

N28

Bulk Rate
U.S. Postage Paid
Ithaca, NY 14851
Permit No. 746

Snow Lion

NEWSLETTER AND CATALOG

FALL 1994

Snow Lion Publications, PO Box 6483, Ithaca, NY 14851

607-273-8519

ISSN 1059-3691

Volume 9, Number 4

The Seeds of Peace: Healing the Causes of Violence Through Art

By Barry Bryant, Samaya Foundation

Mandala, Buddhism, monks, Tibet, compassion, respect, concentration, discipline. These words became part of the operative vocabulary of children aged 6-15 at the Watts Towers Arts Center in Los Angeles this summer. African-American and Hispanic children from the Watts "hoods" joined Champa, Wangdu, Thupten and Kalsang of Namgyal Monastery in a rare bonding of diverse cultures for the Healing the Causes of Violence Through Art Youth Program co-sponsored by the Department of Cultural Affairs of the City of Los Angeles and Samaya Foundation.

The children of Watts made their own Wheel of Compassion Sand Mandala just as the Namgyal monks made theirs. While the monks' mandala included representations of protectors from their own culture seated on petals of the central lotus flower with a peace symbol superimposed over an African national flag at the center. Offerings to the protectors included flowers, a rainbow, a yin-



Ven. Champa of Namgyal Monastery with children of the Watts Tower Art Center. The first day of applying sand to the Wheel of Compassion sand mandala.

Photo: Marco Mascarin. © 1994 Samaya Foundation.

yang symbol, Mickey and Minnie Mouse, a peace pipe, a Star of David, the Sun, the Moon and a peace sign. Circling the mandala was the message, "May Peace Prevail On Earth."

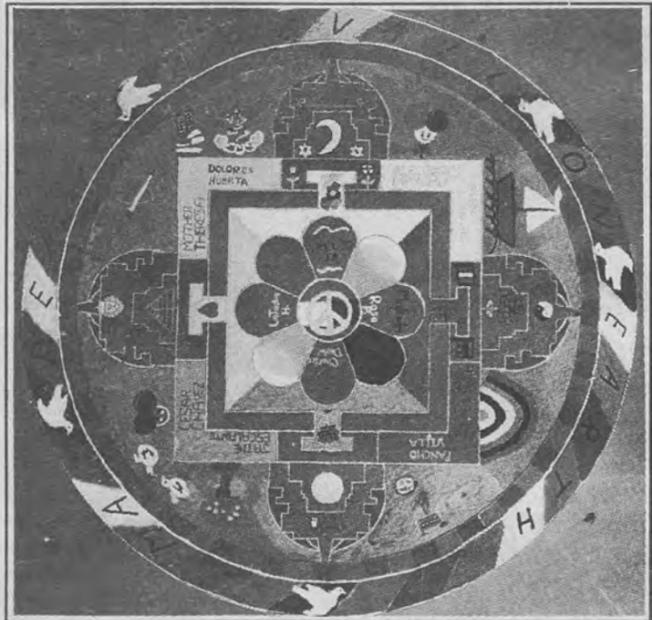
Samaya Foundation originally began developing the four-week program this past year for a housing project in Chicago. It was inspired by a trip to Russia where young people who came to the museum to see the sand mandala

drawed it with great skill and concentration. When funding for the Chicago project was not forthcoming, attention was turned to Los Angeles where, in the aftermath of floods, fires, Rodney King, riots, a major earthquake and economic hard times made the City of angels the first stop for Healing the Causes of Violence.



As we began teaching the Wheel of Compassion (Avalokiteshvara)

Continued on page 12



Above: Mandala created by the Watts Tower children. Right: Mandala made by the Namgyal monks.

ATTENTION: Please note our new editorial telephone number for Sidney Piburn, Susan Kyser or David Patt—277-2168. Our fax number 607-273-8508 is now a dedicated fax line to serve you better. You can fax us 24 hours a day on this number.

Dalai Lama Will Offer Kalachakra in Barcelona



His Holiness the Dalai Lama will confer the Kalachakra Initiation from December 11 to 19 in Barcelona, Spain. Although the Kalachakra Tantra is meant for practitioners of the highest faculty, it also has a special connection with all the people of this planet. For that reason, the initiation is traditionally given openly, giving ordinary people the opportunity to establish a karmic link with Kalachakra. His Holiness says that the initiation is a powerful force for the realization of world peace.

Those who wish to receive the initiation for practice can have three different levels of motivation: disciples who have the actual experience of bodhicitta (the wish to become enlightened for the sake of others) and emptiness; those who

have at least a slight experience of bodhicitta in meditation and a correct understanding of emptiness from study and reasoning; those who have at least interest and appreciation in developing the renunciation to suffering, the Bodhicitta and the understanding of the true nature of reality.

Teachings will be given from the 11th through the 14th of December to develop the prerequisite qualities of bodhicitta and an understanding of emptiness. His Holiness will give teachings on the Two Truths, the Four Noble Truths, Shamatha Meditation, Vipassana, Bodhicitta and the Six Perfections. The day after the teachings, the ritual assistants will perform the offering dance adorned in full ritual

Continued on page 10

JAMGON KONGTRUL'S RETREAT MANUAL

trans. & intro. by Ngawang Zangpo
ISBN 1-55939-029-8
255 pp., \$15.95

Jamgon Kongtrul's Retreat Manual



Translated and introduced by Ngawang Zangpo

The Kagyu and Nyingma traditions of Himalayan tantric Buddhism require a long period of intensive training in meditation—a three-year, three-month retreat—before a practitioner is considered to be a qualified teacher. *Jamgon Kongtrul's Retreat Manual* was written in the mid-nineteenth century for those who wish to embark on this rigorous training. It guides them in preparing for retreat, pro-

vides full details of the program of meditation and offers advice for their re-entry into the world.

Jamgon Kongtrul's Retreat Manual also introduces us to one of the towering figures of nineteenth-century Tibet: Jamgon Kongtrul the Great (1813-1899). The three-year retreat center he describes in this book was his creation, and its program consisted

Continued on page 15

Catalog Contents:	
Adventure & Travel	18
Art & Photography	54
Audio Tapes	42
Biography	19
Books by Author	57
Calendars	45
Cards	46
Children	20
Complete Dharma List	56
Complete Title List	58
Cookbooks	21
Dalai Lama	21
Death & Dying	23
Dharma Items	47
Dzogchen	23
Health & Fitness	24
Kalachakra	25
Language	26
Music & Chants	42
Ordering Information	60
Other Traditions	26
Posters	45
Religion & Philosophy	27
Sadhanas	40
Soc. Action, History & Pol.	40
Videos	41
Women's Studies	41



News from Namgyal Monastery

Ithaca, New York



Dalai Lama Meets with Namgyal Institute Monks & Staff

His Holiness the Dalai Lama took time from his hectic schedule on his most recent U.S. trip to meet with the resident monks and staff of Namgyal Monastery Institute. His Holiness reviewed progress to date and reiterated his commitment to help provide advanced teachers as the student body grows and becomes better qualified to study more serious topics. Issues related to curriculum and faculty development were also discussed. Among other things, the importance of building a solid financial basis for further growth of the Institute was highlighted.

A teaching seat for His Holiness was recently completed by Henry Robertson of Eureka, CA. The ex-

quisite natural wood dais was installed at Namgyal Institute in Ithaca in August. It is built of hand-crafted cherry, satinwood, ebony, paduk and maple in an elegant design that combines both simple lines and intricately carved symbolic details. (See photo.) Funds to build the seat were donated by individuals who responded to an article in the Snow Lion Newsletter, as well as by contributions raised by Henry himself. Visitors are always welcome at the 5:15 daily meditation at the Institute, which takes place in the Shrine Room where the teaching seat is now installed.

Successful Summer Retreats

The third annual Get Acquainted with Namgyal Summer Retreat was held at Cornell University's secluded Arnot Forest conference



center in July and was filled to capacity. This popular mixed-media retreat combines instruction, practice, and private interviews with the monks with video presentations and workshops on drawing mandalas and other Tibetan Buddhist images. Retreatants consistently report high satisfaction with the varied format of this retreat which deepens their appreciation and understanding of many facets of Tibetan culture and spiritual practice. A surprise addition to this year's program was a mini-course in Tibetan cooking by the monks that culminated one evening in a delightful mo-mo feast.

Another, more serious highlight of the Get Acquainted retreat was a one-day visit by His Holiness Chetsang Rinpoche, head of the Drikung Kagyu lineage, who gave a teaching on Bodhichitta. Ven. Khenpo Gyaltzen accompanied and translated for His Holiness, adding his own sparkling personality and extensive familiarity with

the westerner mentality to the event. The lamas spent the early part of the day in Ithaca visiting Namgyal Monastery and nearby Tibet House, where many of the local Tibetan refugee community of Ithaca live. The Tibetans made a special lunch and enjoyed informal talks with the lamas.

A second, more practice-intensive Kalachakra retreat followed two weeks later in August. The Kalachakra sadhana is a special devotion of Namgyal monks, so the opportunity to practice directly with them was much appreciated by those who attended.

Namgyal Monastery Institute is exploring the possibility of conducting short weekend retreats modeled after the Get Acquainted with Namgyal mixed media format in various cities in North America during the coming year. If you have a local dharma organization that might want to help sponsor such an event, please write David Patt at Namgyal Institute.

Two New Faculty Members at Namgyal

Namgyal Monastery Institute of Buddhist Studies began its third year of instruction in September with two new additions to the faculty and an increased enrollment that includes students from as far away as British Columbia, Arizona and Seattle.

Dr. David Patt has joined the teaching and administrative staff of the Institute as Academic Director and western scholar in residence. Author of *A Strange Liberation* (Snow Lion, 1993), David received his B.A. in religion and playwriting from the University of Iowa. From 1989-90, he studied at Sera Je Monastery in Bylakuppe, India, where he taught English as a second language to Tibetan refugees. In 1993, David earned his Ph.D. in Buddhist Studies from the University of Wisconsin-Madison under Geshe Sopa.



Most recently, David taught at Pace University and the State University of NY at Purchase (NY). He is currently teaching Literary Tibetan and co-teaching the Seminar on Special Insight at Namgyal.



David Patt



Palden Choedak

Palden Choedak has also joined the teaching staff at Namgyal Institute as an instructor in Buddhist Studies, Tibetan art and Tibetan language, and also serves as the Institute's primary translator. Palden comes from a family of renowned traditional Tibetan artists who created many of the paintings and statues in some of the main monasteries in Tibet, Bhutan, and India, and he was recognized at an early age for his artistic abilities. With his excellent facility in the English language, Palden also tutored beginning Tibetan speakers

and served as a translator for his family for Westerners interested in studying with a Tibetan teacher. In 1985, Palden became a monk at the Institute of Buddhist Dialectics, where he studied logic and debate for 7 years. In 1993, he was asked by the Administrative Committee of Namgyal Monastery to move to Ithaca to translate and teach at Namgyal Institute. He arrived in time to work with many students at this year's summer retreats.

Namgyal Monks Reach Out: Los Angeles Inner City, and the Lollapalooza Concert Tour

Other summer events brought Namgyal monks into several unusual arenas. The most innovative was a month-long workshop with inner city children of west Los Angeles, which resulted in a totally unique cross-cultural sand mandala. See the separate store in this Snow Lion newsletter for more details about this unique event.

Separately, eight Namgyal monks travelled the country widely over the summer as part of the Lollapalooza rock concert tour, introducing Tibetan chanting and dance to dynamic audiences of 25,000 and up per performance. The rock concert was headlined by the Beastie Boys and Smashing Pumpkins, and performed in thirty major cities from Los Angeles to Miami to New York City. During the tour, several Namgyal monks took time off August 17th to visit the Splendid China theme park in Orlando, Florida, to participate in a protest organized by Florida Students Against Splendid China.

Upcoming Events

His Holiness the Dalai Lama will give the Kalachakra initiation and teachings in Barcelona, Spain, December 11-19th, accompanied by Namgyal monks. For information

write: Kalachakra '94 Secretariat, Sepulveda, 45-47 entlo. 3a, 08015, Barcelona, Spain. As of this date, it has not been confirmed whether a Kalachakra initiation will be held in South India as had been planned for later in the winter.

March 6-26, 1995, Namgyal monks will be in Naples, Florida creating a sand mandala at the Philharmonic Center for the Arts. Plans are also being made in Oneonta, New York, for a mandala in January.

On a different closing note, Namgyal monks offered prayers this past summer for the passing of Lobsang Rigdol, also known as Colin Turnbull, who attended the Avalokiteshvara retreat last year.

Fundraising for the Dharma

The path to enlightenment is a process of gathering the two collections: the collection of wisdom and the collection of merit or positive potential. In traditional Buddhist societies the primary means of collecting merit for lay-people was through the act of giving or generosity.

America is not a traditional Buddhist society, but American lay Buddhists and friends of Buddhism have the same opportunities, and still more the means, to progress on the path by the simple act of giving, with the motivation to benefit others by helping to cultivate the Buddha's teachings.

Namgyal Institute, the monks, teachers and staff, are dedicated to the long-term task of establishing the authentic teachings of the Buddha in America. We invite all of our friends to participate in this work with us by making contributions to help support the monks, the facilities and to continue development of our programs.

You can join the "Friends of Namgyal" by contributing at any of these three levels of giving: Sustaining Members (\$180 per year, or \$15 per month), Major Donors (\$1000+), and Founding Benefac-

tors (\$10,000+). Write us for information on the privileges available at each donor level. Namgyal Monastery Institute of Buddhist Studies is a not-for-profit organization and all donations are tax deductible.

Henry Robinson of Eureka, CA, who created the teaching seat for His Holiness at Namgyal, is available for commissions of personal altars, puja tables, and other dharma items. He can be contacted at 707-445-9527.

Namgyal Institute 1995 Spring Course Schedule (Tentative)

Literary and Spoken Tibetan II
Translating Buddhism from Tibetan II: Readings
High Intermediate Conversational Tibetan
Drawing Peaceful & Wrathful Figures and Mandalas
Seminar on the Mind-Only School
Buddhist Psychology
Personal Directed Studies

Prospective students interested in enrolling for the Spring semester should write or call for information and application materials: Registrar, Namgyal Institute, P.O. Box 127, Ithaca, NY 14851. (607) 273-0793.

To get in touch with Namgyal Monastery Institute of Buddhist Studies, please write P.O. Box 127, Ithaca, NY 14851. The Monastery prefers written requests due to the complexity and cost of handling call-back's. Please do not call Snow Lion's telephone number to reach the Monastery, as Snow Lion staff is a separate organization located at a different address.

A New Book: HOMAGE to KHYAB JE KALU RINPOCHE



Kalu Rinpoche, one of the greatest Buddhist saints of this age, passed away on May 10, 1989. Rinpoche's closest disciples pay tribute in this book of compelling interviews and prayers. Also included are Rinpoche's final teachings and ultimate advice. 150 rare color photographs grace this beautiful book which will inspire intense devotion in all who read it, see it or just touch it.

"All phenomena are without independent existence and become objects of happiness and suffering according to how they are perceived. When these illusory experiences are finally recognized as similar to a magical projection or dream, the fixation that attaches existence to them is diminished."

Kalu Rinpoche,
Homage to Khyab Je Kalu Rinpoche

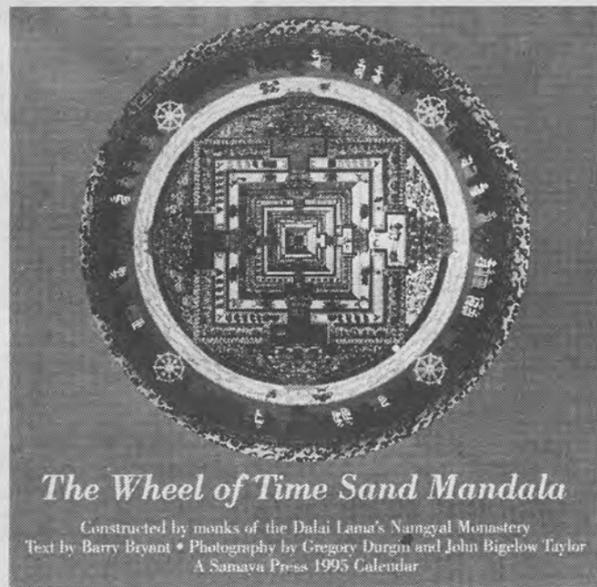
Paperback: 11" x 7½" \$24.95

Kagyud Drogen Kunchab Publications



Use SNOW LION order form or call
1-800-950-0313 FAX 1-607-273-8508

VISUALIZE Your 1995 Calendar In Radiant Color



\$12.95

The Wheel of Time Sand Mandala

Constructed by monks of the Dalai Lama's Namgyal Monastery
Text by Barry Bryant • Photography by Gregory Durgin and John Bigelow Taylor
A Samaya Press 1995 Calendar

Bring the wisdom and compassion of Kalachakra into your life each day through the rare photography and descriptive text of this extraordinary calendar (11½" x 11½"). Experience the deities, offerings, cosmology and other magnificent details of the sand mandala, magnified as much as 500%. In December the Dalai Lama cuts the energy of the mandala as part of the dismantling ritual.

Also available: Wheel Of Time Sand Mandala: Visual Scripture Of Tibetan Buddhism
by Barry Bryant. Foreword by The Dalai Lama.

Thrangü Nunnery Project

The goal of this project is to establish a place where Tibetan nuns will have full access to the richness of their spiritual tradition and will be allowed and encouraged to develop to their fullest potential. They will then be in a position to transmit their knowledge and understanding to others. The Thrangü Nunnery Project will provide a supportive environment for these nuns to practice and preserve their ancient living heritage of Tibetan Buddhism.

One year ago, land was purchased for the nunnery on a peaceful farm area near Kathmandu. Enough funds have been raised to begin construction of the living quarters, however, funds are urgently needed to dig a well to supply water to the land. The estimated cost of the well is \$1,540. Please help these nuns by sending a tax deductible donation of any size (note **Nunnery** on your check) to:

Rigpe Dorje Foundation
328 North Sycamore Avenue
Los Angeles, California 90036

THE CRYSTAL ORACLE

— drop five crystals onto the casting cloth

— an oracle uncovering the ever present inner wisdom

\$29.95



THE CHILDREN'S HANDBOOK OF REAL MAGIC



by *The Butterfly Fairy*
"one of the best children's books ever... how to send Great Good Love..."

— New Age Retailer \$7.99

THE CRYSTAL ORACLE PRESS
2 South State Street • Vineland, NJ 08360 • 212-969-0420

WAKE UP!

ON THE ROAD WITH A ZEN MASTER
A rare film portrait of Zen Master Seung Sahn

Wake Up! On the Road with a Zen Master is an unusual and provocative video that has teachings for both the new and experienced student of meditation.



Shot on location during a teaching tour of Europe, this film contains excerpts from public talks, kongfor both the an teaching new and interviews, experienced and discussions with student of monks.

THE KWAN UM SCHOOL OF ZEN
99 POUND ROAD, CUMBERLAND RI 02864

(401) 658-1476

VHS Color, 54 Minutes, \$29.95+\$4.00 shipping
For a complete list of books and tapes, ask for a free issue of *PRIMARY POINT*.

POTALA Opens New Store In New York



Potala Corporation was established in 1977 to preserve and promote Tibet's religious, philosophic and cultural traditions. Tibetan culture is being recognized around the world by an ever-increasing diversity of people.

To expand activities, Potala is moving from The Office of Tibet to a more spacious store on October 1, 1994. Besides sales and publications of books, Potala now offers a large selection of Tibetan and Himalayan handicrafts, such as traditional Tibetan dress, religious artifacts, carpets, jewelry, gifts, & household items produced by Tibetan artisans.

For more information, please contact:

POTALA
9 East 36th Street Phone: 212-251-0360
New York, NY 10016 Fax: 212-779-9245

Compassion in Action: Dudjom International Foundation

DIF is working with other Buddhist Groups in the San Francisco area to collect books for educational programs in Tibet, Bhutan, India and Nepal. They are also collecting food for the needy in the San Francisco area. Contact: DIF, PO Box 40155, Berkeley, CA 94704-0155, 510-849-9928.

Tibetan Video News Magazine: Sargyur Video

There is now available news about Tibet and Tibetans-in-exile in Tibetan language. It is bi-monthly and costs \$90 for 6 videos, postage included. Send your order to Sargyur Video, 1905 NE Clackamas St. Portland, OR 97232, 503-861-3634.



Myth, Mandala, Meditation and Dreams: A Psychoanalytical, Jungian, and Tibetan Buddhist Interface

This is a one-day seminar to be held October 29, 1994 at the Neuropsychiatric Institute Auditorium, UCLA in West Los Angeles. The purpose is to initiate an ongoing theoretical and clinical dialogue on the connection between psychoanalytical and contemplative work. The theoretical basis for the seminar will be Melaine Klein's groundbreaking presentation of the depressive position and C.J. Jung's pioneering methods and

ways of attending to the psyche, seeking to explore the imaginative concentration and creative expressions of Tibetan Buddhist thought.

The conference is co-sponsored by the UCLA Health Psychology Service, the University Religious Conference and the University Buddhist Association.

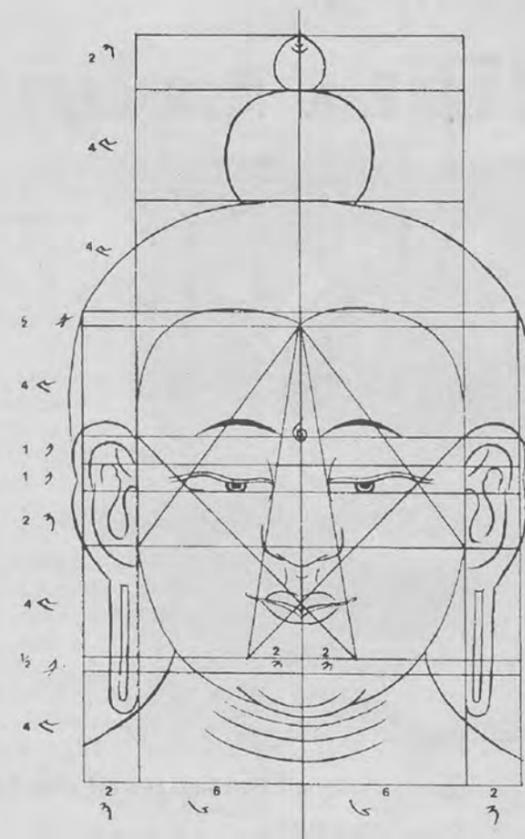
To register: Send \$85 to PJB Seminars, 2206 Benecia Ave., West Los Angeles 90064, tele: 310-282-9918.

TIBETAN THANGKA PAINTING:

Methods & Materials

David P. & Janice A. Jackson,
with art & appendix by
Robert Beer

216 pp., large format,
ISBN 1-55939-037-9, \$29.95



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

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

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

Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure.

It includes a description of the pigments, and how they are mixed and applied. The theories underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figure proportions. A wealth of drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

Psychotherapy and Tibetan Buddhism: A Dharamsala Conference



By Ana Maria Couto

Traveling half the world from Brazil to Dharamsala, forty-seven doctors and psychologists came to attend the seminar of Transpersonal and Tibetan Buddhist Psychology in May 1994. They also came to experience Tibetan culture, religion and psychology. Tibetan Buddhist Psychology is one of the most ancient and sophisticated transpersonal psychologies and echoes aspects of quantum physics.

In the three-year Training in Transpersonal Psychology and Psychotherapy jointly sponsored by the Finnish Transpersonal Psychology Association and the Brazilian Transpersonal Psychology Association there is especial emphasis on Tibetan Buddhist Psychology. This training is given by Dr. Leo Matos, Ph.D., who is a psychologist and scholar. In the last twenty-three years, under the supervision of several Tibetan Lamas,

he has researched and developed techniques from Tibetan Buddhist Psychology which can be used in the context of Western transpersonal psychotherapy. This is an attempt to create a bridge between Tibetan Buddhism and Western psychotherapy for the benefit of Western people.

The seminar was held in Honor House in Dharamsala and four renowned Tibetans were invited to deliver lectures. Dr. Lobsang Wangyal, professor of the Tibetan Medical Institute explained the principles of Tibetan medicine. Kalsang Yeshe, the Minister of Culture, delivered a talk on the influence of Buddhism in Tibetan culture. Rinchen Khando, the Minister of Education, spoke about women, children and education, and the Minister of International Relations Tashi Wangdi discussed the international situation of Tibet.

The Brazilian doctors became

familiarized with the situation of the Tibetans in Tibet, and at the same time they observed the courage and determination of the Tibetan people to regain their country. This power of the Tibetan determination could be clearly seen in Dharamsala in everything the Tibetans have accomplished in exile. After the conference, the participants visited the Library of Tibetan Works and Archives, the Tibetan Medical and Astrology Institute, Nechung Monastery, the Tibetan Children's Village and the Norbulinka Institute. Before returning home to Brazil, the group received the blessings of His Holiness, the Dalai Lama.

To contact the Brazilian Transpersonal Psychology Association: PO Box 3339, Ag. Savassi, 30.112, Belo Horizonte, M.G., Brazil, Tele: 011-55-31-225-0156.

Venerable Kirti Tsenshab Rinpoche USA Tour

Rinpoche has been teaching in the USA since August and has been very well-received. Here is the remainder of his schedule:

Oct. 6-10: Milarepa Center, Barnet, VT 802-633-4136. Cittamani Tara initiation and retreat.

Oct. 14: Open Center, NYC 212-213-5592. Talk on Kalachakra for those going to Spain to attend the

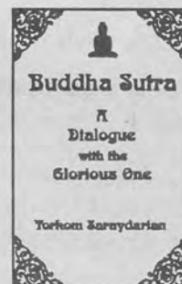
initiation there by the Dalai Lama.

Oct. 15-19: Tibet Center, NYC 212-966-8504. Yamantaka initiation and teachings on the practice.

Oct. 27-30: Kadampa Center, Cary, NC 919-469-8644. 37 Bodhisattva Practices, Powa initiation and teachings, Nantose or Vaisravana initiation.

Buddha Sutra

A Dialogue with the Glorious One
by TORKOM SARAYDARIAN



448 pages...\$25.00
MC or VISA accepted
Add \$5.00 for P&H

*Free catalog available
on request

T.S.G. PUBLISHING FOUNDATION, INC.

28641 N. 63rd Place Dept. 3 • Cave Creek, AZ 85331 • (602) 502-1909

Author of 47 books, a leading authority on comparative religion and philosophy.

In a classical dialogue form, the author "asks" the Lord questions on timeless Buddhist principles and answers them in a practical, understandable, and all-inclusive way.

Some questions asked are: What is

- Voidness
- Nirvana
- Non-existence
- Emptiness
- Buddha's Vow
- Ecstasy
- Compassion
- Role of Women

New from
Geshe Kelsang Gyatso



Geshe Kelsang Gyatso is a fully accomplished Tantric Master and a foremost Teacher of Buddhism in the west, and the author of a number of highly acclaimed books which bridge perfectly the ancient wisdom of the Buddhist faith with contemporary life.

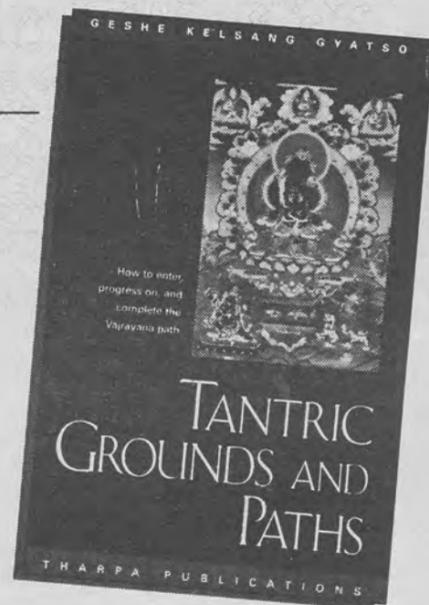


Tharpa Publications

TANTRIC GROUNDS AND PATHS

How to enter, progress on, and complete the Vajrayana path

- A comprehensive guide to the four classes of Tantra based on a completely pure lineage of instruction and practice
- An extensive explanation of the generation and completion stages of Highest Yoga Tantra.
- A definitive manual for Tantric practitioners, describing all the stages of the Tantric path to full enlightenment



280 pp, 135 x 216mm, 25 illus.
0 948006 34 X, \$24.95, hardback
0 948006 33 1, \$19.95, paperback

AVAILABLE FROM SNOW LION PUBLICATIONS



TIES FOR TIBET

Ties for Tibet, a remarkably stylish collection based upon spiritual designs woven by artisans of the ancient Tibetan culture. The ties are handmade in the U.S.A. from 100% silk.

Part of the proceeds will benefit the Tibet Fund.

Price for each tie is \$28.

Interested individuals and retailers should contact:
Tibetan Art and Craft Enterprise for wholesale prices.

Tsering Wangmo
Tibetan Art and Craft Enterprise
P.O. Box 460727, San Francisco, CA 94146 415/359-3783

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!

H.E. JAMGON KONGTRUL RINPOCHE'S GIFT OF SIGHT PROGRAM

Imagine how wonderful it is to give the gift of sight to someone suffering from cataract blindness. You can do just that through Rigpe Dorje Foundation's sponsorship program for corrective cataract surgery. The sponsorship covers the cost of intra-ocular lens implant surgery, medications and post-operative care.

Life expectancy of a blind person in Nepal is estimated at 5 years. Your sponsorship will not only be a gift of sight -- it will be a life-saver. You can do all this for only \$40 for each eye or \$80 for bilateral surgery for both eyes.

Surgery is performed at the **Jamgon Kongtrul Surgical Facility and Training Center** at the Tilganga Eye Center in Nepal. Your contribution has the added benefit of demonstrating the successful techniques of intra-ocular lens implants to Asian doctors training at the center.

Please join us and give the gift of sight to impoverished Tibetans and nationals of Nepal. Your entire contribution will be used to provide this valuable surgical treatment. **Thank You For Caring.**

I would like to sponsor cataract surgery for the elder Tibetans and Nepalis

Surgical fees: \$40 for one eye Contribution to the Tilganga Eye Center
 \$80 for both eyes Send me more information about the Center

Name: _____

Address: _____

Your contributions are tax deductible in the United States. Mail to:



Rigpe Dorje Foundation, 328 North Sycamore Ave, Los Angeles, California 90036



Pittsburgh Friends of Tibet Sponsor Benefit for Medical Dispensary in Katsel, Tibet

On Oct. 13, at the Holiday Inn in Oakland, PA (a suburb of Pittsburgh), the Pittsburgh Friends of Tibet is offering a fund-raising dinner for a medical dispensary in Katsel, Tibet. This is the last phase of a three-part project in Katsel. An elementary school was built and classes begun in March, 1994. A dormitory and dining hall will be built starting October. The construction of the medical dispensary is of the utmost importance to en-

sure proper health care for Tibetan children in the Katsel area. Robert Thurman will be the guest speaker. Prof. Thurman is the Chair of The Religion Department at Columbia University and a renowned scholar on Tibet as well as President of Tibet House in New York City. For more information: Pittsburgh Friends of Tibet, 514 Gilmore Avenue, Trafford, PA 15085-1144, 412-373-1826.

STUDY TOUR & DELEGATION

Cultural Revival of the Three Tibetan Buddhist Republics of the Russian Federation in Europe & Siberia

Kalmykia, Tuva, Buryatia

June 1-July 9, 1995

Meet with top leaders of Government, Sangha, Academy of Sciences, etc.
Plus extensive touring of the countryside.
Hearty participants only need apply!

For information:

Internet/Tibet
1341 Ocean Ave., Suite 232
Santa Monica, CA 90401

Life and a Teaching of CHAGDUD TULKU RINPOCHE

by Lisa Leghorn

"Where am I flying?" Chagdud Rinpoche asked someone in his dream, as he took an airplane to an unknown destination.

"America," came the reply. Later, when he asked fellow refugees at the Tibetan refugee camp in India about America, most people didn't know where it was. Finally someone said, "It's very far away and it's a land of blue-eyed demons." It was the year 1959.

His Eminence Chagdud Tulku Rinpoche did not go to the United States until October, 1979, and then, to teach. Invited by his wife, Jane Tromge, and several other Americans, he taught first in California and then in Oregon, where he was requested by a small but earnest group of students to stay. He agreed to do so only if the students would diligently apply what he taught them, which they promised to do. Both he and his students have remained true to their words. Over the past fifteen years, he has slowly and methodically unveiled the entire spectrum of Vajrayana teachings, including the pinnacle teachings of Dzogchen, the Great Perfection.

His commitment to fully establish the Vajrayana tradition in the West has involved three primary areas of activity: the development of twenty-one Chagdud Gonpa Foundation centers in the United States, Canada, Switzerland and Brazil where the teachings of the Buddhahdharma can be learned, practiced and maintained; the translation and publication of classic texts, commentaries and liturgies as well as his own teachings, through Chagdud Gonpa's Padma Publishing; and teaching and training his ever-growing body of students.

Chagdud Rinpoche was born in Eastern Tibet in 1930, the son of Dawa Drolma, one of the renowned female lamas of that time. She was a famous delog, one who had died, traveled throughout the realms of samsara and the pure realms and returned to life; in her case, five days later. She brought messages back to the living from deceased relatives she had encountered in other realms—messages so intimate that her identity could not be doubted, inspiring great faith in her. Her account of this experience, *Delog: Journey to Realms Beyond Death*, will be published by Padma Publishing in December.

Recognized at the age of two as the tulku of the abbot of Chagdud Gonpa in the Nyarong area of Eastern Tibet, the sixteenth in a line of great incarnate Indian and Tibetan dharma holders, teachers and treasure discoverers, Chagdud Rinpoche enjoyed a close connection with all four lineages of Vajrayana Buddhism. His father and stepfather were Gelugpa lamas, his mother's family lineage was Sakya and his own extensive training took place in both the Kagyu and Nyingma traditions. He completed two three-year retreats and studied with more than forty lamas, including some of the greatest masters of that time—Sechen Kongtrul, Khanpo Dorje, Tulku Arig, Tromge Trungpa, His Holiness Dudjom Rinpoche and His Holiness Dilgo Khyentse Rinpoche.

After fleeing the Chinese occupation of Tibet in 1959, Chagdud Rinpoche lived for twenty years in India and Nepal, serving the Tibetan refugee community as lama, physician and artist. His Western



students know little of those years, despite his autobiography, *Lord of the Dance*, which he wrote in response to repeated requests from his students. As Ken Wilbur noted in the foreword, "He did not emphasize the achievements that have so defined his experience, but mostly his human foibles and his mistakes, using these to make teaching points, essentially at his

Continued on page 14

"good in every Way"

50 PRAYER FLAGS \$50



SPECIAL ANNIVERSARY OFFER
From our popular series—a delightful assortment of ancient & contemporary designs, various traditions and styles. Pure cotton, 16"x16", hemmed. Finest hand silk screening. \$5 S&H.

HORIZON SCREEN PRINT (503) 424-2234

Alpine, Oregon 97456

Committed to the ethic of Buddhahdharma printing since 1974.

Would you like to go to Mount Kailash?



Visit Tibet's sacred mountain, May 25 to June 23, 1995

Distant Horizons, one of America's leading and most experienced operators of tours to Tibet, will once again be organizing a trip to Mt. Kailash, western Tibet. It will be led by Dr. Nicholas Ribush of Wisdom Publications, who has been a student and teacher of Tibetan Buddhism for more than twenty years, was a monk in the Tibetan tradition for twelve years, and has a deep knowledge of Tibetan religion, politics, and culture. He was editor and publisher of Stephen Barchelor's award-winning *Tibet Guide*, which he recently updated, and has led many tours to Tibet.

Mt. Kailash, the fabled holy peak in western Tibet, has long been revered as one of the most sacred pilgrimage destinations on earth. Holy to Buddhists, Hindus, Jains, and Bönpos, its vivid mythological history goes back to the time when it was considered to be the embodiment of Mt. Meru, the center of the universe.

It is hard to describe this incredible journey in words, but we'll try. The tour will take you from the USA to Hong Kong, Chengdu, and Lhasa, the fabulous capital of Tibet. After three days here visiting famous sites, such as the Potala Palace, the Jo-khang—Tibet's holiest shrine—and Sera and Drepung Monasteries, drive to Gyantse and Shigatse via the spectacular Kamba-la pass and the wonderful turquoise Yamdrok Lake; visit the Kumbum and Tashilhunpo Monastery. Then follows a six-day drive to Mt. Kailash with its spectacular panoramic views of the Himalayas, rivers, crystal lakes, grassy plains, wild animals, rugged scenery, desert, hermit caves, nomad camps, and hot springs, with fully-catered camping along the way. Undertake the three-day circumambulation of Mt. Kailash, as countless centuries of pilgrims have done. Then visit the twin lakes of Manasarova and Rakshas Tal, the highest bodies of fresh water in the world. Drive for five days to the Nepalese border via Barang, Saga, and Shekar, and on day 25 of the trip arrive in Kathmandu. After two days of relaxation and sight-seeing, return to the USA via Hong Kong, a month after you left. What a month!

The price of \$6,120 includes airfare from the West Coast; all internal flights; accommodations in excellent hotels and, when camping, all equipment and portage; all meals, except in Hong Kong and Kathmandu; and all land transportation, sight-seeing, and tours. Group size is limited to 15 persons. You will also be accompanied by a group leader and a Tibetan guide.

For a detailed itinerary or more information, please contact Distant Horizons, 619 Tremont St, Boston, MA 02118; tel (617) 267-5343; fax (617) 267-0323.

Call toll-free on 1-800-333-1240.



Genuine
Tibetan-style
Enlightenment
Stupa

Handcrafted by
American Buddhist nuns

Stupas are 9" high and are
filled with traditional
mantras and prayers

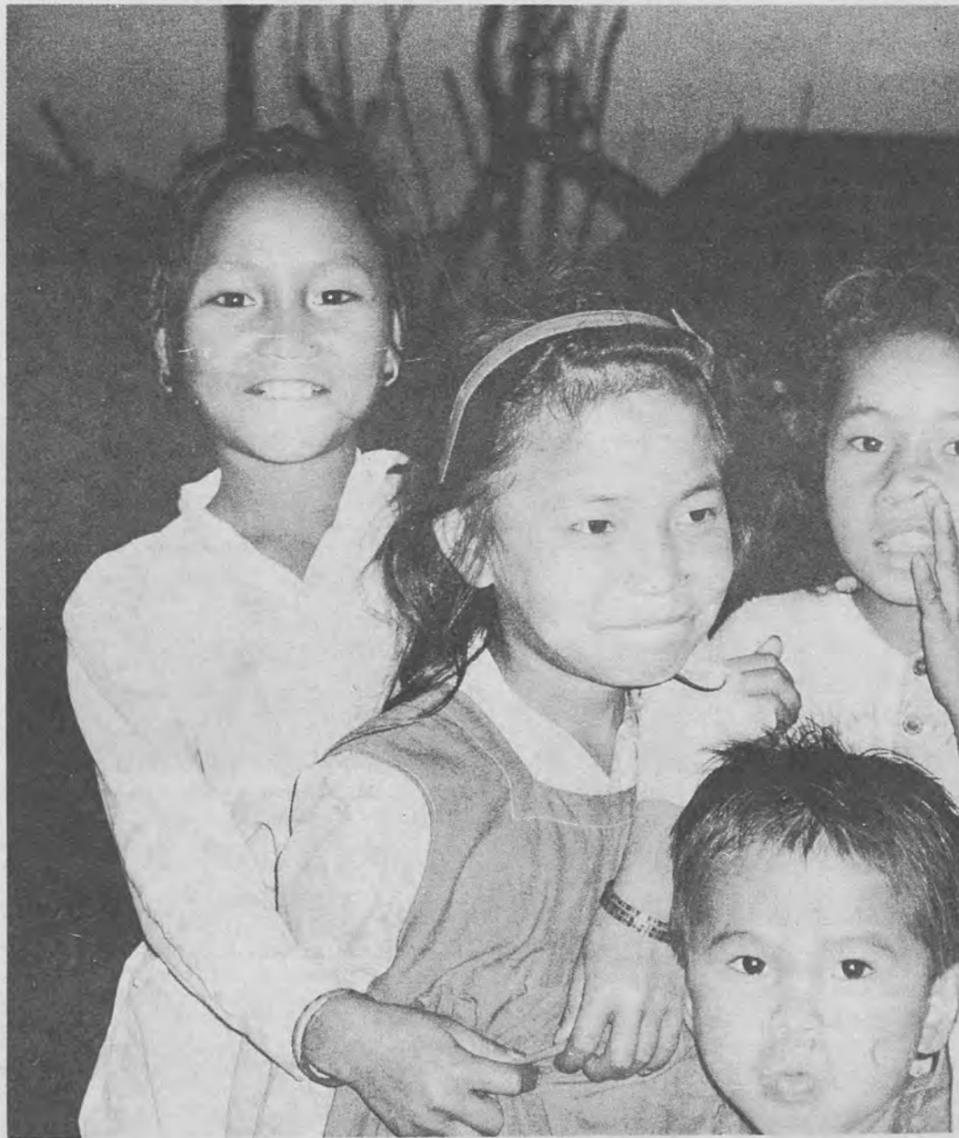
\$110.00
INCLUDES SHIPPING



TARA ENTERPRISES

18400 RIVER ROAD
POOLESVILLE, MD 20837
1-800-775-TARA

Educate the Children



Educate the children is a non-profit international agency based in Ithaca and established to help educate impoverished Tibetan and Nepalese children in Nepal on a sponsorship basis. Since the founding of the program in 1990, they have grown from assisting 16 children in 1990 to 80 today. They have created village and public school programs, bringing benefit to thousands of Nepalese and Tibetan-origin children. Programs have expanded to include adult literacy courses, teacher training, health camps and career counselling. Most recently, they opened new headquarters and a Nepalese

Handicraft Store. Proceeds from the store support their educational programs.

