

N30

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

Address Correction Requested

# Snow Lion

Snow Lion Publications

PO Box 6483, Ithaca, NY 14851 607-273-8519

SPRING NEWSLETTER  
AND CATALOG 1995

ISSN 1059-3691

Volume 10, Number 2



## The Statement of His Holiness the Dalai Lama on the Occasion of the 36th Anniversary of the Tibetan National Uprising of 1959

The world is today undergoing major changes. While there is a spirit of reconciliation and peace emerging in many troubled parts of the world, unfortunately new conflicts are also breaking out. We have endeavored to find a peaceful resolution to the Tibetan issue and hoped that positive changes would also come to Tibet. But, as we commemorate the 36th anniversary of our people's uprising, I must state with sadness that little has changed in our homeland and our people continue to suffer. In fact,

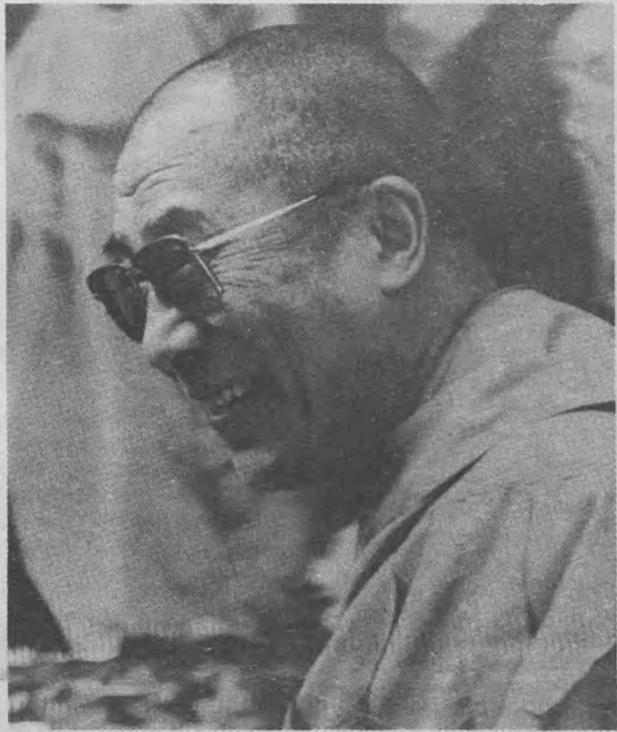
the Chinese government has intensified its repression in Tibet. Recent Chinese policies demonstrate more clearly than ever their intention to resolve the question of Tibet through force, intimidation and population transfer.

The Chinese authorities have lately adopted a series of new measures to tighten political control in Tibet. Under a program of "investigation and scrutiny" tighter security measures were imposed and a new crackdown on advocates of human rights and independence

has been launched. Victims of this new political persecution include Tibetans who work for the preservation of Tibetan culture, which includes teaching the Tibetan language and opening private schools. Tibetan cadres and members of the Chinese Communist Party are made to undergo political reeducation, reminiscent of the days of the Cultural Revolution. Those suspected of harboring religious and national feelings are being purged. Monasteries have been raided by the People's Armed Police and the chain of political arrests has now been extended to rural areas. The rebuilding and construction of new monasteries has been prohibited and the admission of new monks and nuns stopped. Tibetan children are no longer permitted to study abroad. Those who are presently studying abroad have been ordered to return.

At a high-level meeting in Beijing last July these policies were sanctioned and 62 new "economic development projects" in Tibet were announced. As in the past, these projects are designed primarily to increase the immigration of Chinese into Tibet and ultimately drown the Tibetans in a sea of Chinese. Similarly, China's proclaimed intention to build a railway to Central Tibet is particularly alarming. Under the present circumstances this will enable a dramatic acceleration of China's population transfer policy. We only need to look at the large influx of Chinese who are arriving by train every week in different parts of Eastern Turkestan to understand the impact such a railway will have on the survival of the Tibetan people with their unique cultural heritage.

Over the past 15 years, I have tried to resolve the Tibet-China problem in a spirit of genuine friendship and cooperation, discarding any feelings of enmity towards the Chinese. I have consistently and sincerely made attempts to engage the Chinese government in earnest negotiation over the future of Tibet. Regrettably China has rejected my proposals for a negotiated resolution of our problem. Instead she has set the pre-condition that I formally recognize Tibet to be "an inseparable part of China"



### Mahamudra Teachings of the Supreme Siddhas

by The Eight Situpa & H.H. the Third Gyalwa Karmapa,  
intro. by Trangu Rinpoche,  
trans. & ed. by Lama Sherab Dorje  
175 pp., \$15.95

#### Prajna That Arises from Study

As to the first: in this instance, of the two scriptural sources, dictates and treatises, dictates are, from "Higher Continuum":

*Whatever is wholly concerned with meaningful dharmas, is spoken to abolish the rampant afflictive mentalities of the three realms, and instructs in the advantages of peace is the speech of the Sage. Anything contrary is otherwise.*

This means all sublime speech that arises based upon the [teachings of the] perfect Buddha, who is the primary condition. If one classifies these there are three: dictates spoken by the Buddha, those spoken with his express approval and those occurring through his blessing. Or else, in terms of their actual content, vinaya, sutra and

Continued on page 8

### UN World Conference on Women

Beijing, September 1995

The International Committee of Lawyers for Tibet is seeking contributions to send two Tibetan women from the San Francisco Bay Area to speak about the situation of women's rights in Tibet at the United Nations Fourth World Conference on Women being held in Beijing in September, 1995. Due to cases of documented political repression of Tibetan women, it is anticipated that the situation of women in Tibet will not be accurately reported by those selected by the PRC to attend. We feel it is important that violations of women's rights in Tibet be brought to the attention of the international community at this forum.

The cost to send two representatives to the conference will be approximately \$5000. To date, \$3000 has been raised; with another 20

pledges of \$100 each, the goal will be met. Contributions of any amount can be made to ICLT, a tax-exempt, non-profit corporation. All contributions are tax deductible to the extent allowed by law.

ICLT has drafted two reports which document the violence against women in Tibet and present detailed proposals for remedial action: "Violence Against Tibetan Women" (undated) and "Denial of Tibetan Women's Right to Reproductive Freedom" (Dec. 1, 1994). Contact them for copies.

If you have any questions or need further information, please call Elaine Stone at 415-381-5409 or Eva Herzer at 415-526-5144. ICLT, 347 Dolores St. #206, San Francisco, CA 94110; tel: 415-252-5697; fax: 415-626-0865; e-mail: iclt@igc.org. ■

#### Catalog Contents:

Art & Photography . . . . .	18	Health & Fitness . . . . .	26
Audio Tapes . . . . .	50	History, Soc. Action, & Pol. . . . .	27
Biography . . . . .	19	Kalachakra . . . . .	28
Books by Author . . . . .	64	Language . . . . .	29
Calendars . . . . .	62	Music & Chants . . . . .	49
Cards . . . . .	62	Ordering Information . . . . .	68
Children . . . . .	21	Other Traditions . . . . .	30
Complete Dharma List . . . . .	66	Posters . . . . .	62
Complete Title List . . . . .	64	Religion & Philosophy . . . . .	31
Cookbooks . . . . .	22	Sadhanas . . . . .	46
Dalai Lama . . . . .	22	Travel & Adventure . . . . .	47
Death & Dying . . . . .	23	Videos . . . . .	52
Dharma Items . . . . .	54	Women's Studies . . . . .	48

Continued on page 5

This new book is now available from Snow Lion. We have excerpted the following section, entitled "Aspiration for Prajna That Understands the Path", to introduce you to this teaching.

Study of scripture and reasoning delivers one from the pall of nescience. Reflection on the oral instructions vanquishes the darkness of uncertainty. The light cast by meditation vividly illuminates the enduring condition. May the radiance of the three prajnas intensify.

The first line of this verse concerns prajna that arises from study; the second, prajna that arises from reflection; the third, from meditation; and the fourth is a condensed version of the [three] aspiration prayers.

# Namgyal Monastery Institute of Buddhist Studies

*The North American Seat of the Personal Monastery of H.H. the Dalai Lama*

Namgyal Monastery was founded in the sixteenth century by the Second Dalai Lama. From the time of its creation it has served as the private monastery of each of the successive Dalai Lamas. In Tibet, this prestigious but small monastery was located in the Potala in Lhasa.

At present, the monastery is re-established adjacent to His Holiness' residence in Dharamsala, India and has many young monks undergoing the streamlined sutra and tantra curriculum devised by H.H. the present Dalai Lama and the former Abbot, Ven. Lobsang Nyima. The monks of Namgyal also continue the study and practice of sacred arts and engage in the traditional cycle of meditative retreats.

In 1992, a historic event took place, Namgyal Monastery established the North American Seat of Namgyal in Ithaca, New York in conjunction with an innovative institute of study and practice (Namgyal Institute) for the benefit of lay as well as ordained Western women and men.

Following advice from His Holiness, the Administrative Committee of Namgyal Monastery in Dharamsala, India, composed the charter for the Ithaca branch monastery and its institute and selected monks for the North American Seat. Namgyal Institute was conceived to bring to the West the program designed by H.H. the Dalai Lama plus a wide variety of other courses meant to complement and expand that program. Namgyal Institute stresses a combination of study and practice. It also combines sutra and tantra.

Namgyal Institute in Ithaca offers Western students a wide range of Buddhist learning experiences. A feature of all programs is the opportunity for close direct contact with the monks of Namgyal Monastery. The key to Namgyal Institute's program is the authentic Tibetan Buddhist learning environment provided by the monks and lamas housed at the Institute. The regular schedule of ritual practices followed by the monks, which western students are welcome to attend, sets the tone for ever deeper attunement to the Tibetan Buddhist way of life.

## How Namgyal is Structured

Namgyal Monastery Institute of Buddhist Studies is governed by its board of directors and the Namgyal Administrative Committee in India in consultation with H.H. the Dalai Lama. As an institution it consists of two internal components: 1) Namgyal Monastery and 2) Namgyal Institute. The activities of Namgyal Monastery are conducted by the monks of the monastery and assisted by Western staff when needed. The activities of the Institute are conducted jointly by the Western and Tibetan staff. Namgyal Institute is located on the premises of Namgyal Monastery.

### 1) Namgyal Monastery, Ithaca, New York

The first component is Namgyal Monastery, the personal monastery

of His Holiness the Dalai Lama. It consists of Tibetan monks from Dharamsala, India who reside at the Monastery's North American Seat in Ithaca, New York. The Monastery in Ithaca is a fully functioning monastery with the monks observing all of the monastic disciplines, rituals and practices. The monks of the monastery are involved in a variety of religious activities such as consecrating religious objects, creating sand mandalas, giving public talks, conducting daily open public meditations, providing individual counsel and offering guided retreats and courses in Tibetan Buddhist practice for Institute students.

### 2) Namgyal Institute, Ithaca, New York

The second component is the Institute of Buddhist Studies (Namgyal Institute) whose activities are conducted jointly by Tibetan monks and Western scholars working together to present courses in introductory Buddhism, literary and colloquial Tibetan, the core curriculum of Namgyal Monastery [the same texts and structured program which the monks study in India], as well as courses in such areas as Buddhism and psychology, Dzogchen, Mahamudra and other special topics in both

sutra and tantra from the various traditions of Tibetan Buddhism. Many courses offered under the auspices of the Institute are presented in a manner that incorporates Western academic methodology. These Institute courses follow a syllabus with required readings. Class participation in discussion sessions, quizzes, a midterm and final exam are required of students with some courses requiring written papers. The Institute also provides intensive basic and advanced Buddhist practice courses which do not necessarily utilize Western methodology. The Namgyal Institute core program designed by H.H. the Dalai Lama enables serious students in the West to follow a progressive and authentic program of study and practice in Tibetan Buddhism. The Namgyal Institute faculty currently consists of five Tibetan monk teachers from Namgyal Monastery, two Western scholars, one Tibetan [former monk] lay teacher and translator from the Institute of Buddhist Dialectics, and a twenty-one member adjunct faculty. The Institute's adjunct faculty gives special lectures and weekend programs from time to time throughout the year, including a Cornell University co-sponsored Tibetan studies lecture se-



ries. Eminent lamas from all four lineages of Tibetan Buddhism are also invited to give lectures, workshops and conduct retreats. All courses offered by the Institute are open to qualified men and women. One need not be a monk, a nun or even a Buddhist to take courses at Namgyal Institute. Courses are structured in such a way as to allow part-time students to work at the same time they are pursuing their study and practice at Namgyal. The Institute also offers retreats and periodic study abroad opportunities in Dharamsala, India. Application and registration forms for courses may be obtained by writing to: The Admissions Office, Namgyal Institute of Buddhist Studies, P.O. Box 127, Ithaca, NY 14851.

### The Namgyal Curriculum, Ithaca

The Namgyal curriculum refers to all courses offered at the Namgyal Monastery Institute of Buddhist Studies including: (1)

foundational courses; (2) basic practice courses; (3) Tibetan language courses; (4) traditional studies curriculum courses all conducted jointly by the Tibetan/Western faculty; and (5) advanced practice courses.

The courses offered at Namgyal Institute fall into eleven basic subject areas. They are: (1) Stages of the Path; (2) Literary and Colloquial Tibetan; (3) Collected Topics of Valid Cognition; (4) Mind and Cognition; (5) Buddhist Tenets; (6) Sutra Grounds and Paths; (7) Special Topics in Buddhist Philosophy; (8) Tantric Grounds and Paths; (9) Tantric Practices; (10) Tantric Mahamudra; and (11) Tibetan Sacred Arts.

For a full listing of the Namgyal Institute curriculum, see "Namgyal Curriculum" on the following page. ■

## ADMINISTRATION, FACULTY AND STAFF of Namgyal Monastery Institute of Buddhist Studies

### PATRON

His Holiness the Dalai Lama of Tibet

### ADMINISTRATIVE COMMITTEE of Namgyal Monastery

### COMMITTEE REPRESENTATIVE AND DIRECTOR OF NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

Pema Losang Chogyen

### BOARD OF DIRECTORS

Tenzin Lhuppo, Tsering Namgyal, Pema Losang Chogyen, Gerri Jones, Thomas E. Miller, Sidney Piburn

### ACADEMIC ADVISORY BOARD

Ven. Pema Losang Chogyen, Prof. Jeffrey Hopkins, Prof. Georges Dreyfus, Sidney Piburn

### NAMGYAL FACULTY

Geshe Tenzin Rabgye  
Ven. Dhondup Gyaltzen  
Ven. Tenzin Lhuppo  
Ven. Tsering Namgyal

Ven. Pema Losang Chogyen  
Prof. David Patt  
Palden Choedak  
Sidney Piburn

H. H. the Dalai Lama has appointed Ven. Khensur Rinpoche, Lobsang Tenzin (a.k.a. Geshe Wangdak), a lharampa geshe from Drepung Loseling and former abbot of Namgyal Monastery as abbot and senior teacher at Namgyal Ithaca for the next three years. He and Ven. Tenzin Yignyen will be joining the faculty in May of 1995. Geshe Rabgye and Ven. Dhondup Gyaltzen will be returning to the parent monastery in Dharamsala, India.

### DIRECTOR OF SPECIAL PROGRAMS

Gerri Jones

### ADJUNCT FACULTY (listed alphabetically)

Daniel Cozort

Assistant Professor of Religious Studies, Dickinson College

Dr. Yeshi Donden

Tibetan Physician, Dharamsala, India

Georges Dreyfus

Lecturer in Religious Studies, Indo-Tibetan Studies, Tibetan Language, Williams College

Jeffrey Hopkins

Professor of Religious Studies, Indo-Tibetan Buddhist Studies and Tibetan Language, University of Virginia

Roger Jackson

Associate Professor of Religious Studies, Carleton College

Geshe Thupten Jinpa

King's College, Cambridge University

Anne C. Klein

Associate Professor, Department of Religious Studies, Rice University

Denma Locho Rinpoche

Former Abbot, Namgyal Monastery, Dharamsala, India

Donald S. Lopez, Jr.

Professor of Buddhist and Tibetan Studies, Department of Asian Languages and Cultures, University of Michigan

William Magee

Instructor in Religious Studies, Tibetan Language and Literature, Univ. of Virginia

Elizabeth Napper

Lecturer in Tibetan Buddhism

Ngawang Thondup Narkyid

Department of Linguistics, University of Oregon

Paul Nietupski

Lecturer, Department of Religion, Indiana University

Guy Newland

Assistant Professor, Department of Religion, Central Michigan University

John Newman

Assistant Professor, New College, Department of Humanities, Univ. of South Florida

Daniel E. Perdue

Instructor, Department of Religion, North Carolina State University

John Powers

Senior Lecturer, Faculty of Asian Studies, Australian National University

Kathy Rogers

Lecturer in Tibetan Buddhism and Tibetan Language

Robert A. F. Thurman

Je Tsongkhapa Professor of Buddhist Studies, Department of Religion, Indo-Tibetan Studies, Columbia University

B. Alan Wallace

Stanford University

Joe B. Wilson Jr.

Professor, Department of Religious Studies, University of North Carolina at Wilmington

## The Namgyal Curriculum

The Namgyal curriculum refers to all courses offered at the Namgyal Monastery Institute of Buddhist Studies including those listed below. Selections from all of the five categories are offered each semester and are open to qualified students.

**(1) Foundational courses offered under the auspices of the Institute:**  
(Conducted jointly by the Tibetan and Western faculty)

- |                                     |   |
|-------------------------------------|---|
| a. Introduction to Tibetan Buddhism | i. The Three Principle Paths                |
| b. The Path to Enlightenment        | j. A Guide to the Bodhisattva's Way of Life |
| c. The World of Tibetan Buddhism    | k. Introduction to Dzogchen                 |
| d. A Cultural History of Tibet      | l. Introduction to Mahamudra                |
| e. Buddhism and Psychotherapy       | m. Personal Directed Study                  |
| f. Buddhist Tenets                  | n. Other topics and courses T.B.A.          |
| g. Special Insight                  |   |
| h. Taming the Mind                  |   |

**(2) Basic practice courses offered under the auspices of the Monastery:**  
(Conducted by Tibetan and/or Western faculty)

- Shamatha Meditation
- Buddhist Preliminary Practices
- The Practices of Chenrezig and Manjushri
- The Practices of Green and White Tara
- Ritual Arts for Tantric Practitioners

**(3) Tibetan language courses offered under the auspices of the Institute:**  
(Conducted by Tibetan and/or Western faculty)

- Literary and Spoken Tibetan I & II
- Conversational Tibetan I - IV
- Translating Buddhism From Tibetan I - VI
- Readings in Tibetan Buddhism

**(4) Traditional studies courses offered under the auspices of the Institute:**  
(Conducted jointly by the Tibetan and Western faculty)

- Collected Topics (concerns the elementary principles of debate): A study of *The Collected Topics of Valid Cognition* by Purbujok Jamba Gyatso (English translation of the first section of this text: *Debate in Tibetan Buddhism* by Daniel Perdue)
- Mind and Cognition: A study of *Science of Mind* by Purbujok Jamba Gyatso (English translation: *Mind in Tibetan Buddhism* by Elizabeth Napper) and *Science of Reasoning* by Purbujok Jamba Gyatso (English translation: *Tibetan Logic* by Katherine Rogers)
- The Great Exposition and Sutra School Tenet Systems: A Study of the Vaibhashika and Sautrantika sections of Jang-gya Rolbay Dorjay's *Presentation of Tenets* (English translation of the Sautrantika Section of this text: *Knowledge and Liberation and Knowing, Naming and Negation* by Anne C. Klein)
- The Mind Only Tenet Systems: A Study of the Chittamatra section of Jang-gya Rolbay Dorjay's *Presentation of Tenets* (English translation: *The Mind Only System* by Joe Wilson)
- Grounds and Paths of the Perfection Vehicle: A study of Kaydrup's *Grounds and Paths of the Perfection Vehicle*.
- The Middle Way Tenet System: A Study of the Madhyamika section of Jang-gya Rolbay Dorjay's *Presentation of Tenets* (English translation of this section: *A Study of Svatantrika* by Donald Lopez, Jr. and *Emptiness Yoga* by Jeffrey Hopkins)
- Special Insight: A study of the Special Insight sections of Tsongkhapa's *Middling and Great Expositions of the Stages of the Path* (English translation: *Special Insight* by Dzongkaba, Dalai Lama and Hopkins)
- Buddha Nature: A Study of Gyaltsap's *Precious Garland Summarizing the Ornament for Clear Realization*.
- Tantric Grounds and Paths: A Study of Yangjen Gaway Lodro's *Grounds and Paths of Tantra* and Ngawang Belden's *Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets* (English: *The Four Great Secret Tantra Sets* by Jeffrey Hopkins and *Highest Yoga Tantra* by Daniel Cozort)
- The Three Lower Tantra Sets: A study of the Kriya, Charya and Yoga tantric systems from Tsongkhapa's *Great Exposition of Secret Mantra* (English translation of the first three sections of this text: *Tantra in Tibet* and *Deity Yoga* by Dzongkaba, Dalai Lama and Hopkins)
- The Generation Stage of Highest Yoga Tantra: A study of this section from Tsongkhapa's *Great Exposition of Secret Mantra*
- The Completion Stage of Highest Yoga Tantra: A study of this section from Tsongkhapa's *Great Exposition of Secret Mantra*
- The Grounds and Paths of the Kalachakra System: A study of Kaydrup's *Grounds and Paths of Kalachakra*
- The Mind Only section of Tsongkhapa's *Essence of Good Explanations* (English translation of this text: *The Mind Only School in Tibet* by Jeffrey Hopkins)
- The Madhyamika section of Tsongkhapa's *Essence of Good Explanations* (English translation: forthcoming by Jeffrey Hopkins)

**(5) Advanced practice courses offered under the auspices of the Monastery:**  
(Conducted by Tibetan and/or Western faculty)

- The Practice of Yamantaka
- The Practices of Vajrayogini and Heruka
- The Practice of Guhyasamaja
- The Practice of Vajrakilaya
- The Practice of Chod
- The Six Yogas of Naropa
- Tantric Mahamudra

**Note:** All of the above five course groupings comprise the Namgyal Curriculum. These courses fall into the following eleven basic subject areas:

The Subject Areas of the Full Namgyal Monastery Institute of Buddhist Studies Curriculum:

- |   |                              |
|---|------------------------------|
| 1. The Stages of the Path to Enlightenment (includes introductory courses, courses in general mahayana, mind training, comparative studies, and so forth) | 7. Special Topics            |
| 2. Literary and Colloquial Tibetan  | 8. Tantric Grounds and Paths |
| 3. Collected Topics   | 9. Tantric Practices         |
| 4. Mind and Cognition   | 10. Tantric Mahamudra        |
| 5. Buddhist Tenets  | 11. Tibetan Sacred Arts      |
| 6. Sutra Grounds and Paths  |                              |

(See "The Eleven Subject Areas of the Namgyal Curriculum and the Basic Texts in Each of Those Subject Areas" for more information on the textbooks used in these subject area.)

## Namgyal Institute Summer 1995 Courses

### Introductory Colloquial Tibetan

Instructor: Ven. Tsering Namgyal  
June 1-30, 1995

This unique four-week summer program offers students an opportunity for intensive introductory level spoken Tibetan. The program offers:

- 3 Hr./day Intensive Classroom Study
- Extensive Drills and Tapes for Personal/Lab Practice

Open to anyone wishing to learn spoken Tibetan. Equivalent of 3 credits. Study this summer at Namgyal Monastery, the North American seat of the personal monastery of H.H. the Dalai Lama, located in the beautiful Finger Lakes district of upstate New York. Tuition for this 4 week intensive is \$490. Registration requires a 50% deposit by May 7th. See details below. Early registration is advised.

### Tibetan Literary Grammar Intensive

Instructor: Prof. John Powers  
June 3-10, 1995

In order to read and translate Tibetan Buddhist texts, it is essential that one have a thorough understanding of Tibetan sentence structure and grammar. This intensive course will present and examine Tibetan literary grammar in a step-by-step manner as presented in *Translating Buddhism From Tibetan* by Joe B. Wilson. The course will meet daily from 9:00am - 12:00noon. Required textbook: *Translating Buddhism From Tibetan* by Joe B. Wilson. Tuition: \$210. Students registering for this course should have the basic ability to read and pronounce Tibetan words.

Prof. John Powers, a specialist in Indo-Tibetan philosophy and meditation theory, has published nine books and a number of articles on various topics in Buddhist thought and practice. Prof. Powers is an adjunct faculty member of Namgyal Institute.

### Death and Dying in the Tibetan Tradition

Instructor: Prof. John Powers  
June 5-9, 1995, (M-F) 7:30-8:30 pm

We all die. Tibetans regard an understanding of death and dying as of paramount importance and over the centuries have developed a wide and detailed reservoir of materials on death and dying. This course will attempt to give Western students a glimpse of the breadth and nature of this material, both in its exoteric and esoteric forms. Prof. Powers has published numerous works on Indo-Tibetan Buddhism. His latest publication is *Introduction to Tibetan Buddhism*, published by Snow Lion Publications. Prof. Powers is an adjunct faculty member of Namgyal Institute. Tuition: \$55.

#### To Register For Any of The Above Summer Courses:

To register, send your name, address and telephone number, the name of the course plus a deposit of half of the course tuition made out to Namgyal Institute, P.O. Box 127, Ithaca, NY 14851. Deposits are fully refundable until May 7th. After May 7th, deposits are 50% refundable. Classes are held at the Institute. Lodging and meals are the responsibility of the student. Ithaca is a college town with numerous vacancies available for short term sublet during the summer months. Students in past summer courses had little difficulty in securing lodging. Namgyal will provide a list of names of local landlords and rental agents. For further information contact Namgyal Institute at the above address. If you require further information you can call 607-273-0739 or 607-273-4314. Early registration is advised.

## Special Mid-Summer Program

### MEDICINE FOR THE MIND AND BODY Medicine Buddha and the Science of Tibetan Medicine

Khensur Lobsang Tenzin Rinpoche  
The monks of Namgyal Monastery  
Dr. Barry Clark  
July 16-22, 1995

The program will combine the Medicine Buddha empowerment and teachings on the Medicine Buddha practice, conducted by Khensur Lobsang Tenzin and the monks of Namgyal Monastery, with a course on Tibetan medicine, conducted by Dr. Barry Clark. The morning sessions will be devoted to teachings on the Medicine Buddha, practice and guided meditations; the early evening session to Tibetan medicine, with the afternoon free for individual appointments and leisure activities.

The full name of the Medicine Buddha is Vaiduryaprabha, the Healing Master of Lapis Lazuli Radiance. According to the Four Medical Tantras, the basis of Tibetan medicine, the fundamental cause of every disease is to be found in the three poisonous delusions—ignorance, attachment, and hatred—and if ignorance and its associated delusions remain festering inside, sooner or later they will give rise to disease and the recurring miseries of cyclic existence. Thus buddhas such as Shakyamuni and the Lapis Healing Master are referred to as great physicians because they have the compassion, wisdom and skillful means to diagnose and treat the root delusions underlying all mental and physical malaise.

Dr. Barry Clark's course will include the following topics: the healthy and the diseased body, symptoms and diagnosis, dietary and behavioral factors, medical treatments, accessory therapies, the use of gemstones, precious metals, minerals, herbs and plants, etc. in the Tibetan system.

Namgyal Monastery Institute of Buddhist Studies is the North American Seat of the personal monastery of His Holiness the XIV Dalai Lama of Tibet. Khensur Lobsang Tenzin (a.k.a. Geshe Wangdak) is former Abbot of the parent monastery and in May will come as abbot for the Ithaca site. He holds the Geshe Lharampa degree, the highest degree in Tibetan Buddhist philosophy, and is a well-known and highly respected scholar and practitioner. Namgyal monks participating in the retreat are Ven. Tsering Namgyal, Ven. Tenzin (Champa) Lhunpo, and Ven. Tenzin Yignyen. The resident translator is Palden Choedak. Namgyal Monastery is located in downtown Ithaca; living next door and within walking distance are the Tibetans who came to Ithaca as part of the Resettlement Project.

Dr. Barry Clark is the author of an English-language dictionary of Tibetan Meteria Medica and an English translation of the first two Tibetan Medical Tantras. He has

Continued next page.

**Special Mid-Summer Program (cont.)**

studied with dr. Yeshe Donden, the former personal physician of His Holiness the Dalai Lama, and with the gifted physician Dr. Pema Dorje and has been practicing Tibetan medicine for over thirteen years. He currently resides in New Zealand.

Ithaca is located in the Finger Lakes area of New York state, with beautiful parks, waterfalls, and walking trails through woods and fields. Throughout Ithaca are many wonderful restaurants including an outstanding Thai restaurant, the famous Moosewood restaurant, Indian and Chinese buffet, Korean, Japanese, Italian, American and specialty coffee & dessert cafes. We are yet to have a Tibetan restaurant.

This Namgyal program is co-sponsored by the Religious Studies Department and South Asia Program of Cornell University. Cornell University has one of the most extensive libraries in the United States, several swimming pools and tennis courts, and an extensive bus system on campus and to downtown.

**HOUSING**

There are two housing options:

1. Housing is available at Cornell University at a cost of \$7.50/week Cornell use fee plus \$11/day double, \$14.25/single, linens provided. The Cornell use fee permits registrants full access to Cornell facilities including sports facilities, libraries and recreation rooms.

2. Participants may register at local hotels in Ithaca which range from \$65-\$90/night.

**PROGRAM FEE**

\$240.00

**ADDITIONAL OPTIONS**

Dr. Barry Clark will be available for individual diagnostic appointments (separate fee) during the afternoons.

**REGISTRATION DEADLINE**

May 30, 1995

**TO REGISTER**

To register please send \$100 deposit (if you are making your own housing arrangements) or \$207.25 deposit (if you would like Cornell housing—single room) or \$184.50 deposit (if you would like Cornell housing—sharing a double room).



**Summer Retreats**  
**Namgyal Monastery Offers**  
**Two Summer Retreats In 1995**

Based upon requests received from around the country, the monks of Namgyal Monastery are offering two summer retreats this year, providing a wide range of exposure to Tibetan Buddhist studies and meditation practice suitable for beginners through advanced students.

**4th Annual "Get Acquainted with Namgyal" Retreat:**  
**An Introduction to Tibetan Buddhism**

July 30-Aug. 6, 1995

This retreat is characterized by individual attention from the monks and a unique introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayana teachings, deity yoga, mandala theory, debate, and Tibetan language, and engage in hands on art workshops on drawing Tibetan images and mandalas. All of the monks are informal and accessible throughout the retreat. After the last meditation and dinner each day, evenings consist of volleyball, badminton, discussion groups, slide lectures, and videos on Tibetan culture.

*This is Namgyal's main summer event. The retreat is staffed by all of the Namgyal monks.* Other retreats may be staffed by only two or three monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).

**Yamantaka Initiation, Instruction and Practice**  
**Intensive**

Aug. 6-13

One week retreat. This is a highest yoga tantra sadhana practice. Khensur Lobsang Tenzin Rinpoche will bestow the Solitary Yamantaka initiation. Following the initiation, the intensive will consist of teachings on the tantric grounds and paths, how to maintain a proper altar (its purpose and symbolism), daily teachings on the Yamantaka sadhana practice, intensive daily practice of Yamantaka (three sessions per day), and instruction on how to perform proper offering mudras, the correct use of ritual implements, and the making of tormas. Special attention will be given to the nature of the visualized Yamantaka mandala. At the conclusion of the retreat, instructions will be given on carrying one's practice into daily life. cost for this retreat is \$230 plus \$14 per day for lodging and \$15 per day for meals.

*Both retreats are held at beautiful Arnot forest, a wooded conference center maintained by Cornell University just south of Ithaca. The center has a large central lodge and 14 cabins, and we offer three wholesome vegetarian meals each day.*

**To Register for One or Both of the Above Retreats:**

Send you name, address and telephone number plus a deposit of \$225 made out to Namgyal Monastery, P.O. Box 127, Ithaca, NY 14851. Deposits are fully refundable until July 1st. After July 1st, deposits are 50% refundable. In late May or early June, registrants will receive a packet containing directions for getting to the retreat, a detailed schedule and a list of suggested items to bring. Volunteers will be available to pick up people from the bus station or airport and provide transportation to the retreat site.

**Fall 95/Spring 96**  
**Namgyal Courses**

**FALL SEMESTER 1995**

- Literary and Spoken Tibetan I (5x per wk.)
- Introduction to the Program of Namgyal Institute (Meets 1x per wk.)
- Buddhism and Psychology (1x per wk., 3 wk. mini-course)
- Anger and Patience (1x per wk., 3 wk. mini-course)
- Jealousy (1x per wk., 2 wk. mini-course)
- Thought and Attitude Transformation in Buddhism (1x per wk., 3 wk. mini-course)
- Special Topics Seminars (T.B.A.)
- Manjushri Meditation
- Kriya Tantra Ritual Arts (4 wk. mini-course)
- Tantric Preliminary Practices (6 wk. mini-course)
- Translating Buddhism from Tibetan (Collected Topics of Valid Cog.)(4x per wk.)
- Collected Topics of Valid Cognition Lecture Series (1x per wk.)
- The Practice of Yamantaka I (1x per wk.)
- Discussion Seminar (1x per wk.)
- Debate Practice Seminar (1x per wk.)
- Conversational Tibetan II (1x per wk.)
- Personal Directed Study (1x per wk.)

**SPRING SEMESTER 1996**

- Literary and Spoken Tibetan II (5x per wk.)
- Introduction to the Program of Namgyal Institute II (Meets 1x per wk.)
- The Path to Enlightenment (1x per wk., 3wk. mini-course)
- The Three Principal Aspects of the Path (1x per wk.)
- "Taming the Mind" Spring Weekend Intensive (Early March)
- Overcoming Negative Emotions (3 wk. mini-course)
- Manjushri Meditation (1x per wk.)
- Special Topics Seminars (T.B.A.)
- Translating Buddhism from Tibetan (Mind and Cognition (4x per wk.)
- Mind and Cognition Lecture Series (1x per wk.)
- The Practice of Yamantaka II (1x per wk.)
- Discussion Seminar (1x per wk.)
- Debate Practice Seminar (1x per wk.)
- Conversational Tibetan IIB (1x per wk.)
- Personal Directed Study (1x per wk.)
- Buddhist Epistemology (5 session mini-course)

*If you would like to become a student at Namgyal, application forms may be obtained by writing to: The Admissions Office, Namgyal Institute of Buddhist Studies, P.O. Box 127, Ithaca, NY 14851.*

**Namgyal Institute**  
**Study Abroad in Dharamsala, India**

(March 25-April 25)

This 4-week program of study abroad in Dharamsala, India and will be of value to beginners and advanced students alike and is open to anyone wishing to apply. Those joining this trip will fly to New Delhi and from there travel by train and automobile to Dharamsala, located at the foot of beautiful snow covered mountains and home to His Holiness the Dalai Lama of Tibet. Students will stay at the Namgyal Monastery Guest House in Dharamsala. The three weeks in Dharamsala will include regular classes (both beginning and more advanced levels), teachings and initiations by important lamas, visits to cultural centers and monasteries in the area including that of the Nechung Oracle, and sufficient leisure time to explore.

**Friends of Namgyal**

To assist the work of Namgyal and help support the monks residing in America, you can become a Member-Friend of Namgyal Monastery. If you are able to help sustain and develop Namgyal in America as an institute of Buddhist studies and as the North American seat of H.H. Dalai Lama's personal monastery, please contact us. All donations are tax-deductible. Namgyal Monastery Institute of Buddhist Studies is a registered 501(c)(3) tax-exempt non-profit organization. Your help is needed and appreciated.

Namgyal Monastery  
 Institute of Buddhist Studies  
 P.O. Box 127  
 Ithaca, NY 14851 USA  
 Tel: 607-273-0739  
 FAX: 607-272-5654 or 607-273-8508

## HIS HOLINESS' STATEMENT

Continued from page 1

before any negotiations can start. The true nature of the historical relationship of Tibet and China is best left for Tibetan and Chinese historians to study objectively. I also encourage other scholars, as well as international jurists and their institutions, to study the history of Tibet and draw their unbiased conclusions.

In the past I have deliberately restrained myself from emphasizing the historical and legal status of Tibet. It is my belief that it is more important to look forward to the future than dwell in the past. Theoretically speaking it is not impossible that the six million Tibetans could benefit from joining the one billion Chinese of their own free will, if a relationship based on equality, mutual benefit and mutual respect could be established. If China wants Tibet to stay with China, then she must create the necessary conditions. However, the reality today is that Tibet is an occupied country under colonial rule. This is the essential issue which must be addressed and resolved through negotiations.

In the past few years our cause has gained increasing international importance and support. This is reflected in the United Nations' debates on the situation in Tibet: in the General Assembly's Third Committee, in the Commission for Human Rights, and the reports of the United Nations' Rapporteurs. Last year I appealed to the international community for help in facilitating negotiations between my representatives and the government. A number of Asian and Western governments have supported my call for negotiations publicly and through diplomatic channels and have offered their good offices to bring them about. I take this opportunity to thank these governments for their support. It is important that the international community, and especially democratic countries, continue to send a clear message to China that their behavior in Tibet is deplorable and that the question of Tibet must be resolved through peaceful negotiations without pre-conditions. The need to make real progress in resolving the problem of Tibet is urgent. The present lack of progress increases the danger of violent conflicts breaking out in Tibet.

Many Tibetans have voiced unprecedented criticism of my suggestion that we should compromise on the issue of total independence. Moreover, the failure of the Chinese government to respond positively to my conciliatory proposals has deepened the sense of impatience and frustration among my people. Therefore, I proposed last year that this issue be submitted to a referendum. However, as long as I lead our freedom struggle, there will be no deviation from the path of non-violence.

The referendum should seek to clarify the political course of our struggle. A thorough and honest discussion of the various options open to us must take place among the Tibetan people. I hope that this historic exercise will be carried out carefully and thoroughly. I realize that under the present conditions it would be impossible to hold a fair referendum inside Tibet. Nevertheless, we will be able to find ways to collect representative opinions from different parts of Tibet and to conduct the plebiscite properly among our exiled community.

While we prepare ourselves for this referendum, I also wish to

state that I remain open to any Chinese overtures for negotiations. I am still committed to the spirit of my "middle way" approach, and I am hopeful that continued international efforts to persuade the Chinese government to enter into negotiations with us may eventually yield tangible results. Our negotiating team remains ready to resume talks any time at a mutually agreeable venue. Sooner or later, a flexible and open-minded Chinese leadership must realize the wisdom of resolving the issue of Tibet through negotiations in a spirit of reconciliation and compromise. This is the only proper way to ensure stability, which, the Chinese leadership assert, is their primary concern. However, true stability must be based on the mutual trust, consent and benefit of all concerned, not on the use of force.

Tibet's geographic position in the heart of Asia gives it enormous strategic importance. For centuries Tibet acted as a buffer ensuring peace in the region. The implications of China's presence in Tibet go well beyond Tibet's borders. Over the last more than forty years Tibet has undergone an unprecedented militarization. Coupled with the increased transfer of Chinese population into Tibet, this has changed the peaceful character of the Tibetan plateau. If this alarming trend continues, it will not only threaten the survival of the Tibetan people and their culture, but will have serious repercussions for the region as a whole.

Tibet's spiritual and cultural traditions have contributed to peace in Asia. Buddhism not only turned Tibetans into a peace-loving nation following a period of great military might, but also spread from the Himalayas to Mongolia and other places in Central Asia and provided millions of people with a spiritual foundation of peace and tolerance. Buddhism is not alien to China, and I strongly believe that Buddhism can be of great service in providing spiritual values, peace of mind, contentment and self-discipline to millions of Chinese in the future.

With the occupation of Tibet, Tibetan Buddhism has been robbed of its cradle and homeland, not only violating the Tibetan people's right to freedom of religion but also endangering the very survival of this rich spiritual and cultural tradition in Tibet and Central Asia. This is particularly true of China's policy of cutting Tibet up into many separate administrative units, most of which have been incorporated into neighboring Chinese provinces. Historically, the contribution of Tibetans from these areas to Tibet's cultural and spiritual heritage has been immense. But as tiny minorities in Chinese provinces it will be very difficult for these Tibetans to preserve their Buddhist culture and distinct identity in the long term. The Tibetan entities outside the so-called Tibet Autonomous Region (TAR) comprise a larger portion of the Tibetan area and roughly four of the six million Tibetans. A solution to the question of Tibet cannot be found without all these parts of Tibet being incorporated into one Tibetan entity. This is essential to the survival of Tibetan culture.

Finally, I wish to pay homage to the brave men and women of Tibet who have died for the cause of our freedom. I pray also for our compatriots who are enduring

Continued on page 13

## Two New Children's Books

THE THREE SILVER COINS  
A Story from Tibet

by Veronica Leo & Tashi Daknewa  
Illustrations by Veronica Leo  
32 pp., 10.5 x 8.5", \$12.95

Once upon a time there was a poor boy named Jinpa who lived in the high mountains of Tibet.

