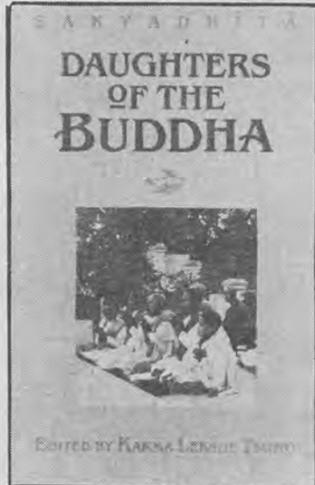
**KNOWING WOMAN: A Feminine Psychology**, by Irene Claremont de Castillejo. 192 pp., #KNWO \$9.95

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.

**LONGING FOR DARKNESS: Tara and the Black Madonna**, by China Galland. 400 pp., #LODA \$10.95

Raised as a Catholic and subsequently a Zen Buddhist, China Galland felt the lack of a dynamic image of the female face of God. When she heard of Tara, the female Buddha, who vowed to be enlightened only in a woman's body, she was inspired to set off on an incredible spiritual journey which took her around the world and lasted ten years. This is an autobiographical account of her meetings and experiences.

**ON TOP OF THE WORLD: Five Women Explorers in Tibet**. 224 pp., 26 illus. #TOWO \$9.95



**SAKYADHITA: DAUGHTERS OF THE BUDDHA**, ed. Bhikshuni Karma Lekshe Tsomo. 346 pp., #SADABU \$14.95

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

This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full bhikshuni 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.

"It is inspiring and heartwarming to read about all these women dedicated to the Buddhist path."—Martine Batchelor

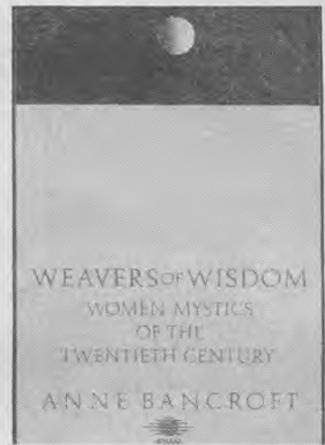
**SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel**, by Dowman. 350 pp. #SKDA \$12.95

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

**TIBETAN BUDDHIST NUNS**, by Hanna Havnevik. 251 pp., 16 photos, #TIBUNU \$40 cloth

Based on an extensive stay in an exile nunnery in India and on historical research, this study gives a detailed description of the life of Tibetan Buddhist nuns past and present. Chapters include: Women in Buddhist Literature; Nunneries and Nuns in Tibet; Accom-

plished Nuns; A Tibetan Nunnery in Exile; Cultural Norms and Social Reality; Changes in the Position of Tibetan Nuns in Exile. This book is a limited edition from Norway.

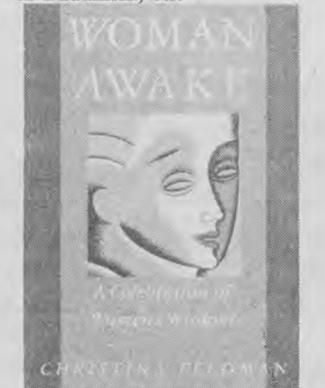


**WEAVERS OF WISDOM: Women Mystics of the Twentieth Century**, by Anne Bancroft. 177 pp. #WEWI \$9.95

Anne Bancroft has explored the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics, each of whom has developed her own unique insights into the "truth that goes beyond the ordinary." Together they give a rare as well as cohesive view of women's ways of liberation.

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



**WOMAN AWAKE: A Celebration of Women's Wisdom**, by Christina Feldman. 155 pp., #WOAW \$7.95

With a growing awareness of the dignity of all life and its connection with us, we can overcome the social conditioning and myth-making that overwhelm and oppress us. Christina Feldman teaches women and men to appreciate, understand and value ourselves as the means towards our creative and joyful integration with the world.

**WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition**, by Diana Paul. #WOINBU \$15

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**. 224 pp. #WOWI \$8.95

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



CUCA5 Mountain Sunset



CUCA8 Smiling Lady



CUCA23 Tibetan Horseman



CUCA68 Chorten Detail

**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 \$.75 ea.

- CUCA1 Statue
- CUCA3 Thikse Monastery
- CUCA4 Tibetan Rug Weaver
- CUCA5 Mountain Sunset
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA8 Smiling Lady
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer
- CUCA13 Tibetan Man & Child
- CUCA14 Tibetan Monk in Prayer
- CUCA16 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA20 Tibetan Lamas
- CUCA21 Red-Masked Dancer
- CUCA23 Tibetan Horseman
- CUCA24 Elderly Man with Prayer Wheel
- CUCA25 Bashful Khampa Girl
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels

**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.



CUCA26



CUCA63 Monks Debating



CUCA57 Monk in Meditation



CUCA32 Woman with Prayer Wheels



CUCA3 Thikse Monastery



CUCA24 Elderly Man with Prayer Wheel



CUCA16 Potala Palace



CUCA6 Monastery Courtyard



CUCA40 Tashilunpo Monastery



CUCA46 Chorten of Gyantse



CUCA25 Bashful Khampa Girl

**IMAGES OF LOST TIBET**



IMTI2 Monks Sounding Trumpets



IMTI4 Norbu Linga & 13th Dalai Lama



IMTI7 Potala During Losar



IMTI8 Tantric Meditator



CUCA31 High Lamas



CUCA62 Ceremonial Tent



CUCA61 Nomadic Tent



FATI51



FATI52



FATI53



FATI54



FATI55

**IMAGES OF LOST TIBET & FACES OF TIBET**

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture that 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 on sale for only \$.75 ea.

**IMAGES OF LOST TIBET**

- IMTI1 Tibetan from Chamdo
- IMTI2 Monks Sounding Trumpets
- IMTI3 Tibetan Nomad Tent
- IMTI4 Norbu Linga & 13th Dalai Lama
- IMTI5 Officials During Losar
- IMTI7 Potala During Losar
- IMTI8 Tantric Meditator
- IMTI9 Tibetan Men & Horses
- IMTI10 Mani Stones—Tibet-China border
- IMTI11 Wife of Tibetan Governor

**FACES OF TIBET**

- FATI51 Nomad Yogi
- FATI52 Yogi of Milarepa Tradition
- FATI53 Woman with Prayer Beads
- FATI54 Young Tibetan Girl
- FATI55 Yeshi Dorje, Weather Controller

**POSTERS**

These posters can only be sent to North American customers because of damage problems. They also must go only by the US Post Office.

**ON SALE!**

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

**POTALA PALACE, #POPAP0 \$9, now \$4**

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

**JOWO SHAKYAMUNI BUDDHA STATUE, #SHBUST \$9, now \$4**

Stunning view of this sacred statue located in the Jokhang Temple in Lhasa. It is the focal point of Tibetan prayers and pilgrimages.

**HAYAGRIVA POSTER 19 x 25" #HASTPO \$9**

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

**KALACHAKRA DEITY POSTER 19 x 27" #GAKADE \$8**

This is the finest poster of Kalachakra and Consort.

**KALACHAKRA DEITY POSTER 11 x 17 1/2" #SMKADE \$3.00**

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.

**KALACHAKRA EMBLEM PRINT, 8 x 10" full-color #KAEMPR \$7 (was \$12).**

## SPECIAL ITEMS

### WISDOM ART THANGKA CARDS \$3 for the set or .75 ea.

These are great color images.  
 WDC10 Blessing of Medicine  
 WDC13 Nine Deity Hevajra  
 WDC14 Amoghapasha Mandala  
 WDC15 Buddha Shakyamuni

### ROBERT BEER POSTCARDS \$.80 ea.

Robert is one of the very best Tibetan style painters. You'll like these images:  
 #BEKAMA Kalachakra Mantra  
 #BEMEBU Medicine Buddha  
 #BENGCA Nagarjuna  
 #BENACA Naropa  
 #BESHCA Shantideva  
 #BETICA Tilopa  
 #BEFAVA Face of Vajrasattva

### MANTRA CARDS \$.80 ea.

Andy Weber has created these cards to aid in mantra visualization.  
 #BEMBMA Medicine Buddha  
 #BEGRTA Green Tara  
 #BEAVMA Avalokitesvara  
 #WEAMMA Amitayus  
 #BEMAMA Manjushri  
 #BESHCA Sakyamuni

### REHO CARDS \$.80 ea.

Excellent images from thangkas, Dalai Lama, India and photos from Tibet!  
 #REHCA H.H. the Dalai Lama  
 #REGECA Gelugpa Assembly Tree  
 #REWHCA Wheel of Life  
 #RELOCA Lotus Pool-Bodh Gaya  
 #REROCA Rock Paintings-Lhasa  
 #REPACA Padmasambhava-in Jokhang  
 #REMACA Maitreya-in Potala  
 #REPOCA Potala Palace

### ROBERT BEER GREETING CARDS \$1.25 ea. with envelope.

Fine line drawings of deities and lineage gurus:  
 #BEGADO Garab Dorje  
 #BEMANO Marpa  
 #BEMINO Milarepa  
 #BEPANO Padmasambhava  
 #BESHBU Sakyamuni Buddha  
 #BESAGR Samantabhadra  
 #BESHGR Shantideva  
 #BETSKH Tsongkhapa  
 #BEVANO Vajradhara  
 #BEYETS Yeshe Tsogyal



#BENGCA Nagarjuna



#BETICA Tilopa



#BEMANO Marpa



#BEVANO Vajradhara



#BEGRTA Green Tara



#BEKAMA Kalachakra Mantra



#BENACA Naropa

### GARUDA POSTCARDS \$1 ea.

Traditional thangka images.  
 GAC1 Gelugpa 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  
 GAC11 35 Buddhas  
 GAC12 Padmasambhava  
 GAC13 White Tara  
 GAC14 Cakrasamvara  
 GAC15 Green Tara  
 GAC111 Jambhala  
 GAC113 Vairocana  
 GAC114 Simhavaktra  
 GAC115 White Mahakala  
 GAC116 Vajrapani  
 GAC118 Peaceful Bardo Deities  
 GAC119 Wrathful Bardo Deities  
 GAC124 Yamantaka



GAC126 Ushnishavinijaya  
 GAC127 White Tara Mandala  
 GAC128 Depiction of Universe  
 GAC130 Vajrasattva w/Consort

### 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 \$.90 ea. They have been beautifully reproduced in full color and high gloss finish.

### THARPA DEITY CARDS \$.90 ea.

TDC1 Shakyamuni Buddha  
 TDC2 Avalokiteshvara  
 TDC3 Manjushri  
 TDC4 Vajrapani  
 TDC5 Green Tara  
 TDC6 White Tara  
 TDC7 Amitabha  
 TDC8 Amitayus  
 TDC9 Medicine Buddha  
 TDC10 Je Tsongkhapa  
 TDC11 Vajradhara w/Consort  
 TDC12 Vajrasattva w/Consort  
 TDC13 Yamantaka  
 TDC14 Heruka  
 TDC15 Vajrayogini  
 TDC16 Mahakala  
 TDC17 Guyhasamaja  
 TDC18 Vajradharma  
 TDC19 Maitreya  
 TDC20 Vaishnavana  
 TDC21 Vajrasattva  
 TDC22 Prajnaparamita  
 TDC23 Wheel of Life  
 TDC24 Stupa of Enlightenment  
 TDC25 1000-arm Avalokiteshvara  
 TDC26 White Manjushri  
 TDC27 Ushnisha Vijaya  
 TDC28 Kalarupa  
 TDC29 Kinkara Skeleton Couple  
 TDC30 Mahakala (4-arm)  
 TDC31 Heruka Chakrasamvara (12-arm)  
 TDC32 Five Buddha Families

### KALACHAKRA EMBLEM NOTECARDS \$12 for 10 cards plus envelopes. #KAEMNO

These are full-color cards of the Kalachakra mantra.

### KALACHAKRA SAND MANDALA POSTCARD, #KASAC \$1.75

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

### KALU RINPOCHE, 5 x 7" #KARI \$10

This is a beautiful photo of the new incarnation of Kalu Rinpoche.

### SACRED ART OF TIBET NOTECARD SET, 8 notecards w/envelopes, #SAARTI \$12

Notecard images of Tibetan Buddhist Deities, painted in the brilliant Nepalese style: White Tara, Maitreya, Padmasambhava & Yeshe Tsogyal, Niguma, Dorje Drolo, Kalachakra, Simhavaktra, Vajrasattva.



White Tara in Snowmountains

### TRANSFORMATIVE ART NOTECARD SET, 12 cards w/envelopes, #TRARNO \$24

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see. They are full of myth, fun and spirituality. Two of the images are life of the Buddha murals that she painted in Bero Khyentse's monastery in Kathmandu. Some are huge murals that were painted on the sides of buildings. There are also cards of Green Tara, White Tara, Chenrezig and the Medicine Buddha. The cards are 5-color with gold border.

## POSTERS

### KALACHAKRA SAND MANDALA POSTER, 24 x 35" #KASAP \$16

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

### MANDALA PRINTS, Set of 12, each is 11 x 11," #MAPRI \$15

Medicine Buddha, Amitayus, 1000-Arm Chenrezig, Nirmanakaya Vajra Akshobya, Maha Mandala of the 1037-fold Vajradhatu of the Buddha Family, Guyhasamaja, Chakrasamvara, Kalachakra, Hevajra, Trailokya Vijaya & 9 Bhairavas, Vajrasattva.

### MEDICINE BUDDHA, 11 x 16" #WIMEBU \$6

A fine print of the Healing Buddha by Robert Beer.

### VAJRADHARA POSTER 24 x 36" #VAPO \$15

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

### WHEEL OF LIFE, 17 x 24" #WHLIPR \$12

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

### ART PRINTS

These are gold on black and red on gold thangka images by the artist Robert Beer. The colors are very striking and the images well-drawn.

Gold on Black, 12 x 15" \$8 ea.

**Guyhasamaja** #BEGUPO

**Vajrapani** #BEVAPO

**Six-Armed Mahakala** #BESAR

**Vajrakila** #BEVASI

Gold on Black, 18 x 23" \$14 ea.

**Kalachakra** #BEKAPPO

Red on Gold, 9 x 11" \$5 ea.

**Milarepa** #BEMIPO

**Yeshe Tsogyal** #BEYEP

Red on Gold, 12 x 15" \$8 ea.

**Green Tara** #BEGTPR

**Nagarjuna** #BENAPO

**Padmasambhava** #BEPAPO

**White Tara** #BEWHTA

Gold on Red, 12 x 16" \$8 ea.

**Sakyamuni Buddha** #BESBPR

Green on Gold, 19 x 23" \$14 ea.

**Large Green Tara** #BELAGR



TDC5 Green Tara



### THE TIBETAN PAINTINGS OF NICOLAS ROERICH, 12 postcards, #TIPANI \$9.95

We have selected 12 of the best images painted by Nicolas Roerich of Tibetan landscapes and monasteries. The colors are strong, striking and otherworldly—he really captured the grandeur of Himalayan spirituality.

### PRAYER FLAGS NOTECARD #PRFLNO \$1.25 ea. w/envelope

**TIBETAN POSTAGE AND MONEY NOTECARD, #TIPOMO \$9.25 for set of 10.**

This unusual card illustrates that Tibet had its own currency and postal system prior to 1959.

### "FREE TIBET", #SUBOCA \$1.75

This humorous and poignant color postcard shows a suggestion box from Lhasa with the request to free Tibet written on it. This is a great way to send an important message to others.

Gift Certificates Available

TO ORDER CALL 1-800-950-0313

## SNOW LION AUDIO TAPES

**H.H. THE DALAI LAMA COMPASSION: THE HEART OF ENLIGHTENMENT**, 95 min. #COHEEN \$10

This talk was given after the Nobel Award announcement. His Holiness speaks on affection, altruism, loneliness, love, anger, inner peace and world peace, and the Tibetan cause.

**THE DALAI LAMA ON "WISDOM AND COMPASSION"**, 2 hrs., #DALAWI \$14.95

Wisdom and Compassion records three talks from the 1991 tour of the USA: in San Francisco, "Overcoming Defenses" and "What is Compassion?"; at the White House, "The Genocide of Tibet."

**HARVARD SEMINARS** (12) #HASE \$84 Trans. by Jeffrey Hopkins—AIBS Program

For five days in 1981, the Dalai Lama presented a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruction, compassion, selflessness, suffering, five paths and the factors of enlightenment. These talks are now available in a Snow Lion book, *The Dalai Lama at Harvard*.

**THE NOBEL PEACE PRIZE ADDRESS** (1) #NOEVAD \$7

On December 11, the Dalai Lama gave his Nobel Lecture to an international audience in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.

**VAJRASATTVA** (1) #VAME \$7 Trans. by Jeffrey Hopkins

Visualization & commentary.

**THE NATURE OF MIND!**

The following five tape sets (each has three tapes) were recorded at the NYC Kalachakra. Each set is a three hour talk by lamas who are the recognized heads of their lineages or who were selected to represent their lineage. We are pleased to be able to offer you these excellent talks.

**Bon Tradition: NATURE OF MIND**, by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein. (3) #BONAMI \$30**Nyingma Tradition: DZOGCHEN**, by Ven. Trulshik Rinpoche, trans. Sogyal Rinpoche. (3) #NYDZ \$30**Kagyü Tradition: MAHAMUDRA**, by Ven. Tenga Rinpoche. (3) #KAMA \$30**Sakya Tradition: INSEPARABILITY OF SAMSARA & NIRVANA**, Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30**Gelug Tradition: UNION OF BLISS AND EMPTINESS**, Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30**DHARMA WISDOM**, interview with Kalu Rinpoche. (1) #DHWI \$9.95

Rinpoche speaks to the relevance of Buddhist principles in modern contemporary life. His simplicity, clarity and directness provide a thoughtful and enheartening message for the spirit.

**PSYCHOLOGY SEMINAR**, by Tara Tulku. (7) #PSSE \$49 Trans. Robert Thurman

In this seminar, the late Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice. These talks were made possible by the AIBS.

**AWAKENING TO WISDOM**, Lama Khenpo Konchog Gyaltsen. (1) #AWWI \$9.95

The Khenpo tells of the sense of unity, joy and harmony that comes from purifying the mind and developing its positive qualities.

**LAMA SOGYAL RINPOCHE**

Each tape is 1 hr. and is \$9.95.

**Right View: Living Your Dying**, #RIVI

Seeing death as a mirror of life, reflective of all the numerous changes which occur during daily living underscores this insightful dialogue. Letting go spontaneously, laughing with life, releasing egoic identity, and living with clarity—these increase as we more deeply understand death and dying.

**Taming the Mind**, #TAMI

In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken and with meditative methods.

**Turning Suffering into Enlightenment**, #TUSUEN

Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

**Untangling Our Emotions**, #UNEM

So often our emotions seem muddled and problematic, and instead of feeling emotionally fulfilled we feel upset. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional debris, and shows us how to experience love, peace and emotional fulfillment.

**Living Up to Death**, #LIDE \$10

A comprehensive view of spiritual care for living and dying, touching upon impermanence, the nature of mind, meditation and care for the dying.

**Spiritual Care for Living and Dying**, #SPCA \$55

An extraordinary weekend seminar providing an in-depth exploration of the most important themes of Sogyal's *Tibetan Book of Living and Dying*: reflection on death and impermanence, meditation, the nature of mind, spiritual and emotional care for the dying, compassion, the process of dying.

**BUDDHISM & PSYCHOLOGY: An East/West Dialogue**. (3) 3 1/2 hrs., #BUPS \$17

What Eastern meditative and analytical practices are currently being applied to psychotherapy? How can Eastern and Western approaches to mental health be integrated to even greater effect? A panel of distinguished speakers tackled these questions in a 1992

symposium at the Univ. of Washington: Alan Marlatt, *Meditation in Treatment of Addiction*; Thubten Chodron, *Buddhist Techniques in Working with Anger*; Robert A. Carlson, *What Can Western Psychotherapy Offer to Meditators?*; Amchok Rinpoche, *Maintaining Mental Health Through Tibetan Buddhist Practices*; Marsha Linehan, *Zen-Informed Model of Behavioral Therapy*; Ryo Imamura, *Naikan, A Pure Land Buddhist Therapy as Practiced in Japan*; Jamyang Sakya, *Buddhist Perspective on the Family*.

**JEFFREY HOPKINS****APPROACHING THE TANTRAS** (3) #APTA \$21

In three outstanding lectures, Jeffrey unfolds the meaning of compassion, emptiness and deity yoga with warmth and penetrating wit.

**DEATH & DYING** (4) #DEDYT \$28

Discussion of the stages of death, intermediate state and rebirth.

\*\*\*\*\*

**NEW!****TIBETAN BOOK OF THE DEAD**, Joseph Campbell (1) #TIBODT \$12

*The Tibetan Book of the Dead* teaches the art of living, so that death is a fulfillment. Campbell describes the wanderings of the spirit through various heavens and hells, symbolized by the different chakras.

**NEW!****THE CULTURAL HERITAGE OF TIBET**, by Lama Govinda (1) #CUHETI \$12

Govinda traces the cultural heritage of Tibet, which is more than the heritage of just one country, but is the combined heritage of Buddhism in India and its development in Tibet. He also unfolds the meaning of thangka images in a very interesting presentation.

**LIFE OF TIBETAN AND CHRISTIAN NUNS**, Bhikshuni Thupten Chodron and Sister Donald Concoran, O.S.B. 1 1/2 hrs. #LINU \$10

This is a candid account by two Americans who became nuns in two very different traditions. They share their reasons for joining their monastic orders and discuss how they adjusted to the rigors of monastic life. During the latter part of the discussion, they answer questions about God, karma, reincarnation and other topics.

**JETSUNMA AHKON LHAMO LIFE AS A KARMIC REFLECTION**, #LIKARE \$10

"War is a reflection of our hatred, starvation is a reflection of our desire, and big egos that run the world in ways that kill people is a reflection of our ignorance," says Jetsunma. In this poignantly relevant teaching on correct view, karma and the three root poisons, she discusses the reality behind the difficulties we face in our lives.

**PACIFYING EVER-INCREASING DESIRE**, #PAEVDE \$10

"Desire is one aspect of spiritual practice students don't wish to view," says Jetsunma. In this presentation she removes the blinders we are reluctant to discard and reveals the compulsions that consume us.

**PERCEPTION, OUR EXPERIENCE**, #PEEX \$10

In this nature of mind teaching, Jetsunma focuses on the view which is at the heart of Vajrayana Buddhism. She describes the fluid process of perception and how to develop a more spacious mind by breaking out of the habitual clinging to desire and self nature.

## BOOKS ON TAPE

**A MEDITATION HANDBOOK**, by Geshe Kelsang Gyatso. 3 tapes, #MEHAT \$24.95

Buddha taught many different types of meditation but they are all included within the "stages of the path," a structured and practical path to enlightenment. These tapes introduces the various meditations and provides a manual of practice.

**OPEN HEART, CLEAR MIND**, by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21 for three, \$7 purchased separately.

"... presents a clear and complete survey of the teachings of the Buddha."—Thich Nhat Hanh.

## Tape 1—Working Effectively with Emotions #OPHET1

## Tape 2—Rebirth and Karma #OPHET2

## Tape 3—The Path from Confusion to Enlightenment #OPHET1

**DHARMA SEED TAPE LIBRARY**

Here are some excellent tapes on meditation practice by Joseph Goldstein, Jack Kornfield, Christina Feldman and others well-known for their meditation workshops and books.

**Joseph Goldstein****BARE ATTENTION & THE FIVE HINDRANCES** (1) #BAATFI \$12

Learning to see what is happening in the present moment with simplicity and directness. Learning to recognize and work with desire, aversion, sluggishness, restlessness and doubt.

**BIG MIND MEDITATION** (1) #BIMIME \$12

A guided meditation that encourages a mind of spaciousness and balance.

**COMPLETE MEDITATION INSTRUCTIONS** (1) #COMEIN \$12

Detailed instructions in mindfulness of breath, touch points, sensations, thoughts, feelings, intentions; also walking meditation.

**DESIRE**, (1) #DET \$10

Looking at what happens when our mind gets lost in the enchanted forest of desire.

**FEAR**, (1) #FE \$10

Recognizing the depth of conditioned fears that keep us closed to our clearest realizations of our mind and body.

**LOVE: Generosity of the Heart** (2) #LO \$18

Revealing the difference between desire, enchantment, and the blessing of metta; Understanding the many faces of love through the wisdom of non-attachment.

**OBSTACLES TO CONCENTRATION**, (1) #OBOCO2 \$10

Examining our sloth, torpor, restlessness, worry and skeptical doubt.

**PRACTICE IN THE WORLD: LIVING IT FULLY**, (1) #PRWO \$10

Practicing the Dharma after a retreat with the same alive attention and nurturing wisdom as during the retreat.

**VIPASSANA JHANAS** (1) #VIJH \$10

An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.

**Jack Kornfield****EXPERIENCING THE QUALITIES OF ENLIGHTENMENT** (1) #EXQUEN \$10

Shining the light of our mind on the divine, the timeless, and the sacred, even in the midst of pain and sorrow.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo**, trans. by Francesca Fremantle & Chogyam Trungpa, narrated by Richard Gere. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$15.95

This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

**UNIVERSAL COMPASSION**, by Geshe Kelsang Gyatso. 4 tapes, #UNCOT \$24.95

How to awaken compassion for all beings? This is the key to Mahayana Buddhism. One of the most popular methods is the seven points of Geshe Chekhawa, and this is a commentary on this text.

**INTRODUCTION TO MEDITATION**, (8) #INME \$80

This series of eight cassettes is like attending a meditation class for five weeks. Jack Kornfield teaches meditation in the context of the eightfold path of the Buddha leading to enlightenment: right understanding, attitude, speech, action, livelihood, effort, concentration, awareness.

**INTRODUCTORY MEDITATION INSTRUCTIONS** (1) #INMEIN \$12

A discussion of calm & wisdom; instructions in sitting, walking, eating; guidelines for retreats.

**TEN PERFECTIONS SERIES**, (10) #TEPE \$100

Ten talks on ten cassettes, this series on the perfections of Buddha and how these can be awakened in our hearts and developed in our lives is complete with stories, examples and practical teachings. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination, lovingkindness, balance & equanimity.

**Christina Feldman****IMAGES OF PERFECTION**, (1) #IMPE \$10

Reversing the damage done by the haunting images of perfection that surround us inwardly and outwardly.

**THE LANGUAGE OF SILENCE**, (1) #LASI \$10

Revealing the full presence of all that silence offers.

**MODELS**, (1) #MO \$10

Examining how standards of expectation begin as guidelines for reassurance and end up as obstacles to true understanding.

**John Orr****ENERGY MEDITATION; METTA MEDITATION** (1) #ENME \$12

A guided meditation which uses color imagery to generate and radiate energy throughout our being; a guided meditation encouraging deep relaxation and an experience of "smiling into your body."

**Larry Rosenberg****SAMADHI: A Guardian of the Heart** (2) #SAGUHE \$18

Gathering up all the cascading energies of the mind and unifying them around the breath.

**Sharon Salzberg****LETTING GO OF ATTACHMENT** (1) #LEAT \$10

Learning to transform desire into love by letting go of what is incomplete and unfulfilling in our lives.

**Ajahn Sumedho****PRACTICE OF INNER LISTENING** (1) #PRINLI \$10

Learning to listen to the inner sound of silence as a way to quiet and center the mind.

## MUSIC & CHANTS

### TIBETAN FOLK MUSIC

**HEART DANCE, RIVER FLOW...**, Cassette #HEDARI \$10

Anthology of Tibetan folk music. The rarely heard music and dance of nomadic mountain folk as well as the delicate sound of old traditional instrumental ensembles of Lhasa and central Tibet.

### TIBETAN CHANTS

**CHENREZIK CD #CHCD \$18;** Tape #CHT \$12

Produced by the Karma Kagyu Institute in Woodstock. Chants by Tenzin Chonyi, Lekshy Chonyi, Pema Chodron, Greg Eakin. Some selections: *Mahamudra Lineage Prayer, Chenrezik Sadhana, Amitabha Sadhana, Seven Verse Prayer of Guru Rinpoche, Calling the Guru From Afar, Long Life Prayer for H.H. Gyalwa Karmapa's Lineage Holders, Long Life Prayer for Khenpo Karthar Rinpoche, Praise to the Buddha Activity of the Gyalwa Karmapa.*

**CHO-GA: Tantric and Ritual Music of Tibet.** Cassette #CHGA \$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 #GYMOFR \$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 Kitano 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 #GYMOTA \$10.95, CD #GYMOCD \$16.95 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 Ozer Ling, Tibet (1) Cassette #QUGRBL \$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 Ozer Ling in Eastern Tibet where this recording was made.

**SACRED EARTH,** by the monks of Gaden Shartse Monastery. #SAECT \$9.95 Cassette, #SAECC \$17 CD

Chod; Spontaneously Arising Great Bliss; Self-Empowerment; Dedicating and Receiving; A Hundred Different Names (Palden Lhamo); Salutation/Hymn.