ETC has received a challenge opportunity from an anonymous donor to strengthen their foundations in Ithaca and Nepal. From now through November 10, every dollar contributed will be equally matched. Gifts of \$500 or more will be matched on a 2:1 basis. Through your support, ETC has an opportunity of raising a potential \$40,000!

Please contact: Educate the Children, PO Box 414, 108 S. Albany St., Ithaca, NY 14850, 607-272-1176.

Photos: Children and houses in Rasuwa, a largely Buddhist district of Nepal which has been selected for a four-year project by Educate the Children, Inc. of Ithaca, New York.



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

WYSIWYG TIBETAN WORDPROCESSING

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 versions of the only professionally-produced Tibetan software and Sanskrit-diacritics 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. It offers true WYSIWYG display of Tibetan and English/Roman; Tibetan spelling-checker; printing to any printer at all; fully scaleable typefaces of the highest quality; direct support for Tibetan-Sanskrit, and so on. All within the context of WordPerfect 6.0 to provide you with excellent page layout capabilities for Tibetan alone or with other languages. Complete sets of ready-to-use, authentic, pecha templates are also provided. The package comes with three different Tibetan typefaces; an extremely easy-to-use Tibetan keyboard which has no equal on the market; and 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.

SPECIAL LOW PRICING

The Tibetan Computer Company is selling 500 copies of the Tibetan program, which normally costs \$1,000, at the very low price of \$175. The entire proceeds are being donated to The Drukpa Kagyu Heritage Project so that they can have the funds needed to continue their work. The Drukpa Kagyu Heritage Project, in Kathmandu, Nepal, is producing a perfectly-corrected, complete edition of all the writings and texts of the Drukpa Kagyu lineage. The DKH Project also acts as a model and central source of help for other lineages who are doing the same large-scale, preservation work. This work of the DKH Project in all is huge and will, over a period of five or six years, cost about \$US 220,000 to complete. When you purchase a program, your purchase becomes a direct donation to a current, major effort which is significantly effecting the preservation of the Tibetan Buddhist tradition.

Contact Bruce Blake in the USA: 'phone (612) 827-0557 fax(612) 884-8633
or Tony Duff in Nepal by mail (above) or 'phone (977)-1-472-678 or fax (977)-1-472-529.

Chod
Drums

Finest
Quality

Hand
Made By

Lodrö Dorje

E. 636 Magnesium Rd.
No. 133
Spokane, WA 99208

(509)468-2802

The Sapan Fund

Founded in 1991 to promote the publication of Tibetan Buddhist texts in translation, particularly of the Sakya tradition, the Sapan Fund is a special project of the Melia Foundation, a non-profit organization that promotes the cross-fertilization of different psychological traditions. It aims to preserve important Buddhist texts and teachings by publishing the works of neglected scholars and practitioners whom the Tibetans themselves hold in high esteem such as Sakya Pandita, Gorampa Sonam Sengge, and the Venerable Dezhung Ripoche.

Contact: Michael Roche, 2305B Prince Street, Berkeley, CA 94705, 510-845-1645.

Sambhota

། ཨོཾ་མཎི་པདྨེ་ཧོཾ་ ཨ་ར་པ་ཅན་རྩེ་

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

Sambhota Phone: (303)442-3676
3929 Orchard Ct. Fax: (303)442-5410
Boulder, CO 80304



JOINING HEAVEN AND EARTH

KALACHAKRA FOR ENLIGHTENED SOCIETY

Halifax Nova Scotia May 18-20 1995

His Holiness Penor Rinpoche, supreme head of the Nyingma lineage of Vajrayana Buddhism, will perform the Kalachakra Empowerment, an abhisheka containing the Buddha's most profound teachings on joining spirituality to everyday life.

The Kalachakra Empowerment will be a central event in *Joining Heaven and Earth*, a major ten-day festival to celebrate the Shambhala ideal of a peaceful society and the Sakyong enthronement of Ösel Rangdröl Mukpo.

Participation in the Kalachakra Abhisheka is considered a means of making a personal connection to Shambhala. The festival welcomes those inspired by Shambhala to participate in cultural events, contemplative practice, and educational forums exploring issues relevant to our lives.

The international Shambhala community will gather with friends from Nova Scotia and around the world to offer this Kalachakra for enlightened society. The festival events are open to participants of all traditions, faiths, and viewpoints.

We warmly invite you to join with us to make Shambhala more accessible to the contemporary world. Join with us in a Shambhala Celebration.

For information on the schedule of events, special travel arrangements, and registration please call or write: Shambhala Abhisheka Council, 1585 Barrington St. Suite 104, Halifax, NS B3J 1Z8. 1-800-442-8809.



Penor Rinpoche

The Third Drubwang Pema Norbu—Penor Rinpoche—is the eleventh lineage holder of the Palyul tradition and a highly venerated teacher. He became the supreme head of the Nyingma lineage after the passing of His Holiness Dilgo Khyentse Rinpoche in 1991.



Letter to the Editor

My purpose in writing this letter is two-fold: to give yet another example of the intolerance and oppression of the Chinese government in Tibet and to warn future travelers of the dangers of traveling in Tibet.

My husband Karl and I entered Tibet from Nepal with a tour group on June 1, 1994. We took the overland route, driving from Kathmandu to Zhangmu. We reached Xigaze on the 20th and the morning of the 21st we set out to visit Tashilhunpo monastery.

Before we left the United States a friend of ours who is a Buddhist Lama had given us a cassette tape of teachings of the Dalai Lama in the Tibetan language. We made three copies of this tape to take to Tibet to give out to the monks in the monasteries. We also brought about ten photographs of the Dalai Lama, having read in the guide books and heard from former travelers that the Tibetans are very eager to receive these.

At Tashilhunpo Monastery we discreetly handed one of the cassette tapes to a monk who appeared very grateful and quickly hid it under his robes. Later I was approached by monks asking for Dalai Lama pictures and I gave three out. The rest of the visit went without incident and we returned to our hotel for lunch.

That afternoon when we went to our van to be transported to Shalu Monastery there were two Chinese

women whom we had never seen before sitting in our van. We were immediately suspicious because in the past our guide always asked our permission before giving someone a ride and this time he just announced that the women would be coming with us. Due to this suspicion, although I was carrying photos, I did not hand any out at Shalu Monastery. We later discovered that the women were in fact undercover police officers. I am now convinced that they were trying to set us up since there was one particularly insistent young man who followed us all around the monastery begging for Dalai Lama photos with the female officers never far behind. The young man's behavior was inconsistent with other Tibetans who had asked us for photos.

Returning from Shalu Monastery, enroute to the hotel, we were stopped at a police roadblock that had been set up specifically for us. Some police officers entered the van, bringing with them a young man (approx. 14 or 15 yrs.) whom we recognized as a monk from Tashilhunpo monastery but who was now wearing civilian clothes. (We have been unable to figure out whether he was an actual monk or an undercover informer.) After an exchange of words between the officers and "the monk", the young man pointed us out and we were escorted to the police station.

We were interrogated at the po-

lice station and then taken back to our hotel where our room was searched and the rest of the photos and the two other tapes were found and confiscated. Our passports were taken and we were told we would be allowed to remain at the hotel but would be expected to appear at the police station the next morning.

To make a very long story short, we were detained in Xigaze for four days. Every day we were picked up at our hotel and taken to the police station where we would undergo interrogations, listen to threats and sign "statements" saying we distributed political propaganda. Our guide (a Tibetan) was also interrogated. When we pointed out to the police officers that Dalai Lama photos were sold in the gift shop of the government owned hotel they said that it was not against the law for us to buy them but to distribute them to the Tibetans was to encourage them to rebel against the Chinese government. We were told that if we had committed this crime in the 1960's or 1970's we would have been sent to jail for 10 years.

During these four days of detainment we tried numerous times to contact the U.S. Consulate and Embassy. Getting a line out of Xigaze is extremely difficult since we are told there are only four long distance lines. Consequently, making a phone call can take up to half a day of just waiting for a line. Once

when we were able to get through to the Embassy the only person there was the Marine guard. We left a message for the duty officer but no one ever called us back. After many attempts we were able to reach the Embassy in Beijing once more only to have a barely English speaking Chinese person answer the phone. The person spoke just enough English to give us an incorrect phone number for the U.S. Consulate in Cheng Du which we wasted another half day trying to call.

After four days of interrogations and waiting we were told we were to be expelled from the country the next day. We were given a police escort to the airport hotel in Gonggar, where we stayed one night. The next morning we were handed back our passports and put on the plane to Kathmandu.

Many of the people on our plane had been following our story and had heard some terrible rumors about what was happening to us. Everyone we spoke to had at least one bad experience in Tibet whether being confined to their rooms at night, being harassed about Tibet guide books at checkpoints (most books contain photos of the Dalai Lama and history about the destruction wreaked by the Chinese), or having people come into their hotel rooms while they were out. Many of the people had planned to spend additional days in Tibet or go on to tour China

but decided against it out of fear for their safety and dislike of Chinese oppression. All of us felt that traveling in Tibet was a farce since you only saw and heard what the Chinese wanted and allowed you to see and hear.

I must admit that we were treated well by the police but I shudder to think how we would be treated if we were Tibetans and had committed the same crime. I hope and pray that our actions have not caused any damage to the many Tibetans whose beautiful faces and warm smiles shall be forever etched in my memory. I also pray that China will one day come to see the inhumanity of their rule and allow the Tibetan people to resume their lives and direction to the Dalai Lama without fear of reprisal. I urge all people and all governments to put pressure on the Chinese to make this a reality.

I welcome all correspondence concerning Tibet. You may write to me at PO Box 237, Bay St. Louis, MS 39520.

Karen Stobbs Aderer
June 30, 1994

MFN Fails, What Next?

In June, President Clinton extended Most-Favored Nation status for China. Tibet support groups all over the world were disappointed by this reversal of the President's earlier position—which had been based on human rights issues—in favor of economic issues. What to do now? According to the Tibetan Rights Campaign, the next step for the Tibetan support group movement will probably include a complete 100% boycott of all products made in China. Labor and many religious groups can be expected to join human rights groups in this venture. Please continue to write to your newspapers and raise the issues with people.



HIMALAYA

EVEREST • K2
ANNAPURNA • MUSTANG
MANASLU • LADAKH
KAILAS • RUPSHU
ZANSKAR • SPITI
TIBET • BHUTAN

Walk in small groups to unaffected places hidden in the world's highest mountains. Live in pure culture. Walk back.

801-355-6555
FOR A FREE CATALOG

SNOWLION
EXPERIENCES



Visit the

JACQUES MARCHAIS CENTER OF TIBETAN ART
338 Lighthouse Avenue
Staten Island, New York 10306
(718) 987-3500

A museum of Himalayan art within a Tibetan setting
Hours: Wednesday through Sunday 1 PM - 5 PM
April through November
Call or write for a calendar of events.

His Eminence Chagdud Tulku Rinpoche Fall/Winter Schedule 1994-1995

For information concerning Pacific Northwest, Four Corners and East Coast teaching schedule, please call Rigdzin Ling

Rigdzin Ling - Northern California

T'hroma: The Wrathful Black Dakini
Dudjom Lingpa treasure
Nov. 11-20 \$550
Teachings and practice from this sublime Great Perfection cycle, culminating in a Chod Healing Ceremony.

Tendrel Nyeyzel: A Ceremony of Auspicious Interdependence

Terton Sogyal treasure
Nov. 21-23 \$120
A powerful means for quelling negativity, breaking the cycle of repetitive misfortune such as miscarriage and increasing benefit in one's life and practice.

Tibetan New Year Ceremonies: Vajrakilaya Drubchen

H. H. Dudjom Rinpoche treasure
Feb. 23 - March 2 \$450
A 7 day intensive Drubchen ceremony to dispel negativity from the old lunar year and to encourage auspicious circumstances.

For information about offerings for specific requests if unable to attend the Chod Healing or Tendrel Nyeyzel ceremonies, retreats, member and early registration discounts, and per diem rates, call Linda at Rigdzin Ling (916) 623-2714.

Thondup Ling - Los Angeles

A Constellation of Heart Treasures
Oct. 21-30 \$300

The blessings of these empowerments and teachings can bring temporary and ultimate benefit for new and experienced practitioners alike.

- 20-21 Dudjom Tersar Ngondro
- 21 Apong Terton Red Tara
- 22 Essence of Siddhi; Wrathful Guru Rinpoche; Takyhung Barwa; Guru Rinpoche
- 23 Red Vajrasattva; T'hang-tong Gyalpo; Manjushri; Medicine Buddha; Black Hayagriva
- 24 Amitabha; Amitayus
- 25 Wealth and Dharma Protector transmissions
- 26 Akshobhya; Vajrakilaya
- 27 Standing Red Tara; Lion-Faced Dakini
- 28 1,000-arm Avalokiteshvara
- 29 Vajrasattva; T'hroma
- 30 Longevity practice and Offering Ceremony; Longevity and Wealth empowerments

For registration, member and early registration discount information, call Don Delaquil (213) 754-0466 evenings, (310) 922-5873 days.

A DOORWAY TO LIBERATION...



Gates
to
Buddhist
Practice
by
Chagdud
Tulku

This collection of oral teachings presents traditional Tibetan Buddhist wisdom to Western readers in Chagdud Tulku Rinpoche's uniquely accessible style. Rare among introductions to the spiritual path, the book interweaves stories from Rinpoche's native Tibet with a step-by-step exploration of the foundation and essence of Vajrayana Buddhism \$14.95

Available at bookstores or from:

Padma Publishing

P.O. Box 279
Junction City, CA 96048-0279
(916) 623-2714; Fax (916) 623-6709

DALAI LAMA IN BARCELONA Continued from page 1

costume and accompanied by ritual music—the initiation will begin on the 16th.

Simultaneous translation will occur into English and other European languages. For more information: Kalachakra '94 Secretariat, Sepulveda, 45-47 entlo. 3a, 08015 Barcelona, Spain. Telephone: 011-34-3-423-9408.

Classified

THANGKAS IN STAINED GLASS reflect the visionary experience. Uniquely beautiful artifacts. \$1500-\$8500. Magnificent. Call Marta Jones, rep. for available images, photos, commissions. 1-800-488-3402.

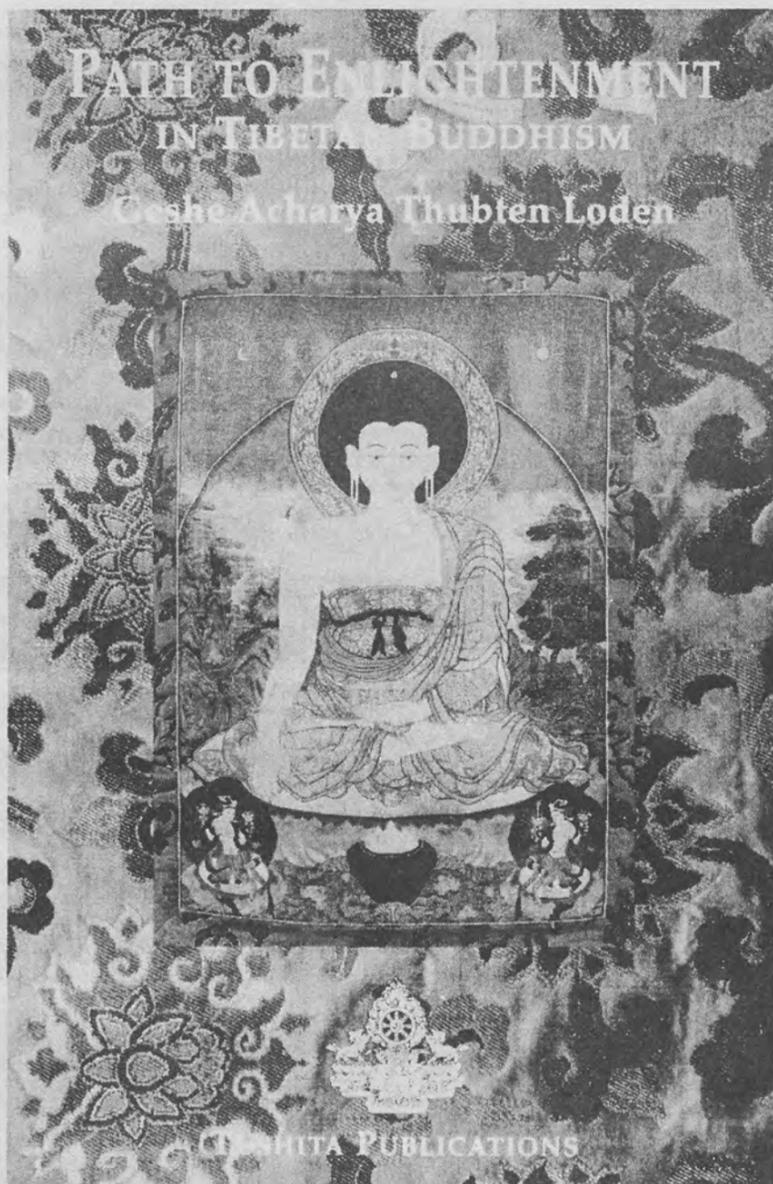
ANNOUNCING A NEW PUBLICATION...

PATH TO ENLIGHTENMENT IN TIBETAN BUDDHISM

by Geshe Acharya Thubten Loden

"The book will go a long way towards making the essential instructions of Tibetan Buddhism accessible to a wider readership..."

H. H. the Dalai Lama



Path to Enlightenment is a complete compendium of the essential points of the Buddhist path. It combines the intellectual rigor of Tibetan scholars with an easy-to-understand presentation of the progressive stages of spiritual development. Based on oral teachings of renowned Tibetan Buddhist scholar and master Geshe Acharya Thubten Loden, it conveys subtle philosophical points in a simple, direct way while illuminating their practical value in daily life.

Special features make *Path to Enlightenment* an invaluable contribution to Buddhist literature:

- 1100-page text describes the practice of the entire Buddhist path
- Superb color plates; 26 line drawings by renowned artist Andy Weber
- High quality, 100-year-life paper
- Extensive appendices, glossary, bibliography, index and page-numbered subject outline
- Accurate and reliable translations from the sutras and other treatises, appended under subject headings for easy reference
- Extensive explanation of the *lo jong* mind training techniques
- Completely new translation of the root and branch bodhicitta vows
- Foreword by H. H. the Dalai Lama

Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. Born in Tibet in 1924, he received his full training at Sera monastery and finished first among candidates from the three great monasteries in examinations for the Geshe Lharampa degree. In India, he completed six years of Vajrayana studies at Gymed Tantric College and a master's degree at Varanasi Sanskrit University. Geshe-la's root lama was His Holiness Trijang Rinpoche. Since 1976, besides guiding his many

students at the re-established Sera, Ganden and Drepung monasteries in India, Geshe-la has taught the Path to Enlightenment to thousands of Western students in Australia and the US.

Path to Enlightenment is an inspiration for those new to Buddhism and a must for those already committed to practice. \$70.

SNOW LION PUBLICATIONS
PO Box 6483
Ithaca, New York 14851
Telephone: 1-800-950-0313
Fax: 1-607-273-8508

TUSHITA PUBLICATIONS
Tibetan Buddhist Society
1425 Mickleham Road
Yuroke, Victoria 3063
Australia
Telephone: (03)-333-1770
Fax: (03)-333-3181

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 Nhar 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

Strangers in Their Own Country:

Chinese Population Transfer to Tibet and Its Impact

The fact that China has been committing glaring violations of human rights in Tibet is known to the world. Unfortunately, the demographic changes that have been taking place in Tibet with the influx of huge numbers of Chinese, threatening the very survival of Tibetan culture and identity, has escaped the world's attention. The Chinese have outnumbered Tibetans in all the major towns and cities in Tibet. The 7.5 million Chinese in Tibet at present has turned the 6 million Tibetans into a minority in their own country. The situation is getting worse now as China is redoubling its efforts to put an end to Tibetan resistance, and ultimately, to the distinct Tibetan cultural identity. At a high-level meeting of Chinese officials on May 12,

1993, it was decided that the further flooding of Tibet with Chinese nationals would offer the final solution to the Tibetan problem. This solution is aimed at making it demographically impossible for Tibetans to rise as is the case in Inner Mongolia and Xianjiang. Thus, Tibetan people are struggling not only for the independence of their country but also for their survival as a distinct race.

The Tibetan Youth Congress has prepared a report, "Strangers in Their Own Country," detailing the population transfer and how it affects Tibetans. To receive this report write to: Tibetan Youth Congress Information Centre, C-50, Prashant Vihar, Sector 14, Rohini New Delhi 110 085, fax# 011-91-11-646-1914.



ORYOKI JUST THE RIGHT AMOUNT

Oryoki is a silent meal taken at Zen monasteries during periods of intensified training. Master Dogen introduced this ceremony in an effort to illuminate the sacred nature of everyday activities. This video captures the power and the subtlety of the ritual, challenging us to expand our vision of the miraculous into all dimensions of our lives.
\$29.95 plus \$5.00 s/h • NY state residents add 7.75% tax



DHARMA COMMUNICATIONS
P.O. Box 156SL • Mt. Tremper, NY 12457 • (914) 688-7993

SCENIC SAND

24 COLORS OF THE WORLD'S
MOST BEAUTIFUL SAND

◆ Extra Fine ◆ Colorfast ◆ Non-toxic

In Stock ◆ Bulk ◆ Pre-packaged

A ACTIVA PRODUCTS, INC., P. O. BOX 472
Westford, MA 01886 (508) 692-9300



Tibet House

presents

This year's performance features

David Byrne
Jimmie Dale Gilmore
Allen Ginsberg
Philip Glass
Spalding Gray
Natalie Merchant
Foday Suso
and others at
Carnegie Hall

February 28, 1995

Tickets will be available through
CARNEGIECHARGE
at (212) 247-7800 and Carnegie Hall box office
57 St. and 7th Avenue

The Art of Dying

*Spiritual, Scientific and Practical
Approaches to Living & Dying*

A NY Open Center and Tibet House
Conference with workshops and plenary sessions
with

Betty Eadie *Author*
Sherwin B. Nuland *MD*
Rachel Naomi Remen *MD*
Kenneth Ring *MD*
Sogyal Rinpoche
Robert A.F. Thurman *PhD*
and many others

March 31-April 1,2, 1995

For brochure and low-fee early registration please contact
the Open Center at 83 Spring St.
New York, NY 10012
Tel: (212) 219-2527 Fax: (212) 219-1347

The Great Miracle Prayer Festival
Benefit

**& The Art of Dying
Conference**

SEEDS OF PEACE

Continued from page 1

in our first workshop, "The Secret of the Circle," we found that our efforts to simplify the Buddhist terms for these young people were inadequate. Protectors became heroes and role models; compassion and respect became self-esteem; concentration switched from a bitter pill to fun and a sense of "I can do it!" and discipline changed from fear of authority to feeling good about persevering.

As the children learned the qualities of protectors and heard the term "enlightened beings," they began to respond. They understood the meaning of compassion as being kind and loving your neighbor, "doing unto others" with gentleness and loving kindness. They talked about respect for one another, for their elders, giving people space and listening. When asked who the protectors are in their lives, they responded with family members: mom and dad, grandma, auntie, sister, brother and even "my dog." Reflecting beyond the family, the older children thought of God and Jesus. But when asked about others, their faces went bland and the air silent. Upon hearing the name Martin Luther King, Jr. their faces began

Continued on page 13

SEEDS OF PEACE

Continued from page 12

that brought smiles, and the interns and administrators began to look blank as the more contemporary names followed and the children became more excited and involved. The process of selecting their favorite role models for their sand mandala had begun.

The second workshop, "Drawing the Mandala," was both painstaking and fun. Some learned to draw the complex palace of the Buddhist deities, while others colored a line drawing of the eight-petaled lotus, planning their own protectors on the designated petals. Small healing became commonplace as children "got it"—protectors, compassion, respect, concentration, feeling good. As the focus of attention increased, some wanted to take their drawings home so that family members could join in filling them in.

Graduating to the third workshop, "Painting the Mandala," the children became excited yet apprehensive. Playing with the monks' chakras and learning to apply the brightly-colored sand through these strange funnels went from "let me look" and "can I do it?" to "not easy!" and "Champa, help me!" There was giving up and there was starting over as thirty children sat on the floor taking turns and a chorus of rasping funnels filled the air. Happy faces expressed the joy of learning a new skill and discipline increased.

When the time came to bring together all the elements of the three workshops into applying the first sand to the children's mandala (with the monks' mandala well under way), a revolt began to stir the air. "Why are you trying to tell our children who their role models are?" After mom and dad, the

protectors most mentioned by the children were the likes of Spike Lee and Sister Soljah, etc. We were accused of suggesting these figures, with the children responding to our lead. Well, out came the history books, and the older children worked with administrators and interns to formulate a roster of acceptable protectors, reflecting the spirit of the Watts community. The Afro-Americans took the lead, with Rosa Parks, Malcolm X, Nelson Mandela and Martin Luther King, Jr. The Mexican-Americans followed, even including Mother Teresa of Calcutta along with Cesar Chavez and Delores Huerta on their list.

As the first child filled in the first lotus petal with bright red sand, concentrating hard to make the sand flow out of the funnel evenly between the light blue lines that formed the flower, Champa and I looked at each other with a sense of fulfillment. The project worked. A profound feeling of empowerment filled the environment as the children honored themselves by placing their role models on the lotus petals. The project has taken on meaning, not only for the people of Watts but for the rest of us as well. The monks learned firsthand about life in an inner-city American community: the struggles, joys, sorrows, love and hardship. The "Euro-Americans" learned from the inside the pain and bliss of our loving fellow Americans whom we too often hold as separate. The Wheel of Compassion brought us all together with its timeless teachings.

As word spread throughout the Watts community of the Tibetan monks and the "children's mandala," mothers, artists, neighbors, workers, spiritual seekers, homeless sages, school teachers and others passed through the

mandala galleries experiencing the peace, loving kindness and struggle of the Tibetan people. They sense the focused energy that the children's mandala represented, which awakened community pride and respect for their children.

On Saturday, August 27, the monks, Watts Center staff and children assembled on the grass between the Watts Towers and the Art Center to draw the 44-foot "Recycle Mandala," a modified version of the Avalokitesvara mandala, on the grass. It was outlined with powdered chalk, stakes and hundreds of yards of ribbon. On Tuesday morning we all gathered before the dismantling to put in place soda cans, plastic bottles, and other re-

cycled materials with a peace symbol in the middle surrounded by Martin Luther King, Jr., Malcolm X, Rosa Parks and other names and symbols.

The dismantling ceremony followed and was seen close-up via video cameras on several monitors. The sweeping up of the monk's Wheel of Compassion Sand Mandala brought cries of anguish and also joy. As I stood next to the children sweeping up their mandala I asked them what they felt. "Why do we have to do this?" they asked. "I put so much work into this!" And there were some tears, not quite understanding yet feeling the power of letting go of something so meaningful. But the questions about why the mandalas

couldn't be saved were slowly replaced by an understanding of how sweeping them up increases our awareness of permanence and attachment.

Samaya Foundation is continuing to work with the City of Los Angeles to develop this program in other communities. Plans are also underway to return to the World Trade Center in New York City with the Namgyal monks to present the Healing the Causes of Violence Through art Youth Program in the spring of 1995. Inquiries regarding bringing this project to other cities should be directed to Samaya Foundation at 75 Leonard Street, New York, NY 10013.



Photo: Manco Mascarin © 1994 Samaya Foundation

Namgyal monks and children of the Watts Community having lunch during the "Healing the Causes of Violence Through Art" program.

The World of Tibetan Buddhism

An Overview of Its Philosophy and Practice

The Dalai Lama

In this landmark work, His Holiness the Dalai Lama explains in brief but lucid detail every aspect of the Tibetan Buddhist path to enlightenment. *The World of Tibetan Buddhism* is an invaluable work for understanding the Buddhist path to enlightenment.

"His Holiness offers a clear and penetrating overview ... from the Four Noble Truths to Highest Yoga Tantra with, as always, special emphasis on the practice of love, kindness, and universal responsibility."

—from the foreword by Richard Gere

\$14.00, 184pp.

New Edition!

The Door of Liberation

Geshe Wangyal

The Door of Liberation is full of indispensable source material for anyone interested in the study and practice of Buddhism. Included are seven texts ranging from the early scriptural sources of India to the works of Je Tsongkhapa.

"The Venerable Geshe ... selects a mosaic of teachings that provide useful keys to liberation for the contemporary reader."

—Robert A. F. Thurman

\$15.00, 264 pp.

The Tantric Path of Purification

The Yoga Method of Heruka Vajrasattva

Lama Yeshe

In this wonderful book, Lama Yeshe explains one of the most powerful mental purification practices from the vast array of Buddhist meditations. Included is a section of complete retreat instructions—required reading for anybody who undertakes a retreat in the Tibetan tradition.

"If you don't want relationship problems, business failure, illnesses such as cancer or AIDS, notoriety, or the criticism of others, the practice of Vajrasattva is extremely important"

—Lama Zopa Rinpoche

\$15.00, 320pp.

New titles from Wisdom!



Enlightened Beings

Life Stories from the Ganden Oral Tradition

Janice D. Willis

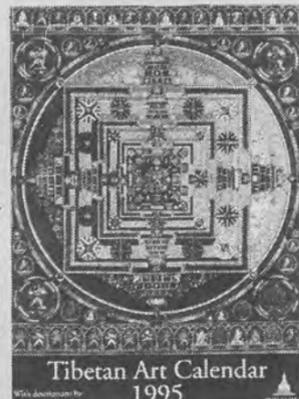
Here for the first time ever in any Western language are the liberation life stories of six great tantric masters from the Gelukpa school of Tibetan Buddhism. Professor Willis's translations, introduction, and detailed annotations provide a wealth of information, both about ways of reading *nam thar* and about the religious and political worlds in which these six early Gelukpa siddhas studied, practiced, and became "enlightened beings."

\$18.00, 288 pp.



Wisdom's 1995 Tibetan Art Calendar

The calendar that lasts forever — with 13 poster-size, full-color, fine-art reproductions of the world's finest examples of Indo-Tibetan thangka paintings. Included are in depth descriptions of the significance of each masterpiece by Professor Lokesh Chandra, a leading expert on Buddhist iconography.



\$26.95, 13 fine-art reproductions

WISDOM PUBLICATIONS • BOSTON



CHAGDUD TULKU RINPOCHE

Continued from page 7

own expense. Anybody who knows Rinpoche will realize that he would write his story in no other way."

A lama currently in the United States has offered a glimpse of Chagdud Rinpoche's activity during those years. Lama Chodag Gyatso, former head of the Assembly of Tibetan Peoples' Deputies, a branch of the Parliament of the Tibetan Government-in-exile, now resides in the United States as one of the Chagdud Gonpa lamas. He sought out Chagdud Rinpoche in 1969 after being told by his tutor, Sang-sang Lama Donyod Rinpoche, that he was "a vast ocean of knowledge of the lineages, traditions and translations of the Nyingma, Kagyu and Sakya schools, that he held all the Kama and Terma traditions within the Nyingma school and that he was considered to be the accomplished living master of the Nyingt'high lineage at that time."

He heard that Chagdud Rinpoche was in Orissa, India, a major settlement of the Tibetan community-in-exile, where he was acting as representative of H.H. Dudjom Rinpoche, then head of the Nyingma lineage. According to Lama Gyatso, "H.H. Dudjom Rinpoche had chosen Chagdud Rinpoche as his representative there because he felt that he was the most qualified to assume the major responsibility of imparting all the oral transmissions, empowerments, and teachings to new practitioners as well as to advanced practitioners doing intensive Nyingma practice."

Chagdud Rinpoche's first center in Cottage Grove, Oregon began as a branch of H.H. Dudjom Rinpoche's Yeshe Nyingpo. In 1983, Chagdud Rinpoche established the Chagdud Gonpa foundation, whose main center moved to Rigdzin Ling in the Trinity Alps region of northern California in 1988. In addition to offering ongoing teachings and practice retreats by resident and visiting lamas, three annual drubchens are conducted there, intensive eight-day ceremonies that enable participants to swiftly accumulate merit and wisdom. The development to date includes a prayer wheel with close to one billion mantras, a larger-than-life-size Padmasambhava statue, and Tara House, which contains a large shrine room, commercial kitchen and guest housing, campground facilities and staff housing.

Chagdud Rinpoche has always emphasized the necessity of integrating view, meditation and activity and has established a work-study program in which students simultaneously develop the center and apply themselves in formal meditation and practice in daily life. Students at Rigdzin Ling also learn the Vajrayana ritual arts, including lama dancing. Those who have completed their preliminary practices (*ngondro*), join other students in a four-year program of Dzogchen instruction that takes place during a six-week retreat each year, now conducted by Chagdud Rinpoche and an American student, Wyn Fischel, appointed by Rinpoche to carry on some of his duties as head lama of Chagdud Gonpa.

In addition to offering all levels of instruction and placing a number of students in longer individual retreats of three or more years, Chagdud Rinpoche has also

assumed responsibility for the training of the next generation — the spiritual education of young American tulkus growing up in the Chagdud Gonpa sangha. In 1993, Chagdud Rinpoche enthroned Wyatt Arnold as Tulku Padma Gyurmed Palden, the incarnation of Lama Aka Nyima, attendant of the saintly Tulku Arig of Tromt'har of Eastern Tibet. Lama Aka Nyima had been a diligent Dzogchen practitioner who spent most of his life engaged in intensive practice. A story is told of a conversation between teacher and student in which Lama Aka Nyima, pointing out the poor geomancy of a large rocky mountain, said to his teacher, "Wouldn't that mountain look better over there? Perhaps I should move it."

Tulku Arig replied, "Don't waste your powers on something like that."

During the summer of 1994, Chagdud Rinpoche enthroned two year old Tulku Orygen Jigmed Namgyal, recognized by His Holiness Penor Rinpoche and His Eminence Dzongsar Khyentse Rinpoche as the incarnation of Padgyal Lingpa, one of the twentieth century's great tertons, or treasure discoverers. Given the prophecy by Padmasambhava that Chagdud Rinpoche would be the *chhodag*, or custodian, of a terma (treasure) cycle revealed by Padgyal Lingpa, it was not surprising that Padgyal Lingpa would have incarnated in Chagdud Rinpoche's sangha. Insight into the intimate connection between Chagdud Rinpoche and Tulku Orygen Namgyal comes from a prophecy received by Rinpoche himself as he prayed for a sign concerning the identity of this remarkable child. The dharma protector Ekadzati told him in a vision that the child was the emanation of three of Padmasambhava's twenty-five closest disciples: the body emanation of Nub Sang-gyay Yeshe, whose twentieth-century incarnation was known as Padgyal Lingpa; the speech emanation of Gyalwa Chhog-yang, whose current emanations include Chagdud Rinpoche himself; and the mind emanation of King Trisong Detsan.

A third tulku, Chagdud Rinpoche's grandson Orygen Tromge, child of Rinpoche's son Tulku Jigme and his American wife Rigdzin Tromge, has not yet been formally recognized, but has also begun his training under the care of his father and grandfather. In each case, deep bonds of affection unite these tulkus with Chagdud Rinpoche as he oversees their upbringing and education.

Chagdud Rinpoche's ability to flourish in the West is due not only to his scholarship, realization, great compassion and humor, but to the fact that he is a renaissance man. Artist, poet, master of the ritual arts and chanting, renowned for his extraordinary voice, he has created nine major works of art since coming to the West, his largest a twenty-two-foot-high cement Padmasambhava statue.

Above all, his ability to touch students' hearts arises from his immense compassion and equanimity which embrace all cultures and beings. These qualities have made it possible for him to find common bonds with all those he encounters.

His instructions are characterized by a firm insistence that the teachings be diligently applied. He ends *Gates to Buddhist Practice* with the following counsel:

"People give many reasons for not doing spiritual practice. Some say they don't believe the teachings; others feel they're not ready or that

they don't have the capability. But this is a mistake. Whether or not we believe in samsara, this is where we are. Whether or not we believe in karma, we're creating it. Whether or not we believe in the poisons of the mind, they are there. What is the benefit of not believing in medicine? Whether we're ready to do practice or not, death and sickness won't wait. Why not prepare? Why not develop the capacity to help ourselves and others? We're ready to drink poison, but not to take medicine.

"Not meditating once we've received teachings is like shopping for all our favorite foods, arranging them beautifully in the kitchen, and then not eating. We'll starve to death. Meditating is like eating: our pantry is full and we partake of what we've gathered.

"Instead of telling ourselves, 'I don't have time today, I'll meditate tomorrow. I don't have time this week, I'll do it next week. This is a busy year, I'll get around to it next year,' we need to feel an immediacy about doing practice—right now, not just today, not just this hour, but this very moment."

Here is a teaching by Chagdud Tulku urging us all to be mindful of our dharma practice:

To my hosts of students linked to me by previous aspirations and by karma, I, the tulku named Chagdud, this affectionate old man, am inspired by my feelings of love for you to write down this message and send it to you on the steed of the air. Look upon it.

Do you invoke the enlightened mindstreams of the rigdzins of the

three lineages with faith, respect and longing?

Do you realize the essence of this hard-won state of freedom and opportunity, like the udumwara flower, through practice of the sacred dharma?

Do you cut through the bonds of your attachment and clinging to all the other impermanent and illusory acts of this life?

Since the results of your right and wrong actions are infallible, do you behave in accord with the moral choices of virtue and harm?

Since there is no opportunity for lasting happiness in the cycle of existence, does the sublime attitude of renunciation arise in your mindstream?

Since unless you hear teachings ignorance cannot be dispelled, do you light the lamp of the dharma again and again?

Since your mindstream will not be tamed solely by hearing teachings, do you cut through your idle speculation with inner contemplation?

So that you are not bound by the conceptual elaborations of hearing and contemplation, do you practice according to the key points of direct transmission instructions?

Since there is no other infallible refuge in the cycle of existence, do you place the three sublime sources of refuge on the crown of your head?

In order to be protected from the suffering in this cycle of existence, do you abandon harming others along with anything that might lead to that?

Since there is no sentient being

in the six realms who has not been your father or mother, do you meditate with equanimity upon the similarity and kindness of them all?

As you see these beings who have been your mothers experiencing the causes of suffering and their results, are you moved to compassion?

Moreover, when you see any happiness or virtue in another, do you meditate upon this while rejoicing from your heart?

Given that ephemeral happiness does not bring satisfaction, do you arouse the aspiration to bring about lasting happiness?

While always looking closely at your own mindstream, do you direct your body, speech and mind to the path of virtue?

With your gathered virtue and real or imagined wealth, do you make offerings to perfect the accumulation of merit?