For his hard work he received one day three gleaming silver coins. "With these you can become

rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold."

So into the world Jinpa went, carrying his three silver coins, to seek his fortune.



## THE BUDDHA'S QUESTION

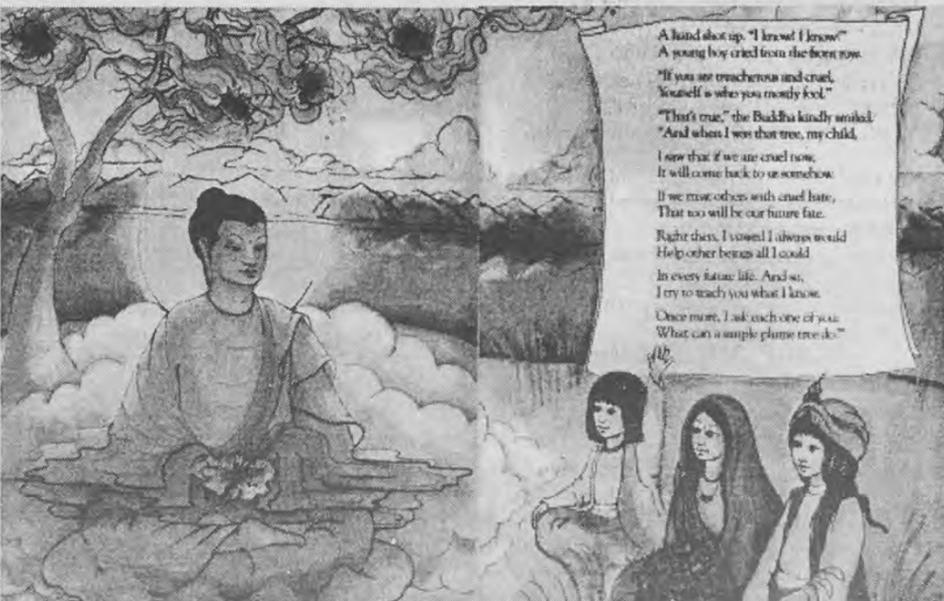
By W.W. Rowe  
Illustrated by Pamlyn Grider  
24 pp., 8.5 x 11", \$9.95

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about the way of awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel de-

ceptions of a heron upon forty fish and a cautious, crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences.

Jataka tales, or past-life stories of the Buddha, are traditionally used to teach wisdom and compassion. This rhymed version makes the story enjoyable for modern English-speaking children ages five to ten.

W.W. Rowe is the author of thirteen other books, including *Amy and Gully in Rainbowland*. He lives in Bethesda, Maryland with his wife Eleanor. They have two sons.



A hand shot up: "I know! I know!"  
A young boy cried from the front row.  
"If you are treacherous and cruel,  
Yourself is what you mostly feel."  
"That's true," the Buddha kindly smiled.  
"And when I was that tree, my child,  
I saw that if we are cruel now,  
It will come back to us somehow.  
If we treat others with cruel hate,  
That too will be our future fate.  
Right then, I vowed I always would  
Help other beings all I could  
In every future life. And so,  
I try to teach you what I know.  
Once more, I ask each one of you:  
What can a simple plume tree do?"



# The Life of Gampopa:

## The Incomparable Dharma Lord of Tibet

by Jampa Mackenzie Stewart,  
illustrated by Eva van Dam,  
introduction by Lobsang P.  
Lhalungpa.  
175 pp. #LIGA \$12.95 May

The Life of Gampopa is, as far as we know, the first work to discuss all the phases of the life of "the Incomparable Dharma Lord of Tibet". The following is a chapter from the book which tells the story of Gampopa's final meeting with his guru Milarepa.

### Final Instructions and Farewell

Gampopa packed up his few belongings, and went to say goodbye to his fellow yogi disciples. Sebenrepa, Rechungpa, Shiwa Ö and the others all came out to meet him. They were sad to see him go. His sincere dedication and rapid accomplishment had been an unexpected inspiration to them all. Gampopa's example had fired a new enthusiasm in them, pushing them to new levels of accomplishment. Now a light was going out of their lives, and as they each hugged him goodbye, it was clear that Gampopa would be sorely missed. Still, they knew enough about impermanence to take the loss in stride, and they were happy in the certainty that their yogi-brother, "the monk," was on his way to greater things yet.

Now fully prepared to depart for Central Tibet, Gampopa went to say farewell to his guru. Milarepa met him along the path and said, "I will see you off, my son. I will escort you as far as Shamboche. There are a few more teachings I wish to give you."

And so they walked together for awhile, father and son. The morning air was fresh and warm, and the sky was cloudless and clear. A gentle breeze stirred the spring mountain flower blossoms as Milarepa and Gampopa walked along the eastern path.

When they came to a stone bridge, the guru said, "My dear monk from U, as a good omen, let us not cross the river together. Here, now, put down your load and let us, father and son, talk for awhile."

And so they sat down beside the river. Mila then took Gampopa's hand and said, "My dear monk from U, stay free of pride and self-centeredness. Cut the bonds of affection and attachment. Abandon all worldly desires for this life. These are the things a good Buddhist yogi should do. Merge all the teachings into one practice: always pray to me."

"My son, do not fall in with those in whom the three poisons of greed, hatred and ignorance are strong, lest they influence you with their poison."

"There are people who are so full of anger that they see nothing but other's faults, and take all to be their enemies. They heap abuse on others, criticize the Dharma, and are a bad influence on everyone, for in the depths of their hearts, the fires of hatred and anger are always burning."

"To give an example, the snake has neither wings, nor legs, nor hands. Logically it should be a feeble, meek creature. But as soon as anyone sees it, he is seized with abhorrence and fear. This reflects the great hatred that exists within the snake. He who cherishes hatred within will see all men as his enemies."

"And again, some people are very greedy, they grasp and store up everything, even if it is only an old piece of wood or a handful of pebbles. They say, 'When we grow old, we will need some means of provision. When we die, we will need food for offerings in the cemetery.' They insist that one cannot practice the Dharma without money, that even a bodhisattva needs money to accumulate his spiritual provisions. Then they engage in usury and all forms of profit seeking. Their blood is always boiling with greed."

"And again, some people will say, 'Now is not the time for us to practice the transcendental teachings. One should never stick to one teaching, or he'll wind up bigoted, fanatical, and narrow minded. Besides, it is impossible to achieve Buddhahood in one lifetime.' He who does not cultivate bodhichitta will fall into the *shravaka* path. These people are veiled with great ignorance. You should never have dealings with them or pay attention to their babbling."

"If you talk with them, they will first ask you who your teacher is, and what kind of teaching you practice. If you tell them, they will become angry, hate the teachings and the teacher, give up all attempt to practice, and will eventually be reborn in the hell realms. Because of their narrowness,

good advice will never benefit them, but will only provoke their wrath. In other words, one's good advice only causes some people to accumulate more negative karma.

"That is why you should stay away from people who are dominated strongly by the three poisons of hatred, greed and ignorance."

"In the tantric *samayas*, it says,

To stay more than seven days with shravakas,  
Brings a tantric yogi more harm than benefit.

"In general, you should be full of mindfulness, like a tiny cautious sparrow or a wounded deer. Do not let yourself grow prideful over your discipline, lest you poison all the merit you have gained. Be kindly to every being and in harmony with all. Be peaceful, compassionate, patient, and live purely. You should bridle your wandering thoughts, and avoid the temptation of distractions and idle chatter. You should dwell instead in quiet mountain retreats, seldom leaving your meditation seat. Spend your time furthering your three trainings."

"Although you may realize that your own mind is the Buddha and the true guru, never abandon your guru, the vajra master."

"Although you may realize that all deeds are naturally pure, always practice even the smallest accumulation of merit and do not neglect purification."

"Although you may perfectly realize the emptiness of karma, its causes and results, avoid committing even the smallest negative action."

"Although you may experience the inseparability of the meditation and post-meditation states, continue to practice guru yoga during the four meditation sessions of the day."

"Although you may realize the equality of self and others, do not disparage other teachings or people."

"Son, on the fourteenth day of the Horse month in the year of the Rabbit, you should come to see me. On that day, you should arrive at the border of Drin and Nyenam. Now listen to my song of farewell:

*My son, when ultimate reality beyond description  
Appears in your mind,*

*Do not be tempted to engage in sophistries,  
Lest you become proud,*

*And get caught up in the eight worldly dharmas.  
Son, rest in humility, free from arrogance.*

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

*My son, when self-liberation arises within,*

*Do not be tempted to engage in logical speculation,  
Lest you waste yourself in useless exertion.*

*Son, rest in the state free from discursive thought.*



"Now look!" Milarepa said, and hoisted the back of his robe, revealing the cheeks of his buttocks, all covered with lumps of hard callus, like the hooves of an animal, due to having sat for so long on stony ground without a cushion. He said, "There is no more profound teaching than this. Now you can imagine the hardships I have undergone. My attainment of great realization came from this."

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

*When you realize the empty nature of mind,*

*Do not get caught up in ideas of one or many,*

*Lest you fall into the extreme of nihilism.*

*Son, rest at ease in the sphere of simplicity,*

*Beyond words.*

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

*When you practice Mahamudra,*

*Do not busy yourself in practicing your daily rituals*

*Of virtuous deeds with body and speech,*

*Lest the wisdom of non-distinction vanish.*

*Son, rest in the unfabricated innate nature of mind.*

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

*When revelations, visions and prophecies arise,*

*Do not fixate and grow prideful or overjoyed,*

*Lest the prophecies become presages of Mara.*

*Son, rest at ease, in the state of clinging to nothing.*

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

*When you see penetratingly into your own mind,*

*Do not yearn for higher perceptions,*

*Lest you be caught by the Maras*

*Of desire, joy, and pride.*

*Son, rest at ease in the state free from hope.*

*Do you understand this, monk from U?*

*Do you understand this, physician from Dakpo?*

Continued on page 16

## Women and the Power of Compassion: International Conference on Buddhist Women

From August 1 to 7, 1995, women from all around the world will gather in Leh, Ladakh, in northern India. The Fourth International Conference on Buddhist Women will be jointly sponsored by Sakyadhita: International Association of Buddhist Women and the Ladakh Buddhist Association, with the cooperation of many Ladakhi women's associations.

The theme of this conference will be Women and the Power of Compassion: Survival in the 21st Century.

Speakers will include: Sulak Sivaraksa, Helena Norberg-Hodge, Dr. Janice Willis (Wesleyan University), Dr. Paula Arai (Vanderbilt University), Dr. Chatsumarn Kabilsingh (Thammasat University), Bangkok, Ven. Karuna Dharma (International Meditation Center, Los Angeles), Dharmacarini Punyamegha (Friends of the Western Buddhist Order), Kusuma Devendra (Institute of Buddhist and Pail Studies, Colombo), and others.

### Journey to the fabled land of Ladakh!

Situated high in the Himalayas, Ladakh is a mountainous land with an ancient and unique Buddhist culture. The snowy peaks of Ladakh shelter fertile valleys and villages at an altitude of over 17,000 feet. The people of Ladakh, while adapting modern technology to make their lives easier, are striving to preserve their ancient traditions, especially their Buddhist heritage. Open to the outside world only since 1979, Ladakh offers solitude, spiritual inspiration, majestic mountain panoramas, and gentle people, plus commendable tourist facilities.

### Join in this unique gathering of women!

Talks and discussions will focus on different topics each day, with meditations in the mornings and ceremonies of the different Buddhist traditions in the evenings.

### Fascinating pilgrimage tours!

August 8: Visit ancient monaster-

ies around Leh Valley

August 9 & 10: Travel to lovely places of cultural interest outside Leh Valley

### Help less fortunate sisters attend!

Women from Bangladesh, Burma, Bhutan, Nepal, Sri Lanka, and remote parts of India are anxious to attend this historical gathering. The Conference will be an unprecedented intercultural exchange for women. For \$80 you can prepare a woman to take a leadership role in a new phase of cultural renewal in this ancient Buddhist kingdom.

—Demonstrate solidarity with sisters in developing countries

—Contribute tangibly to a transformation of attitudes toward gender in Asia

—Further intercultural understanding

—Make someone very happy!

Contact: Sakyadhita, 400 Hobron Lane #2615, Honolulu, HI 96815 U.S.A. Fax: 808-944-7070. ■

Sambhota

༄༅། །ཨ་མ་རྒྱལ་གྱི་མི་ཚང་མ་གྱི་མཉམ་སྲུང་གི་ལྷན་ཚོགས་ཀྱི་འཕྲིན་ལེན།

Tibetan Publishing Software for Windows 3.1 and the Macintosh. *Asian Classics support now available on both platforms for Microsoft Word.* Direct inquiries to:

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

## BARDO THÖDRÖL RETREAT

(The Tibetan Book of the Dead)

with

KHENPO SONAM TOBGYAL RINPOCHE  
MEDITATION MASTER & SENIOR KHENPO  
OF THE NYINGMA LINEAGE

AURORA CONFERENCE CENTRE  
AURORA, ONTARIO, CANADA

COST \$375 AND \$475 US

May 14th - 21st

KAREN RYAN at (905) 821-3082

Sponsored by Riwoche Pemavajra Temple of Toronto

## 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.

**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.

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

**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!

**Tibetan Bulletin** (bi-monthly, free; donation to defray postage is appreciated) The Office of Information and International Relations, Central Tibetan Secretariat, Gangchen Kyishong, Dharamsala (H.P.) 176215, India. Official publication of the Government-in-Exile.

**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 Office of Tibet, 241 E 32nd St., New York, NY 10016 (tel: 212-213-5010). Independent publication by Tibetans in Delhi.

**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).

**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.

**Tibet Press Watch** (bi-monthly, \$25) From the International Campaign for Tibet, 1735 Eye St. NW, Suite 615, Washington, DC 20006-2402 (tel: 202-7851515; fax: 202-785-4343). Reproduces news articles from worldwide sources.

**World Tibet News** via Internet. Get the daily news on Tibet from this source! Subscribe by sending e-mail to: wtn-editors@utcc.utoronto.ca, with the message reading: sub wtn-1. ■

### TIBETAN WORD PROCESSING SOFTWARE THE TIBETAN COMPUTER COMPANY

- Works with WordPerfect 6.0 (DOS only; not Macintosh compatible)
- WYSIWYG display of Tibetan and English/Roman
- Three fully scaleable, high-quality Tibetan typefaces and Tibetan spell-checker
- Direct support for Tibetan-Sanskrit
- Complete sets of ready-to-use authentic pecha templates
- Easy-to-use Tibetan keyboard
- 60-page manual with all the instructions you need to use the software, plus many details about producing Tibetan pecha, rules of grammar, etc.

This excellent package, normally priced at \$1,000, is now available for only \$175 (plus shipping and handling), with The Tibetan Computer Company donating all proceeds from software sales to The Drukpa Kagyu Heritage Project, Kathmandu, Nepal. The Drukpa Kagyu Heritage Project is working to collect, preserve, and publish the entire written heritage of this Tibetan Buddhist lineage, providing a model and source of help for other Buddhist lineages.

For more information about the software or the Drukpa Kagyu Heritage Project, contact Bruce Blake in the USA (phone 612/827-0557 evenings/weekends). Fax: 612/884-8633 Mail: 721 W. 40th St. Minneapolis, Mn. 55409.

### 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.

## Lama Surya Das & Nyoshul Khenpo Rinpoche Dzogchen Retreats

May 19-23 Mt. Madonna Center, Santa Cruz, CA. Contact 408 847-0406

June 4th Annual US visit of Nyoshul Khenpo Rinpoche to Dzogchen Foundation. Cambridge, MA. Contact 617-628-1702 for more information regarding the ten-day intensive retreat, public teachings, etc.

July 11-July 16 Torah & Dharma. With Rabbi Sheila Weinberg. At Elat Chayyim, Woodstock, NY, 800-398-2630.

July 21-August 17 4th Annual One Month Retreat at Notre Dame, Canandigua, New York. Contact 617-628-1702 for more information.

Aug 21-25 Dzogchen Retreat, Omega Institute, Rhinebeck, NY

914-266-4444 (info), 800-944-1001 (Registrations only)

September Date not yet set. Open Center, New York City.

September 22-24 Frankfurt Ring, Frankfurt, Germany (49)-069-511555

September 29-Oct. 4 Seminarhaus Engle, Bavaria, Germany (49)-087-28616

October 6-8 Weekend, Basil, Switzerland. Contact J. Goldfarb (41)-61-3615375

October 9-15 Dzogchen Retreat Gaia House, Devon, England (44)-0803-813188

November Date not yet set. Dzogchen Workshop Weekend. Open Center, NYC Contact: 212-219-2527 ■

## Letter from Ronald Segal Personal Envoy of the Supreme Buddhist Patriarch of all the Russias

Dear Sirs:

The Khambo Lama has requested me to write you regarding his new Buddhist Center and Temple Complex opening this month here in Siberia. We are also constructing a new International Buddhist Center at Lake Baikal. All this is by donation only. I'm sure

you've heard of the economic chaos prevailing in Russia today. Even though money is tight to non-existent, we're forging ahead. The Khambo Lama requests any books on Dharma, in English, you could send as a donation. Only registered air mail is advisable; sea mail may take 2 years or more.

We are a charitable institution chartered within the Russian Federation. In the name of the Buddha, Dharma, and Sangha, thank you from the Khambo Lama.

Sincerely yours,  
Ronald Segal  
P.O. Box 10725, Glavpochtamt, Ulan-Ude, Buryatia, Siberia, Russian Federation 670000 ■

### MAHAMUDRA TEACHINGS

Continued from page 1

abhidharma. In that case, one may wonder whether the basket of Secret Mantra is included within any of these three. In fact, since it is the heart of all three, though one may refer to it as the "basket of the vidyadharas" simply to draw a distinction, it is definitely included. Rangjung Gyalwa says "through the profound sutra, vinaya and abhidharma," and the "Vajra Heart Commentary" says that "a fourth and a fifth for buddhahood are not the intention of the Sage."

Treatises are, as stated in "Higher Continuum":

*Whatever is solely influenced by the doctrine of the Victor, is composed by a totally undistracted intellect and is in accord with the path for attaining liberation, that too raise to the crown of your head like the dictates of the Sage.*

These are the entire spectrum of explications of the intent of the Buddhas' dictates which concur with his intended meaning and have been composed by noble bodhisattvas, hearers and ordinary panditas ever since the Teacher exhibited the manner of passing beyond misery in our world. These can be divided into general treatments and specific explications, and in fact there are many other avenues of classification as well.

Reasoning refers to positions, arguments and examples, such as those derived from the textual systems of the "Validity Sutra" and "Series of Seven" and so forth, which are employed in order to reach decisive conclusions, which in turn enable one to understand, in an abstract fashion, the meanings of all things to be realized.

By learning about and coming to understand both scripture and reasoning from one's lama, the prajna that arises from study will be born and one will be delivered from its counterpart, the "pall" of not knowing scripture and reasoning. Moreover, firo-rya Candrakirti says:

*Just as an entire company of blind people is easily guided to its desired destination by a single sighted person, likewise, here, understanding lifts up the sightless qualities and journeys to Victory.*

The manner by which this [understanding] realizes the extremely profound dharma is "through scripture and also through reasoning"; therefore....

In "Sequence of Lives":

*Learning is a lamp, for it dispels the darkness of bewilderment; the greatest of all wealth, for it cannot be carried off by thieves; like a weapon, for it conquers the enemy, perpetual bafflement; and the best of companions, for it proffers advice on how to proceed.*

### Prajna That Arises from Reflection

"Oral instructions": in Sanskrit, *upadesa*. "Reflection on the oral instructions" means to take to heart and properly reflect upon the meaning of what the Sugatas taught exhaustively, out of loving-kindness, in order to liberate us from bondage to conditioned existence and serenity. In particular, since the Sugatas taught a multiplicity of vehicles to suit individual inclinations, a variety of provisional and definitive teachings emerged, and even more critically, since the tantras of the great secret Vajrayana are totally circumscribed by the six limits and as a result are extremely intricate, one must reflect upon the instructions of an acarya who with completely immaculate dharma vision (prajna), teaching in a manner sensitive to the four maxims, edifies one through properly and fully elucidating the vital issues. Reflecting upon the instructions this way produces the prajna that arises from reflection, and conquers its antithesis, the darkness of ambivalence, which consists of uncertainty about profound issues.

### Prajna That Arises from Meditation

By duly reflecting over and over again upon the meaning of what one has studied, one discovers a certitude that is entirely free of ambivalence. Resting equanimously and meditating upon that meaning produces the prajna that arises from meditation, and the glow of that prajna illuminates the essential nature of the enduring condition just as it is.

"Enduring condition" refers to the nature, or manner of subsistence, of all dharmas, from forms up until omniscience, and is also referred to as ground-state mahamudra, innate suchness, the original Lord, the tathagata potential or tathagatagarbha.

There is both the "enduring condition of the entity of the body" and the "enduring condition of the entity of the mind."

Regarding the former, from "Hevajra":

*In the great bliss bhaga of the Lady dwells the Teacher with the thirty-two principal attributes and eighty physical signs, in the aspect of vital fluid. Without that, the bliss is lost. Since there is no vitality, the rest follows.*

*The bliss from deity yoga is not the concrete entity of the Buddha, nor is it a mere abstraction.*

*That which is formalized in the aspect of face and arms is the embodiment of supremely unchanging bliss.*

*Therefore, all beings are connate.*

Continued on page 10

### DAKA'S BUDDHIST ASTROLOGY

Personal insights with Buddhist perspective on western charts.

Jhampa Shaneman was ordained as a Buddhist monk 14 years and uses 24 years of practice to help you understand yourself, relationships, and auspicious dates for retreats, etc.

Utilize the understanding of interdependence to have insights into yourself, your children.

For Canada and USA 1-800-819-2288

### Devotional Pottery



Bowls, vases, and personal articles for the practitioner. Handcrafted in delicate porcelain.

call or write for free brochure  
Sarnath Studios  
(914) 679-2918  
P.O. Box 629, Woodstock, NY 12498



His Holiness  
Padma Norbu Rinpoche  
Supreme Head of the  
Nyingma Lineage



IN HIS FIRST VISIT TO NORTH AMERICA  
IN SEVEN YEARS HIS HOLINESS WILL CONFER

## The Complete Cycle of Namchö Revelations of Tertön Migyur Dorje

June 10-25, 1995  
Poolesville, Maryland

You are invited to attend the  
*Namchö Revelations (Treasury of Space)*,  
the principle method of practice of the great Palyul Monastery  
through which countless beings have been led to realization.

In addition, rare teachings will be offered  
both the week before and after the empowerments.

For more information contact:

KUNZANG PALYUL CHÖLING

18400 River Road, Poolesville, Maryland 20837

Phone: (301)428-8116 ♦ Fax: (301)428-8245

## Funds Needed to Rebuild Dhomang Monastery



The Ven. Yangthang Tulku, abbot of Dhomang Monastery in Eastern Tibet, reports that torrential winter rains have destroyed 60 buildings of his brand new Buddhist college and retreat center. The Ven. Gyatrul Rinpoche (the principal

tulku of Dhomang) and Yeshe Nyingpo, his organization of Dharma Centers, have immediately begun fund-raising efforts in conjunction with Kunzang Palyul Choling (KPC) in Maryland. Gyatrul Rinpoche estimates the reconstruction of Dhomang will cost \$100,000 and he says it needs to be completed in the next 3-4 months, before the next cycle of dangerous weather begins.

Dhomang Monastery, a branch of the great Nyingma Palyul Monastery, is a sanctuary for the unbroken lineages of the Omniscient Longchenpa, Jigme Lingpa, Ratna Lingpa, Dorje Dechen Lingpa, and Terton Migyur Dorje, of which abbot Yangtang Tulku is an acknowledged master. Following the Chinese demolition of Dhomang in 1959, Yangthang Tulku endured 22 years of imprisonment and torture. Able to leave Tibet following the death of Mao-Tse Tung, Yangtang

Tulku reunited with Gyatrul Rinpoche, who sponsored his profoundly inspiring teaching tour of the West. With the funds he was able to raise, Yangthang Tulku returned to Tibet in the early 90's and supervised the rebuilding of Dhomang. The recent devastating rains have undone all that he was able to accomplish in this period.

Contributions to accomplish the reconstruction of Dhomang may be sent by check, payable to "Yeshe Nyingpo," to Dhomang Relief Fund, c/o Yeshe Nyingpo, 501 Irish Ridge Rd., Half Moon Bay, CA 94019. For further information or credit card contributions, call KPC at 301-428-8116. ■

### 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.

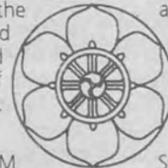
### Need More Snow Lion Newsletters?

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. ■

## 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 an teaching interviews, and discussions with 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.



## Living Wisdom

1995 Summer Studies at Wisdom's Goldenrod

Classes and meditations unfold various aspects of the mystical path outlined in *The Quest of the Overself* by Dr. Paul Brunton.

July 9-14

THE QUEST  
TRANSFORMATION



August 6-11

Seminars and creative activities form an introduction to the alchemical processes involved in uniting the human with the divine.

Wisdom's Goldenrod Center for Philosophic Studies encourages individual and group exploration into ancient and contemporary systems of philosophic thought and spiritual introspection. Located on a panoramic site at Seneca Lake, in rural upstate New York, its private library was dedicated by His Holiness the Dalai Lama in 1979.

For further information, contact: Summer Studies, c/o Wisdom's Goldenrod  
5801 Route 414, Valois, New York 14888, telephone (607) 546-8205, e-mail DKS9@cornell.edu

### JACQUES MARCHAIS MUSEUM OF TIBETAN ART

338 Lighthouse Avenue  
Staten Island, NY 10306  
718-987-3500

WE'RE CELEBRATING  
OUR FIFTIETH ANNIVERSARY!

Call or write for a 1995 Calendar of Events.

## TURNING WHEEL

Journal of the Buddhist Peace Fellowship

Turning Wheel, the engaged Buddhist quarterly, brings you the diverse world of peace, social justice, and ecology work from a wide variety of Buddhist perspectives.

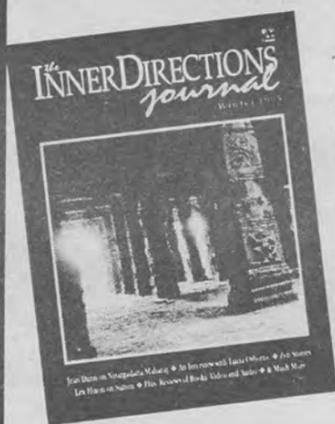
Recent & upcoming issues feature: Reb Anderson, Judi Bari, Andrew Harvey, Helena Norberg-Hodge, Mayumi Oda, Sulak Sivaraksa, and Gary Snyder; grassroots reports from the engaged Buddhist world and regular columns on Family Practice and Ecology; and articles on Money, Right-Speech/Free-Speech, Environmental Activism, Violence/Nonviolence, Education Hope and Progress, and other topics.

\$35 for a year (supports the work of the BPF)

Buddhist Peace Fellowship  
P.O. Box 4650SL, Berkeley CA 94704  
Tel: 510/525-8596 • Fax: 510/525-7973



## Subscribe to the Journal that reflects the Heart of true Wisdom



THE WORLD IS FILLED with special-interest periodicals, but *The Inner Directions Journal* is different! This unique publication directly addresses the topics of authentic spirituality and the awakening to one's real nature. The articles, dialogues, and reviews presented in the Journal draw from the ageless wisdom that lies at the heart of Eastern and Western spiritual and philosophical teachings.

You will find leading writers and teachers contributing to *The Inner Directions Journal*, including: Jack Kornfield, Toni Packer, Robert Powell, Lex Hixon, David Frawley, Douglas Harding, Alan Anderson, Stephen Levine, and others. They understand the need to bring a balanced expression to the genuine spiritual teachings of East and West.

Subscribe to *The Inner Directions Journal* today.

Become part of the growing Inner Directions Family who, like you, recognize the need to support this unique publication that touches the heart of one's existence.

*The Inner Directions Journal* is published quarterly. Subscriptions are \$18.00 annually in the U.S., \$21.00 in Canada & Mexico, \$25.00 in all other foreign countries.

THE INNER DIRECTIONS  
journal

SEND A U.S. CHECK OR MONEY ORDER TO:  
Inner Directions  
PO Box 231486-O • Encinitas, CA 92023  
or call toll-free: 800.545.9118



## Native American Rights Fund

The purpose of the Native American Rights Fund is to secure through the US legal system: the preservation and protection of tribal resources, the protection of human rights, the accountability of the US government, and the development of laws that secure Indian rights. At the heart of these goals is the native people who seek to maintain their status and traditional ways of life in the face of the

US industries and government groups that seek to displace them in order to use the land resources for their own purposes. During the last twenty-five years the Native American Rights Fund has made a difference. You can contact them for information or send contributions to: NARF, 1506 Broadway, Boulder, CO 80302. tel: 303-447-8760. ■

## Appropriate Technology for Tibetans

APTT is a registered nonprofit organization in the United States and England. We believe it is essential to educate, train and thereby help the Tibetans overcome the problems that threaten their settlements. Food and water shortages in India are predicted to escalate in the coming years. By working now, we help alleviate these problems and preserve Tibetan culture.

APTT's work is funded from three main sources: public sector funding from the European Com-

mission (EC) and the British Government's Overseas Development Administration (ODA), private grant-making trusts and individual donations. In recent years APTT has been remarkably successful in attracting public sector funding for our work. The EC and ODA fund specific projects, covering 50% of project costs, while APTT has to raise the remaining

50% from other sources. **Your support is vital in helping us match public sector funding for our projects.**

There are many projects you can support.

For more information please contact: APTT, 10954 Santa Monica Blvd., Los Angeles, CA 90025. Tel: 310-478-1501. ■

## Amitabha Foundation

We are pleased to announce the formation of the Amitabha Foundation, which is dedicated to funding the charitable projects of the Ven. K. C. Ayang Rinpoche in Tibet and among Tibetan refugees in India. During Rinpoche's 1994 visit to the United States he discussed his projects with many people, and The Amitabha Foundation is the fruit of the seeds he planted

during that visit. Students of Rinpoche's have come together from all around the country to assist him in realizing his vision. We invite you to join us.

For additional information, please contact: The Amitabha Foundation, 830 Marco Place, Venice, CA 90291. Tel: 310-827-2152. ■

## 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. Because life expectancy for a blind person living in Nepal is estimated at 5 years, your gift of sight can become a life-saver as well. You can do all this for a \$40 contribution.

Surgery is performed at the **Jamgon Kongtrul Surgical Facility** at the Tilganga Eye Center in Nepal. The sponsorship covers the cost of intra-ocular lens implant surgery, medications and post-operative care. In addition, your contribution has the benefit of teaching the successful techniques of cataract surgery to Asian doctors who train at the center.

Please join us by giving the gift of sight to impoverished Tibetans and Nepalis. Fill out the attached form and mail it to Rigpe Dorje Foundation at the address below. Your contributions are tax deductible. **Thank you for caring.**

I would like to sponsor eye surgery for an impoverished Tibetan or Nepali

Name \_\_\_\_\_

Surgery fees:

Address \_\_\_\_\_

\$40 for one eye

\$80 for both eyes

Contribution to the general fund



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

### MAHAMUDRA TEACHINGS

Continued from page 8

The term "vital fluid" refers to what is produced and appears from conventional bodhicitta, the rarified essence of the channels, winds and drops that is the support for supremely unchanging bliss, which transcends the state of coarse materiality and is therefore of the essence of primordial wisdom. This is the innate body itself. Glorious Rangjung Gyalwa also said this can be called "the enduring condition of the vajra body" since the channels, winds and drops are interdependent, appearing out of the radiance of the mind, and are composed of and appear from conventional bodhicitta,

thereby serving as the basis for connate, primordial wisdom.

The seventh Lord described this self-essence lacking the stains of the eight groups and abiding as the four kayas as "the evolving potential" having no time of inception, and this description appears to coincide and concur with the explanation of Rangjung Dorje himself, which can be satisfactorily established through a plethora of scriptural citations and arguments, though for the moment I will not elaborate upon these.

Secondly, the enduring condition of the entity of mind is the dharmadhatu, unrestricted, impartial and free of conceptually con-

Continued on page 11

### COMMUNICATE COMPLETELY \$50



**SKY DRAGON** drawn by Chagdud Tulku Rinpoche. Hand printed in full color on our best heavy cotton sweatshirt. Specify S M L XL XXL Blue Only. \$5 S&H

**HORIZON SCREEN PRINT (503) 424-2234**

Alpine, Oregon 97456

Committed to the ethic of Buddhaharma printing since 1974.

## TARA MANDALA RETREAT CENTER

PAQOSA HOT SPRINGS, COLORADO

1995

**Tsok Nyi Rinpoche**—Dzogchen Retreat on Nature of Mind—July 12-18

**Tsultrim Allione**—Tantric Practice Retreat—August 1-13

**Anna Douglas and John Travis**—Vipassana Retreat—Aug. 19-27

**Prema Dasara**—Tara Dance Retreat—June 7-11

**Ute Elder Bertha Grove**—Solstice Retreat—June 20-21

**Vijali Hamilton**—World Wheel Retreat—July 1-5

Personal retreats at Tara Mandala may be arranged by appointment.

TARA MANDALA IS A RETREAT CENTER SITUATED IN THE BEAUTIFUL SAN JUAN MOUNTAINS OF COLORADO NEAR THE HEALING HOT SPRINGS OF PAQOSA. WE ARE ONE HOUR FROM DURANGO, TWO AND ONE-HALF HOURS FROM SANTA FE AND CLOSE TO THE VARIOUS HISTORIC ATTRACTIONS OF THE FOUR CORNERS AREA.

FOR MORE INFORMATION ABOUT THE ABOVE PROGRAMS, WRITE OR CALL:  
PO Box 3040, PAQOSA SPRINGS, CO 81147 (970)264-6177 FAX (970)264-6169

Her Eminence

## Sakya Jetsün Kushok

teaching

### Immeasurable Compassion

April 21 - 23  
at Karmê Chöling



One of the most esteemed holders of the Sakya lineage of Tibetan Buddhism, and one of the few women lineage holders. Her

Eminence will teach on the four immeasurables: pith teachings on how to develop an awakened, compassionate heart. Cost \$175

For details, call Karmê-Chöling, Barnet, VT 05821 (802-633-2384)

## Nechung Dorje Drayang Ling



Established in 1973 in Pahala, Hawaii by the Nechung Rinpoche, the grand lama of Nechung Monastery in Lhasa and Dharamsala, the temple hosts many programs with head and lineage lamas of all the schools of Tibetan Buddhism. Seminars and retreats cover a wide range of subjects, from foundational philosophy to the highest tantras and dzogchen. His Holiness

the Dalai Lama dedicated Nechung Dorje Drayang Ling in October, 1980 and visited again in 1994. They are in need of financial support to help pay for the beautiful land. You may contact them for further information on this and their other activities:

Nechung Dorje Drayang Ling, PO Box 250, Pahala, HI 96777. Tel: 808-928-8539, fax: 808-928-6271. ■

### MAHAMUDRA TEACHINGS

*Continued from page 10*

structed limitations. From "Drop of Liberation":

*Because it is devoid of all conceptuality, it is far beyond the realm of the ponderable or expressible. Like space, it is stainless and the source of everything. It defies analysis, is the "truly profound." It purifies the spiritual continuum of oneself and others, giving form to mahamudra that is illusory and like a rainbow, known as "perfect clarity." The supreme nature that is the nonduality of these, the identity pervading all entities, totally unhindered by samsara, is described as "the dharmadh-tu."*

That which is explained as nondual profundity and clarity, the innate mind, and the intrinsic, enduring potential is just the same as this.

The meaning of "enduring condition" has here been just touched upon so as not to neglect it entirely, and can otherwise be understood

through the explanations that will follow later.

The fundamental, enduring condition of the mind, and of the body, like water and ice, are indivisible, and are therefore called "the union of the two kayas of the ground-state," which can only be illuminated by unmediated self-disclosive awareness that is capacitated by meditation, and not by any other method. As is said:

*This has nothing whatsoever to be removed and [in] this nothing in the least [need] be installed. Regard the perfect perfectly. When perfection is glimpsed, liberation is total.*

The order of progression of the three prajnas is precisely as presented here, and although this may not be definite for those persons who can learn all at once, it is widely known that in the case of gradual learners the stages are interrelated such that without each prior step, its successors will not occur:

Maintaining discipline, with learning and reflection, apply [yourself] fully to meditation. ■

## Friends of Prison Sangha

Snow Lion occasionally receives letters from people who have been imprisoned and who are very interested in dharma. They are seeking to connect with dharma practitioners to exchange ideas, to receive moral support and to feed their spiritual hunger.

The following persons seek a "dharma pen-pal":

Devoil Devane, P.O. Box 215, Maury, North Carolina 28554.

Eric Warfel #54892 H.C.F., P.O. Box 1568, Hutchinson, Kansas 67504-1568. ■

## COMPASSIONATE CARE OF YOUNG TIBETAN MONKS

There are many young monks living at Tibetan Buddhist Monasteries in India and Nepal eager to receive a monastic education or enter a traditional three-year retreat. Most of these monks are without financial support and struggle to survive. They need your help. As a sponsor, you can eliminate much of their hardship by providing food, medical care, and study materials.

When you become a sponsor, you enable these monks to develop to their fullest potential. In this way, sponsors take an active role in the preservation of the living heritage of Tibetan Buddhism.

Please join Rigpe Dorje Foundation in this worthwhile effort by becoming a sponsor to a Tibetan Buddhist monk. Each sponsor is sent the name, photo, and background of the monk and their address for direct correspondence.



### I Would Like To Sponsor A Monk

- \$20 monthly       I cannot sponsor a monk but wish to contribute to the general fund for their benefit.  
 \$60 quarterly  
 \$240 annually       Enclosed is \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Make checks payable to Rigpe Dorje Foundation and mail to the address below. All contributions are tax deductible in the United States.



Rigpe Dorje Foundation . 328 North Sycamore Avenue . Los Angeles . CA 90036

## Classifieds

VAJRASATTVA (BUDDHA of PERFECTION) T SHIRTS. Seven colors on white or natural. Short sleeve \$15.95 + 3.50 S/H; long sleeve \$18.95 + S/H. S, M, L, X-L. Very beautiful! 100% profits help establish land sanctuary. A.D.A.M. Inc., P.O. Box 8415, Santa Fe, N.M. 87504; 1-800-488-3402.

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.

DRU'S VAJRA CERAMICS. Beautiful handmade skull cups and offering bowls. Fantastic glazes. Call Marta for information. 1-800-488-3402.

SPIRITUAL GROUP in prison welcomes books on Buddhism & Taoism. We have no funds to speak of, but are searching for spirituality. Please send all book donations to: Russell W. Scott #33921, c/o Pastoral Care Dept., Central Wicpa Group, Hutchinson, KS. 67504-1568. —Thanks much—

## H. E. Chagdud Tulku Rinpoche

in the Trinity Mountains, Northern California

### Essence of Siddhi Drubchen

May 31 - June 7, 1995

### Red Vajrasattva Drubchen

June 9 - 16, 1995

### Nyingt'hig Yabshi

November 9 - 22, 1995

### Six-Week Dzogchen Retreat

December 27, 1995 - February 7, 1996



#### ESSENCE OF SIDDHI DRUBCHEN

This practice is a treasure from His Holiness Khyentse Rinpoche that integrates the three roots of lama, yidam and dakini. Participants will gather to receive the blessings of Guru Padmasambhava and the lineage lamas. Guru Padmasambhava prophesied that for a well-motivated and concentrated practitioner, one week of drubchen is equal to a year of solitary practice and opens the door to his pureland, Copper Mountain, at the time of death.

#### RED VAJRASATTVA DRUBCHEN

Obstacles to beneficial action, to spiritual practice, to the ultimate realization of enlightenment—all obstacles, whether outer, inner or secret, can be conquered through the direct blessings of Vajrasattva. This drubchen is an extremely swift and profound method for accumulating merit and wisdom, and for purifying the emotional afflictions and confused concepts that obscure mind's essential nature and its qualities of compassion and wisdom.

#### NYINGT'HIG YABSHI

In the 14th century, the great master Longchenpa compiled the 6,400,000 Dzogchen tantras into a single quintessential cycle, the Nyingt'hig Yabshi. This collection, containing the Vima Nyingt'hig of Vimalamitra, the Khandro Nyingt'hig of Guru Rinpoche and the Lama Yangt'hig, Khandro Yangt'hig and Zabmo Yangt'hig of Longchenpa, is widely renowned for its power to introduce the student to the nature of mind, creating a firm foundation for Great Perfection practice in this and future lives. H. E. Chagdud Tulku Rinpoche, a pre-eminent Dzogchen master, will confer the entire cycle of Nyingt'hig Yabshi empowerments, rarely offered in the United States. The scriptural transmissions will also be given over this 13-day period.