**SACRED HEALING CHANTS OF TIBET,** by the monks of Gaden Shartse Monastery. #SAHECT \$9.95 Cassette, #SAHECC \$16.95 CD

"Listening to this musical program confers healing benefits on the listener. The compositions are sacred. They are significant parts of lengthy, colorful, elaborate healing ceremonies which attempt to magically open up consciousness."—Lobsang Rappagay.

**SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING,** Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. CD #SAMUSA \$18

Ten vocal and instrumental pieces from the Roof of the World that exemplify three types of music: vocal pieces typical of the chanting done in Loseling's assembly hall; pieces combining vocal and instrumental elements; sacred dance music. Some of the selections are: *The Black Hat Dance, Offering of the Universe, A Propitiatory Prayer to Palden Lhamo, A Call to the Spirits of Tibet.*

**SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL,** Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. CD #SATICD \$18

Five historic sacred chants from the *Monlam Chenmo*, the commemoration of Shakyamuni Buddha's public display of miracle powers. Contains five pieces: *A Crown Ornament for the Wise*, a verse dedicated to Tara by the First Dalai Lama; *Prayer to the Victorious Masters*, hymn to the various incarnations of Avalokiteshvara by the First Panchen Lama; *Until Supreme Illumination*, a prayer for the attainment of Amitabha's Pure Land by Lama Tsongkhapa; *From Here to Enlightenment*, a prayer to achieve enlightenment for the sake of others by the First Panchen Lama; *A Mystical Biography*, the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.

**SHITRO: Adjunct Ritual to the Tibetan Book of the Dead,** by the nuns of Nyima Ozer Ling, Tibet. Cassette #SHTA \$10

The Shitro Puja is famous for its haunting melodies. During the ceremony participants honor the 100 peaceful and wrathful deities described in the *Tibetan Book of the Dead* to appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual is believed to help the practitioner to realize the visions in the bardo as manifestations of the nature of mind, thereby effecting liberation of the consciousness from cyclic existence.

**THE SONGS OF MILAREPA,** by the Mahayana Buddhist Nunery, Tilokpur. #SOMI \$10 cassette Songs by the great master sung by the nuns of Tilokpur.

**TANTRAS OF GYUTO: Sangwa Dupa,** #NSSD LP \$9.95 This is the sacred chant of the Guhyasamaja Tantra by the Gyuto monks.

**TANTRIC HARMONICS,** by monks of the Gyume Tantric College. Cassette #TAHA \$10.00

Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe and reverence and transfixes the mind of the listener as well as the chanter. Side 1: Guhyasamaja Tantra: Rite of Self-Initiation; Side 2: Invocation of the Dharma Protector Kalarupa.

**Other Tapes:**

**DHARMA BOOGIE (1)** #DHBO \$10

Dharma lyrics combined with popular music: *Love Will Leave Ya; Don't Mean a Thing; Don't Know Man; Treat Yourself Well; Changes; Turnin' It Over.*

### THE MUSIC OF NAWANG KHECHOG

Born in Tibet, Nawang was a Tibetan monk for 11 years. A musician since childhood, he now lives in the USA. His music is promoted world peace. Three tapes of his music are available:

**RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting.** Cassette #RHPE \$10. The meditative sounds of Nawang Khechog.

**SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute.** Cassette #SOINPE \$10. Dedicated to the preservation of Tibetan culture.

**SOUNDS OF PEACE: Bamboo Flute & Didgeridoo.** Cassette #SOPE \$10. His spontaneous music captures the feeling and peace of the mountains of Tibet.

**TURTLE ISLAND FLUTE,** by Joe Salzano. Cassette #TUISFL \$10

The indigenous flute music of Turtle Island (N. American continent) has, for centuries, passed down the stories, songs and traditions of the Mother Earth, courtship and love. The practice of young men paying homage to the beauty and grace of the Earth or a specific woman has created an ever-growing repertoire of songs that are rich in beauty and variety. This is one of the best Native American flute tapes we have heard.

**THE TWENTY-ONE PRAISES OF TARA,** by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTTP (optional).

The chanting of Tara's Twenty-One Praises is an ancient ritual. By contemplating her qualities the afflictions that cloud the mind are dispelled. Free from fear, one meets the challenges of life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places. Chanting and booklet are in English.



## DEATH & DYING

**AT THE HOUR OF DEATH,** Karlis Osis & Erlendur Haraldsson. 250 pp. #HODE \$10.95

"Finally, a book that probes death and dying with modern research techniques. Osis and Haraldsson present compelling evidence that the deathbed is the gateway to another existence. The visions of the dying appear to be not hallucinations but glimpses through the windows of eternity."—*New Realities Magazine*

This book is the product of extensive interviews of over 1,000 doctors and nurses who have been present when patients have revived subsequent to "clinical death." The results are discussed in this scientific investigation of the experiences of the dying at the hour of death.

**BARDO TEACHINGS: The Way of Death and Rebirth,** by Ven. Lama Lodo, 73 pp., illustrations #BATE \$8.95

Little is known in the West about the experiences that occur during and after death. Some of the great Tibetan lamas have experientially delved into the processes and have unravelled many of their mysteries. *Bardo Teachings* presents much of this fascinating material and clears up many misconceptions that students have about the death process.

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

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

**THE BARDO GUIDEBOOK,** by Chokyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

Rinpoche offers new information on how to deal with the four bardos and provides a guide for practitioners desiring liberation. This is a commentary on *The Mirror of Mindfulness*.

**BRINGING DOWN THE LIGHT: Journey of a Soul After Death,** by Mother Meera. 64 pp., 26 full-color plates, 9 x 11 1/2," #BRDOLI \$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—who has become popular in the USA from *Hidden Journey* by Andrew Harvey. 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, INTERMEDIATE STATE AND REBIRTH,** by Lati Rinbochay & Jeffrey Hopkins 86 pp. #DEINST \$7.95

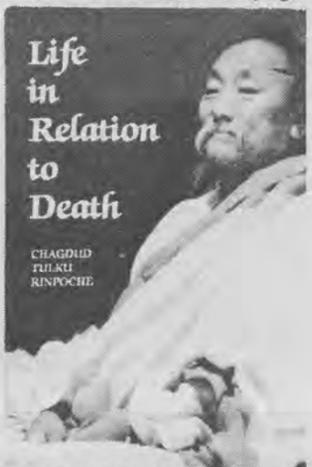
Anyone interested in the process of dying will find this book fascinating. The Highest Yogas Tantras are based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know

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.

"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*

**LIFE IN RELATION TO DEATH,** by Chagdud Tulku Rinpoche. 31 pp. #LIREDE \$6.50 Contains a valuable teaching on death, the preparation for it and what to do while you are dying.



**THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos,** Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$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.

**THE TIBETAN BOOK OF LIVING AND DYING,** by Sogyal Rinpoche. 356 pp., photos, #TIBOLI \$24 cloth

Rinpoche examines the dramatic possibility for healing that can be released when we learn to view death as the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, methods of meditation, near-death experience, caring for the dying, and acceptance.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo,** trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBODD \$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.

**WHO DIES? An Investigation of Conscious Living and Conscious Dying,** by Stephen Levine. 317 pp., #WHDI? \$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."—Elizabeth Kubler-Ross

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

## VIDEO DHARMA

**COMPASSION IN EXILE: The Story of the 14th Dalai Lama**, by Mickey Lemle. 60 min. #COEX \$40

An intimate portrait of the Dalai Lama. Inherent in the story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet, the country that inspired the legend of Shangri-la.

**DAKINI WISDOM**, by Lama Chagdud Tulku Rinpoche. 93 min. #DAWIVI \$45

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respoken by Tsering Everest.

## Exploring THE Mandala



Pema Losang Chogyen of Namgyal Monastery and the Program of Computer Graphics, Cornell University

**EXPLORING THE MANDALA**, by Pema Losang Chogyen. 10 min. #EXMA \$19.95

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a Tibetan monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the course of visualization, presenting a comprehensive visual introduction to Tibetan mandalas. This project was carried out in conjunction with the Yamantaka Translation Project and with the blessings of H.H. the Dalai Lama in response to a growing interest in the cultural and religious traditions of Tibet.

**A GUIDE TO WALKING MEDITATION**, by Thich Nhat Hanh. 30 min. #GUWAMV \$35

Thich Nhat Hanh instructs a group of students in the joys of this simple practice. His underlying theme: Be happy, peaceful, and serene. On this video you can see and feel the power that emanates from the deep experience of a man who truly lives his teaching.

**HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama**, 60 min. #HETIV \$29.95

*Heart of Tibet* is a very candid view of His Holiness during his 1989 visit in Los Angeles to give the Kalachakra Initiation. Starting his day with 4 AM meditation, he conducts press interviews, complex Kalachakra rituals and touches the hearts of everyone he encounters.

**LADAKH: In Harmony with the Spirit**, by Clemens Kuby. 86 min. #LAV \$29.95

Nestled high in the Himalayas, Ladakh has been isolated from most of the pressures and politics of the modern world. Life in Ladakh today gives an immediate impression of what daily life in neighboring Tibet was like before the wholesale disruption of its cultural and religious life by the Chinese government. The ancient rhythms of Ladakhi life unfold in a landscape of sun and shadow, brilliant blue skies, towering mountains and deep, dark valleys, and the play of deities and demons.

**LIFE IN RELATION TO DEATH**, by Lama Chagdud Tulku Rinpoche. 2 hrs. #LIREDV \$45

Death is life's most overwhelming event. How we meet it—terrified & helpless, or with confidence and spiritual mastery—is within our power. Rinpoche's insights into the psychology and physiology of dying and the transition of death are a valuable aid for understanding ourselves and becoming more effective when working with others. Rinpoche's English is respoken by Tsering Everest.

**THE LION'S ROAR**, 50 minutes, #LIROVI \$49.95

This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

**LIVING UP TO DEATH**, by Sogyal Rinpoche. 90 min. #LIDEV \$29.95

In this evening talk Rinpoche gives a comprehensive introduction to spiritual care for living and dying. He shows us how we can find the true meaning of life through understanding death and impermanence and explores the innermost essential nature of mind, pointing out how it is revealed through meditation practice. He also gives practical advice on caring for the dying.

**LORD OF THE DANCE, DESTROYER OF ILLUSION**, dir. by Richard Kohn. 113 min. #LODA \$49.95

The Lord of the Dance is Garwang Tojay Chenpo, a form of Chenrezi, and the Mani Rimdu is the major religious festival of the Everest region. During three weeks of ancient and secret ceremonies, the monks of Thubten Choling and Chiwong become Lord of the Dance, and with the compassion and the power of gods, undertake heroic tasks. This is a deep meditative experience to watch.

**MAHAMUDRA**, by Kalu Rinpoche. #MAHA \$33

As the highest goal and practice of the Kagyu tradition, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or Primordial Mind. In 1986, the Venerable Kalu Rinpoche gave this lecture in San Francisco. He describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness.

**MANDALA: World of the Mystic Circle**, produced by Martin McGee & Cathy Steffan. 50 min. #MAWOMY \$29.95

This documentary follows the creation and ritual dismantling of the sacred Kalachakra sand mandala by four Tibetan monks during August, 1991, in the Buffalo Museum of Art. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks and others. Numerous examples of mandalas from nature and other cultures are depicted and described.

This is a definitive presentation of this intriguing subject.

**NEW!**

**MEDITATION: Bringing the Mind Home**, by Sogyal Rinpoche. 90 min. #MEBRMI \$24.95

Sogyal Rinpoche introduces the practice of meditation and essentializes the entire practice in one phrase: "being spacious". Through vivid and compelling examples and stories, Rinpoche conveys a feeling and a personal experience of the practice.

**THE MEANING OF TIBETAN BUDDHIST CHANTING**, by Thubten Pende. 27 min. #MECHVI \$24.95

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.

**NICHOLAS ROERICH: MESSENGER OF BEAUTY**, 43 minutes. #ROMEBE \$24.95

Introduces the ennobling example of Roerich's life, through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that—beautiful.

**OCEAN OF WISDOM: Life and Teachings of H.H. the Fourteenth Dalai Lama**. 35 min. #OCWIVI \$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.

## THE DALAI LAMA OF TIBET OVERCOMING DIFFERENCES



**OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama**, by Trueheart Productions. 90 min. #OVDIVI \$29.95

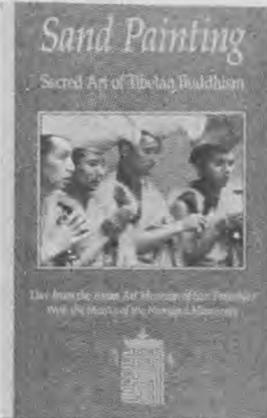
On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed many important issues based on the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in or-

der to achieve happiness and as well as to survive.

**ON SALE!**

**REQUIEM FOR A FAITH**, by Houston Smith. 28 minutes. #REFAVI \$89, now \$40

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.

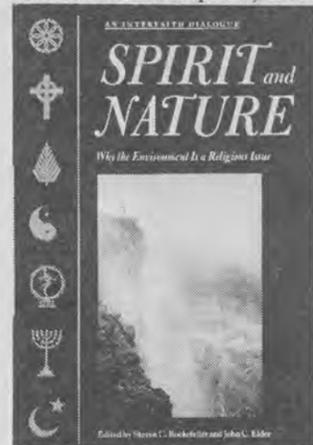


**SAND PAINTING: Sacred Art of Tibetan Buddhism**, 30 min. #SAPAVI \$34.95

This video was made during the 1991 Asian Art Museum exhibit of Tibetan art. Monks of the Namgyal Monastery, led by Lobsang Samten, created the Kalachakra mandala. This program explores the meaning of the symbols within the mandala with its five levels and hundreds of deities.

**THE XVII KARMAPA'S RETURN TO TSURPHU**, by Tsurphu Foundation. 100 min. #KARV \$39.95

The reincarnation of the 16th Karmapa was recently discovered in Tibet, where many wondrous signs appeared at his birth. The seven year old Karmapa, destined to be one of the greatest living masters of our time, arrived in triumphal celebration at his original seat at Tsurphu Monastery and was enthroned on Sept. 27, 1992.



**SPIRIT AND NATURE**, Bill Moyers. 1 1/2 hrs. #SPNAVI \$29.95

Moyers examines religious and ethical beliefs as they pertain to the environment. He interviews the Dalai Lama, Audrey Shenandoah and other spiritual teachers. This program was broadcast on PBS June, 1991.

**TIBET: The Survival of the Spirit**, by Clemens Kuby. 92 min. #TISUSP \$29.95

Recently shot on location in Tibet without Chinese censorship (the director was arrested three times while making it), this film is a compelling portrayal of conditions in occupied Tibet today and the confrontation between two opposite worlds. Includes the rebuilding Tsurphu Monastery startling footage of the Jokhang Temple being stormed by Chinese police where monks were beaten to death. A document of the Tibetans' unbreakable will to survive.

## ADVENTURE & TRAVEL

**INSIGHT GUIDES TO NORTHERN INDIA & NEPAL!**

We are pleased to offer you these well-written and very well-illustrated guidebooks to India and Nepal. The writers and photographers are indigenous and are thus able to present the inside view of their particular places. Generously illustrated with hundreds of photos, art and maps, these books are very inviting to explore. We weren't sure whether to list them under travel on photography!

"I've discovered and enjoyed the entire Insight Guide Series. Each volume deals with a country or city in sensitive depth, which is nowhere more evident than in the superb photography."—Sir Edmund Hillary

**Delhi-Jaipur-Agra: India's Golden Triangle**, ed. by Manjulika Dubey, photos by David Beatty and Shalini Saran. 292 pp., many photos, #DEL \$19.95

The "Golden Triangle" is the quintessential Indian experience—from Delhi, the capital city with its overlays of monuments and modern buildings to the Jaipur of the Maharajas, and the Agra of the legendary Mughals. This guide explores the entire region of the Golden Triangle.

**India**, by Jay Itzkowitz, Samuel Israel, Bikram Grewal, Toby Sinclair and Lisa Choegyal. 361 pp., many photos, #IN \$19.95

A superbly qualified team of talented Indian and foreign writers and photographers have contributed to this book, providing a uniquely indigenous perspective. This guide captures the complex unity of this most diverse and beautiful land.

**India's Western Himalaya**, by Manjulika Dubey and Toby Sinclair, photos by R.K. Gaur, Toby Sinclair, Joanna van Gruisen. 352 pp., many photos, #INWEHI \$19.95

This guide explores Jammu & Kashmir and Himachal Pradesh—a pristine world of cool, forested hills and high, cold deserts towering peaks and rushing rivers. Scattered across this terrain is a diversity of peoples, from the rugged Hindu villagers of the Lesser Himalaya to the shepherd tribal communities, and from the hardy Buddhist folk of the wind-swept rainshadow to the sophisticated Muslims of the lush Srinagar Valley.

**Nepal**, by Lisa Choegyal and others. 369 pp., many photos, #NE \$19.95

This profoundly spiritual land stretches from the pinnacle of Mount Everest to the Terai lowlands, encompassing a unique cross-section of human cultures and natural habitats. *Nepal* has been designed to assist climbers, art-lovers and armchair travelers alike. As with other volumes in this series, the writers and photographers are citizens and residents. In these pages, the heart and soul of Nepal is revealed as never before.

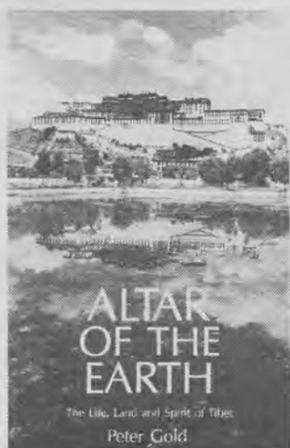
**SPECIAL OFFER!**

**ALTAR OF THE EARTH**, by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95, NOW \$11.95!

*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.

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.

## ADVENTURE &amp; TRAVEL



"...humorous and insightful, as well as poetic... a readable introduction to Tibetan civilization."—*Tibet Journal*

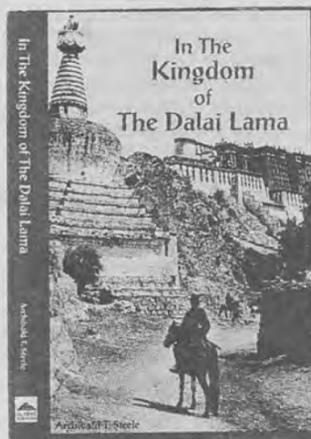
**THE ASCENT**, by Jeff Long. 284 pp. #AS \$20 cloth

"The Ascent is an astonishing novel, a darkly brilliant tale hunted by the ominous yet charged with hope and beauty, by embedding the climb of a new route on Everest within the larger story of the cultural tragedy of Tibet, Jeff Long weds suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.

**HIMALAYAN PASSAGE: Seven Months in the High Country of Tibet, Nepal, China, India, and Pakistan**, by Jeremy Schmidt, photos by Patrick Morrow. 302 pp., 49 color photos, 7 maps. #HIPA \$16.95

This story of two couples' travels through the Himalaya by bike, foot, truck—any means necessary—has been praised by critics across the country. Their journey revealed all that is exotic and mundane, funny and tragic, beautiful and brutal about the mysterious, turbulent Himalaya.

NEW!



**IN THE KINGDOM OF THE DALAI LAMA**, by Archibald Steele. 159 pp. #INKIDA \$13.95 This is both the exciting story of a great adventurer and a historical account of the dramatic changes that happened in Tibet in the late 40's and early 50's. Archibald Steele's first hand knowledge of Tibetan life and the political struggle make this a very interesting and readable story.

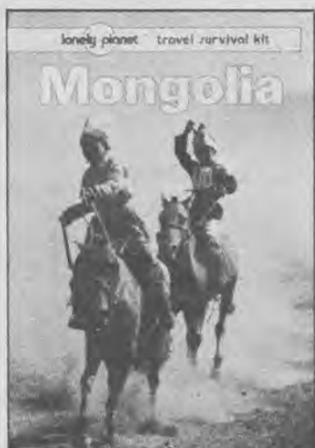
NEW FIFTH EDITION!

**INDIA: A Travel Survival Kit**, by Crowther, Raj and Wheeler. 1100 pp., color photos #INTRSU \$24.95

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. 236 pp. #JOLA \$10.95

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.

**MAGIC AND MYSTERY IN TIBET**, Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$6.95

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

**MONGOLIA**, by Robert Storey. 232 pp., 16 pp. color #MON \$13.95

This is the first travel guide to focus exclusively on Mongolia—that exotic, adventurous destination. Comprehensive, reliable travel data on how to get there, where to stay and eat and what to do is provided for the bustling capital, Ulaan Bataar and the arid Gobi desert and many other places.

NEW!



**MY JOURNEY TO LHASA**, by Alexandra David-Neel. 384 pp., 44 photos, #JOLH \$14

"This new edition with its tale of adventure and vivid portrayal of Tibet, will surely delight a whole new generation of readers."—The Dalai Lama

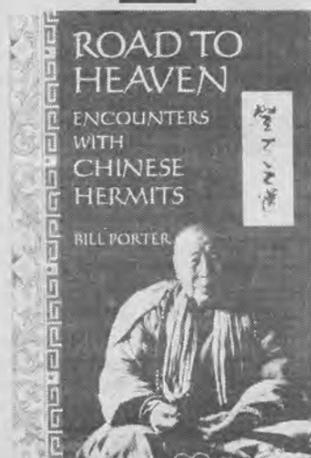
Originally published in 1927, *My Journey to Lhasa* involves us intensely in a world that no longer exists—that of free Tibet. Alexandra David-Neel's descriptions of the landscape are fervent and her understanding of the Tibetans is admirably unsentimental. Her Tibet is not at all the philosophers' kingdom of "Lost Horizon"; it is a fierce, filthy, frequently dangerous place, where she had to exercise the utmost ingenuity to survive.

**THE OUTER PATH: Finding My Way in Tibet**, by Jim Reynolds. 184 pp., photos, #OUPA \$10.95

This is the remarkable story of Jim Reynolds' 3500 mile journey across Tibet. Beginning in China, he went to Lhasa and Mt. Kailas and then across the mountains to Kathmandu by foot, bike and thumb.

He was among the last Westerners to leave Tibet after China closed the borders to independent tourists in 1987. During his trip he decided to become a Buddhist monk and now resides in Thailand.

NEW!



**ROAD TO HEAVEN: Encounters with Chinese Hermits**, by Bill Porter. 220 pp., b&w photos, #ROHE \$14

This is a brilliant essay on the traditions of Chinese hermits who continued their Buddhist and Taoist practices through the years of Chinese oppression. Many hermits were encountered and their stories recorded.



**SACRED MOUNTAINS OF THE WORLD**, by Edwin Bernbaum. 320 pp., 121 color photos, #SAMOWO \$25

*Sacred Mountains* investigates the myths, practices, and beliefs surrounding these legendary landscapes, revealing the symbolism of sacred mountains in religion, literature and the arts as well as the spiritual dimensions of modern-day mountaineering and the relevance of mountains in our everyday lives.

"In a book that is as informative as it is beautiful, Edwin Bernbaum tells the spellbinding stories of the world's most venerated peaks... He delves into the mysteries to impart the secrets of the summits."—*San Francisco Examiner*.

**SANCTUARIES: The West Coast and Southwest**, by Marcia and Jack Kelly. 220 pp. #SAW \$15 Over 200 religious and nonsectarian retreat centers, lodgings and monasteries are described in this guide. "Sanctuaries is a clear and pragmatic guide to many of these wonderful places of stillness."—Joseph Goldstein

**SANCTUARIES: A Guide to Lodgings in Monasteries, Abbeys, and Retreats of the Northeast United States**, by Jack and Marcia Kelly. 241 pp., line drawings, #SA \$13

More than 300 places both religious (mostly Christian, Buddhist, Hindu) and nonsectarian, where it is possible to find refuge, peace, and spiritual refreshment. "Sanctuaries" is good news indeed for the contemplative within each one of us."—Joanna Macy

**SEVEN YEARS IN TIBET**, by Heinrich Harrer. #SEYETI \$9.95

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. 328 pp. #SH \$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: Travel Survival Kit**, by Robert Strauss. 232 pp., Over 100 illus., maps and color photos. #TITRSU \$13.95

This is a new edition (and much improved) of the Lonely Planet travel guide to Tibet. Since Tibet opened to tourism in 1984, official policy has changed frequently. This practical guide helps with the uncertainties of travel in Tibet. It contains comprehensive background on the history, politics, culture, Buddhism and the Dalai Lama in addition to details on travel.

SPECIAL OFFER!

**TIBETAN PILGRIMAGE**, by Peter Gold. 175 pp., color photos, #TIPI \$14.95, NOW 11.95!

Travel not only stirs the blood, it also gives birth to the spirit. Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.

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

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

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

"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

"Stands out as one of the few first-hand accounts of what Tibetan culture and religion were like when they were still intact in their homeland. It holds a singular place as the personal travel account of a master scholar of Tibetan civilization."—*The Pacific World*

*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.

Replete with photos and illustrations, it is both a literary and a visual splendor.

"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*

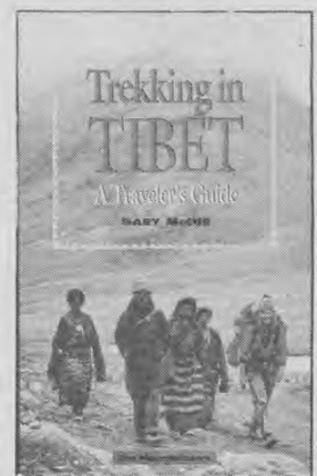
"...provides excellent reading for anyone contemplating a visit to Central Tibet. It helps travelers to put what they see in a historical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.

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

**TREKKING IN TIBET: A Traveler's Guide**, by Gary McCue. 350 pp., 65 photos, 12 maps, #TRTI \$16.95

Trekkers can use this up-to-date guide to hike among nomadic herders near Lhasa, to traverse the landscape of alpine lakes and mountain passes between the historic monasteries of Ganden and Samye, to walk the fertile Nyang Chhu Valley's old caravan routes near Shigatse, or spend weeks under Mt. Everest's or Mt. Kailas' famous peaks. This is a cultural guide as well as including necessary information to plan a successful trek. We recommend it.



## MAPS

## NEPAL HIKING MAPS

Helambu-Langtang #MANEHE \$11.95

Kathmandu Valley #MANEKA \$11.95

Khumbu Himal #MANEKH \$11.95

## OTHER MAPS

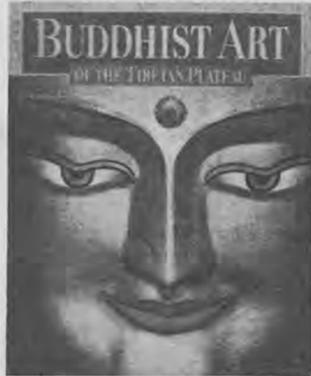
North India #MANOIN \$7.95

Nepal #MANE \$7.95

South-Central Tibet #MASOCE \$8.95

**ART OF TIBET**, by Pratapaditya Pal. 343 pp., large format 277 illustrations including 56 full color. #ARTIC \$60 cloth.

The Tibetan art collection of the LA County Museum of Art is one of the most significant and comprehensive. Tibetan painting, sculpture and ritual objects are presented with expert descriptions of iconography. Remarkable for its clarity and breadth, this book is well worth its price.



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

**CRAFTS OF KASHMIR, JAMMU & LADAKH**, by Jaya Jaitly & Kamal Sahai. 228 pp., 170 full-color photos, 10 x 10" #CRKAJA \$55 cloth

*Crafts* introduces us to the almost unbelievable creativity of this region's people. In this sophisticated and splendidly illustrated book, scholars and artists with an intimate knowledge of the area write about the lives of Buddhist, Hindu and Muslim craftspeople, their methods of production and the historical context of their designs.

**LOST LHASA: Heinrich Harrer's Tibet**, by Heinrich Harrer. 224 pp., 200 photographs, 9 x 11" #LOLH \$39.95

This visual sequel to the author's great *Seven Years in Tibet*, *Lost Lhasa* is Heinrich Harrer's intimate and highly personal photographic portrayal of a vanished way of life. The astonishing photos, together with Harrer's shining commentary, capture the "forbidden city" in ceremonies, at home with families, at work, and at play. *Lost Lhasa* shows us the Tibet of our dreams. Heinrich Harrer escaped from a British internment camp in India at the outset of WWII and traveled for two years across Tibet to Lhasa where he befriended the young Dalai Lama and lived as a prominent citizen until the Chinese invasion in 1950.



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

**NOMADS OF WESTERN TIBET: The Survival of a Way of Life**. 192 pp., 190 color photos, #NOWETI \$20

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.

**A PORTRAIT OF LOST TIBET**, by Rosemary Jones Tung, Photographs by Ilya Tolstoy [Brooke Dolan. 224 pp. #POLOTI \$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*

**THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas**, by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2"; #SAMOTI \$24.95 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 Gyaltsen Karmay. 10 x 14 1/2"; 260 pp., 104 color illus. #SEVI \$190.