In order to uproot the bonds of your grasping, do you make an offering and gift of your body to the four kinds of guests?

Since the fundamental nature of this offering and giving is free of elaboration, are you endowed with the view that is the accumulation of pristine awareness?

In order to cast off the heavy load of harmful actions, obscurations, faults and failings, do you confess with the four powers as your antidotes?

Viewing Vajrasattva, the union of intrinsic awareness and emptiness, as equal to your own true nature, do you dissolve your most subtle habitual patterns in basic space?

Continued on page 15

A day of celebration with

Tsultrim Allione ❖ Jack Kornfield ❖ Yvonne Rand

Nurturing Buddha Nature

A benefit for

TARA MANḌALA

Sunday, Dec. 11, 1994

St. Mary's Cathedral, San Francisco

Donation

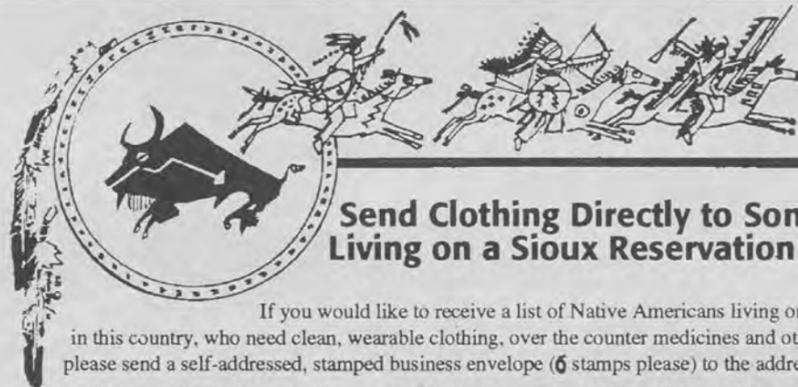
\$85 before Nov. 23, \$95 at the door

For more information call

510-874-4912

or write

3134 Woods Circle, Davis, CA 95616



Send Clothing Directly to Someone Living on a Sioux Reservation

If you would like to receive a list of Native Americans living on reservations in this country, who need clean, wearable clothing, over the counter medicines and other items, please send a self-addressed, stamped business envelope (6 stamps please) to the address below.

In addition to the clothing list, there is an Elder's program in which an Elder or Elder couple, living on a reservation are connected with an individual or family. The purpose of this program is to help supply some of the material needs of the elderly, but equally important, to open the lines of communication and bridge the cultural gaps which have separated all of us for too long.

Both of these programs offer a "one to one" approach to involvement with The People, as Native Americans often refer to themselves. If you are interested in either of these programs, please send your self-addressed, stamped (6) envelope and you will receive the list and elder program information. A \$2 donation will help cover the cost of making copies (20+ pages).

Jackee Allen • P.O. Box 139 • Ironia, NJ 07845 • 201-584-8817 (eve)

JAMGON KONGTRUL'S RETREAT MANUAL *Continued from page 1*

of those practices Kongtrul treasured enough to pass on to future generations through the spiritual leaders he trained.

The translation of this text allows the reader a unique and unlimited view inside the secluded walls of one of Tibet's most influential meditation training centers

Ngawang Zangpo (Hugh Leslie Thompson) completed two three-year retreats under the direction of the late Kalu Rinpoche. He contributes to the work of Kalu Rinpoche's translation committee in Sonada, India.

Here is the table of contents to show you how remarkable this book is:

Preface	9
Translator's Introduction	15
The Three-Year, Three-Fortnight Retreat	17
Retreat Centers: Their Physical Setting	17
The Time Period of the Retreat	18
Retreat Centers and Gender	20
Meditation Training in Retreat	21
Jamgon Kongtrul's Life and Work as Related to the Retreat	24
Kongtrul's Non-Sectarian View and His Retreat Program	24
Kongtrul's Life and the Non-Sectarian View	31
The Evolution of Kongtrul's Retreat Center	39
The Three-Year Retreat at Tsadra Rinchen Drak and the Remainder of Kongtrul's Life	49
Kongtrul's Retreat Center After Kongtrul	55
Jamgon Kongtrul's Retreat Manual	
Invocation and Resolution	59
Introduction	61
I. Preparation for and Entrance into Retreat	63
Mental Preparation	63
Practical Preparation	66
Entrance into Retreat	71
II. Life Within Retreat	73
1. The Main Program of the Retreat	74
The Preliminary Practices	74
The Origin of the Oral Instruction Lineage of the Karmapas	74
Manuals Used During the Preliminary Practices	77
The Buddha's Word as Instruction Lineage	79
The Importance of the Preliminary Practices	80
The Retreat Program for the Preliminary Practices	82
The Shangpa Instruction Lineage	85
The Origin of the Lineage	85
The Main Meditations of the Lineage	87
Later History of the Lineage	89
The Retreat Program	90

The Vajra Yoga Instruction Lineage	94
The Origin of the Lineage	94
The Main Meditations of the Lineage	96
Later History of the Lineage	97
The Intensive Practice Instruction Lineage	100
The Retreat Program	102
The Ancient Instruction Lineage	103
The Origin of the Lineage	103
The Source of the Meditations	107
The Treasury of Rediscovered Teachings	109
The Retreat Program	110
Additional Practices Performed During the Retreat	113
Exit from the Retreat	114
2. The Daily Schedule	116
Background Information	116
The Severance Instruction Lineage	119
The Order of the Yoga of the Four Daily Meditation Sessions	121
3. Extra Monthly and Yearly Rituals	130
Background Information	130
The Monthly Program of Memorial Offerings and Extra Rituals	132
Extra Offering Practices and Offerings Performed on a Yearly Basis	137
4. The Retreatant of the Protector Temple	144
Background Information	144
The Program for the Retreatant of the Protector Temple	146
5. General Rules of Conduct and Discipline	151
The Most Crucial Advice for Life in Retreat	166
III. Words of Advice for Life After Retreat	175
Dedication and Colophon	181
Appendix 1: Books Referred to in the Introductory Sections	183
Appendix 2: Books and Prayers Mentioned in the Retreat Manual	187
Appendix 3: Persons Mentioned in the Retreat Manual	199
Appendix 4: Buddhas, Bodhisattvas, Deities, and Practices Mentioned in the Retreat Manual	205
Index	213

CHAGDUD TULKU RINPOCHE*Continued from page 14*

Are you aware that the most sublime, the most profound, of all spiritual paths is the swift path of guru yoga?

Have you heard that, rather than meditating on hundreds of thousands of deities for many aeons, it is better to meditate once on the lama?

Have you the certainty that the lama's attributes— colors, implements, ornaments and garb— are vividly and spontaneously apparent, brilliant and unclouded?

Does the sunlight of your faith and samaya shine upon the snow mountain of the lama, who is the reservoir of the snow melt of blessings?

In order to purify the accumu-

lated obscurations of body, speech and mind acting together, do you follow the profound path of receiving the four empowerments over and over?

In order for the blessings of the mind-to-mind lineage to enter your mindstream, do you blend the lama's mind with your own?

Have you met face to face with the ultimate lama, the union of intrinsic awareness and emptiness, as your own true nature, utterly effortless and spacious?

Do you perceive all the phenomena of postmeditation appearance, sounds and thoughts to be the enlightened form, speech and mind of the lama?

Do you understand that, although all phenomena of samsara and nirvana are not your own mind, they do not exist apart from

your mind?

In order to cut through the web of many concepts, have you gone through the preliminary of demolishing the hut of ordinary mind?

In pursuing the main practice of encountering the true nature of intrinsic awareness face to face, do you settle effortlessly, spaciously, utterly without contrivance?

Without deliberately meditating, yet without distraction, are you familiar with the most majestic and sublime kind of mindfulness?

Although your view may be as lofty as the sky itself, do you take care to observe moral choices scrupulously in your conduct?

As for the goal, atemporally and spontaneously accomplished, have you cut through the bonds of expectation, of hope and fear?

Please examine closely to determine whether these thirty-seven key points apply directly to you at all times and in all ways.

If you feel you want to sit, hold to the citadel of primordial being; if you feel you want to go, follow the true path; if you feel you need to do something, bring about great benefit for beings.

For me, Chagdud, burdened with the weight of my years, this hard-wrought old body, this gnarled tree, weathers storms of unbalanced elements, yet I am not injured.

Hordes of demons, an otherwise malevolent bunch, serve me with respect.

I have laid the ground for the teachings of the great secrets to develop in the future.

If I leave, I am content to be in the presence of my lama, Padma Jungnay; if I stay, I am content to nurture the love of a lama for his students.

Whatever I have done, I am happy, a yogin of illusion, who offers this to you in an expansive and cheerful frame of mind.

Please look upon this with delight. May it be stamped indelibly in your minds!

For more information about Chagdud Rinpoche's programs, contact: Chagdud Gonpa, PO Box 279, Junction City, CA 96048, 916-623-2714.



**TIBETAN LANGUAGE
CORRESPONDENCE COURSE**

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

Sarah Harding
1630 30th St., Box 356
Boulder, CO 80301
(303) 499-3141

Need More Snow Lion Newsletters?

If your dharma group or organization would like to receive a bundle of Snow Lion Newsletters for free distribution, please let us know. Just tell us how many you think you can use of each quarterly issue and we will send them to you.

Need Some Item That Isn't Listed Here?

We would like to know if you would like to have any books or other dharma items that are not listed in this current issue of the Snow Lion newspaper. Please contact us with your request. We believe that we offer most of the quality items that are available on Tibet, but we appreciate your feedback and suggestions! Our goal is to be able to provide you with whatever you need for your study and practice.

YEAR-LONG ZEN INTENSIVE

"The more you talk and think about it, the further astray you wander from the truth. Stop talking and thinking, and there is nothing you will not be able to know."

From the poem, "Faith in Mind"

- Residencies available from 1 week to 1 year
- Abbot John Daido Loori, full-time resident teacher
- A year of residency includes: Monthly meditation retreats
Two ninety-day intensives
Special retreats in martial arts, Zen arts and Buddhist Studies
- Nestled in the Catskill Mts. on a 230-acre nature sanctuary

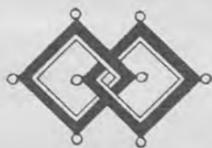
Please call us for a free catalog



ZEN MOUNTAIN MONASTERY

PO Box 197SL, Mt. Tremper, NY 12457 (914) 688-2228

Fax: (914) 688-2415 Internet: dharmacom@delphi.com



Friends of Prison Sangha

Snow Lion has received letters from people who have been imprisoned and who are very interested in dharma. They are seeking to connect with dharma practitioners "on the outside" to exchange ideas and to receive moral support and to feed their spiritual hunger. We

have a few names of people who would like a "dharma pen-pal."

Christopher Paul #587756, PO Box 128, Tennessee Colony, TX 75880 (wants to correspond with a teacher or student of the Kagyu lineage).

Steve Saurenmann #627116, Rt. 2 Box 4400, Gatesville, TX 72597 (interested in Dzogchen).

Lazaro Valdez #235404, Chippewa Temporary Correctional Facility, 4535 W. Tone Rd., Kincheloe, MI 49785-0001.

a manual for the practice of Chöd



Garden of All Joy

by Jamgon Kongtrul Lodo Taye
translated by Lama Lodo Rinpoche

Revealed by the non-sectarian Buddhist Saint of the 19th Century, Jamgon Kongtrul Lodo Taye, this precious text contains a unique approach to the practice of Chod, cutting through ego. **FOR THE FIRST TIME, PRECISE DRAWINGS ILLUSTRATE THE VISUALIZATIONS.**

"This rare commentary is extremely helpful to any practice of Chod."

Ven. Lama Lodo Rinpoche, yogi, Chod master and translator of *Garden of All Joy*.

"In short, the root of Chod is not having hope and doubt... If view is united with behavior, this is excellent."

Jamgon Kongtrul Lodo Taye, *Garden of All Joy*.

**\$15.95 available through SNOW LION
1-800-950-0313**

KÜN-ZANG LA-MAY ZHAL-LUNG

Jig-me Ling-pa, the exponent of Dzog-pa Ch'en-po Long-ch'en Nying-tig, provides the required preliminary for the practice of Dzog-ch'en in a short liturgical prayer called *The Excellent Path to Omniscience*. One of his eminent disciples, Jig-me Gyal-way Nyu-gu, gave an oral instruction on it, which his disciple, Dza Pal-trül Rin-po-ch'e, transcribed and gave the title, *Kün-zang La-may Zhal-lung*. Preface by *Cha-tral Rin-po-ch'e*, Translated & edited by *Sonam T. Kazi*



"An excellent, faithful translation... an authentic preliminary work which will benefit all those who are interested in Dzogchen."

— His Holiness the Dalai Lama

"A must for every serious student of Buddhist thought and practice."

— Professor H. V. Guenther

"Clear and accurate throughout... can be recommended without hesitation."

— Professor Matthew Kapstein, Columbia Univ.

"A brief and exceptionally useful synthesis of all the main themes of preliminary Buddhist practice."

— Professor Huston Smith, Syracuse Univ. and Grad. Theological Union, Berkeley

PART ONE: 256 pp., 8 color plates, \$35.00, cloth
PART TWO & PART THREE: 352 pp., 4 color plates, endnotes, line drawings, \$50.00, cloth

Available: Diamond-Lotus Publishing, P.O. Box 43242, Upper Montclair, NJ 07043. (201) 509-1868. Add \$4.00 shipping/handling for first book; \$2.00 for each additional. NJ residents add 6% sales tax.



TREK DIRECT ADVENTURE TRAVEL SPECIAL INTEREST TOURS INTRODUCTION TO TIBETAN CULTURE

-THE HIMALAYA REGIONS- NORTHERN INDIA, NEPAL-
MANALI (THE VALLEY OF THE GODS), LADAKH, DHARAMSALA
THE LITTLE LHASA (HIS HOLINESS THE DALAI LAMA'S RESIDENCE)
PRIVATE TOURS-GROUPS-JEEP TREKS-WALKING TREKS-
MONASTERIES-VISIT ANCIENT VILLAGES ETC..

FALL SPECIAL SCHEDULE:

THE PUSHKAR CAMEL FAIR IN RAJASTHAN, NEAR THE
HOLY TEMPLE CITY OF PUSHKAR, ONE OF THE MOST COLOR-
FUL FESTIVALS IN INDIA, A PHOTOGRAPHER'S DREAM

FOR THE TRIP OF A LIFETIME

CALL OR WRITE: **TREK DIRECT**
TSERING YODON

915 WASHINGTON ST., SUITE 143, E. WEYMOUTH, MA 02189
TEL: 617 331 3871 FAX: 617 871 8533



Wrong Answer on Human Rights

by Bob Herbert

[Reprinted from *The New York Times*, 9/25/94]

If the Public Broadcasting Service had the choice of televising a human-rights series produced by a highly respected Emmy-award-winning team or a quiz show, which would it choose?

The events in Haiti give this question added significance. PBS was created in 1969 to provide an alternative to commercial television's mind-numbing, politically timid fare. In promotional material sent out this year as part of their 25th anniversary celebration, executives boasted that "PBS programs, created by public television stations, independent producers and foreign sources, set the standard for quality television; television that respects and nurtures the intelligence of the viewer."

That appears to be less and less the case. Not long ago PBS made a decision not to finance or support "Rights & Wrongs," Charlayne Hunter-Gault's weekly news magazine on human rights struggles around the world. At the time I paid little attention. You take your chances in television. It's not an arena for the faint of heart.

Turned down by the network, "Rights & Wrongs" was produced on a shoestring by Danny Schechter and Rory O'Connor, who collaborated a few years ago on the acclaimed "South Africa, Now." They distributed "Rights & Wrongs" themselves to several PBS stations. The response was strong. Walter Goodman of *The Times* said, "You don't have to share the series' editorial positions... to welcome its attention to such subjects." *The Nation* said, "The show, unlike almost all other television news shows, makes you think; it enlivens rather than numbs you."

I still didn't pay much attention. Then PBS went public with a remarkable explanation for rejecting the show. Jennifer Lawson, the vice president for national programming, was widely quoted as saying that human rights were "an insufficient organizing principle" for a PBS series.

It's the kind of comment that stops you cold. It is so ludicrous, you have to hear it at least one

more time, just to be certain you heard correctly. Human rights are an insufficient organizing principle for a PBS series. Cooking is fine as an organizing principle. And baseball, certainly. Barney is a wonderful organizing principle. But human rights, the bitter struggle for survival and dignity that is carried on endlessly in every society around the world? Nah!

Last week, on assignment for "The MacNeil/Lehrer Newshour," Ms. Hunter-Gault was in Haiti, where the media spotlight on beatings by the police produced sudden, dramatic results. But it is rare

PBS goes the way of all networks

for such abuses to be committed in front of an international assemblage of reporters and photographers. Tyrants are nocturnal animals, doing their dirtiest work under cover of darkness. Courageous members of the press try to bring the atrocities to light. That is the mission—the organizing principle—of "Rights and Wrongs."

Earlier this month Glenn Rifkin of *The Times* reported that PBS was about to unveil a glittering, Hollywood-style, prime-time quiz show. He wrote, "The half-hour program, replete with smooth, wise-cracking host, an off-camera announcer, prizes, lavish sets, a studio audience and applause signs, will begin on Oct. 10 and run Mondays at 8:30 P.M. for 22 weeks."

The 22 shows, financed by PBS and the Corporation for Public Broadcasting, will cost \$1.5 million. This is just what we need—public television, at taxpayer expense, chasing the increasingly downmarket sensibilities of commercial TV. Can a PBS version of "Hard Copy" be far behind?

While the quiz show moves happily ahead with its \$1.5 million, "Rights and Wrongs" is fighting desperately to stay alive. Attempts to get corporate financing have proved futile. Corporate executives, according to Mr. Schechter, "are saying things like 'Look, this is a great idea, but it wouldn't be appropriate for us right now. We're doing business in China and it would create problems for our people in China if we were identified with a human rights show.'"

This is not a noble moment for PBS. After 25 years, the alternative to commercial TV's terminal triviality finds itself saying yes to a quiz show and no to news on human rights. That's not much of an alternative.

Please contact Corporation for Public Broadcasting executive vice-president Jennifer Lawson at the following address to express your opinion on this matter:

1320 Braddock Place
Alexandria, VA 22314-1698

Please also contact your local PBS station.



Wealth Treasure Vases &
Earth Treasure Vases
Empowered by
Lama Kunga Rinpoche
to attract material,
environmental and inner benefit
\$45 each plus shipping
Details: (510) 527-7363

Gifts from the Cosmos



SOLID METEORITE: *The Power and the Lineage of Sky Metal*

We offer the designs shown above cast in Solid Meteorite or Sterling Silver. Gold is available upon request. Write for FREE catalog of sacred jewelry & artifacts. Dealer inquiries are welcome.

Lotus Born

P.O. Box 252, Marshfield, VT 05658

Phone: 800-554-4579

ADVENTURE/TRAVEL

INSIGHT GUIDES TO NORTH-ERN 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 or 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.

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

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.

"...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 weaves suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.



THE GREAT DRAGON'S FLEAS, by Tim Ward. 252 pp. #GRDRFL \$14.95

Deeply thought-provoking and wonderfully irreverent, *The Great Dragon's Fleas* is Tim Ward's story of a two year spiritual search in Tibet, India, Bangladesh, Indonesia, Thailand, and China. The journey begins with a private meeting with the Dalai Lama, then moves to Kashmir and an Islamic cult that venerates Jesus and believes he survived crucifixion and went to India. He studies with a Buddhist lama called The Great Dragon in Ladakh, visits Sai Baba, a Thai trance channeler, a female buddha in a Chinese monastery, and narrowly escapes capture by Chinese soldiers as he travels illegally in Tibet. This is a lively account of spiritual life in Asia.

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.

IN THE KINGDOM OF THE DALAI LAMA, by Archibald Steele. 159 pp. #KIDALA \$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.

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 \$7.95

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

MONGOLIA, by Robert Storey. 292 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.

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.

NEPAL: A Travel Survival Kit, by Tony Wheeler and Richard Everist. 432 pp., 22 color pages, abundance of maps and line drawings. #NETRSU \$14.95

This is a completely updated edition of *Nepal* which gives the detailed information you need to make your trip to the bustling city of Kathmandu or the many Himalayan hideaways as fulfilling as possible.

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 explores 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 \$15

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

BEST SELLING!

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.

NEW!

TIBET HANDBOOK: A Pilgrimage Guide, by Victor Chan. 1099 pp., 250 maps, #TIHA \$30

"This is by far the most detailed guide to Tibet ever to appear in a Western language—a monument to the labours of the intrepid Victor Chan, who is a worthy successor of the great explorers of the nineteenth century. It will be a long time before this indispensable work is superseded."—Dr. Michael

Aris, St. Anthony's College, Oxford

This remarkable book is both a comprehensive trekking guide to mountain paths and plateau trails, and a pilgrimage guide that draws on Tibetan literature and religious history. Victor Chan has covered 42,000 kilometers in Tibet on foot and by bus, truck, horse, and yak. The result is indisputably the most authoritative sourcebook to Tibet. Contains: 60 major pilgrimage and trekking itineraries; 250 detailed maps and plans; essays on Tibetan pilgrimage, art and history, practical information on visas, health and medicine, accommodations and transportation options.

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.

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

Travel not only stirs the blood, it also gives birth to the spirit. Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (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 Bodh 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 THE INDIAN HIMALAYA, by Garry Weare. 172 pp. #TRINHI \$10.95

The author has over 14 years' trekking and tour-leading experience in the Indian Himalaya. In this practical guide he gives sound advice for planning a trip, many maps, vital health and first-aid information, plus day-by-day descriptions of some of the world's most exciting treks. Includes Himachal Pradesh (Dharamsala), Zaskar Gorge, Kashmir, Ladakh, Sikkim.

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.

NEW!

VEGETARIAN ASIA: A Travel Guide, by Teresa Bergen. 112 pp., travel size, #VEAS \$9.95

Hunting for vegetarian food in a country where you don't speak the language can make you want to fly straight back home. *Vegetarian Asia* will help you get the food you need, with a minimum of hassles. This book tells you: which dishes in each country are typically vegetarian; Asian food customs that tell you how to eat like a local, restaurant recommendations; dining etiquette; how to say "I'm a vegetarian" in 10 Asian languages; the vegetarian traditions of Asia. Countries include: Tibet, Nepal, India, Southeast and Northeast coastal countries, Chinese speaking countries.

MAPS

NEW!

ON THIS SPOT

AN UNCONVENTIONAL MAP AND A GUIDE TO LHASA



ON THIS SPOT: An Unconventional Map and Guide to Lhasa, by International Campaign for Tibet. 20 x 24" #SP \$5.95

This is the most current cultural map of Lhasa. It is full-color, two sided, with 11 color photos. It tells the uncensored stories behind Lhasa's tourist sites and accounts of previous travelers. This map is also an irreverent romp through the underworld of Lhasa, with anecdotes and jokes about places in Lhasa from the Tibetans who live there. This map begins where other guide books and maps end. *On This Spot* contains a wealth of information telling both the stories of Lhasa's long, rich history and its tragic contemporary human rights situation. It locates and tells of the demonstrations for self-determination, Tibetan prisoners of conscience and the exact locations of the prisons where they are being held. It also includes practical travel details such as locations and phone numbers of hotels, travel companies, monasteries and hospitals.

MAP OF TIBET: Tibet & the Mountains of Central Asia, 32 x 43", #MATIB \$12.95

This is the best map of the entire region of Tibet that we have seen. It was compiled by the Royal Geographical Society and the Mount Everest Foundation from various reliable sources. The changes in terrain are indicated by different colors and shading.

NEPAL HIKING MAPS

Helambu-Langtang #MANEHE \$11.95
Kathmandu Valley #MANEKA \$11.95
Khumbu Himal #MANEKH \$11.95

NEW!

These are two excellent country maps with a lot of detail.

India #MAIN \$11.95
Nepal #MANE \$7.95

Includes detailed maps of Kathmandu.

BIOGRAPHIES

THE AWAKENED ONE: A Life of the Buddha, by Sherab Chodzin Kohn. 155 pp. #AWON \$9

The Buddha's life story is a universal tale of the awakening of consciousness. A blend of legend and history filled with stories of wisdom and compassion, this ancient tale offers inspiration and insight to spiritual seekers of all traditions.

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 biogra-

phies in the West are written, making it easy for Americans to accept and venerate him. It gave me a sense of 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

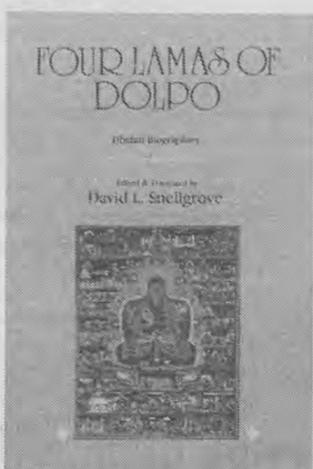
THE CHARIOT FOR TRAVELING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche, by Ken McLeod. 101 pp., 91 photos & illustrations. #CHTRPA \$18.75

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.

NEW!



FOUR LAMAS OF DOLPO: Autobiographies of Four Tibetan Lamas, ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21.

This unusual volume presents the autobiographies of four Tibetan lamas in the land of Dolpo, which was part of Western Tibet until the end of the 18th century. Three of them were born in the 16th century, and one in the 17th. These life stories were dictated by the lamas themselves in response to the entreaties of their disciples. After the lamas had died, the material was edited and compiled as an authoritative account and one hand-written copy of each autobiography was preserved in the libraries of the local monasteries. Snellgrove's introduction provides the background and conditions in Dolpo, including an account of religious practices which, like the social conditions there, have remained practically unchanged over the last thousand years.

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 Gyaltzen, ed. by Victoria Hucksenhahler. 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 discovery 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.

NEW EDITION!

HOUSE OF THE TURQUOISE ROOF, by Dorje Yuthok, trans. & edited by Michael Hartin, foreword by Heinrich Harrer. 330 pp., photos ISBN 1-55939-035-2 #HOTURO \$16.95 January

"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."—*The Tibet Journal*

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.

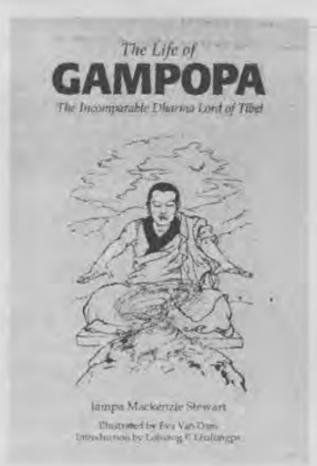
The timelessness of this world, its slow but unmistakable modernization, and the abrupt transition brought about by the Chinese invasion are vividly presented. Through all, her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

"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*

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.

NEW!



THE LIFE OF GAMPOPA: The Incomparable Dharma Lord of Tibet, by Jampa Mackenzie Stewart, illus. by Eva van Dam, intro. by Lobsang P. Lhalungpa. 175 pp. #LIGA \$12.95 January

Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and one of the greatest forefathers of the Kagyu lineages. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences during his tummo (inner heat) yoga retreat, and presents direct insights into the practice and realization of Mahamudra.

Beautiful illustrations by renowned Buddhist artist Eva van Dam and a thorough history of the Kagyu lineage by the author Lobsang P. Lhalungpa also add richly to this delightful book.

Ample footnotes, appendices and glossary help open the doors of Vajrayana Buddhism to beginners, as well as offering fresh insights for advanced practitioners.

Jampa Mackenzie Stewart is a student of the Kagyu and Nyingma

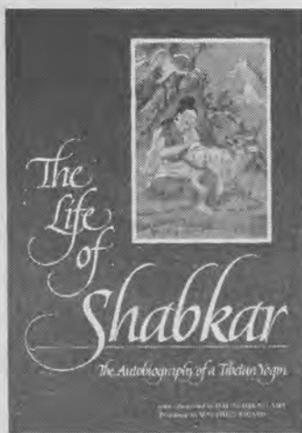
lineages of Tibetan Buddhism. In 1987, he was ordained into the Tsep Hien order by Thich Nhat Hanh, and has assisted Nhat Hanh in leading retreats in N. America. He has written over thirty articles on Buddhist and Taoist practices, and has collaborated with Mantak Chia on several books, including *Awaken Healing Light of the Tao*. He has served on the faculty at Southwest Acupuncture College in Santa Fe, New Mexico as Instructor of Medical Qi Gong, where he now lives and practices as a Doctor of Oriental Medicine.

BEST SELLING!

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.

NEW!

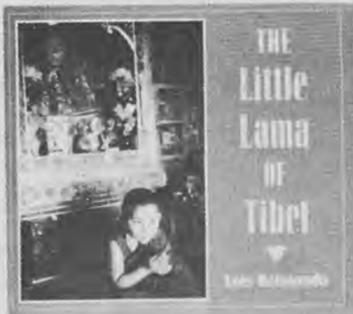


THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi, trans. by *Matthieu Ricard*, intro. by the *Dalai Lama*. 650 pp. #LISH \$24.95

The Life of Shabkar has long been recognized by Tibetans as one of the master works about a Tibetan yogi. Following his inspired youth and early training in Amdo in the 1800's under the guidance of several extraordinary Buddhist masters, Shabkar Tsodruk Rangdrol devoted himself to many years of meditation in solitary retreat. With determination and courage, he mastered the highest and most esoteric Dzogchen practices. He then wandered far and wide over the Himalayan region living his realization.

NEW!

THE LITTLE LAMA OF TIBET, by *Lois Raimondo*. 40 pp., 41 color photos #LILATI \$15.95



This is the most impressive book we have seen on the present life of a prominent Tibetan tulku. Officially, it is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. Actually, it is an inspiration for Tibetan Buddhists of any

age. Lois Raimondo presents a fascinating look at the unique life of the bright young boy who represents hope for the preservation of Tibetan culture.

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 \$17

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.

MIPAM: A Tibetan Love Story, by *Lama Yongden*. 340 pp. #MIP \$9.95

This is the only novel ever written by a Tibetan lama especially for western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly engaging. It is a romantic story that conveys life as it is in Tibet.

MY LIFE AND LIVES: The Story of a Tibetan Incarnation, by *Khyongla Rato*. 280 pp. #LILI

\$14.95

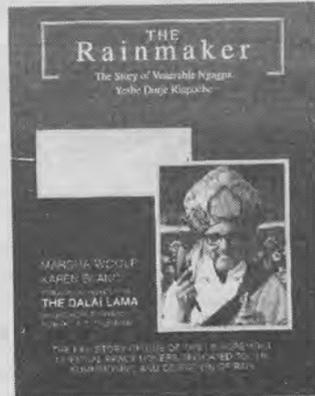
In 1928, the elder monks of the Gelugpa sect of Tibetan Buddhism divined that a five-year-old boy living in a remote part of Tibet was the reincarnation of the ninth Khyongla of Tibet. On the boy's sixth birthday, monks on horseback took him from his parents to a monastery some distance away where he 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 inimitable and 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.

NEW!



THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche, by *Marsha Woolf & Karyeh Blanc*. 106 pp., 19 color photos plus other illustrations, #RA \$16.95

This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain. In Tibet, he was a wandering meditator. He went from place to place, meditating in caves and remote places and was dependent on the support of local people. They received in turn his particular talent for communing with the nature spirits who create the weather. He was very successful in summoning and preventing rain which is very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often summoned by the Dalai Lama to help with the weather during large outdoor teachings. Yeshe Dorje Rinpoche recently passed away.

BACK!

REINCARNATION: The Spanish Boy Whose Destiny Was To Be A Tibetan Lama, by *Vicki Mackenzie*. 183 pp., 15 color photos, #REBOLA \$12.95

Tells the extraordinary story of

an apparently ordinary Spanish child who, at the age of 14 months, was recognized as the reincarnation of an important Tibetan lama. It is also a riveting account of Tibetan Buddhism and of the author's personal quest that led to her commitment to this, the most complete form of Buddhism.

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*

CHILDREN'S CORNER

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 December

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 beautifully-illustrated, rhymed version makes the story enjoyable for modern English-speaking children ages five to ten.

GIFT ITEM!

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. Meet a Tibetan family and construct a festival tent, make Ti-

betan food, play a karma board game, negotiate a mandala maze, and more!

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.

THE MAGNIFICENT TRICKSTER, by *Molly Jones*. 66 pp. #MATR \$9.95

Tells the life of Milarepa, a Buddhist practitioner from eleventh-century Tibet who realized the truth through one-pointed effort and utter devotion to his teacher, Marpa. The story is perfect for young readers (ages 8-14) because it is humorous, full of action, and filled with magic and surprises.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering, by *Deborah Rozman*. 160 pp. #MEWICH \$19.95

A practical handbook for parents and teachers wanting to develop concentration and imagination in their children, including lesson plans for children through 8th grade.

BEST SELLING!

PRINCE SIDDHARTHA, by *Landaw & 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.

TINTIN IN TIBET, by *Herge*. 62 pp. #TITI \$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.

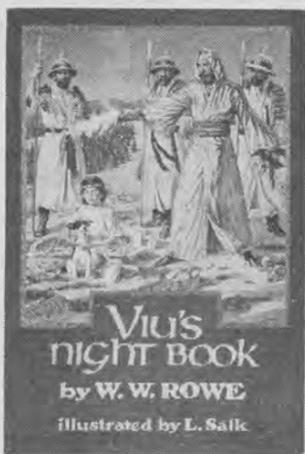
Whitney Stewart writes fiction and non-fiction for children. She has been a children's librarian and a tutor of English, French, creative writing, and children's theatre. Her experience as a puppeteer and actor has been a base for writing for and working with children in elementary and high school.

"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*

NEW!



VIU'S NIGHT BOOK, by *W.W. Rowe*. 56 pp., 8 illus. #VINIBO \$7.95

How can the boy Viu escape? Captured by cruel invaders, he and his people must labor like slaves in a strange, exotic land. Injustice reigns at school. Even the boy's dog is targeted by the oppressors. Then the terrifying green fever strikes, but Viu finds, within himself, two magical weapons; selfless courage and the power of seeing the goodness in other people. This is a story with no specific cultural reference.



WHERE IS TIBET?, by *Gina Halpern*. 48 full-color pages, ages 3-10, #WHIT? \$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. #YPW \$13.00 for two booklets.

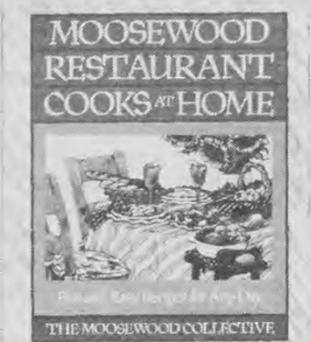
These photocopied workbooks can be used by teachers or parents as an educational activity book for introducing Tibetan culture.

COOKBOOKS

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.

NEW!



MOOSEWOOD RESTAURANT COOKS AT HOME: Fast and Easy Recipes for Any Day, by *The Moosewood Collective*. 416 pp., oversize, #MORECO \$15

Contains dishes full of exciting flavors, from savory soups to substantial main-dish salads, from hearty stews to palate-teasing small dishes. Sauces, salsas, and dressings and a collection of almost-instant desserts turn the simplest meal into a delightful experience.

THE NEW FARM VEGETARIAN COOKBOOK, ed. by *Louise Hagler & Dorothy Bates*. 224 pp. #NEFAVE \$7.95

Here are recipes and nutritional information for a completely vegetarian diet based on the versatile and noble soybean. This book teaches you to cook tasty, nutritious, and inexpensive meals that use no eggs or dairy products and contain no cholesterol.

THE NOW AND ZEN EPICURE: Gourmet Cuisine for the Enlightened Palate, by *Miyoko Nishimoto*. 240 pp., color photos, #NOZEEP \$17.95

Here is a landmark collection of vegan recipes, inspired by the best of Japanese and French cooking. "If nouvelle cuisine has a vegetarian counterpart, the *Now and Zen* recipes are definitely it."—*San Francisco Examiner*

THE SHOSHONI COOKBOOK: Vegetarian Recipes from the Shoshoni Yoga Spa, by *Anne Sachs & Faith Stone*. 208 pp. #SHCO \$12.95

Nestled in the Rockies above Boulder, Colorado, is the Shoshoni Yoga Retreat. Shoshoni's two master cooks guide you in creating a nourishing atmosphere of great egg- and dairy-free food. Head chef Anne blends a creative touch in the kitchen with a quest for subtlety and mindfulness in this tempting array of vegan dishes: Zucchini Pinenut Tamales, Spicy Peanut Noodles, Brown Rice Crepes, and Miniature Stuffed Pumpkins, to name a few.

SUNDAYS AT MOOSEWOOD RESTAURANT: Ethnic and Regional Recipes from the Cooks at the Legendary Restaurant, by *The Moosewood Collective*. 733 pp. #SUMO \$18.95.

Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from France to South America, the inventive cooks have drawn inspiration for these delicious adaptations of traditional recipes.

TOFU COOKERY, by *Louise Hagler*. 160 pp., color photos, large format, #TOCO \$14.95

With over 200 tasty recipes from hearty, everyday fare like Potato Tofu Salad to elegant, special occasion treats like Fresh Shiitake Stir-fry, this book offers a lot of choices that are beautiful as well as delicious.

DALAI LAMA BOOKS

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.

THE BUDDHISM OF TIBET, by *H.H. the Dalai Lama*, trans. & ed. by *Jeffrey Hopkins*. 219 pp., #BUTI \$12.95

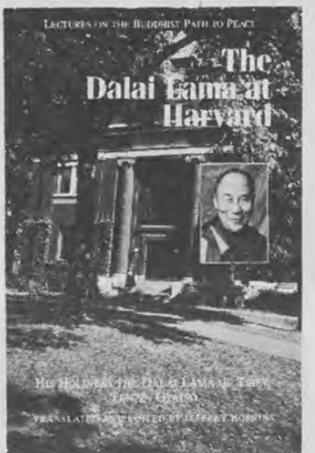
"The book will give the beginner an excellent foundation in Tibetan Buddhism."—*The Tibet Journal*

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 is 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 is a short poem, accompanied by a commentary by the present Dalai Lama, containing 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.

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 question-and-answer sessions follow each chapter.



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.

BEST SELLING!



THE DALAI LAMA: A POLICY OF KINDNESS, compiled & edited by *Sidney Piburn*. 152 pp., #POKI \$10.95

"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*

"No pacifist in the world today has greater respect from all quarters."—*Spiritual Frontiers*

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

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 \$18.95

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:

Part 1: 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.

Parts 2 & 3 of the Great Exposition of Secret Mantra 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.

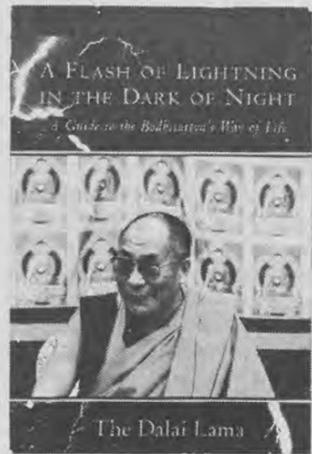
Supplement by Jeffrey Hopkins outlines in detail the structure of Action Tantra practices as well as the need for the development of special yogic powers.

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*



A FLASH OF LIGHTNING IN THE DARK OF NIGHT, by Dalai Lama. 141 pp. #FLLIDA \$10

This is a commentary by the Dalai Lama on the *Guide to the Bodhisattva's Way of Life*. The theme is the development of compassion—the guiding principle of the bodhisattva. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom. The Dalai Lama teaches the way to make the bodhisattva ideal a living experience.

FOUR ESSENTIAL BUDDHIST COMMENTARIES, by The Dalai Lama. 154 pp. #FOESBC \$9.95

The Dalai Lama discusses the meaning of four central texts on Tibetan Buddhist practice: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*, and the *Song of Four Mindfulnesses*.

FREEDOM IN EXILE: The Autobiography of the Dalai Lama. 256 pp., 16 black & white photos, #FREX \$12

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.

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 human concerns in a practical and direct manner with his characteristic warmth, wit and perception.

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

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

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

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.