**Reservations:** All events will be conducted at Rigdzin Ling, Chagdud Gonpa's center in the splendid Trinity Alps region of Northern California. Preregistration required. For event fees and further information, please write or call Chagdud Gonpa, P.O. Box 279, Junction City, CA 96048-0279, Telephone (916) 623-2714, Fax (916) 623-6709.

# SNOW LION

**T**he Age of Exploration, halted for so long by insular Cold War politics which sealed much of Tibet's borderlands, has experienced a re-birth in the Himalaya. Government restrictions have relaxed, unveiling many areas nestled high among the Himalaya, undisturbed for so long by the changes that have swept the 20th-century world. From Mustang and Inner Dolpo to Spiti and Rupshu in India, testament to past centuries of cultural and ecological continuity in the Himalaya is now open to select groups of venture-some individuals.

Your guide into these timeless lands of the Himalaya is Snow Lion Expeditions, a unique Himalayan travel, service and outfitter of treks, mountaineering expeditions and overland journeys. Our mission is to re-create the spirit of exploration and high adventure of the early Western expeditions into the region, but, with the heightened sensitivity of our own era, to operate with careful regard for the natural environment and local culture.

We travel only in small groups to minimize our impact on these fragile lands and create unique and personal

experiences for our guests. Groups of no more than eight allows greater flexibility and leaves days open for those spontaneous events which are the essence of adventure. Snow Lion Expeditions provides the professional guides whom you seek for such a significant journey - experts well-versed in the culture, art, and natural history, and responsible for the challenging passage of visitors through the remote Himalaya.

In turn, we seek expedition participants ready to encounter the exotic and the unexpected, and who want to experience in a profound way the people, the land and the rich culture of this fascinating region. "If travelers just want to say they've been to Tibet, they can easily fly to Lhasa and stay at the Holiday Inn; but Snow Lion's clients are different. They are adventuresome and insightful," says Snow Lion's Operations Director Alan Burgess. "They must fit into the environment to observe and be unobtrusive. They want to go to the areas that are difficult to reach because they want to explore a pristine environment and interact with the last vestiges of Himalayan cultures."



SNOW LION pioneers treks to areas previously closed or restricted along the Tibetan border with Nepal and India. With the end of the Cold War, most of these regions are open, although on a restricted basis. In Nepal, those regions are Inner Dolpo (opened in 1994); Mustang (opened in 1992) one of the world's last remaining Tibetan Buddhist kingdoms; and Manaslu (opened in 1991) which features an adventurous trek around the world's seventh highest summit. In India, newly opened areas along the Tibetan border include Spiti (opened in 1993); and Rupshu (opened in 1995), one of the wildest and least inhabited Himalaya regions, where the shores of Tso Moriri Lake house a Nyingma Pa Tibetan Buddhist monastery.

"In these new frontiers, the centuries-old traditions of the Himalaya remain unimpacted by Western influence," says Snow Lion's Burgess. "The terrain and climate will continue to prevent rapid change in a land where the wheel is largely useless and access to the interior is only possible via ancient footpaths."

#### RUPSHU: TREKKING ON THE CHANGTANG

Trek in the unknown and unmapped province of Rupshu at the far western edge of the Changtang Plateau and encounter nomadic Tibetan families, herds of ibex, kyang and bhraal on the way to the Buddhist monastery complex at Tso Moriri Lake. 26 days.

#### SPITI: PROVINCE OF ANCIENT TIBET

Travel by minivan along the ancient transhimalayan trade route to obscure villages and monasteries of the once great Tibetan kingdom of Guge to Tabo Monastery

(est. 996 AD). Travel this remote area to view the rich temple art that has emerged from this exchange of transhimalayan religious faith and artistic styles. 16 days.

#### HIGH HIMALAYAN TRAVERSE: MAKALU TO EVEREST

Cross snowfields and glaciers and rappel off cliffs on a wild traverse across 150 miles of rugged Himalayan terrain between the base camps of Makalu and Everest. 30 days.

#### KANCHENJUNGA: FIVE TREASURES OF THE SNOW

Journey through lush forests below cascading waterfalls into the rugged upper valleys to reach base camp beneath Kanchenjunga, world's third highest summit. 29 days.



DOLPO is one of the most remote and inaccessible regions of Nepal. A land of high passes, nearly-impenetrable gorges, turquoise lakes and pristine mountain panoramas, the wild countryside of Dolpo was first chronicled in The Snow Leopard by Peter Matthiessen and George Schaller in 1973. Today, Dolpo is a fascinating travel opportunity since very few westerners have tread the paths of Nepal's least trekked regions.

#### DOLPO: FULL MOON FESTIVAL AT SHEY GOMPA

Trek with Tibetan and Dolpa pilgrims to the most important celebratory event of Inner Dolpo at Shey Gumpa. Masked dancers and long colorful religious processions celebrate Guru Rinpoche's conquest of local demons. 31 days

#### NOMADIC TRAILS OF UPPER DOLPO

Trek with Tibetan nomads and salt traders across three high alpine passes along ancient trade routes

to the turquoise lake of Phoksumdo and explore the Bonpo monasteries of Trap Valley. 27 days.



LANGTANG VALLEY, nestled at the base of mountains which separate central Nepal from Tibet harbors an integrated population of Tamangs and Tibetans. The trail begins amid dense forests and then ascends to an alpine valley where yak bells and Buddhist chants ruffle the rarified air. Because of its close proximity to Kathmandu and moderately high elevation, Langtang is perfect for those who want to sample the highlands of Nepal, but don't have an extended vacation.

#### SNOWCAPS ON THE TIBETAN BORDER

Ascend the Langtang valley for a look through the fluted summits of ice and snow to nearby Shishapangma-Tibet's highest peak-before descending via Goasinkund, a trio of sacred alpine lakes. 15 days.



SURROUNDED BY TIBET and governed by a Tibetan royal family, the medieval kingdom of Mustang survives as one of the last remnants of the historical Tibetan realm. Mustang is a dramatic land of ancient walled fortress-villages and monasteries hewn out of rock walls. The kingdom of Mustang caught the attention of veteran Himalayan travelers when it

opened in 1992. Isolated by government regulation from trekkers who circle the Annapurna, this jewel of the Himalaya is now open.

#### THE FORBIDDEN KINGDOM OF MUSTANG

Trek northward through ochre and vermilion gorges beneath the towering Annapurna range to the fabled, walled villages of Mustang, the once forbidden Tibetan Buddhist kingdom. 17 days.

#### PILGRIMAGE TREK IN LOWER MUSTANG

Off the main Annapurna circuit, two little known villages in the southern reaches of Mustang, Dzong and Putra, remain unexposed to western influences, yet retain the atmosphere and character of Mustang. Visits sacred Muktinath, the second most holy site in Nepal. 13 days.



IN SANSKRIT, Bhutan means the "end of Tibet," but in Bhutan's native Tibetan dialect it is Druk Yul meaning the "Land of Thunder Dragon." Bhutan remains the least known and most environmentally pristine of the Himalayan countries. It is truly the Himalayan region's sole remaining forbidden territory - a land upon which few westerners have viewed, let alone tread. Bhutan provides visitors with a close glimpse into pre-20th century Tibetan culture. Leave Western trekkers behind and enter with humble respect into the Land of Thunder Dragon.

#### THUNDER DRAGON: TREK TO BHUTAN'S SACRED REALM

Trek through dense forest to Chomolhari, Bhutan's sacred summit, along trails leading through walled fortress villages and Tibetan Buddhist monasteries. Trekkers explore remote villages, monasteries-including Tiger's

#### MISSION STATEMENT

To share the essence of the Himalaya—its vastness, timelessness, culture and humanity, and to provide our customers with the highest quality travel experience available in this extraordinary part of the world.

Nest—and the capital city of Thimpu. 19 days

#### DAGALA TREK: ALPINE TRAILS ON BHUTAN'S WESTERN SPINE

The Dagala is Bhutan's least trekked range with views of Thimpu and Paro valleys and the peaks along the Tibetan border during the season of numerous festivals.



LADAKH means "land of passes" in the local Tibetan dialect; but we call it the "land of light." One of the westernmost regions of the Tibetan realm, Ladakh has escaped many of the changes that Chinese occupation has inflicted within Tibet itself. Today, "Little Tibet" upholds the continuity of its venerable past. Isolated in a high plateau region of stunning mountain ranges and precipitous river valleys in the Himalayan rain shadow, Ladakh's culture has nonetheless been enriched by its position as a southern outpost of the Great Silk Road.

#### LAND OF PASSES LAND OF LIGHT

Ascend arid and pastel canyons across the high passes of the Great Himalayan Range in Ladakh's Markha Valley as ever-changing light dances on a wildly beautiful, stark and mystical landscape ascending to the Kongmaru La pass (17,050'), where it is possible to see K2 on the far-off northern horizon. 17 days.

#### PASSES & GORGES OF ZANSKAR

Epic summer transhimalayan trek across the Great Himalayan Range crossing four high passes and dozens of rivers following the remote Zanskar River gorge at the western edge of the Tibetan plateau. Discover obscure monasteries, nomadic families, herds of wild ibex and dramatic scenery. 32 days.

# S H I M A L A Y A

## EXPLORING THE ANCIENT CULTURE OF LADAKH

Relaxed touring in the Indus River valley to traditional Tibetan Buddhist monasteries. An in-depth look at the ethnic Tibetan people of Ladakh, their lives, art architecture and culture by mini-van with light day hikes. 14 days.



## 1995 TOTAL SOLAR ECLIPSE

Join an astrologer from the Tibetan government-in-exile for one of the last Great Total Eclipses during this millennium. Witness this cosmic event at the 'Path of Totality' under the cloudless skies of Rajasthan's Thar Desert. The 8-day odyssey includes Raja palaces, camels, Taj Mahal and crowded bazaars. Trip is priced and scheduled to dove-tail with many trekking departures in Nepal.



## KAILAS:

### CENTER OF THE UNIVERSE

In October 1994, Snow Lion led a trekking group from Humla, in Western Nepal, to Burang and on to Darchan at the base of holy Mount Kailas. From here we walked the 4-day kora around the venerable mountain over the Doma La (19,250').

While we were successful last year, we have not rescheduled the trip for 1995. Officially, the border crossing from Humla is again closed and last autumn competing trekking groups were turned back at the border. Although it may open by autumn 1995, we have no assurances that it will and, even if it does, Chinese border crossings are unpredictable. The alternative to trekking in from Humla is driving for seven rough days in each direction from Lhasa or Kathmandu to Darchan.

We have heard that the border from Ladakh might open in 1996 and, when it does, Snow Lion plans to stage its Kailas trips from there. It is a 3-day drive from Leh to Darchan via the ancient ruins of Tsaparang and Tolling.

CALL  
1.800.525.TREK



## HIMALAYAN MEDITATION RETREAT

Tibetan Buddhist meditation course at Kopan Gumpa outside Kathmandu followed by a Himalayan trek to Sherpa villages, Chewong and Thubten Choling monasteries of the Solu-Kumbu. 22 days.



TIBET has long aroused the wanderlust of the world's most intrepid explorers, its allure stemming from geographical and self-imposed isolation. Until the 1980s, few outsiders had the tenacity to penetrate the high passes and towering peaks of the Himalaya and cross the stark Tibetan Plateau. Today, it is a sparsely populated province. Inland salt lakes dot the arid landscape between towering peaks roamed by traders and shepherds.

## JOURNEY TO THE 'ROOF OF THE WORLD'

A classic overland journey from Nepal's medieval cities of Kathmandu, Bhaktapur and Patan through a break in the Great Himalayan Range to explore the gilded palaces, temples and monasteries of Lhasa, Shigatse and Gyantse. 15 days.

## SHISHAPANGMA BASE CAMP TREK: TIBET'S VALLEY OF FLOWERS

Trek through high alpine pastures and over glacial moraines to the base of Tibet's highest mountain and explore the forbidden cities of Lhasa, Shigatse and Gyantse. This great adventure begins with an intense cultural odyssey across the Tibetan Plateau from Lhasa to the Nepali border. 19 days.



RIISING OUT of subtropical jungle and tumbling onto the austere Tibetan Plateau, the Annapurna massif delineates environmental and cultural realms that appear worlds apart. Walk along ancient trade routes encircling the Annapurna and discover how jungle and rain shadow, Hindu and Buddhist compliment in a most colorful mosaic.

## ANNAPURNA MASSIF HEART OF THE JEWEL

The best days of the Annapurna Circuit have always been those spent above the tree line on the Tibetan plateau. Trek along high benches away from main trails to look for the natural fauna of the region, cross the wild pass of the Thorong La (17,770') to descend into the deepest gorge in the world, the Kali Ghandaki. 19 days.

## CARAVAN ROUTE TO LOWER MUSTANG

The trek follows the trails of ancient commerce through villages of many of Nepal's diverse ethnic groups and through numerous highland and lowland ecosystems. You will encounter Hindu and Buddhist pilgrims at the holy shrines of Mukinath and Thakali and Manang traders. 17 days.

*"If travelers just want to say they've been to Tibet, they can easily fly to Lhasa and stay at the Holiday Inn; but Snow Lion's clients are different. They are adventuresome and insightful..."*



THE SNOW CAPPED SUMMIT of Chomolungma (as Everest is known in Tibetan), the world's highest peak at 29,028', looms over the Khumbu region of Nepal. Magnificent mountain scenery sets the backdrop for the village lifestyle of the local Sherpa people, whose warm hospitality charms you with openness and generosity.

## ULTIMATE EVEREST

A world-class high altitude trekking odyssey through high Himalayan mountain villages in the shadow of Everest. Trek to alpine lakes of Gokyo and the summit of Kala Pattar (18,471') at the base of Everest. 22 days.

## EVEREST CLOSE UP

Fast track the haute route to Kala Pattar (18,471') at the base of Everest over glacial moraine beneath the world's highest mountains. At the head of the Khumbu valley, Kala Pattar provides unobstructed views of Everest. 17 days.

MOUNTAINS & MONASTERIES Trek through charming Sherpa villages and explore four major

Tibetan Buddhist monasteries in the shadow of Everest and its neighboring giants. 17 days

## VALLEY TO THE SKY

A unique trekking approach to Everest through dense forest and untouched Sherpa villages of the Solu-Khumbu to reach the base camp of Everest, the world's highest mountain. 27-days

## EVEREST!

A wonderful introduction to the Everest region's towering peaks, charming villages and exotic Tibetan Buddhist monasteries. Designed specifically for those with limited time. 13 days.



UNTIL RECENTLY, the high valleys north of Manaslu (26,760'), the seventh highest mountain in the world, were closed to foreign trekkers. Now open, visitors to these Tibetan borderlands will encounter the traditional lifestyles of people who have only begun to interact with the outside world. Trails pass through a rich quilt-work of landscapes: rice paddies, bamboo forest, precipitous river gorges and the stark landscape of the Tibetan Plateau.

## MANASLU:

### ANNAPURNA TRAVERSE

Destined to become a classic trek, the traverse follows a unique route which takes us through an endless variety of ecosystems, past numerous remote ethnic groups on a high altitude odyssey. A strenuous high-altitude odyssey in the remote realms beyond both Manaslu and Annapurna, the best of two classics. 30-days



THIS YEAR, Snow Lion will begin treks into the fantastic lands of Sikkim whose borders have only recently opened. Sikkim, the smallest state of the Republic of India, is mostly mountainous, lying in the shadow of Kanchenjunga, the third highest peak in the world. Encircled by Nepal to the west, China to the north, Bhutan to the east and Calcutta to the south, Sikkim historically served as a crossroads of Asia. Sikkim's snow capped peaks are punctuated by high mountain passes through which lay the eastern caravan routes to Lhasa; yaks and ponies carried cardamom and rice one way, Chinese silks and salt the other.



SNOW LION will take a select group to the Mani Rimdu festival, the most spectacular ritual event of Sherpa culture. Conducted solely in Nepal's Khumbu valley, in the shadow of Everest, this week long festival takes place in the post-harvest lull in agricultural activity. This annually performed analogy of Guru Rinpoche's victory over the Bon Po demons, and hence the introduction of Buddhism to Tibet, portrays the vibrancy and festive nature of Tibetan Buddhism and Sherpa culture. Mani Rimdu provides an opportunity for Sherpas to commune with friends and relatives as well as to obtain spiritual blessings. The lama who leads this ceremony is The Venerable Trulshik Rinpoche, a well-known lama.

We invite those with a special interest in Tibetan Buddhism and a yearning to experience the Himalaya of Nepal to join us on this most festive and celebratory of treks. We will offer two different formats to view Mani Rimdu, both of which will travel to Chewang Monastery.

In 1996, Snow Lion Publications will offer this trip (see News article in this issue) as a premium to its customers.

NOTICE: Though both companies share the same name and commitment to Tibetan culture and the environment of the Himalaya, Snow Lion Corporation (d/b/a/ Snow Lion Expeditions) of Salt Lake City, Utah and Snow Lion Publications Inc. of Ithaca, New York are independent and unaffiliated.



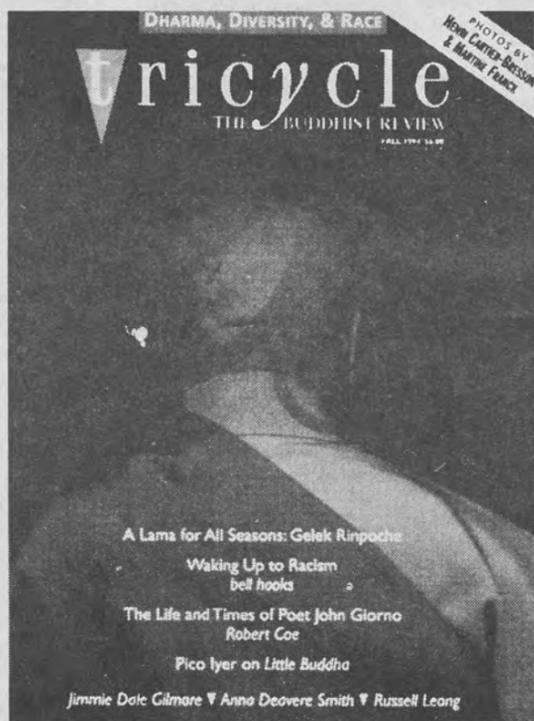
SNOW LION EXPEDITIONS  
OQUIRRH PLACE  
350 SOUTH 400 EAST  
SUITE G2  
SALT LAKE CITY, UTAH  
84111 U.S.A.

TEL (801) 355-6555  
FAX (801) 355-6566

RESERVATIONS:  
1-800-525-TREK

E-MAIL:  
yeti@snowlion.com

See the world  
like you've never  
seen it before.

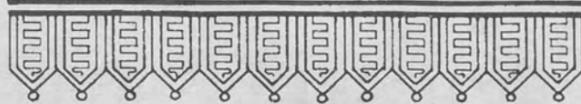


From sports and popular culture, to literature and traditional teachings, to the toughest social issues facing us today, Tricycle offers a Buddhist perspective that is both educational and engaging.

**Tricycle**  
THE BUDDHIST REVIEW

The world comes to light in Tricycle.

4 issues/\$20 annually call 1-800.950.7008



## CALL TO ARTISTS

Without the self-imposed veils of conceptual thought—labeling, evaluating, and separating ourselves from others—we may sometimes catch a glimpse of how things really are. Recognizing this, we are struck with a sense of wonder. It is just this instant, total seeing into the nature of things in themselves which uproots our habitual patterns and reorients our lives to the attainment of Enlightenment for the benefit of all beings.

There are certain works of art which open like a window into this vision; to gather these, we have chosen "Suchness" as the theme of the second annual national exhibi-

tion of contemporary Buddhist art, "Liberation by Seeing".

The Gold Ridge Sangha, a Vajrayana Buddhist Center founded by the Very Venerable Kalu Rinpoche, together with the American School of Japanese Arts, are cosponsoring the exhibit, which will take place September 23-October 22, 1995, at the Gallery of the American School of Japanese Arts in Santa Rosa, California.

To request a prospectus, send a stamped, self-addressed envelope to: Gold Ridge Sangha, P.O. Box 771, Sebastopol, CA, U.S.A. 95473, marked "Attention: Victoria". Entries must be received by July 11, 1995. ■

## His Holiness Kusum Lingpa to Visit US

H.H. Kusum Lingpa will be offering the Orgyen Jambhala Empowerment & Commentary Teachings April 22. It is terma of Guru Rinpoche as the wealth deity. This practice helps the practitioner to realize the richness inherent in our

material, emotional and spiritual life. On the 23rd, he will give spontaneous spiritual advice from the heart. Contact Kunzang Palyul Choling in Poolesville, MD, tel: 301-428-8116. ■

### PILGRIMAGES TO INDIA, NEPAL, TIBET & BHUTAN

*Journey to remote Buddhist sites, and explore ancient monuments and monasteries. Meetings with traditional teachers, small groups and highly qualified leadership create an opportunity for both intellectual and spiritual growth.*



For more information, contact:  
**INSIGHT TRAVEL**  
602 South High Street, Yellow Springs, Ohio 45387  
(513) 767-1102 (800) 688-9851

### RIGPE DORJE FOUNDATION

Fourth Annual intensive practice retreat  
in sunny South Texas with:



VEN. DZOGCHEN PONLOP RINPOCHE

April 14 - 21, 1995

Teaching & Commentary on Lodrö Thaye's  
**TREASURY OF KNOWLEDGE**

### RIGPE DORJE CENTER

P.O. Box 690995  
San Antonio, TX 78269  
(210) 698-0529

## Towards a Bhikshuni Order in the West

Dear Friends,

We are a group of twenty-five nuns of Vietnamese, American, and European origin, studying and practicing under the guidance of Zen Master Thich Nhat Hanh. For many years, we have been developing community practice life here in France, and we feel the time is ripe for us to share with others on similar paths our practice and the issues of monastic life for women which have been encountered. For this reason, we would like to invite nuns of various traditions (within Buddhism, Christianity, and other religions) and others (women and men) to come together to practice meditation, look deeply, and discuss about the future of a Bhikshuni Order in the West and how communities of nuns may be able to flourish in the West. Anyone interested in sharing her or his experience and learning from others is invited to attend—nuns, monks, laypersons, Buddhists, non-Buddhists.

The retreat/seminar will take place June 25-30, 1995, at Plum Village, two hours' drive from Bordeaux in southwestern France. The main language of the gathering will be English, with translation

into French, Vietnamese, and whatever other languages are needed (possibly German and Italian). The basis for the retreat/seminar will be the daily practice of Plum Village, and discussions and presentations will be based on each person's own practice experience. Ven. Thich Nhat Hanh will participate in the retreat/seminar. Senior nuns of Plum Village will lead the retreat/seminar and nuns of various traditions will be invited to address the gathering. For the communal strength of the practice, all participants are required to attend the entire retreat/seminar.

A registration form, sample proposal of issues and questions to address, and a daily schedule is available. Please inform us of issues or questions you would like to see discussed. Please let us hear from you soon, so we can begin to make the necessary arrangements.

We very much look forward to hearing from you. Please state clearly on the envelope "Nun's Retreat/seminar."

Yours sincerely,  
Sister Jina Chan Dieu Nghiem  
Plum Village, Meyrac, F-47120  
Loubes-Bernac, France. Tel: (33) 53947540 Fax: (33) 53947590. ■

### HIS HOLINESS'S STATEMENT

*Continued from page 5*

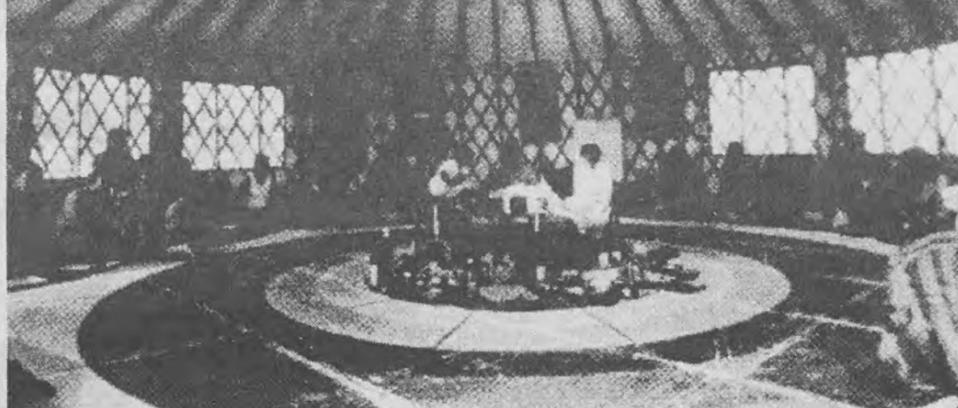
mental and physical suffering in Chinese prisons at this moment: Not one day passes without my fervent prayers for an early end to the suffering of our people. I believe

that today the question is not whether Tibet will ever be free, but rather how soon.

With my prayers,

The Dalai Lama  
10 March 1995 ■

## TARA MANDALA RETREAT CENTER in Southwest Colorado



### Center for Teachings & Long-term Retreats

Tara Mandala is a retreat center located in SW Colorado. It was founded in late 1993 by Tsultrim Allione, M.A., and is devoted to the preservation and development of Buddhist traditions and wisdom lineages. Tsultrim Allione has been a Tibetan Buddhist practitioner for 27 years, and lived in Nepal and India in the late 60's and early 70's. She was the first American ordained as a nun by H.H. Karmapa in 1970. Several years later, she returned her vows and came back to the United States with a vision to create a retreat center and spread the wisdom of Tibetan Buddhism.

During the years she was raising her children she always kept this vision. She searched for land that would be conducive to in-depth meditation experiences, similar to that which existed in Tibet, and where it would be possible to experience profound silence and vast space. In October of 1993, a wild and beautiful piece of land which had these qualities was dis-

covered near Pagosa Hot Springs.

The land encompasses 850 acres of mountains, canyons, dragon's back ridges, forests, and meadows—all filled with wildlife. Some areas contain ponds where the elk come to drink and other areas are densely wooded with Ponderosa pine and inhabited by black bears. At the center of this land is a breast-shaped peak from which spectacular views abound. The many hills and ridges rise to as much as 8100 feet. Fortunately the land is protected on several sides by National Forest and the Ute Reservation.

Tara Mandala sponsors large summer teachings and group retreats and is in the process of creating a retreat facility for long-term group retreats for twenty people and to provide space for all individuals wishing to experience hermitage. They primarily offer teachings in the Dzogchen lineage of Chogyal Namkhai Norbu, Rinpoche and sponsor teachers of various contemplative traditions.

Last year Tara Mandala sponsored several different teachings.

Tsok Nyi Rinpoche came to consecrate the land in July.

### This Year's Teachings

Teachings this year include a ten day vipassana retreat, a Dzogchen retreat on the nature of mind, a Tara dance retreat, tantric practice retreats and elders from the Ute Reservation will return to share their wisdom. Tara Mandala will also sponsor several weekends of "Practicing Permaculture" where they will begin to restore areas of the land that have been damaged from logging, by planting trees and setting up check dams.

Tara Mandala is one hour east of Durango, two and one-half hours northwest of Santa Fe and close to all of the historic attractions of the Four Corners Area. Pagosa Hot Springs is renowned as the hottest, deepest and most healing of the mineral springs in the USA. There is also a Tara Mandala Bookstore located next to the hot springs. For information, contact: Tara Mandala, PO Box 3040, Pagosa Hot Springs, CO 81147, 970-264-6177, fax# 970-264-6169, e-mail 75402,1127@compuserve.com. ■



### 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



University of Virginia  
1995 Summer Session

### LITERARY AND SPOKEN TIBETAN

June 12 to August 10, 1995

Offered through the Department of Religious Studies  
REL 500 & 501, 8 credits

Instructors: William Magee and Tibetan Scholar

#### LEARN BUDDHIST CONCEPTS THROUGH DEBATING IN TIBETAN!

AN INTRODUCTION to the Tibetan language in both its literary and colloquial forms. Students learn basic grammar and develop hearing and speaking proficiency through training in a formal debate technique widely used in the Tibetan educational system. There is extensive use of drill and tapes as well as training in translation techniques. This intensive course will cover the equivalent of one year of instruction in Tibetan.

STUDENTS MUST APPLY directly to the Summer Session for admission: 209 Garrett Hall, University of Virginia, Charlottesville, VA 22903 (Tel. 804/924-3371). Tuition for 1995 is \$1,122 for Virginians and \$3,538 for non-Virginians. For further information about the Intensive Tibetan Language course, write: Center for South Asian Studies, 110 Minor Hall, University of Virginia, Charlottesville, VA 22903 (Tel. 804/924-8815).

## TREASURE VASE

Designed and consecrated by Lama Tarchin Rinpoche

- Limited Edition 10" Vase
- Oven-Fired Ceramic
- Resplendent, Enriching Color
- Gold Traditional Tibetan Design

Permanently sealed, filled with Sacred Substances, relics, medicines and precious jewels. Accompanied by a Gold-Foil Booklet.

For centuries, Tibetans placed Wealth Vases on altars at home, buried them on mountain tops and at sources of water. It is believed that these vases bring good fortune, abundance, and have the power to restore vitality, heal the environment and remove negativity from the mind and heart.

\$ 188.00

PLEASE ADD \$10.00 FOR SHIPPING AND HANDLING

CA. RESIDENTS ADD 8.25% SALES TAX

FOR CREDIT CARD ORDERS

1.408.761.6266

OR SEND CHECK OR MONEY ORDER TO:

THE VAJRAYANA FOUNDATION  
1272 Sylvaner Avenue  
St. Helena, California 94574

Artist Representation

## THE LIFE OF GAMPOPA

Continued from page 6

where Milarepa still stood, he heard his guru calling him. Turning, he saw Jetsun Milarepa, quite far away now, motioning him to come back. Puzzled, Gampopa walked back, and again crossed the stone bridge to see what it was his guru wanted.

His eyes burning brightly, Milarepa said to him, "Who else but you deserves to receive this most precious quintessential instruction, even though it be of too great a value to be given away? Now come here, and I will give it to you!"

Gampopa was overjoyed, and asked, "Should I first offer you a mandala?"

"No, it is not necessary for you to offer me a mandala. I only ask that you will cherish this teaching, and never waste it."

He then led Gampopa behind a large nearby rock.

"Now look!" Milarepa said, and hoisted the back of his robe, revealing the cheeks of his buttocks, all covered with lumps of hard callus, like the hooves of an animal, due to having sat for so long on stony ground without a cushion. He said, "There is no more profound teach-

ing than this. Now you can imagine the hardships I have undergone. My attainment of great realization came from this.

"It has simply been due to persistent effort that I have accumulated merit and gained accomplishment. You need such effort, not any other doctrine. This is the essence of my teaching. Whether you become a Buddha or not depends on effort. With it, there can be no question about your liberation. Like a son, do what your father says!

"You should likewise continue to exert yourself with great perseverance in your meditation. You should continue sitting on one seat, in one place, until you attain real-

ization. This is the most profound teaching in Buddhism: Practice!"

This teaching made an indelible impression on Gampopa, giving him inspiration and courage on many occasions thereafter.

Gampopa expressed his heartfelt gratitude to Milarepa, and thus, on that sunny, clear, spring morning, father and son parted.

After Milarepa had seen Gampopa off, he returned to Chuwar, gathered all his disciples together, and said to them, "This physician-monk who just left will benefit countless sentient beings. Last night, I dreamed that a vulture flew from here to U, and landed on top of a great mountain. ■

BENEFIT FOR  
TIBETBlindman's Holiday  
with a special appearance by the  
Namgyal Monks

Please  
show your  
support!

The Haunt, Ithaca, NY  
Thursday, May 4, 9 P.M.

All proceeds will  
be donated to  
Namgyal Monastery  
of Ithaca, NY

"good in every Way"  
50 PRAYER FLAGS \$108

DHARMA PRINTED HERE

From our popular series—a delightful assortment of ancient & contemporary designs, various traditions and styles. Pure cotton, 16"x16", hemmed. Finest hand silk screening. Each set packaged in an exquisitely hand printed box. \$5 S&H.

HORIZON SCREEN PRINT 800-682-0442 (VISA & MC Only)  
Alpine, Oregon 97456 • (503) 424-2234

Committed to the ethic of Buddhadharma printing since 1974.

## DHARMA PRINTED HERE \$25



Wash and wear our cotton shirt emblazoned with the seed syllable Hung; drawn by Ngakpa Chogyam Rinpoche. The purchase price will be applied in full to your first order for custom printed garments or flags.

Specify S M L XL XXL  
Black Only. \$5 S&H

HORIZON SCREEN PRINT (503) 424-2234  
Alpine, Oregon 97456

Committed to the ethic of Buddhadharma printing since 1974.

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

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)

## DAWN ~ Rebirth of a People

## An International Peace Conference

A week-long symposium with over 20 eclectic leaders blending ageless wisdom and new thought featuring:

## The Gyuto Monks of Tibet

and

## Geshe Tensing Sherab

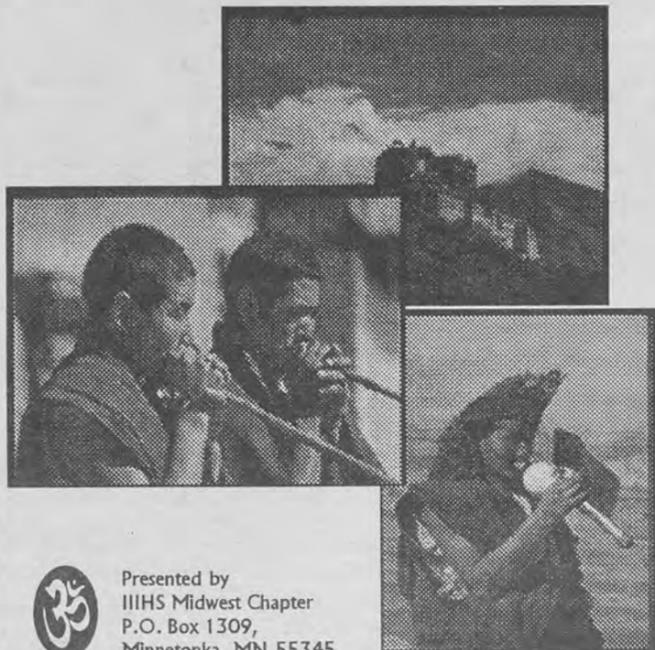
Vice-Abbot, Gyuto Tantric Univ. - Tibet

Presenting ritual chanting of invocation and blessing, Long Life Initiation and Long Life Practice, lectures, sacred mantra, and Tong-Len, the healing art of giving and receiving.

July 25 - 30, 1995

Carleton College - near Minneapolis, Minnesota

Additional presenters include: Willaru Huayta-spiritual messenger of the Inca-Peru. Mrs. Ikuko Osumi-Seiki Master and Spiritual Healer-Japan. Robert Wisdom-African Yoruba drummer-Jamaica. Marilyn Rossner-psychic & medium-Canada. Noris Binet-dance therapist-Dominican Republic. Ethel Lombardi-healer-USA. Steven McFadden-Founder-director of Wisdom Conservancy-USA, and many other exciting leaders in healing, shamanism, creativity, and sacred movement.



Presented by  
IIHS Midwest Chapter  
P.O. Box 1309,  
Minnetonka, MN 55345

For information or a brochure call 612-929-3032

Snow Lion Publications offers its customers a chance to...

# Win a trip to the MANI RIMDU FESTIVAL!



Snow Lion Publications has made an arrangement with Snow Lion Expeditions to give one of our customers a free tour to the annual week-long Mani Rimdu Festival in December, 1996. In exchange for advertising space, Snow Lion Expeditions will take our lucky winner to the Festival, the most spectacular religious festival of the Everest region. Conducted in Nepal's Khumbu, Mani Rimdu celebrates the victory of Guru Rinpoche over the demons and his introduction of Buddhism to Tibet. Mani Rimdu exemplifies the vibrant and festive nature of Tibetan Buddhism and Sherpa culture and provides an opportunity for Sherpas to commune with friends and relatives as well as to obtain spiritual blessings.

Our customers who have a yearning to experience Nepal's Himalayas and this festival held at Chewang Monastery need to



**Mani Rimdu celebrates the victory of Guru Rinpoche over the demons and his introduction of Buddhism to Tibet.**

let us know that they want to enter by checking the appropriate box on the order form, or by telling our customer service staff when you order by phone. Every time you order from us between now and Monday, February 19, 1996, you will receive a chance to win—just let us know that you want to go.

Included in the trip is the roundtrip airfare from any major US gateway (48 states—if you live in Canada or Western Europe, you may also be included depending on where you would fly from) to Kathmandu on Thai Airways; full service Mani Rimdu Festival Trek; services of trekking leader and staff; three meals a day in the field; tented accommodations and round-trip transportation to the trailhead; hotel accommodations in Kathmandu before and after the trek with breakfast; airport transfers and transit hotel accommodations in the connecting Asian cities en

route to Kathmandu. If our winner likes, there is an option to trek up the Khumbu Valley to view the newly constructed Thyang-boche Monastery at the gateway to Everest at no

and a few other personal items. Some restrictions apply.

**For more information about the trip, contact: Snow Lion Expeditions, Oquirrh Place, 350 South 400 East, #G2, Salt**

**Every time you order from us between now and Monday, February 19, 1996, you will receive a chance to win—just let us know that you want to go.**

additional cost. Not included are: lunch and dinner to, in, and from Kathmandu; passport and visa fees; airport departure taxes; tips; any medical treatments associated with the trip including immunizations or emergency evacuations; insurance of any kind; excess baggage charges;

**Lake City, UT 84111, Tel. 801-355-6555.**

**Even though Snow Lion Publications and Snow Lion Expeditions share the name Snow Lion, they are independent and unaffiliated.**

## The World of Tibetan Buddhism

*An Overview of Its Philosophy and Practice*

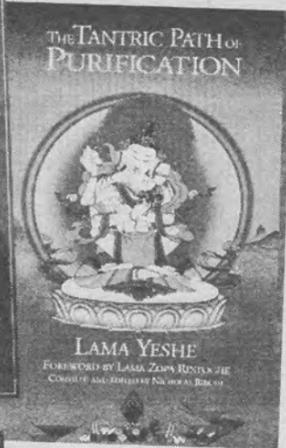
The Dalai Lama

Foreword by Richard Gere

"The Dalai Lama has provided a lucid and profound yet eminently readable introduction to this subject. Recommended for any library needing a good introduction to Tibetan Buddhism." —*Library Journal*

"Suitable for beginners...as well as more advanced practitioners of the Buddhist way...the benefits of the Dalai Lama's clear mind are in abundance." —*Publishers Weekly*

\$25.00, cloth, 224 pp, 0-86171-100-9  
\$14.00, paper, 224 pp, 0-86171-097-5



## The Tantric Path of Purification

*The Yoga Method of Heruka Vajrasattva*

Lama Yeshe

Foreword by Lama Zopa Rinpoche

Compiled and edited by Nicholas Ribush

In this wonderful book, Lama Yeshe explains one of the most powerful mental purification practices from the vast array of Buddhist meditations.

\$15.00, paperback, 280 pp

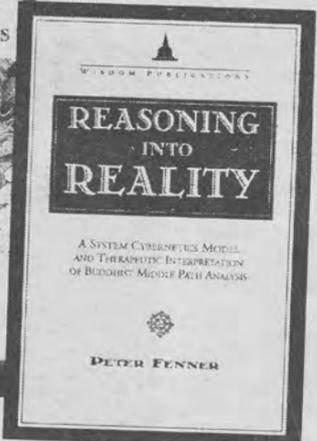
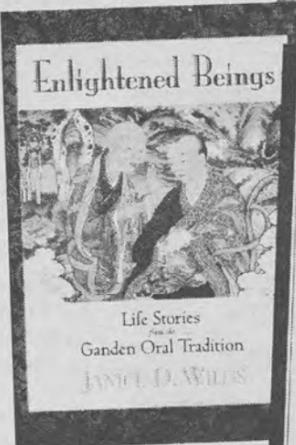
## Enlightened Beings

*Life Stories from the Ganden Oral Tradition*

Janice D. Willis

Here are the remarkable life stories of six great Tibetan Buddhist tantric masters. You will gain insight about the worlds in which these six early yogis studied, practiced, and became "enlightened beings" in their lifetimes.

\$18.00, paper, 308 pp, 0-86171-068-1



## Reasoning Into Reality

Peter Fenner

A sophisticated interdisciplinary study exploring the interface between Buddhist thought and the areas of psychology, cognitive science, and systems theory. Peter Fenner presents an analysis of what is going on in the mind of an advanced meditator in terms of emotions and inner dynamics.

\$18.00, paper, 264 pp, 0-86171-060-6

**New!**



WISDOM PUBLICATIONS • BOSTON

## ART &amp; 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" #CELHYE \$30

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.