This beautifully painted tantric manuscript recounts the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyatso (1617-82). 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 been available for study.

The Gold Manuscript reveals another aspect of the life of this

great leader: an inner world of profound mysticism, magical powers and often disturbing theophanic visions. It is a manual of ritual practice and ritual paraphernalia.

**TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the Tibetan Plateau**, by Diana Myers. 111 pp., large format, 83 b&w and color photos #TEHOHO \$27.50

Tibetan rugs are significant not only for their rarity but also for the unique role they performed as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color. This book contains rugs from the first major exhibition devoted exclusively to Tibetan rugs which took place at the Textile Museum in Wash., D.C.

NEW!



**TIBET: Reflections from the Wheel of Life**, by Thomas Kelly, Carroll Dunham, Ian Baker; foreword by H.H. the Dalai Lama. 204 pages, oversize, 200 color photos, #TIREWH \$49.95

The authors take us through the Tibetan wheel of life, from birth to old age and death. Nomads, monasteries, tulks, pilgrims and always beautiful landscape—*Tibet* portrays the many faces of an earthy yet devout people steeped in a rich heritage. This is an excellent coffee-table/gift book!

**TIBET**, by Pietro F. Mele; intro. by Michael C. van Walt van Praag. 9 1/2 x 9 1/2"; B&W Photos, #TIM \$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.

**TIBET IN EXILE**, photos by Raghu Rai, text by Jane Perkins, intro. by H.H. the Dalai Lama. 160 pp., 100 full-color and 20 b&w photos very large format, #TIEX \$39.95 (see History & Politics)



**TIBET: Land of Mystery**, ed. by Sun Jie. 160 pp., full color, 11 x 13"; #TILAMY \$60 cloth

This is a photographic knockout. Many large and double page photographs that are rich and dramatic—these photos are remarkable in their portrayal of Tibet. The book is published in Beijing and has an introduction that is supposed to tell history the way the Chinese government would like it to be. We will include a short historical summary with the book to give you the point of view of a western international lawyer. The differences are very educational.

**TIBETAN BUDDHIST ALTAR**, by Valrae Reynolds. 32 pp., 8 1/2 x 11, 36 photos, most in color, #TIBUAL \$8

This unusual museum catalog is a vivid record of the construction, decoration and consecration (by the Dalai Lama) of the new Tibetan Altar at The Newark Museum. The elaborate shrine was traditionally constructed and contains the requisite items for Tibetan Buddhist practice. The contents of the altar are extensively described and explained.

**TIBETAN COLLECTION: Sculpture and Painting**, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATIC33 \$20

Based on the excellent art collection at the Newark Museum, it contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangka, including painted, appliqued and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."

AVAILABLE NOW!



**THE WHEEL OF TIME SAND MANDALA**, by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$40 Fall

A beautifully illustrated introduction to the dazzling art and spirituality of the Kalachakra sand mandala, brought to the US by the monks of Namgyal Monastery.

**WHITE LOTUS: An Introduction to Tibetan Culture**, ed. by Carole Elchert. 240 pp., 38 color

**TIBET**  
LAND OF MYSTERY

and 70 black & white illus. #WHLO \$19.95 (see Religion section)

ALSO IN PAPER!



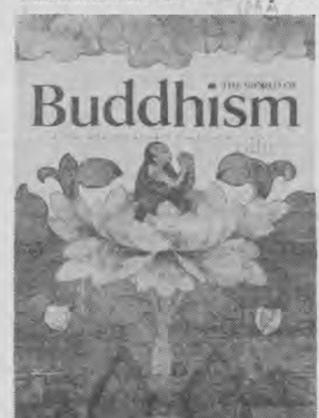
**WISDOM AND COMPASSION: The Sacred Art of Tibet**, by Marilyn Rhee & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12"; #WICO \$65 cloth, #WICOP \$40 paperback

This landmark volume illustrates, explains, and celebrates 160 of the finest and most beautiful examples of Tibetan sacred art. Drawn from museums and private collections around the world, almost half of the pieces have never been published before, and nearly all are reproduced here for the first time in color.

The text offers unprecedented insights into the religious meaning and use, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas pictured. The art spans 1000 years from the 9th through the 19th century. This is the most comprehensive exhibition of Tibetan art ever seen in the West. It is opening at the IBM Gallery in New York in October.

**THE WORLD OF BUDDHISM**, ed. by Heinz Bechert & Richard Gombrich. 308 pp., 8 1/2 x 11", 297 illus., 82 in color, #WOBU \$29.95

The result of years of painstaking and imaginative research and preparation, this volume presents in a vivid and authoritative manner the whole of Buddhism's influence on Asiatic civilization. Richly illustrated, this remarkable survey presents Buddhist doctrine and traces the development of Buddhism over the last 2500 years.



## BOOKS FROM OTHER TRADITIONS

### THREE GREAT BOOKS ON NATIVE AMERICANS!

NEW!



**BECOMING BRAVE: The Path to Native American Manhood**, ed. by Laine Thom. 120 pp., oversize, many illustrations in color, #BEBR \$18.95

Pictured here are magnificent examples of war shirts, tomahawks, peace pipes, spears, drums, and headdresses that were part of daily life for Native American men. Functional as well as beautiful, these objects are unsurpassed in design and craftsmanship. Four vivid, first-person accounts of Indian life—the buffalo hunt, and battles with other tribes and with US soldiers—accompany historical photos of the people.

NEW!



**DANCING COLORS: Paths of Native American Women**, ed. by C.J. Brafford & Laine Thom. 120 pp., oversize, many illustrations in color, #DACO \$18.95

Some of the very best examples of Native American jewelry, dresses, moccasins, blankets, tipis and household tools that we have seen are contained in this book. Intertwined with this inspiring craftsmanship are four intriguing stories illustrating the variety of women's roles in Native American life. The stories, photographs, and excellent commentary blend into a beautiful and informative book about the harmony of life and art in Native American culture.

NEW!

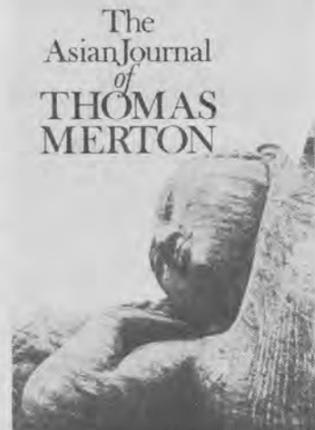


**THE SPIRIT OF NATIVE AMERICA: Beauty and Mysticism in American Indian Art**, by Anna Lee Walters. 120 pp., oversize, many color illustrations, #SPNAAM \$18.95

Nearly 250 pieces from the magnificent David T. Vernon collection (Wyoming Colter Bay Museum) are reproduced here. Anna Walters's authoritative text removes these beautiful and mysterious objects from the usual category of museum relics and places them in their proper tribal perspective. This beautiful and intriguing book shows how spirituality and practicality are united in Native American culture and pro-

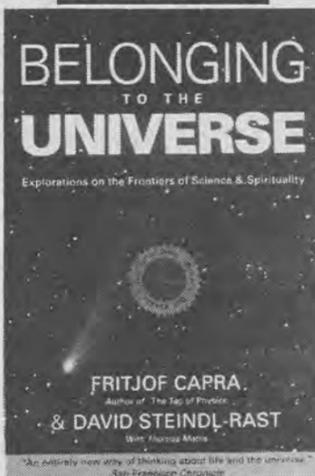
vides new insights into the people who created it.

**ANSWERS**, by Mother Meera. 120 pp., photos, #AN \$9.95  
A radically direct path to the Divine, a path that uses the transformative power of Divine Light itself, is presented here by Mother Meera, one of several incarnations of the Divine Mother alive today. Working harmonically with any other way to the Divine, this path is one in which the Light itself works to effect the transformation and to change us, gently and protectively, from within. Mother Meera is the teacher described in the best-selling *Hidden Journey* by Andrew Harvey.



**THE ASIAN JOURNAL OF THOMAS MERTON**. 445 pp., many photos #ASJOTH \$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*

NOW AVAILABLE!



**BELONGING TO THE UNIVERSE: Explorations on the Frontiers of Science & Spirituality**, by Fritjof Capra & David Steindl-Rast. 217 pp. #BEUN \$10  
This is a shining example of the new paradigm thinking—an entertaining, thought-provoking book filled with conversations, quotations, and colorful stories that make science and theology come alive. If the paradigm shift that Capra and Steindl-Rast describe comes to pass, we can look forward to the profound shift in human consciousness that must inevitably follow.

"With the excitement of seekers after a greater truth, they probe the process of life and the spirit to find the striking interconnectedness of all reality. I recommend this book for both the beginner and the advanced in the fields of theology and science."—Matthew Fox

**CENTERING PRAYER: Renewing an Ancient Christian Prayer Form**, by M. B. Pennington, O.C.S.O. 254 pp. #CEPR \$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.

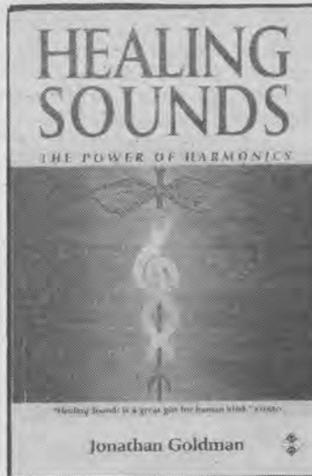


**DAUGHTER OF FIRE: A Diary of a Spiritual Training with a Sufi Master**, by Irina Tweedie. 822 pp. #DAFI \$19.95

Little did Irina Tweedie know that her trip to India in 1959, at the age of fifty-two, would mysteriously lead her to a Sufi master, and set her upon a journey to the "heart of hearts," the Sufi path of realization. Bhai Sahib's first request of her was to keep a complete diary of her spiritual training—everything, all the difficult parts, even all the doubts. He predicted that one day it would become a book and would benefit people around the world. This diary spans five years, making up an amazing record of spiritual transformation—the agonies, the resistance, the long and frightening bouts with the purifying fires of Kundalini, the perseverance, the movements towards surrender, the longing, and finally the all-consuming love.

**DICTIONARY OF WORLD RELIGIONS**, ed. Keith Crim. 830 pp., many illustrations #DIWORE \$26

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. Traces 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!



**HEALING SOUNDS: The Power of Harmonics**, by Jonathan Goldman. 170 pp. #HESO \$14.95  
*Healing Sounds* explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone

chanting of the Tibetan monks and relates sounds to the energy centers of the body. Along with instructions on how to produce and use these vocal harmonics. You will find information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.

**HIDDEN JOURNEY: A Spiritual Awakening**, by Andrew Harvey. 256 pp. #HIJO \$10

From the author of *Journey in Ladakh*, in the tradition of the great classics on the subject, comes a long-awaited account of a spiritual transformation by one of the most gifted and respected young writers. *Hidden Journey* is Andrew's story of personal mystical transformation in the hands of skillful and very powerful teachers.

"There is no other account of such a journey and such a vision. It is the extraordinary coming close to the divine, actually spoken about and offered to our thoughts."—Iris Murdoch

"Harvey directly and convincingly describes his visions and spiritual experiences, which are in the tradition of Eastern mystics such as Aurobindo and Western mystics such as Juliana of Norwich and John of the Cross."—*Publishers Weekly*

**LOOKING INTO MIND**, by Anthony Damiani. 282 pp. #LOMI \$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 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. 118 pp. #LOFI \$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*.

BACK!

**MYSTICAL PASSION**, by William McNamara. 124 pp. #MYPA \$9.95

Authentic passion has its roots in the passion for the Divine. William McNamara, a perceptive and ardent Carmelite monk, explores a spirituality of love which becomes progressively conscious of a human growth that is as thoroughly erotic and sexual as it



is spiritual. He shows the way to integrate passion into the path.

**PLOTINUS: The Enneads**, by Stephen MacKenna. 768 pp. #PL \$65 cloth

"For the rapture of its wild genius, MacKenna's Plotinus has been for nearly forty years the most instructive and inspiring single volume in my library. It is a source of the deepest ideas the mind can think; it is also a bible of beauty."—James Hillman

"This truly great book is the source of much that is most precious in the whole Western spiritual tradition—whether one's interest is scholarly or whether one is seeking support for one's own spiritual search. Plotinus is a towering figure."—Jacob Needleman

**STANDING IN YOUR OWN WAY: Talks on the Nature of Ego**, by Anthony Damiani. 272 pp. #STWA \$15.95

"Anthony Damiani is a truly great man... one of my closest spiritual brothers."—The Dalai Lama

What is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why is it there? When do we have it, and when does it have us? And how will our lives be better if we know?

This in-depth, down-to-earth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment of them to date. Readers will see the ego's appropriate role in human fulfillment, and will understand why life's shattering blows are sometimes moments of Grace.

**THE SUFI PATH OF KNOWLEDGE: Ibn al-'Arabi's Metaphysics of Imagination**, William Chittick. 478 pp., oversize #SUPAKN \$24.50

"For the first time in the history of Orientalism, a thorough study of Ibn al-'Arabi's thought is now available. This book will remain a most important milestone in the study of Islamic mystical theology."—Annemarie Schimmel

**THE SUFI PATH OF LOVE: The Spiritual Teachings of Rumi**, by William Chittick. 431 pp. #SUPALO \$14.95

This is a most impressive work on Rumi which presents in Rumi's own words the basic Sufi and Islamic doctrines concerning God and the world, the role of man in the cosmos, man's ultimate becoming, the states and stations of the mystical ascent to God. The author has masterfully arranged Rumi's teachings and poetry by topic so that the book presents Rumi's own views.

**THE SYMBOLIC QUEST**, Edward Whitmont. 336 pp. #SYQU \$12.95

"The reader will get what has not been available before, a clear statement of the Jungian position, that life has a pattern of wholeness which can only be comprehended symbolically at this moment in time."—*The Los Angeles Times*.

One of the most practical, straightforward explanations of both the way the psyche functions and the archetypes that are the energetic centers of symbolic life. A manual for anyone wishing a deep understanding of the forces that move us.

**THE WHIRLING DERVISHES**, by Shems Friedlander. 160 pp., large format, 90 photos & illus., #WHDE \$16.95

This is the story of the Sufi order known as the Mevlevi and its founder the poet and mystic Mevlana Jalalu'ddin Rumi. These Sufis repeat the name of God as they turn—emptying their hearts of all but the thought of God and whirling in the ecstatic movements of His breath.

## BOOKS BY THE DALAI LAMA



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

## Featured:

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

## BACK IN PRINT!



**THE BUDDHISM OF TIBET**, by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

"The book will give the beginner an excellent foundation in Tibetan Buddhism."—*The Tibet Journal*

*The Buddhism of Tibet* consists of four texts that the Dalai Lama specially wrote or chose for Western readers:

*The Buddhism of Tibet* by the Dalai Lama is a concise introduction to the principle topics and central practices of Buddhism. *The Key to the Middle Way* by the Dalai Lama is an acute and precise presentation of the nature of emptiness. *The Precious Garland* by Nagarjuna. A description of the Bodhisattva path of compassion and a clear, concise analysis of the Buddha's teaching on emptiness. *The Song of the Four Mindfulnesses* by the 7th Dalai Lama. This short poem, accompanied by a commentary by the present Dalai Lama, contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

## BACK IN PRINT!

**THE DALAI LAMA AT HARVARD: Lectures on the Buddhist**



**Path to Peace**, by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95

"The best teachings from the East are the ones given by the Dalai Lama"—Joseph Campbell

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 Dalai Lama's awesome intellect, power of exposition, and practical, compassionate implementation pervade 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.



**THE DALAI LAMA: A POLICY OF KINDNESS**, compiled & edited by Sidney Piburn. 152 pp., #POKI \$6.95

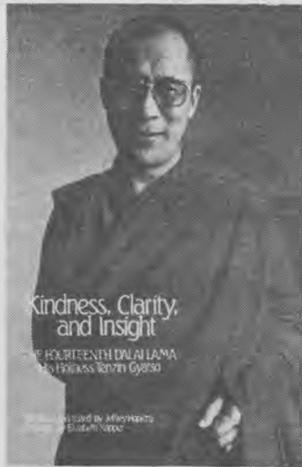
"This small book is a comprehensive and engaging introduction to this great man... This is an excellent anthology."—*Karuna*

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

"Until now there has never been one book that contains the essential elements of thought embodied within this ancient way of life. The Dalai Lama's policy of kindness is not only a personal philosophy, it is the essence of his non-violent solution to the social, political and environmental problems of today's world."—*The Quest Reader*

"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 ac-



**claim of millions around the world.** Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee. **BOOK OF THE MONTH CLUB SELECTION**

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

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

**KINDNESS, CLARITY, AND INSIGHT**, by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95

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 hu-



man 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*

**PATH TO BLISS**, by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #PABL \$14.95

"*Path to Bliss* sets a new standard for accessibility and sheer pleasure of reading for translations from Tibetan. The language here is clear and congenial."—Daniel Goleman, *Parabola Magazine*

These teachings present a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. The approach is simple yet profound. It does not presuppose any prior experience on the part of the beginner, while providing rich material for the more advanced practitioner. Beginning with practices that develop an effective mental outlook in one's life, this book guides the student to more advanced techniques for developing the mind's deepest potentials and happiness.

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



**TO THE LION THRONE**, by Whitney Stewart. 60 pp., large format #LITH \$8.95

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

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

"The author has perfectly captured the sense of wonder and childlike enthusiasm of the young monk's personality, while telling the larger story of Tibetan culture."—*The Quest Reader*

## COMMENTARY ON SHANTIDEVA!



TRANSCENDENT WISDOM  
A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva Way of Life

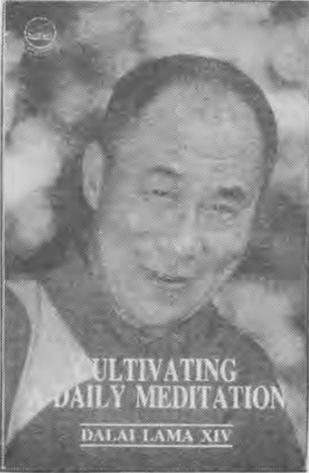
H.H. the Dalai Lama  
Trans. Ed. & Annotated by B. Alan Wallace

**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. 146 pp., #TRWI \$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.

# THE DALAI LAMA



"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.** 191 pp. #UNBLEM \$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:**

**CULTIVATING A DAILY MEDITATION, by the Dalai Lama.** 137 pp., #CUDAME \$7.95 The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara. He shows how to develop the expansive view and a compassionate heart. Insightful questions and answers follow each chapter.

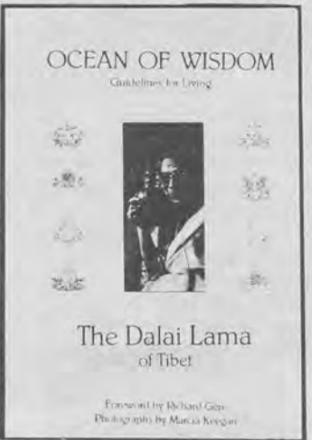
**FREEDOM IN EXILE: The Autobiography of the Dalai Lama.** 256 pp., 16 black & white photos, #FREX \$10.95

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.

**THE MEANING OF LIFE (From A Buddhist Perspective), by the Dalai Lama, trans. by Jeffrey Hopkins.** 120 pp., color photos, #MELI \$12.50

In this teaching on the twelve links of dependent-arising, His Holiness presents the basic world view of Buddhism and how humans can make life meaningful.

**MY LAND AND MY PEOPLE, by the Dalai Lama.** 271 pp. #LAPE \$8.95



This is the famous autobiography translated from the Dalai Lama's original Tibetan manuscript.

**OCEAN OF WISDOM: Guidelines for Living, text by Dalai Lama, photos by Marcia Keegan.** 112 pp. 19 color photos. #OSWIP \$8.95

The Dalai Lama's message is interwoven with many photos of him.

**OPENING THE EYE OF NEW AWARENESS, by H.H. the Dalai Lama, trans. by Donald S. Lopez, Jr. with Jeffrey Hopkins.** 144 pp. #OPEY \$12.95

A succinct yet thorough presentation of the doctrines of Tibetan Buddhism written by the Dalai Lama for those who do not have the leisure to study the great texts. It is a good survey of the theory and practice of Buddhism.

**WORDS OF TRUTH: A Prayer for Peace in Tibet and Compassion in the World, by H.H. the Dalai Lama.** 18 pp. #WOTR \$2 Words of Truth was composed by His Holiness during the autumn of 1960, a year and a half after he was forced into exile in India. It is one of the most important prayers for Tibetans today. It is recited each morning with their daily prayers and sung on special occasions. It is dedicated to restoring peace, the Buddhist teachings, and the culture and self-determination of the Tibetan people in their homeland. It is also an invocation of compassion towards all suffering beings.

**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.

#COPOKI Wallet-size photo from the cover of Policy of Kindness. It is laminated on both sides. \$1 #DALAPP The Dalai Lama plus long life prayer in Tibetan and English on the reverse side. Laminated, 2 1/2 x 3 1/2" \$2.50 #DALMAR The Dalai Lama in Arizona, 8 x 10" \$15 This is a lovely closeup photo of His Holiness standing next to Arizona cactus.

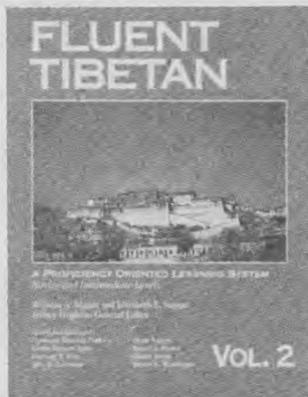
**THE CLASSICAL TIBETAN LANGUAGE, by Stephan Beyer.** 503 pp., #CLTILA \$18.95

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language that treats the classical language on its own terms rather than by means of descriptive categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with a wide variety of linguistic phenomena as they are actually encountered in the classical texts.

**ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein.** 486 pp., #ENTIDI \$60 cloth

The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. It is essential for everyone who wants to write or speak modern Tibetan. With its 16,000 main entries and 29,000 subentries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

**NEW!**



**FLUENT TIBETAN: A Proficiency-Oriented Learning System Novice and Intermediate Levels, by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Thondup Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger.** 1010 page, 3-vol. text, 8 1/2 x 11," 18 cassettes (26 hours), #FLTI \$250

The most systematic and extensive course system available in spoken Tibetan language, Fluent Tibetan was developed by a team of language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

Fluent Tibetan is based upon the courses developed by the U.S. State Department's Foreign Service Institute (FSI) specifically for diplomats needing to learn a language quickly. The FSI model used for this course is unsurpassed in its proven effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling them to learn increasingly complex structures quickly, and in this way promotes rapid progress in speaking the Tibetan language. Fluent Tibetan is the best course available anywhere for learning Tibetan on your own.

The Fluent Tibetan package consists of a textbook and a set of tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. Beginning

# LANGUAGE

with unit four, vocabulary and grammatical patterns are introduced in the form of situational dialogues. Each dialogue is followed by extensive drills which repeat the vocabulary and grammatical patterns in different contexts. In this way the student learns not merely to mimic the phrases but to use the language creatively.

All the voices in the dialogues and drills are those of indigenous Tibetan speakers and the material is given by both male and female voices alternately. The Tibetan voices on the tape are exceptionally clear. The end-of-text glossary is both Tibetan-English and English-Tibetan.

The material covered in Fluent Tibetan roughly corresponds to what is covered in two semesters of college-level language study. Having completed this text, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.

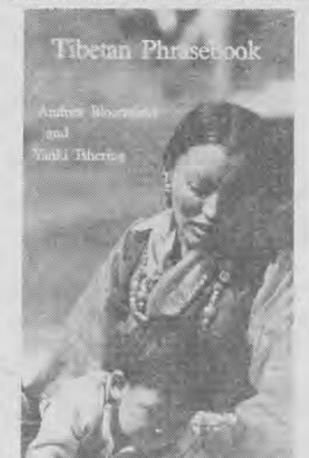
**NEPALI FOR TREKKERS, by Stephen Bezruchka.** 58 pp. plus 90-minute cassette. #NETR \$16.95

This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases are spoken by a native Nepali. This is a good package for visitors to Nepal.

**TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin.** 479 pp. #TIEDDI \$40 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.** #COTIEN \$20

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



**TIBETAN PHRASEBOOK, by Andrew Bloomfield & Yanki Tshering.** 152 pp. #TIPH \$6.95, Two 90 min. cassette tapes #TIPHT \$12.95

Whether you are looking for a room, visiting a monastery, or bargaining for a bus seat, the *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

*Tibetan Phrasebook* begins by introducing you to both a phonetic

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

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

**NOW AVAILABLE!**



**TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan, by Joe Wilson, Jr.** 810 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook.

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 is extremely well designed and serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and will become a standard text in universities and Buddhist centers.

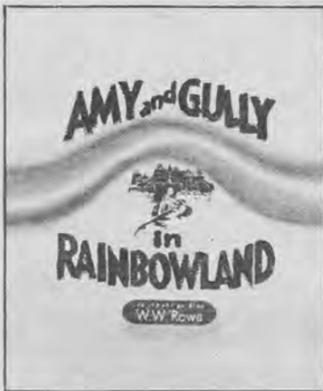
"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

**NOW AVAILABLE!**

**TRANSLATING BUDDHISM FROM TIBETAN TAPE, by Joe Wilson.** 90 min. #TRBUTT \$10 This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our new book *Translating Buddhism From Tibetan*.

སེམས་ཅན་དེ་རྣམས་འདྲ་གི་  
སྐད་ཅིག་མ་ལ་རྟག་དུ་འཛིན་པ་  
སེམས་ཅན་ལ་མར་གེས་པ་  
སློབ་དཔོན་དབྱིག་གཉེན་གྱིས་ཚོ་  
སྦྱོན་པས་སེམས་དངོས་པོའི་གོ་

## CHILDREN'S BOOKS



**AMY AND GULLY IN RAINBOWLAND**, by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95  
These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.

NEW!



**THE BUDDHA'S QUESTION**, by W.W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11," #BUQU \$9.95

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about the way of awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences.

Jataka Tales, or past-life stories of the Buddha, are traditionally used to teach wisdom and compassion. This rhymed version makes the story enjoyable for modern English-speaking children ages five to ten.

NEW!

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

This is an activity book that was developed in conjunction with the special Newark Museum project "Tibet: The Living Tradition." Exploring unknown places, meeting new people, and seeing different ways of life can be among the greatest joys of childhood. *Explore Tibet* is designed to introduce the young reader to Tibetan culture. The combination of hands-on activities with stories and illustrations offers something for every child.

**FABLES FROM FAR AWAY LANDS**, by Julie Hutsler. 25 min. #FAFALA \$7.50

This is a collection of four stories from Nepal, Tibet and India to enliven a child's imagination and cultivate creativity, moral strength and goodness—The Parrot and the Cloud; Voices in the Graveyard; The Black Shoes; The Golden Tusk.

**HERO OF THE LAND OF SNOW**, illus. by Julia Witwer. #HELASN \$6.95

This tale of Gesar recounts his birth, defiance of tyranny, exile, and the maiden who awakens him to fulfill his destiny and helps him find the wonder-horse Kyan-shay. Wonderful full-page illustrations.

**THE HUNGRY TIGRESS: Buddhist Legends & Jataka Tales**, by Rafe Martin. 288 pp. #HUTI \$15  
Respect, love, courage, perseverance, humor, and faith are the universal messages of these stories, retold here by famous storyteller Rafe Martin. This is the widest selection of Jataka tales (stories of the Buddha's earlier births) currently available.

**INDEPENDENCE TO EXILE**, by Christopher Gibb. 94 pp., many illustrations and photos, #INEX \$6.95  
Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion. Designed and illustrated by students of the Tibetan Children's Village.

**THE LAND OF SNOWS**, by Christopher Gibb. 93 pp., many illustrations and photos, #LASN \$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. The Tibetan Children's Village published this book.

**MEDITATING WITH CHILDREN: The Art of Concentration and Centering**, by Deborah Rozman. 160 pp. #MEWICH \$10.95  
A practical handbook for parents and teachers wanting to develop concentration and imagination in their children, including lesson plans for children through 8th grade.

**PRINCE SIDDHARTHA**, by Landa & Brooke. Color drawings, #PRSI \$15.95  
A delightful children's book on the life of Gautama Buddha.

**SPIRITUAL PARENTING**, by David Carroll. 416 pp., #SPPA \$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, #TACOB \$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. 32 pp., 33 color photos, 8.5 x 11", ages 8 and older, #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 for adults as well as children to look at and read.