MYSTICAL VERSES OF A MAD DALAI LAMA, by Glenn Mullin. 270 pp. #MYVEMA \$14

"Having known Glenn Mullin and his work for many years, I am delighted to see yet another volume of his wonderfully heartfelt and readable studies of the works of the Dalai Lamas. The Second Dalai Lama's mystical poems and lyrical visions (with a few here just for fun) are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space,' sometimes, 'The Melodious Laughing Vajra,' but more often, 'The Mad Beggar...' referring

to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

MY TIBET, by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$40 (see Art & Photography).

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.



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.

BEST SELLING—New



THE PATH TO ENLIGHTENMENT, by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95 November

"For its down-to-earth style indicating a rich spiritual path, this must rank as one of the finest Bud-

dhist books in English to date."—*The Middle Way*

Continuing the living Tibetan tradition to the present day, the Dalai Lama provides an extensive teaching on the path to enlightenment in Tibetan Buddhism. His discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" and alternates between direct spiritual advice, personal reflections, and scriptural quotations. He elucidates in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism available. This title was originally *The Essence of Refined Gold*.

"...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*

SONGS OF THE SIXTH DALAI LAMA, ed. by K. Dondup. 188 pp. #SOSI \$5.95

The love poems of the Sixth Dalai Lama are beautiful in their expression and a treasure of passionate sentiment.

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.

Part 1 of the Great Exposition of Secret Mantra 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 ac-

tor 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



TRANSCENDENT WISDOM, by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$12.95

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

This extraordinarily clear exposition by the Dalai Lama is based on an oral teaching given by His Holiness to an audience of thousands of Tibetans and Westerners.

"*The Guide to the Bodhisattva Way of Life*" is one of the books most highly recommended by the Dalai Lama 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 philosophy. This invaluable volume, with its precise elucidation of core issues of Tibetan Buddhism, stands as a key work in Buddhist literature.

"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 TURQUOISE BEE: The Lovesongs of the Sixth Dalai Lama, trans. by Rick Fields & Brian Cutillo, illus. by Mayumi Oda. 138 pp. #TUBE \$15 cloth

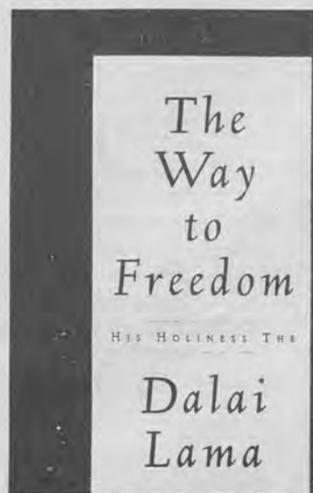
The poems and love songs of the Sixth Dalai Lama (1683-1706) express the inner life of a legendary spiritual leader. Eloquently set in historical context, astutely translated, and beautifully illustrated, these poems articulate the mysteries, struggles, and joys of spiritual and sensual life with enduring relevance.

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 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.

NEW!



THE WAY TO FREEDOM: Core Teachings of Tibetan Buddhism, by H.H. the Dalai Lama, ed. by Don Lopez. 144 pp. #WAFR \$16

Based on a fourteenth-century text, *The Way to Freedom* is considered by Tibetans to be the essence of Buddhist teachings and the heart of Tibetan practice since the distillation 600 years ago. Presented in easy to understand steps, this is the essential primer on Tibetan Buddhism for both nonpractitioners and avid students.

NEW!



THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice, by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$14.

"His Holiness offers a clear and penetrating overview of Tibetan Buddhist practice from the Four Noble Truths to Highest Yoga Tantra with special emphasis on the practice of love, kindness, and universal responsibility."—Richard Gere

In this landmark work, His Holiness explains the Tibetan Buddhist path to enlightenment. The book consists of a general overview of the basic theories and practices of Tibetan Buddhism, a commentary on selected readings from Santideva's *Bodhicaryavatara*, focusing on the practice of love, kindness, and compassion, and lastly, a discussion of Vajrayana Buddhism and the path of tantra.

DEATH & DYING

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 Chogyi 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 AND THE ART OF DYING in Tibetan Buddhism, by Bokar Rinpoche. 144 pp. #DEARDY \$14.95

Based on Bokar Rinpoche's intimate knowledge and experience of caring for the dying, he offers ways of helping the dying and dead. This book serves as a guide through the different stages of dying and explains how to develop skillful means to encounter death without fear. He also teaches how to maintain constant awareness of impermanence and inevitability of death both to enrich our life and to prepare for death.

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 Yoga 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*

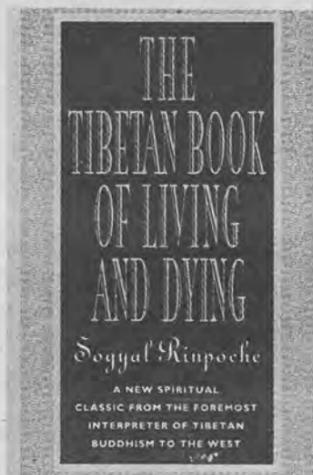
LIFE IN RELATION TO DEATH, by Chagdrui Tulku Rinpoche. 31 pp. #LIREDE \$6.50

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.

BEST SELLING!



THE TIBETAN BOOK OF LIVING AND DYING, by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$14 paper, #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. (Also available on tape.)



THE TIBETAN BOOK OF THE DEAD, by Robert Thurman. 278 pp., 8 color photos., #TIBO \$12.95

This authoritative new translation preserves the form and spirit of the original and was prepared especially for Western readers by one of the most prominent Tibetan

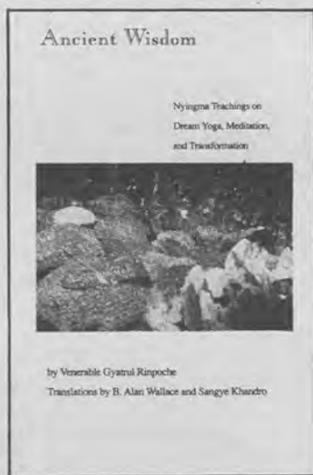
scholars in America. Its introduction to Buddhist doctrine, instruction in meditation, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.

"Thurman's notes, designed to appeal to people of all faiths including secularists, are illuminating."—*Los Angeles Times*

THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo, trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBBODD \$10.

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.

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.

"...precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves...there is something here for all of us, at all times, day or night. The book responds to the spiritual needs brought about by our contemporary circumstances. It is justly entitled *Ancient Wisdom*, but its advice is completely in tune with the present."—Robin Cooke, *The Mirror*

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Tabott, 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, Kun-mkhyen 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.

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 the 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.

BEST SELLING!

DZOGCHEN: INNERMOST ESSENCE, by Tulku Thondup. #DZINES \$8.95

This is one of the best presentations of the practice of Dzogchen meditation.

NEW!



DZOG CHEN MEDITATION, by Khamtul Rinpoche, annotated by Gareth Sparham. #DZME \$15

This is an explanation of the complete dzogchen meditation practice. It is Lochen Dharmasri's guide through a Terdag Lingpa treasure text, a text first taught by Padmasambhava to his inner circle of thirty extraordinary women

with wisdom. The text is explained by Khamtul Rinpoche, a master of Dzogchen practice.

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. In it Norbu presents the paths to liberation and how Dzogchen is the path of self-liberation. Then, in the context of Dzogchen, he presents the way of seeing, practicing and behaving as the base, path and fruit of Dzogchen philosophy.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khjentze Rinpoche. 44 pp. #FOTHPR \$7.95

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

THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition, Keith Dowman. 225 pp. #FLGA \$14

Contains the English translation of four fundamental Dzogchen texts with an illuminating introduction by the author: *Secret Instruction in a Garland of Vision, The Flight of the Garuda, Emptying the Depths of Hell, The Wish-Granting Prayer of Kuntu Zangpo*. The introduction provides a clear explanation of Dzogchen, focusing on its non-dogmatic, practical and human nature.

FORTHCOMING!

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 Winter

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.

HEART DROPS OF DHARMA-KAYA: Dzogchen Practice of the Bon Tradition, by Shardza 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 Shardza 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.

KINDLY BENT TO EASE US I, by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$14.95

These three books are 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.

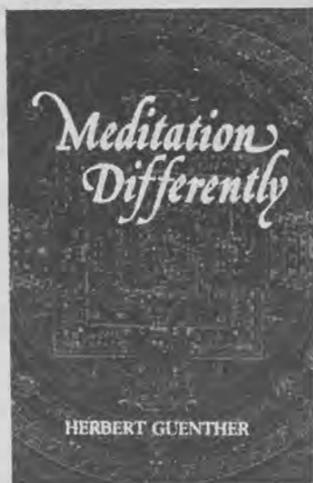
KINDLY BENT TO EASE US III, by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

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.

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.

NEW!



MEDITATION DIFFERENTLY, by Herbert Guenther. 210 pp. #MEDI \$17.50 cloth

Meditation Differently is a translation and commentary which contrasts Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on the four tuning-in phases introduces the Mahamudra approach to meditation. To understand the Dzogchen approach, a philosophical introduction to the Dzogchen understanding of reality is presented and a discussion of empowerments which serve as stepping stones to the recovery of the richness and fullness of experience.

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 (Rigbai Kujyug), by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a living knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquility, 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: Oral Commentary on Patrul Rinpoche's Kunzang Lamai Shelung—(Words of My Perfect Teacher), 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. 240 pp. #UNMADZ \$18 Second edition!

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.

NEW!

WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet, by Herbert Guenther. 128 pp. #WHLOWH \$12.95.

This book is intended for all those people who are interested in the task of coming to know themselves directly. This quest is intimately intertwined with a phenomenological exploration of the dynamics of psychic life as it ex-

presses itself in images as symbolic descriptions of itself. Guenther draws on the experiential vocabulary of phenomenology and hermeneutics to interpret this precious Buddhist text so that it becomes highly relevant to contemporary currents of thought. The two stories that form the basis of this study come from the *Rigpa Rangshar*, one of the oldest Dzogchen texts.

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 Soon

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.

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.

HEALTH & FITNESS

ANCIENT SECRET OF THE FOUNTAIN OF YOUTH, by Peter Kelder. 64 pp. #ANSEFO \$5.95

This book purports to be from Tibet. It contains 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.

THE COMPLETE HOME HEALER: Your Guide to Every Treatment Available for Over 300 of the Most Common Health Problems, by Angela Smyth. 446 pp., illus. #COHOHE \$23

A comprehensive home reference guide to more than 300 of the most common ailments, diseases, and general difficult health conditions. Assembling the full range of tested and respected alternative therapies and the latest in Western medical techniques, each entry in this easy-to-use reference offers a concise description of a symptom or ailment, its possible causes, and a variety of approaches to treatment including: acupressure, aromatherapy, bodywork, chiropractic, herbalism, meditation, acupuncture, biofeedback, Chinese medicine, diet and exercise, homeopathy, osteopathy as well as orthodox medicine. Angela Smyth

is a medical journalist who writes for leading health and science publications.

NEW!

DHARMA FAMILY TREASURES: Sharing Mindfulness with Children, ed. by Sandy Eastoak. 240 pp. #DHFA \$14.95

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Aitken, Jim Harrison and others on how to share mindfulness practice with children and introduce them to basic Buddhist principles. Contains essays, poems, songs and stories valuable to any parent active in the spiritual growth of their children.

EAT MORE WEIGH LESS, by Dean Ornish, M.D. #EAMO \$14

This diet plan from the author of the renowned program for reversing heart disease tells how to take off unwanted weight, and reduce the risk of heart disease to improve overall health. Includes 250 heart-healthy gourmet recipes.

NEW!



THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power, by Christopher Kilham. 84 pp., 15 photos, #FTTI \$9.95

The Five Tibetans are a yogic system of simple yet highly energizing exercises that originated in the Himalayas. Also known as the Five Rites of Rejuvenation, they were brought to the West early in this century from a Tibetan monastery. Since 1978 Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle.

"*The Five Tibetans* take a minimum of daily time and effort but can dramatically increase physical strength and suppleness as well as mental acuity. Even newcomers to yoga will experience their liberating effect on the innate energetic power of the human body and mind.

HEALING LOVE THROUGH THE TAO: Cultivating Female Sexual Energy, by Mantak Chia & Maneewan Chia. 298 pp., many illus. #HELOTA \$14.95

The sexual guidance and exercises presented in this book are being introduced plainly to the Western public for the first time by a Taoist master and his wife who want to share their knowledge with others.

There are two main practices which the authors teach women to cultivate and enhance their sexual energy. One is ovarian breathing, which can shorten menstruation, reduce cramps, and compress more life-force energy into the ovaries for more sexual power. Another is the orgasmic upward draw which leads to total body orgasm.

BEST SELLING!

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

THE HEART OF HEALING, by *The Institute of Noetic Sciences*, William Poole, ed. 225 pp., 150 color & b/w photos, 8 1/2 x 11", #HEHE \$24.95

Ask about health and healing in a culture, and you touch the deepest core of its beliefs. From the beginning of recorded time, mankind's preoccupation with healing the body, achieving happiness, and prolonging life has been an almost religious pursuit. This is no accident, because belief systems are at the heart of healing.

The Heart of Healing focuses on people and communities across the world and shows how research, clinical practice, and patient experiences are validating the mind-body connection. Matching the richness of these human experiences are amazing illustrations and graphics that take us on a new voyage into the healing system of the human body. This is a very interesting book.

QUANTUM HEALING: Exploring the Frontiers of Mind/Body Medicine, by Deepak Chopra, M.D. 278 pp. #QUHE \$10.95

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.

NEW!

THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE, trans. by Dr. Barry Clark, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

"I am happy that after more than ten years studying Tibetan medicine, both in theory and practice under the tutelage of a number of Tibetan physicians, Barry Clark has compiled *The Quintessence Tantras of Tibetan Medicine*. In it he presents clear and accurate translations of the Root and Explanatory Tantras, two works of such fundamental importance in the Tibetan medical system that they are commonly memorized by medical students."—The Dalai Lama

Quintessence Tantras of Tibetan Medicine contains the first complete translation of the Root Tantra and Explanatory Tantra of Tibetan medicine. It is the most thorough, detailed and systematic reference for Tibetan medicine in English. It contains the Tibetan views and defining characteristics of healthy and diseased bodies. The remarkable diagnostic techniques of pulse and urine analysis are presented together with the principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the standard of ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable of internal and external obstacles.

Dr. Barry Clark is the only Westerner to have undergone the complete theoretical and clinical training of a Tibetan doctor. For almost 20 years, he studied, practiced and taught the ancient science of Tibetan medicine. His primary teacher was Dr. Yeshe Donden, the personal physician to H.H. the Dalai Lama for eighteen years. Dr. Clark now lives and practices in New Zealand, and frequently teaches and gives workshops in Europe, North America and SE Asia.

STAYING WELL IN A TOXIC WORLD: Understanding Environmental Illness, Multiple Chemical Sensitivities, Chemical Injuries, and Sick Building Syndrome, by Lynn Lawson. 350 pp. #STWE \$15.95

This is the only comprehensive

resource documenting the effects of common toxic chemicals on our health. Lynn Lawson shows how studies by the EPA, the FDA, and countless other agencies demonstrate the impact our polluted environment is having on our well-being. She looks at numerous case studies in which people who suffer from medical symptoms that cannot be relieved by their doctors have regained their health by decreasing their exposure to certain chemicals. The book contains practical information about the little-understood illnesses caused by exposures to modern chemicals.

STUDIES IN TIBETAN MEDICINE, by Elisabeth Finckh. 90 pp. #STIME \$9.95, NOW \$7.95!

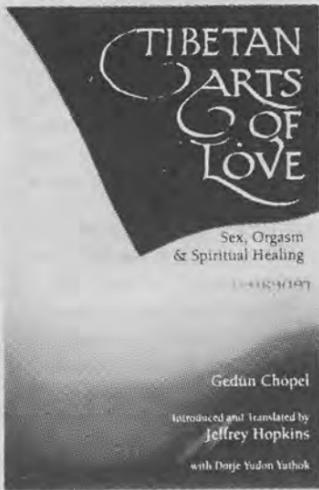
This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. It presents the Tibetan medical tree and diagrams all its parts.

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

TAOIST SECRETS OF LOVE: Cultivating Male Sexual Energy, by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

The secrets revealed here enable men to conserve and transform sexual energy through its circulation in the microcosmic orbit, invigorating and rejuvenating the body's vital functions. Hidden for centuries, these esoteric techniques and principles, make the process of linking sexual energy and transcendent states accessible.



TIBETAN ARTS OF LOVE, by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 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 intellect 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 acces-

sible 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 Gendun 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 Gyantso, who was the regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in 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.

NEW!

TIBETAN MEDICINAL PLANTS, by T. J. Tsarong. 120 pp., 95 color photos #TIMEPL \$19.95

In the Himalaya mountains grow some of the loveliest and most colorful flowers in the world. Many of these wild and exotic plants have been used for centuries as ritual offerings and healing drugs by the lama-physicians of Tibet. These healers, through painstaking trial and observation, have identified these plants and documented their therapeutic action and uses in herbals.

This is the latest book by the famous teacher who has spent his life devoted to the preservation of Tibetan medical wisdom. Here are excellent photos and descriptions of many medicinal plants giving both the Tibetan and Latin names as well as indigenous information about their taste, potency, action, uses and the parts that are to be utilized in medicine.

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.

KALACHAKRA TEACHINGS

KALACHAKRA: RITE OF INITIATION, by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIIN \$29.95 cloth!

For the first time, a tantric initiation ritual is presented in detail in English. This book details the entire rite of initiation which usually lasts three days. The book is introduced by Jeffrey Hopkins and many key ideas are explained.

KALACHAKRA TANTRA, by 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.

BEST SELLING!

THE PRACTICE OF KALACHAKRA, by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #PRKA \$16.95

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.

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

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

LANGUAGE

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.

BEST SELLING!



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.

NEPALI FOR TREKKERS, by Stephen Bezruvka. 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.

REVISED & ENLARGED 40%!

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin. 479 pp. #TEDDI \$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 6,000 main entries and over 8,000 sub-entries, providing Sanskrit equivalents where possible.

A TIBETAN-ENGLISH DICTIONARY (compact edition), Sarat Chandra Das. #COTIEN \$45

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 FONTS FOR THE MACINTOSH, by Pierre Robillard. #PITF \$59.95

"This Tibetan font for the Macintosh is simply a superlative system for typing and editing Tibetan, and is unquestionably the best available anywhere in the world. I have been using it for several projects and have found it flawless. It is easy to use with on-the-screen editing and multiple size fonts, can accommodate both English and Tibetan on the same line, and has the various Sanskrit letters one needs for Buddhist terms. It is a must for anyone seriously interested in reading and writing Tibetan language."—Professor Melvyn C. Goldstein, Director, Center for Research on Tibet, Case Western Reserve University.

System 7 compatible postscript Type 1 and TrueType fonts; works with Apple Style Writer and Personal Laser Writer LS printers; includes System 7 custom keyboard layouts; includes English fonts with diacritics for transliterated Sanskrit; works with word processors, desk-top publishing programs, databases, etc.; capable of printing Tibetanized Sanskrit for mantras; includes WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan.

For System 6.0.x, MacKeymeleon II is needed. Package contains manual, disks, and keyboard stickers.

TIBETAN FOR WINDOWS, by Marvin Moser. #TIWIN \$60

Now it's possible to use Tibetan in the popular Microsoft Windows environment for IBM compatible computers at a very reasonable cost! *Tibetan For Windows* makes entering and editing Tibetan easy. You see Tibetan script on the screen as you type with Wylie or other input modes, using either the Microsoft Write editor (included free with Windows) or the WordPerfect for Windows editor. Tibetan text can easily be cut and pasted between different Windows programs.

You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the *Tibetan File Converter* to translate between Wylie, ACIP, Macintosh, LTibetan and phonetic formats. This updated version also includes the LMantra font for expanded Tibetanized Sanskrit stacks. *Tibetan For Windows* works for 6.0 Word, Windows' Write, WordPerfect 5.2 and up.



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.

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 Univer-

sity 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



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*.

OTHER TRADITIONS

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.

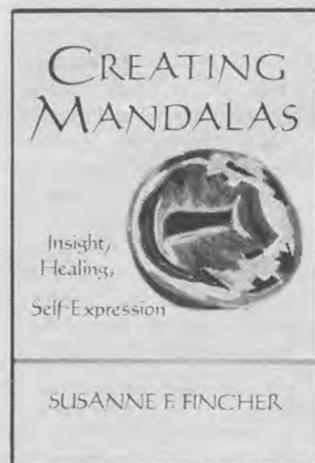
THE ASIAN JOURNAL OF THOMAS MERTON. 445 pp., many photos #ASJOTH \$11.95

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*

CREATING MANDALAS: For Insight, Healing, and Self-Expression, by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$16

This is a guide to creating mandalas. After an introduction to the history and ritual use of mandalas in cultures all over the world, Susanne offers guidance in art materials, techniques and colors for creating personal mandalas—she discusses the symbolism of colors, numbers, shapes,

and motifs. Susanne Fincher is an art therapist with over thirteen years' experience in teaching classes and workshops in mandala drawing.



GREAT SWAN: Meetings with Ramakrishna, by Lex Hixon. 314 pp. #GRSW \$16.00

Great Swan is the dramatic story of the Life of the great Bengali sage Ramakrishna, who proclaimed the oneness of all religions and the worship of the blissful Divine Mother. He is playful, brilliant, tender and a visionary who offers practical instruction, inspiration, and thrilling glimpses into his state of spiritual intoxication as he meets with devotees and visitors in his room beside the Ganges River.

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 \$10.95

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*

THE INNER TEACHINGS OF TAOISM, by Chang Po-Tuan, Comm. by Liu I-Ming, Trans. by Thomas Cleary. 118 pp. #INTETA \$14

This book unlocks many secrets of Taoist alchemy. Known as the *Four Hundred Words on the Gold Elixir*, this root text describes the process of reunification of the fragmented self into a complete human being. The lucid commentary makes clear the meaning of the al-

chemical symbolism so that the underlying principles of spiritual practice can be understood.

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, Rumi, re-created by Andrew Harvey. 118 pp. #LOFI \$9.95

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*.

PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries, by Stuart Sovatsky. 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

Explains how periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can help redirect sexual energy toward friendship, deepen a life partnership, heal from sexual abuse, etc. Far from the stereotype of repressive sexual abstinence, the tantric form of sublimation is a passionate and spiritual celebration of the erotic. Includes exercises based on yoga, kundalini and chakra meditation.

PLOTINUS: The Enneads, by Stephen MacKenna. 768 pp. #PL \$65 cloth

"For the rapture of its wild genius, MacKenna's Plotinus has been for near to 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

SPEAKING FLAME, Rumi, re-created by Andrew Harvey. 118 pp. #SPFL \$9.95

The mystical poetry that flamed from Rumi's communion with the Divine is unmatched in its range, poignance and passion. These poems pierce to the very heart of the mystic.

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 trans-

form 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?

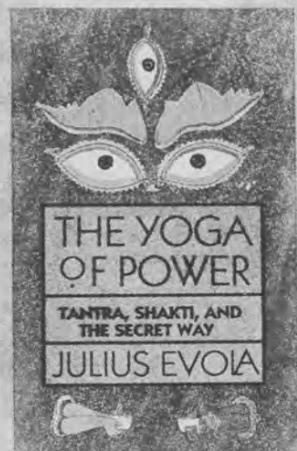
This in-depth, down-to-earth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment of them to date. Readers will see the ego's appropriate role in human fulfillment, and will understand why life's shattering blows are sometimes moments of Grace.

TAOISM: The Road to Immortality, by John Blofeld. 195 pp. #TAROIM \$16

John Blofeld explains the fundamental concepts of Taoism, tells many stories of ancient masters, and provides incisive reflections on Taoist verse. He writes about his visits to Taoist hermitages in China and his talks with masters. Taoist yoga is also discussed in detail. This comprehensive work captures the spirit of the Tao, communicating the serenity and timeless wisdom of this tradition.

THE WHIRLING DERVISHES, by Shems Friedlander. 160 pp., large format, 90 photos & illus., #WHD \$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.



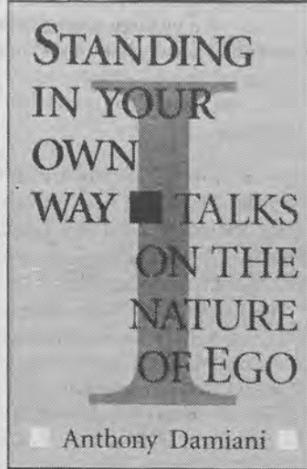
THE YOGA OF POWER: Tantra, Shakti, and the Secret Way, by Julius Evola. 240 pp. #YOPO \$16.95

Covers the practices of Hindu Tantrism and Shaktism—both of which emphasize a path of action as well as mastery over secret energies latent in the body. Evola focuses on the perilous practices of Tantra, which use human passions and the power of nature to conquer the world of the senses. He draws from original texts to describe methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.

TWO GREAT BOOKS ON NATIVE AMERICANS!

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.

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

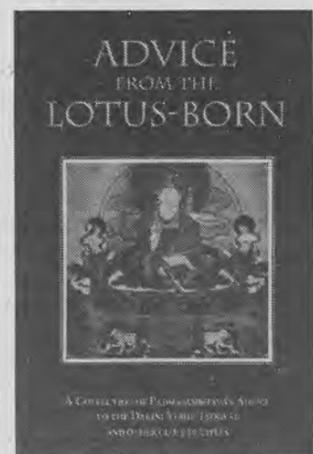
Some of the very best examples of Native American jewelry, dresses, moccasins, blankets, tipis and household tools that we have seen are contained in this book. Interwoven with this inspiring craftsmanship are four intriguing stories illustrating the variety of women's roles in Native American life.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

RELIGION & PHILOSOPHY

ADVICE FROM A SPIRITUAL FRIEND, by Geshe Rabten & Geshe Dhargyey, trans. & ed. by Brian Beresford. 160 pp. #ADFRSP \$8.95

This is a classic compilation of mind transformation teachings showing how to change every negativity into spiritual practice. Included are excellent commentaries to the seven point and the eight point thought transformation techniques plus Atish's Jewel Rosary of an Awakening Warrior.

NEW!



ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples, intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances. It is a clas-

sic work which contains valid truth for anyone who sincerely wants to follow a spiritual path.

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.

BEING PEACE, by Thich Nhat Hanh. 115 pp. #BEPE \$10

This is a book on meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace. "Every day we do things, we are things, that have to do with peace. If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment we are alive." Over 100,000 copies sold.

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.

THE BLOOMING OF A LOTUS: Guided Meditation Exercises for Healing and Transformation, by Thich Nhat Hanh. 112 pp. #BLOO \$12 cloth

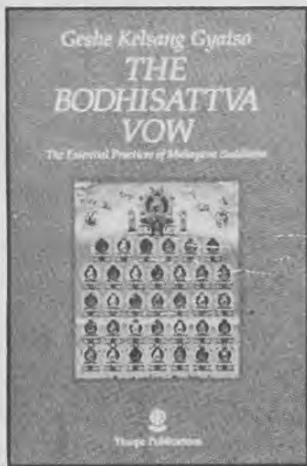
Based in the practices of conscious breathing and mindfulness, the thirty-four guided exercises in this new meditation manual bring beginning and experienced practitioners into closer touch with the state of our body, psyche and the elements of the world around us—clarity and transformation. "This is 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 BODHISATVA OF COMPASSION: The Mystical Tradition of Kuan Yin, by John Blofeld. 160 pp. #BOCO \$15

This is an account of the author's search for the mystical significance of the Goddess of Compassion. An object of joyous devotion in Chinese folk religion, Kuan Yin is revered for her saving power: it is said that anyone in distress will be rescued from suffering and harm. On a deeper level, she symbolized the liberating energy of compassion. He explores the connection between Avalokiteshvara, Chenrezig, and Kuan Yin. Meditations on Kuan Yin are offered for practice.

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.



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 compact 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 enlight-

enment 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 AND LANGUAGE: A Study of Indo-Tibetan Scholasticism, by Jose Cabezon. 300 pp., #BULAN \$19.95

"This is one of the most exciting works of East-West comparison I have seen in a long time and, as a work drawing in a comparative manner on the Buddhist tradition, it is virtually unique."—Roger Jackson, Carleton College

Taking language as its general theme, this book explores how the tradition of Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. The book investigates the Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. It also deals with the Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in the idealist and nominalist ontologies of the Mahayana.

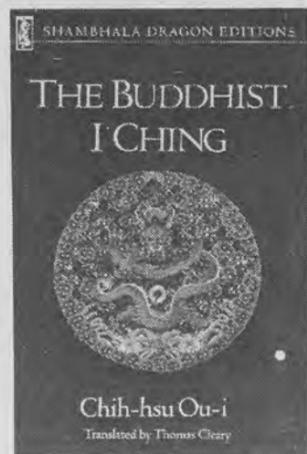
BUDDHISM, SEXUALITY, AND GENDER, ed. by Jose Cabezon. 241 pp., #BUSEGE \$19.95

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 BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History, by John Snelling. 337 pp., #BUHA \$14.95

This is a guide to the complete panorama of Buddhist teaching, practice, schools, and history. It provides a comprehensive and non-sectarian survey of these traditions and their contemporary exponents throughout the world. It offers illuminating insight into the teachings of other schools and gives a holistic view of Buddhism.

BACK!



THE BUDDHIST I CHING, trans. by Thomas Cleary. 240 pp., #BUIC \$15

This edition of the *I Ching* is the only available interpretation by a Chinese Buddhist meditation master. The author, Chih-hsu Ou-i, offers three levels of interpretation:

social, Buddhist and meditational. He uses the principles of concentration and insight, calmness and wisdom and various levels of realization to elucidate the text. For centuries the *I Ching* has been used as a map of conscious development.

CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra, by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CECGR \$15

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line by line explanation as well as the Tibetan text, phonetics and translation. There is also a discussion of the six perfections.

THE CENTRAL PHILOSOPHY OF TIBET, by Robert A. F. Thurman. 442 pp., #CEPHTI \$18.95, A Namgyal Institute Text-book.

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.

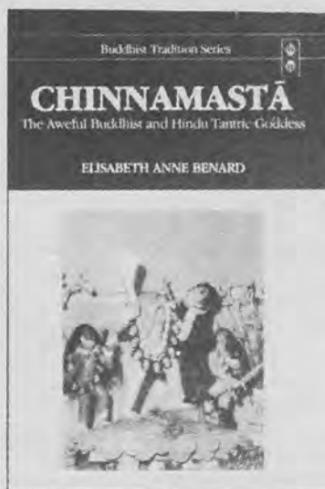
CHAKRAS: Energy Centers of Transformation, Harish Johari. 116 pp., 36 illus., #CHA \$14.95

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., #CHLOLO \$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!



CHINNAMASTA: The Awful Buddhist and Hindu Tantric Goddess, by Elisabeth Benard. 162 pp., #CH \$14.95

In the Buddhist tradition Chinnamasta or Chinnamunda is

the severed-head form of Vajravahni or Vajrayogini. This marvellous and frightening Goddess pushes one beyond dualities into the realm of the unconditioned. Three rare texts of tantric practice which examine Cinnamasta, the awesome Buddhist and Hindu tantric goddess are clearly presented with a large amount of information about tantric practice. Elisabeth Benard is presently teaching Buddhism, Hinduism and women in religion at Southwestern University in Texas.

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, \$12.95

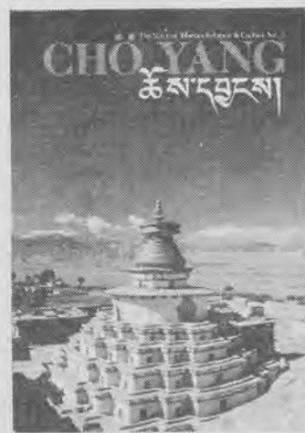
How shall we understand the relationship between reality as we experience it and reality as science describes it? In examining this question, Alan Wallace discusses two opposing views: the 'realist' view, which argues that scientific theories represent objective reality, and the 'instrumentalist' view, 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 poli-

tics, environment, arts, crafts and culture. Also included is the life story of the famous Tibetan yogini, Shungsep Jetsun.

NEW!



CHO YANG V, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 132 pp., 75 color photos, 80 b&w photos and line drawings, #CHYA5 \$18.95

Another lavish volume full of wonderful images and unusual information. Includes: *Sacred Sites of Tibet; A Survey of the Paths of Tibetan Buddhism* by H.H. the Dalai Lama which contains an outstanding and explicit presentation of the four levels of tantric practice; *A Modern-Day Yogini* by Victoria Huckenpahler. This is about the twelve year solitary retreat by the American woman Karma Wangmo, at Karma Triyana Dharmachakra in Woodstock; *Inside the Mind and Brain: Tibetan Philosophy and Western Neuroscience*; *The Tibetan Women's Uprising; Lamas, Tsars and Commissars: Buddhism in Russia* by John Snelling; *Symbolism and Ritual in Tibetan Architecture*; *Precious Jewels of Tibet* on Tibetan jewelry; *Ocean of Sound* on Tibetan chanting and ritual instruments; *Tibetan Clay Sculpture and the Construction of Colossal Statues*. In our opinion, this Cho Yang is worth the price for the Dalai Lama article alone!

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. #COGUYO \$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 Wes Nisker. 226 pp. #CRWIS \$12.95

From Socrates to Mark Twain to Albert Einstein, from Coyote legends to Taoism to Dada, Wes Nisker traces the thread of crazy wisdom throughout human history, and around the world, weaving an unusual and compelling philosophy. *Crazy Wisdom* is a joyous romp through the lighter side of enlightenment, illuminating and embracing the wisdom which lies on the other side of convention.

"*Crazy Wisdom* is deeply wise...wonderfully insightful and delightfully humorous."—Utne Reader

"*Crazy Wisdom* would breath fresh air into anyone's spiritual life. It's a Coyote love potion."—Jack Kornfield

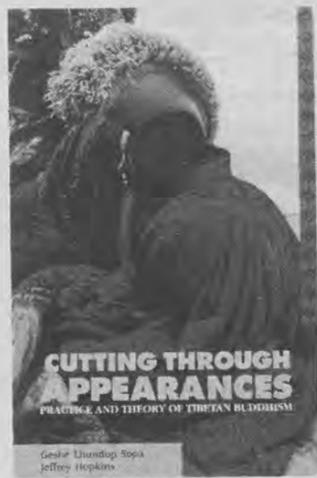
CRAZY WISDOM, by Chogyam Trungpa. 160 pp. #CRWI \$13

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 illus-

trates 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 re-envisioning the experienced world. Tibetans developed a complex array of symbols to express their insight into life. This book decodes the real-life meaning of these symbols and thus their own experience.



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 Gon-chok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, consciousness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

Geshe Lhundup Sopa is a top-rank recipient of the highest degree of traditional Tibetan studies from 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 SPIRITUAL MATERIALISM, by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a very subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of spiritual self-deceptions common to all spiritual disciplines

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 Pur-bu-jok Jan-bagya-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 Napper. 849 pp. #DEARM \$37.50 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 \$16.95

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 \$3.95

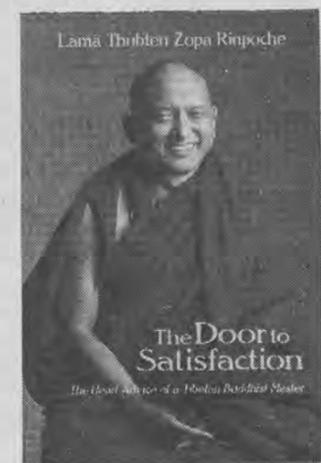
NEW!

THE DOOR OF LIBERATION, by Geshe Wangyal. 240 pp. #DOLI \$15

Contains a selection of seven texts that Geshe Wangyal considered essential to his Western students' studies—an indispensable source of material on Buddhism. Robert Thurman and Jeffrey Hopkins were two of his most prominent students who have had great impact on the development of Tibetan Buddhism and culture in America.

"The Venerable Geshe selects a mosaic of teachings that provide useful keys to liberation for the contemporary reader."—Robert Thurman

"The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins



THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master, by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp. #DOSA \$12.50

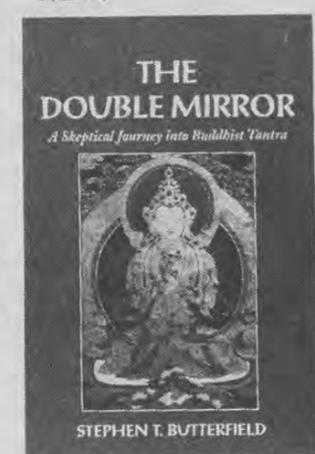
This is a teaching based on *Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment*, a collection of advice of the great Kadampas, compiled by Lodro Gyaltzen, a fifteenth-century Tibetan yogi. In this book Lama Zopa reveals the essential meaning of an ancient text that he discovered in his retreat cave high in the Himalayas. Only when he read this text did he come to know what the practice of Buddhism really means.

A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang, by Jose Cabazon. 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

NEW!



THE DOUBLE MIRROR: A Skeptical Journey into Buddhist Tantra, by Stephen Butterfield. 250 pp. #DOMI \$14.95

An incisive examination and eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a practitioner of Tibetan Buddhism and as a student of Chogyam Trungpa, who was known for his "crazy wisdom." The author examines the effects of practice on himself and discusses how the Buddhist path is compatible with American life. He offers an insider's perspective and a dose of healthy skepticism in a balanced portrayal of spiritual life.

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!

ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha, by Herbert Guenther. 241 pp. #ECSP \$45

After an account of Saraha's life and a discussion of the trilogy of songs (the People, King and Queen Doha) that make up his writings, Guenther explores the meaning of three basic and interlocking concepts that are essential to understanding the three songs: wholeness, body and complexity. The Indian source material has been supplemented with references to the Dzogchen/Nyingthig teaching. These chapters are followed by an annotated translation of Saraha's *Three Cycles of Doha*.

THE EIGHT GATES OF ZEN: Spiritual Training in an American Zen Monastery, by John Daido Loori. 275 pp. #EIGAZE \$12.95

The Eight Gates of Zen shows how to come into intimate contact with our stillness and clarity. This is an excellent manual of practice which is probably the most authoritative work on the subject of Zen training. The eight gates are: meditation, study with the teacher, ritual, ethical precepts, art practice, body practice, study of Buddhism, and work practice. The emphasis is on the experience of doing. When totally committed, the experience reveals our true nature and transforms the world around us with wisdom and compassion.

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. #EMYO \$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 reasons 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.

THE ENCYCLOPEDIA OF EASTERN PHILOSOPHY AND RELIGION: Buddhism, Taoism, Zen, Hinduism. 468 pp. #ENEAPH \$22.50.

With more than four thousand entries and over one hundred illustrations, this encyclopedia offers a complete survey of the four major religious traditions of Asia. Among the subjects: lives and teachings of mystics, philosophers, and meditation masters, basic texts and scriptures, sects and schools of thought, mythological figures and events, and many important terms.

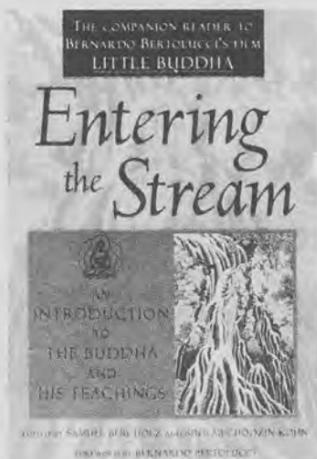
NEW!

ENLIGHTENED BEINGS: Life Stories from the Garden Oral Tradition, compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18.

Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many siddhas and Jan Willis has meticulously presented the liberation life stories of the first

six lineage holders of the Garden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

The biographies include the great Gyelwa Ensapa and his guru, the immortal siddha Chokyi Dorje, the First Panchen Lama, Chokyi Gyeltsen and Tsongkapa's chief tantric mahamudra disciple, the great yogi Jampel Gyatso.



ENLIGHTENED COURAGE, by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95

"Filled with stories and examples, the great strength of *Enlightened Courage* is that it brings this amusing and irritating set of slogans to life and makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view."—*Shambhala Sun*

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*

(Outside N. America, please order *Enlightened Courage* from Padmakara in France.)