**FROM THE LAND OF THE THUNDER DRAGON: Textile Arts of Bhutan**, by Diana Myers, Michael Aris, Francoise Pommaret, and Susan Bean. 247 pp., 9 x 11," 130 color plates, 20 b&w photos #FRLATH \$44.95

Bhutan's textiles, especially the intricate brocades and complex supplementary-warp patterns, are unmatched anywhere in the world. This art has become Bhutan's most powerful emblem abroad. Textiles are integrated into all aspects of life in this Himalayan kingdom—fashioned into clothing and various kinds of containers and covers. Wild silk, cotton, nettle, wool, and yak hair are the fibers basic to the region. *From the Land of the Thunder Dragon*, published in conjunction with a special exhibition organized by the Peabody Essex Museum of Salem, Massachusetts, covers all aspects of Bhutan's textile and weaving heritage, from the central role of women, to fibers, dyes and looms, to the functioning of beautiful cloth as an item of trade and an indicator of historical change and social identity. This copiously illustrated book reveals the richness, originality, and striking beauty of Bhutanese textiles.

**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 pilgrims and the weathering of half a millennium 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.



**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.

"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

**THE INVINCIBLE AMDO TIBETANS**, by Paulius Normantas. 120 pp., 32 full-color photos, 64 two-color photos, 9 x 12" #INAMTI \$58

This unusual collection of photos from Amdo is a sensitive portrayal of the Tibetan people of this region—their religious and secular life, their monasteries and dwellings against the background of the massive Tibetan landscape. During the last four years, Normantas,

a renowned Lithuanian photographer, has travelled in Tibet taking the photos that appear here. We are pleased to present this fine collection to you.



*The Invincible Amdo Tibetans*  
by Paulius Normantas

**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.

## NOW IN PAPER!

**MY TIBET**, by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTIP \$25 paper; #MYTI \$40 cloth

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.

## NEW!



**NEPAL: A Guide to the Art and Architecture of the Kathmandu Valley**, by Michael Hutt, et al. 248 pp., 8 1/2 x 11," 312 b&w illustrations, 16 pp. of full color illus. #NEGUAR \$37.50

This illustrated guide describes the extraordinary cultural flower-

ing that has occurred in the Kathmandu Valley. Maps, diagrams, line drawings, black-and-white photographs, and full-color plates beautifully illustrate the palaces, temples, stupas, monuments, sculptures, paintings, and other art forms, both Hindu and Buddhist, found within the region.

**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*

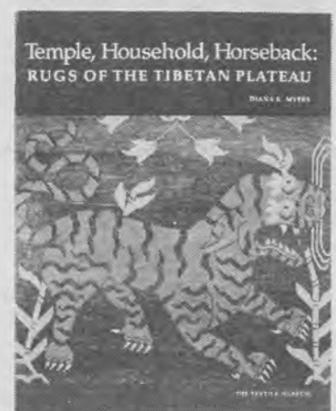
"This may be the finest pictorial representation to date of Tibetan culture and customs."—*Religious Humanism*

**RAVEN CROWN: The Origins of Buddhist Monarchy in Bhutan**, by Michael Aris. 160 pp., 9 x 11" 106 b&w photos #RACR \$29.95

The hereditary monarchy of the Wangchuk dynasty was established in 1907 in the independent Himalayan state of Bhutan, thus introducing one of the world's most recent experiments in kingship. The story of the Wangchuk dynasty's rise and triumph moves from a picture of turmoil and chaos to one of relative peace and stability. In contrast with earlier published accounts based solely on the colonial records of British India, here the narrative is founded on the Bhutanese chronicles which offer a new perspective and bring many new details to light. The ethnic and historical context is outlined before recounting the turbulent career of the Black Regent, followed by the lives and achievements of the first two kings.

**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 Washington, 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!

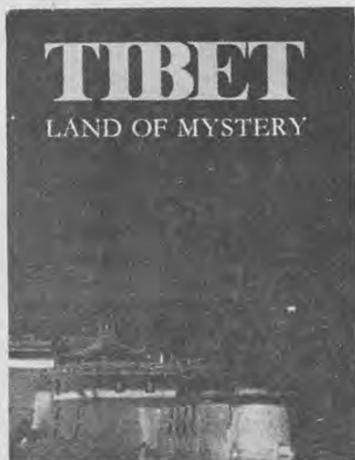
**TIBET**, by Pietro F. Mele; intro. by Michael C. van Walt van Praag. 9 1/2 x 9 1/2," B&W Photos, #TIM \$7.95 cloth (was \$25)

"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. #MATIC33 \$20

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

**TIBETAN THANGKA PAINTING: Methods & Materials**, by David P. & Janice A. Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, large format, TITHPA \$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 underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figure proportions. A wealth of drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

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

**THE WHEEL OF TIME SAND MANDALA**, by Barry Bryant with the Monks of Namgyal Monastery. 272 pp., over 150 photos, #WHTISA \$24

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.

**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.

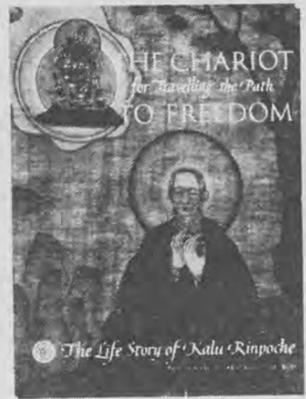
**BIOGRAPHY**

**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 biographies 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 TRAVELLING 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

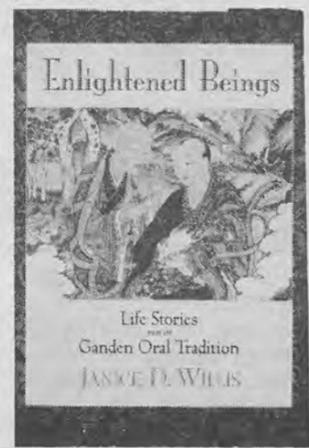
This book about Khyentse Rinpoche was published during the latter part of his life. The photos alone are easily worth the price of the booklet. You might want to buy two—one to cut up for framing.

**ENLIGHTENED BEINGS: Life Stories from the Ganden 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 Ganden 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.



**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 background on 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 Khadro. 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 prin-

cipal 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. H.H. Penor Rinpoche is the present head of the Nyingma lineage and also the head of the Palyul tradition.



**THE GREAT KAGYU MASTERS**, trans. by Khenpo Konchog Gyaltzen, ed. by Victoria Huckenpahler. 240 pp. #GKKAMA \$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 Harlin, foreword by Heinrich Harrer. 330 pp., photos #HOTURO \$16.95 June

"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.

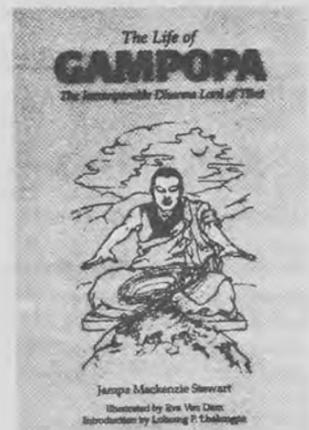
The timelessness of this world, its slow but unmistakable modernization, and the abrupt transition brought about by the Chinese invasion are vividly presented. Through all, her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

"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 \$16.95

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

*Stewart, illus. by Eva van Dam, intro. by Lobsang P. Lhalungpa.* 175 pp. #LIGA \$12.95 June

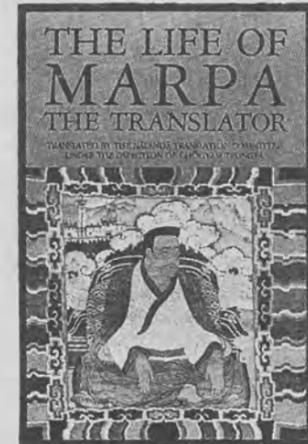
Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and one of the greatest forefathers of the Kagyu lineages. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences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

Beautiful illustrations by renowned artist Eva van Dam and a thorough history of the Kagyu lineage by 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.

**NEW!**



**LIFE OF MARPA THE TRANSLATOR**, the Nalanda Translation Committee. 320 pp. #LIMA \$15 Available in July.

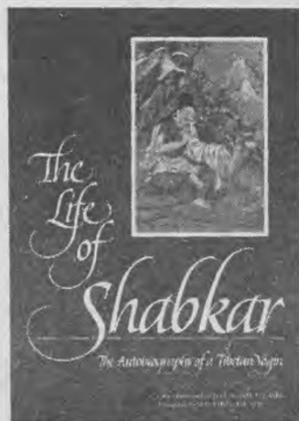
Marpa exemplifies the ideal of the person who devotes himself to spirituality without neglecting his worldly obligations. He was the student of Naropa and teacher of Milarepa. This biography paints a vivid picture of the young Tibetan's three journeys to India to study the Buddhist teachings. Despite many hardships, he mastered the tantric teachings, translated Sanskrit texts into Tibetan and established the Kagyu lineage.

**BEST SELLING!**

**THE LIFE OF MILAREPA**, trans. 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 Yogin**, 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 oversized 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. #MI \$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.

**PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth**, by Sir Charles Bell. 460 pp. #PODALA \$22.95

The author was the British political representative to Tibet during the crucial early years of this century. Fluent in Tibetan, he became closely associated with the Thirteenth Dalai Lama and the turbulent affairs of that time. This is an immensely readable personal account of the life of this great Tibetan leader and the events that helped shape modern Tibet.

**THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche**, by Marsha Woolf & Karen 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.

**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 reincarna-

tion of Lama Yeshe, who founded many Buddhist centers in the West. 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.

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

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

**TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, Brother of the Dalai Lama, as Told to Heinrich Harrer,** trans. by Edward Fitzgerald. 276 pp. #TIISM \$16.95

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

**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.

**AVAILABLE NOW!**



**THE BUDDHA'S QUESTION,** by W. W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11," #BUQU \$9.95

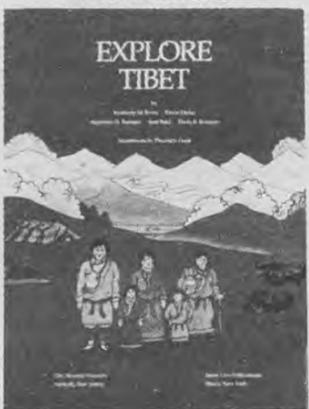
Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about the way of awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences.

Jataka Tales, or past-life stories of the Buddha, are traditionally used to teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for modern English-speaking children ages five to ten.

**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.

**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 Tibetan 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 \$7.95

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 \$7.95

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 Jonathan Landaw & Janet 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.

**AVAILABLE NOW!**



**THE THREE SILVER COINS: A Story from Tibet,** by Veronica Leo & Tashi Daknewa. 32 pp., fully illustrated, 8 x 10" #THSICO \$12.95

Once upon a time there was a poor boy named Jinpa who lived in the high mountains of Tibet. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So into the world Jinpa went, carrying his three silver coins, to seek his fortune...

This fully illustrated children's book retells a wonderful Tibetan story of a boy's adventure and the help he receives from several animals. It is one of our very best books for young readers!

**NEW!**



**TIBETAN FOLK TALES,** by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$12 Available in June. See Religion & Philosophy for description.



**TINTIN IN TIBET,** by Hergé. 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!**



**TWENTY JATAKA TALES,** retold by Noor Inayat Khan, illus. by H. Willebeek Le Mair. 154 pp., 21 illus. #TWJATA \$9.95

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations.

**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.

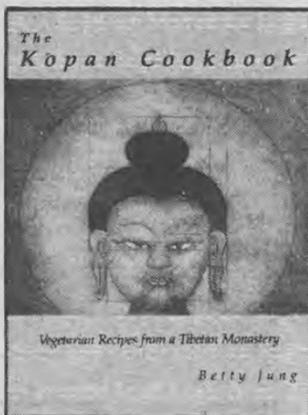
Brilliantly-illustrated with Tibetan images and colors, this sensitively-rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land. The children could be two of the real exiled children now living in India and Nepal. But their search goes beyond 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. Ideal as prep for a visit to a Tibetan art exhibit.

## 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.

**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, nutri-

tious, 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.

**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.

## BOOKS BY THE DALAI LAMA



**THE BODHGAYA INTERVIEWS 1981-85**, by His Holiness the Dalai Lama, Ed. by José Ignacio Cabezón. 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.

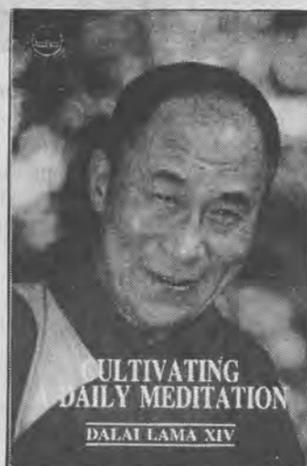


**THE BUDDHISM OF TIBET**, by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

"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**

## TANTRIC MANUAL!

**DEITY YOGA in Action and Performance Tantras**, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp., many photos of mudras, #DEYO \$18.95

*Deity Yoga* describes the profound process of meditation in Action and Performance Tantras. It is the basis of all higher tantric practices. This is an invaluable book for anyone who is practicing or interested in Buddhist tantra. A large number of photos illustrate the many mudras used by tantric practitioners. The book 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.

## NEW!

**ESSENTIAL TEACHINGS**, by the Dalai Lama. 127 pp. #ESTE \$12.95

This is an oral teaching on the path of the Bodhisattva—the 37 practices for the cultivation of bodhicitta, the mind of awakening. The Dalai Lama offers instruction on how to follow these guidelines for compassionate living. Also included is a teaching to the middle way beyond all dualistic perceptions and thought.

**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 re-

markable 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**, 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 philosophi-

cal and personal questions from the audience.

**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. #OPEYAW \$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.

**NEW!**

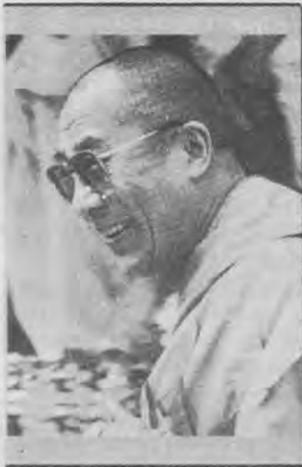
**THE PATH TO ENLIGHTENMENT**, by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95

"For its down-to-earth style and rich spiritual teachings, this must rank as one of the finest Buddhist books 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 he speaks directly to the reader offering spiritual advice, his personal reflections, and scriptural commentary. He elucidates in practi-

cal terms what the student must do to attain enlightenment. This book is one of the most accessible introductions 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"—*Quest Magazine*



**NEW!**



**THE POWER OF COMPASSION**, by H.H. the Dalai Lama. 192 pp. #POCO \$12

Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face the confusion and suffering of the world and bring wisdom and compassion into their lives. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—such as the strife in Bosnia, racial hatred, abortion, the environment and relationships.

**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. It 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.

**COMMENTARY ON SHANTIDEVA!**

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

"A clear exposition..."—*Vajradhara 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.

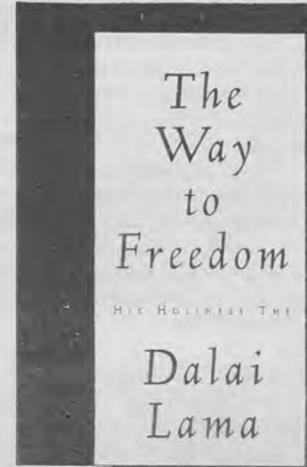
**THE TURQUOISE BEE: The Lovesongs of the Sixth Dalai Lama**, trans. by Rick Fields & Brian Cutillo, illus. by Mayumi Oda. 138 pp. #TUBE \$15 cloth

The poems and love songs of the Sixth Dalai Lama (1683-1706) express the inner life of a legendary spiritual leader. Eloquent 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 EMP-TINESS**, 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 present useful tantric material unavailable elsewhere.



**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 non-practitioners 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

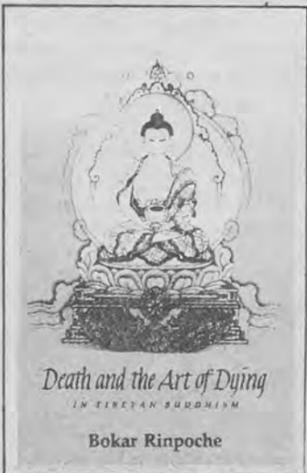
Little is known in the West about the experiences that occur during and after death. Some of the great Tibetan lamas have experientially delved into the processes and have unravelled many of their mysteries. *Bardo Teachings* presents much of this fascinating material and clears up many misconceptions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



**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.



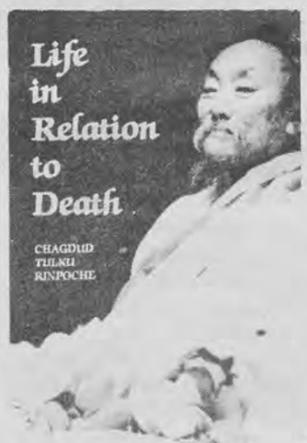
**DEATH, INTERMEDIATE STATE AND REBIRTH**, by Lati Rinbochay & Jeffrey Hopkins 86 pp. #DEINST \$9.95

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 Chagdud Tulku Rinpoche. 31 pp. #LIREDE \$6.50

Contains a valuable teaching on death, the preparation for it and what to do while you are dying.

**THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos**, Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$9.95

This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.



**REBIRTH INTO PURE LAND: A True Story of Birth, Death and Transformation**, by Robert Sachs. 108 pp. #REINPU \$10.95

This is a moving autobiographical account of the loss of Shamara Sachs, the author's daughter, to "Sudden Infant Death Syndrome" and the healing of the parents and others that followed. Khenpo Karthar Rinpoche and Ole Nydahl played special roles as Buddhist teachers during this period—Ole performed phowa for the daughter and assisted the release of her psyche to a pure land. There were definite, positive signs on the body of Shamara that the phowa had been effective.

"*Rebirth Into Pure Land* can serve as a healing tool and I recommend it to all those affected by SIDS."—Tsultrim Allione, author of *Women of Wisdom*.

**BEST SELLING!**

**THE TIBETAN BOOK OF LIVING AND DYING**, by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$15 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*

SHAMBHALA DRAGON EDITIONS

**THE TIBETAN BOOK OF THE DEAD**

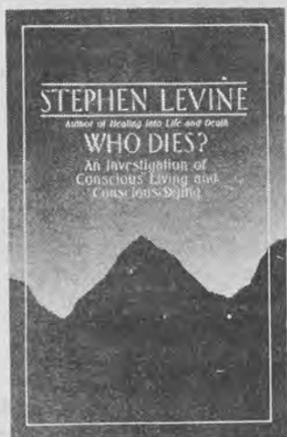
*The Great Liberation through Hearing in the Bardo*



A new translation with commentary by Francesca Fremantle and Chogyam Trungpa

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



**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

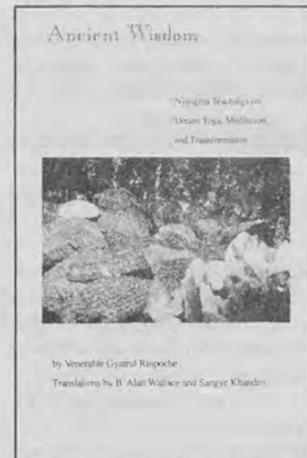
This is a rare and insightful book. It prepares you for life as well as death.

**DZOGCHEN**

**ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation**, by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

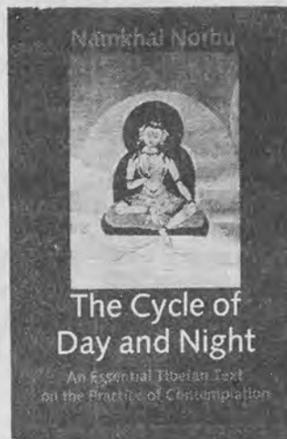
If dharma practices are condensed into the most essential activities necessary to accomplish realization, one must consider how time is spent during formal practice, during various daily activities and during the night. Essential teachings containing practical instructions for these three times were 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*



**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

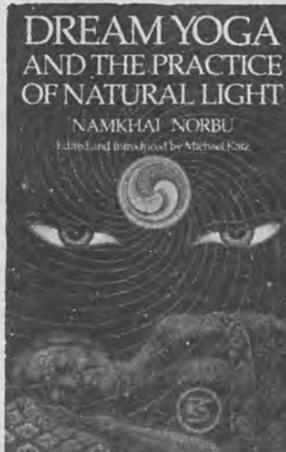
This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.



**CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation**, by Namkhai Norbu. 128 pp. #CYDANI \$12.95

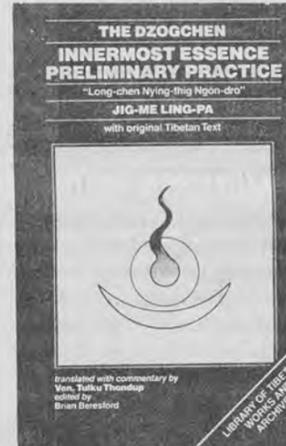
An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Con-

templation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.



**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**, by Namkhai Norbu Rinpoche, ed. by Michael Katz. 128 pp. #DRYO \$12.95

Going beyond the practices of lucid dreaming that have been popularized in the West, this ground-breaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in 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.



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

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



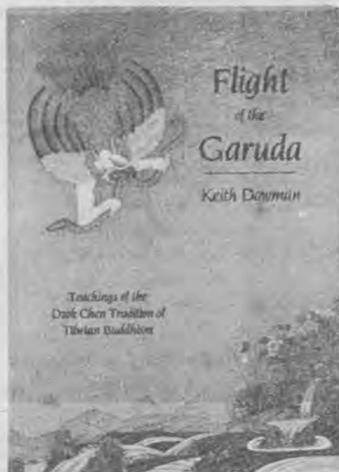
**DZOGCHEN MEDITATION**, by Khamtul Rinpoche, annotated by Gareth Sparham. #DZME \$15

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.

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

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



**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 \$16.95 Summer

*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 and we expect that it will be available this summer.



**HEART DROPS OF DHARMAKAYA: 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

...an inspiring text that no doubt will help to vindicate Bon as an indispensable source of Dzogchen

teachings.—*TRICYCLE: The Buddhist Review*

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.

"Heart Drops is a wisdom treasure generously offered to the West."—Amy Hubert, *Tantra Magazine*

**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.

**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.

**NEW!**



**NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs**, by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95 Available June.

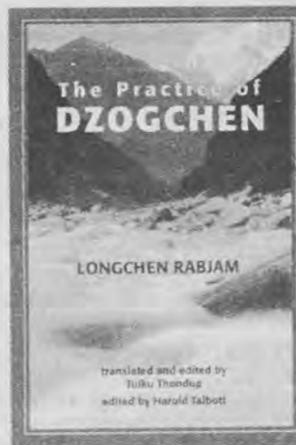
With the publication of *Natural Great Perfection*, Nyoshul Khenpo Rinpoche will enter the American consciousness as one of the truly great masters and vibrant exponents of Dzogchen practice. This inspiring collection of Khenpo's teachings provide the deepest possible insight into how to understand and how to practice the Dzogchen path. The teachings are followed by a collection of seven spontaneous vajra songs composed as the delightful play of wisdom consciousness.

Following his autobiography, he explores with radiant clarity and the joy of a storyteller and poet, the basic teachings of Buddhism, the inseparability of Bodhicitta (perfect compassion) and the practice of Dzogchen, and the ultimate nature of the mind—the view, path and fruit of the practice of Natural Great Perfection.

Nyoshul Khenpo Rinpoche is one of the most eminent Tibetan meditation masters. Learned in all four schools of Tibetan Buddhism, even before setting out on a lifetime of intensive meditation practice he was renowned and sought after as a scholar and teacher in Tibet. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

Lama Surya Das is one of the most highly-trained Western Dzogchen meditation teachers. He is the author of *The Snow Lion's Turquoise Mane*.

**NEW!**



**PRACTICE OF DZOGCHEN: Writings of Longchen Rabjampa**, Tulku Thondup Rinpoche, Ed. by Harold Talbott, 482 pp. #PRDZ \$22.95 Available in June.

"The road map offered in this book is an invaluable guide for those who seriously wish to take this road towards the experience

of the true nature of the mind."—*Parabola Magazine*

"Tulku Thondup Rinpoche has performed a service of inestimable value for all serious students of Buddhist thought. One of Tibet's greatest philosopher-sages, Longchen Rabjampa, 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.

"This is one of the most significant works on Tibetan Buddhism to be published in recent years, treating with grace, beauty, depth and length a most important subject, namely the character of the dzogchen tradition and its placement within the overall structure of the Nyingma doctrine and training. An understanding of dzogchen will benefit any philosophical or religious study of Tibetan Buddhism. This is undoubtedly the most comprehensive work on the Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

**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 tranquillity, you must have experience of the state of knowledge and know how to relax. When you discover the real condition for yourself and actually find yourself in this condition, you finally discover the real meaning of relaxation. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

**SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION**, by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50

Four talks by one of the leading dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

**TANTRIC PRACTICE IN NYINGMA: 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

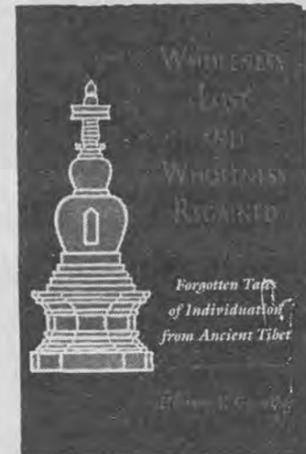
"This book presents one of those rare introductions to Tibetan Buddhism, which really can be recommended because of the splendid combination of authenticity and clarity."—*Tibet Forum*

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.



**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 expresses 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.

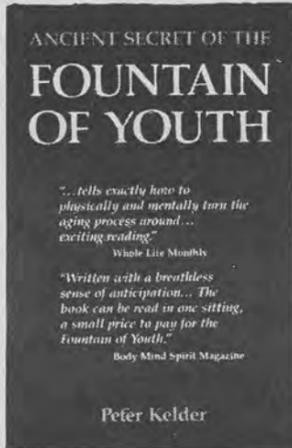
**WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet**, by Tenzin Wangyal, foreword by Lopon Tenzin Namdak. 256 pp. #WONAMI \$14.95

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.



HEALTH & FITNESS



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

**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.



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

BEST SELLING!



**HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine**, by Dr. Yeshe Donden,

Ed. & Trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

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

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

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

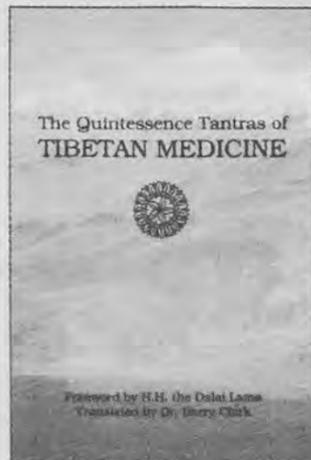


**THE HEART OF HEALING**, by The Institute of Noetic Sciences, William Poole, ed. 225 pp., 150 color & b/w photos, 8 1/2 x 11", #HEHE \$24.95

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.

NEW!



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

"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 memorised 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 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 has 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. #STTIME \$9.95, NOW \$7.95!

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. 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 accessible than the erotic books of India. He gives titillating advice to shun inhibitions, describes sexual acts in detail, shows how to use sexual pleasure to enhance spiritual insight, and explains how to increase female sexual pleasure. With a mutually supportive ethic of love as a foundation, he speaks eloquently of the equality of women and their victimization by social and legal codes. An over-arching

focus is sexual ecstasy as a door to spiritual experience of fundamental mind; the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

*Tibetan Arts of Love* also includes a robust introduction by Professor Jeffrey Hopkins, author or translator of twenty books on Tibetan Buddhism. The introduction begins with an account of 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."—José 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 Parjionovitch, 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 colourful flowers in the world. Many of these wild and exotic plants have been used for centu-

ries 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.



**NEW!**

**TIBETAN MEDICINE** And Other Holistic Health-Care Systems



**TIBETAN MEDICINE and Other Holistic Health-Care Systems**, by Tom Dummer. 308 pp. #TIME \$14.95

The author, an osteopath and Tibetan Buddhist, describes the theory and practice of Tibetan medicine in a straight-forward way that Westerners will appreciate. Beginning with a comprehensive account, based on first-hand experience with doctors, of the basic elements of Tibetan medicine, he describes the Tibetan analysis of bodily functions, concepts of health and susceptibility to disease and methods of diagnosis and treatment. In the second part, he shows how Tibetan and Western holistic medicine can be practised together—western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhadharma as a basis for counselling therapy.

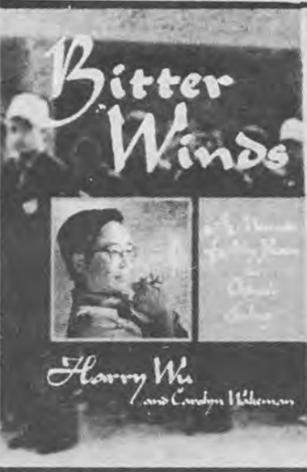
**TIBETAN MASSAGE CHART**, 18" x 24" #TIMAAC \$6.95

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.

**HISTORY, SOCIAL ACTION, & 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 US. 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.



**CAPTURED IN TIBET**, by Robert Ford, pref. by H.H. the Dalai Lama. 266 pp., 31 illus. #CATI \$8.95

In 1950, Robert Ford was working as a radio officer for the government of Tibet and was one of a very few Westerners to witness the Chinese invasion which took place late that year. His loyalty to Tibet led to his being taken prisoner by the Chinese and held in captivity for five years, accused of espionage, anti-Communist propaganda, and murder. Ford presents Tibet and its people in the last years of independence and he writes movingly of his years in captivity. This is an exciting book!

**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

**NEW!**

**CULTURAL HISTORY OF TIBET**, by David Snellgrove & Hugh Richardson. 304 pp., 66 pages of photos #CUHITI \$15

This intimate portrait of Tibetan civilization traces its cultural evolution from its sixth-century pre-Buddhist origins to the present. Richly illustrated with many rare photographs depicting various aspects of Tibetan life, this work is a tribute to the accomplishments of the Tibetan people.

**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

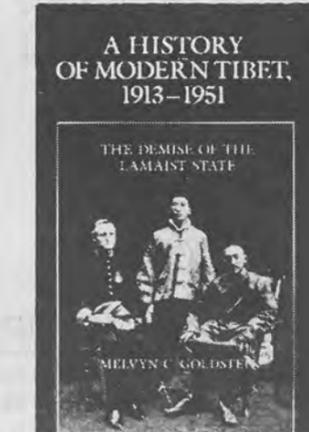
The yearly cycle of festivals that Tibetans enjoy are described in their historical and Buddhist context. Valuable way to both understand the traditions of Tibet and to know what Tibetans like to celebrate.

**FLIGHT AND ADAPTATION**, by Tanka Subba. 169 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

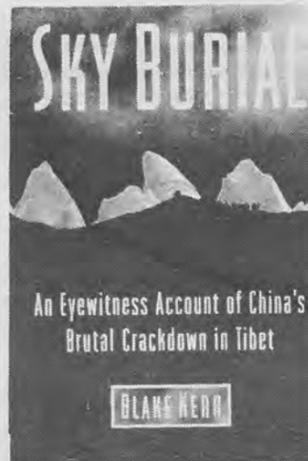
Sulak is one of Asia's leading social thinkers and activists. He draws on his experience of Buddhism to approach a wide range of subjects, including economic development, the environment, women in Buddhism and Japan's role in Asia.

**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  
Michael C. van Walt van Praag



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

"...an intensely moving account of the plight of the Tibetans."—*The Tibet Journal*

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 culmi-

nated 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.



**Tibetan Lives in Chinese Hands**  
DAVID PATT



**THINKING GREEN! Essays on Environmentalism, Feminism, and Nonviolence**, by Petra Kelly. 160 pp. #THGR \$18 cloth

Before her violent death in 1992, Petra Kelly had established herself as one of the most influential alternative political figures—she co-founded the German Green Party, which quickly became an international model for effective, urgent political action on behalf of the environment, peace, and human rights. *Thinking Green!* is an excellent presentation of the thought and spirit of this courageous woman. Passionate and well-informed, Kelly outlines how only a comprehensive agenda of political and personal transformation can guide us safely into the twenty-first century.

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

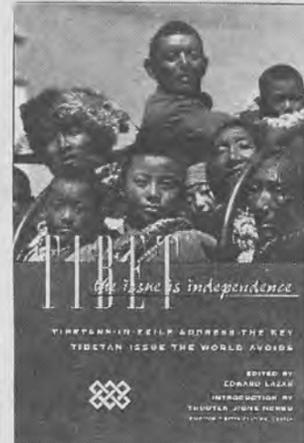
Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959.

**TIBET: 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.

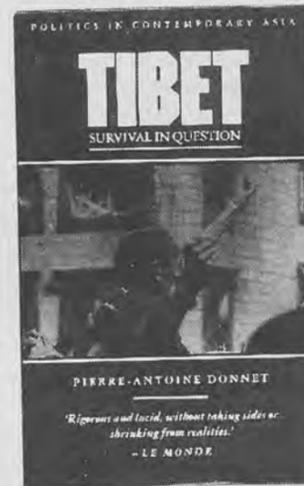
**TIBET: The Position in International Law**, ed. by Robert McCorquodale & Nicholas Orosz. 238 pp., #TIPOIN \$25

In 1993 a conference of leading international lawyers from 14 countries was held in London to consider claims for self-determination and for an independent Tibet. Two Committees on evidence, each under a judge, examined in detail the material evidence, including submissions by the Chinese government, and reached their conclusions. The legal issues were then introduced by experts in their various fields. The discussions were lively, frank and constructive, and conclusions were reached about the rights of the Tibetan people. These discussions between leading experts may also have advanced the state of international law. This report of the conference will assist governments, the international community, international lawyers and all concerned about human rights.



**TIBET: The Issue Is Independence**, ed. by Edward Lazar. 80 pp. #TIISI \$9.50

Eight Tibetans confront both the weakness of the international response to the occupation of Tibet and the lack of direction of many supporters of Tibet. They focus on the central issue for Tibet—the issue of independence. They counter the complacency and defeatism which has allowed the Chinese occupation to continue unchallenged.

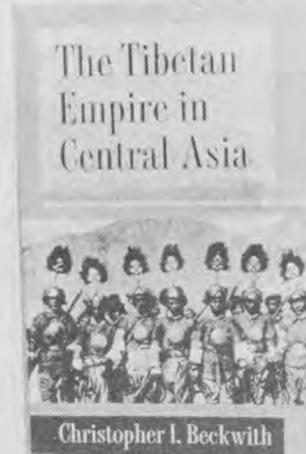


**TIBET: Survival in Question**, by Pierre-Antoine Donnet. 267 pp. #TISUQU \$25

"An exemplary investigation which enables us to understand the violence threatening to reignite in Lhasa."—*Politique Internationale*

Tibet under Chinese rule remains a leading unresolved question in Asian politics, and one likely to receive increasing world attention. This book explains the changing strategy being pursued by the Chinese—a strategy brought to an abrupt and brutal halt with the popular explosion of 1987 and the ensuing declaration of martial law. The underdevelopment of the Tibetan economy, continuing assault on Tibetan society and environment, and violations of human rights are fully-documented.

Among the many strengths of this well-received book are the author's access to both the Chinese and Tibetan leaderships, his account of the confidential negotiations between them, and his up-to-date delineation of the political prospects for the future.



**THE TIBETAN EMPIRE IN CENTRAL ASIA**, by Christopher Beckwith. 290 pp. #TIEMAS \$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. #WATTI \$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.



**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.

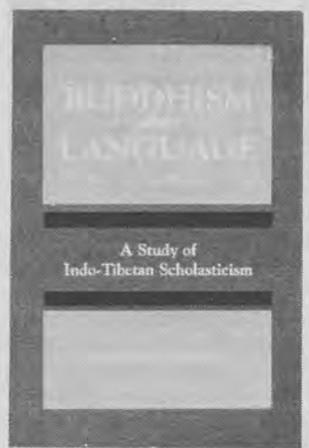
Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on this complex system and practice remains sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion 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 \$24

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**



**BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism**, by José Cabezón. 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.

**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.

**DICTIONARIES FROM LHASA!**

We have a few copies of two dictionaries printed in Lhasa. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, and as we only have a few, please telephone us to see if there is still one left for you.

**ENGLISH-TIBETAN-CHINESE DICTIONARY**, #ENTICH \$45

**TIBETAN-CHINESE DICTIONARY**, 2 volumes, #TICHDI \$120

This was formerly a 3-volume set and has now been printed in two volumes.

**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 Ser-

vice 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 Bezruczka. 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. #TIENDI \$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. #TIFOMA \$59.95

"This Tibetan font for the Macintosh is simply a superlative system for typing and editing Ti-

betan, 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 & Yankei Tshering. 152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

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 University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book is extremely well designed and serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and will become a standard text in universities and Buddhist centers.

"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

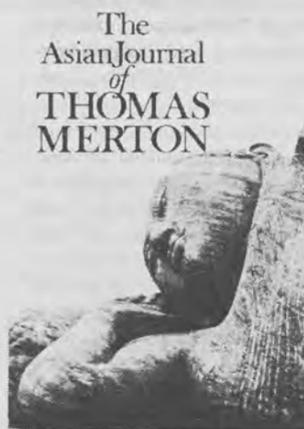
**TRANSLATING BUDDHISM FROM TIBETAN TAPE**, by Joe Wilson. 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our 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*



**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.

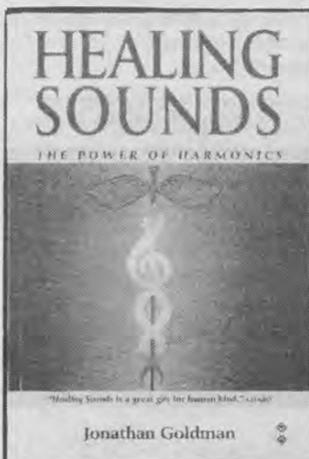
**CREATING MANDALAS: For Insight, Healing, and Self-Expression**, by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$16

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. #HJJO \$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*

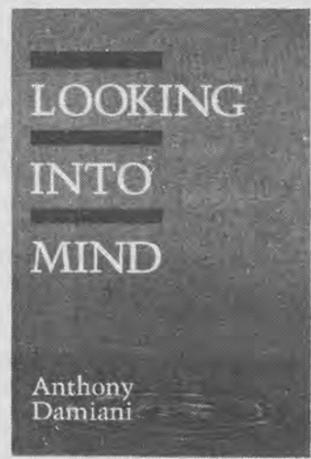
**THE INNER TEACHINGS OF TAOISM**, by Chang Po-Tuan, Comm. by Liu I-Ming, Trans. by Thomas Cleary. 118 pp. #INTETA \$14

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 alchemical 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

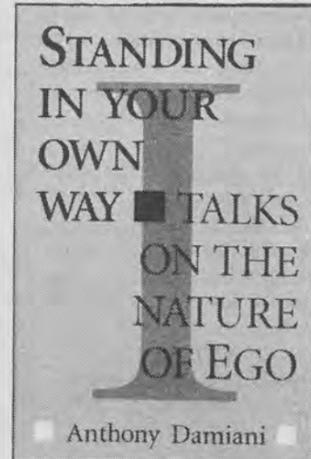
"For the rapture of its wild genius, MacKenna's Plotinus has been for near to forty years the most instructive and inspiring single volume in my library. It is a source of the deepest ideas the mind can think; it is also a bible of beauty."—James Hillman

"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 transform and transcend? Why is it there? When do we have it, and when does it have us? And how will our lives be better if we know?

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



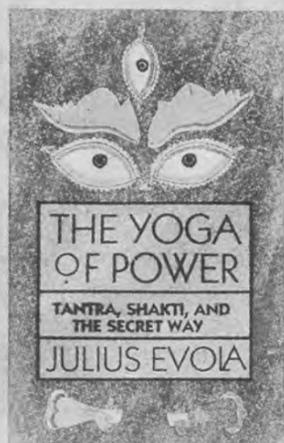
**TAOISM: The Road to Immortality**, by John Blofeld. 195 pp. #TAROIM \$16

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., #WHDE \$16.95

This is the story of the Sufi order known as the Mevlevi and its founder the poet and mystic Mevlana Jalalu'ddin Rumi. These Sufis repeat the name of God as they turn—emptying their hearts of all but the thought of God and whirling in the ecstatic movements of His breath.



**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.

and Chogyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances. It is a classic work which contains valid truth for anyone who sincerely wants to follow a spiritual path.

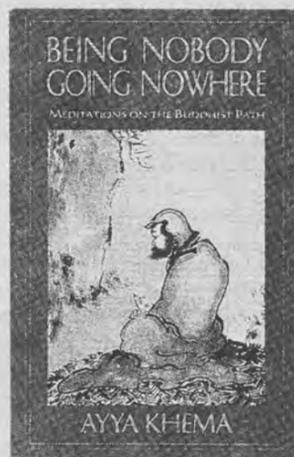


**ANATMAN: The No-Self Nature**, by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 38 pp. #ANA \$5

The Buddha presented three ideas as fundamental conditions underlying human experience: dissatisfaction, impermanence, and lack of self-nature. This doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we can attain the transcendent wisdom of the Prajnaparamita, and come to an understanding of things as they are. This thought-provoking study explores the true nature of persons and phenomena and provides the reader with many jewels upon which to reflect.