**TINTIN IN TIBET**, by Herge. 62 pp. #TTTI \$6.95

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

**TO THE LION THRONE**, by Whitney Stewart. 60 pp., large format #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama for children. The day the Dalai Lama was born, a rainbow touched his house, two crows rested on his roof top and

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

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

"The author has perfectly captured the sense of wonder and childlike enthusiasm of the young monk's personality, while telling the larger story of Tibetan culture."—*The Quest Reader*

"Offers a fine introduction to the life and teachings of the fourteenth Dalai Lama, spiritual leader of Tibet. Interwoven are short tales about the culture and people of Tibet. The Dalai Lama always says, 'If you can't help people, at least don't hurt them.'"—*Skipping Stones*

"Whitney does a fine job of integrating information about Buddhist beliefs and Tibetan political history, both of which are crucial to an understanding of the Dalai Lama's life."—*Booklist*

**TWENTY JATAKA TALES**, retold by Noor Inayat Khan, illus. by H. Willebek Le Mair. 154 pp., 21 illus. #TJWATA \$9.95

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations.

**WHERE IS TIBET?**, by Gina Halpern. 48 full-color pages, ages 3-10, #WHITP \$12.95 paper

"A beautifully illustrated picture book that successfully presents the rich cultural and spiritual heritage of this land."—Shelley Garvey, *School Library Journal*

"Where is Tibet?" is really a way of asking "Where is Happiness?" Gina Halpern's enchanting book takes children on a double journey... to a real country and into their own hearts.

Brilliantly illustrated with Tibetan images and colors, this sensitively rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land. The children could be two of the real exiled children now living in India and Nepal. But their search goes beyond the geographical and personal. In Gina Halpern's hands their quest becomes the universal search of all who seek the path to a place of peace.

*Where is Tibet?* celebrates a delightful spirit. Its answer to its own question, "Look into your heart," sends a message of hope and empowerment to all children. There is no book like it today.

**WORKBOOK & TEACHER'S GUIDE ON TIBET**, by Yvonne Piburn. 50 pp. #YPPW \$13.00 for two booklets.

These photocopied workbooks can be used by teachers or parents as an educational activity book for introducing Tibetan culture. Ideal as prep for a visit to a Tibetan art exhibit.

## KALACHAKRA

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

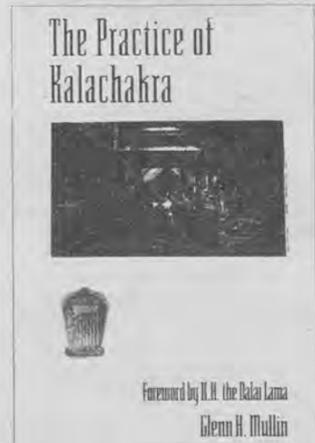
For anyone interested in practicing Kalachakra, this book is a great general presentation of tantra and in addition has a special section comparing the completion stages of the Guhyasamaja and Kalachakra systems.

**KALACHAKRA: RITE OF INITIATION**, by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIN \$22.95

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

**KALACHAKRA TANTRA**, Geshe Ngawang Dhargyey. 180 pp. #KATA \$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.



**THE PRACTICE OF KALACHAKRA**, by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #PRKA \$14.95

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path. In Part One, Glenn Mullin discusses the tantric path to enlightenment by drawing on the writings of great scholar-practitioners of the past. He describes the sutrayana and vajrayana paths, outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Part Two contains translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama for this book. Glenn Mullin's perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject.



**THE WHEEL OF TIME: The Kalachakra in Context**, by Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama. 158 pp., #WHTI \$12.95

The Kalachakra is one of the most profound and sublime of the Buddhist tantric systems. It is an intricate interweaving of yoga, astrology, physiology, and mythology into a meditational system that embraces the entire universe and leads to enlightenment.

The Kalachakra, with its special connection to the land of Shambhala and a future golden age of Dharma, has a special appeal for people of all levels of learning and practice. Initiations into its practices traditionally have been large public events, especially when granted by the Dalai Lama.

Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on this complex system and practice remains sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.

NEW!

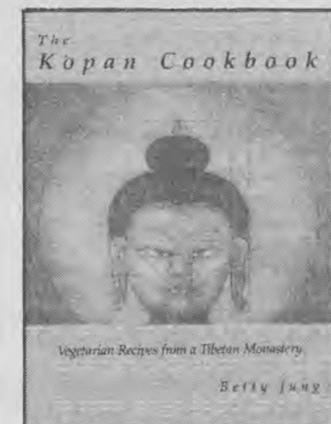


**THE WHEEL OF TIME SAND MANDALA**, by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$40.00

A beautifully illustrated introduction to the dazzling art and spirituality of the Kalachakra sand mandala, brought to the US by the monks of Namgyal Monastery.



## COOKBOOK



**THE KOPAN COOKBOOK: Vegetarian Recipes from a Tibetan Monastery**, by Betty Jung, illus. by R.E. Pena. #KOCO \$9.95

Nestled amid the majestic mountains of Nepal, the world-renowned Kopan Monastery has long been a sanctuary for travelers and soul-seekers. From its kitchen, Betty Jung has collected over 40 satisfying and flavorful vegetarian recipes, making accessible to the western cook a wide variety of traditional Tibetan dishes.

## HEALTH &amp; FITNESS

NEW!

ANCIENT SECRET OF THE  
FOUNTAIN  
OF YOUTH...tells exactly how to  
physically and mentally turn the  
aging process around...  
exciting reading!

Whole Life Monthly

"Written with a breathless  
sense of anticipation... The  
book can be read in one sitting,  
a small price to pay for the  
Fountain of Youth."

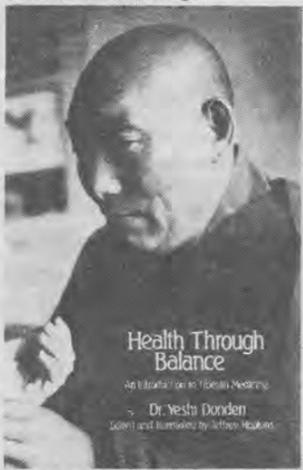
Body Mind Spirit Magazine

Peter Kelder

**ANCIENT SECRET OF THE FOUNTAIN OF YOUTH**, by Peter Kelder. 64 pp. #ANSEFO \$5.95  
This book purports to be from Tibet and has five Tibetan exercises that hold the key to rejuvenation, health and vitality.

They require little time to practice yet many people have reported remarkable changes in their health conditions. The exercises appear to stimulate the core chakra energies to keep them moving in their youthful way. This remarkable book first appeared in Germany where it has been on the best-seller list.

**HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage**, by T.J. Tsarong. 101 pp. #HATRTI \$5  
Gives the composition of 175 popular Tibetan natural drugs.



**HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine**, by Dr. Yeshi Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

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

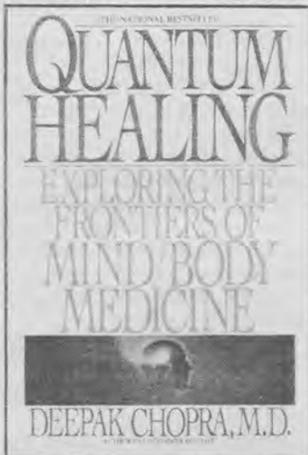
"Health Through Balance represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—East-West Journal

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



**QUANTUM HEALING: Exploring the Frontiers of Mind/Body Medicine**, by Deepak Chopra, M.D. 278 pp. #QUHE \$10

Chopra has brought together the current research of Western medicine, neuroscience, and physics with the insights of Ayurvedic theory to show that the human body is controlled by a "network of intelligence" grounded in quantum reality. This intelligence lies deep enough to change the basic patterns that design our physiology—with the potential to defeat serious diseases. It is great reading.

"Deepak Chopra's book is must reading for every evolved health-care giver."—Elisabeth Kubler-Ross, M.D.

**STUDIES IN TIBETAN MEDICINE**, by Elisabeth Finckh. 90 pp. #STTIME \$9.95, NOW \$7.95!

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

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

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



**TIBETAN ARTS OF LOVE**, by Gedun Chopel, trans. by Jeffrey Hopkins with Dorje Yabok. 282 pp. #TIARLO \$14.95

Tibetan Arts of Love presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It includes a complete and unexpurgated translation of the Treatise on Passion by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost in-

tellect of the twentieth century. Gedun Chopel traveled to India where he learned Sanskrit and studied the Kama Sutra, yet his rendition of the arts of love is more evocative and more accessible than the erotic books of India. He gives titillating advice to shun inhibitions, describes sexual acts in detail, shows how to use sexual pleasure to enhance spiritual insight, and explains how to increase female sexual pleasure. With a mutually supportive ethic of love as a foundation, he speaks eloquently of the equality of women and their victimization by social and legal codes. An over-arching focus is sexual ecstasy as a door to spiritual experience of fundamental mind; the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

Tibetan Arts of Love also includes a robust introduction by Professor Jeffrey Hopkins, author or translator of twenty books on Tibetan Buddhism. The introduction begins with an account of Gedun Chopel's fascinating life story. Hopkins then brings together material scattered throughout the text to reveal its major underlying themes. He also describes in detail the psychology of Highest Yoga Tantra in which a mind of orgasmic bliss is used for realizing the final nature of reality. The introduction and translation combine to make this a highly accessible, engaging, and provocative exploration of the erotic arts.

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—Jose Cabezon

**TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY**, by Terry Clifford. #TIBUMD \$12.95

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 MEDICAL PAINTINGS**, ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195  
This book contains the illustrations to The Blue Beryl treatise of Sangye Gyamtso, who was the regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori, Lhasa. The treatise integrated Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge which is visually presented in 76 brilliant paintings. These paintings are exact replicas of the original illustrations prepared earlier this century.

The foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates by noted specialists put the facsimiles in context.

**TIBETAN MASSAGE CHART**, 18" x 24" #TIMAAC \$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. Rapgay, well-known Tibetan physician.

## BIOGRAPHIES

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

**BUDDHA: His Quest for Serenity**, by George Marshall, intro. by Huston Smith. 240 pp. #BUQUSE \$15.95

"A very meaningful book of the Buddha's life, written as biographies in the West are written, that makes it easy for Americans to accept and venerate him. It gave me a sense for the superior way offered by the Buddha and made it easier for me to enter the gate into the mysteries of Tibetan Buddhism."—letter from a customer

**THE CHARIOT FOR TRAVELING THE PATH TO FREEDOM: The Life Story of Kahu Rinpoche**, by McLeod. 101 pp., 91 photos & illustrations. #CHTRPA \$18.75

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

**DILGO KHYENTSE RINPOCHE**, by Editions Padmakara. 16 pp., 8 color and b&w photos, #DIKHRI \$8

This book about Khyentse Rinpoche was published during the latter part of his life. The photos alone are easily worth the price of the booklet. You might want to buy two—one to cut up for framing.



**FREEDOM FROM FEAR**, by Aung San Suu Kyi. 338 pp., photos, #FRFE \$12

Aung San Suu Kyi, human rights activist and leader of Burma's National League for Democracy, was detained in 1989 by the ruling military junta and remains under house arrest. Though her party won an overwhelming victory in May 1990, the military has refused either to release her or transfer power in accordance with its earlier promise. These writings give voice to Burma's "woman of destiny," an individual whose indomitable spirit, courage and ideals were internationally recognized when in 1991 she was awarded the Nobel Peace Prize.

**A GARLAND OF IMMORTAL WISH-FULFILLING TREES**, by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sanghe Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$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 GREAT KAGYU MASTERS**, trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Huchtenpahler. 240 pp. #GRKAMA \$12.95

"The lives of the great Kagyupa teachers represent a living enactment of their personal trials and triumphs while vividly depicting the transformation of their existential shortcomings into transcendent perfection.

"With their concern for universal well-being and freedom as the motivating force, these teachers have shown the way to the all-around transformation of one's self-centeredness into universal concern and compassion and of self-delusion into wisdom."—Lobsang Lhalungpa

The Great Kagyu Masters: The Golden Lineage Treasury is a compilation of many important writings elucidating the origin of the Kagyu teachings and the 'lives and liberation' of the major masters of the Kagyu lineage.

"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans.

A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche

**HIS HOLINESS THE XVII GYALWANG KARMAPA**, 18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the finding and enthronement of the 17th Gyalwang Karmapa. It contains large, beautiful photos of His Holiness plus many other lamas, the previous Karmapa and H.H. the Dalai Lama.

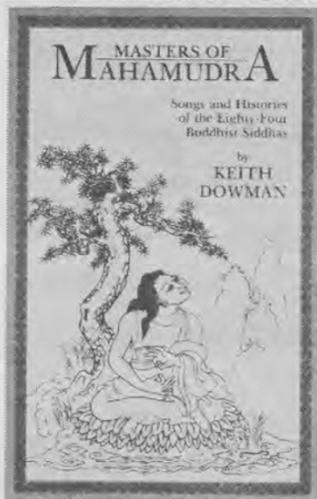
**IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim**, by Chen-Hua. 292 pp., 10 illus. #SEDH \$14.95

This is the only book in English on modern Chinese Buddhism written by a practicing Chinese monk. Chen-hua provides a rare eyewitness account of Chinese monastic life and Buddhist practices before they were changed forever by the communist revolution. Chen-hua made pilgrimages to all the major monasteries and holy sites, and sought instruction from many famous masters.

**THE LIFE OF MILAREPA**, by Lobsang Lhalungpa. 220 pp. #LIMI \$13

The Life of Milarepa is the most beloved story of the Tibetan people and one of the greatest source books for the contemplative life in all of the world's literature. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.

## BIOGRAPHIES



**LORD OF THE DANCE, The Autobiography of Chagdud Tulku**, 246 pp. #LODAB \$16.95 Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of great compassion. This is an account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, and of his training as a tulku. The events of his life are a rich weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.



**THE LOTUS-BORN: The Life Story of Padmasambhava**, by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$16

This biography of the founder of Tibetan Buddhism, Padmasambhava (755-797), was written by his most important female student. A combination of history and legend, the book narrates the story of this outstanding spiritual person and also contains instructions and advice that he gave for the benefit of future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

**THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi**, by Eva van Dam. 80 pp., large format, full-color illus. #MALIMI \$16

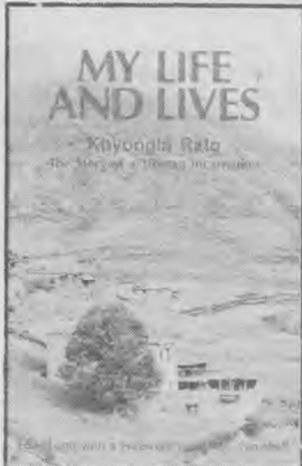
This is the story of the legendary exploits of Tibet's great yogi, in a full-color graphic novel.

**MASTERS OF ENCHANTMENT**, by Keith Dowman, 30 illustrations by Robert Beer. #MAEN, \$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.

**MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas**, by Keith Dowman. 454 pp. #MAMA \$18.95

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.



**MY LIFE AND LIVES: The Story of a Tibetan Incarnation**, by Khyongla Rato. 280 pp. #LILI \$14.95

In 1928, the elder monks of the Gelugpa sect of Tibetan Buddhism divined that a five-year-old boy living in a remote part of Tibet was the reincarnation of the ninth Khyongla of Tibet. On the boy's sixth birthday, monks on horseback took him from his parents to a monastery some distance away where he was installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Communist Chinese took over. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the USA.

Never before has there been a book by a Tibetan to describe with such care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. Edited by Joseph Campbell.

**OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha**, by Thich Nhat Hanh. 600 pp, 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitably beautiful style. It traces the Buddha's life, slowly and gently over the course of 80 years and 600 pages, partly through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and partly through the eyes of the Buddha himself. It brings to life the story of the Buddha in a most vibrant way.

**TO THE LION THRONE**, by Whitney Stewart. 55 pp. #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama which adults appreciate as much as children. "Your book is not only an engaging and enchanting biography of the Dalai Lama for children. I took great delight in reading it as an adult. I never would have had the time to read a long book on this subject."—a customer

"Whitney does a fine job of integrating information about Buddhist beliefs and Tibetan political history, both of which are crucial to an understanding of the Dalai Lama's life."—Booklist

## DZOGCHEN



**ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation**, by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

If dharma practices are condensed into the most essential activities necessary to accomplish realization, one must consider how time is spent during formal practice, during various daily activities and during the night. Essential teachings containing practical instructions for these three times were chosen and elaborated upon by the Venerable Gyatrul Rinpoche. The first is one of the most direct and useful dream yoga accomplishment manuals available. The second is one of the most useful manuals for the Dzogchen meditation practices of shamatha and vipassana and was written by H.H. Dudjom Rinpoche. The third selection, entitled *Transforming Felicity and Adversity into the Spiritual Path* is a contemporary classic for improving the quality of daily life experiences.



**BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo**, Tulku Thondup Rinpoche, Ed. by Harold Talbot, 482 pp. #BUMIC \$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, Kunmkhyen 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*

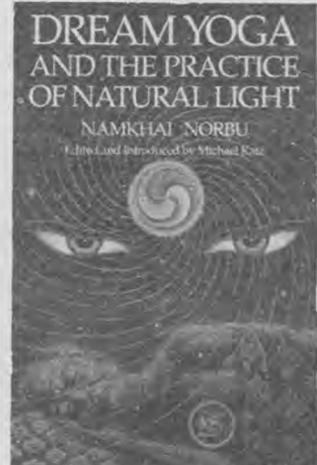
*Buddha Mind* is an anthology of writings on Dzogpa Chenpo (Dzogchen) by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingmapa School of Tibetan Buddhism. Dzogpa Chenpo is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered 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.

**THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen**, by Namkhai Norbu, Compiled and Ed. by John Shane. 176 pp. #CRWALI \$12.95 This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.

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



**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**, by Namkhai Norbu Rinpoche, ed. by Michael Katz. 128 pp. #DRYO \$12.95

Going beyond the practices of lucid dreaming that have been popularized in the West, this ground-breaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

**DZOGCHEN: INNERMOST ESSENCE**, by Tulku Thondup. #DZINES \$8.95

This is a clear presentation of the practice of Dzogchen meditation. **DZOGCHEN & PADMASAMBHAVA**, by Sogyal Rinpoche. 103 pp. #DZPA \$10

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.

**DZOGCHEN: The Self-Perfected State**, by Namkhai Norbu. 96 pp. #DZSEPE \$7.95

This is a manual of Dzogchen practice that is remarkably complete for its size.

**FOUR-THEMED PRECIOUS GARLAND**, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44 pp. #FOTHPR \$7.95 Dzogchen 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 Dzogchen methods.

**SOMEDAY!**

**THE FLIGHT OF THE GARUDA: Teachings of the**

**Dzogchen Tradition**, Keith Dowman. 210 pp. #FLGA \$14 Due in 1994!

Contains the English translation of four fundamental Dzogchen texts with an illuminating introduction by the author.

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

*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. We apologize that this book has been delayed so long by the publisher.



**HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition**, by Sharda Tashi Gyaltzen, trans. & comm. by Lopon Tenzin Namdak, intro. by Per Kvaerne, ed. by Richard Dixey. 200 pp. #HEDRDH \$15.95

This is the first complete text in English concerning Dzogchen meditation. It comes from the ancient Bonpo tradition of Tibet and pre-dates the advent of Buddhism. Dzogchen is an ancient system for realizing the foundational nature of mind. Written in the style of personal instruction from Sharda to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak given in the course of teaching the text to a small group of Western students in his monastery in the Kathmandu Valley in Nepal. He clarified many points about the practice as he taught this method. In explicit terms, Lopon, himself an acknowledged master of Dzogchen, makes these valuable teachings available to readers today.

The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.

**MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis**, by Thinley Norbu. 167 pp. #MADA \$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.

**SELF-LIBERATION: Through Seeing Everything With Naked Awareness**, Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu. 240 pp. #SELI \$14.95

The famous classic known in the West as *The Tibetan Book of the Great Liberation* has been available only in rough translation by Evans-Wentz. Now a celebrated Tibetologist reveals clearly what is said in the original, the essence of Buddhist Dzogchen teaching. Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche.

**THE SIX VAJRA VERSES**, by Rigpai Kujyug, commentary by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a liv-

## DZOGCHEN

ing knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquillity, you must have experience of the state of knowledge and know how to relax. When you discover the real condition for yourself and actually find yourself in this condition, you finally discover the real meaning of relaxation. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

**SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION**, by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50  
Four talks by one of the leading dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

**TANTRIC PRACTICE IN NYING-MA**, by Khetsun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239 pp. #TAPRNY \$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*

Rinpoche's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching (Dzogchen)" contains the classical Nying-ma presentation of the Tantric practices which lead to the realization of Buddhahood.

"...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*

**UNION OF MAHAMUDRA & DZOGCHEN**, by Tulku Chokyi Nyima Rinpoche. 267 pp. #UNMADZ \$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.

**WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet**, by Tenzin Wangyal, foreword by Lopon Tenzin Namdak. 256 pp. #WONAMI \$14.95

This is the first introduction to Dzogchen philosophy from the Bon perspective, fully compatible with the major Buddhist teachings. Tenzin Wangyal explains the specific meaning of the teachings, and takes the reader step-by-step through their practice. He covers both meditation and the visionary aspects of Dzogchen previously regarded as secret. Including examples from his own life, with drawings and photos, Wangyal explains the various kinds of energy and states of mind the reader is likely to experience. For practitioners at every level, this succinct guide will prove a key tool on the path to enlightenment.

## HISTORY, POLITICS & SOCIAL ACTION



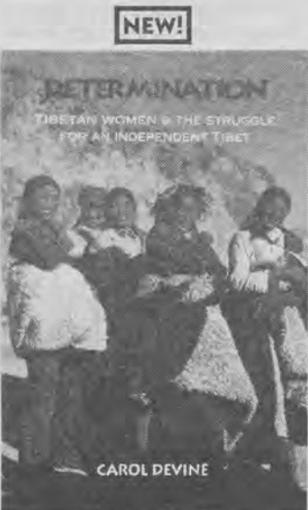
**ANCIENT FUTURES: Learning from Ladakh**, by Helena Norberg-Hodge. 222 pp. #ANFU \$12

*Ancient Futures* raises important questions about the whole notion of progress, and explores the root causes of the malaise of industrial society. At the same time, the story of Ladakh serves as a source of inspiration for our own future. It shows us that another way is possible and points to some of the first steps toward humane patterns of living.

**BUDDHISM & ECOLOGY**, ed. by Martine Batchelor & Kerry Brown. 114 pp. #BUEC \$9.95  
Buddhists from Japan, Thailand, Sri Lanka, Vietnam, Tibet and the West offer their approaches to ecology and tell of practical activities as well as Buddhist teachings and philosophy. Stories, pictures and poems add to the picture of Buddhism and ecology. The book ends with a message from H.H. the Dalai Lama.

**CHOOSE LOVE: A Buddhist Jewish Human Rights Activist in Central America**, by Joe Gorin. #CHLO \$12

"Joe Gorin is a Buddha with chutzpa. If you dare to take Guatemalan and Nicaraguan peasants and workers into your heart and to get as disturbed as he does about the way they are squashed by US sponsored low-intensity warfare, read this book."—Robert Aitken, Roshi



**DETERMINATION: Tibetan Women & the Struggle for an Independent Tibet**, by Carol Devine. 118 pp. #DE \$12

Presents the involvement of Buddhist nuns and laywomen in the 40-year, non-violent struggle for independence from Chinese occupation. Devine provides the reader with background information about Tibet. She then documents the courage and tenacity of Tibetan nuns and laywomen through first-person testimony and interviews. *Determination* is must reading for anyone concerned about human rights and gender equality.

**FLIGHT AND ADAPTATION**, by Tanka Subba. 169 pp. #FLAD \$7

This in-depth study focuses on the adaptation process of Tibetan refugees who started their exile life in the Darjeeling-Sikkim Himalaya, which is physically, culturally, climatically and linguistically similar to what exists in Tibet. It shows that the process of rehabilitation and adaptation of refugees in these areas has been less problematic than those in other parts of India.

**FORBIDDEN FREEDOMS: A Report by the International Campaign for Tibet on Beijing's Control of Religion in Tibet**. 100 pp. #FOFR \$6

"An excellent contribution to understanding the continuing religious persecution in Tibet. I encourage all those concerned with China's policies in Tibet and the survival of Tibetan Buddhism to read this."—The Dalai Lama

**A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State**, by Melvyn Goldstein. 898 pp. #HIMOTI \$25  
This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet. It is well-researched even though it has been criticized for being narrow or biased in view.

**THE PEOPLE OF TIBET**, by Charles Bell. 319 pp. #PETI \$15  
This book tells in detail about the lives of Tibetan people in all their variety—nobility, beggars, merchants, women, traders, robbers, shepherds, children. Ceremonies, etiquette, amusements, Losar, etc. are very interesting to read about. Charles Bell was a British diplomat in Tibet prior to the Chinese invasion. He is a highly regarded authority on Tibet. Contains 75 photos and 3 maps.

**SEEDS OF PEACE: A Buddhist Vision for Renewing Society**, by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12  
"Sulak Sivaraksa is one of the heroes of our time. To the soul-destroying, Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

Sulak is one of Asia's leading social thinkers and activists. He draws on his experience of Buddhism to approach a wide range of subjects, including economic development, the environment, women in Buddhism and Japan's role in Asia.

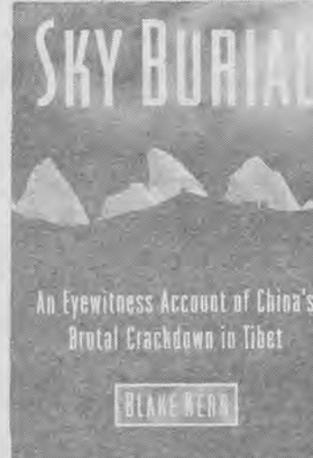
**SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal**, by Ann Ambrecht Forbes. 184 pp., photos, #SEHO \$10

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.

**NEW!**

**SKY BURIAL: An Eyewitness Account of China's Brutal Crackdown in Tibet**, by Blake Kerr, M.D. 206 pp. #SKBU \$21.95 cloth

This is the remarkable story of a young American doctor traveling in the Himalayas who inadvertently walked into one of the grimmest, and least-known scenes of political oppression in the world. Traveling with an old college friend, John Ackerly (a lawyer now working for the International Campaign for Tibet), he enjoyed the sights and sounds of Lhasa and hitch-hiked to Everest, where



the two "humped loads" for an American expedition assaulting the mountain's North Ridge.

Upon returning to Lhasa, they swiftly became sensitized to and outraged by the oppressive character of the Chinese occupying forces and their efforts to eradicate Tibetan culture. They witnessed a series of demonstrations by Tibetan monks that triggered an explosion of pro-independence protests greater than anything witnessed by foreigners since China entered Tibet in 1949—protests that were swiftly and brutally quashed by Chinese police and army forces.

Kerr and Ackerly attempted to aid the rebels, but were arrested and endured a brief, harrowing imprisonment. Their efforts to alert the international media met with success and China suffered international embarrassment and condemnation as the story of the crackdown in Lhasa became news in the West. Kerr and Ackerly have continued as activists committed to ending Tibet's oppression.

**SPIRIT AND NATURE: Why the Environment Is a Religious Issue**, ed. Steven Rockefeller & John Elder. 226 pp. #SPNA \$16

Leaders from major traditions around the world speak out about danger to the planet. The message here is that the human community and the natural world will go into the future as a single sacred community, or both will perish on the way. Audrey Shenandoah, Chancellor Ismar Schorsch, Sallie McFague, Seyyed Hossein Nasr, J. Ronald Engel, Robert Prescott-Allen and H.H. the Dalai Lama join voices to tell us all of our moral accountability toward the earth.

**THE STATUS OF TIBET: History, Rights, and Prospects in International Law**, by Michael C. van Walt van Praag. 450 pp. #STTI was \$32.50, now \$24.95 cloth

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.

**A STRANGE LIBERATION: Tibetan Lives in Chinese Hands**, by David Patt. 270 pp. #STLI \$12.95

In 1949 the Chinese Communists announced their intention to "liberate" Tibet, and Chinese armies began crossing the eastern borders of the country. These events set in motion a gradual process of occupation and repression that culminated in the crushing of the 1959 Tibetan popular uprising against Chinese rule.

In *A Strange Liberation*, David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be Tibetans in Chinese hands during

thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities, and candidly recalls the events that followed in this moving account of her life.

Tenpa Soepa was a government official who was intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the final fall of Tibet.

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

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

**TIBET: Past and Present**, 326 pp., 93 photos & 2 maps, #TIPAPR \$15

Charles Bell was a personal friend of the 13th Dalai Lama, a British diplomat and one of the best authorities on the history of Tibet and especially on the critical changes in Tibet during the first half of this century which he personally witnessed. Because he gives an inside view of the Tibetans, he is one of the best authors to read.

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

Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959.

**TIBET IN EXILE**, photos by Raghu Rai, text by Jane Perkins, intro. by H.H. the Dalai Lama. 160 pp., 100 full-color and 20 b&w photos very large format, #TIEEX \$39.95

This book is the best visual record of the Dalai Lama and his people in exile. The introduction traces the history of Tibet and is complemented with great historical photographs. The large pictures by Magnum photographer Raghu Rai makes this book the most powerful record of the spirit and struggles of the Tibetan people.

**TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights**. 384 pp., 17 photos and illus. #TIFA \$10.50

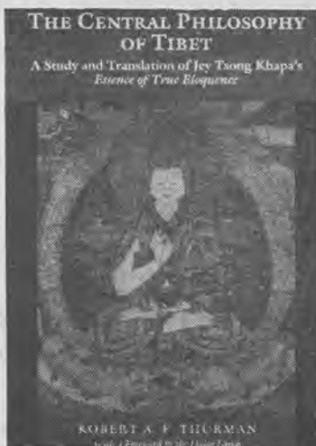
This is an unbiased and powerful account of China's invasion and occupation of Tibet, and continuing campaign to obliterate religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.

**THE TIBETAN EMPIRE IN CENTRAL ASIA**, by Christopher Beckwith. 290 pp. #TIEM \$16.95

This narrative history of the Tibetan Empire in Central Asia from about 600-866 AD depicts the struggles of the great Tibetan, Turkic, Arab, and Chinese powers for dominance over the Silk Road lands that connected Europe and East Asia. It elucidates Tibet's role in the conflict over Central Asia.

**TRIGG IN TIBET** 64 pp. #TRTIB \$6.95

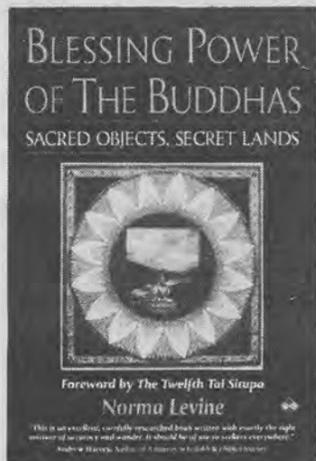
*TRIGG in Tibet* is a series of topical cartoons from *The Hongkong Standard*, a daily newspaper. The creator of the series used satire, barbed humor, symbolism—any device at hand to express the worldwide concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.



**THE CENTRAL PHILOSOPHY OF TIBET**  
A Study and Translation of Jey Tsong Khapa's *Essence of True Eloquence*  
ROBERT A. F. THURMAN  
with a Foreword by the 14th Dalai Lama

**THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS**, by Ngorchen Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$12.95  
The most profound and fundamental teaching of the Sakya Tradition of Tibetan Buddhism is that of the *Lam Dre* or "Path Including Its Result." This teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path. It serves as a manual for contemplating and meditating upon the various stages leading to ultimate happiness and liberation.

NEW!



**BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands**, by Norma Levine, foreword by The Twelfth Tai Situpa. 155 pp., b&w photos, #BLPOBU \$15.95  
Norma Levine is an expert in Buddhist sacred objects and she writes about the significance and power that they contain. She explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas. She spent five years at the monastery of Tai Situpa. All along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas. This extraordinary account ranks alongside other powerful stories of spiritual quest and adventure.

NEW!



**THE BLOOMING OF A LOTUS: Guided Meditation Exercises for Healing and Transfor-**



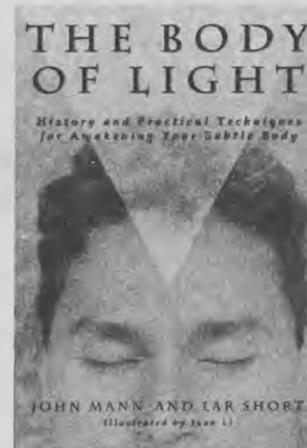
**THE CREATIVE VISION**  
HERBERT GUENTHER

ation, by Thich Nhat Hanh. 112 pp. #BLLO \$12 cloth  
Based in the practices of conscious breathing and mindfulness, the thirty-four guided exercises in this new meditation manual bring beginning and experienced practitioners into closer touch with the state of our body, psyche and the elements of the world around us—clarity and transformation. "This is an important and beautiful book about how we can bring peace and joy into our lives. Reading this rare book on the refinement of meditation practice is meditation itself."—Joan Halifax

**THE BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism**, by Geshe Kelsang Gyatso. 134 pp., #THBKBV \$13.95

An exceptionally clear and accessible introduction to the essential practices of Mahayana Buddhism. Commencing with an explanation of the Bodhisattva vows and how to take them, Geshe Kelsang then gives advice on how to keep the vows purely and how to purify transgressions through a special purification practice.

BACK!



**BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body**, by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$12.95 cloth  
"Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, The Healing Tao Center

**THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects**, by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

A survey in words and images of the most common figures, positions and symbols in Mahayana and Tantrayana Buddhism. Each item is clearly illustrated and its meaning discussed. This is a reasonable overview of the iconography of Tibet. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

**BUDDHA NATURE: The Seed**

**of Happiness**, Ven. Thrangu Rinpoche. 180 pp. #BUNA \$13.95  
*Buddha Nature* expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

**BUDDHA NATURE**, by Sallie B. King. 205 pp. #BUNA2 \$16.95  
This is a translation and discussion of Vasubandhu's *Buddha Nature Treatise*. The author defends the buddha nature as being a Buddhist concept and not a form of monism akin to Hindu thought.

"King's work combines Buddhological detail with relevant philosophical concepts and distinctions. Buddha nature is one of the most important concepts in Mahayana Buddhism."—Frank J. Hoffman.

**THE BUDDHA WITHIN**, by S.K. Hookham. 422 pp. #BUWI \$19.95

Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This is an excellent presentation of the Kagyu views on liberation and serves as a good starting place for further dialogue between the various lineages.

**BUDDHISM, SEXUALITY, AND GENDER**, ed. by Jose Cabazon. 241 pp. #BUSEGE \$19.95

This book explores historical, textual, and social questions relating to the position and experience of women and gay people in the Buddhist world from India and Tibet to Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality. The author offers new perspectives on the history of the attitudes toward women in both ancient and modern Buddhist societies.

**THE CENTRAL PHILOSOPHY OF TIBET**, by Robert A. F. Thurman. 442 pp. #CEPHTI \$18.95, A Namgyal Institute Textbook.

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.

**CHAKRAS: Energy Centers of Transformation**, Harish Johari. 116 pp., 36 illus., #CH \$14.95

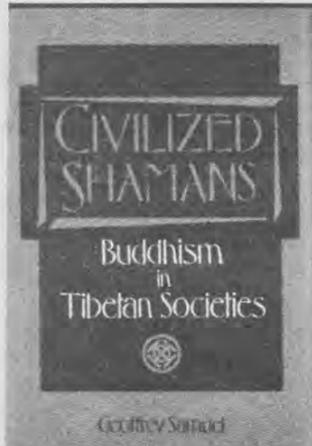
Harish Johari, Indian scholar and practitioner of tantra unfolds the mysteries of these subtle centers of transformation with techniques of visualization that are essential to tantric practice and realization. Beautiful, full-color illustrations provide traditional and visionary images of each chakra; and meditation on these images vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically.

**CHENREZIG, LORD OF LOVE**, by Bokar Rinpoche. 110 pp. #CH \$9.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are practices for the sleep state.

NEW!

**CIVILIZED SHAMANS: Buddhism in Tibetan Societies**, by Geoffrey Samuel. 640 pp. #CISH \$66



Employing anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts, the author explores the relationship between Tibet's social and political institutions and the emergence of new modes of consciousness that characterize Tibetan Buddhist spirituality. Samuel identifies the two main orientations of this religion as monastic and shamanic (associated with tantric yoga). The specific form that Buddhism has taken in Tibet is rooted in the pursuit of enlightenment by a minority of the people—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions of achieving altered states of consciousness have been incorporated into tantric Buddhism, which aims to communicate with tantric deities through yoga. This incorporation forms the basis for much of the Tibetan lamas' role in their society and that their subtle scholarship reflects the many ways in which they have reconciled the shamanic and monastic orientations. This is an excellent book published by the Smithsonian Institution.

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

**CHO YANG III**, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 349 pp., hundreds of color and B&W illustrations, 8 1/2 x 11" #CHYA \$27.95

This is a magnificent volume of Tibetan religion, culture, science and history in word and image. It offers the best description of the four lineages, their monasteries and practices, and it includes interviews with each of the five lamas who taught on the "Nature of Mind" prior to the 1991 Kalachakra Initiation in New York. The Dalai Lama gives a teaching on the three principal aspects of the path and a presentation of the Kalachakra Initiation. There are separate sections on the sciences, history and politics, environment, arts, crafts and culture. Also included is the life story of the famous Tibetan yogini, Shungsep Jetsun.

**THE CHRIST AND THE BODHISATTVA**, Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274 pp. #CHBO \$19.95

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.

**CLEAR LIGHT OF BLISS: Mahamudra in Vajrayana Buddhism**, by Geshe Kelsang Gyatso. 288 pp. #CLLIBL \$19.95

This is the only detailed and practical guide on Tantric Mahamudra to be published in the West. The instructions it contains, emanating from the whispered lineage of the Gelug tradition, are very blessed. Written by a fully accomplished tantric master, they provide an extraordinarily clear explanation of the completion stage practices of Tantric Mahamudra, from the initial meditation on the channels, winds and drops, through the eight rounds of inner fire meditation to the final attainment of Buddhahood.

**CLOUDLESS SKY: The Mahamudra Path of the Tibetan Buddhist Kagyu School**, by Jamgon Kongtrul. 128 pp. #CLSK \$10  
This book opens the way to a deeper knowledge of the Buddhist system of meditation known as mahamudra, a practice traditionally undertaken for realizing enlightenment. Jamgon Kongtrul elucidates the stages of ground, path, and fruition mahamudra and offers practical instructions for mahamudra meditation.

**A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA**, by Geshe Lobsang Tharchin. 80 pp. #COGYO \$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 yoga text used here consists of 12 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.

**CRAZY WISDOM**, by Chogyam Trungpa. 160 pp. #CRWI \$13

Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

**THE CREATIVE VISION: The Developing Phase of Tibetan Tantra**, by Herbert Guenther. 192 pp. #CRVI \$15

This pioneering work makes the symbolism of tantra practical. Life, according to *The Creative Vision* evolves by recreating and reenvisioning the experienced world. Tibetans developed a complex ar-

## RELIGION &amp; PHILOSOPHY

ray of symbols to express their insight into life. This book decodes the real-life meaning of these symbols and thus their own experience.

**CULT OF TARA: Magic and Ritual in Tibet**, by Stephen Beyer. 542 pp. #CUTA \$18

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.

**CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism**, by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$15.95 paper, A Namgyal Institute Textbook.

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 and founder of Evam Monastery and the Deer Park Center.

**CUTTING THROUGH EGOCLINGING: Commentary on the Practice of Chod**, commentary by Jamgon Kongtrul, trans. by Anila Rinchen Palmo. 76 pages plus Tibetan text, #CUTHEG \$17.95 This book contains a commentary on the daily practice of Chod, *The Grove of Delights*, written by Jamgon Kongtrul. It is followed by chapter four of *Machikma's Explanations*, an extract in which Machikma, the founder of Chod, gives a detailed definition of all the different kinds of devils, gods and demons that plague mankind and how to cut through them. This book is imported from France and was published by a small dharma press, hence the high price.

**DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal**, by Erik Pema Kunsang. 200 pp., #DATE \$18 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.

**DEBATE IN TIBETAN BUDDHISM**, by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Namgyal Institute Textbook.

The practice and theory of introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, is the focus of this clear and thorough exposition. An essential prerequisite in 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 commentarial tradition incorporates 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, Daniel 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.

**DEPENDENT-ARISING AND EMPTINESS**, by Elizabeth Napier. 849 pp. #DEARM \$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. 222 pp. #DHILAL \$14.95

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 PATHS**, by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95

This is a broad and in-depth introduction to Tibetan Buddhism. It cuts through the complexity and apparent contradictions of the Tibetan tradition, revealing a flexible approach based on our individual capacities. Without assuming an academic background or knowledge of Buddhist terminology, DHARMA PATHS presents both basic and advanced material, making the essence of the vast Tibetan teachings surprisingly accessible.

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharmachakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States.

**THE DIAMOND SUTRA & THE SUTRA OF HUI NENG**, trans. by A. F. Price & Wong Mou-Lam. 192 pp. #DISUSU \$14

These two scriptures present the central teachings of Mahayana Buddhism and are essential presentations of the correct view. **THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOURSELF AND PROTECTING YOURSELF, ETC.: The Practice and Benefits of the Eight Mahayana Precepts**, Compiled by Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa. 40 pp. #DIUNME \$4.95

**A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang**, by Jose Cabezon. 590 pp. #DOEM \$29.95 This text is a detailed critical exposition of the theory and practice of emptiness as expounded in the three major schools of Mahayana Buddhist philosophy: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

"It is encyclopedic and covers the most important ideas in the whole fabric of Indian Mahayana-Tibetan Buddhism."—Kenneth Inada

**ECHOES OF VOIDNESS**, by Geshe Rabten. 148 pp. #ECVO \$8.95

Voidness—the emptiness of inherent existence—is central to Buddhist thought and practice. *Echoes* provides a framework for understanding voidness by presenting it from three different perspectives: devotional, logical and experiential.



NEW!

**EMPOWERMENT**, by Tsele Natsok Rangdrol. 128 pp. #EM \$14

The empowerment ritual is sometimes called the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. *Empowerment* contains a wealth of instructions on all the key points of Buddhist training, particularly the path of liberation of Mahamudra and Dzogchen.

**EMPTINESS YOGA**, by Jeffrey Hopkins. 504 pp. #EMYOC \$35 cloth, A Namgyal Institute Textbook.

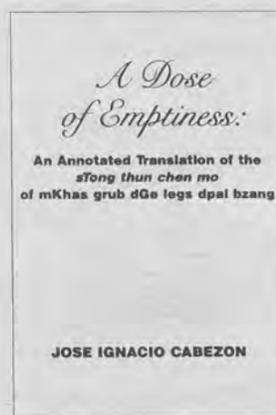
"... Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance."—*Spectrum Review*

*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.



**ENCYCLOPEDIA OF YOGA**, by Georg Feuerstein. 430 pp., illus., #ENDIYO \$12.95

"All Westerners interested in Eastern philosophy and religion will soon wonder how they ever did without this volume at their side."—Jacob Needleman

Covering both the metaphysical and practical dimensions of Yoga, Georg Feuerstein has distilled information using hundreds of Sanskrit texts from sources such as Patanjali, Shankara, Ramanuja and tantric yoga, and incorporates this material into a single volume. The accurate and complete information in this reference tool raises it above all previous attempts to catalog the Yoga tradition.



**ENLIGHTENED COURAGE**, by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95 December Kyabje Dilgo Khyentse Rinpoche, whose remarkable life came to an end in 1991, was one of the foremost poets, scholars, philosophers and meditation masters of the Mahayana, Mahamudra and great Perfection traditions of Vajrayana Buddhism. He was highly respected by thousands of students in Tibet and throughout the world.

He presents the seven point mind training, brought to Tibet by the Indian master Atisha. This teaching is the very core of the entire practice of Tibetan Buddhism. It condenses the compassionate path to Buddhahood into practical instructions which make use of all the circumstances of everyday life.

"It is a book to keep and re-read, a book to jolt one out of oneself and back to one's senses."—*Tricycle: The Buddhist Review*

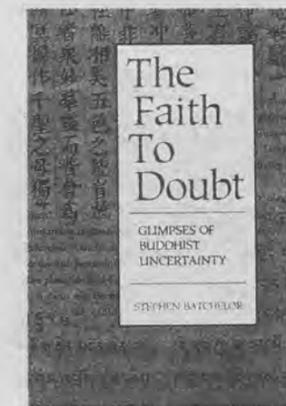
**THE ESSENTIAL NECTAR**, by Geshe Rabten, trans. & ed. by Martin Willson. 308 pp. #ESEN \$14

Traditional teachings on the stages of the path are presented here as meditations to be practised; they are methods for investigating and transforming one's attitudes and behavior, leading finally to the complete eradication of all negative states of mind and the development of the qualities of the enlightened mind.



**ETHICS OF TIBET: Bodhisattva Section of Tsong-Kha-Pa's Lam Rim Chen Mo**, by Alex Wayman, foreword by the Dalai Lama. 224 pp. #ETTI \$16.95

This is a systematic analysis of the conditions necessary for progress in spiritual attainment, from the awakening of the mind of enlightenment (bodhicitta) to the final insight (prajna). A clear and easy-to-read articulation of the doctrine of bodhisattva compassion.



**THE FAITH TO DOUBT: Glimpses of Buddhist Uncertainty**, by Stephen Batchelor. 138 pp. #FADO \$10

This is a delightful and incisive discussion of meditation, Buddhist training and the challenges Buddhism brings to the West.

**THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life**, by Joel Levey. 350 pp. #FIARRE \$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. 331 pp., many illus. #FOTIMY \$12.95

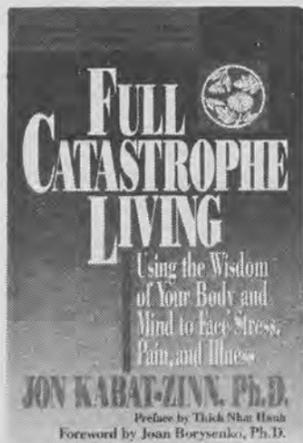
A thorough presentation of Tibetan esoteric principles written by a Western Kagyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the Dhyani Buddhas.

**FOUR ESSENTIAL BUDDHIST TEXTS**, 117 pp. #FOESBU \$7.95

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.

**FULL CATASTROPHE LIVING: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness**, by Jon Kabat-Zinn. 453 pp. #FUCALI \$12

This is a practical guide to mindfulness, meditation and healing. What is already "right" with you holds the key for growing beyond your problems. "It can be described as a door opening both on the dharma and on the world."



When the dharma is really taking care of the problems of life, it is true dharma. I thank the author for having written it."—Thich Nhat Hanh, from the preface.

**THE GARLAND OF MAHAMUDRA PRACTICES**, Trans. by Khenpo Rinpoche Chogyal Gyaltzen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140 pp. #GAMAPR \$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. **GATES TO BUDDHIST PRACTICE**, by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

This is a collection of teachings that first grounds the practitioner in the basic principles of Buddhism and then dives deep into the theory and practice of Vajrayana. It captures the warmth and vastness of Rinpoche's heart-mind, the humor of his stories and the simplicity with which he communicates the essence of the spiritual path.

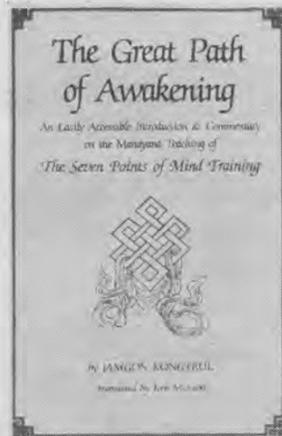
**GENEROUS WISDOM: Commentaries by H.H. the Dalai Lama XIV on the Jatakamala**. 122 pp. #GEWI \$8.95

This is a set of four teachings on the *Jatakamala: Garland of Birth Stories of Buddha* given by His Holiness during the Great Prayer Festival in Dharamsala. The theme of these stories is the perfection of generosity of the bodhisattvas—but His Holiness also speaks on the perfection of ethics and patience, dependent-arising and karma.

**GENTLE BRIDGES: Conversations with the Dalai Lama on the Sciences of Mind**, Ed. by Jeremy Hayward & Francisco Varela. 280 pp. #GEBR \$15

This is a chronicle of the groundbreaking meeting between prominent Western scientists and the Dalai Lama in 1987. Dharamsala was the meeting place for this discussion of the interface of cognitive sciences and Buddhist psychology. Topics ranged widely over mind and brain, the self, perception, memory, evolution, artificial intelligence, and the sources of knowledge in science and Buddhism.

**THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training**, Jamgon Kongtrul, Trans. Ken McLeod. 100 pp. #GRPAW \$12



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.

**GREAT TREASURY OF MERIT**, by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$25.95

*Offering to the Spiritual Guide, or Lama Chopra*, is the uncommon Guru yoga of the New Kadampa Tradition of Mahayana Buddhism and the principal preliminary for the practice of Vajrayana Mahamudra. Geshe Kelsang Gyatso begins by explaining the practice of relying upon a Spiritual Guide, the root of all spiritual attainments, then how to practice the stages of the path and Vajrayana Mahamudra.

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

**GUIDE TO DAKINI LAND**, Geshe Kelsang Gyatso. 576 pp. #GUDA \$29.95

This is the first complete commentary in English of the Narokhacho system of Vajrayogini practice, as transmitted directly from Buddha Vajrayogini to the great master Naropa and then through a lineage of fully realized practitioners to the present day. It begins with a brief history of the practice and explanation of the essential practices of completion stage, which lead to the attainment of Buddhahood. The latter part provides a number of essential sadhanas, advice on how to do a Tantric retreat, and a wealth of additional material that will be indispensable to those who wish to rely sincerely on Vajrayogini.

**A GUIDE TO WALKING MEDITATION**, by Thich Nhat Hanh. 64 pp. #GUWAME \$7

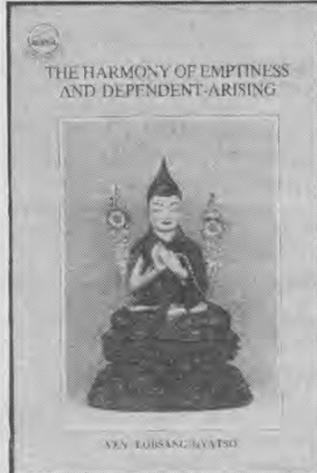
Instruction in "walking not in order to arrive, walking just for walking." With lovely illustrations by Yasuhide Kobashi.

**THE GURU PUJA**, 67 pp. #GUPU \$4.95

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 HARMONY OF EMPTINESS AND DEPENDENT-ARISING**, by Ven. Lobsang Gyatso. 156 pp. #HAEMDE \$10.95

This is a commentary to Tsongkhapa's *The Essence of Eloquent Speech*. The subject of the work concerns two important themes—emptiness and dependent-arising. All schools of Buddhism expound theories of emptiness and dependent-arising, but their interpretations vary greatly and are



even contradictory. Ven. Lobsang Gyatso very skilfully explains these two theories through logical analysis combined with simple and concise metaphors.

**HEALING IMAGE: The Great Black One**, by William Stablein. 288 pp., 38 color illus., #HEIM \$14.95

The story of an American's years of Tantric Buddhist study in Nepal and India. His discovery of an ancient manuscript and healing-meditation practice leads him on a spiritual journey to find out the secrets and practices of the powerful Tibetan deity called Mahakala. William Stablein outlines ways that readers can incorporate these practices into their own lives to promote wellness, compassion and creativity.

**THE HEART OF THE BUDDHA**, by Chogyam Trungpa. 176 pp. #HEBUD \$14

This is a compelling new collection of articles, talks, and seminars that presents basic Buddhist teachings as they relate to everyday life.

**HEART OF WISDOM**, by Geshe Kelsang Gyatso. 150 pp. #HEWI \$17.95

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., 227 pp. #HESUEX \$18.95

*The Heart Sutra Explained* offers new insights on emptiness and form 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.

**THE HEART TREASURE OF THE ENLIGHTENED ONES: The Practice of View, Meditation, and Action**, by Patrul Rinpoche with commentary by Dilgo Khyentse Rinpoche, Foreword by the Dalai Lama. 240 pp. #HETREN \$15

"This teaching... really is like an elixir for reviving the dead."—from the Foreword by the Dalai Lama. With his characteristic thoroughness, gentleness, and compassion, H.H. Dilgo Khyentse Rinpoche presents an extensive commentary on this text by Patrul Rinpoche, a great meditation master of the Nyingma lineage. The text first urges us to reflect on our own defects and on the intense sufferings of beings. This is followed by instructions for practice of dharma. Finally His Holiness explains how the results of practice are expressed in a life free from preoccupation with worldly affairs and in harmony with the teachings.

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

Dharma Treasures, *Terma*, have been concealed and later discov-

ered 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.

**HIDDEN TREASURES AND SECRET LIVES**, by Michael Aris. 278 pp. #HITRSE \$14.95

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry. Michael Aris is the author of books on Bhutan and husband of Burma's activist Aung San Suu Kyi.

**HIGHEST YOGA TANTRA**, by Daniel Cozart. 192 pp. #HIYOTA \$12.95, A Namgyal Institute Textbook.

"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 Rinpoche, 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.

**HOW THE SWANS CAME TO THE LAKE: A Narrative History of Buddhism in America**, by Rick Fields. 492 pp., illus., #SWCALA \$20

This is the third edition of the classic history of Buddhism in America, expanded and updated to include such issues as the role of women, hierarchy, and social action in American Buddhism.

**HOW TO MEDITATE**, by Kathleen MacDonald. 216 pp. #HOME \$10.95

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

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

**NEW!**

**IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice**, by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMEN \$24.95

January

Although many books have been written in the past two decades about Tibetan art and culture, there is surprisingly little source material that describes what the images depicted in Tibetan art represent and how they are relevant to spiritual practice. Jon Landaw and Andy Weber have spent over twenty years with Tibetan Bud-

## IMAGES OF ENLIGHTENMENT

Tibetan Art in Practice



Jon Landaw and Andy Weber

dhist teachers and have researched the meaning and practices of many deities. *Images of Enlightenment* is an engaging presentation of thirty-two bodhisattvas, buddhas and lineage masters that commonly occur in the four sects of Tibetan Buddhist practice. The vital inspirational quality of the images is conveyed with information on how each deity exemplifies the Vajrayana path as a whole. Explanations of the symbolic meanings are interspersed with the legends and myths that Vajrayana masters tell about these meditational images.

**IMAGINATION AND ENLIGHTENMENT IN TIBETAN TANTRIC ART**, by Dan Cozart. 48 pp., 75 illus., 8 1/2 x 11," #IMEN \$5

This exhibition catalog has a very straightforward explanation of tantric practice, one of the best we have read. Deity yoga, images of sex and death, protectors, dakinis, ritual objects, asanas and mudras are all discussed. It explains the iconography of many popular and less well known deities and contains images of them. Highly recommended!

**INITIATIONS AND INITIATES IN TIBET**, by Alexandra David-Neel. 240 pp., 27 photos, #ININ \$5.95

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the methods of psychic training they employ. Examined in detail are the various kinds of initiations and their aims, the role of the spiritual guide and the choice of a master, traditional oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises. This is a treasure of lore from one who was there before the Chinese invasion.

**IN PRAISE OF TARA: Songs to the Saviouress**, Trans. & Ed. by Martin Willson. 480 pp. #PRTA \$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. 150 pp. #SESTAM \$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 Kagyu 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.

NEW!

## INSIGHT MEDITATION

*A Psychology of Freedom*



Joseph Goldstein  
author of *The E. perisat height*

**INSIGHT MEDITATION: A Psychology of Freedom**, by Joseph Goldstein. 184 pp. #INMED \$18 cloth

The fruit of more than twenty years' experience leading Buddhist meditation retreats, this book discusses on a number of topics repeatedly raised by students of all levels of insight meditation practice (vipassana).

**IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism**, ed. Janet Gyatso. 320 pp. #MIME \$19.95 This book studies the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, commemoration of the Buddha, dharani practice, the use of mnemonic lists to condense lengthy scriptures, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.

**IN THIS VERY LIFE: The Liberation Teachings of the Buddha**, Sayadaw U Pandita. 298 pp. #VELI \$16

*In This Very Life* contains teachings given to Western students in intensive retreat with Burmese master U Pandita. He starts with basic instructions on sitting and walking meditation and goes on to describe in detail the stages of practice including dealing with problems that arise with deepening insight.

NEW!

## Introduction to Tibetan Buddhism



John Powers

**INTRODUCTION TO TIBETAN BUDDHISM**, by John Powers. 350 pp. #INTIBU \$16.95 December

This is the first comprehensive introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. It begins with a summary of the Indian origins of Tibetan Buddhism and how it eventually was brought to Tibet. Then it explores Tibetan mahayana philosophy and tantric methods for personal transformation that involves visualization, ritual and meditation. The tantric

systems of the four main lineages of Tibetan Buddhism are explored in depth and impartially. At the end of each chapter is a comprehensive and invaluable list of books for further reading. The systematic and clear presentation of Tibetan Buddhist views and practices will delight both new readers as well as those already knowledgeable of the subject. We highly recommend it.

John Powers received an M.A. in Indian Philosophy from McMaster University and a Ph.D. in Buddhist Studies from the University of Virginia. A specialist in Indo-Tibetan philosophy and meditation theory, he has published several books and a number of articles on various topics in Buddhist thought and practice. He is currently an assistant professor at Grinnell College, where he teaches courses on Asian religions and philosophies.

**INTRODUCTION TO BUDDHISM**, by Geshe Kelsang Gyatso. 152 pp. #INBU \$11.95

An exceptionally clear and practical presentation of the methods taught by Buddha for transforming our mind. Beginning with an introduction to the life of Buddha, Geshe Kelsang then explains the central principles behind the Buddhist way of life, and what it means to be a Buddhist. He introduces karma, reincarnation, cyclic existence, and the bodhisattva's way of life and shows how to apply these teachings to everyday life.