ENTERING THE STREAM: An Introduction to the Buddha and His Teachings, ed. Samuel Bercholz & Sherab Chodzin Kohn, foreword by Bernardo Bertolucci. 276 pp., 24 pp. of art & photos, #ENST \$15

This is the companion reader to Bernardo Bertolucci's new movie, *The Little Buddha*. It includes the

life of the Buddha, key writings, discussion of reincarnation, basic teachings of the three types of Buddhist practice, Buddhist historical background.

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 \$19.95

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 EXPERIENCE OF INSIGHT: A Simple & Direct Guide to Buddhist Meditation, by Joseph Goldstein. 169 pp. #EXIN \$14

Here is a modern classic of unusually clear, practical instruction for the practice of meditation: sitting and walking meditation, how one relates with the breath, feelings, thoughts, sensations, consciousness and everyday activities. Goldstein is one of the best-known meditation teachers and this book is a classic of instruction.

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. 232 pp. #FIARRE \$14.95

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions for mastering the stresses of life. 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.

"*The Fine Arts* is a skillful blend of time-proven antidotes to the stress of modern life."—Dan Goleman, author & psychology writer, *New York Times*

FOUNDATION OF BUDDHIST MEDITATION, by Kalu Rinpoche. 31 pp. #FOBUME \$4.95

Originally appeared in *Four Essential Buddhist Texts*. This is an introduction to Buddhist practice by a leading master that covers the essentials. These are active meditations on topics that must be deeply realized in order to propel spiritual practice to the goal.

FOR A FUTURE TO BE POSSIBLE: Commentaries on the Five Wonderful Precepts, by Thich Nhat Hanh and 14 prominent co-authors. 281 pp. #FOFUPU \$16

The five wonderful precepts—protecting life, acting with generosity, responsible sexual behavior, deep speaking and listening, and avoiding substance abuse—are the basic statement of ethics and morality in Buddhism.

"At the foundation of each of these precepts is mindfulness, which ensures a safe and happy present and a safe and happy future. The five wonderful precepts are crucial medicine for our time. I hope that everyone will learn and practice these precepts as they are presented in this book or the way they appear in your own tradition."—Thich Nhat Hanh

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.

NEW!



THE FOUR NOBLE TRUTHS, by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 96 pp., \$9.95

After his enlightenment, the Buddha taught the *Four Noble Truths* which are the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses and neuroses. The second explores their causes and conditions for arising. The third shows that the causes of our problems can be removed and that we can be free from suffering. The fourth includes the many paths of practice that Buddhism offers to realize that goal. The Buddha has shown that the spiritual path is pragmatic and works directly with everyday experience in order to fundamentally transform the practitioner.

Ven. Lobsang Gyatso is the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy. He is a meditation master who lives his life according to the Buddhist philosophy of wisdom and compassion.

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 Konchog 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" is a direct path to enlightenment. Gampopa, a disciple of Milarepa who lived in the 11th century, brought together these teachings of the Buddha into one five-fold path. This is a manual of practical instructions for this five-fold Mahamudra practice. Khenpo Konchog Gyaltzen has provided an extensive explanation of the text and practice.

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. #GRPAAW \$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, by *Shantideva*, trans. *Stephen Batchelor*. 199 pp. #GUBOWA \$12.95

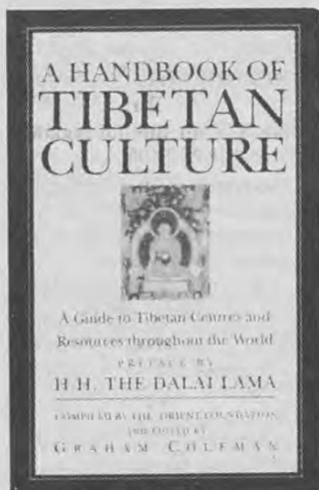
This book is very often recommended to students of Mahayana. It is a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

A GUIDE TO WALKING MEDITATION, by *Thich Nhat Hanh*. 64 pp. #GUWAME \$8.95

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.



A HANDBOOK OF TIBETAN CULTURE: A Guide to Tibetan Centres and Resources Throughout the World, compiled and edited by *The Orient Foundation & Graham Coleman*. 431 pp. #HATICU \$18

This is the most comprehensive reference to Tibetan centers and cultural resources worldwide. This is a large directory of: biographies of lamas and scholars, academic organizations, cultural organizations, libraries, monasteries, museums, publishers, retreat centers, and teaching centers. As an introduction, there is a historical overview of the five lineages of Tibetan Buddhism. Also, there is a comprehensive glossary of key Tibetan and Sanskrit terms written by Geshe Thupten Jinpa and Dr. Gyurme Dorje.

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 skillfully 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 \$19.95

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.

HEARTWOOD OF THE BODHI TREE: The Buddha's Teaching on Voidness, by *Ajahn Buddhadasa*. 152 pp. #HEBOTR \$12.50

The heart of Buddhist teachings is the practice of non-clinging—it is living with a mind void of the feelings of self. Ajahn Buddhadasa's forthrightness and teaching are renowned throughout Thailand. He does not mince words. His forest monastery is open to anyone who wants to sincerely practice. His teachings in Heartwood are about emptiness, and to understand emptiness is to understand

all reality, to find peace and know that all is well.

"This book and the teachings within it are Ajahn Buddhadasa's affectionate gift to you. It is a great and compassionate treasure that he offers."—Jack Kornfield

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 discovered at appropriate times by realized masters. The tradition of passing on teachings of the great 9th-century saint, Guru Padmasambhava, is elaborated here by Tulku Thondup. He outlines the Nyingma teachings on terma and then translates and gives commentary on *Wonder Ocean*, by the third Dodrup Chen Rinpoche, a text that clearly explains the entire Terma tradition.

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.

NEW EDITION!



HIGHEST YOGA TANTRA, by *Daniel Cozort* 192 pp. #HIYOTA \$14.95

"This book can be recommended as an extremely lucid overview of both the stages of generation and completion in Highest Yoga Tantra."—*The Middle Way*

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

Part One discusses the practices common to sutra and tantra; Part Two presents the generation stage of highest yoga tantra; Part Three covers the entirety of the completion stage yogas; and Part Four compares the Kalachakra and Guhyasamaja stages of completion.

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.

ILLUSION'S GAME: The Life and Teaching of Naropa, by *Chogyam Trungpa*. 136 pp. #ILGA \$10

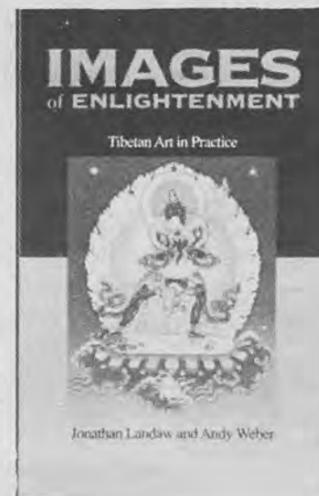
Through a commentary on Naropa, Chogyam Trungpa shows how the path to enlightenment is a radical process of unlearning that draws us away from the comfort of conventional expectations and conceptual attitudes toward a naked encounter with reality. Trungpa's commentary shows the relevance of Naropa's extraordinary journey for today's practitioners. He delineates the various levels of spiritual development that lead to the student's readiness to meet the Buddha's mind.

A. K. WARDER



INDIAN BUDDHISM, by *A.K. Warder*. 627 pp. #INBUD \$22.50

This is a comprehensive classic text on the rise and development of Buddhism in India. The author based his research on all the available original sources in different languages. The first part of the text presents Buddhism as it was founded by Buddha himself. The second part traces the development of the eighteen schools of early Buddhism showing how they elaborated their doctrines out of the common kernel. How the Theravadin tradition added to or modified the original doctrine is discussed. The last section describes the Mahayana and Tantrayana movement, the way of the bodhisattva and the way of deity yoga. Particular attention is paid to the social teaching of Buddhism—how it can solve the problems that arise in society.



IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice, by *Jonathan Landaw & Andy Weber*. 350 pp., 32 color images and 27 line drawings & diagrams, #IMENL \$24.95

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 Buddhist 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.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College

IMAGINATION AND ENLIGHTENMENT IN TIBETAN TANTRIC ART, by *Dan Cozort*. 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. It 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.

INSIGHT MEDITATION

A Psychology of Freedom



Joseph Goldstein
author of *The Experience of Insight*

INSIGHT MEDITATION: A Psychology of Freedom, by *Joseph Goldstein*. 184 pp. #INMED \$18 cloth

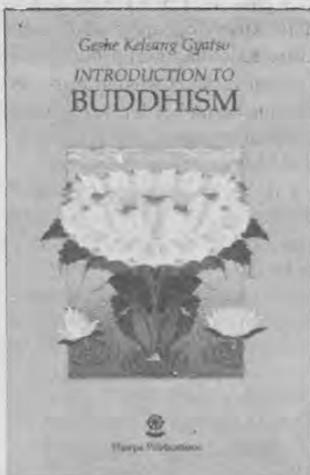
The fruit of more than twenty years' experience leading Buddhist meditation retreats, this book discusses on a number of topics repeatedly raised by students of all levels of insight meditation practice (vipassana).

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, by *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.



INTRODUCTION TO BUDDHISM, by *Geshe Kelsang Gyatso*. 152 pp. #INBU \$9.95

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.

INTRODUCTION TO TANTRA: A Vision of Totality, by *Lama Yeshe*. 176 pp. #INTA \$12.95

Lama Yeshe explains how to use desire skillfully by breaking down our distorted and deeply entrenched way of seeing things. By learning to use correctly our ability to enjoy pleasure, we can awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

NEW!

INTRODUCTION TO TIBETAN BUDDHISM, by *John Powers*. 350 pp. #INTIBU \$16.95 December

"The vitality of Tibetan Buddhism in exile has exceeded anything anyone could have predicted; hence the need of a book that presents its history, doctrines, lineages, practices, and tantric essence in a comprehensive and cogent overview. John Power's *Introduction to Tibetan Buddhism* does this. It could not have been written earlier, because only now is the complete picture coming to view."—Prof. Huston Smith, author

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.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa
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.

NEW!

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

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 arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—*The Reader's Review*

NEW!

JAMGON KONGTRUL'S RETREAT MANUAL, trans. & intro. by *Ngawang Zangpo*. 255 pp., #JAKORE \$15.95

In the Kagyu and Nyingma traditions of Tibetan tantric Buddhism, a long period of intensive training in meditation—a three-year, three month retreat—must be completed before a person is considered a lama (teacher). *Jamgon Kongtrul's Retreat Manual* was written in the mid-19th century for those who want to embark on this rigorous training. It guides them in preparing for retreat, provides full details of the program of meditation and offers advice for re-entry into the world. It offers a candid view inside the secluded walls of a Tibetan meditation training center.

Jamgon Kongtrul's Retreat Manual also introduces an important aspect of the life of one of the towering figures of nineteenth-

century Tibet: Jamgon Kongtrul (1813-99). Widely respected as one of the most prolific writers Tibet ever produced, Kongtrul was also a meditation master. The three-year retreat center he describes was his creation, and its program consisted of those spiritual practices he considered most essential for the preservation of Himalayan Buddhism.

THE JAPANESE CULT OF TRANQUILLITY, by *Karlfried Durekheim*. 125 pp. #JACUTR \$9.95

Durekheim 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. Tranquillity 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.

NEW!



THE JEW IN THE LOTUS, by *Rodger Kamenetz*. 225 pp. #JELO \$20

"With clarity, humor, compassion, and unfailing honesty, Rodger Kamenetz tells the story of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz explores and deepens his own understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists. Anyone with an interest in Judaism, Tibetan Buddhism, and the fundamental issues that underlie every spiritual path will find much to ponder in this intriguing and engaging book."—Jane Hirshfield, author

BACK!

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by *Ngakpa Chogyam*. 269 pp. #JOVA \$15.95

This is a book about meditation in the context of Dzogchen. It offers a thoughtful, step-by-step approach to the practices leading to realization and with an easy to follow clarity.

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 Tsulim 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: 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.

NEW!

KING OF SAMADHI: Commentaries on the Samadhi Raja Sutra & the Song of Lodro Thaye, by *Thrangu Rinpoche*. 192 pp. #KISA \$17.

The *Samadhi Raja Sutra* forms the perfect link between the mahayana training of a bodhisattva and the profound tradition of Buddhist meditation practice known as mahamudra. "These profound lectures contain the key points of the *Samadhi Raja Sutra*, accompanied by an explanation by Jamgon Lodro Thaye's song of experience in mahamudra. It is my request that all dharma practitioners take the meaning of these extremely precious teachings to heart and make it personal experience through correct practice."—from the foreword by Chokyi Nyima Rinpoche.

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, posi-

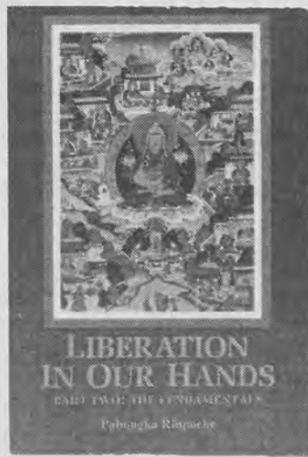
tive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins

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.



LIBERATION IN OUR HANDS: Part 1, The Preliminaries, by *Pabongka Rinpoche*; ed. by *Yongzin Trijang 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 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 one-volume edition published by Wisdom Publications.

NEW!

LIBERATION IN OUR HANDS: Part 2: The Fundamentals, by *Pabongka Rinpoche*; ed. by *Yongzin Trijang Rinpoche*; trans. by *Geshe Lobsang Tharchin & Art Engle*. 404 pp. #LIHA2 \$12.50

The Fundamentals covers the initial meditation topics of the Lamrim tradition. Topics include refuge, karma, how to serve a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principle focus is the overcoming of attachment for this life and pursuing the causes of a favorable rebirth in future lives. Also included is the Pabongka work: *How to Meditate on the Stages of the Path to Enlightenment* which presents the practice known as analytic meditation and the signs to look for when one has generated the appropriate realizations that relate to each of the topics.

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

LIKE AN ECHO, ed. by *Julie Rogers and Diane Tautvin*. 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.



THE LION'S ROAR: An Introduction to Tantra, by *Chogyam Trungpa*. 256 pp. #LIROB \$13

This book is based on two historic seminars in which Chogyam Trungpa introduced tantric teachings to his students. Each seminar bore the title "the Nine Vehicles." These nine make up the whole path of Buddhist practice. Trungpa Rinpoche's non-theoretical, experiential approach opens up a world of fundamental insights.

NEW!

LIVING AND DYING EVERYDAY: A Daily Meditation Book, by *Sogyal Rinpoche*, ed. by *Patrick Gaffney*. 384 pp., 5 x 7" #LIDYEV \$12

Includes original meditations as well as some adapted from other sources. It offers clear and enlightening ways to apply timeless wisdom to the daily concerns we all face. There is a wealth of ideas on the nature of change, working with doubt, putting compassion into action in our daily lives, the acceptance of death, and the trials and rewards of the spiritual path—a perfect companion to anyone's spiritual practice.

LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna. 352 pp. #LIKU \$18

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 \$13

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.

NEW!



MACHIG LABDRON AND THE PRACTICE OF CHOD, by *Jerome Edou*, trans. from French by *Hubert Decler*. 270 pp. \$16.95 December

Presents a translation of the most famous biography of Machig Labdron together with an outline of her tradition, the Chod of Mahamudra.

Jerome Edou has been studying with Khenpo Tsultrim Gyamtso Rinpoche since 1976. He has been an interpreter for various lamas for more than ten years, and an author and translator of other works on Tibet and Tibetan Buddhism. He currently lives in Kathmandu where he is Academic Director of the Tibetan Study Program of the School for International Training.

This is the first comprehensive presentation of the marvelous life of Machig Labdron and her mahamudra chod tradition. A contemporary of Milarepa, Machig is popularly considered to be both a dakini and a deity and is the only Tibetan woman to have founded an authentic and recognized transmission lineage.

Chod refers to cutting through the ego and its emotional entanglements. This mahamudra practice of chod is a powerful practice which aims at freeing oneself from fear and arousing the mind's primordial clarity.

It is common for yogis of this tradition to live outside any institutional framework pursuing the Tibetan Buddhist ideal of renunciation and realization. Practicing in cemeteries and remote places with

a drum made of human skulls and a thighbone trumpet, these yogis strive to sacrifice their own ego-clinging in the spirit of great compassion for all sentient beings.

"Capturing the 'crazy wisdom' by showing the impact of the Prajnaparamita on Machig's life, Jerome Edou deftly expounds her great teaching of the Mahamudra Chod. When Machig was asked what is Chod? She replied, 'To consider adversity as a friend is the instructions of Chod, for adversity will generate fear, anger, attachment to one's body, emotions which the yogin will instantly transform and recognize as the unlimited play of clarity of one's own mind, Mahamudra.' Consider reading this book as a spiritual investment...Edou is to be commended."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess*.

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.

MANIFESTATION OF THE TATHAGATA: Buddhahood According to the Avatamsaka Sutra, trans. & ed. by *Cheng Chien Bhikshu*. 172 pp., #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 profound 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.

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., #MARIF \$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: The Bodhisattva's Way of Life, by Geshe Kelsang Gyatso. #MEBE \$25.95

The best commentary to Shantideva's classic work, *A Guide to the Bodhisattva's Way of Life*. Shows how we can develop and maintain the supremely compassionate motivation of a Bodhisattva, and how we can then engage in the actual practices that provide the greatest benefit to others and lead to the attainment of full enlightenment. It provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author.

"An indispensable Buddhist work—no serious student of Buddhism can afford to be without it."—John Blofeld, *Tibetan Review*

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 \$9.95

An excellent "how to" meditation guide for beginners and experienced meditators. The procedure of meditation and 21 specific meditations are presented on the stages 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.



MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities, by Vessantara. 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 \$22

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. #MIPLEN \$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.

MIND ONLY SCHOOL AND BUDDHIST LOGIC, ed. by Doboorn 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 Nam-kha 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 Cuttill. 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.

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 cards visually portray the images described in the book and have a brief description on the reverse. 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 Wilbur

"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

MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems, by Joanna Macy. 236 pp. #MUCA \$19.95

Remarkable convergences appear between core Buddhist teachings and the general systems view of reality, arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, and a fresh interpretation of the Buddha's core teaching of dependent co-arising, this book shows how their common perspective on causality can inform our lives. The interdependence of all beings provides the context for clarifying both the role of meditative practice and guidelines for effective action on behalf of the common good.

NEW!

Myriad Worlds



Jamgon Kongtrul (Kongtrul Lodro Taye)

MYRIAD WORLDS, by Jamgon Kongtrul, trans. & ed. by Sonada Translation Committee. 365 pp., #MYWO \$19.95, December

Myriad Worlds is the first part of the *Five Great Treasuries* of Jamgon Kongtrul. He is known as "the Great" because he is one of the most outstanding teachers that Tibet has produced.

Myriad Worlds presents Buddhist cosmography and the genesis of beings. Kongtrul delineates four levels of cosmology to suit the understanding of different grades of beings: the numerically definite cosmology of the individual way; the cosmology of infinite buddha-fields of the universal way; the cosmology of the Kalachakra

Tantra, and the non-cosmology of the Dzogchen system which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone.

THE MYTH OF FREEDOM and the Way of Meditation, by Chogyam Trungpa. 178 pp. #MYFR \$13

What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes, preconceptions and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He explains the role of meditation in bringing into focus the causes of frustration and in allowing these negative forces to become aids in advancing toward true freedom.

NEW!



NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit, by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10," #NATISA \$24.95

This book documents shared universal principles underlying the philosophies and practices of two groups of human beings: the Navajos of the high American southwest and the Tibetans at the roof of the world in Asia. Peter Gold examines the shared knowledge of the Navajo and Tibetan spiritual traditions by drawing extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. Through his sensitive comparison, the author shows us how to recover a sense of the sacred through our own cultural paradigms. Peter has had many years of living experience of these two cultures and is for this reason uniquely prepared to bring this remarkable study to light.

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, #NYSO \$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.

OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind, by Gareth Sparham. 260 pp. #OCEL \$16.95

It is well-known that the Madhyamika school flourished in Tibet, but Yogacara doctrines were also studied and practiced. The former school stresses the inexpressible ultimate, the latter, the natural luminosity of mind. This is an excellent introduction to the eight distinctive 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.

NEW!

OCEAN OF NECTAR, by Geshe Kelsang Gyatso. 576 pp. #OCNE \$33.95 Not available until summer 1995.

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.

THE OPENING OF THE LOTUS: Developing Clarity and Kindness, by Lama Sherab Gyaltzen Amipa. 176 pp. #OPL \$12.95

This book is concerned with the development of the stages of enlightenment. The author is a lama of the Sakya tradition with over twenty years of experience with both western and Tibetan students. With sincerity and conviction he describes the following powerful and practical methods for calming and developing the mind: thought-training, how to part from the four attachments, training the mind in compassion and wisdom, and meditation preliminaries.

OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice, by Martin Lowenthal & Lar Short. 194 pp. #OPHECO \$12.95

Combining traditional descrip-

tions 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

NEW!



ORACLES AND DEMONS OF TIBET: The Cult and Iconography of the Tibetan Protective Deities, by Rene De Nebesky-Wojkowitz. 680 pp. #ORDETI \$58 cloth

Here is the definitive study of the Tibetan protective deities which reveals new aspects of beliefs of pre-Buddhist Tibet and their relation to the early shamanistic stratum out of which the Bon religion developed. The chief obstacle to understanding this information is the secrecy with which the Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking. The author was able to overcome this obstacle and received much instruction on these topics. This book classifies the protective deities and provides minute details on their appearance and attributes. Sacrificial objects, offerings and ceremonies are described as well as oracles and their trances, ceremonies and attire.

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.

PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism, by Miranda Shaw. 312 pp., 18 illus. #PAENL \$29.95 cloth

The crowning cultural achievement of medieval India, Tantric Buddhism is known in the West primarily for the sexual practices of its adherents, who strive to transform erotic passion into spiritual ecstasy. Historians of religion have long held that the enlightenment thus attempted was for men only, and that women in the movement were at best marginal and subordinate and at worst degraded and exploited. Miranda Shaw argues to the contrary, presenting extensive new evidence of the outspoken and independent female founders of the Tantric movement and their creative role in shaping its distinctive vision of gender relations and sacred sexuality.

Based on extensive research, Shaw reinterprets the history of Tantric Buddhism during its first four centuries. In her view, the Tantric theory of this period promotes an ideal of cooperative, mutually liberative relationships between women and men while encouraging a sense of reliance on women as a source of spiritual insight and power.

PATH OF SERENITY AND INSIGHT, by Henepola Gunaratana. 263 pp. #PASE \$16

This is a clear and definitive presentation of the eight stages of concentration: four realizations with form and the four formless absorptions. The process of attainment, the character of each realization, and the obstacles encountered are explained in detail. The successive concentrations bring increasing peace and bliss and lead to the development of higher faculties of knowledge, supernormal powers, and wisdom. The author is a well-known and highly-respected teacher in the USA.

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 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.

NEW!



PATH TO ENLIGHTENMENT IN TIBETAN BUDDHISM, Geshe Acharya Thubten Loden. 1100 pp., color plates, line drawings, #PAENTI \$70 cloth

Drawing from the great Buddhist classics, the *Path to Enlightenment in Tibetan Buddhism* is a clear presentation of the progressive stages of spiritual development. It is a complete compendium of the essential points of the Buddhist path. This valuable and elegant teaching explains how to meditate and how to use the philosophy and practice of Buddhism to discover ever-greater happiness and freedom in your daily life.

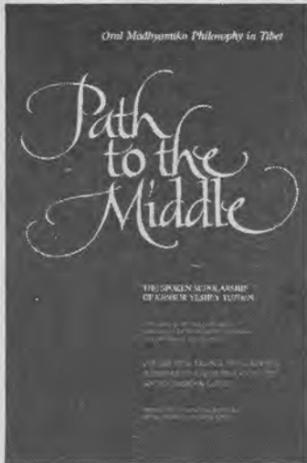
Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. Born in 1924, he became a monk at the age of seven. He received his full training at Sera monastery in Tibet and finished first among candidates from the three great monasteries in examinations for the Geshe lharampa degree. In India, he completed studies at Gymed Tantric College and Varanasi Sanskrit University. Since 1976, Geshe-la has taught thousands of students in Australia and the US.

The Path to Enlightenment is richly-endowed with translations from the original sutras of the Buddha, the essential points of the vast range of Buddhist philosophy are presented with practical advice on how to transform your life with a range of extraordinary meditation methods. Also contains a detailed explanation of the *lo jong* mind training techniques and an extensive glossary, index and subject outline, and translation of the root and branch bodhichitta vows.

NEW!

PATH TO THE MIDDLE: Oral Madhyamika Philosophy in Tibet, by Anne C. Klein. 288 pp. #PAMI \$19.95

Does a Bodhisattva's initial direct cognition of emptiness differ from subsequent ones? Can one "improve" a nondualistic understanding of the unconditioned and, if so, what role might subtle states of concentration play in the process? In material collected by Anne Klein over a seven-year period, Kensur Yeshey Tupden addresses these and other crucial issues of Buddhism to provide a rich presentation of Tibetan oral philosophy. The volume concludes with a translation of the text on which Kensur bases his discussion of the "Perfection of Wisdom" chapter in Tsong-kha-pa's *Illumination of Thought*.



PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life, by Thich Nhat Hanh. 135 pp. #PEEVST \$9.95 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 Thranqu Rinpoche & Khenpo Konchog Gyaltzen. 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 CO-EMERGENT 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 Thranqu. 152 pp. #PRTRIN \$12

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. Thranqu 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 Gyaltzen. 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*; *Ngondro 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 Tsongkapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$4.95.

Tsongkapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.

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, the channel for enlightened knowledge and a force for spiritual renewal. Includes photos

of famous stupas and line drawings of its components and major forms.

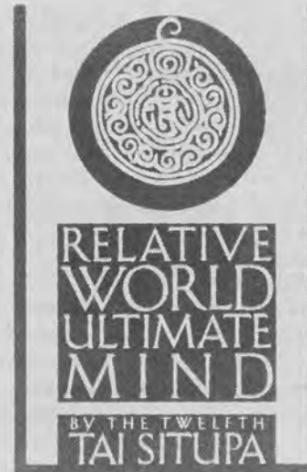
THE RELIGION OF TIBET, by Charles Bell. 235 pp., 69 photos & 3 maps, #RETIB \$15

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.

SEEKING THE HEART OF WISDOM: The Path of Insight Meditation, by Joseph Goldstein & Jack Kornfield. 195 pp. #SEHEWI \$13

This is one of the most useful manuals ever written for those who seek to follow the path of insight meditation and to make it relevant to daily life. Insight meditation is important to all Buddhists and these teachers are among the best. Skillful methods to overcome hindrances to meditation are presented in addition to many meditation exercises and practices.

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

LEARN TO MEDITATE!



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.

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

"*Samatha Meditation* is recommended to those people interested in the practical side of Tibetan Buddhism and who prefer instruction based on meditative experience over scholarly detail."—*The Tibet Journal*.

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 con-

cepts. 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.

SHAMBHALA: The Sacred Path of the Warrior, by Chogyam Trungpa Rinpoche. 216 pp. #SHSAPA \$13

This classic guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet the challenges of life with fearlessness and dignity. Warriorship does not mean aggression, but rather a confidence in basic human goodness, which enables us to uplift our lives and create an enlightened society.

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 \$11

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.

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA, by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$19.95

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 worldview 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 beatific and intelligible, then the innate purity of the intelligent potency, *the motherly Buddha*, will be experienced.



START WHERE YOU ARE: A Guide to Compassionate Living, by Pema Chodron. 208 pp. #STWHAR \$12

A handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron presents guidance on how to make friends with ourselves and develop genuine compassion toward others. She invites us to "start where we are"—to embrace rather than deny the painful aspects of our lives. She guides us through self-reflection and meditation to show us how to develop the courage to work with our own inner pain and discover joy, well-being and confidence.

STORIES OF THE SPIRIT, STORIES OF THE HEART: Parables of the Spiritual Path from Around the World, ed. by Christina Feldman & Jack Kornfield. 396 pp. #STSP \$16

This new collection of teaching stories draws richly and widely from many cultures and centuries. Each story is alive and timely, filled with the inspiration of these traditions. Their themes illustrate the parallels of the world's great teachings on separating wisdom from folly, false ideals from the truth, and showing the way to compassion and freedom. This is a valuable book.

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*

A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, by Sangharakshita. 525 pp. #SUBU \$24.95

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

Now in its seventh edition, *A Survey of Buddhism* provides an indispensable study of the entire field of Buddhist thought and practice. Covers all the major doctrines and traditions.

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

THE SUBLIME PATH OF THE VICTORIOUS ONES, compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$8.95

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

TANTRA: The Supreme Understanding, by Osho. 250 pp. #TA \$15

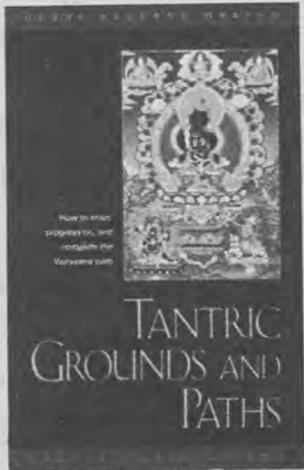
These in-depth discourses on Tilopa's *Song of Mahamudra* are

very provocative and challenge the reader to transform limiting attitudes. Osho speaks frankly and candidly about Tilopa's profound teaching on the fundamental nature.

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.

NEW!



TANTRIC GROUNDS AND PATHS: How to Enter, Progress on, and Complete the Vajrayana Path, by Geshe Kelsang Gyatso. 288 pp. #TAGRPA \$19.95

This is a comprehensive guide to Tantric practice, a definitive manual for Tantric practitioners which describes all the stages of the Tantric path to full enlightenment. With clarity and authority Geshe Kelsang presents the four classes of Tantra, including an extensive explanation of the generation and completion stages of Highest Hoga Tantra.

NEW!

THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva, by Lama Yeshe, compiled & ed. by Nicholas Ribush. 280 pp. #TAPAPU \$15

Lama Yeshe explains why purification is essential to advance along the spiritual path and how to accomplish it in the practice of Vajrasattva. Included is an section of complete retreat instructions. Vajrasattva is a manifestation of the unity of july developed male and female energy, the complete purity of the state of enlightenment. Vajrasattva purification practice is more powerful than negative karma. It can prevent you from experiencing the problems that negative karma would have otherwise brought.

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 (Yamantaka): teachings on the generation and completion stages.

Four tenet systems: an excellent survey of the structure and historical development of Indian Buddhism's principal schools, out-

lining their definitive doctrinal distinctions.

Flower essence pills: detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..."—*The Middle Way*

NEW!



THE TEACHER: Eleven Aspects of Guru Rinpoche. 23 pp. #TE \$2.95

This little book reproduces wood block images of Padmasambhava in his eleven forms or aspects. A really great book for the price!

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

The Eighth Situpa, Tempa'i Nyinchay on "The Mahamudra of Definitive Meaning" by the Third Karmapa, Rangjung Dorje



Introduction by Venerable Khenchen Trangu Rinpoche
Translated by Sherab Dorje

TEACHINGS OF THE SUPREME SIDDHAS, H.H. the Third Gyalwa Karmapa Rangjung Dorje, the Eighth Situpa Tempa'i Nyinchay, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 200 pp. #TESUSI \$15.95 December

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.

"All students of the Kagyu traditions of Tibetan Buddhism are familiar with Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, recited daily in countless Tibetan temples, retreats and homes. The depth of the significance that this short litany holds became clear to me some twenty years ago, when I had the good fortune to read, under the guidance of the late Kalu Rinpoche, the great commentary that Situ Panchen composed to explain Rangjung Dorje's words. Hearing the actual phrases once spoken by Rangjung Dorje and Situ Panchen expounded by perhaps the greatest contemporary representative of the Mahamudra approach to meditation came with the force of a revelation, pointing the way to a transition from treating Mahamudra as an object of study, to the possibility of comprehending it as the very texture of experience, defying all prospects of objectification.

"Lama Sherab Dorje offers us an accurate and highly-readable translation of this masterwork of Kagyu Buddhism, a work that is sure to be read with profit both by those who wish to learn something about the system of Mahamudra, and by those practicing within the tradition. The latter will find here a text that deserves to be studied in depth, until, in the words of the tradition, the intentions of the author have become fully-integrated with one's own meditations."—Matthew Kapstein

"[Sherab Dorje's] research is admirable...the care he has taken to get precise and authoritative explanations from contemporary teachers is exemplary. The glossary of terms, indexed in both Tibetan and English is an excellent feature...the translation is a solid and worthy effort."—Ken McLeod

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 indulgence and attachment on the one hand, and appreciating life's simple joys and pleasures on the other.

TIBETAN BUDDHISM: From the Ground Up, by B. Alan Wallace. 214 pp. #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 \$19.95

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.

NEW!



TORCH OF CERTAINTY, by Jamgon Kongtrul the Great. 161 pp. #TOCE \$12.

Describes the four ordinary and four special (refuge, Vajrasattva, mandala offering, guru-yoga) foundation practices that all practitioners of Vajrayana Buddhism must complete. This book also discusses the nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru. Interviews with three Tibetan masters—Kalu Rinpoche, Deshung Rinpoche, and Chogyam Trungpa Rinpoche—enhance the student's understanding of the text's significance.

TO SEE THE BUDDHA: A Philosophical Examination of the Deeper Meaning of the Buddha, by Malcolm David Eckel. 262 pp. #SEBU \$24.95.

David Eckel takes us on a contemporary quest to discover the essential meaning behind the Buddha's many representations. His bold thesis proposes that the proper understanding of Buddhist philosophy must be thoroughly religious—an understanding revealed in Eckel's new translation of Bhavaviveka's major work, *The Flame of Reason*. Eckel shows that the dimensions of early Indian Buddhism—popular art, conventional piety, and critical philosophy—all work together to express the same religious yearning for the fullness of emptiness that Buddha conveys.

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.

TRAINING OF THE ZEN BUDDHIST MONK, by Daisetz T. Suzuki, 43 illus. by Zenchu Sato. 160 pp. #TRZEBU \$9.95

This is perhaps the best introduction to Zen and the life of the Zen monk. By means of a direct and succinct description of the training that a Zen Buddhist monk undergoes, Dr. Suzuki has given us the most precise picture possible of Zen in the zendo life.

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

"Beautifully translated by Glenn Mullin, who gives the freshness of a contemporary work to a transmission more than five hundred years old."—*Tricycle: The Buddhist Review*

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, 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.

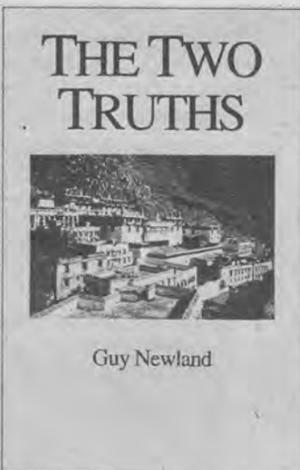
TRANSFORMATION AND HEALING: Sutra on the Four Establishments of Mindfulness, by Thich Nhat Hanh. 180 pp. #TRHE \$10

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 contradiction 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.

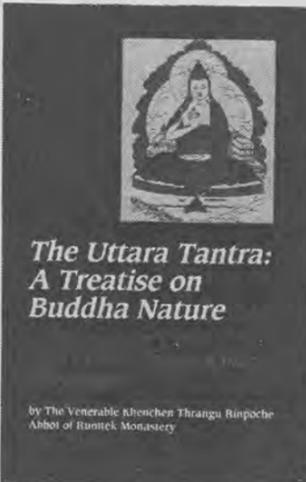
UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points, by Geshe Kelsang Gyatso. 176 pp. #UNCO \$16.95

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).

NEW!



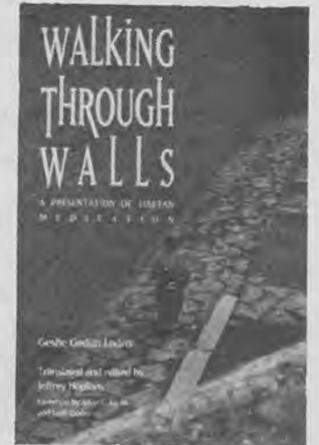
THE UTTARA TANTRA: A Treatise on Buddha Nature, Commentary by Ven. Khenchen Thrangu Rinpoche. 200 pp., #UTT \$20 cloth

Of the many Buddhist texts from India, the *Uttara Tantra* is one of the most studied by Tibetan Buddhists. It is unusual because it is exclusively devoted to the Buddha nature. This text is so important that its root verses are often memorized. It also answers many questions such as how one can tell if someone is enlightened. Ven. Thrangu Rinpoche is one of the foremost scholars in the Kagyu lineage. He gave this line by line commentary on the *Uttara Tantra* in the late 1970s and we are pleased that it is now in print.

WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition, by Geshe Gedun 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 Gedun 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 attained 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.



"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

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.

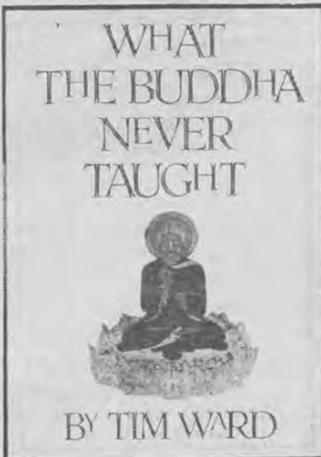
"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."—Karna Lekshe Tsomo, author and President of Sakyadhita International Association of Buddhist Women

"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

"Highly recommended as an introduction to Tibetan Buddhism that offers some fine approaches to self-understanding and coping with negative emotions."—*The Reader's Review*

WHAT THE BUDDHA TAUGHT, by *Walpola Rahula*. 151 pp. #WHBUTA \$9.95

This is a clear introduction to Buddhism focusing 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.



WHAT THE BUDDHA NEVER TAUGHT, by *Tim Ward*. 242 pp. #WHBUNE \$14.95

This is the remarkable account of Tim Ward's life among the Buddhists of Pah Nanachat jungle monastery in northeastern Thailand where over half the members are westerners. Many colorful people have found their way here including Mr. Chicago, a former American real estate millionaire who left it all for a monk's hut; Percy, the eccentric English layman, bent on unplugging a chakra; Mark, the doctor from New Zealand searching for the meaning of death. Licensed to meditate, they strike up a friendship as they struggle to fit into the hierarchy and adapt to the rigorous life-style of renunciation and emaciation of both body and mind. Tim Ward's humorous perceptions transform his struggles to live in monastic way into a delightful story.

"Ward writes with wonderful detachment. I'm at a loss to judge whether or not it's an appropriately Buddhist detachment, but I know and love irony when I see it."—*the Globe and Mail*

THE WHEEL OF SHARP WEAPONS, by *Geshe Dhargyey*. #WHSH \$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. #WHSA \$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 BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition, by *Sangharakshita*. 295 pp. #WI \$17.95

The Heart Sutra, *The Diamond Sutra*, and *the Ratnaguna-Samcayagatha Sutra* are pivotal texts for understanding the nature of reality. The first two are core teachings of both Tibetan and Zen Buddhism. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life. It is in this living context that Sangharakshita explains their meaning.

WISDOM ENERGY, by *Lama Yeshe & Lama Zopa Rinpoche*, ed. by *Jonathan Landaw 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.

BACK!

WISDOM ENERGY 2, by *Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama*. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the "I," non-duality, and the complete path.

BACK!



WISDOM OF NO ESCAPE and the Path of Loving-Kindness, by *Pema Chodron*. 110 pp. #WINO \$10

This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks us to wake up whole-heartedly to everything and to use the abundant, richly-textured fabric of everyday life as our primary spiritual teacher and guide. Pema Chodron is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

NEW!

WISDOM: TWO BUDDHIST COMMENTARIES, trans. by *Assoc. Padmakara*. 300 pp. #WITWBU \$24

These two commentaries of the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* have been written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

NEW!