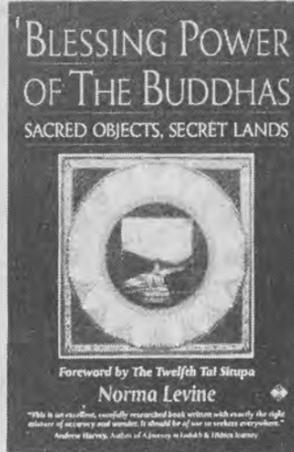
Buddhist path that can be understood and enjoyed by everyone.

"This book is a valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg



**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

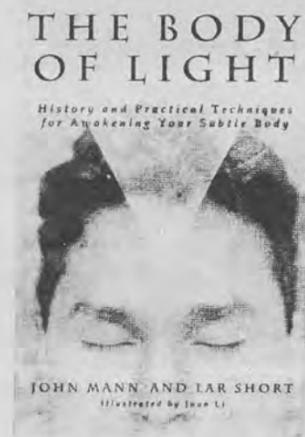
Norma Levine is an expert in Buddhist sacred objects and she writes about the significance and power that they contain. She explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas. She spent five years at the monastery of Tai Situpa. All along the way, sacred objects, sites 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. #BLLO \$12 cloth

Based in the practices of conscious breathing and mindfulness, the thirty-four guided exercises in this new meditation manual bring beginning and experienced practitioners into closer touch with the state of our body, psyche and the elements of the world around us—clarity and transformation. "This is an important and beautiful book about how we can bring peace and joy into our lives. Reading this rare book on the refinement of meditation practice is meditation itself."—Joan Halifax

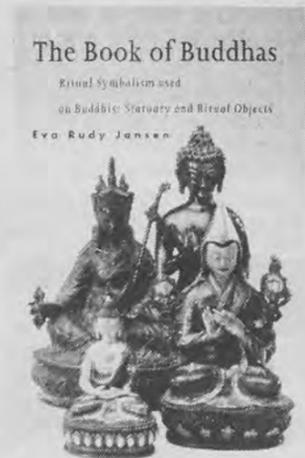
**THE BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism**, by Geshe Kelsang Gyatso. 134 pp., #BOVO \$9.95

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, Avaloki-

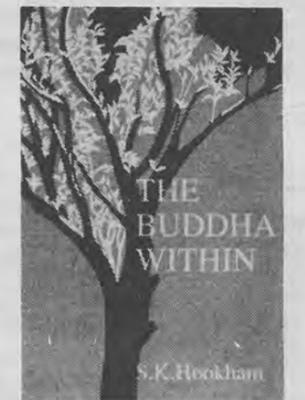
tesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Haya-griva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

**BUDDHA NATURE: The Seed of Happiness**, Ven. Thrangu Rinpoche. 180 pp. #BUNA \$13.95  
Buddha Nature expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

**BUDDHA NATURE**, by Sallie B. King. 205 pp. #BUNA2 \$16.95

This is a translation and discussion of Vasubandhu's Buddha Nature Treatise. The author defends the Buddha nature as being a Buddhist concept and not a form of monism akin to Hindu thought.

"King's work combines Buddhological detail with relevant philosophical concepts and distinctions. Buddha nature is one of the most important concepts in Mahayana Buddhism."—Frank J. Hoffman.

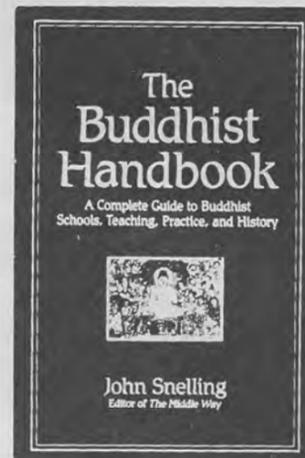


**THE BUDDHA WITHIN**, by S.K. Hookham. 422 pp. #BUWI \$19.95

Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This is an excellent presentation of the Kagyu views on liberation and serves as a good starting place for further dialogue between the various lineages.

**BUDDHISM, SEXUALITY, AND GENDER**, ed. by José 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**

RELIGION & PHILOSOPHY

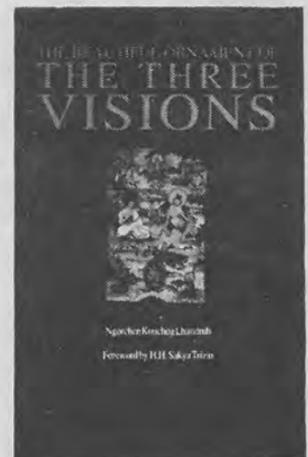


**ADVICE FROM A SPIRITUAL FRIEND**, by Geshe Rabten & Geshe Dhargye, trans. & ed. by Brian Beresford. 160 pp. #ADSPFR \$8.95

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 Atisha's *Jewel Rosary of an Awakening Warrior*.

**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,



**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.

BACK!

**BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path**, by Ayya Khema. 192 pp. #BENO \$12.95

Ayya Khema gives clear, practical instruction on meditation and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deeper insight, a sense of calm well-being, and a greater capacity to love and feel loved on a daily basis. Also included is an eloquent outline of the

**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.

**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-e, 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.

### LEARN TO MEDITATE!



**CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quietness**, by Gen Lamrimpa, Translated & Ed. by B. Alan Wallace. Co-edited by Hart Sprager. 148 pp. #SHME \$12.95, 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. Formerly titled *Samatha Meditation*.

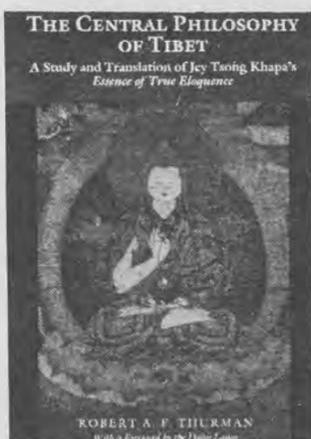
"*Calming the Mind* is recommended to those people interested in the practical side of Tibetan Buddhism and who prefer instruction based on meditative experience over scholarly detail."—*The Tibet Journal*.

**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., #CEECGR \$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.

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.

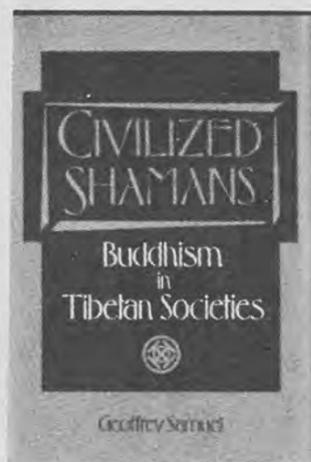
**CHENREZIG, LORD OF LOVE**, by Bokar Rinpoche. 110 pp. #CHLOLO \$11.95

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.



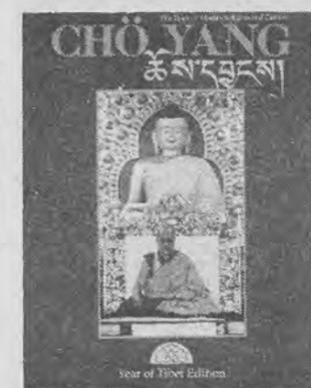
**CHINNAMASTA: the Awful Buddhist and Hindu Tantric Goddess**, by Elisabeth Benard. 162 pp. #CH \$14.95

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 Chinnamasta, 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.



**CHO YANG III**, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 349 pp., hundreds of color and B&W illustrations, 8 1/2 x 11" #CHYA \$27.95

This is a magnificent volume of Tibetan religion, culture, science and history in word and image. It

offers the best description of the four lineages, their monasteries and practices, and it includes interviews with each of the five lamas who taught on the "Nature of Mind" prior to the 1991 Kalachakra Initiation in New York. The Dalai Lama gives a teaching on the three principal aspects of the path and a presentation of the Kalachakra Initiation. There are separate sections on the sciences, history and politics, environment, arts, crafts and culture. Also included is the life story of the famous Tibetan yogini, Shungsep Jetsun.

**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!



**CHO YANG VI**, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 136 pp., 84 color photos, 69 b&w photos and line drawings, #CHYA6 \$18.95

The latest *Cho Yang* contains: *Generating the Mind of Enlightenment*, by H. H. the Dalai Lama; interviews with Namkhai Norbu and Jigdal Sakya Dagchen Rinpoche; a biography of Drikung Chetsang Rinpoche; articles on nuns in Tibet and an interview with Tenzin Palmo; a very informative article on stupas; *Lama, Yidam, Khandro, Chokiyong; A Vision of Shambhala* by Khamtrul Rinpoche; an ordained person's possessions; *Contemporary Kyigu Display at Drepung and Sera; Looking into the Future—Tibetan Divination*.

**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 theolo-

gians 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.



**CONCEALED ESSENCE OF THE HEVAJRA TANTRA**, trans. by G.W. Farrow and I. Menon. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra of the late Mantrayana tradition of Buddhism in India that was first introduced into Tibet during the late 10th century. Also included is *Yogaratanamala*, a famous commentary by the Mahasiddha Krishnacarya. This translation of the principal root tantra and commentary offers insight into the yogic traditions of mantrayana and highlights the sophisticated and controversial Buddhist tantric methods.

**CRAZY WISDOM**, by Wes Nisker. 226 pp. #CRWI \$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 illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.



**THE CREATIVE VISION: The Developing Phase of Tibetan Tantra**, by Herbert Guenther. 192 pp. #CRVI \$15

This pioneering work makes the symbolism of tantra practical. Life, according to *The Creative Vision* evolves by recreating and 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 Lhundup 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 Jam-ba-gya-tso, (1825-1901). Using this debate manual as its basis, Daniel Perdue's foundational book covers the form and substance of elementary debate and demonstrates the application of this form to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from the oral explanations by Tibetan teachers expert in debate.



**DELOG: Journey to Realms Beyond Death**, by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche. 162 pp. #DELO \$13.95

"Delog" refers to one who has crossed the threshold of death and returned to tell about it. For Delog Dawa Drolma, a woman renowned as one of the great realization holders of Vajrayana Buddhism in this century, being a delog meant that she lay in a death trance without any vital sign of breath, pulse, or warmth for five days. During that time the link between her mind and body was released and her consciousness journeyed to other realms of experience. What she saw then engendered in her a limitless compassion for sentient beings, and is recounted in these pages. She experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion. Delog Dawa Drolma was a highly-respected lama and also the mother of Chagdud Tulku Rinpoche.

**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 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



**THE DOOR OF LIBERATION**, by Geshe Wangyal. 240 pp. #DOI.I \$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, two of his most prominent students, 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

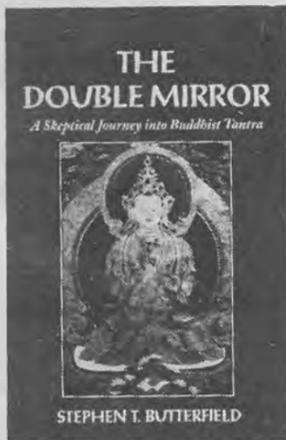
**THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master**, by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp., #DOSA \$12.50

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 Gyalsen, 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 José Cabezon. 590 pp. #DOEM \$29.95

This text is a detailed critical exposition of the theory and practice of emptiness as expounded in the three major schools of Mahayana Buddhist philosophy: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

"It is encyclopedic and covers the most important ideas in the whole fabric of Indian Mahayana-Tibetan Buddhism."—Kenneth Inada



**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.

**NOW IN PAPERBACK!**  
**ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha**, by Herbert Guenther. 241 pp. #ECSP \$30

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 under-

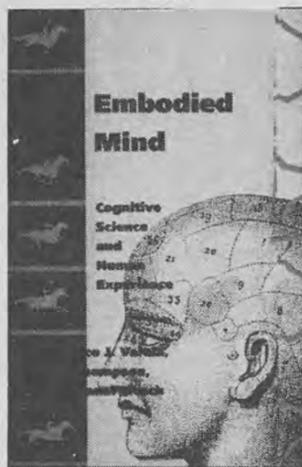
standing the three songs: wholeness, body and complexity. The Indian source material has been supplemented with references to the Dzogchen/Nyingthig teaching. These chapters are followed by an annotated translation of Saraha's *Three Cycles of Doha*.



**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.

**NEW!**



**THE EMBODIED MIND: Cognitive Science and Human Experience**, by Francisco J. Varela, Evan Thompson and Eleanor Rosch. 308 pp. #EMMI \$14.95

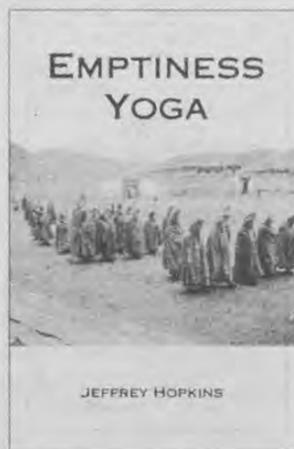
*The Embodied Mind* provides a unique, sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be more complete. Toward that end, they develop a dialogue between cognitive science and Buddhist meditative psychology and situate it in relation to other traditions such as phenomenology and psychoanalysis. This book is recommended as one of the very best treatments of Buddhism and cognitive science.

"An important book with wide-ranging implications for the construction of subjectivity in the Western tradition. Moreover, it is engagingly written, presenting difficult ideas and complex research programs with grace, lucidity, and style."—N. Katherine Hayles, *American Book Review*

**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.

**BACK!**



**EMPTINESS YOGA**, by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth, A Namgyal Institute Textbook. Available in May.

"Hopkins deserves congratulations on making this difficult material as transparent as possible in discussing major themes of Prasangika. The work serves well as a guide to the complex world of Tibetan philosophy."—E.K. Dargyay, *Religious Studies Review*

"...Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance."—*Spectrum Review*

*Emptiness Yoga* is an absorbing and highly readable presentation of the highest development in Buddhist insight. Professor Jeffrey Hopkins—considered by many to be the foremost contemporary Western authority on Tibetan Buddhism—presents an in-depth, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika).

His personal and accessible presentation is based on a famous work by Jang-gya which was used as a primary text in Tibet's largest monasteries. A translation of this text is included. The many reasonings used to analyze persons and phenomena and to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility in thought and experience of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

**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.

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

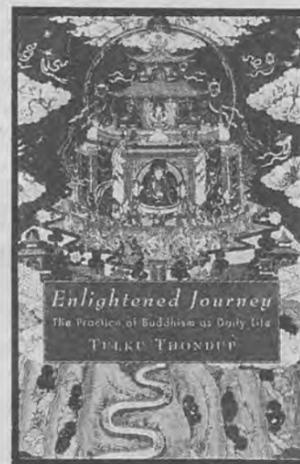
"Filled with stories and examples, the great strength of *Enlightened Courage* is that it brings this amusing and irritating set of slogans to life and makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view."—*Shambhala Sun*

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.)

**NEW!**



**ENLIGHTENED JOURNEY: The Practice of Buddhism as Daily Life**, by Tulku Thondup. 240 pp. #ENJO \$14

This is a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Tulku Thondup, a teacher of the Nyingma school, shows how suffering can become a more powerful tool than happiness in achieving enlightenment and how the practice of meditation can arouse compassion. He discusses the symbolic significance of holy places, temples, statues, books, and other spiritual artifacts and the religious significance of Tibetan Buddhist art as a source of teaching, inspiration, and power. He explains the Tibetan teachings on the experiences of dying and the after-death state and gives a commentary on the Ngondro practices of the Longchen Nyingthig tradition.

**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. #ESNE \$14

Traditional teachings on the stages of the path are presented here as meditations to be practiced; 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

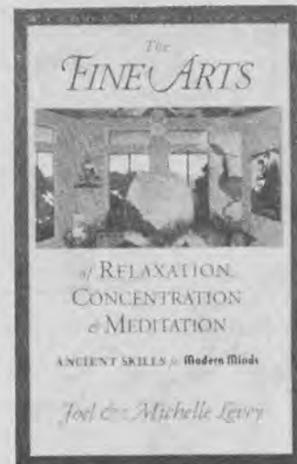
This is a systematic analysis of the conditions necessary for progress in spiritual attainment, from the awakening of the mind of enlightenment (bodhicitta) to the final insight (prajna). A clear and easy-to-read articulation of the doctrine of bodhisattva compassion.

**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 Es-*

*sential 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. #FOFUPO \$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 Dhyanis Buddhas.

**FOUR ESSENTIAL BUDDHIST TEXTS,** 117 pp. #FOESBU \$7.95

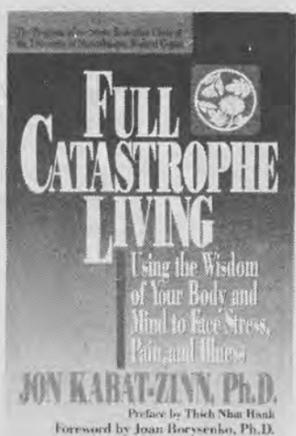
Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.



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

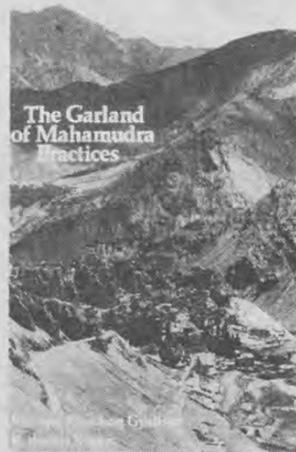
After his enlightenment, the Buddha taught the Four Noble Truths which are the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses and neuroses. The second explores their causes and conditions for arising. The third shows that the causes 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 Gyaltsen, 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 Gyaltsen has provided an extensive explanation of the text and practice.



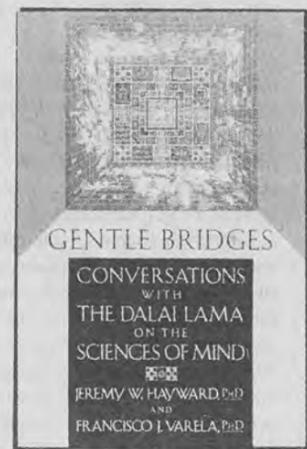
**GATES TO BUDDHIST PRACTICE,** by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

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.

**GENTLY WHISPERED: Oral Teachings by the Very Venerable Kalu Rinpoche,** Compiled, Ed. and Annotated by Elizabeth Selandia, Foreword by H. E. Tai Situpa. 294 pp. #GEWH \$16.95

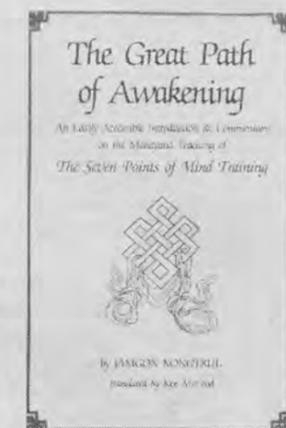
In their directness, depth, and humor, this collection of oral teachings is accessible to all interested in the path to liberation. The teachings are imbued with the spiritual qualities of a great meditation master.

**NEW!**

**GLIMPSE AFTER GLIMPSE: A Daily Meditation Book,** by Sogyal Rinpoche, ed. by Patrick Gaffney. 384 pp., 5 x 7" #LIDYEV

\$12 Spring 95

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. These 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.



**THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training,** Jamgon Kongtrul, Trans. Ken McLeod. 100 pp. #GRPAW \$12

Written by the prolific 19th-century scholar Jamgon Kongtrul, the book provides clear instructions for the realization of bodhicitta, or "awakened heart." Specific guidelines are given for everyday practice.

**GREAT TREASURY OF MERIT,** by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$25.95

*Offering to the Spiritual Guide, or Lama Chopra,* is the uncommon Guru yoga of the New Kadampa Tradition of Mahayana Buddhism and the principal preliminary for the practice of Vajrayana Mahamudra. Geshe Kelsang Gyatso begins by explaining the practice of relying upon a Spiritual Guide, the root of all spiritual attainments, then how to practice the stages of the path and Vajrayana Mahamudra.

**A GUIDE TO THE BODHISATTVA'S WAY OF LIFE,** 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.

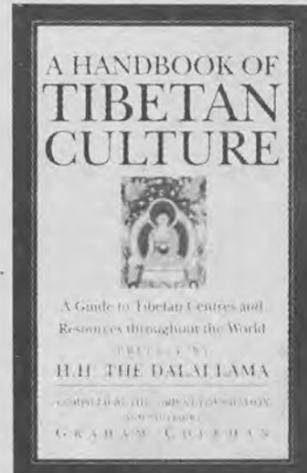
**THE GURU PUJA,** 67 pp. #GUPU \$4.95

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 \$14.95

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 de-

fects 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. #HITR \$14.95

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry. Michael Aris is the author of books on Bhutan and husband of Burma's activist Aung San Suu Kyi.



**HIGHEST YOGA TANTRA**, by Daniel 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-bel-den entitled "Presentation of the Grounds and Paths of the Four

Great Secret Tantra Sets", and draws heavily on oral commentary by the former Ganden Tri Rinbochay, H.H. Jambel Shenpen.

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

Remarkable for its definitive clarity, this exposition of the stages of highest yoga tantra is a must for anyone interested in the higher tantras.



**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!

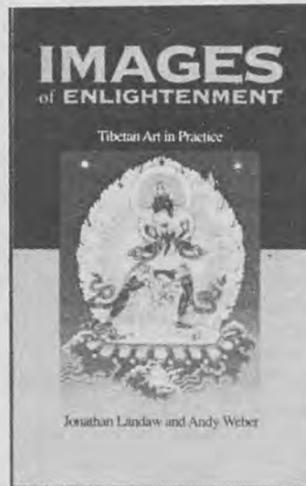
**ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism**, by Sakya Pandita. 192 pp. #IL \$14.00

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.



**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.

"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

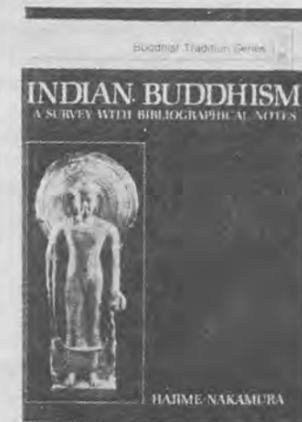
This exhibition catalog has a very straightforward explanation of tantric practice, one of the best we have read. Deity yoga, images of sex and death, protectors, dakinis, ritual objects, asanas and mudras are all discussed. It explains the iconography of many popular and less well known deities and contains images of them. Highly recommended!

**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 Tantra-

yana 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.

NEW!



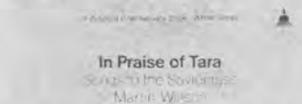
**INDIAN BUDDHISM: A Survey**, by Hajime Nakamura. 423 pp. #INBUDD \$19.95

"This is a remarkable survey of Buddhist literature. He spent over twenty years compiling this encyclopedic volume, and the work is properly entitled *Indian Buddhism*."—Alex Wayman

This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura was a Professor of Indian and Buddhist Philosophy at the University of Tokyo for thirty years. He is a distinguished scholar of international repute.

**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 Gyaltsen, the abbot for the Drikung Kagyu in North America, has produced this handbook especially for Western students.

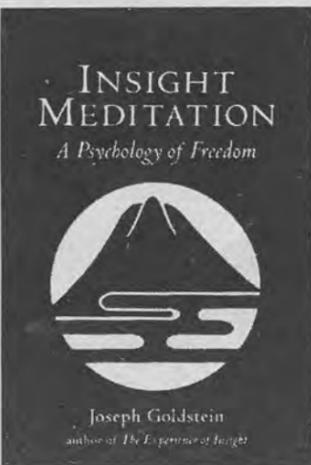
*In Search of the Stainless Ambrosia* provides the practitioner with the basic tools needed to overcome afflictive attitudes and self-centered feeling. Also included are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

## NEW!



**INSIDE TIBETAN BUDDHISM: Rituals and Symbols Revealed,** text by Robert Thurman. 112 pp., 9 x 9" 150 color and b&w photos #INSTI \$20

Presents in spectacular film-like sequences the central rituals which most directly and clearly illustrate the philosophy of this ancient form of Buddhism. Striking images of sacred spaces, participants, art, and ritual choreography are used to explain such precepts as karma, emptiness, compassion, death and rebirth, the eight-fold path, and the processes of tantric deity practice. From gatherings of monks in the high Himalayas, to western students practicing in a modest Dharma center in San Francisco. *Inside Tibetan Buddhism* looks beyond the fascination with things Tibetan to present the radical world-view embedded in all this religion's manifestations.



**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).

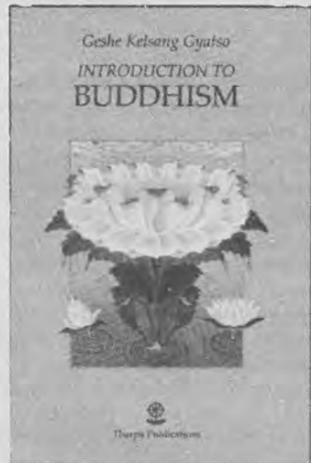
**IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism,** ed. Janet Gyatso. 320 pp. #MIME \$19.95

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 prac-

tice, 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 skilfully 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.

## BEST SELLING!

**INTRODUCTION TO TIBETAN BUDDHISM,** by John Powers. 520 pp. #INTIBU \$18.95 paper, \$34.95 cloth

"The vitality of Tibetan Buddhism in exile has exceeded anything anyone could have predicted; hence the need of a book that pre-

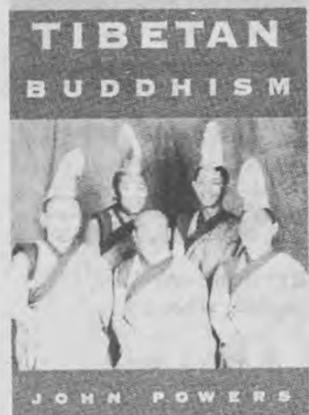
sents its history, doctrines, lineages, practices, and tantric essence in a comprehensive and cogent overview. John Power's *Introduction to Tibetan Buddhism* does this!"—Prof. Huston Smith, author of *The World's Religions*

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 impartially and in depth.* A comprehensive and invaluable list of books for further reading accompanies each chapter. 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 elucidates the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

"For a comprehensive and eminently comprehensible overview of the history, key figures, doctrines, systems, and texts of Tibetan Buddhism, look to Power's substantial *Introduction to Tibetan Buddhism*. John Powers discusses even the most complex aspects of Tibetan Buddhism in a straight-forward and engaging manner. He conveys the drama of the history of this multi-faceted tradition, while his descriptions of Tibetan geography, architecture, and festivals and holy days give us a vivid picture of life in Tibet. He patiently articulates the distinctions between the four main schools of Tibetan Buddhism—Nyingma, Kagyu, Sakya, and Geluk; he also emphasizes their commonalities, enabling us to recognize the essence of Tibetan Buddhism."—*Booklist*, the American Library Association

"This is a valuable work for those looking to enrich their practice of Tibetan Buddhism and for students seeking to deepen their understanding of it."—*Publisher's Weekly*



**IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and rGyal-tshab-rje 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.

"For all those who are concerned with the problems of religious truth, *Is Enlightenment Possible?* makes accessible this classic text that has so influenced Buddhist thought."—Amy Hubert, *Tantra Magazine*

"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*



**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 wanted 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 Durckheim. 125 pp. #JACUTR \$9.95

Durckheim explains how all facets of Japanese life, many of which are incomprehensible to Westerners, are rooted in a philosophy of a deep acceptance of life as it is, and in the great power that lies in simplicity of feeling and action. 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.

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

"With clarity, humor, compassion, and unflinching 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



**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.

**JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM**, by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

The author discusses Tibetan Buddhism and Jungian psychology, touching on many of the ideas and methods of each. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious,"

successfully bridging the gap between our deepest yearnings for spiritual fulfillment and the demands of our mundane life.



**KEYS TO GREAT ENLIGHTENMENT**, by Geshe Tselim 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.

**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 mon-

nastic curriculum are devoted to study of the Sautrantika tenet system, for it is here that the basis for Madhyamika epistemology is found.

The systematization of Sautrantika assertions has held the interest of many generations of Tibetan scholars, down to the modern period. Three major types of scholastic literature have developed in this regard: presentations of the tenet system as a whole; syllogistic debate texts on problematic topics in the system; and expository treatment of a single important issue.

Translations of outstanding texts in each of these categories are found here in the English language for the first time, annotated by the translator and supplemented with interspersed commentary from leading modern Tibetan yogi/scholars. This is a challenging book that presents the nitty-gritty issues of Sautrantika philosophy.

*Knowing, Naming and Negation* has been approved for the "Translations in Indo-Tibetan Buddhism" series by the Snow Lion Editorial Board of Advisors.



**KNOWLEDGE & LIBERATION**, by Anne Klein. 283 pp. #KNLIP \$18.95, #KNLIC \$27.50 cloth, A Namgyal Institute Textbook.

From its inception, Buddhist philosophy has been concerned with defining and overcoming the limitations and errors of ordinary perception. This was essential to Buddhism's central purpose of establishing a path and method for attaining liberation. Conceptual thought, in this view, is capable of leading to a liberating understanding, a transformative religious experience.

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of newly translated Tibetan and Indian texts. This book is indispensable for anyone desiring a deeper understanding of the fundamental issues in Buddhist philosophy. It is also highly relevant to current issues in modern Western philosophy.

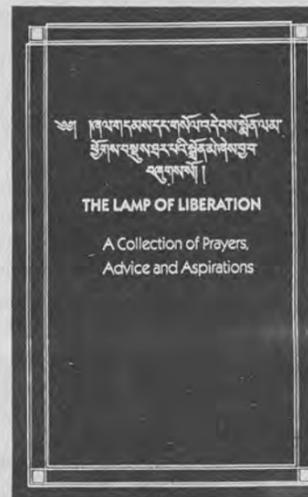
"Anne Klein's book presents vividly and intimately many concepts

essential to a deeper understanding of Buddhist philosophy and in particular for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins



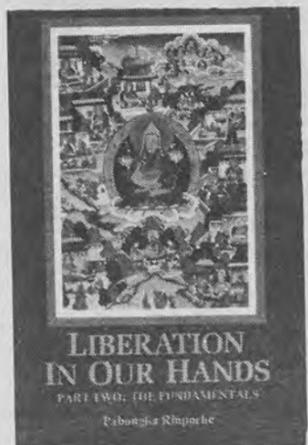
**KUNDALINI: The Arousal of the Inner Energy**, by Ajit Mookerjee. 112 pp., 61 illus., #KU \$12.95

The core experience of tantra is the process in which energy is awakened and rises through the energy centers to unite with pure consciousness at the crown of the head. The author relates the classical teachings to modern experiences of kundalini and helps us harness its energies for spiritual growth.



**THE LAMP OF LIBERATION: A Collection of Prayers, Advice and Aspirations**, by H.H. Dudjom Rinpoche, ed. by Terry Clifford et al. 95 pp. #LALI \$15 cloth

Three texts by H.H. Dudjom Rinpoche, his biography and other pieces compose this lovely book. In Tibetan and English.



**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 third of the material. Do not confuse this three-volume edition with the one-volume edition published by Wisdom Publications.

**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

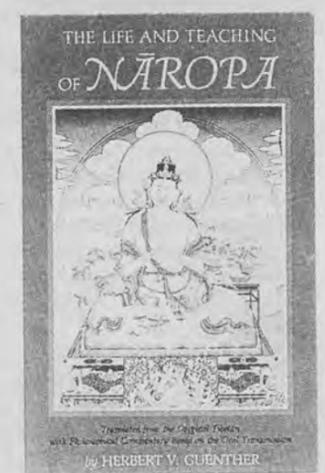
*The Fundamentals* covers the initial meditation topics of the Lamrim tradition. Topics include refuge, karma, how to serve a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principle focus is the overcoming of attachment for this life 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.

NEW!



**LIFE AND TEACHING OF NAROPA**, Translated by Herbert Guenther. 312 pp. #LITENA \$14

The Life of Naropa illuminates the significance of tantra for our time—this work details with thoughtful psychological insight the spiritual development of

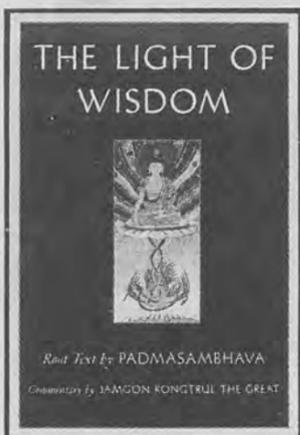
Naropa, a scholar-saint who occupies a significant position in the history of Tibetan Buddhism. It contains a detailed analysis of Naropa's teachings and a philosophical commentary relating Buddhist concepts to Western analytic philosophy, psychiatry, and depth psychology.



**LIFE AND TEACHING OF TSONG KHAPA**, by Robert A.F. Thurman. 258 pp. #LITETS \$11.95

Je Tsong Khapa is revered as one of the most significant Tibetan Buddhist teachers and was known as the great reformer of Tibetan Buddhism. His eclectic and analytic studies and meditations in all the major schools of Tibetan Buddhism resulted in the founding of the Gelugpa lineage. In addition to his biography, this book contains teachings on the sutras and tantras, stages of the path, madhyamika, and insight meditation, as well as remarkable mystic conversations with great bodhisattvas.

NEW!



**LIGHT OF WISDOM**, by Padmasambhava, commentary by Jamgon Kongtrul the Great, trans. by Erik Pema Kunsang, foreword by Dilgo Khyentse. 352 pp. #LIWI \$18

Contains three texts: *The Gradual Path of the Wisdom Essence* is a term record of oral teachings of Padmasambhava, as recorded by Yeshe Tsogyal. *The Light of Wisdom* is a commentary on this text by Jamgon Kongtrul which is annotated by Jamyang Drakpa, a student of Jamgon Kongtrul, in a third section.

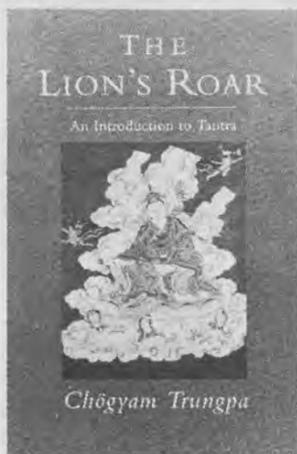
**LIGHTING THE LAMP: An Approach to the Tibetan Path**, by Alfred Woll. 160 pp. #LILA \$12

"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 Taudvin. 51 pp. #LIEC \$5.95

This Buddhist poetry is inspired by classic Tibetan style. These are poems that will appeal to the sea-

soned 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.

**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.

NEW!



**MACHIG LABDRON AND THE FOUNDATIONS OF CHOD**, by Jerome Edou. 270 pp. \$16.95 July

"This book provides some wonderful material on the Chod lineage. Machig Labdron's biography, and investigations into the origins of Mahamudra Chod. The translations of the teachings of Chod are inspirational."—Tsultrim Allione, *The Mirror*

This is the first comprehensive presentation of the life of Machig Labdron and her mahamudra chod tradition. A contemporary of Milarepa, Machig is popularly con-

sidered 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 Aweful Buddhist and Hindu Tantric Goddess*.

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.

**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.

**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.

AVAILABLE NOW!

**MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS**, the Eighth Situpa Tenpa'i Nyinchoy, H.H. the Third Gyalwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

*Mahamudra 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 exemplary advice and instructions on the ground, path, fruit-

tion, 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 is an excellent feature...the translation is a solid and worthy effort."—Ken McLeod



**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.

**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 Rikye & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

To understand Buddhism, it is essential to have a knowledge of Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many key Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.

**MANUAL OF RITUAL FIRE OFFERINGS**, by Sharpa Tulku & Michael Perrott. 180 pp., #MARIFI \$14.95

The ritual fire offering plays an important part in tantric practice. The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. In this manual are fire offering practices for six meditational deities: Solitary and Thirteen-Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.



**MEANINGFUL TO BEHOLD: The Bodhisattva's Way of Life**, by Geshe Kelsang Gyatso. #MEBE \$24.95

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. #MEA \$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 Tranquility 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 Dhyanis 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. #MIPLN \$10

This guide to insight meditation is truly practical—it is the culmination of 40 years of teaching to students across the US. The most frequently asked questions about mindfulness practice are anticipated; the conversational style and use of examples from everyday life make this a refreshing presentation of meditation.



**MIND IN TIBETAN BUDDHISM**, by Lati Rinbochay, Trans., Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95, A Namgyal Institute Textbook.

Buddhist practitioners in the great Tibetan monasteries of Lhasa, seeking to purify their minds and develop the correct understanding necessary for final enlightenment, began their formal inquiry into mind and consciousness by studying the *Presentation of Awareness and Knowledge*, the text which forms the core of this

key work. Lati Rinbochay provides rich and extensive commentary and elucidates the penetrating instructional methods Tibetans use in their quest for higher knowledge.

In her introduction, Elizabeth Napper explains the context of this work within the Indian and Tibetan traditions and outlines the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparking. 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 Daboom 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 \$11

This is a classic manual on meditation beautifully illustrated by Vo-Dinh Mai.

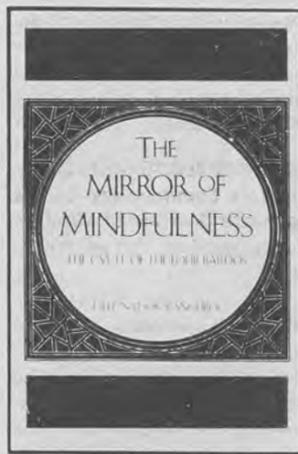
**MIRACULOUS JOURNEY**, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232 pp. #MLJO \$14.95

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**



**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)

Translated and edited by the Sonada Translation Committee established by Kalu Rinpoche

**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzog-chen**, by Jamgon Kongtrul, Lodro Thaye, trans. & ed. by the International Sonada Translation Committee, founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95 May

*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.



**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 \$29.95

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. Gyaltshab Rinpoche.

**THE NYINGMA SCHOOL OF TIBETAN BUDDHISM**, by Dudjom Rinpoche. 1600 pp., 110 color and b&w plates, 131 line drawings, two cloth volumes, #NYSC \$240.

In the *Fundamentals* Rinpoche explains the doctrine of samsara and nirvana, the buddha nature, the causal vehicle of dialectics, the resultant vehicles of secret mantra culminating in the Dzogpachenpo. The *History* section explains the lives and lineages of Nyingma masters.

**NYUNG NA: The Means of Achievement of the Eleven-Ached Great Compassionate One, Avalokiteshvara**, by The Seventh Dalai Lama, trans. by Lama Thubten Zopa Rinpoche and George Churionoff. 208 pp., #NYNA \$16

Nyung Na is a powerful two-day fasting retreat based on Avalokiteshvara. This intensive practice involves maintaining the eight

Mahayana precepts as well as, on the second day, additional vows of not eating, drinking, or talking for twenty-four hours. The meditation sessions include praises, prostrations, and mantra recitation. This is an intensive spiritual practice for purification and the accumulation of positive energy.

**OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind**, by Gareth Sparham. 260 pp. #OCEL \$14.95

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 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.

**BEST SELLING!**



**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. #OPLO \$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 descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises, this book shows how to use the practice of compassion as a way to greater clarity and personal freedom. "This work will be an important contribution to the ongoing vital field of East/West psychology and spirituality."—Lama Geshe Tenzin Wangyal Rinpoche



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

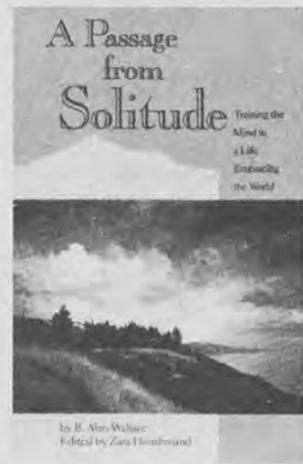
topics. This book classifies the protective deities and provides minute details on their appearance and attributes. Sacrificial objects, offerings and ceremonies are described as well as oracles and their trances, ceremonies and attire.

**ORDERLY CHAOS: The Mandala Principle**, by Chogyam Trungpa. 184 pp. #ORCH \$18

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 Jonang 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.

**NEW!**



**THE PATH IS THE GOAL: A Basic Handbook of Buddhist Meditation**, by Chogyam Trungpa. 176 pp. #PAGO \$10 Available in May.

These teachings on basic meditation—shamatha and vipashyana, mindfulness and awareness—provide the foundation that every Buddhist practitioner needs to awaken as the Buddha did. Shamatha is mindfulness of the coming and going of the breath in sitting meditation (or walking in walking meditation). Shamatha and vipashyana practice develop peaceful state of mind that can see things completely, just as they are.

**PATH OF SERENITY AND INSIGHT**, by Henepola Gunaratana. 263 pp. #PASEIN \$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 BODHISATVA 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.