NEW!

## IS ENLIGHTENMENT POSSIBLE?

*Dharmakirti and Gyalshabje on Knowledge, Rebirth, No-Self and Liberation*



Roger R. Jackson

**IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and Gyalshabje on Knowledge, Rebirth, No-Self and Liberation**, by Roger Jackson. 576 pp. #ENPOP \$29.95 paper, #ENPOC \$45 cloth December

*Is Enlightenment Possible?* is an exploration of the most sustained and sophisticated argument for the truth of the Buddhist world-view, that of the seventh-century Indian philosopher Dharmakirti. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from the body, mind's nature is such that enlightenment is possible, and the attainment of enlightenment requires realization of the uniquely Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them of interest not just to Buddhists, but to anyone concerned with the problems of truth—especially religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

**THE JAPANESE CULT OF TRANQUILLITY**, by Karlfried Durckheim. 125 pp. #JACUTR \$9.95

Durckheim explains how all facets of Japanese life, many of which are incomprehensible to Westerners, are rooted in a philosophy of a

deep acceptance of life as it is, and in the great power that lies in simplicity of feeling and action. Tranquility is central to the values, art, daily life and spiritual practice of the Japanese.

This book is for anyone who seeks inner peace and spiritual meaning within the frenetic lifestyle so common in Western society.

**THE JEWEL LADDER: a Preliminary Nyingma Lamrim**, by Minling Terchen Gyurme Dorjee, commentary by Garje Khamtrul Rinpoche, trans. & ed by Tsepak Rigzin. 236 pp. #JELA \$12

This is a comprehensive Nyingma Lamrim by one of the foremost early master-scholars of Tibet known as Terdak Lingpa, who was both a teacher and disciple of the Great Fifth Dalai Lama. The text introduces us to the preliminaries of the practice required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma and the Four Noble Truths.

**THE JEWEL ORNAMENT OF LIBERATION**, by Gampopa, trans. & ed. by Guenther. 353 pp. #JEORLI \$20

A comprehensive and authoritative exposition of the stages on the Buddhist path.

**THE JEWELLED STAIRCASE**, by Geshe Wangyal. 176 pp. #JEST \$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 (Jeffrey Hopkins & Robert Thurman among others). 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.

**JOYFUL PATH OF GOOD FORTUNE: The Stages of the Path to Enlightenment**, by Geshe Kelsang Gyatso. 620 pp. #JOPAGO \$22.95

*Joyful Path of Good Fortune* is one of the clearest and most extensive commentaries on the stages of the path to enlightenment. 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.

**KEYS TO GREAT ENLIGHTENMENT**, by Geshe Tsultim Gyeltsen. 176 pp., #KEGREN \$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.

## KHYENTSE OZER



**KHYENTSE OZER: Radiance of Wisdom and Compassion**, by the Rigpa Fellowship. 54 pp., oversize with 14 illustrations #KHOZ \$16

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.

**KINDLY BENT TO EASE US I**, by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$14.95

This is an inspiring introduction to Dzogchen by a leading master. Sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

**KINDLY BENT TO EASE US II**, by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$12.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

**KINDLY BENT TO EASE US III**, by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by the warmth of felt knowledge and the rich imagery that derives from immediate experience.

**KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology**, by Anne Klein. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook.

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 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. 283 pp. #KNLIP \$18.95, #KNLIC \$27.50 cloth, A Namgyal Institute Textbook.

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

**KUNDALINI: The Arousal of the Inner Energy**, by Ajit Mookerjee. 112 pp., 61 illus., #KU \$12.95

The core experience of tantra is the process in which energy is awakened and rises through the energy centers to unite with pure consciousness at the crown of the head. The author relates the classical teachings to modern experiences of kundalini and helps us harness its energies for spiritual growth.

**THE LAMP OF LIBERATION: A Collection of Prayers, Advice and Aspirations**, by H.H. Dudjom Rinpoche, ed. by Terry Clifford et al. 95 pp. #LALI \$15 cloth

Three texts by H.H. Dudjom Rinpoche, his biography and other pieces compose this lovely book. In Tibetan and English.

**LAMP OF MAHAMUDRA**, by Tsele Natsok Rangdrol. 140 pp. #LAMA, \$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.

**LIBERATION IN OUR HANDS**, by Pabongka Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300 pp. #LIHA \$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



LIBERATION  
IN OUR HANDS  
PART ONE: THE PRELIMINARIES  
Pabongka Rinpoche

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.

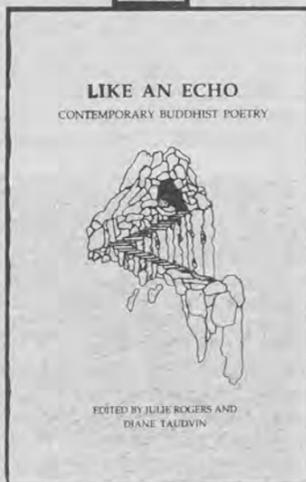
**LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment**, by Pabongka Rinpoche, ed. by Trijang Rinpoche, trans. by Michael Richards. 978 pp. #LIPAHA \$37.50

Pabongka Rinpoche, one of the best teachers in contemporary Tibet, gave an elaborate explanation of the path to enlightenment using the outline of Je Tsong Khapa. 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. This single volume contains the entire commentary.

**LIFE AND TEACHING OF TSONG KHAPA**, by Robert A. F. Thurman. 258 pp. #LITETS \$11.95

**LIGHTING THE LAMP: An Approach to the Tibetan Path**, by Alfred Woll. 160 pp. #LILA \$12 "I've sat with Alfred Woll and his teacher Gelek Rinpoche, and admire Mr. Woll for his persistence, energy, and calm humility. His book rests on these qualities containing delicate instruction for basic meditation practice useful universally East and West."—Allen Ginsberg

NEW!



**LIKE AN ECHO**, ed. by Julie Rogers and Diane Taudvin. 51 pp. #LIEC \$5.95

This Buddhist poetry is inspired by classic Tibetan style. These are poems that will appeal to the seasoned practitioner, to people who live closely with their tantric meditations. Written by the Nyingma students of Gyatrul Rinpoche in Oregon.

NEW!



**LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna**. 352 pp. #LIKU \$16 Nov. Gopi Krishna was an ordinary Indian householder who, after years

of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice at the age of thirty-four. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of this autobiography. The author's detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

**LUST FOR ENLIGHTENMENT: Buddhism and Sex**, by John Stevens. 160 pp. #LUEN \$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.

**MAHAMUDRA: Eliminating the Darkness of Ignorance**, by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$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. 550 pp. #MAQU \$30

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 tranquility 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. 272 pp. #MABU, \$18.95

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.

**MAGIC AND MYSTERY IN TIBET**, by Alexandra David-Neel. 321 pp. #MAMYTI \$7.95

This is a study of psychic discovery among the lamas and magicians of Tibet. It is a description of the occult and mystical theories and psychic training practices of Tibet. Alexandra David-Neel experienced many of the phenomena she describes. Particularly interesting is her detailed instructions for tumo (yoga of heat control) and the creation of thought projections.

NEW!

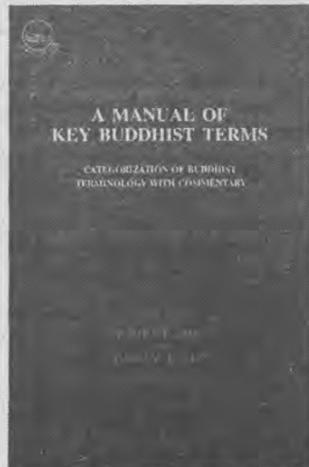
**MANIFESTATION OF THE TATHAGATA: Buddhahood According to the Avatamsaka Sutra**, trans. & ed. by Cheng Chien Bhikshu. 200 pp. approx., #MATA \$12.50

What does it mean to be a Buddha? This new translation of the "Manifestation of the Tathagata" chapter from the *Avatamsaka Sutra*, considered the most pro-



found and comprehensive Buddhist scripture, offers the reader a rare glimpse of the sublime realm of Buddhahood in language that is rich in meaning and in captivating imagery.

NEW!



**A MANUAL OF KEY BUDDHIST TERMS: Categorization of Buddhist Terminology with Commentary**, trans. by Thupten Rikhey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

To understand Buddhism, it is essential to have a knowledge of Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many key Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.

**MANUAL OF RITUAL FIRE OFFERINGS**, by Sharpa Tulku & Michael Perrott. 180 pp. #MARIFI \$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.

**THE MEANING OF LIFE**, by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 130 pp. #MELI \$12.50

The Dalai Lama presents the basic world view of Buddhism while answering some of life's most profound and challenging questions. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. Edited from a series of talks given in London, the book includes the Dalai Lama's answers to both philosophical and personal questions from the audience.

**MEANINGFUL TO BEHOLD**, by Geshe Kelsang Gyatso. #MEBE \$25.95

The best commentary to Shantideva's classic work, *A Guide to the Bodhisattva's Way of Life*. It

provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author.

**MEDITATION: Advice to Beginners**, by Bokar Rinpoche. 150 pp. #MED \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra. Easy to read, this book guides the student through the essentials of meditation by one of the masters.

**MEDITATION: The Buddhist Way of Tranquillity and Insight, Kamalashila**. 276 pp., large format #ME \$22.95

This book is a comprehensive guide to the methods and theory of Buddhist meditation. Written in an informal, accessible style, it provides a complete introduction to the basic techniques, as well as detailed advice for more experienced meditators seeking to deepen their practice and understanding of the meditative process. It even contains physical exercises for improving meditation. The author has been a teacher in the Western Buddhist Order in England for over seventeen years. The book has many useful and interesting diagrams.

**MEDITATION HANDBOOK**, by Geshe Kelsang Gyatso. #MEHA \$13.95

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 IN ACTION**, by Chogyam Trungpa. 168 pp. #MEAC \$6

Meditation is based on trying to see what is, rather than trying to achieve a higher state. It is a form that might be called "working meditation," for it is not a retreat from the world but builds the foundation for compassion, awareness, and creativity in all aspects of a person. This is a pocket edition.

**MEDITATION ON EMPTINESS**, by Jeffrey Hopkins, 1017 pp. #MEEM \$34.95 cloth

**MEDITATION ON VAJRABHAIKAVA**, by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.

**MEDITATIONS ON THE LOWER TANTRAS**, by Glenn Mullin. #MELOTA \$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.

**MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities**. 356 pp., many photos & illus., #MEBU \$24.95

This is a reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many bodhisattvas and tantric deities. This is a vivid, informed and psychological account that offers information on all of the most popular icons in a single volume.

**MIND AND ITS FUNCTIONS**, by Geshe Rabten. 189 pp. #MIFU \$15

The structure and function of the mind in Tibetan Buddhism is presented in two parts—epistemology, and the psychology of Abhidharma. Oral commentary is provided by Geshe Rabten, who authored many books and taught westerners the dharma for 20 years.

**MINDFULNESS IN PLAIN ENGLISH**, Venerable Henepola Gunaratana. 185 pp. #MIPLN \$10

This guide to insight meditation is truly practical—it is the culmination of 40 years of teaching to students across the US. The most frequently asked questions about mindfulness practice are anticipated; the conversational style and use of examples from everyday life make this a refreshing presentation of meditation.

**MIND IN TIBETAN BUDDHISM**, by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95, A Namgyal Institute Textbook.

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.

Geshe Kelsang Gyatso  
A  
MEDITATION  
HANDBOOK



Tharpa Publications



## RELIGION &amp; PHILOSOPHY

**MIND ONLY SCHOOL AND BUDDHIST LOGIC**, ed. by *Doboom Tulku*. 135 pp. #MIONSC \$15

The mind-only school (Cittamatra) is one of the four Buddhist schools of thought. Buddhist logic assumed a definite form due to the works of Dignaga. This book is a collection of papers on these two topics that were presented at the Dialogue Seminars organized by Tibet House at Sera and Ganden monasteries in 1987-88.

**MIND SCIENCE: An East-West Dialogue**, by the *Dalai Lama*, *Herbert Benson*, *Robert Thurman*, *Daniel Goleman*, et al. 152 pp. #MISC \$12.95

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to a new understanding of the nature of mind? Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading Western thinkers, this book documents the dialogue between Western scientists of mind and Buddhism.

**MIND TRAINING LIKE THE RAYS OF THE SUN**, by *Namkha Pel*, trans. by *Brian Beresford*, ed. by *Jeremy Russell*. 170 pp. #MITR \$8.95

The mind training teachings are mostly concerned with developing the altruistic mind of enlightenment. They are directed primarily towards the practitioner of great capacity, and concern the transforming of our mental attitudes. One special feature is the instructions on transforming adversity into advantage.

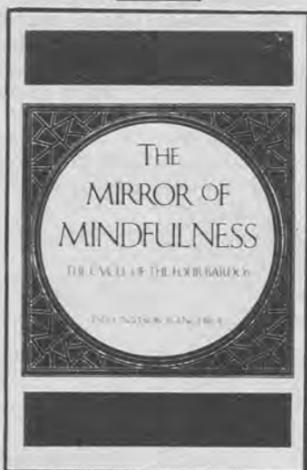
**THE MIRACLE OF MINDFULNESS**, by *Thich Nhat Hanh*. 140 pp. #MIMI \$9

This is a classic manual on meditation beautifully illustrated by *Vo Dinh Mai*.

**MIRACULOUS JOURNEY**, by *Milarepa*, trans. by *Lama Kunga Rinpoche* & *Brian Cuttito*. 232 pp. #MIJO \$14.95

This work is a compilation of Milarepa's previously unpublished narratives and songs as preserved and sung by wandering yogis.

BACK!

**MIRROR OF MINDFULNESS**, by *Tsele Natsok Rangdrol*. 144 pp. #MIMIN \$14

This presentation of teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—inspires the practitioner to achieve liberation from deluded existence and awaken to complete enlightenment for the benefit of others.

**MO: THE TIBETAN DIVINATION SYSTEM**, by *Mipham*, trans. & ed. by *Jay Goldberg*, illus. by *Doya Nardin*. 124 pp. book, 36 color cards, dice, #MO \$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 dice 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.

"This translation together with the beautiful paintings created for the west, presents to the English-speaking world another addition to the accurate and growing body of literature concerning our land of Tibet."—H.H. Sakya Trizin

**MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra**, by *Lex Hixon*. 275 pp. #MOBU \$16

The *Prajnaparamita Sutra* in 8,000 Lines—the basic scripture of all schools of Mahayana Buddhism—sets forth the bodhisattva path to enlightenment in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

"Lex's translation of the *Prajnaparamita Sutra* is wonderful. Lex phrases the concepts in a way people can hear, with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilber

"From his study and practice of the perfect wisdom, he possesses an effective lever of understanding with which to pry away the rock that has been blocking the treasure cave of the text of perfect wisdom."—Robert Thurman

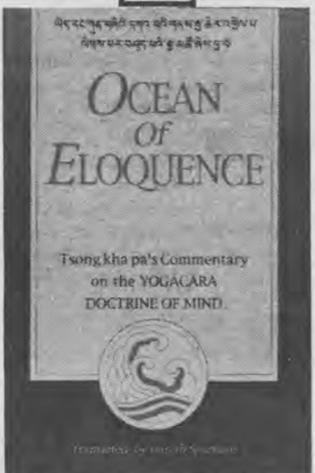
**NGONDRO: The Four Foundational Practices of Tibetan Buddhism**, by *Ole Nydahl*. 96 pp. #NG \$9.95

The four preliminary practices are methods which allow us, in the most efficient way, to purify negativity and accumulate merit. This short and easily understandable text on the preliminaries of Mahamudra is especially recommended to followers of the Karma Kagyu School by H.E. Gyaltsab Rinpoche.

**THE NYINGMA SCHOOL OF TIBETAN BUDDHISM**, by *Dudjom Rinpoche*. 1600 pp., 110 color and b&w plates, 131 line drawings, two cloth volumes in slipcase, #NYSC \$240.

In the *Fundamentals* Rinpoche explains the doctrine of samsara and nirvana, the buddha nature, the causal vehicle of dialectics, the resultant vehicles of secret mantra culminating in the Dzogpachenpo. The *History* section explains the lives and lineages of Nyingma masters.

NEW!

**OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind**, by *Gareth Sparham*. 260 pp. #OCEL \$12.95

It is well known that the Madhyamika school flourished in Tibet, but Yogacara doctrines were also studied and practiced. The former school stresses the inex-

pressible ultimate, the latter, the natural luminosity of mind. This is an excellent introduction to the distinctive eight consciousness systems of Yogacara. The book is remarkable in that it addresses the problem of how a person trapped within the confines of a limited and deluded personality can transcend that state and attain liberation. Tsongkhapa offers many profound insights on the process of transformation.

Gareth Sparham is a respected scholar, college professor, and has been a Buddhist monk for twenty years.

**OCEAN OF NECTAR**, by *Geshe Kelsang Gyatso*. 576 pp. #OCNE \$33.95 November

An extremely powerful work combining an investigation of ultimate reality with practical advice on the compassionate Buddhist way of life. *Ocean of Nectar* is the first complete commentary to Chandrakirti's celebrated masterpiece, the *Guide to the Middle Way*, one of the most important works in the Mahayana Buddhist canon and still regarded to this day as the principal text on emptiness.

**OPEN HEART, CLEAR MIND**, by *Thubten Chodron*. 180 pp., #OPHECL \$12.95

"...presents a clear and complete survey of the teachings of the Buddha. *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

This introduction to the Buddhist world-view by an American Tibetan Buddhist nun focuses on the practical application of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, the author sets forth the fundamental points of the path taught by the Buddha for transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."—His Holiness the Dalai Lama.

NEW!

**OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice**, by *Martin Lowenthal* & *Lar Short*. 194 pp. #OPHECO \$12.95

Combining traditional descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises, this book shows how to use the practice of compassion as a way to greater clarity and personal freedom. "This work will be an important contribution to the ongoing vital field of East/West psychology and spirituality."—Lama Geshe Tenzin Wangyal Rinpoche

**ORDERLY CHAOS: The Mandala Principle**, by *Chogyam Trungpa*. 184 pp. #ORCH \$13

From the perspective of the mandala principle, all phenomena are part of one reality and existence is an orderly chaos. There is chaos

and confusion because everything happens by itself without any external ordering principle. At the same time, whatever happens expresses order and intelligence, wakeful energy and precision. Through meditative practices associated with mandalas, the opposites of experience are revealed as inseparable parts of a total vision of reality.

**THE ORIGIN OF THE TARA TANTRA**, by *Jonan Taranatha*, trans. & ed. by *David Templeman*. 104 pp. #ORTATA \$6.95

This book provides an important and accurate account of the powers of Tara and the lineages of the Siddhas who worshipped her and passed on her teachings, revelations and tantra.

**A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World**, by *B. Alan Wallace*, ed. by *Zara Houshmand*. 120 pp. #PASO \$9.95

"A user-friendly exposition of the Tibetan seven-point mind training..."—*Yoga Journal*

In 1987, ending fourteen years as a monk in the Tibetan tradition, Alan Wallace devoted himself to a solitary retreat in the Sierra Nevada mountains of California. Drawing on this experience in solitude, he offers practical instructions to anyone who wishes to make the passage from isolated self-centeredness to altruistic engagement with others. The approach presented here is one of the most cherished practices of Tibetan Buddhism and is of equal value for those who follow a contemplative life as well as those who are actively involved in society. His warm and lively discussion offers Tibetan methods in a contemporary context for transforming life's vicissitudes into occasions for spiritual growth.

Alan Wallace teaches Tibetan Buddhism extensively in Europe and America and serves as interpreter for many distinguished Tibetan lamas. His studies in physics, philosophy and Sanskrit at Amherst College culminated in the excellent book *Choosing Reality: A Contemplative View of Physics and the Mind*. He is also the translator of numerous publications on Tibetan Buddhism, medicine and culture. Alan Wallace is in the Department of Religious Studies at Stanford University.

**PATH OF THE BODHISATTVA WARRIOR**, by *The Thirteenth Dalai Lama* & *Glenn H. Mullin*. 387 pp. #PABOWA \$14.95

"A well-written and well-illustrated book...gives many valuable insights into the Tibetan culture and religion."—*Theosophy*

The Thirteenth Dalai Lama (1876-1933) is known to Tibetans as the "Great Thirteenth," for he provided a successful political as well as spiritual leadership in difficult and turbulent times, and thus perfectly exemplified the Mahayana ideal of the bodhisattva warrior.

*Path of the Bodhisattva Warrior* brings into English for the first time many of the most important writings of this astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras; also included are his writings on the Hayagriva Tantra and various meditational practices.

The dynamic life of this Dalai Lama is presented in an intriguing and comprehensive biography, researched using 18 primary sources, Tibetan and Western. Mr. Mullin has produced the most impressive biography available on the life of the Thirteenth.

**PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life**, by *Thich Nhat Hanh*. 135 pp. #PEEVST \$8.50 paper

The deepest fulfillment can be



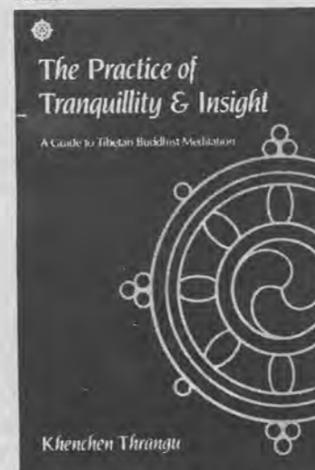
found in the midst of the very things we do every day and take most for granted. Thich Nhat Hanh offers dozens of creative suggestions that can be put to work immediately in life situations so we can remain alive to the perfection of every moment and be truly awake.

**PIERCING THE AUTUMN SKY: A Guide to Discovering the Natural Freedom of Mind**, by *Peter Barth*, forewords by *Thrang Rinpoche* & *Khenpo Konchog Gyaltsen*. 128 pp. #PIAU \$9.95

Provides clear and precise instruction on how to discover the natural freedom of mind. From the five aspects of mind—awareness, space, time, ground, and continuity—to working with sleep, dreams, illness and death, this book teaches how to recognize the extraordinary opportunities of our human condition. It is a basic text on mahamudra practice.

**THE PRACTICE OF THE COEMERGENT MAHAMUDRA**, by *Padma Karpo Ngawang Norbu*, trans. by *Ven. Anzan Hoshin Sensei*. 26 pp., #PRCOMA \$5.00

This is a classic Tibetan text which presents the four yogas of the path of Mahamudra in concise and clear form.

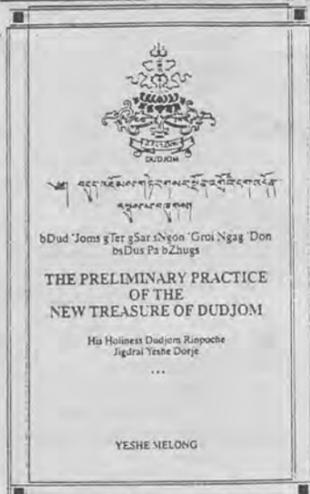
**THE PRACTICE OF TRANQUILLITY AND INSIGHT: A Guide to Tibetan Buddhist Meditation**, by *Khenchen Thrangu*. 152 pp. #PRTRIN \$14

This is a practical guide to the two types of meditation that form the core of Buddhist spiritual practice. Tranquillity meditation aims at stilling the mind, while insight meditation produces complete awareness. Thrangu Rinpoche is an eminent teacher of the Kagyu lineage.

**PRAJNAPARAMITA: The Six Perfections**, by *Khenpo Palden Sherab Rinpoche*, trans. by *Khenpo Tsewang Dongyal Rinpoche*. 103 pp. #PR \$15.

Based on his teachings at The Padmasambhava Buddhist Society in Florida, Khenpo presents the six perfections necessary in training the mind of enlightenment. Written in a clear and sublime manner, this work explains the practice of generosity, self-discipline, tolerance or patience, joyful effort, concentration and wisdom.

**PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon**, by *Khenpo Konchog Gyaltsen*. 96 pp. #PRFL \$6.95



"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

The great Jigten Sumgon, fountainhead of the Drikung Kagyu School, was widely lauded as a bodhisattva and extraordinary master. Hundreds of thousands of students gathered to hear his teachings. These teachings, in their written form, appeal for their depth and simplicity of expression.

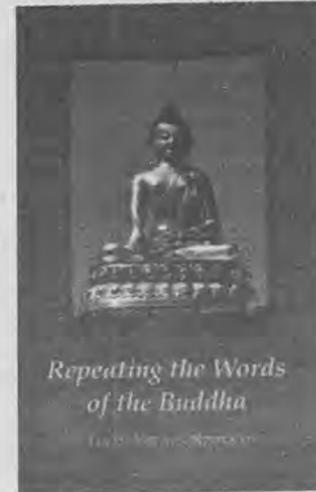
*Prayer Flags* includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

**THE PRELIMINARY PRACTICE OF THE NEW TREASURE OF DUDJOM**, by H.H. Dudjom Rinpoche. 120 pp., color photos, #PRPR \$20 cloth. Contains: *Prayer to the Legendary Incarnations Called Crystal Pearls*; *Prayer of Calling the Lama from Afar*; *Concise Recitation and Practice of the New Treasure of Dudjom*; *Prayers for the Long Life of Teachers and the Spread of Teachings*; *Ngon-dro Practice: The Dzogchen View*; *Meaning of the 100-Syllable Mantra of Vajrasattva*; *Calling the Lama From Afar* by Shenphen Dawa Rinpoche.

**PRESENT MOMENT WONDERFUL MOMENT: Mindfulness Verses for Daily Living**, by Thich Nhat Hanh, Drawings by Mayumi Oda. 76 pp. 10 illus. #PRMOWO \$7

An inspiring handbook of 50 verses with commentaries by Thich Nhat Hanh. These poetic and practical exercises help us to slow down and enjoy each moment of our lives.

**THE PRINCIPAL TEACHINGS OF BUDDHISM**, by Tsongkhapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$4.95. Tsongkhapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.



**PSYCHO-COSMIC SYMBOLISM OF THE BUDDHIST STUPA**, by Lama Govinda. 120 pp. #PSSYBU \$10.95

Describes the origins, history, forms, proportions, and power of the stupa, channel for enlightened knowledge and a force for spiritual renewal. Includes photos of famous stupas and line drawings of its components and major forms.

**RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra**, by Ngakpa Chogyam. 185 pp. #RALIEN \$15.95

Ngakpa Chogyam presents a unique view of the color and element symbolism of Tibetan Tantra. The author explores the nature and pattern of our emotions and how they relate to the five elemental energies of Tantra.

**THE RELIGION OF TIBET**, by Charles Bell. 235 pp., 69 photos & 3 maps, #RETIB \$15

Charles Bell traces the history of the introduction of Buddhism, of the resistance and general decay of the older shamanistic Bon religion, and of the developments which have taken place within Tibetan Buddhism itself. The latter part of the book deals more particularly with the religious organization, with life in the great monasteries, and with the religious customs and beliefs of the people.

**THE RELIGIONS OF TIBET**, Giuseppe Tucci. 352 pp. #RETI \$15

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

**RELATIVE WORLD, ULTIMATE MIND**, by The Twelfth Tai Situpa. 200 pp. #REWO \$12

The Buddha taught about the ten aspects of knowledge—normal worldly activities through which the ordinary person can achieve understanding and realization. Tai Situpa describes and explores these activities, which encompass the creative arts, healing, poetry, and astrology. Using examples from Buddhist teachings as well as everyday life, the author shows how the first nine aspects of knowledge cover all avenues of "right-livelihood," leading to the tenth and most advanced aspect of knowledge, inner truth.

**REPEATING THE WORDS OF THE BUDDHA**, by Tulku Urgyen Rinpoche. 112 pp. #REWOB \$12.95

Tulku Urgyen unfolds the path to enlightenment. With the benevolence and brilliance of a realized being, Rinpoche illustrates in a lucid humorous fashion the essential points of spiritual practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

**SELF AND LIBERATION: The Jung/Buddhism Dialogue**, ed. by Daniel Meckel & Robert Moore. 352 pp. #SELIB \$19.95

"A remarkable and helpful collection of the dialogues begun by Jung and his followers with the great teachings of the East. These are visionary papers which raise profound questions about human wholeness in the spiritual and psychological world. I hope that this book sparks continued and deepening discussions."—Jack Kornfield

**SHAMATHA MEDITATION: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence**, by Gen Lamrimpa, Translated & Ed. by B. Alan Wallace Co-edited by Hart Sprager. 148 pp. #SHME \$10.95, A Namgyal Institute Textbook.



On January 6, 1988, a group of twenty-four American dharma students began a shamatha meditation retreat at Cloud Mountain Retreat Center in Washington, under the guiding hand of Gen Lamrimpa, a Tibetan meditation master. Some people had committed to practice for three months, some for up to one year. Gen Lamrimpa gave two weeks of shamatha meditation instructions to these practitioners at the beginning of the retreat. These teachings are presented here for the benefit of anyone who aspires to achieve meditative quiescence in their regular practice or in retreat.

**THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN**, by Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn. 280 pp., #SHDI \$19

Over 1500 entries make this the most complete compact reference work of its kind. It is designed for both students and others interested in Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are among the subjects covered.

**SINGING BOWLS**, by Eva Rudy Jansen. 96 pp. #SIBOB \$10.95

The Himalayan bowls, known as Tibetan or Nepalese singing bowls, the special sounds they make, how they work, synchronization and inner massage, shamanism, and practical instructions for their use are explained in this book. Their is also a valuable section on Tibetan cymbals and on the bell and dorje.

**THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA**, by Garma C.C. Chang. 128 pp. #SIYONA \$9.95

The Six Yogas of Naropa are among the most highly regarded practices of the highest yoga tantra class. By engaging in these six yogas, after the necessary preparation, the yogi's body, speech and mind are transformed into those of a Buddha and all the mundane and supermundane powers of an enlightened one are attained. The main practices of the six yogas are as follows:

- \* Mystic Heat Yoga
  - \* Illusory Body Yoga
  - \* Dream Yoga
  - \* Clear Light Yoga
  - \* Bardo Yoga
  - \* Consciousness Transference Yoga
- Mahamudra is a direct path to insight into the luminous nature of the mind—a total naturalness of mind comprised of relaxed equilibrium. *Teachings on Mahamudra* is composed of the following three illuminating texts:
- \* Tilopa—*The Song of Mahamudra*
  - \* The Third Karmapa, Rangjang Dorje—*The Vow of Mahamudra*
  - \* Ven. Lama Kong Ka—*Essentials of Mahamudra Practice*

**THE SMALL GOLDEN KEY**, by Thinley Norbu. 120 pp. #SMGOKE \$14



Thinley Norbu discusses the origins of Buddhism, the important lineages of Tibetan Buddhism with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings.

**THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet**, by Surya Das. 256 pp., illus. #HRTM \$17

150 tales from the oral tradition that Tibetan masters tell to entertain and enlighten. Replete with Himalayan folklore, magic, ribaldry, and whimsy, these tales express Buddhist values and universal spiritual truths. Introduced by the Dalai Lama.

**SONG OF KARMAPA**, by Chokyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals for it clearly states the key points of Mahamudra, Madhyamika and Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi Nyima gives instructions for the practice of these teachings.

**SONGS OF SPIRITUAL CHANGE**, by the Seventh Dalai Lama & Glenn H. Mullin. 205 pp. #SEWOD7 \$10.95

"...inspiring...of immense importance to all the major Tibetan sects..."—*Religious Studies Review*

"Reading these poems impresses the mind with the beautiful simplicity of Buddha's teachings..."—*The Middle Way*

This highly valuable collection of tantric songs and poems of spiritual instruction for taming and developing the mind was written by one of the greatest of the early Dalai Lamas.

"The publications of these songs, reminiscent in many ways of those of Milarepa, provide a useful view...of Tibetan Buddhism."—*Parabola*

**THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA**, by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$16.95

This is a translation of the eighth-century *Kun byed rgyal po'i mdo* that presents being as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses themes of great concern to the present, including how to achieve a holistic world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of individual and universe. When the world is seen to be beautiful and intelligible, the innate purity of the intelligent potency, the motherly Buddha, will be experienced.

**A STUDY OF SVATANTRIKA**, by Donald S. Lopez, Jr. 450 pp. #STSVP \$19.95, #STSVC \$35 cloth, A Namgyal Institute Textbook.

"Lopez's book is a very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment

and exposition of Madhyamika in particular.—Paul Williams—*The Middle Way*

This study presents for the first time in English a clear and extensive picture of the Svatantrika Madhyamika system through an analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Several central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the types of reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

"Lopez explains and translates difficult material with considerable lucidity...it provides a crucial perspective on an important Buddhist philosophical school."—*Choice*

"Lopez's excellent introduction and commentary set Jang-gya's work within its larger Indian and Tibetan context and place Lopez' own study within the tradition of Western Buddhism. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*

**THE SUBLIME PATH OF THE VICTORIOUS ONES**, compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$5.95

H.H. the Dalai Lama requested that his Private Office compile a book of practices to serve as a recitation manual for all pilgrims to the holy places, suitable for monks and laymen, formal Buddhists and others. It is also useful at general Buddhist gatherings on special occasions and as a daily reading practice for interested individuals.

**TAMING THE MONKEY MIND**, by Thubten Chodron. 189 pp. #TAMOMI \$12.95

"This book shows how to find peace and contentment through a practical application of the teachings of the compassionate Buddha. Ven. Thubten Chodron has chosen a wide variety of situations that we all encounter in daily life and has explained how to deal with them from a Buddhist viewpoint in words that are easy to understand. She has made a valuable contribution to peace and human understanding."—The Dalai Lama

**THE TANTRIC DISTINCTION**, by Jeffrey Hopkins. 184 pp. #TADI \$10

A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

**TANTRIC YOGAS OF SISTER NIGUMA**, by the Second Dalai Lama & Glenn H. Mullin. 240 pp. #SEWOD2 \$12.95

"This has been the most enjoyable book on Buddhism I've read in many years...one of the best books about Tibetan Buddhism on the market today."—Bruce Wilson, *The Tibet Bulletin*

Included 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* (Yaman-taka): 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

## RELIGION &amp; PHILOSOPHY

pills that free the practitioner from the need for ordinary foods.

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..." —*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..." —*The Middle Way*

**TEACHINGS OF A BUDDHIST MONK**, by Ajahn Sumedho, foreword by Jack Kornfield. 109 pp. #TEBUMO \$10.95

Spiritual life is not about becoming someone special but discovering a greatness of heart within every being. It is an invitation to inwardly drop our opinions and to come to rest free of fixed positions. Ajahn Sumedho is the abbot of a Buddhist center in England and lectures and leads retreats around the world.

NEW!



**TEACHINGS OF THE SUPREME SIDDHAS**, H.H. the Third Gyalwa Karmapa Rangjung Dorje, the Eighth Situpa Tenpa'i Nyinchay, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 200 pp. #TESUSI \$15.95

Teachings of the Supreme Siddhas reveals the powerful practices of mahamudra transmitted by the Third Gyalwa Karmapa for the realization of the mind's fundamental nature. Karmapa and Situpa Rinpoche are the supreme siddhas, enlightened beings who expound on mahamudra for the benefit of others. The text is famous throughout Tibet and is practiced in all the dharma lineages. The exemplary advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

NEW!

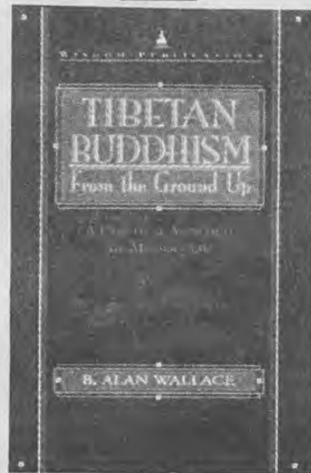


**THUNDERING SILENCE: Sutra on Knowing the Better Way to Catch a Snake**, by Thich Nhat Hanh. 72 pp. #THSI \$7

When the monk Aritha declares that enjoying sense pleasure is not an obstacle to the practice of mindfulness, he precipitates a dispute among the community. The Buddha explains the important and subtle difference between indul-

gence and attachment on the one hand, and appreciating life's simple joys and pleasures on the other.

NEW!



**TIBETAN BUDDHISM: From the Ground Up**, by B. Alan Wallace. 200 pp. approx. #TIBUGR \$14

This fascinating, highly readable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs. Rather, it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition. This is an organized overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of Tantra.

**TIBETAN BUDDHISM: Reason and Revelation**, by Steven Goodman & Ronald Davidson. 256 pp. #TIBU \$14.95

Ten studies examine the quest for clarity and insight via visionary and philosophical exploration in Tibetan Buddhism. This scholarly text includes Sakya meditational systems, Tibetan sacred biography and the evolution of deities.

**THE TIBETAN DHAMMAPADA: Sayings of the Buddha**, by Gareth Sparham. 240 pp. #TIDH \$14.95

This compilation of Buddha's sayings, known as *The Dhammapada*, has long been considered one of the most important sources for guidance in ethics, the basis for a calm and happy mind. "Known among Tibetans for the beauty of its poetry and the universality of its message, there is no Buddhist for whom the teaching in the book is irrelevant." —the Dalai Lama.

**TIBETAN TRADITION OF MENTAL DEVELOPMENT**, by Geshe Dhargyey. 255 pp. #TITRME \$10.95

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.

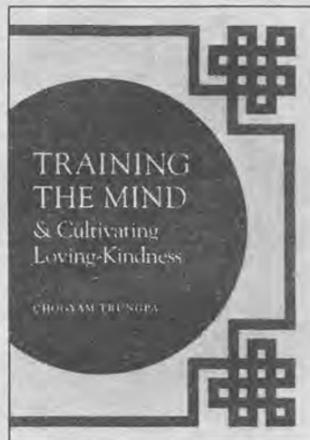
**TOUCHING PEACE: Practicing the Art of Mindful Living**, Thich Nhat Hanh. 130 pp. #TOPE \$9.50

In this sequel to the best-selling *Being Peace* based on recent talks in Europe and N. America, Thich Nhat Hanh begins with mindful breathing and awareness of what is healing and then shows how this awareness can be used to look deeply at the roots of war and violence, the plagues of alcohol and drugs, alienation, family values, community, and the realization of reality.

NEW!

**TRAINING THE MIND and Cultivating Loving-Kindness**, Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to the use of traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.



**TRAINING THE MIND IN THE GREAT WAY**, by the First Dalai Lama, trans. & ed. by Glenn H. Mullin. 170 pp. #TRMIGR \$12.95 Available Now

The attitude of self-cherishing and the habit of ego-grasping are considered by Buddhist teachers as the two greatest enemies to happiness and peace of mind. By practicing the *lojong* methods for developing great compassion and the blissful wisdom of emptiness presented in this famous teaching by the First Dalai Lama, these two syndromes can be transformed and eventually overcome.

"For me, the *lojong* tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care that they deserve, and also how to transcend the limitations of conventional ego-grasping. Kindness is a universal need, and it is something that we all appreciate being shown." —The Dalai Lama

**TRANSCENDING MADNESS: The Experience of the Six Bardos**, by Chogyam Trungpa Rinpoche. 288 pp. #TRMA \$15

Trungpa Rinpoche discusses bardo experience as it relates to everyday life—how our every moment is colored by one or more of the bardo states. He presents the six psychological conditions that correspond to the six bardos and shows how to transmute daily experience into freedom.

**TRANSFORMATION AND HEALING: Sutra on the Four Establishments of Mindfulness**, by Thich Nhat Hanh. 180 pp. #TRHE \$10

Mindfulness is the most basic meditation practice—awareness of what is going on in the body, the feelings, the mind, and the world. The author explores the psychological implications of the sutra of the Buddha.

**TRANSFORMING PROBLEMS: How To Be Happy When You're Not**, by Lama Thubten Zopa Rinpoche. 110 pp., #TRPR \$10

We all experience a constant flux of happiness and suffering. When these are seen in an ordinary way, it is the hope and fear that ensue from both which agitate our minds and cause us true suffering in daily life.

To overcome this dilemma Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.

**THE TWO TRUTHS**, by Guy Newland. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

"... 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 contradic-

tion was an incipient 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.

**UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points**, by Geshe Kelsang Gyatso. 176 pp. #UNCO \$16.95

*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. It also reveals ancient techniques that were used in India and Tibet to overcome seemingly incurable mental and physical diseases.

**UNDERSTANDING THE MIND**, by Geshe Kelsang Gyatso. 320 pp. #UNMI \$21.95

Through understanding the nature of the mind and the process of cognition, inner peace can be attained. *Understanding the Mind* gives a comprehensive explanation of the nature and function of the mind and of the different types of mind. The first part of the book explains the different types of mind from the standpoint of how we develop knowledge and understanding. These types of mind are clearly defined and advice is given on how they are generated and on their practical application in our spiritual development. The second part explains the many types of mind and mental factors from the standpoint of virtue (lead to joy) and non-virtue (lead to suffering).

**VISION AND TRANSFORMATION: An Introduction to the Buddha's Noble Eightfold Path**, by Sangharakshita. 169 pp. #VITR \$11.95

The eightfold path is the most widely known formulation of the Buddha's teaching and it is highly

respected as a treasury of practical guidance.

**WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition**, by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

This book presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan world-view of spiritual transformation. Geshe Gendun Lodro, one of the foremost scholars of Tibet, presents the landscape of mental development in a series of lectures revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. The title *Walking Through Walls* comes from his placement of the achievement of meditative calm in the context of an extraordinary feat of non-solidity that can be acquired in various ways. The title also refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The false sense of solidity of both inner distortions and the outer material world prevents the unfolding of the mind's potential. In the context of the world-view of Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.

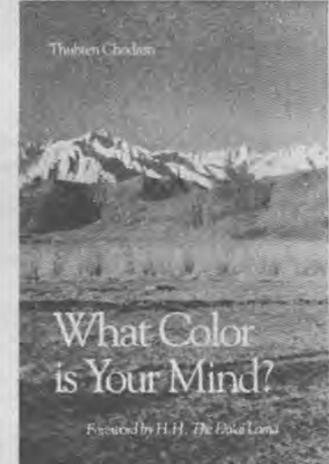
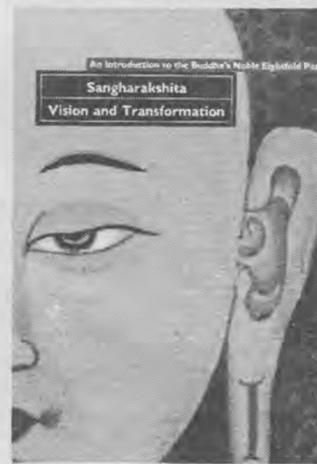
**WHAT COLOR IS YOUR MIND?**, by Thubten Chodron. 192 pp. #WHCOMI \$12.95

This is a Buddhist approach to the concerns of daily life and a variety of contemporary issues. Written in clear and engaging language for people who are new to Buddhism, *What Color is Your Mind?* is also interesting to people who have studied and practiced for years.

The first section of the book responds to questions people often ask about Buddhism: What is rebirth? How is Buddhism helpful in working with emotions? How can we practice in daily life? Thubten Chodron has taught widely and enjoys learning and teaching through questions. "It wakes you up!" she says.

The second section, *Working with Anger*, describes practical techniques for dealing with anger. Although the Buddha is usually thought of as a religious leader, he was also a consummate psychologist and peacemaker. The approach presented here emerges from the author's discussions with mental health professionals, people in therapy and conflict mediators, and is based upon the Buddha's unique prescription for transforming anger.

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development... a tremendous resource for those interested in Buddhist practice." —Karma Lekshe Tsomo, au-



RELIGION & PHILOSOPHY

thor and President of Sakyadhita International Association of Buddhist Women

"Ven. Thubten Chodron is especially skillful in presenting Buddhist philosophy and practices in ways that are easily accessible and practical for Buddhists who live in the Western world."—Ven. Hung I Shih, Jade Buddha Temple

**WHAT THE BUDDHA TAUGHT**, by *Walpola Rahula*. 151 pp. #WHBUTA \$8.95

This is a clear introduction to Buddhism focussing on the Four Noble Truths, selflessness and meditation. In addition, it contains a selection of texts from the Suttas and the *Dhammapada*. Dr. Rahula is a Buddhist monk and scholar.

**THE WHEEL OF SHARP WEAPONS**, by *Geshe Dhargyey*. #WHSW \$6.95 An inspiring text for the Bodhisattva warrior.

**WHEN THE IRON EAGLE FLIES: Buddhism for the West**, by *Ayya Khema*. 198 pp. #WHIREA \$9.95

This clear exposition is not only Buddhist philosophy, it is a practical guide to meaning through awareness, containing a wealth of exercises and advice to help you on your way. Meditation is the way to freedom from worries and fears. "It is difficult, like swimming upstream, but sailing downstream with the crowd means we end up on the mudflats—upstream we find the clear and unpolluted source."



**WHITE LOTUS: An Introduction to Tibetan Culture**, ed. by *Carole Elchert*. 240 pp., 38 color and 70 black & white illus. #WHLO \$19.95

"...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.

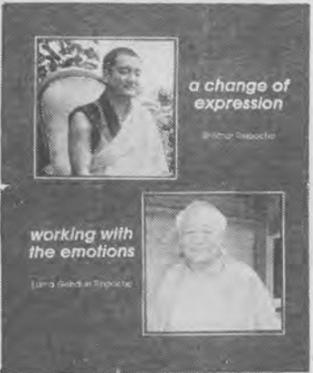
"*White Lotus* is splendid. It is a guide to the middle path of Tibetan culture that celebrates Buddhist attitudes and endures the tremendous agony of that culture without focusing too much on one or the other. *White Lotus* strikes a fine balance with beautiful illustrations and writings."—Galen Rowell

"This fine collection of writings and art work provides a rich and stimulating overview of the many facets of Tibetan life, culture, and religion. *White Lotus* reveals the hidden spiritual treasures that Tibet has to offer to the world."—Edwin Bernbaum

**WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems**, by *Thinley Norbu*. 205 pp. #WWSA \$15

Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken the reader's innate wisdom.

**WISDOM ENERGY**, by *Lama Yeshe & Lama Zopa Rinpoche*, ed. by *Jonathan Landau with Alexander Berzin*. 152 pp. #WIEN \$10 This is a simple yet compelling introduction to Buddhism by two renowned lamas. It discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.

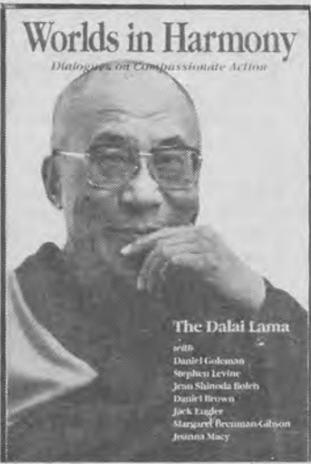


**WORKING WITH THE EMOTIONS & A CHANGE OF EXPRESSION**, by *Lama Gendun Rinpoche & Shamar Rinpoche*. 122 pp. #WOEM \$17.95

*Working with the Emotions* is an insightful teaching on how to abandon, remedy, transform and see into the true nature of the emotions. Lama Gendun Rinpoche finishes by showing how to use the emotions as a spiritual path. *A Change of Expression* is a teaching on how to differentiate between ordinary consciousness and original awareness. The commentary is based on a text written by the third Karmapa.

**WORLD AS LOVER; WORLD AS SELF**, by *Joanna Macy*, Foreword by *Thich Nhat Hanh*. 252 pp. #WLO \$15

Dependent co-arising is one of the most fundamental and complex concepts of Buddhism. Joanna Macy provides many insights into how to apply this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves. "Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken



**WORLDS IN HARMONY: Dialogues on Compassionate Action**, H.H. the Dalai Lama with *Goleman, Levine, Bolen, Brown, Engler, Brenman-Gibson, Macy*. 160 pp. #WOHA \$12.50

The nature of anger and ways of transforming it; working with the suffering and the dying; the application of Buddhist principles in the West; living and serving with love, compassion, and wisdom in a world where these qualities are too often disregarded—these topics are explored in dialogue.

**WRITINGS OF KALU RINPOCHE**, by *Kenneth McLeod*. 71 pp. #WRKARI \$8.95 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

NEW!



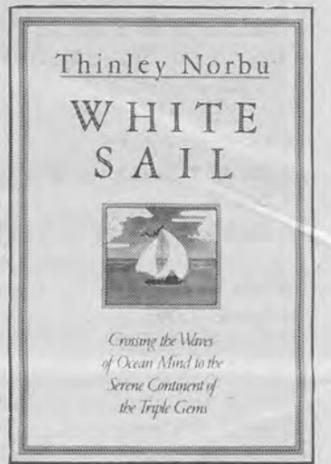
**YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred**, by *Geshe Sonam Rinchen*, ed. & trans. by *Ruth Sonam*. 450 pp. #YODEBO \$24.95

According to Gyeltsap Darma Rinchen, Aryadeva's *Four Hundred Stanzas* was written to explain how, according to Nagarjuna, the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic inquiry and reasoning. Aryadeva's text is more than a commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths.

Mahayana practitioners must eliminate not only obstructions to liberation but also obstructions to the perfect knowledge of all phenomena. This requires a powerful understanding of selflessness coupled with a vast accumulation of merit or positive energy resulting from the kind of love, compassion and altruistic intention cultivated by bodhisattvas. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness.

Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue and he uses the words of Aryadeva to answer hypothetical and actual assertions, questions and objections. This device is effective since the reader frequently identifies with the protagonist's psychological or philosophical position. In addition, Geshe Sonam Rinchen has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

Geshe Sonam Rinchen is the main instructor for the Library of Tibetan Works and Archives in Dharamsala, India, one of the most important educational centers for Tibetan Buddhism.



*"Thus shall ye think of all this fleeting world:  
A star at dawn, a bubble in a stream;  
A flash of lightning in a summer cloud,  
A flickering lamp, a phantom, and a dream."*

**ONE MONTH WINTER RETREAT**

- ~ 8-Point Training Program (includes monthly sesshins)
- ~ 1-month retreat is perfect for students on semester break
- ~ Afternoons available for personal practice
- ~ Zen Mountain Monastery is nestled in the Catskill Mountains on a 230 acre nature sanctuary
- ~ John Daido Looi, Abbot and resident teacher
- ~ Personal guidance from senior monastics

*Time swiftly passes by... Call now for a free residency and retreat catalog!*

**ZEN MOUNTAIN MONASTERY**  
PO Box 197SL, Mt. Tremper, NY 12457 (914) 688-2228

## COMPLETE TITLE LIST

### Complete Title List

*Bold Items* are published by Snow Lion.

Adventures of a Fighting Monk.....\$ 8.95	Dzogchen: Self Perfected State .....7.95	Kalachakra: Rite of Initiation .....22.95
<b>Altar of the Earth</b> .....14.95	Dzogchen: Innermost Essence.....8.95	Keys to Great Enlightenment .....12.95
<b>Amy and Gully in Rainbowland</b> .....5.95	Echoes of Voidness .....8.95	Khyentse Ozer .....16.00
Ancient Futures.....12.00	Empowerment .....14.00	<b>Kindness, Clarity, and Insight</b> .....12.95
<b>Ancient Secrets of the Fountain of Youth</b> .....5.95	<b>Emptiness Yoga</b> cloth .....35.00	Kindly Bent to Ease Us I .....14.95
<b>Ancient Wisdom</b> .....14.95	Encyclopedic Dictionary of Yoga.....12.95	Kindly Bent to Ease Us II.....12.95
Answers .....9.95	<b>Enlightened Courage</b> .....12.95	Kindly Bent to Ease Us III.....12.95
Art of Tibet.....60.00	<b>Essence of Refined Gold</b> .....12.95	Knowing Woman.....9.95
Ascent .....20.00	Essential Nectar.....14.00	<b>Knowing, Naming and Negation</b> paper .19.95
Asian Journal of Thomas Merton .....12.95	Ethics of Tibet .....16.95	<b>Knowing, Naming and Negation</b> cloth .35.00
Bardo Guidebook .....14.95	<b>Explore Tibet</b> .....9.95	<b>Knowledge and Liberation</b> paper .....18.95
<b>Bardo Teachings</b> .....8.95	The Faith to Doubt .....10.00	<b>Knowledge and Liberation</b> cloth .....27.50
<b>Beautiful Ornament of the Three Visions</b> .....12.95	Fine Arts of Relaxation, Concentration .14.95	Kopan Cookbook .....9.95
Becoming Brave.....18.95	First Buddhist Women .....15.00	Kundalini .....12.95
Belonging to the Universe .....10.00	Flight & Adaptation .....7.00	Lamp of Liberation .....15.00
Blessing Power of the Buddhas .....15.95	<b>Fluent Tibetan</b> .....250.00	Lamp of Mahamudra .....9.95
Blooming of a Lotus cloth.....12.00	Foundations of Tibetan Mysticism .....12.95	Land of Snows (children).....6.95
<b>Bodhgaya Interviews</b> .....8.95	Four Essential Buddhist Texts.....7.95	Liberation in Our Hands.....12.50
Bodhisattva Vow .....13.95	Four Foundations of Mindfulness .....12.95	Liberation in the Palm of Your Hand ...37.50
Body of Light .....12.95	Four-Themed Precious Garland .....7.95	Life and Teaching of Tsongkhapa .....11.95
Book of Buddhas .....10.95	Freedom From Fear .....12.00	Life in Relation to Death.....6.50
Bringing Down the Light .....29.95	Freedom in Exile .....10.95	Life of Milarepa .....13.00
<b>Buddha Mind</b> cloth .....28.95	Full Catastrophe Living .....12.00	Lighting the Lamp .....12.00
Buddha Nature—King .....16.95	<b>Garland of Mahamudra Practices</b> .....9.95	Like an Echo.....5.95
Buddha Nature—Thrangun Rin. ....13.95	<b>Garland of Wish-Fulfilling Trees</b> .....15.95	Living with Kundalini .....16.00
<b>Buddha's Question</b> .....9.95	Gates to Buddhist Practice .....14.95	Longing for Darkness.....10.95
Buddha Within .....19.95	Generous Wisdom .....8.95	Looking Into Mind.....14.95
Buddhism & Ecology .....9.95	Gentle Bridges .....15.00	Lord of the Dance .....16.95
<b>Buddhism of Tibet</b> .....12.95	Golden Letters.....14.95	Lost Lhasa: Heinrich Harrer's Tibet ...39.95
Buddhism, Sexuality & Gender.....19.95	<b>Great Kagyu Masters</b> .....12.95	Lotus-Born .....16.00
Buddhist Art of the Tibetan Plateau ...100.00	Great Path of Awakening .....12.00	Love's Fire .....8.95
Buddhist Handbook .....14.95	Great Swan.....16.00	Lust for Enlightenment .....9.95
Centering Prayer .....5.95	Great Treasury of Merit .....25.95	Magic and Mystery in Tibet .....7.95
Central Philosophy of Tibet.....18.95	Guide to the Bodhisattva's Way of Life .11.95	Magic Dance .....12.00
Chakras.....14.95	Guide to Dakini Land .....29.95	Magic Life of Milarepa.....16.00
Chariot for Traveling the Path to Freedom .....18.75	Guide to Walking Meditation.....7.00	Mahamudra .....9.95
Chenrezig, Lord of Love .....9.95	Guru Puja .....4.95	Mahamudra: Quint. of Mind and Meditation .....30.00
Choose Love .....12.00	Handbook of Traditional Tibetan Drugs ..5.00	Mahayana Buddhism.....18.95
Choosing Reality .....15.95	Harmony of Emptiness and Dependent- Arising .....10.95	Manifestation of the Tathagata .....12.50
Cho Yang <i>Year of Tibet</i> .....27.95	Healing Image: Great Black One .....14.95	Manual of Key Buddhist Terms .....10.95
Christ and the Bodhisattva.....19.95	Healing Sounds .....14.95	Manual of Ritual Fire Offering .....14.95
Civilized Shamans .....66.00	<b>Health Through Balance</b> .....14.95	Masters of Enchantment.....19.95
Classical Tibetan Language .....18.95	<b>Heart Drops of Dharmakaya</b> .....15.95	Masters of Mahamudra.....18.95
Clear Light of Bliss .....19.95	Heart of the Buddha .....14.00	Meaningful to Behold .....25.95
Cloudless Sky .....10.00	Heart of Wisdom .....17.95	Meaning of Life .....12.50
<b>Commentary on Guru Yoga</b> .....7.95	Heart Sutra Explained .....18.95	Meditating with Children .....10.95
Crafts of Kashmir, Jammu and Ladakh ..55.00	Heart Treasure of the Enlightened Ones .15.00	Meditation .....22.95
Crazy Wisdom .....13.00	Hero of the Land of Snow .....6.95	Meditation: Advice to Beginners .....14.95
Creative Vision .....15.00	H.H. the 17th Karmapa .....9.95	Meditation Handbook.....13.95
Crystal and the Way of Light .....12.95	Hidden Journey.....10.00	Meditation in Action.....6.00
Cult of Tara: Magic and Ritual .....18.00	Hidden Teachings of Tibet .....18.95	Meditation on Emptiness cloth .....34.95
Cultivating a Daily Meditation .....7.95	Hidden Treasures and Secret Lives.....14.95	Meditation on Vajrabhairava.....9.95
<b>Cutting Through Appearances</b> .....15.95	<b>Highest Yoga Tantra</b> .....12.95	Meditations on Lower Tantras .....7.95
Cutting Through Ego Clinging .....17.95	Himalayan Passage .....16.95	Meeting the Buddhas .....24.95
Cycle of Day and Night.....10.95	History of Modern Tibet .....25.00	Mind and its Functions .....15.00
Dakini Teachings.....18.00	Homage to Khyab Je Kalu Rinpoche...24.95	<b>Mind in Tibetan Buddhism</b> .....10.95
<b>Dalai Lama at Harvard</b> .....14.95	Hour of Death.....10.95	Mind Only School and Buddhist Logic .15.00
Dancing Colors .....18.95	<b>House of the Turquoise Roof</b> .....14.95	Mind Science .....12.50
Daughter of Fire .....19.95	How the Swans Came to the Lake .....20.00	Mind Training Like the Rays of the Sun .8.95
<b>Death, Intermediate State and Rebirth</b> .7.95	How to Meditate .....10.95	Mindfulness in Plain English.....10.00
<b>Debate in Tibetan Buddhism</b> paper .38.95	Hungry Tigress .....15.00	Miracle of Mindfulness.....9.00
<b>Debate in Tibetan Buddhism</b> cloth .45.00	Illuminations .....14.00	Miraculous Journey .....14.95
<b>Deity Yoga</b> .....14.95	<b>Images of Enlightenment</b> .....24.95	Mirror of Mindfulness .....14.00
Delhi-Jaipur-Agra .....19.95	Imagination and Enlightenment .....5.00	<b>MO: Tibetan Divination System</b> .....29.95
Dependant Arising and Emptiness .....49.95	Independence to Exile .....6.95	Mongolia.....13.95
Determination .....12.00	India .....24.95	Mother of the Buddhas .....16.00
Dharma that Illuminates All .....14.95	India's Western Himalaya.....19.95	My Journey to Lhasa .....14.00
<b>Dharma Paths</b> .....14.95	India Travel Survival Kit .....19.95	My Land and My People .....8.95
Diamond Sutra and Sutra of Hui Neng .14.00	Initiations and Initiates in Tibet .....5.95	My Life and Lives .....14.95
Dict: English-Tibetan Dict. of Modern Tibetan.....60.00	In Praise of Tara .....26.95	Mystical Passion .....9.95
Dict: Tibetan-English Dict. of Buddhist Term. ....40.00	<b>In Search of Stainless Ambrosia</b> .....12.95	My Tibet .....40.00
Dict: Tibetan-English Dict. (Das) .....20.00	In Search of the Dharma .....14.95	Nepal .....19.95
Dictionary of World Religions .....26.00	Insight Meditation cloth .....18.00	Nepali for Trekkers .....16.95
Dilgo Khyentse Rinpoche .....8.00	In the Kingdom of the Dalai Lama .....13.95	Ngondro .....9.95
Direct and Unmistaken Method .....4.95	In the Mirror of Memory.....19.95	Nomads of Western Tibet .....20.00
Dose of Emptiness .....29.95	In This Very Life .....16.00	Nyingma School of Tibetan Buddhism .240.00
<b>Dream Yoga &amp; Practice of Natural Light</b> .....12.95	Introduction to Buddhism .....11.95	Ocean of Eloquence .....12.95
Dzogchen and Padmasambhava.....10.00	<b>Introduction to Tibetan Buddhism</b> .....16.95	Ocean of Nectar .....33.95
	<b>Is Enlightenment Possible?</b> .....29.95	Ocean of Wisdom paper .....8.95
	<b>Is Enlightenment Possible?</b> cloth .45.00	<b>Open Heart, Clear Mind</b> .....12.95
	Japanese Cult of Tranquility .....9.95	Opening the Eye of New Awareness....12.95
	Jewel Ornament of Liberation .....20.00	Opening the Heart of Compassion .....12.95
	<b>Jewelled Staircase</b> .....10.95	Orderly Chaos .....13.00
	Journey in Ladakh .....10.95	Origin of the Tara Tantra .....6.95
	Joyful Path of Good Fortune .....22.95	Otherworld Journeys.....8.95
	Kalachakra Tantra .....12.00	Outer Path .....10.95