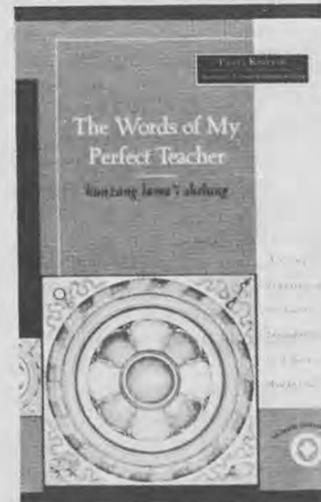


WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthig Tradition, by *Dilgo Khyentse Rinpoche*. 120 pp. #WIFUJE \$10.

In the Tibetan Buddhist tradition, devotion to the spiritual master and complete confidence in him are considered to be indispensable to the attainment of enlightenment. Based upon the teachings of

Rigzin Jigme Lingpa, the instructions of Dilgo Khyentse Rinpoche focus on the practices of guru yoga, "Merging with the Mind of the Guru."

NEW!



WORDS OF MY PERFECT TEACHER, by *Patrul Rinpoche*. 467 pp., illus. #WOPETE \$30 cloth

This is the classic commentary on the preliminary practices of the Longchen Nyingtig—one of the best known teachings of the Nyingma school. Topics include: karma, impermanence, defects of samsara, causes leading to liberation, selecting and following a teacher, refuge, the mind of compassion, six perfections, Vajrasattva practice, offering the mandala, cho practice, guru yoga, transference of consciousness at the time of death.

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. #WOLO \$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 *The Prince and the Stallion* which illustrates the magic-show nature of reality.

YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred, by *Geshe Sonam Rinchen*, ed. & trans. by *Ruth Sonam*. 450 pp., #YODEBO \$24.95, #YODEBC \$40.

According to Gyeltsap Dharma 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 enquiry and reasoning. Aryadeva's text is more than 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.

BACK!

ZEN AND THE PSYCHOLOGY OF TRANSFORMATION, by *Hubert Benoit*. 248 pp. #ZEPSTR \$12.95.

This is one of the most powerful expositions of Zen ever written. It explains the psychological setting of the unenlightened mind and the psychological revolution required to develop insight. Benoit is a master psychologist and has presented the inner working of enlightenment in Western terms. This book is suitable for the followers of any tradition Eastern or Western.

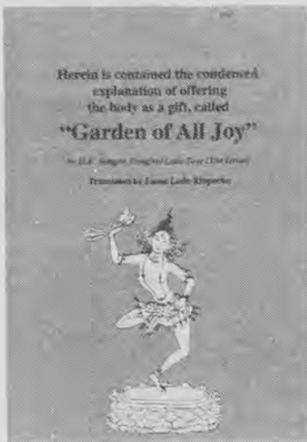
BACK!

ZEN MIND, BEGINNER'S MIND, by *Shunryu Suzuki-Roshi*. #ZEMI \$7.95

This best selling book conveys what Zen is all about. Every page breathes with the joy and simplicity that make a liberated life possible.

SADHANAS & COMMENTARIES

NEW!



GARDEN OF ALL JOY, by Jamgon Kongtrul Lodo Taye (*The Great*), trans. by Lama Lodo Rinpoche. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—a condensed explanation of offering the body as a gift. It contains a brief biography of Machig Labdron, a commentary on the various “feasts,” a very valuable section of illustration of the visualizations and the Tibetan text.

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.

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, Sitatapatra, Vajra Vidarana, Vajrasattva.

MEDITATION ON VAJRABHAI-RAVA, 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.

Red Tara: An Open Door to Bliss and Ultimate Awareness, by Chagdud Gonpa. #RETA \$8

Red Tara Commentary: Instructions for the Concise Practice Known as Red Tara, by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

The lineage of Red Tara practice and commentary to the sadhana.

Vajrayogini Sadhana & Commentary, by Geshe Ngawang

Dhargyey. 72 pp. #VASA \$9.95

Published for people with highest yoga initiations only. The text is a short sadhana of Vajrayogini and the commentary is a discussion of the many yogas that make up the practice.

SADHANAS FROM THARPA PUBLICATIONS

The Bodhisattva's Confession of Moral Downfalls #BOCO \$5
The purification practice of the Mahayana Sutra of the Three Superior Heaps.

Chenrezig Sadhana #CHSA \$5

Dakini Yoga: Vajrayogini Six-session Guru Yoga #DAYO \$7

Essence of Good Fortune #ESGOFO \$6

Prayers for the six preparatory practices for meditation on the stages of the path to enlightenment.

Essence of Vajrayana #ESVA \$8

The condensed meaning of vajrayana mahamudra and prayers of request to the lineage gurus.

Great Compassionate Mother #GRCOMO \$4

The sadhana of Arya Tara.

Great Liberation #GRLI \$3

Preliminary prayers for mahamudra meditation in conjunction with Vajrayogini Practice.

The Great Mother #GRMO \$6

A method to overcome hinderances and obstacles by reciting the Heart Sutra.

Hundreds of Deities of the Joyful Land #HUDE \$6

The guru yoga of Je Tsongkhapa.

Liberation from Sorrow #LISO \$3

Praises and requests to the Twenty-one Taras.

Medicine Guru Sadhana #MEGUSA \$6

Meditation & Recitation of Solitary Vajrasattva #MERE \$2

Offering to the Spiritual Guide #OFSPGU \$5

The extensive guru yoga practice of Je Tsongkhapa's tradition (Lama Chopa.)

Prayers for Meditation #PRME \$2

A Pure Life #PULI \$2

The Mahayana precepts.

The Quick Path #QUPA \$6

Condensed practice of Heruka Five Deities according to Master Ghantapa's tradition.

Quick Path to Great Bliss #QUPAGR \$9

Vajrayogini self-generation sadhana.

The Yoga of Buddha Amitayus #YOBUAM \$7

A special method for increasing lifespan, wisdom and merit

SOCIAL ACTION, HISTORY & POLITICS

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.



BITTER WINDS: A Memoir of My Years in China's Gulag, by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$22.95

On April 27, 1960, Harry Wu, a senior at Beijing's Geology Institute, was arrested by Chinese authorities and, without ever being formally charged or tried, spent the next nineteen years in hellish prison labor camps. Exiled to the bitter desolation of this extensive gulag, he was transformed from a member of the privileged intellectual elite into a faceless cipher denied even the most basic human rights. He learned the harsh lessons of prison survival from the tough peasants and petty criminals imprisoned with him. He was subjected to grinding labor, systematic starvation, and torture, yet he refused to give up his passionate hold on life. Released in 1979, he came to the U.S. Determined to expose the truth of the gulag, he returned to China in 1991 with a “60 Minutes” news crew. Posing as a US businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film, for the first time, haunting images of life behind those forbidding walls.

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.

BUDDHISM IN RUSSIA: The Story of Agvan Dorzhiev, Lhasa's Emissary to the Tsar, by John Snelling. 320 pp., 26 photos #BURU \$22.95

This story of political and religious intrigue recounts the extraordinary life of the Lama Agvan Dorzhiev, adviser to the Thirteenth Dalai Lama, and follows the story of Buddhism in Russia up to the present time. At the end of the last century, Tibet was caught in a super-power struggle, with the British and Russians making territorial incursions. The Dalai Lama called upon Dorzhiev, his childhood tutor, to be his emissary to the Court of Imperial Russia and the outside world. A man of great vision and political skill, Dorzhiev was instrumental in establishing Buddhism in Russia and in the building of the temple of St. Petersburg, the first in the West.

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.

FESTIVALS OF TIBET, by Tsepak Rigzin. 70 pp. #FETI \$8.95

The yearly cycle of festivals that Tibetans enjoy are described in their historical and Buddhist context. Valuable way to both understand the traditions of Tibet and to know what Tibetans like to celebrate.

FLIGHT AND ADAPTATION, by Tanka Subba. 160 pp. #FLAD \$12

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.

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 its viewpoint on the events it documents.

BACK!



IN EXILE FROM THE LAND OF SNOWS, by John Avedon. 391 pp. #EXLASN \$13.

This is a stunning and well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

“No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force.”—*Boston Globe*

“The detailed life stories Avedon recounts are nothing short of stunning.”—*Denver Post*

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.

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 Armbricht 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.

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 old college friend John Ackerly (a lawyer now working for the International Campaign for Tibet), Kerr 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.

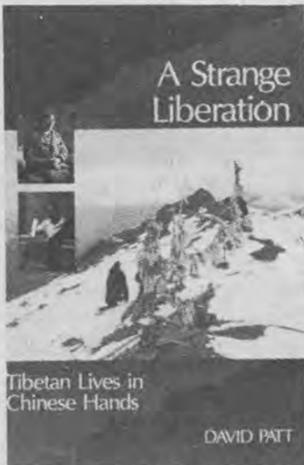
Kerr and Ackerly attempted to aid the rebels, but were arrested and endured a brief, harrowing imprisonment. Their efforts to alert the international media met with success and China suffered international embarrassment and condemnation as the story of the crackdown in Lhasa became news in the West. Kerr and Ackerly have

continued as activists committed to ending Tibet's oppression.

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.

BEST SELLING!



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.

"Her story is incredible."—*Buddhism Now*

"...an important account of a tragedy too little known and too often ignored by the outside world."—*Library Journal*

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.

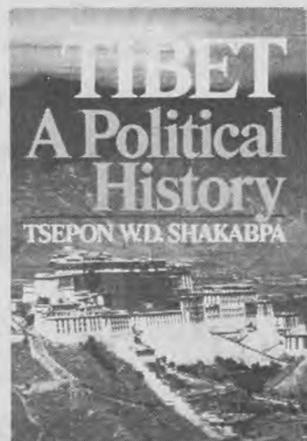
SUPPRESSION OF A PEOPLE: Accounts of Torture and Imprisonment in Tibet, A Physicians for Human Rights Report, by John Ackerty & Dr. Blake Kerr. #SUPE \$5

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

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

Essential reading for anyone in-

terested in Asian affairs. Written by former official in the Tibetan government prior to 1959.



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 China's 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.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of Their Country, by Jamyang Norbu. 152 pp. #WATI \$12.95

This is the most outstanding account of a Tibetan Khampa warrior. Aten recalls his life as a child, the simple style of the Khampas and the beauty of the land. This lifestyle was shattered by the Chinese. Aten tells of the battles, the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala. *Warriors of Tibet* is a vivid and heart-felt story.

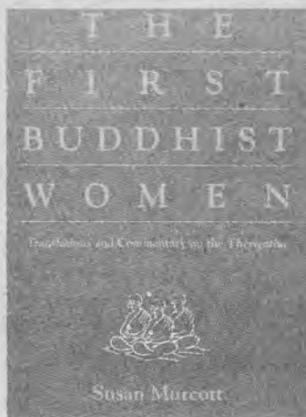
WOMEN'S STUDIES

BUDDHISM AFTER PATRIARCHY: A Feminist History, Analysis, and Reconstruction of Buddhism, by Rita M. Gross. 365 pp. #BUAFPA \$14.95.

This book surveys both the part women have played in Buddhism historically and what Buddhism might become in its post-patriarchal future. The author completes the Buddhist historical record by discussing women, usually absent from histories of Buddhism, and she provides the first feminist analysis of the major concepts found in Buddhist religion. Gross

demonstrates that the core teachings of Buddhism promote gender equality rather than male dominance, despite the often sexist practices found in Buddhist institutions throughout history.

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*

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.

LEARNING TRUE LOVE: How I Learned & Practiced Social Change in Vietnam, by Sister Chan Khong. 258 pp. #LETRLO \$16

Learning True Love tells the story of Sister Chan Khong's spiritual growth against the backdrop of war-torn Vietnam. She offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. She narrates the many considerations and decisions that a woman has to make—it is a revelation in compassion, a courageous story of social transformation brought about by a woman inspired by true loving kindness. Sister Chan Khong has worked with Thich Nhat Hanh for over thirty years.

LONGING FOR DARKNESS: Tara and the Black Madonna, by China Galland. 400 pp., #LODA \$12

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 enlight-

ened 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.

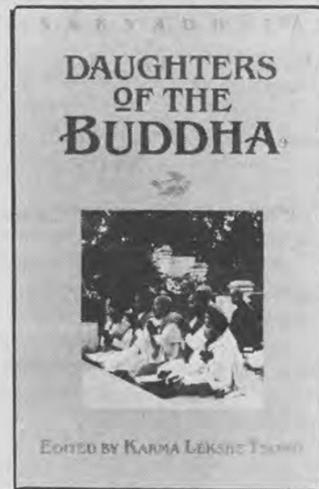
NEW!



MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self, by Anne C. Klein. 288 pp. #MEGRBL \$25 January

Anne Klein juxtaposes Buddhist and feminist thoughts on identity and shows how a dialogue between Buddhism and feminism can enrich both traditions. Feminism can expand traditional Buddhist concerns to embrace the goals of social and political justice, and Buddhist practices such as mindfulness and compassion can yield new ways around the intellectual constructs that have dominated Western women for centuries. Klein shows how Buddhist philosophy and practice can help all women to find new ways of being themselves while effectively engaging with others in the world.

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



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 in-

stitute 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.

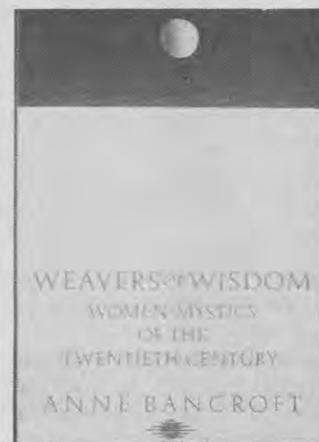
"It is inspiring and heart-warming to read about all these women dedicated to the Buddhist path."—Martine Batchelor

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 Hamnevik. 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; Accomplished 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 \$10

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 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.

MUSIC & CHANTS

TIBETAN CHANTS

CHENZHIK 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.*

BEST SELLING!

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 Kitaro that were recorded live on Dec. 3, 1988 at the Cathedral of St. John the Divine in NYC.

THE GYUTO MONKS, Gyuto Tantric Choir. Cassette #GYMOTA \$10.95, CD #GYMOC \$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 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. Cassette #SAMUSC \$12, 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. Cassette #SATC \$12, 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.

SONGS OF LIBERATION, by Ganden Jangtse Monastic Choir. cassette, #SOLI \$10

The Ganden Jangtse monks have created a music tape of their chants: *Musical Procession, Praise to Lord Buddha, Homage to Je Tsong Khapa, Offering to Guayasamaja, Invocation and Offering to 6-Armed Mahakala, Victory of Goodness and the Awakened Mind.* This tape is a fundraiser for Tibetan schools in the Tibetan-Nepali border area. For more information regarding this project, contact Thupten Dadak, Heart of Tibet, 612-822-3535.

THE SONGS OF MILAREPA, by the Mahayana Buddhist Numery, 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.

NEW TAPE BY THE MONKS OF THE DALAI LAMA'S MONASTERY!



TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY

TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY, by the Monks of Namgyal Monastery. Cassette #TIBUCH \$10

This invocation and the prayers to Palden Lhamo, the protector of Tibet, are very powerful, creating in sound and feeling an electric atmosphere—the long horns invite Palden Lhamo in thundering, dramatic tones to appear, and the prayers of the monks supplicate the deity to perform virtuous actions. This tape was created by the monks of Namgyal Monastery, Dharamsala, India, the monastery of the Dalai Lama. On the second side, the assembly field of merit is invoked and prayers requesting teachings and blessings are chanted in the melodious Namgyal style.

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.

BACK!



Eight Lamas from Drepung

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

A powerful collection of sacred temple music from the monks of Drepung Loseling Monastery in southern India. The chants and music are prayers which invoke the presence of the higher Buddhist deities for healing and transformation and is therefore a rare opportunity to receive the transmission of this energy. In addition to overtone chanting, they also perform their beautiful midrange chanting and play traditional Tibetan temple instruments which create a very haunting any mystical effect.

TIBET IS NEAR: Sacred Music of Ganden Jangtse, Cassette #TINE \$10

Founded in 1409 by Lama Tsong Khapa, Ganden Monastery was the first monastery of the Gelupa tradition. Now revived in S. India, the monks carry on their practice and traditions. Selections on this cassette include: Homage to Tsong Khapa, Receiving the High Teacher, Purification, Mandala Offering, In-

itation to Palden Lhamo, Offerings to Palden Lhamo, Praises to White Tara, and A Prayer for Peace.

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.

OTHER TAPES

HIMALAYAN BELLS II, by Karma Moffett. Cassette #HIBE \$10 This is a great recording of Himalayan bowls and bells. It is harmonious and meditative.

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 promotes world peace. Snow Lion is now the primary distributor for Nawang Khechog's tapes. Retailers can contact us for terms. 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.

TWO MANTRAS: The Vajra Guru Mantra and the Mantra of the Buddha of Compassion #TWMA \$6

Produced by Sogyal Rinpoche's Rigpa center, these two mantras are helpful for meditation.

FOUR WINDS: A New World Synthesis of Native American Imagery and Jazz, by Joe Salzano. #FOWI \$10

The four pieces on this tape celebrate the spirits of the four directions whose activities are seen in the cycles of nature and our life. This tape is a wonderful experience in sound and meaning.

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.

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA

BEST SELLING!

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

This set focuses primarily on the nine yantras.

Kagyu Tradition: MAHAMUDRA, by Ven. Tengpa Rinpoche. (3) #KAMA \$30

Sakya Tradition: INSEPARABILITY OF SAMBARA & NIRVANA, *Kyabje Sakya Trizin Rinpoche*. (3) #SAINSA \$30

Gelug Tradition: UNION OF BLISS AND EMPTINESS, *Ven. Lati Rinpoche, trans. Tenzin Dorje*. (3) #GEUN \$30

NEW!

BUDDHA DHARMA IN THE WEST, with *H.H. Gyabje Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al.* (4) #BUDHWE \$30

These four hours are filled with some of the leading buddhists from around the world—it is an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.

CHOGYAMTRUNGPA, LIVE, (1) #CHTRLI \$11

Two talks, "Discipline and Meditation" and "The Myth of Freedom" are simple and engaging presentations by the late Trungpa Rinpoche.

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 of the next four tapes 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.

BEING SPACIOUS, 2 cassettes, #BESP \$19.95

With eloquence yet playful humor, Sogyal Rinpoche describes in detail the practice of meditation: being spacious, shamata (the practice of mindfulness), vipassana (the practice of awareness), posture and methods of meditation, how to relate to arising thoughts and emotions

LIVING UP TO DEATH, #LIDE \$10

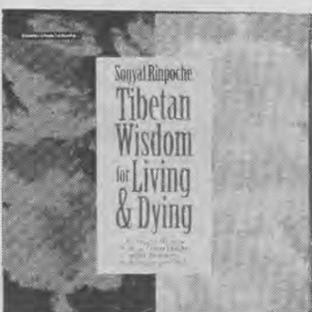
A comprehensive view of spiritual care for living and dying, touching upon impermanence, the nature of mind, meditation and care for the dying.

LIVING WELL, DYING WELL, (1) 1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

THE SPIRITUAL PATH OF DEVOTION, by *Sogyal Rinpoche*. 2 cassettes, #SPPADE \$19.95

The practice of devotion is an extraordinary means for transcending the ordinary mind, and bringing us to our true nature. Rinpoche discusses the unending source of devotion, our inherent goodness, finding the teacher in our heart, intelligent devotion, the teacher as a medium of blessing.



TIBETAN WISDOM FOR LIVING AND DYING, (6) 9 hrs. #TIWIT \$58

The definitive audio workshop on the Tibetan teachings of Sogyal Rinpoche. He covers many, many topics—here are a few: active laziness; facing the truth of yourself; death as a mirror; what survives; discipline futility of grasping; spacious mind in meditation; bardo teachings; buddha-nature; rigpa; obstacles; giving inspiring the dying; taking on the suffering of others; openness and truth in relationships; working with people in pain; purifying negative karma; love as the only security; grieving; the inner and outer teacher; Padmasambhava's instructions for the bardos; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.

THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life, by *Thich Nhat Hanh*. (2) 3 hrs. #ARMILI \$18.95

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

THE PRESENT MOMENT: A Retreat on the Practice of Mindfulness, by *Thich Nhat Hanh*. 6 cassettes in vinyl case (7 1/2 hrs.), #PRMO \$58

Buddhism teaches that the present moment contains the seeds of all things, including liberation from samsara. In this live audio retreat with Thich Nhat Hanh, experience first-hand the traditional Buddhist practices designed to "touch the energy of mindfulness" carried within, and open to the joy that is always present and waiting to enter our lives.

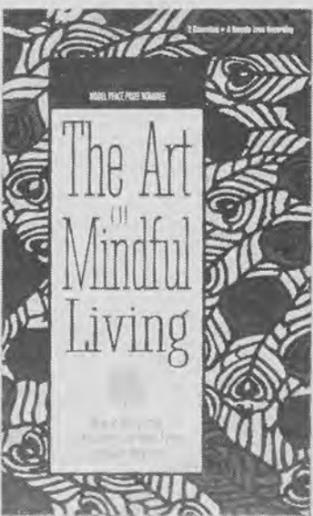
TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation, by *Thich Nhat Hanh with Sister Chan Khong*. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in a graceful prayer to divine creation. This teaching covers each phase of this practice which is designed to release anger and cultivate compassion.

LUCID DREAMING, by *Michael Katz*. 90 min. cassette, #LUDR \$11
Michael Katz, a senior student of Namkhai Norbu and editor of *Dream Yoga and the Practice of Natural Light*, leads workshops on lucid dreaming. Lucid dreams are those in which the dreamer knows it is a dream—consequently releasing great creativity. This cassette, recorded live at the New York Open Center, introduces the essential practices for the development of lucid dreams. Katz explains how lucidity within dreams fits in the larger context of developing meditative awareness in the sleep condition.

1993 BUDDHISM & PSYCHOTHERAPY: An East/West Dialog, 5.25 hrs., (6) #BUPS \$35

This conference has a lot to offer people interested in the integration of Buddhism with western models for psychological growth. Speakers and topics: Dr. Lobsang Rappagay: *Jungian Analysis & Tibetan Buddhism*; Ven. Thubten Chodron: *A Spiritual Teacher's Perspective on Therapy and Buddhism*; Judith Gordon, Ph.D.: *A Psychotherapist's Application of Buddhist Principles to Therapy*; Ryo Imamura, Ed.D.: *Buddhism & Psychotherapy—the Similarities and the Differences*; Geshe Jamyang Tsaltrim: *Therapeutic Applications of Principle Buddhist Teachings*; Mark Hart, Ph.D.: *Buddhism & Psychotherapy—Beyond Concepts*; May Cl Lu, Ph.D.: *Counseling Buddhist Asian Immigrants*.



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.

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.

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.

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

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.

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

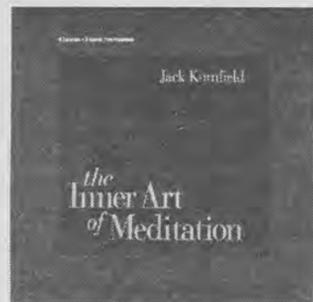
An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.

Jack Kornfield

THE INNER ART OF MEDITATION, (6) 8 1/2 hrs. #INAR \$48

A comprehensive course on vipassana, or insight meditation, which teaches you how to become

fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowing and inner peace. Some contents: four foundations of mindfulness; eightfold-path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.



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.

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.

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.

BOOKS ON TAPE

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

SHAMBHALA: The Sacred Path of the Warrior, by Chogyam Trungpa, read by William Converse-Roberts. (2) 2 hrs. #SHSAPT \$16

The warrior's path is opened to contemporary men and women in search of self-mastery and greater fulfillment. Interpreting the warrior's journey in modern terms, Trungpa discusses such skills as overcoming habitual behaviors, relaxing within discipline, facing the world with openness and fearlessness, and finding the sacred dimension of everyday life.

THE TIBETAN BOOK OF LIVING AND DYING, by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

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 & 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.

VIDEO DHARMA

These films are available in NTSC VHS format only, (i.e. the US standard).

ARISING FROM FLAMES: Overcoming Anger Through Patience, by The Dalai Lama. 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

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 \$35

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, by Pema Losang Chogyen. 10 min. #EXMA \$19.95

"an extraordinary visual aid."—TRICYCLE: The Buddhist Review

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. #G UWAMV \$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.

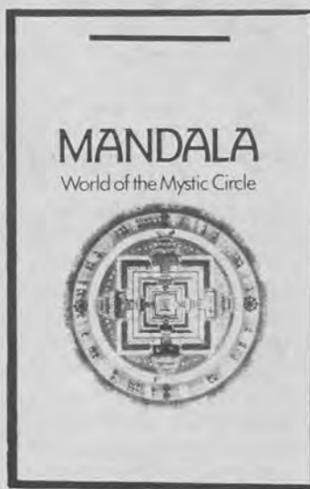


THE LION'S ROAR, 50 minutes, #LIROVI \$49.95

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

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. This was the last teaching of Kalu Rinpoche that was filmed.



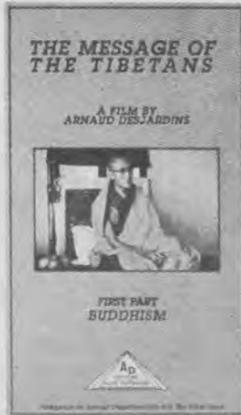
MANDALA: World of the Mystic Circle, produced by Martin McGee & Cathy Steffan. 53 min. #MAWOMY \$29.95

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 Science. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks as well as an architectural historian, philosophy professor, physicist, and psychotherapist. Numerous examples of mandalas from nature and other cultures are depicted and described. This is a definitive presentation of this intriguing subject.

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.

NEW!



THE MESSAGE OF THE TIBETANS, by Arnaud Desjardins. Part 1: Buddhism, 52 min. #METIBU \$29.95

Part 2: Tantrism, 52 min. #METITTA \$29.95



This is so the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgye Kazi, the senior interpreter to the Dalai Lama at that time. Anyone interested in Tibetan will find these videos fascinating. There are so many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.

"These portraits of the legendary Tibetan masters are not simply a unique historical record, not only a stunning and moving inspiration for now and for the future, but an extraordinary testimony, a treasure. I believe that it was not by chance that Arnaud Desjardins made his films."—Sogyal Rinpoche

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.

BEST SELLING!

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 order to achieve happiness and as well as to survive.

REINCARNATION OF KHENSUR RINPOCHE, 62 min. #REKHRI \$29.95 This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.

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

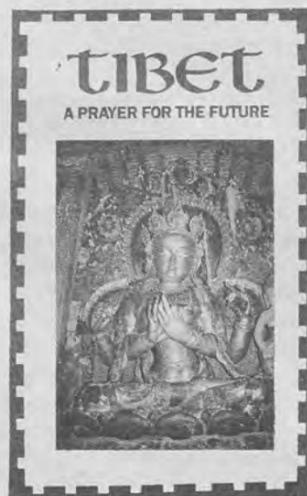
The reincarnation of the 16th Karmapa was recently discovered in Tibet, where many wondrous signs appeared at his birth. The seven year old Karmapa, destined

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. See it all!

TANTRA OF GYUTO: Sacred Rituals of Tibet, 52 min. #TAGY \$29.95

Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is preface by an account of Tibetan history that uses footage from the 1920's.

BACK!



TIBET: A Prayer for the Future, by Martin McGee. 55 min. #TIPRFU \$24.95

This documentary explores Tibet's rich cultural and spiritual heritage and traces the country's history from its origins to the current crisis under Chinese occupation. For over a thousand years the people of Tibet had lived in peace guided by the Buddhist law of universal compassion. Since the 1950 Chinese takeover, their world has been turned upside down. Eyewitness accounts of China's shocking brutality and repression underscore the extreme plight of Tibet. Journey clandestinely with the filmmaker to discover a devout nation struggling to restore its independence and preserve its Buddhist faith. Enter ancient monasteries to observe sacred rituals and ceremonies never before photographed. Travel with pilgrims along centuries-old trails and experience the enduring culture of Tibetans living in remote villages. The world stands to lose a wealth of Tibetan art, literature, and spiritual, medical, and scientific knowledge spanning 2,000 years. This program is a plea to save a civilization facing extermination.

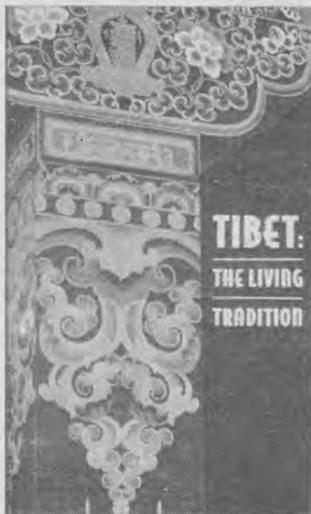
NEW!

TIBETAN BOOK OF THE DEAD, narrated by Leonard Cohen. 46 min. #TIBOV \$29.95

Filmed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. Includes interviews with H.H. the Dalai Lama in which he speaks of his own view of life and death.

TIBETAN MEDICINE: A Buddhist Approach to Healing 29 min. #TIME \$29.95

Tibet's first woman physician, Dr. Lopsang Dolma, shows how medicines are made from animal, vegetable and mineral substances and how acupuncture and moxibustion is used during her daily rounds. The film explores the relationship of physical health to magnetic and other forces and shows how Tibetan medicine heals both the body and mind by treating the patient rather than the disease.



TIBET: The Living Tradition, produced by Barry Bryant & Valrae Reynolds. 1 hr. #TIV \$39.95

This triptych of unique programs draws from The Newark Museum's outstanding collection of Tibetan art and historical documents. *Visions of Enlightenment* presents the 1000 year-old history of Tibetan Buddhist sculpture, painting and applique. *Music and Dance* presents archival film footage from the 1935 Cutting expedition to Tibet along with contemporary color video showing folk dances, opera, and monastic dances. *Creating a Sacred Space* shows the design and construction of the new altar built in the museum in 1989. Included is footage of Phuntsok Dorje painting the traditional decoration and the consecration of the altar by H.H. the Dalai Lama.

1995 CALENDARS



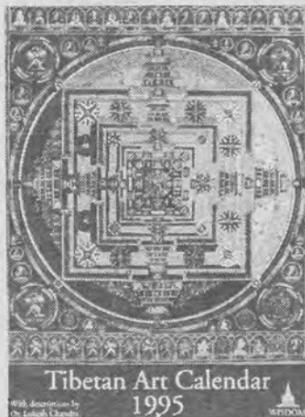
TIBET #TICARO \$10.95
This Tibet calendar measures 11 x 11" and has photos by Galen Rowell.



TIBET CALENDAR #TICA \$12.95
This 15 month calendar presents images of Tibetan people and the dramatic Tibetan landscape. The calendar measures 13 x 14" closed.

TIBETAN ART CALENDAR #TARCA \$26.95

Thirteen thangka paintings from museums and private collections throughout the world with descriptions of the significance of each masterpiece by Prof. Lokesh Chandra. Measures 16 x 24" closed.



THE WHEEL OF TIME SAND MANDALA, by the Namgyal Monks, text by Barry Bryant, photos by Gregory Durgin & John Taylor. #WHTICA \$12.95

Contains beautiful images from the Kalachakra sand mandala with explanation as to their meaning. Measures 12 x 12" closed.

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.

NEW!

LIGHTNING OVER THE POTALA, TIBET, 24 x 36" #LJOVPO \$5.95

Dramatic scene with sky, lightning and Potala Palace in Lhasa.

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

JOWO SHAKYAMUNI BUDDHA STATUE, #SHBUST \$9

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



POTALA PALACE, #POPAP0 \$9
One of the most outstanding pictures of the Potala Palace we've seen!



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".



KALACHAKRA DEITY POSTER 19 x 27" #GAKADE \$9

This is the finest quality poster of Kalachakra and Consort that we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.



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.

KALACHAKRA DEITY POSTER 11 x 17 1/2" #SMKADE \$6

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.

DALAI LAMA POSTERS, 16 1/2 x 23 1/2", \$12.95 ea.



Dalai Lama of Tibet in Zanskar #ZOPE



Dalai Lama, Visualize World Peace #VIWOPE



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, Guhyasamaja, 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.

THARPA FINE ART PRINTS \$19.95 each

These prints measure 16 x 22" and are painted by Andy Weber. They are some of his best images.

- Amitabha** #AMPR
- Buddha Shakyamuni** #BUSHPR
- Je Tsongkhapa** #JETSPPR
- Manjushri** #MAPR
- Medicine Buddha** #MEBUPR
- Vajradhara** #VAPR
- Vajrayogini** #VAYOPR

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. There are six different categories of size and color:

1. Gold on Black, 12 x 15" \$8 ea.
-Guhyasamaja #BEGUPO
-Vajrapani #BEVAPO
-Six-Armed Mahakala #BESLAR
-Vajrakila #BEVASI
2. Gold on Black, 18 x 23" \$14 ea.
-Kalachakra #BEKAPO
3. Red on Gold, 9 x 11" \$5 ea.
-Milarepa #BEMIPO
-Yeshe Tsogyal #BEYEP
4. Red on Gold, 12 x 15" \$8 ea.
-Green Tara #BEGTPR
-Nagarjuna #BENAPO
-Padmasambhava #BEPAPO
-White Tara #BEWHTA
5. Gold on Red, 12 x 16" \$8 ea.
-Sakyamuni Buddha #BESBPR
6. Green on Gold, 19 x 23" \$14 ea.
-Large Green Tara #BELAGR

CARDS

SNOW LION TIBET CARDS

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 each.

- CUCA1 Statue
- CUCA3 Thikse Monastery
- CUCA4 Tibetan Rug Weaver
- CUCA5 Mountain Sunset
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- 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
- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
- CUCA47 Sakya Monastery
- CUCA48 Milarepa's Cave
- CUCA49 Drepung Monastery
- CUCA50 Kumbum Monastery
- CUCA51 Sera Monastery
- CUCA53 Maitreya Statue
- CUCA54 Woman with Headdress
- CUCA55 Lamayuru Monastery

- CUCA56 Woman Chanting
- CUCA59 Horseman
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- CUCA69 Golden Buddha

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

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

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

Cards measure 4-1/4" x 6" and are on sale for only .75 cents each.

SPECIAL SALE: \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!

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 Yeshe Dorje, Weather Controller

NOTECARDS

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.

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 images of Green Tara, White Tara, Chenrezig and the Medicine Buddha. The cards are 5-color with gold border.



TUSHITA POSTCARDS .75 ea

- TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche
- TU39 Dalai Lama: reading the news
- TU40 Dalai Lama: blessing the land
- TU41 Dalai Lama & H.H. XVI Karmapa
- TU42 Tanks in Lhasa
- TU43 Dalai Lama on Yak
- TU64 H.H. Sakya Trizin

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
- #BESHMA Sakyamuni

REHO CARDS \$.80 ea.

Excellent images from thangkas, Dalai Lama, India and photos from Tibet!

- #REHCA H.H. the Dalai Lama
- #REGCA 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

THARPA FINE ART DEITY CARDS

These superb fine art cards painted

by Andy Weber 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 Guhyasamaja
- TDC18 Vajradharma
- TDC19 Maitreya
- TDC20 Vaishravana
- 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

IMAGES OF WISDOM #IMW \$8.95 for set of 10 cards.

Painted by Tibetan artist Chating Janyang Lama. Buddha, Atisha, Nagarjuna, Asanga, Geshe Langri Tangpa, Je Tsongkhapa, Shantideva, Chandrakirti, Geshe Chekhawa, Lama Losang Tubwang Dorjechang.

THARPA GREETING CARDS

#THGRCA \$9.50 for set of 5 cards. These are well-painted images by Robert Beer. Offering Goddess, Lotus, Wish-fulfilling Tree, Dragon & Tiger, Eight Auspicious Symbols.



GARUDA POSTCARDS \$1 ea.

- Traditional thangka images.
- GAC1 Gelugpa Guru Tree
- GAC2 Amitabha in Dewachen
- 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
- GAC132 1st Karmapa
- GAC136 Manjushri
- GAC139 Vajrayogini

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.

#DALAPP The Dalai Lama pocket puja with 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 saguaro cactus in Arizona at a recent public teaching.

#REHCA H.H. the Dalai Lama, postcard-size image, close-up of his face. \$.80

H.H. DILGO KHYENTSE RINPOCHE, Photo, 5 1/2 x 5 1/2"

#HHDI \$2 This is an impressive photo of His Holiness from the cover of Enlightened Courage.

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

#KAEMNO These are full-color cards of the Kalachakra mantra.

KALACHAKRA SAND MANDALA POSTCARD, #KASAC \$.75

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

SNOW LION NOTE CARDS, pack of 10, #SNLINO \$8

Red Snow Lion on 4-1/2" x 6" blank notecard stock—with envelopes. Part of the proceeds goes to support new refugees from Tibet.

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

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.

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.

TIBETAN JEWELRY

BRACELETS

We have beautiful silver bracelets:



OM BRACELET

#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.



DORJE BRACELET

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



OM BRACELET with stones

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

NEW!



YAK BONE BRACELET

#YABOB \$20. This bracelet features six oval panels with auspicious symbols.

YAK BONE NECKLACE

#YABON \$20. This necklace has eight panels and ties with a black cord.

SILVER EARRINGS!

NEW!



Auspicious Fish Earrings,

#AUFIEA \$24
Silver fish with turquoise stones.



Dorje Earrings, #DOEA \$24
The dorjes are 1 1/8" long.



Garuda Earrings, #GAEA \$28

The garuda protector holds a beautiful disc of turquoise. 1 1/4" long.



Traditional Turquoise Earrings,

#TUEA \$36
Contains a circle of turquoise pieces and red coral embellishments. 2" long excluding hooks.



Traditional Lapis Earrings,

#LAEA \$36
Contains a circle of lapis pieces and red coral embellishments. 2" long excluding hooks.



Eternal Knot Earrings with Amethyst, #AMKNEA \$24

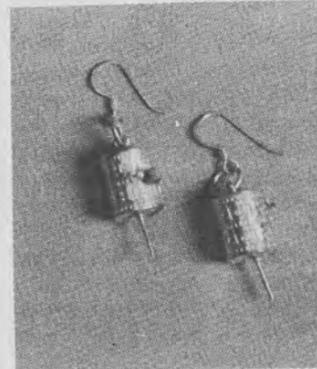


Phurba Earrings, #PUEA \$24
The phurbas are 1 1/2" long.



Curved Knife Earrings,

#CUKNEA \$24
The knives are 1 1/4" long.



Prayer Wheel Earrings,

#PRWHEA \$25
Silver with gold plating. Turn your head and pray!



Snow Lion Earrings, #SNLIEA \$12

Silver snow lions with semi-precious stone.

NEW!



ENDLESS KNOT EARRINGS & PENDANT

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion—the Buddha Nature in all. Dedicated to a free Tibet and to the Tibet Resettlement Project, Marta Macbeth has designed and produced beautiful sterling silver pendants and earrings featuring the endless knot symbol. A percentage of the sale of Endless Knot purchases go to the Tibetan Resettlement Project in Ithaca.

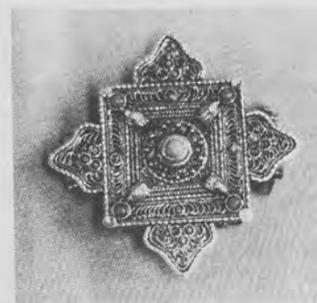
Endless Knot Earrings, all silver, 1 1/4" long, #ENKNEA \$36

Endless Knot Pendant, silver w/ beaded cord, 1 3/8" dia., #ENKNPE \$24



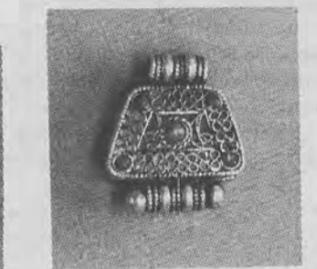
BUDDHA LOCKET, #BULO \$30

Silver locket that has a gold-plated Buddha. It is 1 1/4 high with ring for silver chain.



LARGE FILIGREE GAU,

#LAFIGA \$60
Exquisite detail with 32 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these from India because of their beauty. Measure 2 x 2."



SMALL FILIGREE GAU,

#SMFIGA \$24
Exquisite detail with 5 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these too! Measure 3/4 x 1".