**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 Gyumed 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.

**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*.

Thich Nhat Hanh

PEACE IS EVERY STEP

*The Path of Mindfulness in Everyday Life*  
Foreword by H.H. the Dalai Lama

**PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life**, by Thich Nhat Hanh. 135 pp. #PEEVSP \$9.95 paper

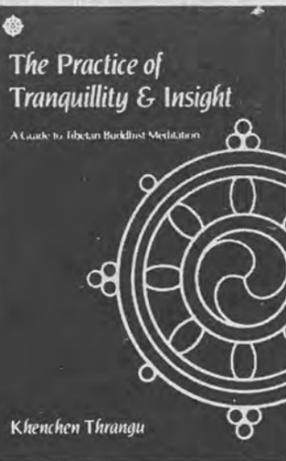
The deepest fulfillment can be found in the midst of the very things we do every day and take most for granted. Thich Nhat Hanh offers dozens of creative suggestions that can be put to work immediately in life situations so we can remain alive to the perfection of every moment and be truly awake.

**PIERCING THE AUTUMN SKY: A Guide to Discovering the Natural Freedom of Mind**, by Peter Barth, forewords by Thrangu Rinpoche & Khenpo Konchog Gyaltzen. 128 pp. #PLAUSK \$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 Thrangu. 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. Thrangu Rinpoche is an eminent teacher of the Kagyu lineage.

**PRAJNAPARAMITA: The Six Perfections**, by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 103 pp. #PR \$15

Based on his teachings at the Padmasambhava Buddhist Society in Florida, Khenpo presents the six perfections necessary in training the mind of enlightenment. Written in a clear and sublime manner, this work explains the practice of generosity, self-discipline, tolerance or patience, joyful effort, concentration and wisdom.

PRAJNAPARAMITA: The Six Perfections



**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.

CLASSICS OF MIDDLE ASIA  
TSONGKAPA  
THE PRINCIPAL TEACHINGS OF BUDDHISM



**THE PRINCIPAL TEACHINGS OF BUDDHISM**, by Tsongkapa & Pabongka Rinpoche, trans. by Geshe Lobsang Tarchin with Michael Roach. 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.

**PROFOUND WISDOM OF THE HEART SUTRA and Other Teachings**, by Bokar Rinpoche & Khenpo Donyo. 94 pp. #PRWIHE \$10.95

Three teachings are presented here: *the Heart Sutra* with commentary by Bokar Rinpoche; a teaching on anger and its remedies of compassion, love and wisdom by Bokar Rinpoche and a teaching on karma, the idea of individual responsibility, individual and collective karma and the effect of positive and negative karma on our lives by Khenpo Donyo.



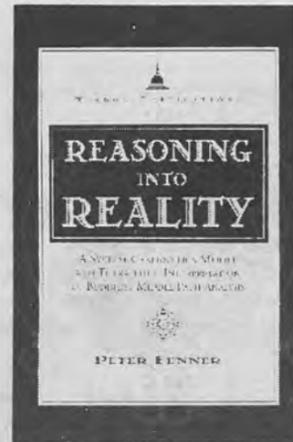
Profound Wisdom of the Heart Sutra and Other Teachings  
Bokar Rinpoche  
Khenpo Donyo

**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.

NEW!



**REASONING INTO REALITY: A System-Cybernetics Model and Therapeutic Interpretation of Buddhist Middle Path Analysis**, by Dr. Peter Fenner. 260 pp., diagrams, #RERE \$18

A sophisticated, interdisciplinary study exploring the interface between Buddhist Madhyamika thought and psychology, cognitive science, and systems theory. This study develops systems and psychological explanations of Madhyamika insight meditation practice. It represents the beginnings of a truly scientific account of meditation practices and their efficacy in examining the changes that occur in advanced insight practice. Peter Fenner was a Tibetan Buddhist monk for nine years, is a teacher of East-West psychology and is currently a senior lecturer in philosophical and religious studies at Deakin University in Australia.

**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

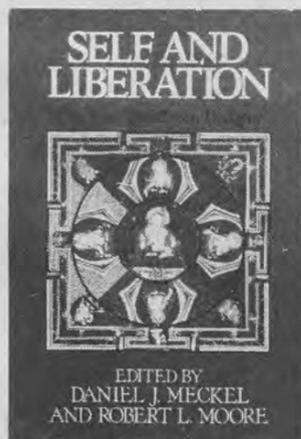
"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara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

**REPEATING THE WORDS OF THE BUDDHA**, by Tulku Urgyen Rinpoche. 112 pp. #REWOBU \$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

**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 \$20

Over 1500 entries make this the most complete compact reference work of its kind. It is designed for both students and others interested in Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are among the subjects covered.

**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. #SIBO \$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 SMALL GOLDEN KEY**, by Thinley Norbu. 120 pp. #SMGOKE \$11

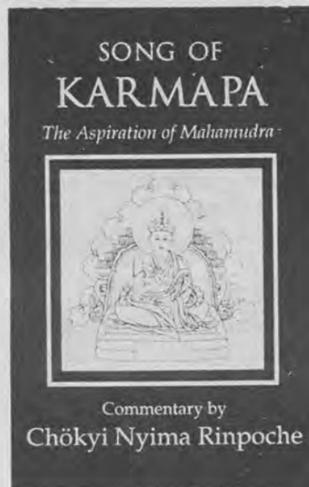
Thinley Norbu discusses the ori-

gins 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. #SNLITU \$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.

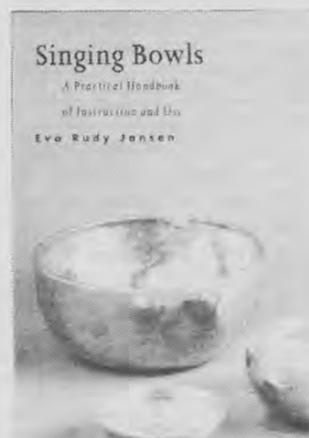


**SONG OF KARMAPA**, by Chökyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

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. Chökyi 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

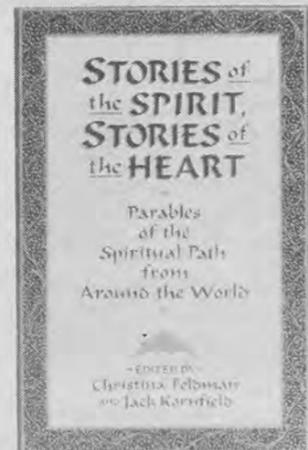
This is a translation of the eighth-century *Kun byed rgyal po'i mdo* that presents *being as the cen-*



ter of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses themes of great concern to the present, including how to achieve a holistic world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of individual and universe. When the world is seen to be 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

**THE TANTRIC DISTINCTION**, by Jeffrey Hopkins. 184 pp. #TADI \$10

A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

**TANTRIC 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 Yoga Tantra.



**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 for advancing along the spiritual path and how to accomplish it with the practice of Vajrasattva. Included is a section of complete retreat instructions. Vajrasattva is a manifestation of the unity of fully-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, outlining their definitive doctrinal distinctions.

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

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

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism.

The book contains lots of practical advice..."—*The Middle Way*

**THE 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.

**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 BOOK OF THE GREAT LIBERATION: Or the Method of Realizing Nirvana Through Knowing the Mind,** ed. by Evans-Wentz. 307 pp. #TIBOGR \$12.95

This classic text presents the epitome of the life and teachings of Tibet's great guru Padmasambhava. It includes the famous Dzogchen text *the Yoga of Knowing the Mind, the Seeing of Reality, Called Self-Liberation*, also known as *the Yoga of Knowing the Mind in Its Nakedness*.

**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,** trans. 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."—H.H. the Dalai Lama.

#### NEW!

**TIBETAN FOLK TALES,** by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$12 Available in June

These authentic Tibetan folklore narratives include myths of creation, stories of the origins of important deities and ancient rulers, parables, verses, riddles, and proverbs. Some of the famous Jataka tales are retold to illustrate the practical wisdom of the Buddha. Gleaned from an ancient oral tradition, these imaginative, colorful and wisdom-filled tales represent the spectrum of Tibetan life and will delight adults and children alike.

#### NEW!

**TIBETAN LITERATURE: Studies in Genre,** ed. by Roger Jackson and José Cabezon. 530 pp. #TILI \$29.95, #TILIC \$45 cloth, Available this summer!

This is an unprecedented survey of the range of literary expressions developed by the Tibetan people. Tibet possesses a literature that stretches back over 1300 years, and is one of the great literary traditions of Asia, in terms of both its size and range of influence. It is an important repository of Buddhist teachings, but also of poetry both lyrical and epic, a novel, countless biographies and histories and writings on topics as diverse as law, ritual, medicine, art, poetics and geography. In spite of its size and influence, the tragic diaspora of a significant portion of Tibet's population, and growing Western interest in Buddhism, the majority of Tibetan literature remains little known in the West. Tibetan Literature—dedicated to Geshe Lhundub Sopa, a Tibetan scholar/monk who has done much to open Western eyes to his country's religious and literary treasures—is the first book to address the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet, and to understand some of the ways in

which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works. *Tibetan Literature* is the most comprehensive survey of its subject so far attempted, and the access it provides to one of the most important literary traditions of Asia will be appreciated by students of history, religion and comparative literature alike.

**TIBETAN TRADITION OF MENTAL DEVELOPMENT,** by Geshe Dhargyey. 255 pp. #TTTRME \$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.



**TIBETAN YOGA AND SECRET DOCTRINES,** ed. by Evans-Wentz. 433 pp. #TIYOSE \$14.95

This book contains seven pivotal Tibetan texts. It begins with Gampopa's famous *Precious Rosary; the Epitome of the Great Seal* by Padma-Karpo; *the Six Yogas of Naropa; the Yoga of Consciousness-Transference (Phowa); the Path of the Mystic Sacrifice; the Yoga of Subduing the Lower Self (Chod); the Path of the Five Wisdoms: the Yoga of the Long HUM; and the Yoga of the Voidness (Heart Sutra).*

**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.

**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.

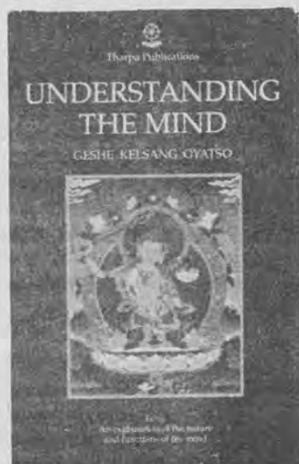
When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see 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.

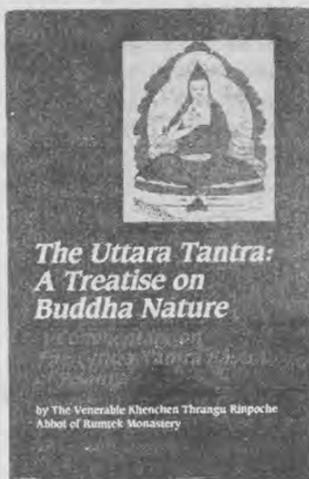
**UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points**, by Geshe Kelsang Gyatso. 176 pp. #UNCO \$14.95

*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).

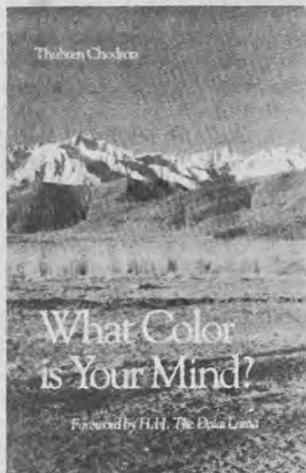


**THE UTTARA TANTRA: A Treatise on Buddha Nature**, Commentary by Ven. Khenchen Thrangu

*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 Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

This book presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan world-view of spiritual transformation. Geshe 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.

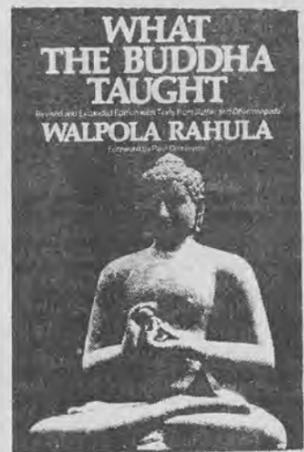
"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

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."—Karma Lekshe Tsomo, author and President of Sakyadhita International Association of Buddhist Women

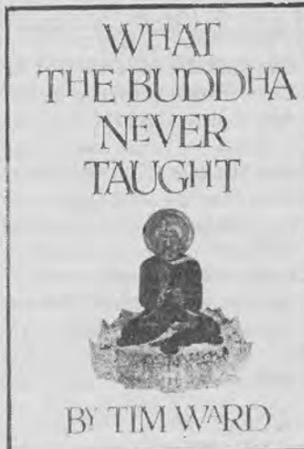
"Ven. Thubten Chodron is especially skillful in presenting Buddhist philosophy and practices in ways that are easily accessible and practical for Buddhists who live in the Western world."—Ven. Hung I Shih, Jade Buddha Temple

"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 includ-

ing 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. #WHSHWE \$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

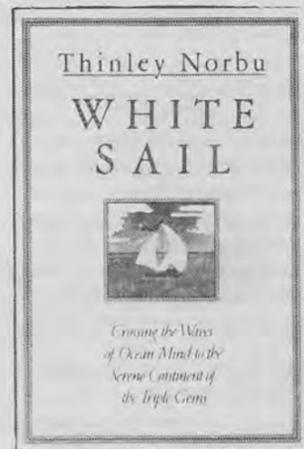
In 1988 an expedition of five artists from three continents traveled together for six months and covered over 7000 land miles to visit Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these a PBS documentary has been produced to introduce people to the many facets of Tibetan culture.

*White Lotus* is a companion volume to the documentary. Pre-

sented 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.

**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.

**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.

**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.



**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 Rigdzin Jigme Lingpa, the instructions of Dilgo Khyentse Rinpoche focus on the practices of guru yoga, "Merging with the Mind of the Guru."

**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 Darma Rinchen, Aryadeva's *Four Hundred Stanzas* was written to explain how, according to Nagarjuna,

the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic 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.

*Yogic Deeds of Bodhisattvas* has been approved for the series *Textual Studies and Translations in Indo-Tibetan Buddhism*.



**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.

**ZEN MIND, BEGINNER'S MIND**, by Shunryu Suzuki-Roshi. #ZEMI \$7.95

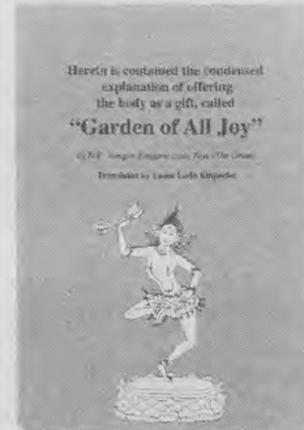
This best selling book conveys what Zen is all about. Every page breathes with the joy and simplicity that make a liberated life possible.

## SADHANAS & COMMENTARIES

NEW!

**THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig**, trans. by Tulku Thondup. 146 pp. #ASVI \$12.95

This terma text was discovered by Kunkhyen Jigmed Lingpa. It is the sadhana of the guru, the most important of the sadhanas of the three roots. The *Sadhana of the Assemblage of Vidyadharas* is a liturgy of Guru Rinpoche as the embodiment of all the Knowledge-holders. This book also includes other texts necessary for the performance of the Tsog ceremony. The Tibetan, English transliteration and translation are given line by line.



**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 illustrations 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.

**THE HEALING BUDDHA: A Practice for the Prevention and Healing of Disease**, composed & trans. by Lama Thubten Zopa Rinpoche. 24 pp. #HEBU \$4

This is a meditation on the Medicine Buddha, a fully enlightened being whose purpose is both to cure disease and prevent its onset. Also included is the *Prayer Liberating Sakya From Disease*, a beautiful and powerful prayer that brings great blessings.

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

A collection of texts and sadhanas by previous Dalai Lamas including the preliminary teach-

ings 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.

**THE QUEEN OF GREAT BLISS of the Long-Chen Nying-Thig**, trans. by Tulku Thondup. 166 pp. #QUGRBL \$12.95

This is a sadhana on the wisdom dakini Yeshe Tsogyal, the consort of Guru Padmasambhava. It is one of the three root practices of the Longchen Nyingthig tradition of the Nyingmapa school and is a terma discovered by Jigmed Lingpa. Through this practice one understands the Dakini to be the embodiment of the three kayas. It is considered an Anu Yoga Tantra. Other texts necessary to the performance of Tsog are included.

**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 \$3

**Dakini Yoga: Vajrayogini Six-session Guru Yoga** #DAYO \$7

Six-session Guru Yoga combined with self-generation as Vajrayogini.

**Drop of Essential Nectar** #DRESNE \$5

A special fasting and purification practice in conjunction with the Eleven-faced Avalokiteshvara.

**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.

**The Kadampa Way of Life #KAWALI \$3**

Advice from *Atisha's Heart* and *The Three Principle Aspects of the Path*.

**Liberation from Sorrow #LISO \$3**

Praises and requests to the Twenty-one Taras.

**Medicine Guru Sadhana #MEGUSA \$6**

Requests to the Assembly of Seven Medicine Buddhas.

**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 Chopal).

**Prayers for Meditation #PRME \$2**

**A Pure Life #PULI \$2**

The practice of taking and keeping the eight 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.

**Treasury of Wisdom #TRWI \$4**

The sadhana of the Wisdom Buddha Manjushri.

**The Yoga of Buddha Amitayus #YOBUAM \$7**

A special method for increasing lifespan, wisdom and merit.

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 complexity of this most diverse and beautiful land.

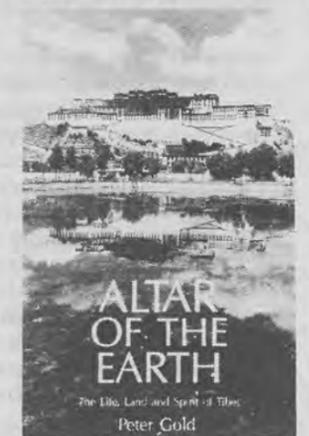


**India's Western Himalaya**, by Manjulika Dubey and Toby Sinclair, photos by R.K. Gaur, Toby Sinclair, Joanna van Gruisen. 352 pp., many photos, #INWEHI \$19.95

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 Choegy 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 weds 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. 232 pp., 16 pp. color #MON \$13.95

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

**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.

**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.

**SANCTUARIES: The West Coast and Southwest**, by Marcia and Jack Kelly. 220 pp. #SAW \$15

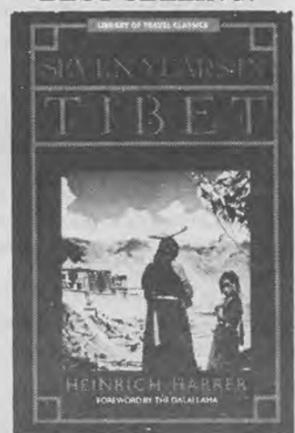
Over 200 religious and non-sectarian retreat centers, lodgings and monasteries are described in this guide. "*Sanctuaries* is a clear and pragmatic guide to many of these wonderful places of stillness."—Joseph Goldstein

**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.



**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.

**TRAVEL & ADVENTURE**

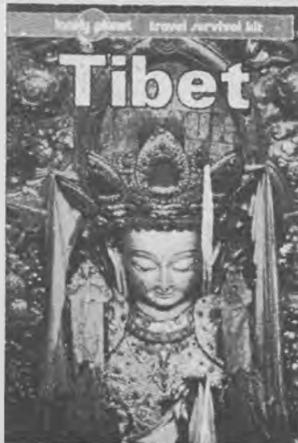
**INSIGHT GUIDES TO NORTHERN INDIA & NEPAL!** We are pleased to offer you these well-written and very well-illustrated guidebooks to India and Nepal. The writers and photographers are indigenous and are thus able to present the inside view of their particular places. Generously illustrated with hundreds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

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

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

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

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



**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 Bodhi Gaya, India—place of Sakyamuni Buddha's enlightenment—for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm center of Buddhism.

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

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

"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

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

*To Lhasa and Beyond* is a fascinating account of Tibet as it was prior to the upheavals following the Chinese take-over in 1959. Prof. Tucci takes the reader along the roads he followed in 1949 and reveals the people, religion, art, customs and landscape of a coun-

try 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.

**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

**ON THIS SPOT**  
AN UNCONVENTIONAL MAP  
AND 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 gives 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

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

**India** #MAIN \$11.95

**Nepal** #MANE \$7.95

Includes detailed maps of Kathmandu.

WOMEN'S STUDIES

**BUDDHISM AFTER PATRIARCHY: A Feminist History, Analysis, and Reconstruction of Buddhism**, by Rita M. Gross. 365 pp. #BUAFPA \$16.95

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.

NEW!



**FEMININE GROUND: Essays on Women and Tibet**, Edited by Janice Willis. #BUTHAM \$12.95. Available June.

The Buddha's path to human transformation declares women and men equally capable of spiritual realization, yet most exemplars of this tradition throughout history have been men. Now, as Buddhism is transmitted to North America, women are playing a major role in its adaptation and development. Presented with a spiritual path in an Asian cultural package, they apply typical American pragmatism to understand the cultural interaction between these ancient teachings and 20th-century American realities.

A spirit of diversity is evident as women from the Theravada, Japanese Zen, Shingon, Chinese Pure Land, and various Tibetan traditions share their experiences. Defying the preconception that women are qualified to speak only on women's issues, these experienced practitioners discuss Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world. Their insights are valuable for Buddhists and non-Buddhists alike.

Thirteen women contributed a wealth of thought-provoking material on topics such as: *Bringing Dharma into Relationships, Dealing with Stress, Abortion, Buddhism and the Twelve Steps, Bodhisattva Peace Training, The Monastic Experience, and Forging a Kind Heart in an Age of Alienation*. Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

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

NEW!

**FEMININE GROUND: Essays on Women and Tibet**, ed. by Janice D. Willis. 166 pp. #FEGR \$12.95

In this volume six western women scholars and practitioners of Tibetan Buddhism come together to explore the issues of "women" and of "the feminine" in Tibet. In a group of critical and provocative essays, they discuss female role models, the nun's life, and gender and role identity as these have manifested in the con-

text of Tibet. These essays thus help to fill a gap in this important area of study, and the volume makes a valuable contribution to several disciplines, including Buddhist studies, comparative studies and women's studies.

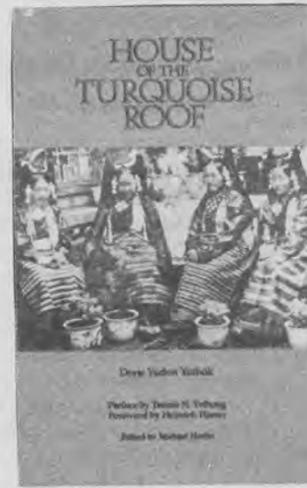
**Contents:** Jan Willis writes on *Dakini: Some Comments on its Nature and Meaning* and on *Tibetan Anis: The Nun's Life in Tibet*; Rita Gross on *Yeshe Tsogyel: Enlightened Consort, Great Teacher, Female Role Model*; Janet Gyatso on *Down with the Demoness: Reflections on a Feminine Ground in Tibet*;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

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism"—*Pacific World*

**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*

NEW!



**HOUSE OF THE TURQUOISE ROOF**, by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95

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

This very frank and thoughtful autobiography of a Tibetan noblewoman describes life in Lhasa before the Chinese occupation. The author possesses and insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister—as well as a novelist's sensitivity for the revealing detail that brings this fascinating past to life.

The timelessness of this world, its slow but unmistakable modern-

zation, 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*



**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 enlightened only in a woman's body, she was inspired to set off on an incredible spiritual journey which took her around the world and lasted ten years. This is an autobiographical account of her meetings and experiences.



**MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self**, by Anne Klein. 288 pp. #MEGRBL \$25 cloth

The Great Bliss Queen Yeshe Tsogyel is an embodiment of mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that in this book are put in conversation with contemporary feminist concerns, and especially with Western women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are also taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources as well as the writings of contemporary Western women.

Klein's book signals a new direction in feminist thought that is likely to lead us beyond formulae that have ceased to be productive."—Naomi R. Goldenberg, author of *Resurrecting the Body: Feminism, Religion, and Psychoanalysis*

Klein presents the literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

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

**BEST SELLING!**

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

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

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

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

"It is inspiring and 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 Hammevik. 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.

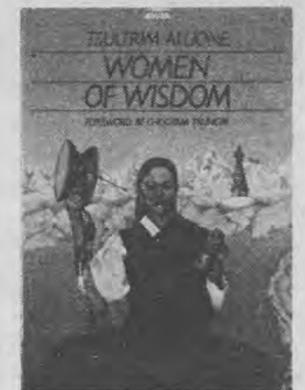


**WEAVERS OF WISDOM: Women Mystics of the Twentieth Century**, by Anne Bancroft. 177 pp. #WEWI \$10

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**

**NEW CDs!**



**BUDDHIST CHANT I: Namgyal Monastery, Dharamsala**, CD 63 min. #BUCH1 \$20

This CD features 50 Tibetan Buddhist Monks of Namgyal Monastery performing the ritual for Palden Lhamo during which the sutra is recited in such a low-toned voice that it is beyond the reach of most trained singers. The combination of these voices with huge five-meter long horns create rich spiritual atmosphere.

**NEW!**



**BUDDHIST CHANT II: Gyuto Monastery, Bomdile**, CD 53 min. #BUCH2 \$20

Recorded at the Gyuto Monastery in India, the many voices on this CD use their overtone chanting in the performance of the Sangwa Duepa ritual. They create a spiritual world through sound that results from their combined awakened vocal expression and visualization.



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

Produced by the Karma Kagyu Institute in Woodstock. Chants by Tenzin Chonyi, Lekshey 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.*

**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 Tsogyel. 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 #SATIC \$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 Guyasamaja*, *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 Nunnery, Tilokpur. #SOMI \$10 cassette

Songs by the great master sung by the nuns of Tilokpur.

**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 merit field assembly 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.

**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*, *Invitation to Palden Lhamo*, *Offerings to Palden Lhamo*, *Praises to White Tara*, and *A Prayer for Peace*.

**OTHER TAPES**

**NEW!**

**HIMALAYAN BOWLS I**, by Karma Moffett. Cassette #HIBO \$10

Twenty-two singing bowls express the mystic feeling of the Himalayas.

**HIMALAYAN BELLS II**, by Karma Moffett. Cassette #HIBE \$10

This is a great recording of Hi-

malayan bowls and bells. It is harmonic and meditative.



**THE MUSIC OF NAWANG KHECHOG**

Born in Tibet, Nawang now lives in the USA. He was a musician since childhood and a Tibetan monk for 11 years. The experience of peace pervades his lyrical and spacious flute music. (Please note that Tibet, Universal Records is now handling the wholesale requests for Nawang tapes.) 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.



**SONGS OF THE JATAKA TALES**, by Penny Nichols and members of the Karma Kagyu Institute. Cassette #SOJATA \$12

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.



**TIBETAN HORN**, by Phil Thornton & Steven Cragg. Cassette #TIHOT \$12, #TIHOC \$16

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.

**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.

**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.

**WOODLANDS FLUTE**, by Joe Salzano. Cassette #WOFL \$10

This is a collection of Native American flute music from the Eastern Woodlands. There is a scarcity of traditional Eastern Woodlands material for flute due to cultural disintegration over the many years since the European invasion. These twelve selections are beautiful and include nature sounds, drum and rattle as well as nine different cedar, pine and cane flutes.

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

**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.

**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. Tenga Rinpoche. (3) #KAMA \$30

**Sakya Tradition: INSEPARABILITY OF SAMSARA & NIRVANA**, Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

**Gelug Tradition: UNION OF BLISS AND EMPTINESS**, Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30

**BUDDHA DHARMA IN THE WEST**, with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al. (4) #BUDHWE \$30

These four hours of recordings feature some of the leading Buddhists from around the world—it is an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.

**CHOGYAM TRUNGPA, 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 unty, joy and harmony that comes from purifying the mind and developing its positive qualities.

**LAMA SOGYAL RINPOCHE**

The following are tapes by Sogyal Rinpoche and a few by his senior students.

**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.

**NEW!**

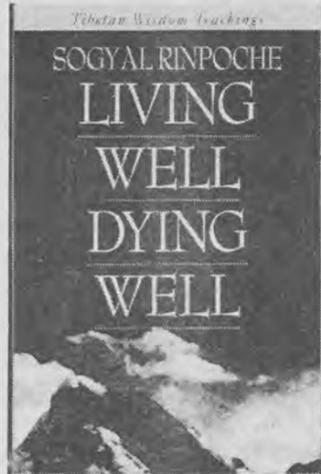
**COMPASSION AND WISDOM IN CARE FOR THE DYING**, by Christine Longaker. 100min #COWICA \$10.95

A student of Sogyal Rinpoche for 15 years, Christine Longaker is the former director and staff trainer of Hospice of Santa Cruz County, California, and teaches on spiritual care for the dying throughout the world. She explores the relevance of the spiritual path to care for the dying. The practices of reflection, meditation, compassion and the essential "phowa" are given as powerful ways to prepare for our own death, and to strengthen the confidence of those who care for the dying.

**NEW!**

**FINDING HOPE AND INSPIRATION IN DEATH**, by Christine Longaker. (3) #FIHOIN \$24.95

Christine Longaker skillfully combines insights and methods drawn from years of hospice experience with instruction and meditation practices from the heart of the Tibetan Buddhist tradition. Illustrating her talks with many heartwarming and revealing stories, she describes how it is possible to transcend fear and grief and in so doing provide the spiritual care so crucial for making use of the tremendous opportunity that death affords. She covers: the four tasks of dying and of living; finding meaning in life and peace in death; healing past difficulties in relationships; the natural process of bereavement; transforming grief; understanding our own fears of death and preparing for our own death.



**LIVING WELL, DYING WELL**, 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.

**NEW!**

**THE PATH OF COMPASSION**, by Patrick Gaffney. 2 hrs., 2 cassettes #PACOM \$16

Patrick Gaffney presents the logic, path and practices of compassion. He clarifies and expands Sogyal's teachings and includes a guided meditation of Tonglen (giving and receiving). "Patrick Gaffney is one of my oldest and closest students; and if anyone were to know my mind or my work, it is him."—Sogyal Rinpoche

**RIGHT VIEW: Living Your Dying**, #RIVI \$9.95

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 ego identity, and living with clarity—these increase as we more deeply understand death and dying.

**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.

**TAMING THE MIND**, #TAMI \$9.95

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.

**TIBETAN WISDOM FOR LIVING AND DYING**, (6) 9 hrs. #TIWIT \$59.95

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; Padma-sambhava's instructions for the bardos; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.

**TURNING SUFFERING INTO ENLIGHTENMENT**, #TUSUEN \$9.95

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 \$9.95

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.

**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 \$59.95

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 \$9

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 Rapgay: *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 Ci 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) #DEDTY \$28

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

**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.

**INTRODUCTION TO DZOGCHEN**, by Lama Surya Das. Cassette #INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

**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.

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**

**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.

**VIPASSANA JHANAS** (1) #VLJH \$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 \$49.95

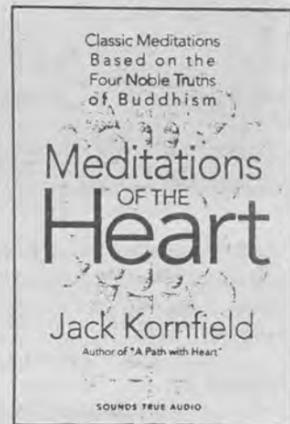
A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowing and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; listening 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.

**NEW!**



**MEDITATIONS OF THE HEART**, #MEHE \$10.95

Jack offers four essential meditations which take less than 10 minutes each to practice yet will take you to the heart of essential Buddhist teachings on awakening and freedom, opening to truth, the nature of suffering, forgiveness, and fearlessness.

**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) #MOD \$10

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

**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

**ATTENTION PLEASE!** These films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.

**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.



**THE ART OF DYING: A Window into the Tibetan Way of Life**, by J. Casper Jensen & Majbritt Munck. 63 min. #ARDY \$29.95

This film could better have been called the *Art of Living*—it is a wonderful and intimate view into the life of the people of Mustang and the words are entirely that of the people shown, lay people young and old monks, the king, etc. It is the story of an ancient culture; a rugged land and joyful people strive to sustain themselves against great odds. Tucked away in the crevices of the largest mountains in the world, Tibetan customs are often as shocking and complex as the immensity of the land of Tibet itself. The people of Tibet are shown here in the modern time warp they live in today. Also includes footage of monks in India—this is a great film!

The slow moving scenes allow one to soak up the images of the Tibetan landscape, and the dialogue is presented through the people themselves: simple villagers, the king of the remote village of Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs, throughout the centuries. This is an absorbing film.

**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.

NEW!

**FIVE RITES OF REJUVENATION**, 30 min. #FIRIRE \$29.95

The Five Rites of Rejuvenation utilizes simple movements and visualizations to activate and balance the energy flow in the body. It taps a reservoir of youthful

power and can enhance mental clarity and increase physical vigor so that you can look and feel younger. These are the movements described in the books: *The Five Tibetans & Ancient Secret of the Fountain of Youth*. These exercises are supposed to be of Tibetan origin—they may be—in any case they are similar to yoga movements and our friends find them very useful. They take about 20 minutes to perform.



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

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

**HEALING ORACLES OF LADAKH**, by Elan Golomb, with voice-over by Joan Halifax, author. 28 min. #HEORLA \$29.95

We are beginning to realize that Western concepts of health and disease are not universally recognized and often are not as effective in promoting and maintaining well-being as they could be. Careful observation of cultures that have practiced healing and ritual in traditions outside Western scientific medicine have become more critical as we recognize the effect of our "spirit" on our physical being. This film (on videotape) candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this rare and informative glimpse of an almost lost tradition of knowledge.



**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.

**KALACHAKRA, THE WHEEL OF TIME**, by Bearfoot Productions. 30 min. #KAWHTI \$29.95

Watching the creation of the Kalachakra sand mandala is one of the most beautiful and fascinating experiences. Four monks from Namgyal Monastery performed this ritual at the Douglas Hyde Gallery in Trinity College, Ireland. They offered to do it as a contribution towards the creation of peace—the response was deeply felt. In addition to seeing the creation of the mandala from its innermost center outward, you will also see the monks perform some of the dancing and chanting of the Kalachakra ritual. This video offers many close-ups of sections of the mandala, affording the viewer a rare glimpse of the details of the mandala.

**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.

NEW!

**LIFE, DEATH, DREAMS AND MEDITATION: Bardo Teachings of Tibetan Buddhism**, by Ven. Lama Chagdud Tulku Rinpoche. 115 min. #LIDEDR \$39.95

The six bardos include this life, the moment of death, the dawning of true reality, the passing towards rebirth, dreaming and meditation. These experiences are filled with the potential for confusion, bewilderment and unskillfulness, as well as for realizing profound wisdom and all embracing compassion. Rinpoche explains how we can relate to these bardos as a path to personal fulfillment and great benefit for others.

**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.

NEW!

**LORD OF THE DANCE, DESTROYER OF ILLUSION**, 108 min. #LODAV \$39.95

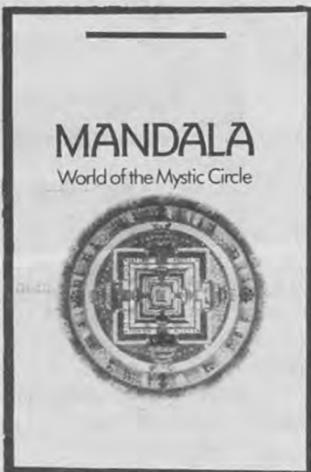
This film beautifully records the Mani Rimdu, an ancient Tibetan ceremony as it is practiced today in a Buddhist monastery in Nepal. Elaborate preparations ensue—the creation of dough sculptures, sand mandalas and magical pills. Week-long rituals include the worship of various protector-gods and the

transference of the power of the Chenrezig, the lord of the dance, into the pills. Dances are performed by monks enacting episodes from Tibetan Buddhist traditions.



**MAHAMUDRA**, by Kulu Rinpoche. #MAHAV \$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 Kulu 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 Kulu 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.

**THE MESSAGE OF THE TIBETANS**, by Arnaud Desjardins.

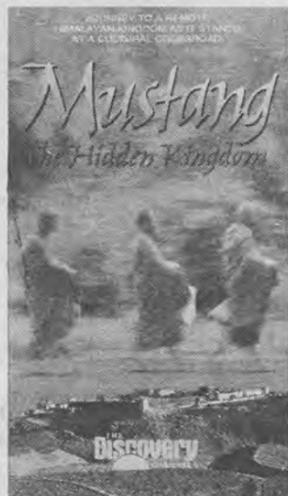
Part 1: Buddhism, 52 min. #METIBU \$29.95

Part 2: Tantrism, 52 min. #METTTA \$29.95

This is some of the most impres-

sive 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



**MUSTANG: The Hidden Kingdom**, The Discovery Channel. 1 1/2 hrs. #MUHIKI \$19.95

Nestled high in the Himalayas, a feudal kingdom lies suspended in time. Long closed to outsiders, it is the last outpost of pure Tibetan Buddhist culture. Journey with the Dalai Lama's personal envoy, Khamtrul Rinpoche, on a diplomatic mission to Mustang and experience an intimate view of this traditional way of life.

**NEW!**

**NADIA STEPANOVA, BURYATIAN SHAMAN**, 30 min. #NAST \$29.95

"It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror."

Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.

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

**BEST SELLING!**  
**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. #KAREV \$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.



**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.

**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. This is part one of a two-part set. We reviewed both and recommend the first one—the second does not, in our opinion, add much that is worth the additional cost. We will special order it for you, if you would like.



**TIBETAN BOOK OF THE DEAD, Part 2**, narrated by Leonard Cohen. 45 min. #TIBOV2 \$29.95

The Great Liberation presents a vividly detailed account of the contents of the Book of the Dead and of the traditional Buddhist teachings on compassion and the search for truth which are its foundations. The film portrays an elderly priest and his young student as they guide the soul to a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.



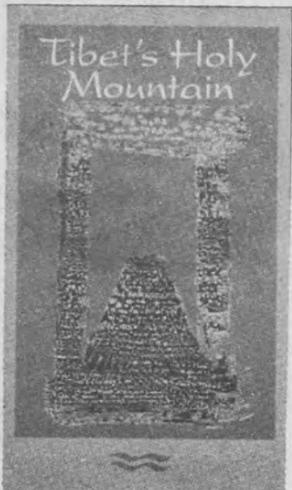
**TIBETAN MEDICINE: A Buddhist Approach to Healing**, 29 min. #TIMEV \$29.95

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.



**TIBET'S HOLY MOUNTAIN**, 52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program

follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, the 11th-century capital of the old Tibetan kingdom of Guge, at Khojarnat, where a stately monastery remained open despite the Chinese Cultural Revolution, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.

**NEW!**

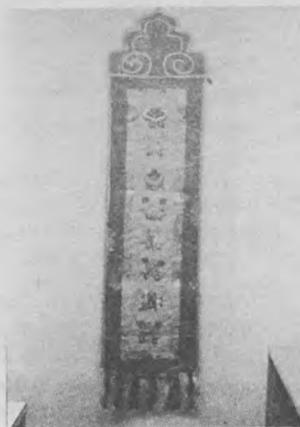
**WE WILL MEET AGAIN IN THE LAND OF THE DAKINI**, 30 min. #MEAG \$29.95

Now in her eighties, Doljin Kandro Suren is a Buddhist lama and spiritual guide for thousands who come to her from all over Mongolia and Russia. Through the terrible years of religious persecution in Mongolia, she survived finding the strength to overcome the despair that surrounded her people. After seventy years of Communism, she is the only remaining keeper of the Chod lineage in Mongolia. Tibetan master **Namkhai Norbu Rinpoche**, invited to give Dzogchen teachings, participates in a Chod ritual with her.

**DHARMA ITEMS**

**BANNERS AND HANGINGS**

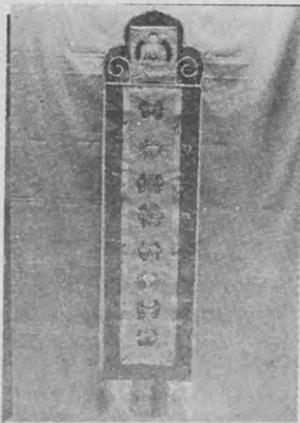
**AUSPICIOUS SYMBOL BANNER**, approx. 2'4" long and 4 1/2" wide, #AUBA \$16. The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.



**LARGE AUSPICIOUS SYMBOL BANNER**, 5' long x 1' wide, #LAAUBA \$40

Embroidered auspicious symbols with brocade banner—long and beautiful!

**NEW!**



**BUDDHA AUSPICIOUS SYMBOL BANNER**, 5' long x 17" wide #BUAUBA \$60

Eight auspicious symbols on red background with brocade border and embroidered Buddha at the top.