## COMPLETE TITLE LIST/DHARMA

<p>Passage From Solitude .....9.95                  Path of the Bodhisattva Warrior .....14.95                  Path to Bliss .....14.95                  Peace is Every Step .....8.50                  People of Tibet .....15.00                  Piercing the Autumn Sky .....9.95                  Plotinus: The Enneads .....65.00                  Policy of Kindness .....6.95                  Portrait of Lost Tibet .....15.95                  Practice of Co-Emergent Mahamudra .....5.00                  Practice of Kalachakra .....14.95                  Practice of Tranquillity and Insight .....14.00                  Prajnaparamita: Six Perfections .....15.00                  Prayer Flags .....5.55                  Preliminary Practice of the New Treasure of                  Dudjom .....20.00                  Present Moment, Wonderful Moment .....7.00                  Prince Siddhartha .....15.95                  Principal Teachings of Buddhism .....4.95                  Psycho-Cosmic Symbolism of the Buddhist                  Stupa .....10.95                  Quantum Healing .....10.00                  Rainbow of Liberated Energy .....15.95                  Relative World, Ultimate Mind .....12.00                  Religion of Tibet .....15.00                  Religions of Tibet .....15.00                  Repeating the Words of the Buddha .....12.95                  Road to Heaven .....14.00                  Sacred Mountain of Tibet .....24.95                  Sacred Mountains of the World .....25.00                  Sakyadhita: Daughters of the Buddha .....14.95                  Sanctuaries: A Guide to Lodgings in NE                  .....13.00                  Sanctuaries: A Guide to Lodgings in SW and                  West Coast .....15.00                  Secret Visions/Dalai Lama V .....190.00                  Self and Liberation .....19.95                  Self-Liberation Through Seeing .....14.95                  Settlements of Hope .....10.00                  Seven Years in Tibet .....9.95                  Shamatha Meditation .....10.95                  Shambala .....10.95                  Shambhala Dictionary of Buddhism &amp; Zen                  .....19.00                  Singing Bowls .....10.95                  Six Vajra Verses .....10.00                  Six Yogas of Naropa .....9.95                  Sky Burial .....21.95                  Sky Dancer .....12.95                  Small Golden Key .....15.00                  Snow Lion's Turquoise Mane .....17.00                  Some Essential Advice .....4.50                  Song of Karmapa .....12.95</p>	<p>Songs of Spiritual Change .....10.95                  Sovereign of All-Creating Mind .....16.95                  Spirit of Native America .....18.95                  Spirit and Nature: Environment/Religious                  Issue .....16.00                  Spiritual Parenting .....12.95                  Standing in Your Own Way .....15.95                  Status of Tibet .....24.95                  Strange Liberation .....12.95                  Studies in Tibetan Medicine .....7.95                  Study of Svantantrika paper .....19.95                  Study of Svantantrika cloth .....35.00                  Sublime Path Victorious Ones .....6.95                  Sufi Path of Knowledge .....24.50                  Sufi Path of Love .....14.95                  Suppression of a People .....5.00                  Symbolic Quest .....12.95                  Taming the Monkey Mind .....12.95                  Tantra in Tibet .....14.95                  Tantric Distinction .....10.00                  Tantric Practice in Nyingma .....14.95                  Tantric Yogas of Sister Niguma .....12.95                  Tara's Coloring Book .....7.95                  Teachings of a Buddhist Monk .....10.95                  Teachings of the Supreme Siddhas .....15.95                  Temple, Household, Horseback .....27.50                  Thundering Silence .....7.00                  Tibet .....14.95                  Tibet .....7.95                  Tibet: Reflections from Wheel of Life .....49.95                  Tibet—Student Workbook .....6.50                  Tibet—Teacher's Guide .....6.50                  Tibet in Exile .....39.95                  Tibet Past &amp; Present .....15.00                  Tibet: A Travel Survival Kit .....13.95                  Tibet: A Political History .....15.00                  Tibet: Land of Mystery .....60.00                  Tibet: The Facts .....10.50                  Tibetan Arts of Love .....14.95                  Tibetan Book of the Dead (Shambala) .....9.95                  Tibetan Book of Living and Dying .....24.00                  Tibetan Buddhism .....14.95                  Tibetan Buddhism From the Ground Up .....14.00                  Tibetan Buddhist Altar .....8.00                  Tibetan Buddhist Medicine and Psychiatry                  .....12.95                  Tibetan Buddhist Nuns .....39.95                  Tibetan Collection Magazine (V3) .....20.00                  Tibetan Dhammapada .....14.95                  Tibetan Empire in Central Asia .....16.95                  Tibetan Medical Paintings .....195.00                  Tibetan Phrasebook .....6.95                  Tibetan Pilgrimage .....11.95</p>	<p>Tibetan Tradition of Mental Development                  .....10.95                  Tintin in Tibet .....7.95                  To Lhasa and Beyond .....14.95                  To the Lion Throne .....8.95                  Touching Peace .....9.50                  Training the Mind .....9.00                  Training the Mind in a Great Way .....12.95                  Transcendent Wisdom .....9.95                  Transcending Madness .....15.00                  Transforming Problems .....10.00                  Transformation and Healing .....10.00                  Translating Buddhism From Tibetan .....50.00                  Trekking in Nepal, Tibet, and Bhutan .....14.95                  Trekking in Tibet .....16.95                  TRIGG in Tibet .....6.95                  Twenty Jataka Tales .....9.95                  Two Truths paper .....19.95                  Two Truths cloth .....39.95                  Understanding the Mind .....21.95                  Union of Bliss and Emptiness .....12.95                  Union of Mahamudra and Dzogchen .....15.95                  Universal Compassion .....16.95                  Vision and Transformation .....11.95                  Walking Through Walls .....19.95                  Weavers of Wisdom .....9.95                  What Color Is Your Mind? .....12.95                  What the Buddha Taught .....8.95                  Wheel of Sharp Weapons .....6.95                  Wheel of Time .....12.95                  Wheel of Time Sand Mandala .....40.00                  When the Iron Eagle Flies .....9.95                  Where is Tibet? .....12.95                  Whirling Dervishes .....16.95                  White Lotus .....19.95                  White Sail .....15.00                  Who Dies? .....9.95                  Wisdom and Compassion (cloth) .....65.00                  Wisdom and Compassion (paper) .....40.00                  Wisdom Energy .....10.00                  Woman Awake .....7.95                  Women in Buddhism .....15.00                  Women of Wisdom .....8.95                  Wonders of the Natural Mind .....14.95                  Words of Truth .....2.00                  Working with Emotions, Change of                  Expression .....17.95                  World as Lover, World as Self .....15.00                  World of Buddhism .....29.95                  Worlds in Harmony .....12.50                  Writings of Kalu Rinpoche .....8.95                  Yogic Deeds of Bodhisattvas .....24.95                  Yogic Deeds of Bodhisattvas (cloth) .....40.00</p>
--	---	--

# COMPLETE DHARMA ITEMS LIST

<p><b>AUDIO TAPES</b>                  Dalai Lama:                  Compassion: The Heart of                  Enlightenment .....\$10.00                  The Dalai Lama on Wisdom                  and Compassion .....14.95                  Harvard Seminars (12 tapes)                  .....84.00                  The Nobel Peace Prize                  Address .....7.00                  Vajrasattva .....7.00                  Sogyal Rinpoche:                  Living Up to Death .....10.00                  Right View: Living Your                  Dying .....9.95                  Spiritual Care for Living &amp;                  Dying .....55.00                  Taming the Mind .....9.95                  Turning Suffering Into                  Enlightenment .....9.95                  Untangling our Emotions .....9.95                  Tapes by other Teachers:                  Approaching the Tantras (3                  tapes) .....21.00                  Awakening to Wisdom .....9.95</p>	<p>Buddhism &amp; Psychology (3                  tapes) .....17.00                  Cultural Heritage of Tibet                  .....12.00                  Death &amp; Dying (4 tapes) .....28.00                  Dharma Wisdom .....9.95                  Dzogchen (3 tapes) .....30.00                  Inseparability of Samsara &amp;                  Nirvana (3 tapes) .....30.00                  Life as a Karmic Reflection                  .....10.00                  Life of Tibetan and Christian                  Nuns .....10.00                  Mahamudra (3 tapes) .....30.00                  Nature of Mind (3 tapes) .....30.00                  Pacifying Ever-Increasing                  Desire .....10.00                  Perception, Our Experience                  .....10.00                  Psychology Seminar (7 tapes)                  .....49.00                  Tibetan Book of the Dead                  .....12.00                  Union of Bliss and Emptiness                  (3 tapes) .....30.00</p>	<p><b>DHARMA SEED TAPE                  LIBRARY</b>                  Joseph Goldstein:                  Bare Attention &amp; the Five                  Hindrances .....12.00                  Big Mind Meditation .....12.00                  Complete Meditation                  Instructions .....12.00                  Desire .....10.00                  Fear .....10.00                  Love .....18.00                  Obstacles to Concentration .....10.00                  Practice in the World .....10.00                  Vipassana Jhanas .....10.00                  Jack Kornfield:                  Experiencing the Qualities of                  Enlightenment .....10.00                  Introduction to Meditation (8                  tapes) .....80.00                  Introductory Meditation                  Instructions .....12.00                  Ten Perfections Series (10                  Tapes) .....100.00                  Christina Feldman:                  Images of Perfection .....10.00                  Language of Silence .....10.00</p>	<p>Models .....10.00                  Other Teachers:                  Energy Meditation; Metta                  Meditation .....12.00                  Letting Go of Attachment                  .....10.00                  Practice of Inner                  Listening .....10.00                  Samadhi: Guardian of the                  Heart .....18.00                  BOOKS ON TAPE                  Fables From Far Away Lands                  .....7.50                  Meditation Handbook (3 tapes)                  .....24.95                  Open Heart, Clear Mind (3                  tapes) .....21.00                  Tibetan Book of the Dead (2                  tapes) .....15.95                  Universal Compassion (4 tapes)                  .....24.95                  MUSIC &amp; CHANTS                  Cho-Ga .....9.95                  Chenrezik .....12.00                  Chenrezik CD .....18.00</p>	<p>Dharma Boogie .....10.00                  Gyuto Monks Freedom Chants                  .....9.95                  Gyuto Monks Tantric Choir                  .....10.95                  Gyuto Monks Tantric Choir                  CD .....16.95                  Heart Dance, River Flow .....10.00                  Queen of Great Bliss .....10.00                  Rhythm of Peace .....10.00                  Sacred Earth .....9.95                  Sacred Earth CD .....17.00                  Sacred Healing Chants of                  Tibet .....9.95                  Sacred Healing Chants of Tibet                  CD .....16.95                  Sacred Music, Sacred Dance for                  Planetary Healing CD .....18.00                  Sacred Tibetan Chants from                  the Great Prayer Festival CD                  .....18.00                  Shitro .....10.00                  Singing Bowls of Tibet .....10.95                  Songs of Milarepa .....10.00                  Sounds of Inner Peace .....10.00                  Sounds of Peace .....10.00</p>
--	---	--	---	---

# DHARMA

Tantras of Gyuto: Sangwa Dupa LP.....9.95  
 Tantric Harmonics.....10.00  
 Turtle Island Flute.....10.00  
 Twenty-One Praises of Tara.....12.00  
 —accompanying booklet...3.00

## VIDEOS

Compassion in Exile.....40.00  
 Dakini Wisdom.....45.00  
 Exploring the Mandala...19.95  
 A Guide to Walking Meditation.....35.00  
 Heart of Tibet.....29.95  
 Ladakh: In Harmony with the Spirit.....29.95  
 Life in Relation to Death...45.00  
 Lion's Roar.....49.95  
 Living Up to Death...29.95  
 Lord of the Dance.....49.95  
 Mahamudra.....33.00  
 Mandala: World of the Mystic Circle.....29.95  
 Meaning of Tibetan Buddhist Chanting.....24.95  
 Meditation.....24.95  
 Nicholas Roerich: Messenger of Beauty.....24.95  
 Overcoming Differences...29.95  
 Requiem for a Faith.....Sale 40.00  
 Sand Painting: Sacred Art 34.95  
 XVII Karmapa Return to Tsurphu.....39.95  
 Spirit and Nature.....29.95  
 Tibet: Survival of the Spirit.....29.95

## OTHER DHARMA ITEMS

Bell & Dorje (regular grade).....60.00  
 Bell & Dorje (supreme grade).....200.00  
 Bell & Dorje Cover.....20.00  
 Bhumpa.....28.00  
 Bracelet (Om Mani Padme Hum—silver).....46.00  
 Bracelet.....35.00  
 Bracelet (Dorje & Snow Lion—silver).....46.00  
 Bracelet (3-metal woven)...10.00  
 Bracelet (3-metal beaded edge).....10.00  
 Brocade Bag.....6.00  
 Bumper Stickers  
 —“Commit Random Acts of Kindness”.....1.50  
 —“Free Tibet” Bumper Sticker.....1.50  
 —“I (Heart) Tibet”.....1.50  
 Butter Lamp.....16.00  
 Chod Drum.....170.00  
 Cotton Change Pouch...3.00  
 Curved Knife.....40.00  
 Damaru (wood).....30.00  
 Damaru Banners.....20.00  
 Dharma Neckties.....18.00  
 Dingsha Bells.....30.00  
 Door Mantra.....2.50  
 “Free Tibet” Button (red on white).....1.00  
 Gau (pendant).....36.00  
 Gau (precious).....52.00  
 Gau (large).....18.00  
 Incense:  
 —Aromatic Tibetan Traditional Incense.....6.00  
 —Pure Sandalwood Incense—8”.....5.00  
 —Extra-Grade Tibetan Incense—10 & 16”...10.00  
 —Tibetan Incense—16”...5.00  
 —Traditional Tibetan Incense—highest grade.....8.00  
 —Traditional Tibetan Incense—medium grade.....6.00  
 —Traditional Tibetan Incense—common grade.....5.00  
 —Tara Healing Incense...5.00  
 —Agar31 Herbal Incense...7.95  
 —Nirvana Brand Herbal Incense.....6.00

Kapala (medium brass skull cap).....30.00  
 Kata—plain.....6.00  
 Kata—embroidered.....25.00  
 Karmapa Dharma Decal...3.00  
 Karmapa Dream Flag Pin...5.00  
 Mala Bag.....8.00  
 Malas  
 —cobalt blue.....30.00  
 —cobalt blue—pocket size 15.00  
 —ebony mala.....36.00  
 —lotus seed.....52.00  
 —lotus seed (with stones) 30.00  
 —lotus seed—pocket size 15.00  
 —wood.....16.00  
 —bodhi seed.....40.00  
 —lotus seed.....40.00  
 —crystal.....80.00  
 —bone.....22.00  
 —sandlewood, red & regular.....14.00  
 —white bone.....20.00  
 —white disk bone.....20.00  
 Mala Counters—white metal.....14.00  
 —silver.....60.00  
 —silver (large).....50.00  
 —pewter counters.....22.00  
 Mandala Plates.....\$Call  
 Mani Plaque.....50.00  
 Meditation Cushions—zafu 34.00  
 —support.....17.00  
 —zabuton.....40.00  
 —inflatable zafu.....20.50  
 Meditation Bench.....37.00  
 Meditation Bench (collapsible).....55.00  
 Meditation Bench Cushion.....18.00  
 Offering Bowls (set of 7)—copper.....38.00  
 —white metal.....32.00  
 —silver plated.....33.00  
 Pecha Covers.....15.00  
 White Metal Kalachakra Pendants.....12.00  
 Silver Pendants:  
 —Bell & Dorje.....30.00  
 —Buddha (large).....30.00  
 —Buddha.....12.00  
 —Buddha.....15.00  
 —Chenrezig.....12.00  
 —Dorje.....18.00  
 —Double Dorje.....30.00  
 —Garuda.....10.00  
 —Malachite.....24.00  
 —Manjushri.....12.00  
 —Padmasambhava.....12.00  
 —Padmasambhava (large) 30.00  
 —Purba.....14.00  
 —Tara.....12.00  
 —Tara (large).....30.00  
 —Vairocana.....16.00  
 Photo of Dalai Lama 8 x 10”.....15.00  
 Pocket Pujas (\$2.50 ea):  
 —Dalai Lama  
 Wallet-size photo of Dalai Lama.....1.00  
 Prayer Flags & Banners  
 —Prayer Flag Set (nuns)...12.00  
 —Chenrezig Prayer Flags 12.00  
 —Chenrezig 6’ Banner...16.00  
 —Milarepa.....12.00  
 —Padmasambhava Prayer Flags.....12.00  
 —21 Tara Prayer Flags...12.00  
 —Tara 6’ Banner.....16.00  
 Ring—Om Mani Padme Hum (silver).....17.00  
 Purbas—5”.....12.00  
 9”.....30.00  
 Sacred Art of Tibet Magnets  
 —Kalachakra.....3.95  
 —Niguma.....3.95  
 —Padmasambhava & Yeshe Tsogyal.....3.95  
 Sacred Art of Tibet Notecard Set.....12.00  
 Silk Scarf—tiger.....50.00  
 Singing Bowls.....250.00  
 Stupa.....98.00

Tibet Place Map.....5.00  
 Tibetan Art Calendar.....25.00  
 Tibetan Backpack.....35.00  
 Tibetan Bag.....8.00  
 Tibetan Belt Pouches & Shoulder Bags.....35.00  
 Tibetan National Flag...25.00  
 Tibetan Freedom Bands...4.00  
 Tibetan Shoulder Bags...16.00  
 Tibetan Stamps.....5.00  
 Tibetan Picture Frame...15.00  
 Tibetan Tilden.....25.00  
 Tibetan Wallet.....6.00  
 Tibetan Windchimes...50.00  
 Tibetan Wool Scarf.....20.00  
 T-shirts—Kalachakra...14.00  
 Tsa-tsas:  
 —Shakyamuni Buddha...11.50  
 —Padmasambhava.....11.50  
 —Buddha (Sand).....13.50  
 —Buddha (Mahogany)...13.50  
 Thangkas—assorted.....\$Call  
 Tibetan carpets—assorted \$Call  
 Rupas—assorted.....\$Call  
**SNOW LION TIBET CARDS**  
 \$ .60 ea.  
 Statue  
 Thikse Monastery  
 Tibetan Rug Weaver  
 Mountain Sunset  
 Monastery Courtyard  
 Landscape Sunset  
 Smiling Lady  
 Long-life Offering  
 Tibetan Pilgrim  
 Masked Dancer  
 Tibetan Man & Child  
 Tibetan Monk in Prayer  
 Potala Palace  
 Young Tibetan Monk  
 Potala from Back Side  
 White Masked Dancer  
 Tibetan Lamas  
 Red-Masked Dancer  
 Tibetan Horseman  
 Elderly Man with Prayer Wheel  
 Bashful Khampa Girl  
 Tibetan Thangka Painter  
 Tibetan Mask  
 Tibetan Ngakpa  
 Woman with Dog  
 High Lamas at Kalachakra  
 Woman with Prayer Wheels  
 Jokhang Temple  
 Jokhang Rooftop  
 Jo Rinpoche Statue  
 Young Monk on Roof  
 Potala Palace  
 Potala Rooftop  
 Tashilunpo Monastery  
 Rebuilding of Ganden  
 Monks of Nechung  
 Dharmachakra  
 Mandala Offering  
 Chorten of Gyantse  
 Sakya Monastery  
 Milarepa's Cave  
 Drepung Monastery  
 Kumbum Monastery  
 Sera Monastery  
 Maitreya Statue  
 Woman with Headdress  
 Lamayuru Monastery  
 Woman Chanting  
 Monk in Meditation  
 Horseman  
 Nomadic Tent  
 Ceremonial Tent  
 Monks Debating  
 Potala Stairs  
 View from Jokhang Roof  
 Chorten Detail  
 Golden Buddha  
**IMAGES OF LOST TIBET**  
 \$ .60 ea. Now only \$.25 ea.!  
 Tibetan from Chamdo  
 Monks Sounding Trumpets  
 Tibetan Nomad Tent  
 Norbu Linga & 13th Dalai Lama  
 Officials During Losar  
 Potala During Losar

Tantric Meditator  
 Tibetan Men & Horses  
 Mani Stones—Tibet-China border  
 Wife of Tibetan Governor  
**FACES OF TIBET** \$.60 ea.  
 Now only \$.25 ea.!  
 Nomad Yogi  
 Yogi of Milarepa Tradition  
 Woman with Prayer Beads  
 Young Tibetan Girl  
 Yeshe Dorje, Weather Controller  
**WISDOM ART CALENDAR CARDS** \$.75 ea.  
 Amoghapasha  
 Buddha Shakyamuni  
 Medicine Buddha Mandala  
 Nine Deity Hevajra  
**ROBERT BEER POSTCARDS**  
 \$.80 ea.  
 Kalachakra Mantra  
 Medicine Buddha  
 Nagarjuna  
 Naropa  
 Shantideva  
 Tilopa  
 Vajrasattva  
**MANTRA CARDS** \$.80 ea.  
 Medicine Buddha  
 Green Tara  
 Avalokitesvara  
 Amitayus  
 Manjushri  
 Sakyamuni  
**ROBERT BEER NOTECARDS** \$1.25 ea.  
 with envelope.  
 Garab Dorje  
 Marpa  
 Milarepa  
 Padmasambhava  
 Shakyamuni Buddha  
 Samantabhadra  
 Tsongkhapa  
 Vajradhara  
 Yeshe Tsogyal  
**REHO CARDS** \$.80 ea.  
 H.H. the Dalai Lama  
 Gelugpa Assembly Tree  
 Wheel of Life  
 Lotus Pool—Bodh Gaya  
 Rock Paintings—Lhasa  
 Padmasambhava—in Jokhang  
 Maitreya—in Potala  
 Potala Palace  
**THARPA FINE ART DEITY CARDS** \$.90 ea.  
 Shakyamuni Buddha  
 Avalokitesvara  
 Manjushri  
 Vajrapani  
 Green Tara  
 White Tara  
 Amitabha  
 Amitayus  
 Medicine Buddha  
 Je Tsongkhapa  
 Vajradhara w/Consort  
 Vajrasattva w/Consort  
 Yamantaka  
 Heruka  
 Vajrayogini  
 Mahakala  
 Guyhasamaja  
 Vajradharma  
 Maitreya  
 Vaishravana  
 Vajrasattva  
 Prajnaparamita  
 Wheel of Life  
 Stupa of Enlightenment  
 1000-arm Avalokitesvara  
 White Manjushri  
 Ushnisha Vijaya  
 Kalarupa  
 Kinkara Skeleton Couple  
 Mahakala (4-arm)  
 Heruka Chakrasamvara (12-arm)  
 Five Buddha Families  
**TRANSFORMATIVE ART NOTECARD SET** \$24 box of 12

**GARUDA POSTCARDS** \$1 ea.  
 Gelugpa Guru Tree  
 Amitabha in Dewachen  
 Kalachakra Deity  
 Buddha with Discip.  
 Tsong-ka-pa on Lion  
 Avalokitesvara  
 Vajrayogini  
 Labchig Drolma  
 35 Buddhas  
 Padmasambhava  
 White Tara  
 Cakrasamvara  
 Green Tara  
 Jambhala  
 Vairocana  
 Simhavaktra  
 White Mahakala  
 Vajrapani  
 Peaceful Bardo Deities  
 Wrathful Bardo Deities  
 Yamantaka  
 Ushnishavinijaya  
 White Tara Mandala  
 Depiction of Universe  
 Vajrasattva w/Consort  
**KALACHAKRA SAND MANDALA POSTCARD,**  
 \$.75  
**Kalu Rinpoche 5 x 7” photo**  
 \$10  
**POMEGRANATE NOTECARDS** \$1.25 ea.  
 Prayer Flags  
**THE TIBETAN PAINTINGS OF NICOLAS ROERICH,**  
 \$9.95 for 12 postcards.  
**TIBETAN POSTAGE AND MONEY NOTECARD,**  
 \$9.25 for set of 10.  
**“FREE TIBET” Postcard,**  
 \$.75  
**POSTERS**  
 Bonpo Lama Namgyal Angdu.....11  
 Hayagriva Poster.....9  
 Illus. Map of Tibet.....14  
 Jowo Shakyamuni Buddha.....Sale 4  
 Kalachakra Deity.....8  
 Kalachakra Mandala.....8  
 Kalachakra Sand Mandala...16  
 Mandala Prints.....15  
 Medicine Buddha.....6  
 Potala Palace.....Sale 4  
 Vajradhara.....15  
 Wheel of Life.....12  
**ROBERT BEER SILK SCREEN PRINTS**  
 Green Tara.....\$8  
 Green Tara (large).....14  
 Guhyasamaja.....8  
 Kalachakra.....14  
 Milarepa.....5  
 Nargarjuna.....8  
 Padmasambhava.....8  
 Shakyamuni Buddha.....8  
 Six-Armed Mahakala.....8  
 Vajrakila.....8  
 Vajrapani.....8  
 White Tara.....8  
 Yeshe Tsogyal.....5  
**CALENDARS**  
 Himalayan Calendar...\$10.95  
 Rigpa Tibetan Calendar...8.00  
 Sacred Spaces.....10.95  
 Tibet.....10.95  
 Wisdom Tibetan Art Calendar.....26.95