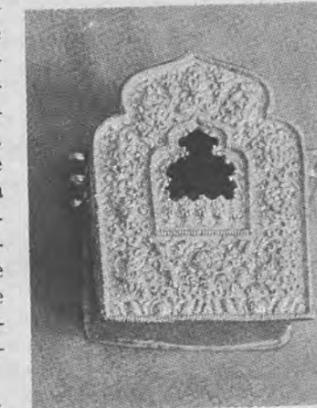
PRECIOUS STONE GAUS

#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.



OVAL GAU, #GA \$36

Oval locket with fine silver work and seven turquoise and/or coral stones.



LARGE GAU, #LAGA \$18

Made from copper with brass cover, this 4" gau will hold many precious objects.



TIBETAN MEDICINE BRACELETS

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 #WOTHME \$10

3-metal design with beaded edge #BEEDBR \$10

PENDANTS



Prayer Wheel #PRWHPE \$30

Lovely pendant with gold and silver plating. Has Om Mani Padme Hum mantra on it and it spins!

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. sm. \$12



Manjushri #SMMASI



Tara #SMTASI



Chenrezig #SMCHSI



Padmasambhava #LAPASI \$30



Kalachakra Pendant #KAPE \$20



Buddha #LABUSI \$30
Buddha #SIBUPE
sm. \$15
Buddha #SMBUSI
lg. \$30

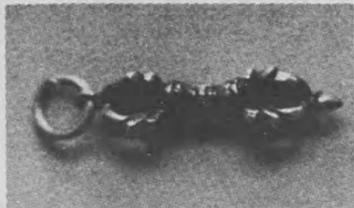


Vairocana #SIVIPE \$16

Other Silver Pendants:



Bell & Dorje #SIBEDO \$30



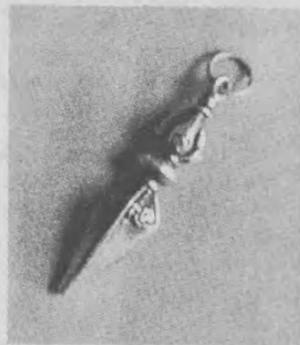
Dorje #SIDOPE \$18



Double Dorje #SIDODO \$30



Garuda #SIGAPE \$10



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



MALACHITE PENDANTS #MAPE \$24
Lovely silver pendant with blazing green oval malachite.



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



Is there something you'd like that you don't see here? Let us know—we can special order items for you.

WEARABLES & OTHER THINGS



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 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.



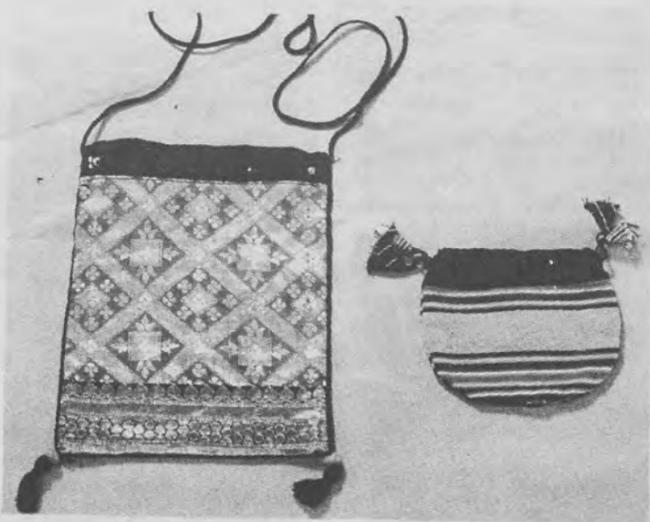
TIBETAN BAG, 5 X 7 X 1.5" #TIBA \$8
Maroon and black with brightly colored trim, this woolen bag has three pouches for holding valuables. Two pouches have wooden buttons.



TIBETAN SHOULDER BAGS, #TISHBA \$16 ea.
Handwoven 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 WALLET #TIWA \$8
Brightly-colored cloth wallet with four pockets (two zipper



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.

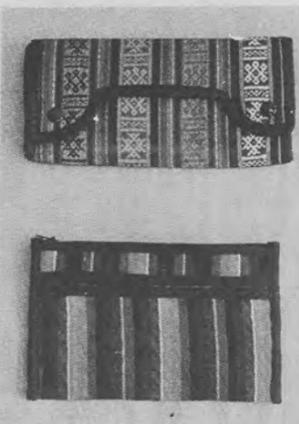
COTTON CHANGE POUCH #CHPO \$3
Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures 5" wide by



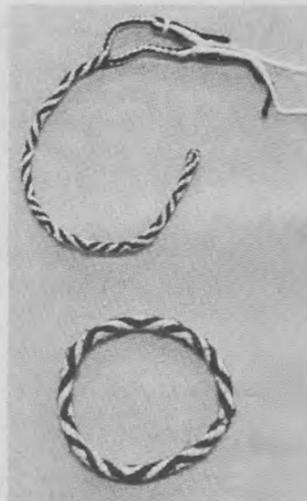
TIBETAN BELT POUCHES AND SHOULDER BAGS \$35 ea.
Made of leather with metal ornaments these pouches and bag are attractive as well as useful. There are three designs:
#LEPUHB Rectangular Pouch with belt, 4.5 x 8"
#LEPUHS Rectangular Pouch with shoulder strap, 4.5 x 8"
#LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"



PILLOW COVERS, 16 x 16" #PICO \$28
Beautiful brocaded slip-covers for pillows. The fancy multicolored designs will go with just about



TIBETAN MONEY POUCHES \$8
These pouches will easily hold money and credit cards. They can be folded like a wallet or left flat.
#CHSIPO Checkbook Sized Pouch
#DOZIPO Double Zipper Pouch



TIBETAN FREEDOM BANDS, #BLWHFR \$4
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. They are black & white and are worn like friendship bands.

pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.



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



MANI KEYCHAIN #KECH \$10
Brass with raised OM MANI PADME HUM letters and textured background with key ring attached.



TIBETAN WOOL SCARF #WOSC \$20
Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide



MANI MUG #MAMU \$10
This stoneware mug features the *Om Mani Padme Hum* mantra of Chenrezig. It was inspired by the mani stone carvings of this mantra that are common in Tibet. This mug is made in the USA!
Special price on Mani Mugs! Purchase three and receive the fourth one for \$5.



TIBETAN FLAG MUG #TIFLMU \$12
The Tibetan National Flag on a white mug. Printed in four colors. This mug is made in the USA!
Special price on Flag Mugs! Purchase five and receive one free.

BUMPER STICKERS, BUTTONS, & DECALS!



"COMMIT RANDOM ACTS OF KINDNESS" #CORAC \$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!



"FREE TIBET" Buttons 2 1/2" Diameter. \$1
White on red.

NEW!

DHARMA DECALS! \$1 each
Made in India by monks of the Nangyal Monastery, these colorful decals are well-made and a pleasure to see. They are circular and measure 4" in diameter.



-H.H. the Dalai Lama #HHDLDE
This sticker is two-sided for glass mounting, and shows the Dalai Lama superimposed on the Potala and Tibetan mountains.



-Auspicious Symbols #AUSYDE
Also two-sided, this is a very colorful rendering of the eight auspicious symbols.

DOOR MANTRA #HECEDO \$2.50
This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

METAL DOOR MANTRA: Om Mani Padme Hum, #MEDOMA \$10

This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".



OM MANI PADME HUM Rubber Stamp, #OMRUST \$10

This rubber stamp comes with a handle and produces an elegant Tibetan script of Chenrezig's mantra.



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.

OTHER DHARMA ITEMS AVAILABLE ON REQUEST
Call or write to us for information.

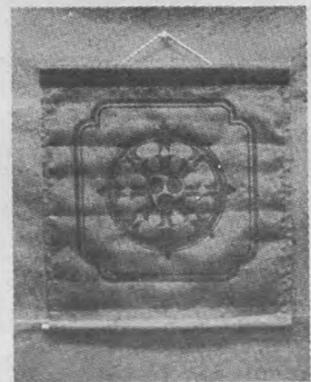
BANNERS

AUSPICIOUS SYMBOL BANNER, approx. 2'4" long and 4 1/2" wide, #AUBA \$16. The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.

NEW!



LARGE AUSPICIOUS SYMBOL BANNER, 5' long x 1' wide, #LAAUBA \$40
Embroidered auspicious symbols with brocade banner—long and beautiful!

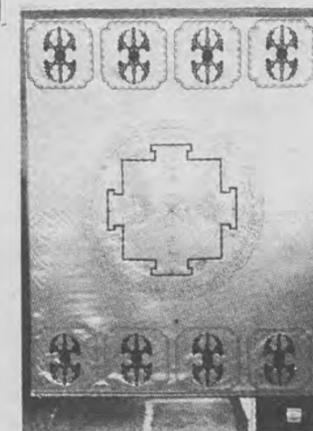


DHARMACHAKRA, 13 x 15" #DHBA \$28.00
The banner is yellow-gold with Tibetan red. Only the wheel appears.



DOUBLE DORJE, 42 x 72" #DODOBA \$150.00

The banner comes two ways: yellow-gold background with Tibetan red double dorje, or black background with gold double dorje. Please specify which you would like. This banner is large and adds an impressive touch to a shrine room.



FIVE BUDDHA FAMILIES, 42 x 68" #FIBUBA \$250.00

Beautiful yellow-gold background with Tibetan red printing. This banner is sacred and should not be open to the public view.



HUM 14 x 28" #HUBA \$50.00
The banner has a white background, blue Hum, red horizontal stripes and blue geometric design.

NEW!



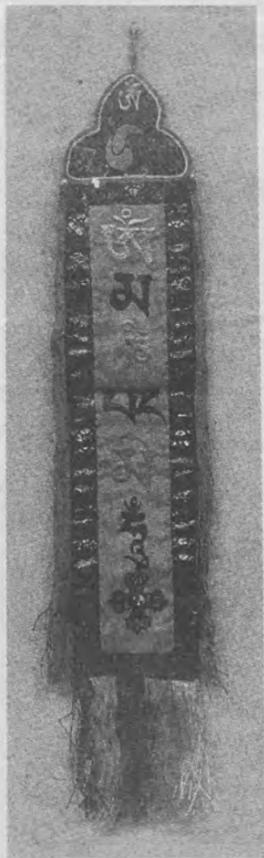
KALACHAKRA BANNER 13x24" #KABA 25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade.



KNOT OF INFINITY 13 x 15"
#KNBA \$28.00

The banner is yellow-gold with Tibetan red. Only the knot appears.



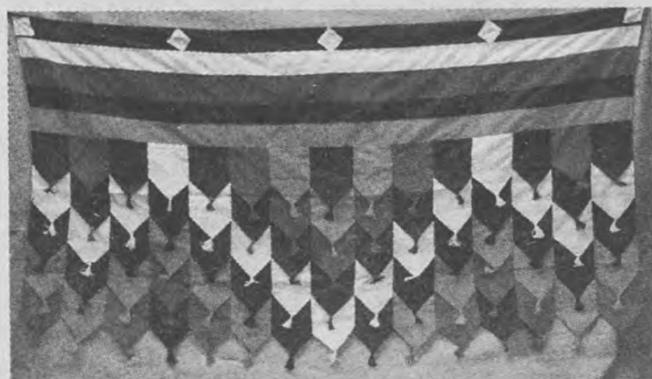
MANI BANNER 26 long x 4 1/2" wide, #MABANN \$16

Embroidered *Om Mani Padme Hum* mounted in brocade.

NEW!

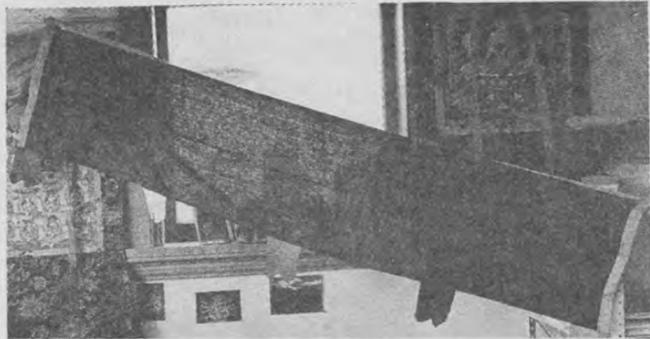
MANI HANGING 18" high x 40" wide #MAHA \$40

The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.



TASHI TARING BANNER 29 x 64" #TATAFL \$60

Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, long-life, and the fulfillment of various wholesome deeds or activities of spiritual masters. The five Buddhist colors represent the five families, wisdoms, bodies, and activities of Buddhas. A large version of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days!



DEITY BANNERS FROM INDIA!

These banners are approx. six feet long and eighteen inches wide with attachment for pole. The deity is printed with the appropriate mantras.

NEW!
MAHAKALA BANNER #MABAN \$16

NEW!
WINDHORSE BANNER #WIBA \$16

MILAREPA BANNER #MIBA \$16
PADMASAMBHAVA BANNER #PABA \$16

TARA BANNER #TABA \$16
CHENREZIG BANNER #CHBA \$16

PRAYER FLAGS

These are American-made quality-printed and -constructed flags with nylon cord.



Auspicious Wish Flag set #AUWIFL \$20

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high.



Windhorse Prayer Flag set #WIPRFL \$18

In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig and Kalachakra. Each flag measures 11" x 13".



Kalachakra Prayer Flag set #KAPRFL \$14

In addition to Kalachakra mantras it includes the magic square containing the mantra of orange Manjushri. Each of the five flags measures 8" wide x 6" high.

Please note that most prayer flags are designed to destruct over time. In this way, the earth as well as the wind receives the prayers.

PRAYER FLAGS—Support Tibetan Nuns, \$12 for set of five #SEPRFL This is a set of traditional prayer flags in the five colors with windhorse 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; with a string for easy hanging.

VAJRAYOGINI PRAYER FLAGS #VAPRFL \$12

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

CANOPY, #CA \$350

This is a beautiful canopy to hang over a shrine or lama's throne. It measures 4' square and has Tibetan brocade composing the top surface and a cotton skirt.

DOOR CURTAIN #DOCU \$95

Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.

KATAS

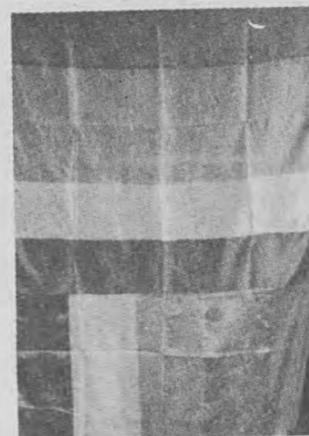
A standard offering scarf.

White #PLOFSC \$8

Long (6') white silk scarves with symbols embroidered into them #BROFSC \$18

BUDDHIST FLAG 35" x 51" #BUFL \$40

Finely-made from cotton by a Namgyal monk who specializes in textiles, this Buddhist flag is in the five traditional colors. Very suitable for display indoors.



BUDDHIST FLAG 29" x 38" #BUFLA \$25

Made from polyester in India, this flag is more resistant to weather than our cotton flag.



TIBETAN NATIONAL FLAG #TIFL2 \$30

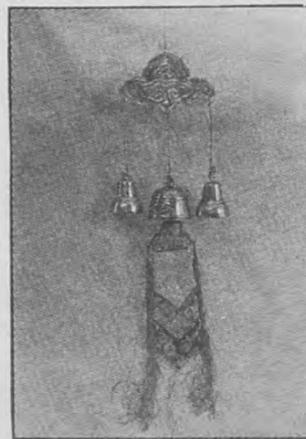
This is a printed flag on cotton-poly with grommets for hanging. It measures 3 x 4 1/2." It is printed on one side and bleeds through to the other side.

NEW!

TIBETAN NATIONAL FLAGS

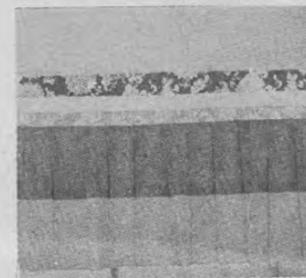
11 x 16" #SMTIFL \$8
4 ft. x 6 ft. #LATIFL \$50

These cotton flags are pieced and silk-screened. They can be hung with pins or on a dowel. We have only a few of the large ones, so please call with your order so current stock can be checked.



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.



WALL/WINDOW TRIM

Top is composed of horizontal pieces of Tibetan brocade in blue, yellow and red. The drape is blue and red cotton. Made by the Namgyal monk sewing specialist.
Wall Trim, 8' #WATR \$90
Window Trim, 3' #WITR \$45

TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades.

Highest Grade #BL \$8

Medium Grade #RE \$6

Common Grade Tibetan Incense #CHTIIN \$5.00

Bundles vary in length but the quantity of incense is the same.

"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 #EXGRTI \$10

This incense comes from another source and is a popular high grade product.

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. #BLAG \$7.95

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

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.

NEW!



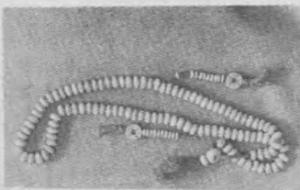
INCENSE HOLDERS

These are Tibetan incense holders in copper w/ white metal and brass ornamentation. Very fine and traditional looking.

Small, 10" long, #INHOS \$40
Large, 15 1/2," #INHOL \$50

MALAS

Bodhiseed #BOSEMA \$40



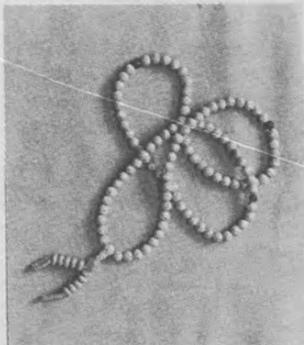
Bone Mala #BOMA \$22

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
Lotus Seed #LOSEMA \$52
Lotus Seed Mala, abacus seeds (slightly flattened) with semi-precious stone markers and lovely red woven cord on guru bead. #ABLOSE \$38

NEW!



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



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



Sandalwood Malas \$14

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

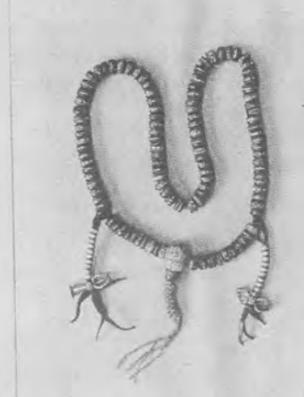
Red Sandalwood #RESAMA

Regular Sandalwood #RGSAMA



Wood #WOMA \$16

NEW!



Yak Bone Mala #YABQMA \$70

Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see.

NEW!

Semi-Precious Stone & Crystal Malas

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

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

Rock Crystal Mala #CRMA \$80

Rock Crystal Hand Mala #CRHAMA \$28

Red Crystal Mala #REMAMA \$30

The following malas are special order items and are hand-made according to your specifications. Please allow 4-6 weeks for delivery:

Amethyst #AMMA \$250

Amethyst Hand Mala #AMHAMA \$90

Aventurine (jade family) 6mm. #AVMA \$50

Aventurine Hand Mala 6mm. #AVHAMA \$28

Black Onyx #BLONMA \$80

Black Onyx Hand Mala #BLHAMA \$28

Hematite 6mm. #HEMA \$50

Lapis Lazuli #LALAMA \$250

Lapis Lazuli Hand Mala #LAHAMA \$80

Malachite 6mm. #MAMA \$120

Malachite Hand Mala #MAHAMA \$70

Mother of Pearl #MOPEMA \$50

Mother of Pearl Hand Mala #MOHAMA \$24

Rhodonite (pink with black) #RHMA \$120

Rose Quartz #ROQUMA \$60

Rose Quartz Hand Mala #ROHAMA \$28

Tiger Eye #TIEYMA \$100

MALA COUNTERS

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



Gold Counters #GOCO \$22
Gold plated bell & dorje.



Pewter Counters #PECO \$26
These look like silver, have red tassels, and the bell has a clapper.



Silver Counters #LASICO \$50

Counters on thick red cord with red and yellow tassels with bell & dorje.



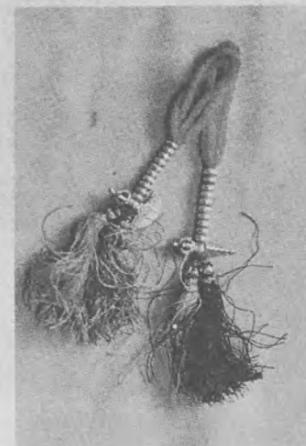
White Metal Counters #WHMECO \$x



MALA BAG #MABA \$8

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

NEW!



Silver Counters with Purba & Curved Knife #PUSICO \$40

MEDITATION CUSHIONS



Carolina Morning Designs produces high-quality cushions at competitive prices and ensures customer satisfaction. These hand-crafted 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

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.



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.

#MEBEN Standard Bench \$37

#MEBECO Collapsible Bench \$55

#MEBECU Attachable Cushion \$18



RITUAL ITEMS



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.

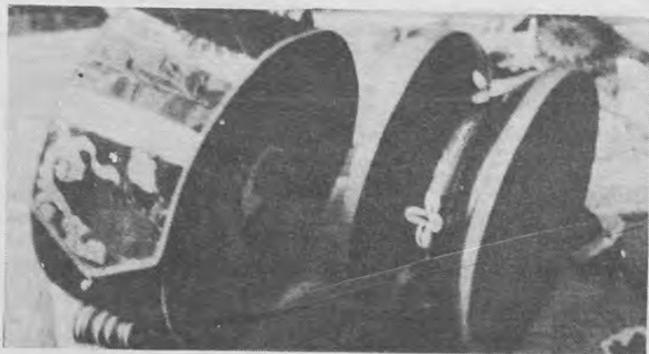


BELL & DORJE COVERS #BEDOCO \$20
These are elaborately brocaded covers that are perfect for the standard size bell and dorje.

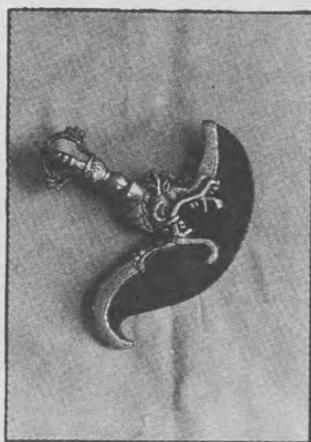


BHUMPA, #BH \$28
Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is used for blessed water.

BUTTER LAMP \$16
White metal, well-made, 3 1/2" high.
BUTTER LAMPS
4 1/4" high with auspicious symbols in silver-like metal.
Copper Butter Lamp, #COBULA \$19



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 adorn-



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



DAMARUS (wood), #DA \$30
This is the hand drum used in many tantric practices.



DAMARU BANNERS #DABA \$20
Beautiful brocade banners in 5 traditional colors. They attach to the Damaru to make a lovely tail.

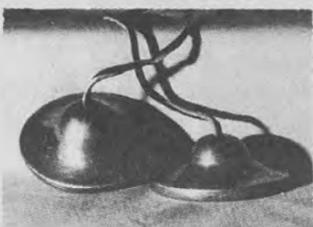


Silver-like Butter Lamp, #SIBULA \$19

DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 6" high and 6" in diameter.

White Metal Serkyem, #SEWH \$28
Brass Serkyem, #BRSE \$26



DINGSHA BELLS (cymbals) #DI \$30

The sound of these bells is psychically cleansing.



KAPALAS (skull cup)
It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.
Medium brass #MEBRKA \$30

H.H. KARMAPA Dream Flag Pin #KADRPI \$5



MANDALA PLATES #MAPLA
We have available mandala plates for mandala offerings. The sizes and type of metal varies considerably—copper, white metal, silver-like—so call us for prices and style.
Large (7" diameter) \$80
Small (5 1/2" diameter) \$70



MANJUSHRI SWORD, 16" #MASW \$40

This sword symbolizes the wisdom and clarity of the buddhas. It has a flaming tip and purba-dragon handle.



OFFERING BOWLS

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items.

Copper Offering Bowls (set of 7) Copper #COOFBO \$38

Silvery Offering Bowls #SIOFBO \$33 set of 7

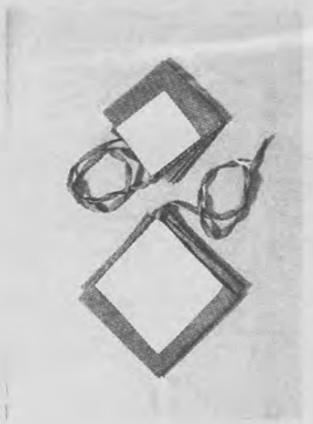
Ornately designed silvery offering bowls that measure 3" dia.

Fancy Offering Bowls
3 1/2" in diameter with silver-like auspicious symbols.

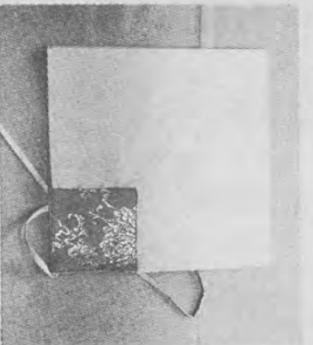
Fancy Copper Offering Bowls, #FACOOF \$40 (available Oct.)

Fancy Silvery Offering Bowls, #FASIOF \$35

PECHA COVERS
Used to cover sacred texts.



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



Fancy
Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.
21" sq. #FAPE \$17
30" sq. #FAPEL \$20



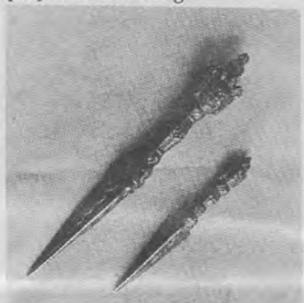
TIBETAN PICTURE FRAME #TIPIF \$15

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



PRAYER WHEEL #PRWH \$50

Authentic Tibetan prayer wheel. It is 12" long and contains the mani prayer of Chenrezig.



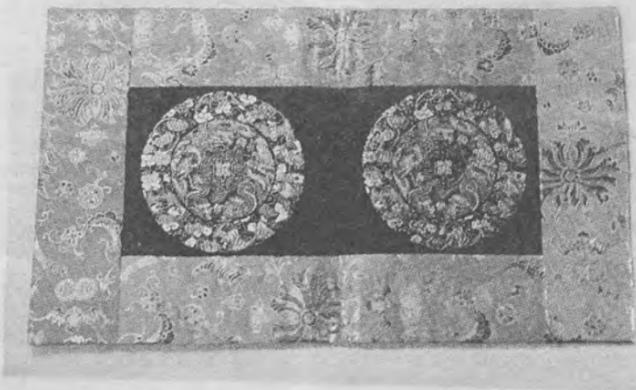
PURBAS
Tantric daggers made of iron used to expel negative forces.
9" #9PU \$30
5" #5PU \$12



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.



STUPA #STBR \$55
This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often seen at centers.



TILDEN, 11 x 19" #TIL \$25

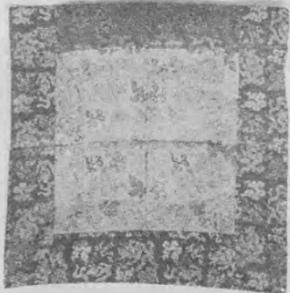
This is brocade cover for prayer tables to enhance the sacred space and provide a base for ritual objects like the bell and dorje or for sadhanas or other texts. It has a brocade red border with blue interior.

NEW!



TIBETAN BROCADE TILDEN, 11 x 18" #TIBRTI \$40

This tilden is also made by a Namgyal monk and contains Tibetan design brocade with auspicious symbols.



LARGE ALTAR CLOTH, 28 x 28" #ALCL \$40

A beautiful brocaded cloth with dragons that can be used on an altar, puja table or other appropriate place.

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

We have commissioned the manufacture of beautiful high-quality traditional style carpets. The designs selected are 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 carpets. A number of these are hard-to-find Tibetan Tiger Rugs.

The carpets vary in size and pile density and the price varies accordingly. Most are approximately 3 x 6', some are larger, up to 6 x 9'. Please contact us for photos of available carpets. Prices range from \$400 to \$99



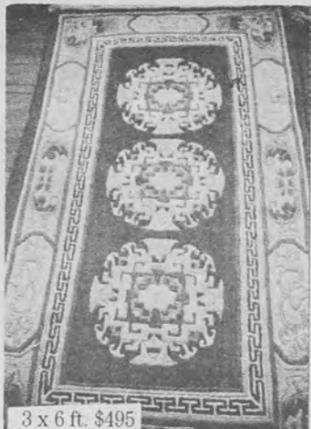
3 x 6 ft. \$495



3 x 6 ft. \$495



11 ft. runner \$700



3 x 6 ft. \$495

STATUES

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

- Amitayus \$325
- Buddha 8" \$325
- Chenrezig 8" \$325
- Chenrezig 12" \$495
- Green Tara 8" \$325
- Jigme Lingpa 8" \$370
- Karmapa 8" \$375
- Mahakala (2 arm) 7" \$325
- Maitreya 10" \$395
- Medicine Buddha 5.5" \$195
- Manjushri 6" \$285
- Milarepa 3 1/2" \$225
- Milarepa 3 1/2" \$200
- Mipham 7.5" \$360
- Padmasambhava 14" \$495
- Rahula 12" \$595
- Red Tara Statue (bronze) \$175
- Shakyamuni Buddha 4" \$85
- Tsongkhapa 6" \$395
- Vajradhara 8" \$325
- Vajrakilaya 6" \$495
- Vajrapani 12" \$495
- Vajrapani 6" \$120
- Vajrasattva 6" \$158
- Vajrasattva 6" \$165
- Vajrasattva 8" \$325
- White Tara *" \$325
- White Tara 12" \$495
- Yamaraja 6" \$160



Vajradhara 8" \$325



Vajrasattva 8" \$325



Amitayus \$325



Padmasambhava 8" \$325



Green Tara 8" \$325



Manjushri 6" \$285



Chenrezig 8" \$325



Yamaraja 6" \$160



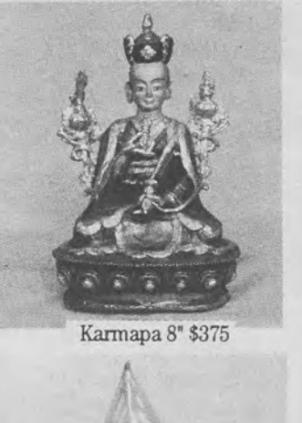
Mipham 7.5" \$360



Machig Labdron 11" \$250



Buddha 13" \$450



Karmapa 8" \$375



Buddha 8" \$325



Shakyamuni Buddha 4" \$85



Tsongkhapa 6" \$395

THANGKAS

These thangkas 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
- Buddha & 108 Buddhas \$425
- 4-arm Chenrezig \$325
- 4-arm Chenrezig \$650
- 4-arm Chenrezig & Manjushri & Vajrapani \$320
- 1000-Arm Chenrezig \$360
- Dorje Legpa \$325
- H.H. Dudjom Rinpoche lineage \$350
- Ekajati \$320
- Garab Dorje \$325
- Green Tara \$320
- Green Tara & 21 Taras \$360
- Guru Drago \$295
- Guhyasamaja \$360
- Je Tsongkhapa \$325
- Kagy Lineage Tree \$700
- King of Shambhala \$320
- Kinkara Skeleton Couple \$350
- Lion-Faced Dakini \$290
- Lion-Faced Dakini w/deities \$360
- 6-arm Mahakala (3 headed) \$325
- 6-arm Mahakala \$325
- 6-arm White Mahakala \$325
- 4-arm Mahakala \$325
- 2-arm Mahakala \$400
- Machig Labdron \$350
- Manjushri \$325
- Marpa \$295
- Medicine Buddha \$320
- Nagarjuna #325
- Nyingma Protectors \$330
- Large Nyingma Protectors \$590
- Padmasambhava \$320
- Padmasambhava (standing) \$400
- Rainbow Body Padmasambhava \$400
- Red Tara \$325
- H.H.Sakya Trizen \$325
- Samantabhadra \$325
- H.H. 16th Karmapa \$350
- Ushnishasitapatra \$325
- Vajradhara \$400
- Vajrakilaya \$495
- Vajrapani \$325
- Vajrasattva w/Nyingma lineage \$390
- Vajrayogini \$325
- Vajrayogini w/4 Dakinis \$320
- Wheel of Life \$350
- White Tara \$350
- Yamantaka (w/consort) \$360
- Yamantaka \$330
- Yamantaka (large) \$565

THANGKA PRINTS

We have smaller thangkas 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: Gelukpa Guru Tree #GTLATH; Milarepa #MILATH; Kalachakra KALATH; Buddha #BULATH.

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

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



Vajrasattva w/consort \$325



Vajrakilaya \$495



Je Tsongkhapa \$325



Rainbow Body Padmasambhava \$400



Vajrayogini \$325



1000-Arm Chenrezig \$360



Dorje Senge \$325



Vajrayogini \$325



Guhyasamaja \$360



Lion-Faced Dakini \$290



Marpa \$295



Large Nyingma Protectors \$590



Vajrasattva w/Nyingma lineage \$390



Kinkara Skeleton Couple \$350



Garab Dorje \$325

ART & PHOTOGRAPHY



CEREMONIES OF THE LHASA YEAR, by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELYEAR \$34

This is a pictorial eyewitness account of the major state rituals and festivals enacted in Lhasa under the auspices of the Dalai Lama's government before the Chinese takeover. Hugh Richardson provides his own first-hand account of the calendar of spectacular rituals which served to demonstrate and legitimize the power of the old Tibetan state. Richardson was head of the last British and first Indian missions to Tibet and was present in Tibet for nine years.

Starting with the month-long ceremonies of the New Year, the reader is taken through both secular and Buddhist rites which punctuated the Tibetan year—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting that occupied the entire populace of Lhasa.



THE GREAT STUPA OF GYANTSE: A Complete Tibetan Pantheon of the Fifteenth Century, Franco Ricca & Erberto Lo Bue. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$95

The great stupa of Gyantse, about 100 miles southwest of Lhasa, may well be the chief wonder of the Tibetan Buddhist world in that it records iconographically within its 75 chapels and temples nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. Built by the princes of Gyantse, it is the most important surviving Tibetan monument to predate the establishment of the Dalai Lamas' theocracy in Lhasa and the construction of the Potala Palace. The wall paintings have withstood the passage of countless penitents and the weathering of half a millenium and are still spectacular to view.

The text explains the physical and conceptual structure of the stupa, the iconography and style of the paintings and statues, and provides a thorough survey of the 75 chapels and temples. This book is very well organized, beautifully illustrated and constructed.

NEW!

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice, by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95

"A clear and straightforward guide to the inner world of this sacred art."—*NAPRA Trade Journal*

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 Buddhist 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.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

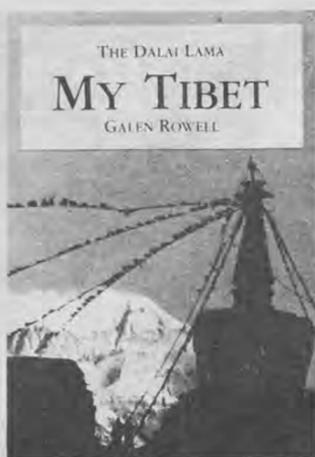
"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College



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

A 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 \$40

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Rowell 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.



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.

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, tulkus, 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: 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 instructive.

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. #MATICSS \$20

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

BACK IN PRINT!



TIBETAN THANGKA PAINTING: Methods & Materials, by David P. & Janice A. Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, large format, \$29.95

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

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

Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure.

It includes a description of the pigments, and how they are mixed and applied. The theories under-

lying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figure proportions. A wealth of drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

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

THE WHEEL OF TIME SAND MANDALA, by Barry Bryant with the Monks of Namgyal Monastery. 272 pp., over 150 photos, #WHTISA \$40

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. Barry Bryant traces the history and lineage of the Kalachakra sand mandala. He also takes the reader through the mandala's symbolic representation of the path to enlightenment. The magnificent sand mandala offers a glimpse of the wisdom and compassion of Kalachakra, which the Dalai Lama calls a "vehicle for world peace."

WHITE LOTUS: An Introduction to Tibetan Culture, ed. by Carole Elchert. 240 pp., 38 color and 70 black & white illus. #WHLO \$19.95 (see Religion section)

BEST SELLING!



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 \$75 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 significance, purpose, iconography, and aesthetics of the thangka paintings, sculptures, and mandalas pictured. The art spans 1,000 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 1994.

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 2,500 years.

COMPLETE DHARMA ITEMS LIST

Bold items are produced by Snow Lion.