**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.



**NEW!**

**DEITY HANGINGS**

Fancy brocade borders with five embroidered deity images. 4 1/2' wide x 22" high.

**Buddha Hanging** #BUHA \$95

**Green Tara Hanging** #GRTAHA \$95

**Padmasambhava Hanging** #PAHA \$95

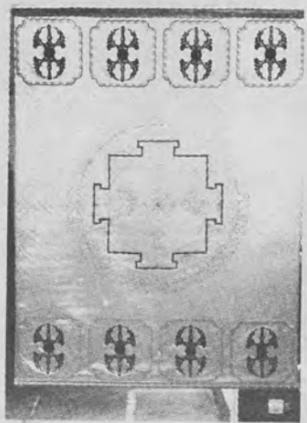


**BUDDHA KADHEN BANNER**, 5' long x 17" wide #BUKABA \$85

All brocade banner with the Buddha embroidered at the top.

**DHARMACHAKRA**, 13 x 15" #DHBA \$28.00

The banner is yellow-gold with Tibetan red. Only the wheel appears.



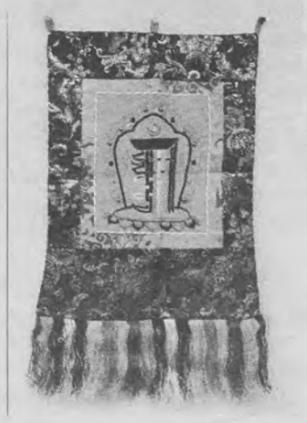
**FIVE BUDDHA FAMILIES**, 42 x 68" #FIBUBA \$250.00

Beautiful yellow-gold background with Tibetan red printing. This banner is sacred and should not be open to the public view.



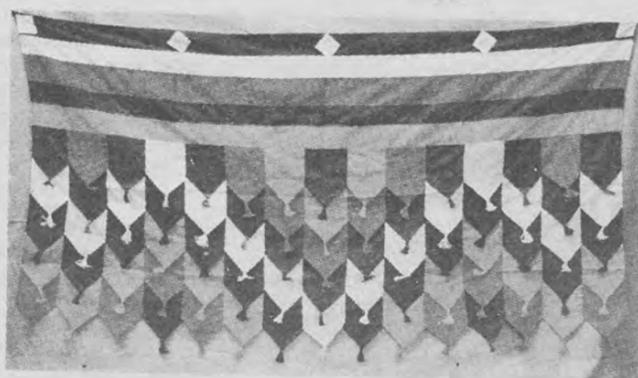
**HUM**, 14 x 28" #HUBA \$50.00

The banner has a white background, blue Hum, red horizontal stripes and blue geometric design.



**KALACHAKRA BROCADE BANNER**, 13 x 24" #KABA 25.00

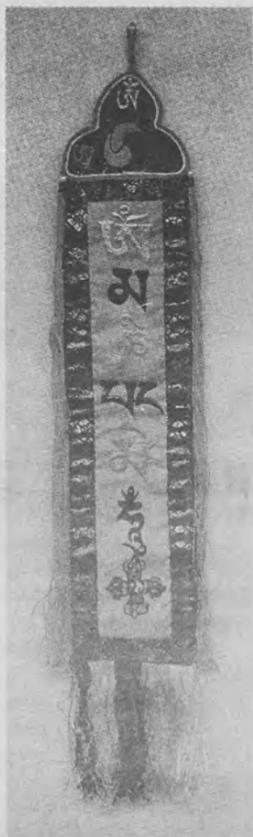
The precious mantra of Kalachakra is embroidered and then mounted in brocade.



**NEW!**

**TASHI TARING BANNER**, 18 x 60" #TATAFL \$75

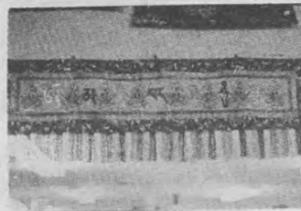
Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, 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! This one is made of brocade.



**MANI BANNER**, 26" long x 4 1/2" wide, #MABANN \$16

Embroidered *Om Mani Padme Hum* mounted in brocade.

**NEW!**

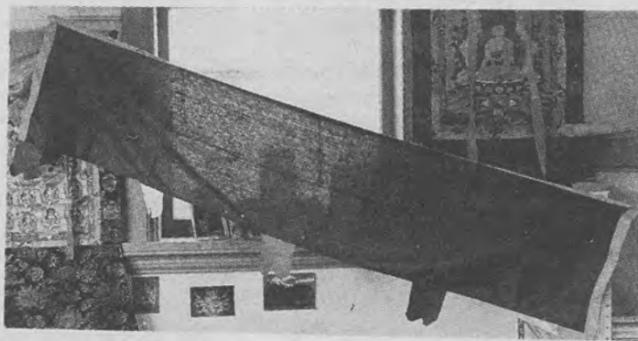


**LARGE MANI BANNER**, 5' long x 1' wide, #LAMABA \$40

Embroidered *Om Mani Padme Hum* mounted in brocade.

**MANI HANGING**, 18" high x 40" wide #MAHA \$40

The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.



**DEITY BANNERS FROM INDIA!**

These vertical banners are approx. six feet long and eighteen inches wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

**CHENREZIG BANNER**, #CHBA \$16

**KALACHAKRA BANNER**, #KABAN \$16

**MAHAKALA BANNER**, #MABAN \$16

**MANJUSHRI BANNER**, #MNBAN \$16

**MILAREPA BANNER**, #MIBA \$16

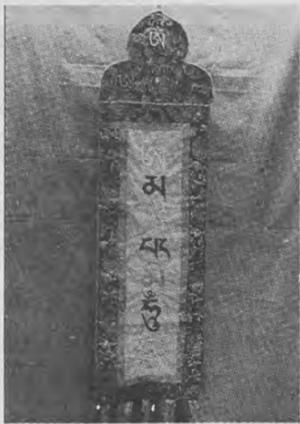
**PADMASAMBHAVA BANNER**, #PABA \$16

**TARA BANNER**, #TABAN \$16

**WINDHORSE BANNER**, #WIBAN \$16

**VAJRAYOGINI BANNER**, #VABAN \$16

**NEW!**



**EXTRA-WIDE MANI BANNER, 5'** long x 17" wide #EXWIMA \$60

Beautiful yellow background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.

**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.

**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 Lobsring, 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.

\*\*\*\*\*

Each of the following sets of deity prayer flags has five flags, one in each of the Tibetan colors and they are strung on a cord. Each flag measures approx. 13 x 16" and has the mantras of the deity printed on it:

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

**MAHAKALA PRAYER FLAG SET, #MAPRFL \$12**

**MANJUSHRI PRAYER FLAG SET, #MNPRFL \$12**

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

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

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

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

Please note that most prayer flags are designed to deteriorate over time. In this way, the earth as well as the wind receives the prayers.

\*\*\*\*\*

**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.

**NEW!**



**ETERNAL KNOT DOOR CURTAIN, #ETKND \$75**

This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.

**NEW!**



**EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN, #EIAUDO \$125**

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.

**KATAS**

A standard offering scarf.

**White #PLOFSC \$4**

**Long (6') white silk scarves** with symbols embroidered into them #BROFSC \$18



**BUDDHIST FLAG, 35" x 51" #BUFLA \$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.

**NEW!**



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

This is a printed flag on poly with grommets for hanging. It measures 3 x 5'. It is printed on both sides in beautiful colors!

**TIBETAN NATIONAL FLAG, 11 x 16" #SMTIFL \$6**

This lovely small cotton flag is pieced and silk-screened. It can be hung with pins or on a dowel.

**NEW!**

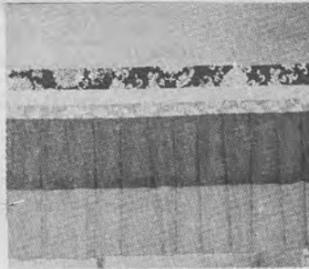
**TIBETAN NATIONAL FLAG, 4' x 6" #LATIFL \$50**

This lovely large cotton flag is pieced and the lions are silk-screened. It can be hung with pins or on a dowel.



**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.



**NEW!**

**Silk Window Trim, 39" #SIWITR \$45**

Top of horizontal blue, yellow and red brocade, drape of green and red silk.

**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, #CHTIN \$5**

Bundles vary in length but the quantity of incense is the same.

**"Aromat" Tibetan Traditional Incense, #ARTIN \$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 BURNER, #INBU \$36**

A traditional burner—10" long, 2 1/2 high, 2 3/4" wide—fill it with rice and put incense in it. It is made out of copper with touches of silver and brass alloys.



**INCENSE HOLDERS**

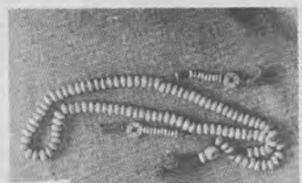
These are Tibetan incense holders in copper w/ white metal and brass ornamentation. Very fine and traditional looking.

**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**

**Ebony Mala, #EBMA \$36**

**Linden Nut Disc Mala, #LINUDI \$36**

This beautiful mala is chocolate with tiny beige speckles and beads from the Linden tree that are shaped like abacus beads.

**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**

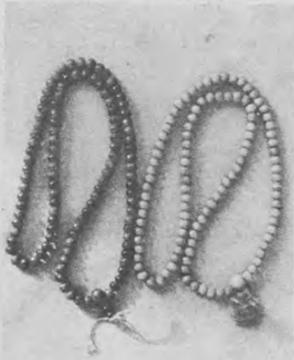


**Lotus Seed Mala, with semi-precious marker beads. #LOMA \$30**



**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**



**Yak Bone Mala, #YABOMA \$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.

**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. The mala beads are 8mm unless otherwise noted. 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. #HAMA \$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**, #ROQUA \$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.



**White Metal Counters, #WHMECO \$14**



**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.



**Silver Counters with Purba & Curved Knife, #PUSICO \$40**

**MALA BAG, #MABA \$8**

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

**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 \$37.95

**Support Cushion** is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #SUCU \$19.95

**Zabuton** (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #ZAB \$42.95

**INFLATABLE ZAFU! #INZA \$22.95**

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 attaches with velcro and doesn't slide around. It is available in deep purple, burgundy and black. 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** \$39.95

#MEBNC **Folding Bench** \$49.95

#MEBNCU **Attachable Cushion** \$19.95

**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.

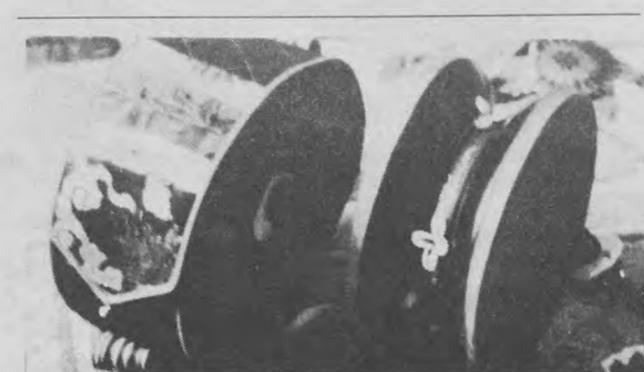


**BUTTER LAMPS**

4 1/4" high with auspicious symbols in silver-like metal.

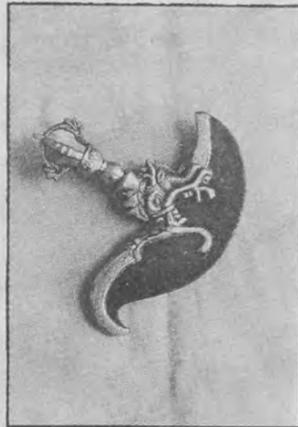
**Copper Butter Lamp, #COBULA \$19**

**Silver-like Butter Lamp, #SIBULA \$19**



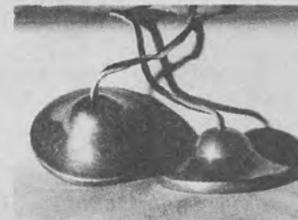
**CHOD DRUM, #CHDR \$150**

This is the authentic chod drum. It has a diameter of 9.75 inches and is 4.5 inches wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



**CURVED KNIFE, #CUKN \$40**

This is the ritual knife referred to in many tantric practices.



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

The sound of these bells is psychically cleansing.

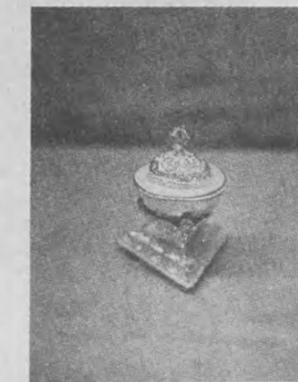


**KAPALAS (skull cup)**

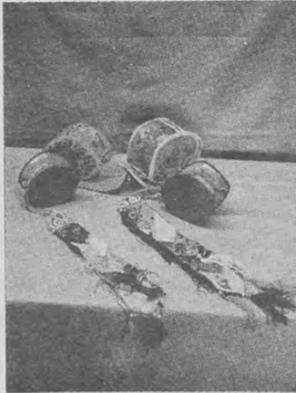
It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

**Medium Brass Kapala, #MEBRKA \$30**

**NEW!**



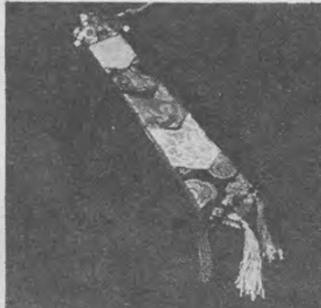
**Fancy Silver & Gold Kapala, #FASIKA \$40**



**DAMARU, BANNER & BROCADE CASE SET**  
4 1/2" at longest diameter #DASE \$50  
5" at longest diameter #DASEL \$55



**DAMARUS** (wood), 4" in diameter #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.

*Special Offer: Damaru and Banner are \$45 when ordered together!*

**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

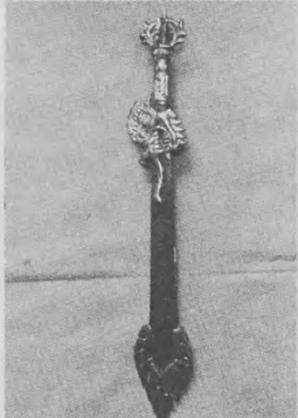
**H.H. KARMAPA**, Dream Flag Pin, #KADRPI \$5



**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.

**NEW!**

**MELONGS**

Brass concave circular ritual mirrors.

**Small Melong**, 2 3/4" #MES \$14

**Large Melong**, 4" #MEL \$18

**OFFERING BOWLS**

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items.

**COPPER OFFERING BOWLS** (set of 7) #COOFBO \$38

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

Ornately designed silvery offering bowls that measure 3" dia.

**FANCY OFFERING BOWLS**

4" in diameter with silver-like auspicious symbols.

**Fancy Copper Offering Bowls**, #FACOFB \$35

**Fancy Silvery Offering Bowls**, #FASIOF \$35

**PECHA COVERS**

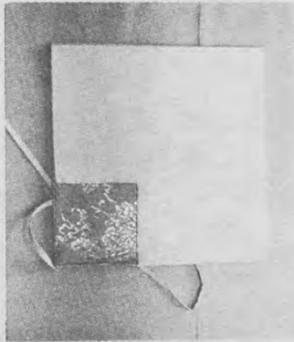
Used to cover sacred texts.



**Standard**

Two sizes of traditional book covers in red cloth with yellow square and cord.

22" sq. #PEWR \$15  
30" sq. #PEWRL \$15



**Fancy**

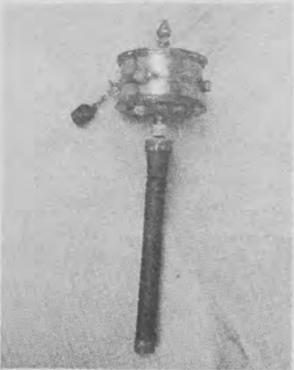
Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

21" sq. #FAPE \$17  
30" sq. #FAPEL \$20



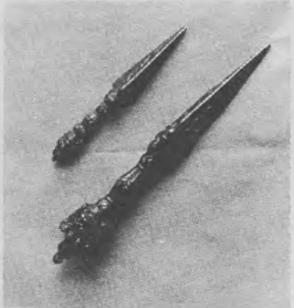
**TIBETAN PICTURE FRAME**, #TIPIFR \$15

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**, #BOWL \$250

Singing bowls produce a marvelous sound when struck or rubbed on the rim. They are ideal for meditation. We import three sizes from Nepal; the larger ones have lower tones. We send two strikers. One is made in India of hard wood and is good for striking the bowl. The other is a wooden dowel that

is made of soft wood and is better able to make bowls sing. These bowls have been cleaned by us to look as good as possible. They are not museum pieces, but sound great.

**Large Singing Bowl**, #LASIBO \$195

9" to 12" in diameter.

**Medium Singing Bowl**, #MESIBO \$110

6" to 8 1/2" in diameter.

**Small Singing Bowl**, #SMSIBO \$65

Approx. 6" in diameter.



**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. It is reasonably good looking for \$55 and is suitable for consecration.

**BACK!**

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

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

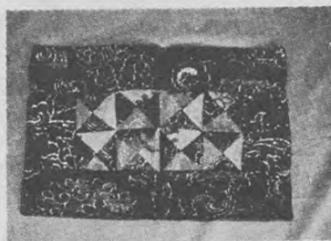
**THRONE COVER**, #THCO \$150

This is the cover that you see on high thrones that covers the front surface. It has a brocaded double-dorje and is very spectacular. It measures 3 x 3 feet square.



**LARGE TILDEN**, 11 x 20" #LATIL \$25

Lovely blue and red brocade for sadhana table.



**TILDEN**, 11 x 16" #TIL \$25

This brocade tilden has fancy triangle design in the middle.

**NEW!**



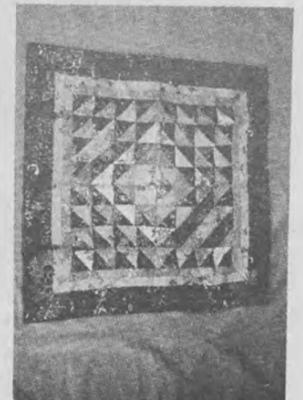
**CHEPHUR**

These are typically present in Tibetan monasteries hanging around the sides of the room. They are cylindrical and contain the 5 colors in brocade pieces, beautifully alternating to give a dramatic effect.

**Small Chephur**, 2' long and 6 1/2" in dia. #SMCH \$45

**Large Chephur**, over 6 feet long. #LACH \$150

**NEW!**



**LARGE FANCY ALTAR CLOTH**, 30 x 30" #FAALCL \$45

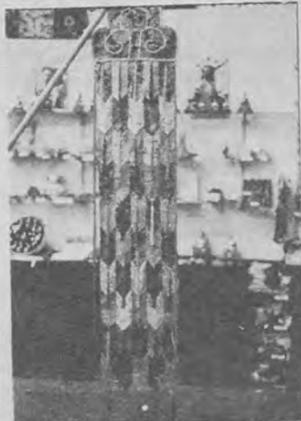
All brocade piece with triangle pattern in the center.

**NEW!**



**CANOPY, #CA \$95**

These 5' long and 1' dia. canopies are in the five colors and are made of silk and brocade.



**LARGE BANNER, #LABA \$125**

These banners are brocaded with the 5 colors, alternating in the traditional way. They are over 6 feet long and 15 inches wide.

**CONSECRATION OF STATUES AND THANGKAS!**

When you purchase a statue or thangka from Snow Lion, you also have the option to have it consecrated. Snow Lion has made an arrangement with Namgyal Monastery to have this special empowering ceremony performed for the pieces you purchase from us. In addition to the cost of materials, it requires several monks working for an entire day to consecrate a statue or a thangka. Although Namgyal does not have a set donation fee for consecration, Snow Lion recommends a minimum donation to the Monastery of \$100 for statues and \$50 for thangkas. This is tax-deductible and check should be made out to Namgyal Monastery (if ordering by phone, mail check directly to the monastery at PO Box 127, Ithaca, NY 14851). We will deliver your statue or thangka to them and send it to you after it is consecrated as part of the service we provide.

**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
- Buddha (large) \$525
- Chakrasamvara \$400
- 4-arm Chenrezig \$325
- 4-arm Chenrezig & Manjushri & Vajrapani \$320
- 1000-Arm Chenrezig \$360
- Dorje Legpa \$325
- Dorje Senge \$325
- H.H. Dudjom Rinpoche lineage \$350
- Ekajati \$320
- Garab Dorje \$325
- Green Tara \$320
- Green Tara & 21 Taras \$360
- Guru Dragpo \$295
- Guhyasamaja \$360
- Jambhala \$295
- Je Tsongkhapa \$325
- Je Tsongkhapa \$490
- Kagyü Lineage Tree \$700
- Kalachakra \$325
- 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
- 2-arm Mahakala (large Newari) \$600
- Machig Labdron \$350
- Manjushri \$325
- Marpa \$295
- Medicine Buddha \$500
- Medicine Buddha (large) \$575
- Nagarjuna \$325
- Nyingma Protectors \$330
- Large Nyingma Protectors \$590
- Padmasambhava \$400
- Padmasambhava (w/deities) \$320
- Padmasambhava (standing) \$400
- Rainbow Body Padmasambhava \$400
- Padmasambhava w/8 forms \$575
- Red Tara \$325
- H.H. Sakya Trizen \$325
- Samantabhadra \$325
- H.H. 16th Karmapa \$350
- Ushunishatapatra \$325
- Vajradhara \$400
- Vajrakilaya \$350
- Vajrakilaya (black) \$490
- Vajrapani \$325
- Vajrasattva \$480
- Vajrasattva w/consort \$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

*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: Milarepa #MITHPR, Long-Life #LLTHPR.



Vajrasattva w/consort \$325



Kinkara Skeleton Couple \$350



Large Nyingma Protectors \$590



Vajrayogini \$325



Marpa \$295



Guhyasamaja \$360



Vajrayogini



1000-Arm Chenrezig



Je Tsongkhapa \$325



Vajrasattva w/Nyingma lineage \$390



Rainbow Body Padmasambhava \$400



Padmasambhava (standing) \$350



Garab Dorje \$325



Vajrakilaya \$350



Dorje Senge \$325

STATUES-STATUES-STATUES!!!

We just received a large shipment of high quality statues of various deities. These are among the very best that we have seen and we highly recommend them to you.

Most statues are gilded bronze with gold-painted faces. Contact us for photos of the images that you want:

- Amitayus 8 & 12" \$325-675
- Shakyamuni Buddha 4" \$125
- Buddha 8" \$325
- Buddha 12" \$375-575
- Buddha 13" (Burmese) \$395
- Chakrasamvara \$950
- Chenrezig 8" \$250-325
- Chenrezig 12" \$425-495
- Chenrezig (1000-arm) 18" \$1000
- Green Tara 8" \$275-325
- Hayagriva 7" \$575
- Jambala 8" \$140-325
- Jambala (large) \$475
- Karmapa 8" \$325
- Lion-faced Dakini 12" \$475
- Machig Labdron 11" \$250
- Mahakala (2 arm) 7" \$325
- Mahakala (2 arm) 12" \$450
- Mahakala (4 arm) 10" \$495
- Maitreya 9" \$320-360
- Medicine Buddha 5.5"-8" \$150-275

- Manjushri 6"-8" \$250-295
- Manjushri 12" \$425
- Milarepa 6" \$225
- Mipham 7.5" \$360
- Padmasambhava 13" \$425
- Padmasambhava 9" \$295-325
- Red Tara Statue (bronze) 9" \$175
- Tsongkhapa w/disciples \$775
- Vajradhara 8" \$325
- Vajradhara 12" \$400
- Vajrapani 12" \$495
- Vajrapani 6" \$120
- Vajrasattva 6" \$125
- Vajrasattva 6" \$125
- Vajrasattva 8" \$325
- Vajrasattva 12" \$400-425
- White Tara 8" \$325
- White Tara 12" \$425-525
- Yamaraja 6" \$160

TSA-TSAS, #IVBU \$13.50

This Buddha tsa-tsa is 3" high,



Buddha 8" \$325



Amitayus 8 & 12" \$325-675



Yamaraja 6" \$160



Karmapa 8" \$325



Vajrasattva 8" \$325



Manjushri 6" \$285



Chenrezig (1000-arm) 18" \$1000



Mahakala (2 arm) 12" \$450



Vajradhara 12" \$400



White Tara 12" \$425-525



Chenrezig 8" \$325



Padmasambhava 9" \$295-325



Chenrezig 12" \$425-495



Mipham 7.5" \$360



White Tara 8" \$325



Manjushri 12" \$425



Buddha 13" (Burmese) \$395



Machig Labdron 11" \$250



TIBETAN ANTIQUES #TIAN

Dechen Choeden, one of the Tibetans who has resettled in Ithaca, has brought with her an unusually fine collection of antiques, mostly from Tibet. These pieces are over 100 years old and are finely crafted. Since they are one-of-a-kind items, we have photographed them as we do with thangkas, statues and carpets. These photos are available to you on loan so that you can see the pieces and make a selection. Here are some of the categories of objects and price ranges:

**Gaus**, large silver antique pieces with coral or turquoise, oval shaped, \$300-525.

**Large Gaus**, circular, mostly silver, some antiques, \$300-750.

**Large Gaus**, squarish, with turquoise & coral, antique, \$400-450.

**Dorjes**, five point antique dorjes, two sizes, \$135-450.

**Phurba**, gold-plated copper antique phurba, \$750.

**Small Knives**, mostly antique with silver cases, \$150-450.

**Large Knives**, silver knives with richly designed cases, some antiques, \$375-600.

**Whips**, wood and brass with dragon or serpent, \$375-450.

**Earrings**, large, silver, antique earrings, \$225-300.

**Flint Pouches**, mostly antique with silver and/or brass work, \$265-500.

**Necklace**, antique Kangra art silver necklace with jingles, \$675.

**Tea Pots, Cups, Bhumpa, Grain Containers**, silver, some antiques, \$150-1200.

**Cups & Butter Lamp**, silver, \$375-750.

**Hair Ornaments**, silver with turquoise and/or coral, some antiques, \$150-750.



**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.



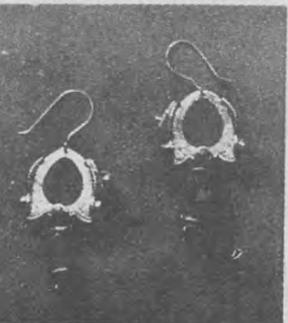
**Yak Bone Bracelet**

#YABOB \$10. This bracelet features six oval panels with auspicious symbols.

**Yak Bone Necklace**

#YABON \$10. This necklace has eight panels and ties with a black cord.

**SILVER EARRINGS!**



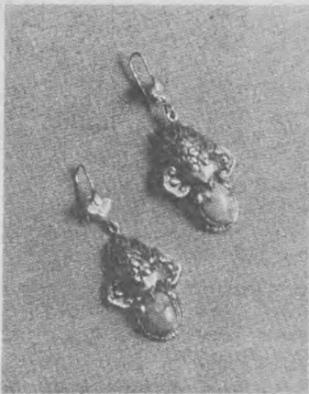
**Auspicious Fish Earrings,**

#AUFIEA \$24  
Silver fish with turquoise stones



**Snow Lion Earrings,**

#SNLIEA \$12  
Silver snow lions with semi-precious stone.



**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.



**Eternal Knot Earrings with Amethyst,**

#AMKNEA \$24



**Purba Earrings,**

#PUEA \$24  
The purbas are 1 1/2" long.

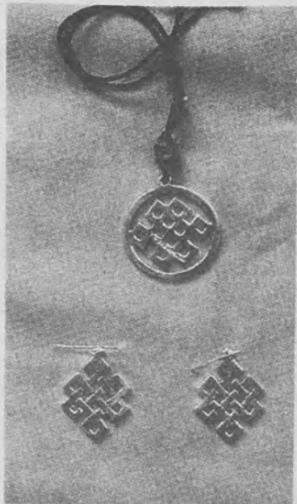
**Curved Knife Earrings,**

#CUKNEA \$24  
The knives are 1 1/4" long.



**Prayer Wheel Earrings,**

#PRWHEA \$25  
Silver with gold plating. Turn your head and pray!



**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



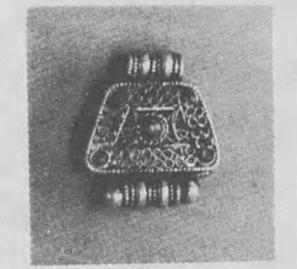
**BUDDHA LOCKET,**

#BULO \$30  
Silver locket that has a gold-plated Buddha. It is 1 1/4" high with ring for silver chain.



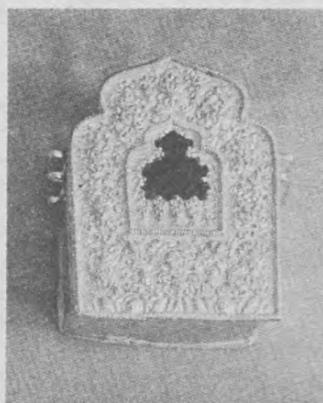
**LARGE FILIGREE GAU,**

#LGFIGA \$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."



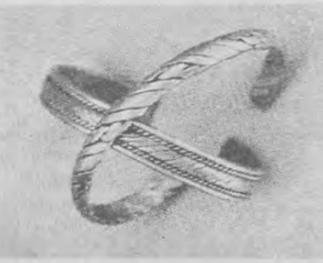
**SMALL FILIGREE GAU,**

#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".



**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.



**Manjushri,**

#SMMASI \$12



**Tara,**

#SMTASI \$12



**Chenrezig,**

#SMCHSI \$12



**Padmasambhava,**

#LAPASI \$30



**Buddha,**

#LABUSI \$30

**OTHER SILVER PENDANTS:**



**Bell & Dorje,**

#SIBEDO \$30

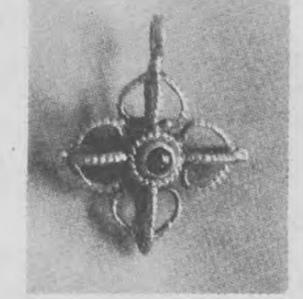
**Buddha,**

#SIBUPE \$15



**Dorje,**

#SIDOPE \$18



**Double Dorje,**

#SIDODO \$30



**Garuda,**

#SIGAPE \$10



**Kalachakra Pendant, #KAPE \$20**



**Vairochana, #SIVIPE \$16**



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



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

**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.



**COTTON CHANGE POUCH, #CHPO \$3**

Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures 5" wide by 4" high.



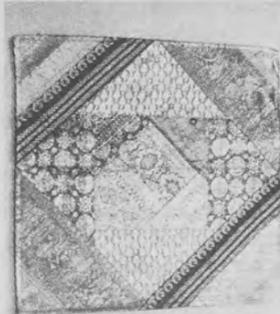
**TIBETAN BAG, 5 X 7 X 1.5" #TIBA \$8**

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.



**PILLOW COVERS, 16 x 16" #PICO \$28**

Beautiful brocaded slip-covers for pillows. The fancy multicolored designs will go with just about anything.



**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.



**TIGER SILK SCARF, 39" Square, \$50**

Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India. #SISCT Tiger



**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"



**MANI KEY CHAIN, #KECH \$10**

Brass with raised OM MANI PADME HUM letters and textured background with key ring attached.



**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!

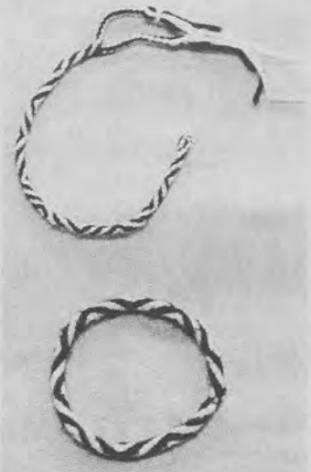
**Special price on Mani Mugs! Purchase three and receive the fourth one for \$5.**



**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.**



**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.



**TIBETAN WALLET, #TIWA \$8**

Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.



**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

**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 an

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".



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

Made of fine wool. White with brocaded Tibetan designs. Approx. 5' long

**OTHER DHARMA ITEMS AVAILABLE ON REQUEST**

Call or write to us for information.



**BUMPER STICKERS!**

**"COMMIT RANDOM ACTS OF KINDNESS", #CORAAC \$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.



**H.H. the Dalai Lama Decal, #HDLDE \$1**

This sticker is two-sided for glass mounting, and shows the Dalai Lama superimposed on the Potala and Tibetan mountains. It is circular and measures 4" in diameter.



**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.

**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.

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

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

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

**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.

**DALAI LAMA POSTERS, 16 1/2 x 23 1/2", \$12.95 ea.**

**Dalai Lama, Visualize World Peace #VIWOPE**

**Dalai Lama of Tibet in Zanskar #ZOPE**

**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.

**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 EMPLEM PRINT, 8 x 10" full-color #KAEMPR \$7**

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

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

**LIGHTNING OVER THE POTALA, TIBET, 24 x 36" #LIOVPO \$5.95**

Dramatic scene with sky, lightning and Potala Palace in Lhasa.

**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 #JETSPR**
- 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**

**1995 CALENDARS**

**POCKET CALENDARS!**

**DRIKUNG CALENDAR 1995, #DRCA \$8**

This is a Tibetan calendar for the Wood Pig Year 2122 which lists Tsok, new & full moon days as well as many special anniversaries.

**RIGPA CALENDAR 1995, #RICA \$8.95**

This is the famous Rigpa Fellowship calendar which lists religious practice days, anniversaries and contains photos and other information about teachers and Buddhism.



**40% off while they last:**

**TIBET #TICARO \$10.95**  
This Tibet calendar measures 11 x 11" and has great 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.

**OTHER DHARMA ITEMS AVAILABLE ON REQUEST**

Call or write to us for information.

**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

**GYUTO HIGHEST YOGA TANTRA DEITY CARDS \$1.25 ea.**

These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.

- GY1 Chakrasamvara
- GY2 Chakrasamvara Mandala
- GY3 Palden Lhamo
- GY4 Guhyasamaja
- GY5 Guhyasamaja Mandala
- GY6 Six-Armed Mahakala
- GY7 Yamantaka (Vajrabhairava)
- GY8 Yamantaka Mandala
- GY9 Kalarupa

**TRANSFORMATIVE ART NOTE-CARD 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 \$2 for the set or .75 ea.**

These are great color images.

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
- #REGECA Gelugpa Assembly Tree

- #REWHCA Wheel of Life
- #RELOCA Lotus Pool-Bodh Gaya
- #REROCA Rock Paintings-Lhasa
- #REPACA Padmasambhava-in Jokhang
- #REMACA Maitreya-in Potala
- #REPOCA Potala Palace

**ROBERT BEER GREETING CARDS \$1.25 ea. with envelope.** Fine line drawings of deities and lineage gurus:

- #BEGADO Garab Dorje
- #BEMANO Marpa
- #BEMINO Milarepa
- #BEPANO Padmasambhava
- #BESHBU Sakyamuni Buddha
- #BESAGR Samantabhadra
- #BESHGR Shantideva
- #BETSKH Tsongkhapa
- #BEVANO Vajradhara
- #BEYETS Yeshe Tsogyal

**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 Guyhasamaja  
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 #IMWI \$.90 each.** Traditional images painted by excellent Tibetan artist Chating Jamyang Lama.

- TDC40 Asanga
- TDC41 Atisha
- TDC42 Buddha
- TDC43 Chandrakirti
- TDC44 Chenrezig
- TDC45 Geshe Chekhawa
- TDC46 Geshe Langri Tangpa
- TDC47 Je Tsongkhapa
- TDC48 Lama Losang Tubwang Dorjechang.
- TDC49 Manjushri



TDC50 Nagarjuna  
TDC51 Shantideva  
TDC52 Vajradhara

**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



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.

**#PACO H.H. THE DALAI LAMA Photo, 5 1/2 x 7" \$3**

This is the cover photo on the book *Path to Enlightenment* by the Dalai Lama. It is one of the best photos that we have seen!

**#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 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 grey notecard stock—with envelopes. Part of the proceeds goes to support new refugees from Tibet.

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

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



**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  
Profound Wisdom of the Heart Sutra 10.95
- 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  
Essential Teachings 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  
Power of Compassion 12.00  
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 & Comm. 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 29.95  
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  
Life & Teaching of Naropa 14.00  
Meditation Differently 14.00  
Wholeness Lost & Wholeness Regained 12.95
- Khenpo Konchog Gyaltzen**  
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 9.95  
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
- Ayya Khema**  
Being Nobody, Going Nowhere 12.95  
When the Iron Eagle Flies 9.95
- Anne Klein**  
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  
Meeting the Great Bliss Queen 25.00  
Path to the Middle 19.95
- Jamgon Kontrul (the Great)**  
Garden of All Joy 15.95  
Great Path of Awakening 12.00  
Jamgon Kontrul's Retreat Manual 15.95  
Light of Wisdom 18.00  
Myriad Worlds 19.95  
The Torch of Certainty 12.00
- Jonathan Landaw**  
Images of Enlightenment (& Weber) 24.95  
Prince Siddhartha 15.95
- Lati Rinbochay**  
Death, Intermediate State and Rebirth 7.95  
Mind in Tibetan Buddhism 10.95
- Lobsang Lhalungpa**  
Life of Milarepa 13.00  
Mahamudra: Quint. of Mind and Meditation 30.00
- Donald S. Lopez, Jr.**  
Christ and the Bodhisattva 19.95  
Heart Sutra Explained 19.95  
Study of Svatantrika paper 19.95  
Study of Svatantrika cloth 35.00
- Joanna Macy**  
Mutual Causality in Buddhism 19.95  
World as Lover, World as Self 15.00
- Glenn Mullin**  
Essence of Refined Gold (Dalai Lama) 12.95  
Meditations on Lower Tantras 7.95  
Mystical Verses of Mad Dalai Lama 14.00  
Path of the Bodhisattva Warrior 14.95  
Path to Enlightenment 14.95  
Practice of Kalachakra 16.95  
Tantric Yogas of Sister Niguma 12.95  
Training the Mind in a Great Way 12.95
- Betsy Napper**  
Dependant Arising and Emptiness 37.50

- Mind in Tibetan Buddhism** (Lati R.) \$10.95
- Namkhai Norbu**  
Crystal and the Way of Light 12.95  
Dream Yoga & Practice of Natural Light 12.95  
Dzogchen: Self Perfected State 7.95  
Six Vajra Verses 10.00
- Thinley Norbu**  
Magic Dance 12.00  
Small Golden Key 11.00  
White Sail 15.00
- Tulku Chokyi Nyima Rinpoche**  
Bardo Guidebook 14.95  
Song of Karmapa 12.95  
Union of Mahamudra and Dzogchen 18.00
- Pabongka Rinpoche**  
Liberation in the Palm of Your Hand \$37.50  
Liberation in Our Hands: Part 1 (G. Tharchin) 12.50  
Liberation in Our Hands: Part 2 12.50  
Meditation on Vajrabhairava 9.95
- Khenpo Palden & Tsewang Rinpoche**  
Ceaseless Echoes of the Great Silence 15.00  
Prajnaparamita: Six Perfections 15.00
- Geshe Rabten**  
Advice from a Spiritual Friend 8.95  
Echoes of Voidness 8.95  
Essential Nectar 14.00  
Mind and its Functions 22.00
- Tsele Natsok Rangdrol**  
Empowerment 14.00  
Mirror of Mindfulness 14.00
- John Reynolds**  
Golden Letters 16.95  
Self-Liberation Through Seeing 14.95
- W.W. Rowe**  
Amy and Gully in Rainbowland 5.95  
Buddha's Question 9.95  
Viu's Night Book 7.95
- Sangharakshita**  
Survey of Buddhism 24.95  
Wisdom Beyond Words 17.95
- John Snelling**  
Buddhism in Russia 22.95  
Buddhist Handbook 14.95
- Sogyal Rinpoche**  
Glimpse After Glimpse 12.00  
Some Essential Advice 4.50  
Tibetan Book of Living and Dying 15.00  
Tibetan Book of Living and Dying, cloth 24.00
- Geshe Sopa**  
Cutting Through Appearances 15.95  
Wheel of Time 12.95
- Lama Surya Das**  
Natural Great Perfection 14.95  
Snow Lion's Turquoise Mane 17.00
- Geshe Lobsang Tharchin**  
Commentary on Guru Yoga 7.95  
Principal Teachings of Buddhism 4.95
- Tulku Thondup Rinpoche**  
Assemblage of Vidyadharas 12.95  
Buddha Mind 28.95  
Dzogchen: Innermost Essence 8.95  
Enlightened Journey 14.00  
Hidden Teachings of Tibet 18.95  
Queen of Great Bliss 12.95
- Robert Thurman**  
Central Philosophy of Tibet 18.95  
Inside Tibetan Buddhism 20.00  
Life and Teaching of Tsongkhapa 11.95  
Tibetan Book of the Dead 12.95  
Wisdom and Compassion (cloth) 75.00  
Wisdom and Compassion (paper) 40.00

- Thrangu Rinpoche**  
Buddha Nature 13.95  
King of Samadhi 17.00  
Practice of Tranquillity and Insight 12.00  
Uttara Tantra cloth 20.00
- Chogyam Trungpa Rinpoche**  
Crazy Wisdom 13.00  
Cutting Through Spiritual Materialism 14.00  
Heart of the Buddha 14.00  
Illusion's Game 10.00  
Lion's Roar 13.00  
Meditation in Action 6.00  
Myth of Freedom 13.00  
Orderly Chaos 18.00  
Path is the Goal 10.00  
Shambala 13.00  
Tibetan Book of the Dead 10.00  
Training the Mind 9.00  
Transcending Madness 15.00
- Giuseppe Tucci**  
Religions of Tibet 15.00  
To Lhasa and Beyond 14.95
- Tulku Ugyen Rinpoche**  
Repeating the Words of the Buddha 12.95
- Alan Wallace**  
Passage From Solitude 9.95  
Calming the Mind (G. Lamrimpa) 12.95  
Tibetan Buddhism From the Ground Up 14.00
- Geshe Wangyal**  
Door of Liberation 15.00  
Jewelled Staircase 10.95
- Lama Yeshe**  
Introduction to Tantra 12.95  
Tantric Path of Purification 15.00  
Wisdom Energy (L. Zopa) 10.00  
Wisdom Energy 2 (et al.) 4.95
- Lama Zopa**  
Direct and Unmistaken Method 3.95  
Door to Satisfaction 12.50  
Healing Buddha 4.00  
Nyung Na 16.00  
Transforming Problems 10.00

**COMPLETE TITLE LIST**

- Bold Items are published by Snow Lion.**
- Advice from a Spiritual Friend 8.95  
Advice from the Lotus-Born 18.00  
Altar of the Earth 14.95  
Amy and Gully in Rainbowland 5.95  
Anatman 5.00  
Ancient Futures 12.00  
Ancient Secrets of the Fountain of Youth 5.95  
Ancient Wisdom 14.95  
Answers 9.95  
Ascent 20.00  
Asian Journal of Thomas Merton 12.95  
Assemblage of Vidyadharas 12.95  
Awakened One 9.00  
Bardo Guidebook 14.95  
Bardo Teachings 8.95  
Beautiful Ornament of the Three Visions 12.95  
Becoming Brave 18.95  
Being Nobody, Going Nowhere \$12.95  
Being Peace 10.00  
Bitter Winds 22.95  
Blessing Power of the Buddhas 15.95  
Blooming of a Lotus cloth 12.00  
Bodhgaya Interviews 8.95  
Bodhisattva Vow 9.95  
Body of Light 12.95  
Book of Buddhas 10.95  
Buddha Nature—King 16.95  
Buddha Nature—Thrangu Rin. 13.95  
Buddha's Question 9.95  
Buddha Within 19.95

COMPLETE LIST

Buddhism After Patriarchy \$16.95	Encyclopedia of Eastern Phil. & Religion 22.50	Imagination and Enlightenment 5.00	Machig Labdron & the Foundations of Chod 16.95	Path to Bliss 14.95
Buddhism & Ecology 9.95	Enlightened Beings 18.00	Independence to Exile 7.95	Magic and Mystery in Tibet 7.95	Path to Enlightenment 14.95
Buddhism and Language 19.95	Enlightened Courage 12.95	India 24.95	Magic Dance 12.00	Path to Enlightenment in Tibetan Buddhism 70.00
Buddhism in Russia 22.95	Enlightened Journey 14.00	Indian Buddhism 22.50	Magic Life of Milarepa 16.00	Path to the Middle 19.95
Buddhism of Tibet 12.95	Entering the Stream 15.00	Indian Buddhism (Nakamura) 19.95	Magnificent Trickster 9.95	Peace is Every Step 9.95
Buddhism, Sexuality & Gender 19.95	Essential Nectar 14.00	India's Western Himalaya 19.95	Mahamudra 9.95	Piercing the Autumn Sky 9.95
<b>Buddhism Through American Women's Eyes</b> 12.95	Essential Teachings 12.95	India Travel Survival Kit 19.95	<b>Mahamudra Teachings of the Supreme Siddhas</b> 15.95	Plotinus: The Enneads 65.00
Buddhist Handbook 14.95	Ethics of Tibet 19.95	In Exile from the Land of Snows 13.00	Mahamudra: Quint. of Mind and Meditation 30.00	<b>Policy of Kindness</b> 10.95
Buddhist I Ching 15.00	Experience of Insight 14.00	Initiations and Initiates in Tibet 5.95	Mahayana Buddhism 18.95	Portrait of a Dalai Lama 22.95
Captured in Tibet 8.95	<b>Explore Tibet</b> 9.95	Inner Teachings of Taoism 14.00	Manifestation of the Tathagata 12.50	<b>Portrait of Lost Tibet</b> 15.95
<b>Calming the Mind</b> 12.95	Faith to Doubt 10.00	In Praise of Tara 26.95	Manual of Key Buddhist Terms 10.95	Power of Compassion 12.00
Ceaseless Echoes of the Great Silence 15.00	<b>Feminine Ground</b> 12.95	<b>In Search of Stainless Ambrosia</b> 12.95	Manual of Ritual Fire Offering 14.95	Practice of Co-Emergent Mahamudra 6.00
Central Philosophy of Tibet 18.95	Festivals of Tibet 8.95	In Search of the Dharma 16.95	Masters of Enchantment 19.95	<b>Practice of Dzogchen</b> 22.95
Ceremonies of the Lhasa Year 30.00	Fine Arts of Relaxation, Concentration 14.95	Inside Tibetan Buddhism 20.00	Masters of Mahamudra 18.95	<b>Practice of Kalachakra</b> 16.95
Chakras 14.95	First Buddhist Women 15.00	Insight Meditation cloth 18.00	Meaningful to Behold 24.95	Practice of Tranquillity and Insight 12.00
Chariot for Traveling the Path to Freedom 18.75	Five Tibetans 9.95	In the Kingdom of the Dalai Lama 13.95	Meaning of Life 12.50	Prajnaparamita: Six Perfections 15.00
Chenrezig, Lord of Love 11.95	Flash of Lightning in the Dark of Night 10.00	In the Mirror of Memory 19.95	Meditating with Children 19.95	<b>Prayer Flags</b> 6.95
Chinnamasta 14.95	Flight & Adaptation 12.00	In This Very Life 16.00	Meditation 22.95	Preliminary Practice of the New Treasure of Dudjom 20.00
Choose Love 12.00	Flight of the Garuda 14.00	Introduction to Buddhism 9.95	Meditation: Advice to Beginners 14.95	Present Moment, Wonderful Moment 7.00
Cho Yang Year of Tibet 27.95	<b>Fluent Tibetan</b> 250.00	Introduction to Tantra 12.95	Meditation Differently 17.50	Prince Siddhartha 15.95
Cho Yang V 18.95	For a Future to be Possible 16.00	<b>Introduction to Tibetan Buddhism</b> 18.95	Meditation Handbook 9.95	Principal Teachings of Buddhism 4.95
Cho Yang VI 18.95	Foundation of Buddhist Meditation 4.95	<b>Introduction to Tibetan Buddhism, cloth</b> 34.95	Meditation in Action 6.00	Profound Wisdom of the Heart Sutra 10.95
Christ and the Bodhisattva 19.95	Foundations of Tibetan Mysticism 12.95	Invincible Amdo Tibetans 58.00	Meditation on Vajrabhairava 9.95	Psycho-Cosmic Symbolism of the Buddhist Stupa 10.95
Civilized Shamans 66.00	Four Essential Buddhist Commentaries 9.95	<b>Is Enlightenment Possible?</b> 29.95	Meditations on Lower Tantras 7.95	Queen of Great Bliss 12.95
Classical Tibetan Language 18.95	Four Essential Buddhist Texts 7.95	<b>Is Enlightenment Possible? cloth</b> 45.00	Meeting the Buddhas 24.95	<b>Quintessence Tantras of Tibetan Medicine</b> 22.95
Clear Light of Bliss 19.95	Four Lamas of Dolpo 21.00	<b>Jamgon Kontrul's Retreat Manual</b> 15.95	Meeting the Great Bliss Queen 25.00	Rainmaker 16.95
Cloudless Sky 10.00	Four Noble Truths 9.95	Japanese Cult of Tranquility 9.95	Mind and its Functions 22.00	Raven Crown cloth 29.95
<b>Commentary on Guru Yoga</b> 7.95	Four-Themed Precious Garland 7.95	Jewel Ornament of Liberation 20.00	<b>Mind in Tibetan Buddhism</b> 10.95	Reasoning into Reality 18.00
Concealed Essence of the Hevajra Tantra 20.00	Freedom From Fear 12.00	Jew in the Lotus 20.00	Mind Only School and Buddhist Logic 15.00	Rebirth Into Pure Land 10.95
Complete Home Healer 23.00	Freedom in Exile 12.00	<b>Jewelled Staircase</b> 10.95	Mind Science 12.50	Red Tara Commentary 7.00
Crazy Wisdom 13.00	From the Land of the Thunder Dragon, cloth 44.95	Journey in Ladakh 10.95	Mind Training Like the Rays of the Sun 8.95	Red Tara Sadhana 8.00
Crazy Wisdom (Nisker) 12.95	Full Catastrophe Living 12.00	Joyful Path of Good Fortune 22.95	Mindfulness in Plain English 10.00	Reincarnation 12.95
Creating Mandalas 16.00	Garden of All Joy 15.95	Jung's Psychology & Tibetan Buddhism 12.95	Mipam 9.95	Religion of Tibet 15.00
Creative Vision 15.00	<b>Garland of Mahamudra Practices</b> 9.95	Kalachakra Tantra 12.00	Miracle of Mindfulness 11.00	Religions of Tibet 15.00
Crystal and the Way of Light 12.95	Garland of Wish-Fulfilling Trees 15.95	Kalachakra: Rite of Initiation, cloth 29.95	Miraculous Journey 14.95	Repeating the Words of the Buddha 12.95
Cultivating a Daily Meditation 7.95	Gates to Buddhist Practice 14.95	Keys to Great Enlightenment 12.95	Mirror of Mindfulness 14.00	Road to Heaven 14.00
Cultural History of Tibet 15.00	Generous Wisdom 8.95	Khyentse Ozer 16.00	<b>MO: Tibetan Divination System</b> 29.95	Sacred Mountain of Tibet 24.95
<b>Cutting Through Appearances</b> 15.95	Gentle Bridges 15.00	<b>Kindness, Clarity, and Insight</b> 12.95	Mongolia 13.95	<b>Sakyadhita: Daughters of the Buddha</b> 14.95
Cutting Through Spiritual Materialism 14.00	Glimpse After Glimpse 12.00	Kindly Bent to Ease Us I 14.95	Moosewood Restaurant Cooks at Home 15.00	Sanctuaries: A Guide to Lodgings in NE 15.00
Cycle of Day and Night \$12.95	<b>Golden Letters</b> 16.95	Kindly Bent to Ease Us II 12.95	Mother of the Buddhas 16.00	Sanctuaries: A Guide to Lodgings in SW and West Coast 15.00
Dakini Teachings 18.00	Great Dragon's Fleas 14.95	Kindly Bent to Ease Us III 12.95	Mutual Causality in Buddhism 19.95	Seeking the Heart of Wisdom 13.00
<b>Dalai Lama at Harvard</b> 14.95	<b>Great Kagyu Masters</b> 12.95	King of Samadhi 17.00	My Journey to Lhasa 14.00	Self and Liberation 19.95
Death and the Art of Dying 14.95	Great Path of Awakening 12.00	<b>Knowing, Naming and Negation, paper</b> 19.95	My Land and My People 8.95	Self-Liberation Through Seeing 14.95
<b>Death, Intermediate State and Rebirth</b> 9.95	Great Stupa of Gyantse 95.00	<b>Knowing, Naming and Negation, cloth</b> 35.00	My Life and Lives 14.95	Seven Years in Tibet 9.95
<b>Debate in Tibetan Buddhism, paper</b> 38.95	Great Swan 16.00	<b>Knowledge and Liberation, paper</b> 18.95	<b>Myriad Worlds</b> 19.95	Shambala 13.00
<b>Debate in Tibetan Buddhism, cloth</b> 45.00	Great Treasury of Merit 25.95	<b>Knowledge and Liberation, cloth</b> 27.50	Mystical Verses of Mad Dalai Lama 14.00	Shambhala Dictionary of Buddhism & Zen 20.00
<b>Deity Yoga</b> 18.95	Guide to the Bodhisattva's Way of Life 12.95	Kopan Cookbook 9.95	Myth of Freedom 13.00	Shoshoni Cookbook 12.95
Delhi-Jaipur-Agra 19.95	Guide to Dakini Land 29.95	Kundalini 12.95	My Tibet paper 25.00	Singing Bowls 10.95
Delog 13.95	Guide to Walking Meditation 8.95	Lamp of Liberation 15.00	My Tibet cloth 40.00	Six Vajra Verses 10.00
Dependant Arising and Emptiness 37.50	Guru Puja 4.95	Land of Snows (children) 7.95	<b>Natural Great Perfection</b> 14.95	Sky Burial 21.95
Determination 12.00	Handbook of Tibetan Culture 18.00	Learning True Love 16.00	Navajo & Tibetan Sacred Wisdom 29.95	Sky Dancer 12.95
Dharma Family Treasures 14.95	Harmony of Emptiness and Dependent-Arising 10.95	Liberation in Our Hands: Part 1 12.50	Nepal 19.95	Small Golden Key 11.00
Dharma that Illuminates All 16.95	Healing Buddha 4.00	Liberation in Our Hands: Part 2 12.50	Nepal: Guide to the Art.. Nepali for Trekkers 16.95	Snow Lion's Turquoise Mane 17.00
<b>Dharma Paths</b> 14.95	Healing Image: Great Black One 14.95	Liberation in the Palm of Your Hand 37.50	New Farm Vegetarian Cookbook 7.95	Some Essential Advice 4.50
Dictionaries: *English-Tibetan-Chinese Dict. 45.00	Healing Sounds 14.95	Life and Teaching of Naropa 14.00	Ngondro 9.95	Song of Karmapa 12.95
*English-Tibetan Dict. of Modern Tibetan 60.00	<b>Health Through Balance</b> 14.95	Life and Teaching of Tsongkhapa 11.95	Nomads of Western Tibet 20.00	Songs of the Sixth Dalai Lama 5.95
*Tibetan-Chinese Dict. (2 vols.) 120.00	<b>Heart Drops of Dharmakaya</b> 15.95	Life in Relation to Death 6.50	Now and Zen Epicure 17.95	Sovereign of All-Creating Mind 19.95
*Tibetan-English Dict. of Buddhist Term. 40.00	Heart of the Buddha 14.00	<b>Life of Gampopa</b> 12.95	Nyingma School of Tibetan Buddhism 240.00	Speaking Flame 9.95
*Tibetan-English Dict. (Das) 45.00	Heart of Healing 24.95	Life of Marpa the Translator 15.00	Nyung Na 16.00	Spirit and Nature: Environment/Religious Issue 16.00
Dilgo Khyentse Rinpoche 8.00	Heart of Wisdom 14.95	Life of Milarepa 13.00	Ocean of Eloquence 14.95	Spiritual Parenting 12.95
Direct and Unmistaken Method 3.95	Heart Sutra Explained 19.95	Life of Shabkar 24.95	Ocean of Nectar 33.95	Standing in Your Own Way 15.95
Door of Liberation 15.00	Heart Treasure of the Enlightened Ones 15.00	Light of Wisdom 18.00	Old Path, White Clouds 25.00	Start Where You Are 12.00
Door to Satisfaction 12.50	Heartwood of the Bodhi Tree 12.50	Lighting the Lamp 12.00	<b>Open Heart, Clear Mind</b> 12.95	Status of Tibet 24.95
Dose of Emptiness 29.95	Hero of the Land of Snow 6.95	Like an Echo 5.95	Opening the Eye of New Awareness 12.95	Staying Well in a Toxic World 15.95
Double Mirror 14.95	H.H. the 17th Karmapa 9.95	Lion's Roar 13.00	Opening the Heart of Compassion 12.95	Stories of the Spirit, Stories of the Heart 16.00
<b>Dream Yoga &amp; Practice of Natural Light</b> 12.95	Hidden Journey 10.95	Little Lama of Tibet 15.95	Opening of the Lotus 12.95	<b>Strange Liberation</b> 12.95
Dzogchen Meditation 15.00	Hidden Teachings of Tibet 18.95	Living with Kundalini 18.00	Oracles and Demons of Tibet 58.00	<b>Studies in Tibetan Medicine</b> 7.95
Dzogchen: Innermost Essence 8.95	Hidden Treasures and Secret Lives 14.95	Longing for Darkness 12.00	Orderly Chaos 18.00	<b>Study of Svatantrika, paper</b> 19.95
Eat More Weigh Less 14.00	<b>Highest Yoga Tantra</b> 14.95	Looking Into Mind 14.95	Origin of the Tara Tantra 6.95	<b>Study of Svatantrika, cloth</b> 35.00
Echoes of Voidness 8.95	Himalayan Passage 16.95	Lord of the Dance 16.95	Otherworld Journeys 8.95	Sublime Path Victorious Ones 8.95
Ecstatic Spontaneity 30.00	History of Modern Tibet 25.00	Lost Lhasa: Heinrich Harrer's Tibet 39.95	<b>Passage From Solitude</b> 9.95	Survey of Buddhism 24.95
Eight Gates of Zen 12.95	Homage to Khyab Je Kalu Rinpoche 24.95	Lotus-Born 17.00	Passionate Enlightenment 29.95	Taming the Monkey Mind 12.95
Embodied Mind 14.95	<b>House of the Turquoise Roof</b> 16.95	Love's Fire 9.95	Passions of Innocence 14.95	<b>Tantra in Tibet</b> 14.95
Empowerment 14.00	How to Meditate 10.95		Path is the Goal 10.00	
Emptiness Yoga paper 22.95	Hungry Tigress 15.00		Path of Serenity and Insight 16.00	
Emptiness Yoga cloth 39.95	Illuminations 14.00		<b>Path of the Bodhisattva Warrior</b> 14.95	
	Illusion's Game 10.00			
	<b>Images of Enlightenment</b> 24.95			

Tantric Distinction	10.00	Trekking in Nepal, Tibet, and Bhutan	14.95	Vajrasattva	7.00	Sacred Tibetan Chants from the Great Prayer Festival, CD	18.00	Bell & Dorje (supreme grade)	200.00
Tantric Grounds and Paths	\$19.95	Trekking in Tibet	16.95	<b>Sogyal Rinpoche:</b>				Bell & Dorje Cover	20.00
Tantric Path of Purification	15.00	<b>TRIGG in Tibet</b>	6.95	Being Spacious	19.95	Sacred Tibetan Chants from the Great Prayer Festival	12.00	Bhumpa	28.00
<b>Tantric Practice in Nyingma</b>	14.95	Turquoise Bee	15.00	Living Well, Dying Well	10.95	Shitro	10.00	Bracelets	
<b>Tantric Yogas of Sister Niguma</b>	12.95	Twenty Jataka Tales	9.95	Right View: Living Your Dying	9.95	Songs of the Jataka Tales	12.00	- Om Mani Padme Hum	46.00
Taoism	16.00	<b>Two Truths</b> paper	19.95	Spiritual Path of Devotion	19.95	Songs of Liberation	10.00	- Dorje & Snow Lion	46.00
Taoist Secrets of Love	14.95	<b>Two Truths</b> , cloth	39.95	Taming the Mind	9.95	Songs of Milarepa	10.00	- Om Mani Padme Hum—Tibetan	35.00
Tara's Coloring Book	7.95	Understanding the Mind	21.95	Tibetan Wisdom for Living & Dying (6)	59.95	<b>Sounds of Inner Peace</b>	10.00	- 3-metal woven	10.00
Teacher	2.95	<b>Union of Bliss and Emptiness</b>	12.95	Turning Suffering Into Enlightenment	9.95	<b>Sounds of Peace</b>	10.00	- 3-metal beaded edge	10.00
Teachings of a Buddhist Monk	10.95	Union of Mahamudra and Dzogchen	18.00	Untangling our Emotions	9.95	Tantric Harmonics	10.00	- Yak Bone	10.00
Temple, Household, Horseback	27.50	Universal Compassion	14.95	<b>Tapes by other Teachers:</b>		Tibetan Horn	12.00	- Yak Bone Necklace	10.00
Thinking Green!	18.00	Uttara Tantra cloth	20.00	See complete catalog for descriptions.		Tibetan Horn CD	16.00	Brocade Bag	6.00
<b>Three Silver Coins</b>	12.95	Vajrayogini Sadhana & Comm.	9.95	Approaching the Tantras (3 tapes)	21.00	Tibetan Sacred Temple Music	10.00	Buddha Locket	30.00
Thundering Silence	7.00	Vegetarian Asia	9.95	Art of Mindful Living (2)	18.95	Tibet Is Near	10.00	Buddhist Flag (cotton)	40.00
<b>Tibet</b>	14.95	Viu's Night Book	7.95	Awakening to Wisdom	9.95	Turtle Island Flute	10.00	Buddhist Flag (poly)	25.00
Tibet Handbook	30.00	<b>Walking Through Walls</b> , paper	19.95	Buddha Dharma in the West (4)	30.00	Twenty-One Praises of Tara	12.00	<b>Bumper Stickers</b>	
Tibet Is My Country	16.95	<b>Walking Through Walls</b> , cloth	35.00	1993 Buddhism & Psychotherapy (6 tapes)	35.00	- accompanying booklet	3.00	- "Commit Random Acts of Kindness"	1.50
Tibet - Student Workbook	6.50	Warriors of Tibet	12.95	Chogyam Trungpa Live	11.00	Two Mantras	6.00	- "Free Tibet" Bumper Sticker	1.50
Tibet - Teacher's Guide	6.50	Way to Freedom	16.00	Compassion & Wisdom in Care for Dying	10.95	Woodlands Flute	10.00	- "I (Heart) Tibet"	1.50
Tibet: Land of Mystery	60.00	Weavers of Wisdom	10.00	Cultural Heritage of Tibet	12.00	<b>VIDEOS</b>		Butter Lamp (white metal)	16.00
Tibet: The Facts	10.50	<b>What Color Is Your Mind?</b>	12.95	Death & Dying (4 tapes)	28.00	Arising from the Flames	29.95	Butter Lamp (white metal)	19.00
Tibet: Issue is Independence	9.50	What the Buddha Never Taught	14.95	Dharma Wisdom	9.95	Art of Dying	29.95	Butter Lamp (copper)	19.00
Tibet: A Political History	15.00	Wheel of Sharp Weapons	6.95	Dzogchen (3 tapes)	30.00	Compassion in Exile	40.00	Canopy	95.00
Tibet: The Position in International Law	25.00	<b>Wheel of Time</b>	12.95	Finding Hope & Inspiration in Death	24.95	Dakini Wisdom	35.00	Chephur	150.00
Tibet: Reflections from Wheel of Life	49.95	Wheel of Time Sand Mandala	24.00	Inseparability of Samsara & Nirvana (3 tapes)	30.00	<b>Exploring the Mandala</b>	19.95	- small	45.00
Tibet: Survival in Question	25.00	When the Iron Eagle Flies	9.95	Introduction to Dzogchen	12.00	Five Rites of Rejuvenation	29.95	- large	150.00
Tibet: A Travel Survival Kit	3.95	<b>Where is Tibet?</b>	12.95	Life of Tibetan and Christian Nuns	10.00	A Guide to Walking Meditation	35.00	Chod Drum	150.00
<b>Tibetan Arts of Love</b>	14.95	Whirling Dervishes	16.95	Lucid Dreaming	9.00	Healing Oracles of Ladakh	29.95	Cotton Change Pouch	3.00
Tibetan Book of the Dead (Trungpa R.)	10.00	<b>White Lotus</b>	19.95	Mahamudra (3 tapes)	30.00	Heart of Tibet	29.95	Curved Knife	40.00
Tibetan Book of the Dead (R. Thurman)	12.95	White Sail	15.00	Nature of Mind (3 tapes)	30.00	Kalachakra, Wheel of Time	29.95	Damaru (wood)	30.00
Tibetan Book of the Great Liberation	12.95	Who Dies?	9.95	Path of Compassion	16.00	Ladakh: In Harmony with the Spirit	29.95	Damaru Banners	20.00
Tibetan Book of Living and Dying	15.00	Wholeness Lost & Wholeness Regained	12.95	Present Moment	59.95	Life, Death, Dreams and Meditation	39.95	Damaru Set	
Tibetan Book of Living and Dying, cloth	24.00	Wisdom and Compassion, (cloth)	75.00	Psychology Seminar (7 tapes)	49.00	- small	\$45	- medium	\$50
Tibetan Buddhism (Reason & R.)	19.95	Wisdom and Compassion, (paper)	40.00	Touching the Earth	10.95	- large	\$55	Dharma Decal	
Tibetan Buddhism From the Ground Up	14.00	Wisdom Beyond Words	17.95	Union of Bliss and Emptiness (3 tapes)	30.00	- H.H. the Dalai Lama	1.00	Dingsha Bells	30.00
Tibetan Buddhist Altar	8.00	Wisdom Energy	10.00	<b>Joseph Goldstein:</b>		Dorju		Door Curtains	
Tibetan Buddhist Medicine and Psychiatry	12.95	Wisdom Energy 2	4.95	Love	18.00	Message of the Tibetans		- Standard	95.00
Tibetan Buddhist Nuns	39.95	Wisdom of No Escape	10.00	Vipassana Jhanas	10.00	- Buddhism	29.95	- Eternal Knot	75.00
Tibetan Collection Magazine (V3)	20.00	Wisdom: Two Buddhist Commentaries	24.00	<b>Jack Kornfield:</b>		- Tantrism	29.95	- 8 Auspicious Symbols	125.00
Tibetan Dhammapada	14.95	Wish-Fulfilling Jewel	10.00	Inner Art of Meditation	49.95	Mustang	19.95	Door Mantra	2.50
Tibetan Empire in Central Asia	16.95	Women in Buddhism	15.00	Introduction to Meditation (8 tapes)	80.00	Nadia Stepanova, Buryatian Shaman	29.95	Door Mantra (metal)	10.00
Tibetan Folk Tales	12.00	Women of Wisdom	8.95	Introduction to Meditation (10 tapes)	100.00	Nicholas Roerich: Messenger of Beauty	24.95	Earrings:	
Tibetan Fonts for Macintosh	59.95	Wonders of the Natural Mind	14.95	Meditations of the Heart	10.95	Overcoming Differences	29.95	- Auspicious Fish	24.00
Tibetan for Windows	60.00	Words of My Perfect Teacher	30.00	Ten Perfections Series (10 tapes)	100.00	Reincarnation of Khensur Rinpoche	29.95	- Curved Knives	24.00
<b>Tibetan Literature</b> , paper	29.95	World of Tibetan Buddhism	14.00	<b>Christina Feldman:</b>		Sand Painting: Sacred Art	34.95	- Endless Knot	36.00
<b>Tibetan Literature</b> , cloth	45.00	Working with Emotions, Change of Expression	17.95	Images of Perfection	10.00	XVII Karmapa Return to Tsurphu	39.95	- Eternal Knot w/ Amethyst	\$24
Tibetan Medical Paintings	195.00	World as Lover, World as Self	15.00	Models	10.00	Tibetan Book of the Dead	29.95	- Prayer Wheel	25.00
Tibetan Medicinal Plants	19.95	Worlds in Harmony	12.50	<b>Other Teachers:</b>		Tantra of Gyuto	29.95	- Purbhas	24.00
Tibetan Medicine	14.95	Writings of Kalu Rinpoche	8.95	Letting Go of Attachment	10.00	Tibetan Medicine	29.95	- Garudas	28.00
<b>Tibetan Phrasebook Tapes</b>	8.95	Yoga of Power	16.95	Samadhi: Guardian of the Heart	18.00	Tibet: A Prayer for Future	24.95	- Snow Lions	12.00
<b>Tibetan Pilgrimage</b>	14.95	<b>Yogic Deeds of Bodhisattvas</b>	24.95	<b>BOOKS ON TAPE</b>		Tibet: The Living Tradition	39.95	- Traditional Turquoise	36.00
<b>Tibetan Thangka Painting</b>	29.95	<b>Yogic Deeds of Bodhisattvas</b> (cloth)	40.00	Open Heart, Clear Mind (3 tapes)	21.00	Tibet's Holy Mountain	29.95	<b>"Free Tibet" Button</b> (red on white)	1.00
Tibetan Tradition of Mental Development	10.95	Zen and the Psychology of Transformation	12.95	Shambhala: Sacred Path	16.00	We Will Meet Again...	29.95	Gaus	
Tibetan Yoga & Secret Doctrines	14.95	Zen Mind, Beginner's Mind	7.95	Tibetan Book of Living & Dying (4)	27.95	<b>OTHER DHARMA ITEMS</b>		- lg. filigree	60.00
Tintin in Tibet	7.95	<b>COMPLETE DHARMA ITEMS LIST</b>		Tibetan Book of the Dead (2)	15.95	Altar Cloth		- sm. filigree	24.00
Tofu Cookbook	14.95			<b>MUSIC &amp; CHANTS</b>		- large fancy	45.00	- large	18.00
<b>To Lhasa and Beyond</b>	14.95			Buddhist Chant 1		Banners and Hangings		Incense:	
Torch of Certainty	12.00			Buddhist Chant 2		- Auspicious Symbols	16.00	- Aromatic Tibetan Traditional Incense	6.00
<b>To the Lion Throne</b>	8.95			Chenrezik	12.00	- Lg. Auspicious Symbols	40.00	- Pure Sandalwood Incense	
Touching Peace	9.50			Chenrezik CD	18.00	- Lg. Banner	125.00	- "8"	5.00
Training of the Zen Buddhist Monk	9.95			Gyuto Monks Freedom Chants	9.95	- Buddha Aus. Symbol Banner	60.00	- Extra-Grade Tibetan Incense	10.00
Training the Mind	9.00			Gyuto Monks Tantric Choir	10.95	- Buddha Kadhen Banner	85.00	- Traditional Tibetan Incense—highest grade	8.00
<b>Training the Mind in a Great Way</b>	12.95			Gyuto Monks Tantric Choir, CD	16.95	- Buddha Hanging	95.00	- Traditional Tibetan Incense—medium grade	6.00
<b>Transcendent Wisdom</b>	12.95			Himalayan Bells II	10.00	- Dharmachakra	28.00	- Traditional Tibetan Incense—common grade	5.00
Transcending Madness	15.00			Himalayan Bowls I	10.00	- Double Dorje	150.00	- Tara Healing Incense	5.00
Transforming Problems	10.00			Queen of Great Bliss	10.00	- Five Buddha Families	250.00	- Agar31 Herbal Incense	7.95
Transformation and Healing	10.00			<b>Rhythm of Peace</b>	10.00	- Green Tara Hanging	95.00	- Nirvana Brand Herbal Incense	6.00
<b>Translating Buddhism From Tibetan</b>	50.00			Sacred Healing Chants of Tibet	9.95	- Hung	50.00	Incense Holders	
Trekking in the Indian Himalaya	10.95			Sacred Healing Chants of Tibet, CD	16.95	- Kalachakra	25.00	- small	40.00
				Sacred Music, Sacred Dance for Planetary Healing CD	18.00	- Kalachakra Brocade Banner	25.00	- large	50.00
				Sacred Music, Sacred Dance for Planetary Healing	12.00	- Knot of Infinity	28.00	Incense Burner	\$36
						- Mani Hanging	40.00	Kapala	
						- Mani Mantra	16.00	- medium brass skull cup	30.00
						- Om Ah Hung Mani Banner	60.00	- fancy silver skull cup	40.00
						- Padmasambhava Hanging	95.00	Kata-plain	4.00
						Bell & Dorje (regular grade)	60.00	Kata-embroidered	18.00
								Karmapa Dream Flag Pin	5.00
								Mala Bag	8.00
								Malas	
								- Bodhiseed	40.00
								- Bone	22.00

**COMPLETE DHARMA ITEMS LIST**

**Bold items are produced by Snow Lion. Please note that we make every effort to avoid products made in China.**

**AUDIO TAPES**

**Dalai Lama:**  
Compassion: The Heart of Enlightenment 10.00  
Harvard Seminars (12 tapes) 84.00  
The Nobel Peace Prize Address 7.00

COMPLETE LIST

- Ebony Mala 36.00  
 - Linden Nut Disc 36.00  
 - Lotus Seed 52.00  
 - Lotus Seed (abacus) 38.00  
 - Lotus Seed (with stones) 30.00  
 - Lotus Seed-pocket size 15.00  
 - Sandalwood, 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** 10.00  
**Mani Mug** 10.00  
 Manjushri Sword 40.00  
 Map of Tibet 12.95  
 Meditation Cushions-zafu 37.95  
 - support 19.95  
 - zabuton 42.95  
 - inflatable zafu 22.95  
 Meditation Bench 39.95  
 Meditation Bench (folding) 49.95  
 Meditation Bench Cushion 19.95  
 Melong  
 - small 14.00  
 - large 18.00  
 Offering Bowls (set of 7):  
 - copper 38.00  
 - silvery 33.00  
 - fancy copper 35.00  
 - 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 15.00  
 - Chenrezig 12.00  
 - Curved Knife 20.00  
 - Dorje 18.00  
 - Double Dorje 30.00  
 - Endless Knot 24.00  
 - Garuda 10.00  
 - 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" 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  
 - Kalachakra Banner 16.00  
 - Mahakala Prayer Flags 12.00  
 - Mahakala Banner 16.00  
 - Manjushri Prayer Flags 12.00  
 - Manjushri Banner 16.00  
 - Milarepa Prayer Flags 12.00  
 - Milarepa Banner 16.00  
 - Padmasambhava Prayer Flags 12.00  
 - Padmasambhava Banner 16.00  
 - Prayer Flag Set (nuns) 12.00  
 - Tara Prayer Flags 12.00  
 - Tara Banner 16.00  
 - Vajrayogini Prayer Flags 12.00  
 - Vajrayogini 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  
 Serkyem (white metal) 28.00  
 Serkyem (brass) 26.00  
 Silk Scarf-tiger 50.00  
 Large Singing Bowl 195.00  
 Medium Singing Bowl 95.00  
 Small Singing Bowl 50.00  
 Stupa 55.00  
 Tashi Taring Banner 75.00  
 Throne Cover 150.00  
 Tibetan Backpack 35.00  
 Tibetan Bag 8.00  
 Tibetan Belt Pouches & Shoulder Bags 35.00  
**Tibetan Flag Mug** 12.00  
 Tibetan National Flag (3x5) 25.00  
 Tibetan National Flag (small) 6.00  
 Tibetan National Flag (4x6) 50.00  
 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  
 Tilden 25.00  
 Tsa-tsas:  
 - Buddha (Sand) 13.50  
 Window Trim  
 - 39" Silk Window Trim 45.00  
 Thangkas-assorted \$Call  
 Rupas-assorted \$Call  
**SNOW LION TIBET CARDS** \$1.25 ea.  
 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  
**IMAGES OF LOST TIBET** \$1.25 ea.  
 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 Mediator  
 IMTI9 Tibetan Men & Horses  
 IMTI10 Mani Stones—Tibet-China border  
 IMTI11 Wife of Tibetan Governor  
**FACES OF TIBET** \$.75 ea.  
 FATI51 Nomad Yogi  
 FATI52 Yogi of Milarepa Tradition  
 FATI53 Woman with Prayer Beads  
 FATI54 Young Tibetan Girl  
 FATI55 Yeshi Dorje, Weather Controller  
**SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!**  
**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 CALENDAR CARDS** \$.75 ea.  
 WDC13 Nine Deity Hevajra  
 WDC14 Amoghapasha Mandala  
 WDC15 Buddha Shakyamuni  
**ROBERT BEER POSTCARDS** \$.80 ea.  
 #BEKAMA Kalachakra Mantra  
 #BEMEBU Medicine Buddha  
 #BENGCA Nagarjuna  
 #BENACA Naropa  
 #BESHCA Shantideva  
 #BETICA Tilopa  
 #BEFAVA Face of Vajrasattva  
**MANTRA CARDS** painted by Andy Weber, \$.80 ea.  
 #BEMBMA Medicine Buddha  
 #BEGRTA Green Tara  
 #BEAVMA Avalokitesvara  
 #WEAMMA Amitayus  
 #BEMAMA Manjushri  
 #BESHMA Sakyamuni  
**ROBERT BEER NOTECARDS** \$1.25 ea. with envelope.  
 #BEGADO Garab Dorje  
 #BEMANO Marpa  
 #BEMINO Milarepa  
 #BEPANO Padmasambhava  
 #BESHBU Sakyamuni Buddha  
 #BESAGR Samantabhadra  
 #BESHGR Shantideva  
 #BETSKH Tsongkhapa  
 #BEVANO Vajradhara

#BEYETS Yeshe Tsogyal  
**REHO CARDS** \$.80 ea.  
 #REHCA H.H. the Dalai Lama  
 #REGECA Gelugpa Assembly Tree  
 #REWHCA Wheel of Life  
 #RELOCA Lotus Pool-Bodh Gaya  
 #REROCA Rock Paintings-Lhasa  
 #REPCA Padmasambhava-in Jokhang  
 #REMACA Maitreya-in Potala  
 #REPOCA Potala Palace  
**THARPA FINE ART DEITY CARDS** \$.90 ea.  
 TDC1 Shakyamuni Buddha  
 TDC2 Avalokiteshvara  
 TDC3 Manjushri  
 TDC4 Vajrapani  
 TDC5 Green Tara  
 TDC6 White Tara  
 TDC7 Amitabha  
 TDC8 Amitayus  
 TDC9 Medicine Buddha  
 TDC10 Je Tsongkhapa  
 TDC11 Vajradhara w/Consort  
 TDC12 Vajrasattva w/Consort  
 TDC13 Yamantaka  
 TDC14 Heruka  
 TDC15 Vajrayogini  
 TDC16 Mahakala  
 TDC17 Guyhasamaja  
 TDC18 Vajradharma  
 TDC19 Maitreya  
 TDC20 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 Chakrasvara (12-arm)  
 TDC32 Five Buddha Families  
**IMAGES OF WISDOM** \$.90 each  
 TDC40 Asanga  
 TDC41 Atisha  
 TDC42 Buddha  
 TDC43 Chandrakirti  
 TDC44 Chenrezig  
 TDC45 Geshe Chekhawa  
 TDC46 Geshe Langri Tangpa  
 TDC47 Je Tsongkhapa  
 TDC48 Lama Losang Tubwang Dorjechang  
 TDC49 Manjushri  
 TDC50 Nagarjuna  
 TDC51 Shantideva  
 TDC52 Vajradhara  
**THARPA GREETING CARDS** \$9.50, set of 5 cards.  
 Offering Goddess, Lotus, Wishfulfilling Tree, Dragon & Tiger, Eight Auspicious Symbols.  
**TRANSFORMATIVE ART NOTECARD SET** \$24 box of 12  
**GARUDA POSTCARDS** \$1 ea.  
 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 Cakrasvara  
 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  
**H.H. THE DALAI LAMA, \$3**  
**H.H. DILGO KHYENTSE RINPOCHE, \$2**  
**KALACHAKRA SAND MANDALA POSTCARD, \$.75**  
**SNOW LION NOTE CARDS, \$8 for 10 notecards**  
**THE TIBETAN PAINTINGS OF NICOLAS ROERICH, \$9.95 for 12 postcards.**  
**POSTERS**  
 Dalai Lama: Visualize World Peace 12.95  
 Dalai Lama in Zanskar 12.95  
**Jowo Shakyamuni Buddha** 9.00  
 Kalachakra Deity (small) 6.00  
 Kalachakra Sand Mandala 16.00  
 Lightening Over the Potala 5.95  
 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  
 Guhyasamaja 8  
 Kalachakra 14  
 Milarepa 5  
 Nargarjuna 8  
 Padmasambhava 8  
 Shakyamuni Buddha 8  
 Six-Armed Mahakala 8  
 Vajrakila 8  
 Vajrapani 8  
 White Tara 8  
 Yeshe Tsogyal 5  
**CALENDARS**  
 Drikung Kagyu Calendar 1995 8.00  
 Rigpa Calendar 1995 8.95  
**SADHANAS FROM THARPA PUBLICATIONS**  
 Bodhisattva's Confession #BOCO \$5  
 Chenrezig Sadhana #CHSA \$3  
 Dakini Yoga #DAYO \$7  
 Drop of Essential Nectar #DRESNE \$5  
 Essence of Good Fortune #ESGOF \$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  
 Kadampa Way of Life #KAWALI \$3  
 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  
 Treasury of Wisdom #TRWI \$4  
 The Yoga of Buddha Amitayus #YOBUM \$7