AUDIO TAPES

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:

- Being Spacious 19.95
- Living Up to Death 10.00
- Living Well, Dying Well 10.95
- Right View: Living Your Dying 9.95
- Spiritual Path of Devotion 19.95
- Taming the Mind 9.95
- Tibetan Wisdom for Living & Dying (6) 58.00
- Turning Suffering Into Enlightenment 9.95
- Untangling our Emotions 9.95

Tapes by other Teachers:

- Approaching the Tantras (3 tapes) 21.00
- Art of Mindful Living (2) 18.95
- Awakening to Wisdom 9.95
- Buddha Dharma in the West (4) 30.00
- 1993 Buddhism & Psychotherapy (6 tapes) 35.00
- Chogyam Trungpa Live 11.00
- Cultural Heritage of Tibet 12.00
- Death & Dying (4 tapes) 28.00
- Dharma Wisdom 9.95
- Dzogchen (3 tapes) 30.00
- Inseparability of Samsara & Nirvana (3 tapes) 30.00
- Life of Tibetan and Christian Nuns 10.00
- Lucid Dreaming 11.00
- Mahamudra (3 tapes) 30.00
- Nature of Mind (3 tapes) 30.00
- Present Moment 58.00
- Psychology Seminar (7 tapes) 49.00
- Tibetan Book of the Dead 12.00
- Touching the Earth 10.95
- Union of Bliss and Emptiness (3 tapes) 30.00

DHARMA SEED TAPE LIBRARY

Joseph Goldstein:

- Desire 10.00
- Fear 10.00
- Love 18.00
- Practice in the World 10.00
- Vipassana Jhanas 10.00

Jack Kornfield:

- Inner Art of Meditation 48.00
- Introduction to Meditation (8 tapes) 80.00
- Ten Perfections Series (10 tapes) 100.00

Christina Feldman:

- Images of Perfection 10.00
- Models 10.00

Other Teachers:

- Energy Meditation; Metta Meditation 12.00
- Letting Go of Attachment 10.00
- Samadhi: Guardian of the Heart 18.00

BOOKS ON TAPE

- Open Heart, Clear Mind (3 tapes) 21.00
- Shambhala: Sacred Path 16.00
- Tibetan Book of Living & Dying (4) 27.95
- Tibetan Book of the Dead (2) 15.95

MUSIC & CHANTS

- Cho-Ga 9.95
- Chenrezik 12.00
- Chenrezik CD 18.00

- Four Winds 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 Himalayan Bells II 10.00
- Queen of Great Bliss 10.00
- Rhythm of Peace 10.00
- 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 Music, Sacred Dance for Planetary Healing 12.00
- Sacred Tibetan Chants from the Great Prayer Festival CD 18.00
- Sacred Tibetan Chants from the Great Prayer Festival 12.00
- Shitro 10.00
- Songs of Liberation 10.00
- Songs of Milarepa 10.00
- Sounds of Inner Peace 10.00
- Sounds of Peace 10.00
- Tantras of Gyuto: Sangwa Dupa LP 9.95
- Tantric Harmonics 10.00
- Tibetan Sacred Temple Music 10.00
- Tibet Is Near 10.00
- Turtle Island Flute 10.00
- Twenty-One Praises of Tara —accompanying booklet 3.00
- Two Mantras 6.00

VIDEOS

- Arising from the Flames 29.95
- Compassion in Exile 40.00
- Dakini Wisdom 35.00
- 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
- Mahamudra 33.00
- Mandala: World of the Mystic Circle 29.95
- Meditation 24.95
- Message of the Tibetans —Buddhism 29.95
- Tantrism 29.95
- Nicholas Roerich: Messenger of Beauty 24.95
- Overcoming Differences 29.95
- Reincarnation of Khensur Rinpoche 29.95
- Sand Painting: Sacred Art XVII Karmapa Return to Tsurphu 39.95
- Tibetan Book of the Dead 29.95
- Tantra of Gyuto 29.95
- Tibetan Medicine 29.95
- Tibet: A Prayer for Future 24.95
- Tibet: The Living Tradition 39.95

OTHER DHARMA ITEMS

- Altar Cloth (large) 40.00
- Banners —Auspicious Symbols 16.00
- Lg. Auspicious Symbols 40.00
- Dharmachakra 28.00
- Double Dorje 150.00
- Five Buddha Families 250.00
- Hung 50.00
- Kalachakra 25.00
- Mani Hanging 40.00
- Mani Mantra 16.00
- Kalachakra 25.00
- Knot of Infinity 28.00
- Bell & Dorje (regular grade) 60.00
- Bell & Dorje (supreme grade) 200.00
- Bell & Dorje Cover 20.00
- Bhumpa 28.00
- Bracelets —Om Mani Padme Hum 46.00
- Dorje & Snow Lion 46.00
- Om Mani Padme Hum-Tibetan 35.00

- 3-metal woven 10.00
- 3-metal beaded edge 10.00
- Yak Bone 20.00
- Yak Bone Necklace 20.00
- Brocade Bag 6.00
- Buddha Locket 30.00
- Buddhist Flag (cotton) 40.00
- Buddhist Flag (poly) 25.00

Bumper Stickers

- "Commit Random Acts of Kindness" 1.50
- "Free Tibet" Bumper Sticker 1.50
- "I (Heart) Tibet" 1.50
- Butter Lamp (white metal) 16.00
- Butter Lamp (white metal) 19.00
- Butter Lamp (copper) 19.00
- Canopy 350.00
- Chod Drum 170.00
- Cotton Change Pouch 3.00
- Curved Knife 40.00
- Damaru (wood) 30.00
- Damaru Banners 20.00

Dharma Decals

- H.H. the Dalai Lama 1.00
- Auspicious Symbols 1.00
- Tashi Delek 1.00
- Dingsha Bells 30.00
- Door Curtain 95.00
- Door Mantra 2.50
- Door Mantra (metal) 10.00

Earrings:

- Auspicious Fish 24.00
- Curved Knives 24.00
- Dorjes 24.00
- Endless Knot 36.00
- Eternal Knot w/ Amethyst \$24
- Prayer Wheel 25.00
- Purbhas 24.00
- Garudas 28.00
- Snow Lions 12.00
- Traditional Turquoise 36.00
- Traditional Lapis 36.00
- "Free Tibet" Button (red on white) 1.00

Gaus

- lg. filigree 60.00
- sm. filigree 24.00
- precious 52.00
- oval 36.00
- large 18.00

Incense:

- Aromatic Tibetan Traditional Incense 6.00
- Pure Sandalwood Incense —8" 5.00
- Extra-Grade Tibetan Incense 10.00
- 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

Incense Holders

- small 40.00
- large 50.00
- Kapala (medium brass skull cap) 30.00
- Kata-plain 8.00
- Kata-embroidered 18.00
- Karmapa Dream Flag Pin 5.00
- Mala Bag 8.00

Malas

- Bodhiseed 40.00
- Bone 22.00
- Lotus Seed 52.00
- Lotus Seed (abacus) 38.00
- Lotus Seed (with stones) 30.00
- Lotus Seed-pocket size 15.00
- Sandlewood, red & regular 14.00
- White Bone 20.00
- Wood 16.00
- Yak Bone 70.00

- Semi-Precious Stone Malas —Amethyst 250
- Amethyst Hand Mala 90
- Aventurine (jade family) 6mm. 50
- Aventurine Hand Mala 6mm. 28
- Black Onyx 80
- Black Onyx Hand Mala 28
- Cobalt Blue Glass Mala 30
- Cobalt Blue Glass Pocket Mala 15
- Crystal Mala 80
- Crystal Hand Mala 28
- Hematite 6mm. 50
- Lapis Lazuli 250
- Lapis Lazuli Hand Mala 80
- Malachite 6mm. 120
- Malachite Hand Mala 70
- Mother of Pearl 50
- Mother of Pearl Hand Mala 24
- Rhodonite 120
- Red Crystal Mala 30
- Rose Quartz 60
- Rose Quartz Hand Mala 28
- Tiger Eye 100

Mala Counters

- gold 22.00
- pewter counters 26.00
- silver w/bell & dorje 50.00
- silver w/purba & knife 40.00
- white metal 14.00

Mandala Plates

- large 80.00
- small 70.00

Mani Key Chain

- Mani Mug 10.00
- Manjushri Sword 40.00
- Map of Tibet 12.95

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
- silvery 33.00
- fancy copper 40.00
- fancy silvery 35.00
- Om Mani Padme Hum Rubber Stamp 10.00
- On This Spot (map) 5.95

Pecha Covers

- standard 15.00
- fancy (sm.) 17.00
- fancy (lg.) 20.00

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
- Curved Knife 20.00
- Dorje 18.00
- Double Dorje 30.00
- Endless Knot 24.00
- Garuda 10.00
- Malachite 24.00
- Manjushri 12.00
- Padmasambhava (large) 30.00
- Prayer Wheel 30.00
- Purba 14.00
- Tara 12.00
- Virocana 16.00

Photo of Dalai Lama 8 x 10"

- Dalai Lama 15.00
- Dalai Lama Pocket Puja 2.50
- Wallet-size photo of Dalai Lama 1.00

Prayer Flags & Deity Banners

- Auspicious Wish Flags 20.00
- Chenrezig Prayer Flags 12.00
- Chenrezig 6' Banner 16.00
- Kalachakra Prayer Flags 14.00
- Mahakala Banner 16.00
- Milarepa 12.00
- Milarepa Banner 16.00

- Padmasambhava Prayer Flags 12.00
- Padmasambhava Banner 16.00
- Prayer Flag Set (nuns) 12.00
- 21 Tara Prayer Flags 12.00
- Tara 6' Banner 16.00
- Windhorse Banner 16.00
- Windhorse Prayer Flags 18.00

- Ring—Om Mani Padme Hum (silver) 17.00

- Purbas —5" 12.00
- 9" 30.00

Sacred Art of Tibet Note-card Set

- 12.00
- Serkyem (white metal) 28.00
- Serkyem (brass) 26.00
- Silk Scarf—tiger 50.00
- Singing Bowls 250.00
- Stupa 55.00
- Tashi Taring Banner 60.00
- Tibetan Backpack 35.00
- Tibetan Bag 8.00

Tibetan Belt Pouches & Shoulder Bags

- 35.00
- Tibetan Flag Mug 12.00
- Tibetan National Flag 30.00

Tibetan National Flag (small)

- 8.00
- Tibetan Fonts for the Mac 59.95
- Tibetan Freedom Bands 4.00
- Tibetan Shoulder Bags 16.00
- Tibetan Stamps 5.00
- Tibetan Picture Frame 15.00
- Tibetan Wallet 8.00
- Tibetan Windchimes 50.00
- Tibetan Wool Scarf 20.00
- T-shirts—Kalachakra 14.00
- Tilden 25.00
- Tibetan Tilden 40.00

Tsa-tsas:

- Buddha (Sand) 13.50
- Buddha (Mahogany) 13.50

- Wall Trim 90.00
- Window Trim 45.00

- Thangkas-assorted \$Call
- Tibetan carpets-assorted \$Call
- Rupas-assorted \$Call

SNOW LION

TIBET CARDS \$.75 ea.

- Statue
- Thukse Monastery
- Tibetan Rug Weaver
- Mountain Sunset
- Monastery Courtyard
- Landscape Sunset
- 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 Rooftop
- Tashilunpo Monastery
- Rebuilding of Garden
- 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
Horseman
Nomadic Tent
Ceremonial Tent
Monks Debating
Potala Stairs
View from Jokhang Roof
Chorten Detail
Golden Buddha

IMAGES OF LOST TIBET \$.75 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 \$.75 ea.
Nomad Yogi
Yogi of Milarepa Tradition
Woman with Prayer Beads
Young Tibetan Girl
Yeshi Dorje, Weather Controller

SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!

TUSHITA POSTCARDS .75 ea
Dalai Lama, Ling Rinpoche, Trijang Rinpoche
Dalai Lama: reading the news
Dalai Lama: blessing the land
Dalai Lama & H.H. XVI Karmapa
Tanks in Lhasa
Dalai Lama on Yak
H.H. Sakya Trizin

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 painted by R. Beer, \$.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-Bodhi Gaya
Rock Paintings-Lhasa
Padmasambhava-in Jokhang
Maitreya-in Potala
Potala Palace

THARPA FINE ART DEITY CARDS \$.90 ea.
Shakyamuni Buddha
Avalokiteshvara
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 Avalokiteshvara
White Manjushri
Ushnisha Vijaya
Kalarupa
Kinkara Skeleton Couple
Ma hakala (4-arm)
Heruka Chakrasamvara (12-arm)
Five Buddha Families

IMAGES OF WISDOM \$8.95, set of 10 cards.
Shakyamuni Buddha, Atisha, Nagarjuna, Asanga, Gesh Langri Tangpa, Je Tsongkhapa, Shantideva, Chandrakirti, Geshe Chekhawa, Lama Losang Tubwang Dorjechang.

THARPA GREETING CARDS \$9.50, set of 5 cards.
Offering Goddess, Lotus, Wishful-filling Tree, Dragon & Tiger, Eight Auspicious Symbols.

TRANSFORMATIVE ART NOTECARD SET \$24 box of 12

GARUDA POSTCARDS \$1 ea.
Gelugpa Guru Tree
Amitabha in Dewachen
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
Vajrayogini
Manjushri
1st Karmapa

H.H. DILGO KHYENTSE RINPOCHE \$2

KALACHAKRA SAND MANDALA POSTCARD \$.75

THE TIBETAN PAINTINGS OF NICOLAS ROERICH, \$9.95 for 12 postcards.

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

POSTERS
Dalai Lama: Visualize World Peace 12.95
Dalai Lama in Zanskar 12.95
Illus. Map of Tibet 14.00
Jowo Shakyamuni Buddha 9.00
Kalachakra Deity (small) 6.00
Kalachakra Sand Mandala 16.00
Lightening Over the Potala 5.95
Mandala Prints 15.00
Medicine Buddha 6.00
Potala Palace 9.00
Vajradhara 15.00
Wheel of Life 12.00

THARPA FINE ART PRINTS \$19.95 each
Amitabha
Buddha Shakyamuni
Je Tsongkhapa
Manjushri
Medicine Buddha
Vajradhara
Vajrayogini

ROBERT BEER SILK SCREEN PRINTS
Green Tara \$8
Green Tara (large) 14
Guyhasamaja 8
Kalachakra 14
Milarepa 5
Nagarjuna 8
Padmasambhava 8
Shakyamuni Buddha 8
Six-Armed Mahakala 8
Vajrakila 8
Vajrapani 8
White Tara 8
Yeshe Tsogyal 5

CALENDARS
Tibet (Rowell) 10.95
Tibet Calendar 12.95
Tibetan Art Calendar 26.95
Wheel of Time Sand Mandala 12.95

SADHANAS FROM THARPA PUBLICATIONS
Bodhisattva's Confession #BOCO \$5
Chenrezig Sadhana #CHSA \$5
Dakini Yoga #DAYO \$7
Essence of Good Fortune #ESGOFO \$6
Essence of Vajrayana #ESVA \$8
Great Compassionate Mother #GRCOMO \$4
Great Liberation #GRLI \$3
The Great Mother #GRMO \$6
Hundreds of Deities #HUDE \$6
Liberation from Sorrow #LISO \$3
Medicine Guru Sadhana #MEGUSA \$6
Meditation & Recitation of Solitary Vajrasattva #MERE \$2
Offering to the Spiritual Guide #OFSPGU \$5
Prayers for Meditation #PRME \$2
Pure Life #PULI \$2
The Quick Path #QUPA \$6
Quick Path to Great Bliss #QUPAGR \$9
The Yoga of Buddha Amitayus #YOBUAM 7\$

BOOKS LISTED BY AUTHOR

The following is a list of authors who have published two or more books that we carry. This classification is to help you locate other titles by the same author or editor. Titles are usually listed under contemporary editors and authors when the root text is by historical teachers. Books with multiple authors are listed under the prime author in most cases. If you have questions or problems with this list, please let us know. **Bold Items are published by Snow Lion.**

Bokar Rinpoche
Chenrezig, Lord of Love 9.95
Death and the Art of Dying 14.95
Meditation: Advice to Beginners 14.95

Chagdud Tulku Rinpoche
Gates to Buddhist Practice 14.95
Life in Relation to Death 6.50
Lord of the Dance 16.95
Red Tara Commentary 7.00

Jose Cabezon
Buddhism and Language 19.95
Buddhism, Sexuality & Gender 19.95
Dose of Emptiness 29.95

Pema Chodron
Start Where You Are 12.00
Wisdom of No Escape 10.00

Thubten Chodron
Open Heart, Clear Mind 12.95
Taming the Monkey Mind 12.95
What Color Is Your Mind? 12.95

Dan Cozort
Highest Yoga Tantra 14.95
Imagination and Enlightenment 5.00

H.H. the Dalai Lama
Bodhgaya Interviews 8.95
Buddhism of Tibet 12.95
Cultivating a Daily Meditation 7.95

Dalai Lama at Harvard 14.95
Deity Yoga 18.95
Essence of Refined Gold 12.95
Flash of Lightning in the Dark of Night 10.00
Four Essential Buddhist Commentaries 9.95
Freedom in Exile 12.00
Generous Wisdom 8.95
Gentle Bridges 15.00
Kalachakra: Rite of Initiation cloth 29.95

Kindness, Clarity, and Insight 12.95
Meaning of Life 12.50
Mind Science 12.50
My Land and My People 8.95
My Tibet (Rowell) 40.00
Opening the Eye of New Awareness 12.95
Path to Bliss 14.95
Path to Enlightenment 14.95
Policy of Kindness 10.95
Tantra in Tibet (et al.) 14.95
Transcendent Wisdom 12.95

Union of Bliss and Emptiness 12.95
Way to Freedom 16.00
World of Tibetan Buddhism 14.00
Worlds in Harmony 12.50

Alexandra David-Neel
Initiations and Initiates in Tibet 5.95
Magic and Mystery in Tibet 7.95
My Journey to Lhasa 14.00

Geshe Dhargyey
Kalachakra Tantra 12.00
Tibetan Tradition of Mental Development 10.95
Vajrayogini Sadhana & Commentary 9.95
Wheel of Sharp Weapons 6.95

H.H. Dilgo Khyentse Rinpoche
Dilgo Khyentse Rinpoche (biog) 8.00
Enlightened Courage 12.95
Heart Treasure of the Enlightened Ones 15.00
Khyentse Ozer 16.00
Wish-Fulfilling Jewel 10.00

H.H. Dudjom Rinpoche
Four-Themed Precious Garland 7.95
Lamp of Liberation 15.00
Nyingma School of Tibetan Buddhism 240.00
Preliminary Practice of the New Treasure of Dudjom 20.00

Keith Dowman
Flight of the Garuda 14.00
Masters of Enchantment 19.95
Masters of Mahamudra 18.95
Sky Dancer 12.95

Peter Gold
Altar of the Earth 14.95
Navajo & Tibetan Sacred Wisdom 24.95
Tibetan Pilgrimage 14.95

Joseph Goldstein
Experience of Insight 14.00
Insight Meditation cloth 18.00
Seeking the Heart of Wisdom 13.00

Melvyn Goldstein
English-Tibetan Dictionary 60.00
History of Modern Tibet 25.00

Nomads of Western Tibet 20.00

Lama Govinda
Foundations of Tibetan Buddhism 12.95
Psycho-Cosmic Symbolism of the Buddhist Stupa 10.95

Herbert Guenther
Creative Vision 15.00
Ecstatic Spontaneity 45.00
Jewel Ornament of Liberation 20.00
Kindly Bent to Ease Us I 14.95
Kindly Bent to Ease Us II 12.95
Kindly Bent to Ease Us III 12.95
Meditation Differently 14.00
Wholeness Lost & Wholeness Regained 12.95

Khenpo Konchog Gyaltsen
Garland of Mahamudra Practices 9.95
Great Kagyu Masters 12.95
In Search of Stainless Ambrosia 12.95
Prayer Flags 6.95

Geshe Kelsang Gyatso
Bodhisattva Vow 13.95
Clear Light of Bliss 19.95
Great Treasury of Merit 25.95
Guide to Dakini Land 29.95
Heart of Wisdom 17.95
Introduction to Buddhism 9.95
Joyful Path of Good Fortune 22.95
Meaningful to Behold 25.95
Meditation Handbook 9.95
Ocean of Nectar 33.95
Tantric Grounds and Paths 19.95
Understanding the Mind 21.95
Universal Compassion 16.95

Lobsang Gyatso
Four Noble Truths 9.95
Harmony of Emptiness and Dependent-Arising 10.95

Thich Nhat Hanh
Being Peace 10.00
Blooming of a Lotus cloth 12.00
For a Future to be Possible 16.00
Guide to Walking Meditation 8.95
Miracle of Mindfulness 9.00
Old Path, White Clouds 25.00
Peace is Every Step 9.95
Present Moment, Wonderful Moment 7.00
Thundering Silence 7.00
Touching Peace 9.50
Transformation and Healing 10.00

Heinrich Harrer
Lost Lhasa: Heinrich Harrer's Tibet 39.95
Seven Years in Tibet 9.95

Lex Hixon
Great Swan 16.00
Mother of the Buddhas 16.00

Jeffrey Hopkins
Deity Yoga 18.95
Death, Intermediate State and Rebirth 7.95
Emptiness Yoga cloth 35.00
Fluent Tibetan (et al.) 250.00
Tantra in Tibet (et al.) 14.95
Tantric Distinction 10.00
Tantric Practice in Nyingma (K. Sangpo) 14.95
Tibetan Arts of Love 14.95
Walking Through Walls paper 19.95
Walking Through Walls cloth 35.00

Kalu Rinpoche
Chariot for Traveling the Path to Freedom (biog.) 18.75
Dharma that Illuminates All 16.95
Foundation of Buddhist Meditation 4.95
Four Essential Buddhist Texts 7.95
Homage to Khyab Je Kalu Rinpoche 24.95
Writings of Kalu Rinpoche 8.95

Anne Klein
Knowing, Naming and Negation paper 19.95

Knowing, Naming and Negation cloth	35.00	Geshe Rabten	Advice from a Spiritual Friend	8.95	Geshe Wangyal	Door of Liberation	15.00	Dalai Lama at Harvard	14.95	Guide to Dakini Land	29.95
Knowledge and Liberation paper	18.95		Echoes of Voidness	8.95		Jewelled Staircase	10.95	Dancing Colors	18.95	Guide to Walking Meditation	8.95
Knowledge and Liberation cloth	27.50		Essential Nectar	14.00	Lama Yeshe			Death and the Art of Dying	14.95	Guru Puja	4.95
Meeting the Great Bliss Queen	25.00		Mind and its Functions	22.00		Introduction to Tantra	12.95	Death, Intermediate State and Rebirth	7.95	Handbook of Tibetan Culture	18.00
Path to the Middle	19.95	Tsele Natsok Rangdrol				Tantric Path of Purification	15.00	Debate in Tibetan Buddhism paper	38.95	Harmony of Emptiness and Dependent-Arising	10.95
Jamgon Kontrul (the Great)			Empowerment	14.00		Wisdom Energy (L. Zopa)	10.00	Debate in Tibetan Buddhism cloth	45.00	Healing Image: Great Black One	14.95
Garden of All Joy	15.95		Mirror of Mindfulness	14.00	Lama Zopa	Wisdom Energy 2 (et al.)	4.95	Deity Yoga	18.95	Healing Love Through the Tao	14.95
Great Path of Awakening	12.00	John Reynolds						Delhi-Jaipur-Agra	19.95	Healing Sounds	14.95
Jamgon Kontrul's Retreat Manual	15.95		Golden Letters	14.95		Direct and Unmistaken Method	3.95	Dependant Arising and Emptiness	37.50	Health Through Balance	14.95
Myriad Worlds	19.95		Self-Liberation Through Seeing	14.95				Determination	12.00	Heart Drops of Dharmakaya	15.95
The Torch of Certainty	12.00	W.W. Rowe						Dharma Family Treasures	14.95	Heart of the Buddha	14.00
Jonathan Landaw			Amy and Gully in Rainbowland	5.95	COMPLETE TITLE LIST			Dharma that Illuminates All	16.95	Heart of Healing	24.95
Images of Enlightenment (& Weber)	24.95		Buddha's Question	9.95		Bold items are published by Snow Lion.		Diamond Sutra and Sutra of Hui Neng	14.00	Heart of Wisdom	17.95
Prince Siddhartha	15.95		Viu's Night Book	7.95				Dict: English-Tibetan Dict. of Modern Tibetan	60.00	Heart Sutra Explained	19.95
Lati Rinbochay			Sangharakshita					Dict: Tibetan-English Dict. of Buddhist Term.	40.00	Heart Treasure of the Enlightened Ones	15.00
Death, Intermediate State and Rebirth	7.95		Survey of Buddhism	24.95				Dict: Tibetan-English Dict. (Das)	45.00	Heartwood of the Bodhi Tree	12.50
Mind in Tibetan Buddhism	10.95		Wisdom Beyond Words	17.95				Dilgo Khyentse Rinpoche Direct and Unmistaken Method	3.95	Hero of the Land of Snow	6.95
Lobsang Lhalungpa								Door of Liberation	15.00	H.H. the 17th Karmapa	9.95
Life of Milarepa	13.00		Sogyal Rinpoche					Door to Satisfaction	12.50	Hidden Journey	10.95
Mahamudra: Quint. of Mind and Meditation	30.00		Glimpse After Glimpse (Spring '95)	12.00				Dose of Emptiness	29.95	Hidden Teachings of Tibet	18.95
Donald S. Lopez, Jr.			Living and Dying Every Day	12.00				Double Mirror	14.95	Hidden Treasures and Secret Lives	14.95
Christ and the Bodhisattva	19.95		Some Essential Advice	4.50				Dream Yoga & Practice of Natural Light	12.95	Highest Yoga Tantra	14.95
Heart Sutra Explained	19.95		Tibetan Book of Living and Dying	24.00				Dzogchen Meditation	15.00	Himalayan Passage	16.95
Study of Svatantrika paper	19.95		Geshe Sopa					Dzogchen: Self Perfected State	7.95	History of Modern Tibet	25.00
Study of Svatantrika cloth	35.00		Cutting Through Appearances	15.95				Dzogchen: Innermost Essence	8.95	Homage to Khyab Je Kalu Rinpoche	24.95
Joanna Macy			Wheel of Time	12.95				Eat More Weigh Less	14.00	House of the Turquoise Roof	16.95
Mutual Causality in Buddhism	19.95		Geshe Lobsang Tharchin					Echoes of Voidness	8.95	How to Meditate	10.95
World as Lover, World as Self	15.00		Commentary on Guru Yoga	7.95				Ecstatic Spontaneity	45.00	Hungry Tigress	15.00
Glenn Mullin			Principal Teachings of Buddhism	4.95				Eight Gates of Zen	12.95	Illuminations	14.00
Essence of Refined Gold (Dalai Lama)	12.95		Tulku Thondup Rinpoche					Empowerment	14.00	Illusion's Game	10.00
Meditations on Lower Tantras	7.95		Buddha Mind	28.95				Emptiness Yoga cloth	35.00	Images of Enlightenment	24.95
Mystical Verses of Mad Dalai Lama	14.00		Dzogchen: Innermost Essence	8.95				Encyclopedia of Eastern Phil. & Religion	22.50	Imagination and Enlightenment	5.00
Path of the Bodhisattva Warrior	14.95		Hidden Teachings of Tibet	18.95				Enlightened Beings	18.00	Independence to Exile	6.95
Path to Enlightenment Practice of Kalachakra	16.95		Robert Thurman					Enlightened Courage	12.95	India	24.95
Tantric Yogas of Sister Niguma	12.95		Central Philosophy of Tibet	18.95				Entering the Stream	15.00	Indian Buddhism	22.50
Training the Mind in a Great Way	12.95		Life and Teaching of Tsongkhapa	11.95				Essence of Refined Gold	12.95	India's Western Himalaya	19.95
Betsy Napper			Tibetan Book of the Dead	12.95				Essential Nectar	14.00	India Travel Survival Kit	19.95
Dependant Arising and Emptiness	37.50		Wisdom and Compassion (cloth)	75.00				Ethics of Tibet	19.95	In Exile from the Land of Snows	13.00
Mind in Tibetan Buddhism (Lati R.)	\$10.95		Wisdom and Compassion (paper)	40.00				Experience of Insight	14.00	Initiations and Initiates in Tibet	5.95
Namkhai Norbu			Thrangu Rinpoche					Explore Tibet	9.95	Inner Teachings of Taoism	14.00
Crystal and the Way of Light	12.95		Buddha Nature	13.95				Faith to Doubt	10.00	In Praise of Tara	26.95
Dream Yoga & Practice of Natural Light	12.95		King of Samadhi	17.00				Festivals of Tibet	8.95	In Search of Stainless Ambrosia	12.95
Dzogchen: Self Perfected State	7.95		Practice of Tranquillity and Insight	12.00				Fine Arts of Relaxation, Concentration	14.95	In Search of the Dharma	14.95
Six Vajra Verses	10.00		Uttara Tantra cloth	20.00				Flash of Lightning in the Dark of Night	10.00	Insight Meditation cloth	18.00
Thinley Norbu			Chogyam Trungpa Rinpoche					Flight & Adaptation	12.00	In the Kingdom of the Dalai Lama	13.95
Magic Dance	12.00		Crazy Wisdom	13.00				Flight of the Garuda	14.00	In the Mirror of Memory	19.95
Small Golden Key	11.00		Cutting Through Spiritual Materialism	14.00				Fluent Tibetan	250.00	In This Very Life	16.00
White Sail	15.00		Heart of the Buddha	14.00				For a Future to be Possible	16.00	Introduction to Buddhism	9.95
Tulku Chokyi Nyima Rinpoche			Illusion's Game	10.00				Foundation of Buddhist Meditation	4.95	Introduction to Tantra	12.95
Bardo Guidebook	14.95		Lion's Roar	13.00				Foundations of Tibetan Mysticism	12.95	Introduction to Tibetan Buddhism	16.95
Song of Karmapa	12.95		Meditation in Action	6.00				Four Essential Buddhist Commentaries	9.95	Is Enlightenment Possible?	29.95
Union of Mahamudra and Dzogchen	18.00		Myth of Freedom	13.00				Four Essential Buddhist Texts	7.95	Is Enlightenment Possible? cloth	45.00
Pabongka Rinpoche			Orderly Chaos	13.00				Four Lamas of Dolpo	21.00	Jamgon Kontrul's Retreat Manual	15.95
Liberation in the Palm of Your Hand	\$37.50		Shambala	13.00				Four Noble Truths	9.95	Japanese Cult of Tranquillity	9.95
Liberation in Our Hands: Part 1 (G. Tharchin)	12.50		Tibetan Book of the Dead	10.00				Freedom From Fear	12.00	Jewel Ornament of Liberation	20.00
Liberation in Our Hands: Part 2	12.50		Training the Mind	9.00				Freedom in Exile	12.00	Jew in the Lotus	20.00
Meditation on Vajrabhairava	9.95		Transcending Madness	15.00				Full Catastrophe Living	12.00	Jewelled Staircase	10.95
Khenpo Palden & Tsewang Rinpoche			Giuseppe Tucci					Garden of All Joy	15.95	Journey in Ladakh	10.95
Ceaseless Echoes of the Great Silence	15.00		Religions of Tibet	15.00				Garland of Mahamudra Practices	9.95	Journey into Vastness	15.95
Prajnaparamita: Six Perfections	15.00		To Lhasa and Beyond	14.95				Garland of Wish-Fulfilling Trees	15.95	Joyful Path of Good Fortune	22.95
			Tulku Urgyen Rinpoche					Gates to Buddhist Practice	14.95	Kalachakra Tantra	12.00
			Repeating the Words of the Buddha	12.95				Generous Wisdom	8.95	Kalachakra: Rite of Initiation cloth	29.95
			Alan Wallace					Gentle Bridges	15.00	Keys to Great Enlightenment	12.95
			Choosing Reality	12.95				Glimpse After Glimpse (Spring '95)	12.00	Khyentse Ozer	16.00
			Passage From Solitude (G. Lamrimpa)	10.95				Golden Letters	14.95	Kindness, Clarity, and Insight	12.95
			Tibetan Buddhism From the Ground Up	14.00				Great Dragon's Fleas	14.95	Kindly Bent to Ease Us I	14.95
								Great Kagyu Masters	12.95	Kindly Bent to Ease Us II	12.95
								Great Path of Awakening	12.00	Kindly Bent to Ease Us III	12.95
								Great Swan	16.00	King of Samadhi	17.00
								Great Treasury of Merit	25.95	Knowing Woman	9.95
								Guide to the Bodhisattva's Way of Life	12.95	Knowing, Naming and Negation paper	19.95
										Knowing, Naming and Negation cloth	35.00
										Knowledge and Liberation paper	18.95

Knowledge and Liberation cloth	27.50	Nepali for Trekkers	16.95	Some Essential Advice	4.50	To Lhasa and Beyond	14.95
Kopan Cookbook	9.95	New Farm Vegetarian Cookbook	7.95	Song of Karmapa	12.95	Torch of Certainty	12.00
Kundalini	12.95	Ngondro	9.95	Songs of the Sixth Dalai Lama	5.95	To See the Buddha	24.95
Lamp of Liberation	15.00	Nomads of Western Tibet	20.00	Sovereign of All-Creating Mind	19.95	To the Lion Throne	8.95
Land of Snows (children)	6.95	Now and Zen Epicure	17.95	Speaking Flame	9.95	Touching Peace	9.50
Learning True Love	16.00	Nyingma School of Tibetan Buddhism	240.00	Spirit of Native America	18.95	Training of the Zen Buddhist Monk	9.95
Liberation in Our Hands: Part 1	12.50	Ocean of Eloquence	16.95	Spirit and Nature: Environment/Religious Issue	16.00	Training the Mind	9.00
Liberation in Our Hands: Part 2	12.50	Ocean of Nectar	33.95	Spiritual Parenting	12.95	Training the Mind in a Great Way	12.95
Liberation in the Palm of Your Hand	37.50	Old Path, White Clouds	25.00	Standing in Your Own Way	15.95	Transcendent Wisdom	12.95
Life and Teaching of Tsongkhapa	11.95	Open Heart, Clear Mind	12.95	Start Where You Are	12.00	Transcending Madness	15.00
Life of Gampopa	12.95	Opening the Eye of New Awareness	12.95	Status of Tibet	24.95	Transforming Problems	10.00
Life in Relation to Death	6.50	Opening the Heart of Compassion	12.95	Staying Well in a Toxic World	15.95	Transformation and Healing	10.00
Life of Milarepa	13.00	Opening of the Lotus	12.95	Stories of the Spirit, Stories of the Heart	16.00	Translating Buddhism From Tibetan	50.00
Life of Shabkar	24.95	Oracles and Demons of Tibet	58.00	Strange Liberation	12.95	Trekking in the Indian Himalaya	10.95
Lighting the Lamp	12.00	Orderly Chaos	13.00	Studies in Tibetan Medicine	7.95	Trekking in Nepal, Tibet, and Bhutan	14.95
Like an Echo	5.95	Origin of the Tara Tantra	6.95	Study of Svatantrika paper	19.95	Trekking in Tibet	16.95
Lion's Roar	13.00	Otherworld Journeys	8.95	Study of Svatantrika cloth	35.00	TRIGG in Tibet	6.95
Little Lama of Tibet	15.95	Passage From Solitude	9.95	Sublime Path Victorious Ones	8.95	Turquoise Bee	15.00
Living and Dying Every Day	12.00	Passionate Enlightenment	29.95	Sundays at Moosewood Restaurant	\$18.95	Two Truths paper	19.95
Living with Kundalini	18.00	Passions of Innocence	14.95	Suppression of a People	5.00	Two Truths cloth	39.95
Longing for Darkness	12.00	Path of Serenity and Insight	16.00	Survey of Buddhism	24.95	Understanding the Mind	21.95
Looking Into Mind	14.95	Path of the Bodhisattva Warrior	14.95	Taming the Monkey Mind	12.95	Union of Bliss and Emptiness	12.95
Lord of the Dance	16.95	Path to Bliss	14.95	Tantra	15.00	Union of Mahamudra and Dzogchen	18.00
Lost Lhasa: Heinrich Harrer's Tibet	39.95	Path to Enlightenment	14.95	Tantra in Tibet	14.95	Universal Compassion	16.95
Lotus-Born	17.00	Path to Enlightenment in Tibetan Buddhism	70.00	Tantric Distinction	10.00	Uttara Tantra cloth	20.00
Love's Fire	9.95	Path to the Middle	19.95	Tantric Grounds and Paths	\$19.95	Vajrayogini Sadhana & Commentary	9.95
Lust for Enlightenment	13.00	Peace is Every Step	9.95	Tantric Path of Purification	15.00	Vegetarian Asia	9.95
Machig Labdrön & the Practice of Chod	16.95	Piercing the Autumn Sky	9.95	Tantric Practice in Nyingma	14.95	Viu's Night Book	7.95
Magic and Mystery in Tibet	7.95	Plotinus: The Enneads	65.00	Tantric Yogas of Sister Niguma	12.95	Walking Through Walls paper	19.95
Magic Dance	12.00	Policy of Kindness	10.95	Taoism	16.00	Walking Through Walls cloth	35.00
Magic Life of Milarepa	16.00	Portrait of Lost Tibet	15.95	Taoist Secrets of Love	14.95	Warriors of Tibet	12.95
Magnificent Trickster	9.95	Practice of Co-Emergent Mahamudra	5.00	Tara's Coloring Book	7.95	Way to Freedom	16.00
Mahamudra	9.95	Practice of Kalachakra	16.95	Teacher	2.95	Weavers of Wisdom	10.00
Mahamudra: Quint. of Mind and Meditation	30.00	Practice of Tranquillity and Insight	12.00	Teachings of a Buddhist Monk	10.95	What Color Is Your Mind?	12.95
Mahayana Buddhism	18.95	Prajnaparamita: Six Perfections	15.00	Teachings of the Supreme Siddhas	15.95	What the Buddha Never Taught	14.95
Manifestation of the Tathagata	12.50	Prayer Flags	6.95	Temple, Household, Horseback	27.50	What the Buddha Taught	9.95
Manual of Key Buddhist Terms	10.95	Preliminary Practice of the New Treasure of Dudjom	20.00	Thundering Silence	7.00	Wheel of Sharp Weapons	6.95
Manual of Ritual Fire Offering	14.95	Present Moment, Wonderful Moment	7.00	Tibet	14.95	Wheel of Time	12.95
Masters of Enchantment	19.95	Prince Siddhartha	15.95	Tibet Handbook	30.00	Wheel of Time Sand Mandala	40.00
Masters of Mahamudra	18.95	Principal Teachings of Buddhism	4.95	Tibet: Reflections from Wheel of Life	49.95	When the Iron Eagle Flies	9.95
Meaningful to Behold	25.95	Psycho-Cosmic Symbolism of the Buddhist Stupa	10.95	Tibet - Student Workbook	6.50	Where is Tibet?	12.95
Meaning of Life	12.50	Quantum Healing	10.95	Tibet - Teacher's Guide	6.50	Whirling Dervishes	16.95
Meditating with Children	19.95	Quintessence Tantras of Tibetan Medicine	22.95	Tibet: A Travel Survival Kit I	3.95	White Lotus	19.95
Meditation	22.95	Rainmaker	16.95	Tibet: A Political History	15.00	White Sail	15.00
Meditation: Advice to Beginners	14.95	Red Tara Commentary	7.00	Tibet: Land of Mystery	60.00	Who Dies? 9.95	
Meditation Differently	17.50	Red Tara Sadhana	8.00	Tibet: The Facts	10.50	Wholeness Lost & Wholeness Regained	12.95
Meditation Handbook	9.95	Reincarnation	12.95	Tibetan Arts of Love	14.95	Wisdom and Compassion (cloth)	75.00
Meditation in Action	6.00	Relative World, Ultimate Mind	12.00	Tibetan Book of the Dead (Trungpa R.)	10.00	Wisdom and Compassion (paper)	40.00
Meditation on Vajrabhairava	9.95	Religion of Tibet	15.00	Tibetan Book of the Dead (R. Thurman)	12.95	Wisdom Beyond Words	17.95
Meditations on Lower Tantras	7.95	Religions of Tibet	15.00	Tibetan Book of Living and Dying	24.00	Wisdom Energy	10.00
Meeting the Buddhas	24.95	Repeating the Words of the Buddha	12.95	Tibetan Buddhism (Reason & Revelation)	19.95	Wisdom Energy 2	4.95
Meeting the Great Bliss Queen	25.00	Road to Heaven	14.00	Tibetan Buddhism From the Ground Up	14.00	Wisdom of No Escape	10.00
Mind and its Functions	22.00	Sacred Mountains of the World	25.00	Tibetan Buddhist Altar	8.00	Wisdom: Two Buddhist Commentaries	24.00
Mind in Tibetan Buddhism	10.95	Sacred Mountain of Tibet	24.95	Tibetan Buddhist Medicine and Psychiatry	12.95	Wish-Fulfilling Jewel	10.00
Mind Only School and Buddhist Logic	15.00	Sakyadhita: Daughters of the Buddha	14.95	Tibetan Buddhist Nuns	39.95	Women in Buddhism	15.00
Mind Science	12.50	Sanctuaries: A Guide to Lodgings in NE	15.00	Tibetan Collection Magazine (V3)	20.00	Women of Wisdom	8.95
Mind Training Like the Rays of the Sun	8.95	Sanctuaries: A Guide to Lodgings in SW and West Coast	15.00	Tibetan Dhammapada	14.95	Wonders of the Natural Mind	14.95
Mindfulness in Plain English	10.00	Seeking the Heart of Wisdom	13.00	Tibetan Empire in Central Asia	16.95	Words of My Perfect Teacher	30.00
Mipam	9.95	Self and Liberation	19.95	Tibetan Fonts for Macintosh	59.95	World of Tibetan Buddhism	14.00
Miracle of Mindfulness	9.00	Self-Liberation Through Seeing	14.95	Tibetan for Windows	60.00	Working with Emotions, Change of Expression	17.95
Miraculous Journey	14.95	Settlements of Hope	10.00	Tibetan Medical Paintings	195.00	World as Lover, World as Self	15.00
Mirror of Mindfulness	14.00	Seven Years in Tibet	9.95	Tibetan Medicinal Plants	19.95	World of Buddhism	29.95
MO: Tibetan Divination System	29.95	Shamatha Meditation	10.95	Tibetan Phrasebook Tapes	6.95	Worlds in Harmony	12.50
Mongolia	13.95	Shambala	13.00	Tibetan Phrasebook Tapes	12.95	Writings of Kalu Rinpoche	8.95
Moosewood Restaurant Cooks at Home	15.00	Shambhala Dictionary of Buddhism & Zen	19.00	Tibetan Pilgrimage	14.95	Yoga of Power	16.95
Mother of the Buddhas	16.00	Shoshoni Cookbook	12.95	Tibetan Thangka Painting	29.95	Yogic Deeds of Bodhisattvas	24.95
Mutual Causality in Buddhism	19.95	Singing Bowls	10.95	Tibetan Tradition of Mental Development	10.95	Yogic Deeds of Bodhisattvas (cloth)	40.00
My Journey to Lhasa	14.00	Six Vajra Verses	10.00	Tintin in Tibet	7.95	Zen and the Psychology of Transformation	12.95
My Land and My People	8.95	Six Yogas of Naropa	9.95	Tofu Cookbook	14.95	Zen Mind, Beginner's Mind	7.95
My Life and Lives	14.95	Sky Burial	21.95				
Myriad Worlds	19.95	Sky Dancer	12.95				
Mystical Verses of Mad Dalai Lama	14.00	Small Golden Key	11.00				
Myth of Freedom	13.00	Snow Lion's Turquoise Mane	17.00				
My Tibet	40.00						
Navajo & Tibetan Sacred Wisdom	24.95						
Nepal	19.95						
Nepal: Travel Survival Kit	14.95						

Order by Phone



If you would like to speed up the time it takes to receive items from us, please give us your order over the phone (credit card only).

Call our toll-free order number **800-950-0313** week-days from 8:30 AM to 5:00 PM EST.

We're here to serve you!



