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NEWSLETTER AND CATALOG



Kalu Rinpoche Returns to the Bay Area

by Deborah Price Janke

On a clear Friday morning, August 12, 1995, eight auspicious symbols were drawn on the sidewalk facing the entrance to 1892 Fell Street, Kagyu Droden Kunchab, in San Francisco. People stood waiting with burning incense and silk offering scarves. As the crowd grew larger and larger one was reminded of the previous Kalu Rinpoche's question to his close disciple, Lama Lodru Rinpoche, whether all of the Western students who were taking refuge with him might be the insects he had fed while on long solitary retreats in the mountains of Tibet years ago.

Little Kalu Rinpoche, 4 years and 11 months old, stepped from the car and walked up the stairs into the Kagyu Droden Kunchab Center, established 19 years earlier. During the Mandala offering Venerable Lama Lodru Rinpoche, Spiritual Director of KDK, with tears streaming down his face, said he had done his best to keep his Center going with the hope of the new Rinpoche's return. Now that Kalu Rinpoche was again sitting on the throne there was no joy to equal this experience.

Kalu Rinpoche is a remarkable child. He is a head taller than other children his age. His features have a maturity and beauty which many people comment on. His form gives off light. When he sits on the



H.E. Kalu Rinpoche performing Chenrezig initiation in San Francisco. Photo by Tamara Wasserman Hill.

throne he has perfect posture and composure and never fidgets except to turn and ask a question or make a comment about the proceedings. During his visit to San Francisco he gave two initiations, Green Tara and Chenrezig. During both ceremonies, assisted by Lama Lodru Rinpoche, he interrupted

several times with suggestions. This delighted the audience.

On the night of his arrival in San Francisco, Kalu Rinpoche's father, Lama Gyaltzen, gave a brief biography of the former Kalu Rinpoche. This was a compelling story. The audience was told that the previ-

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STUPAS

A Teaching by
Tulku Sang-ngag
Rinpoche



Tulku Sang-ngag Rinpoche is currently visiting Chagdud Gonpa Foundation's main center, Rigdzin Ling, in northern California, to guide the construction and consecration of eight stupas. The following commentary is taken from edited transcripts of a teaching by and interview with Rinpoche conducted at Rigdzin Ling, and translated by Richard Barron.

In order to attain buddhahood so that all sentient beings, who have been our mothers, may attain buddhahood as well, it is necessary for us to gather the two accumulations of merit and pristine awareness and at the same time to purify ourselves of the twofold obscurations—those of the afflictive emotions and those of ignorance concerning the nature of reality. There are no means in the sutra or the tantra tradition to attain buddhahood without this twofold process. The Vajrayana offers very profound and unique means for doing so. It is geared toward people of the highest acumen, provides many skillful means that do not involve a great deal of hardship compared with the other paths, and is extremely precise about the understanding of the nature of reality that comes about through such practice.

Any kind of physical effort associated with creating or honoring a representation of enlightened form, speech, or mind such as prostrations, circumambulations, or pilgrimage is a way of gathering the accumulations and purifying obscurations. Just as statues are representations of the enlightened form of Buddha and texts are representations of enlightened speech, stupas represent enlightened mind.

Self-Arising Stupas

It's not easy to pin down exactly when the first stupa was created. One reason for this is that the term "stupa" has a number of interpretations. In general, when we speak of a stupa, we are referring to a representation of enlightened mind, and so the stupa does not have to have a physical shape or refer to a physical object. One of the verses attributed to the Buddha states, "Homage to stupas with form and without form, wherever these stupas may be in any direction or in any time."

There are five main categories of stupa: self-arising, or spontaneous; unsurpassable, or superb; those created by the blessing of the Buddha; those that arise due to *siddhi*, or spiritual accomplishment; and those that represent the various yantras, or spiritual approaches, of the Buddhist teachings. The eight stupas being constructed at Rigdzin Ling fall into the category of those that correspond to various yantras.

One meaning of "stupa" is that it is a self-arising, spontaneously occurring phenomenon. In this sense, the configuration of the entire universe—conceived in traditional Buddhist cosmology as four continents surrounding Mount Meru as the central axis, crowned

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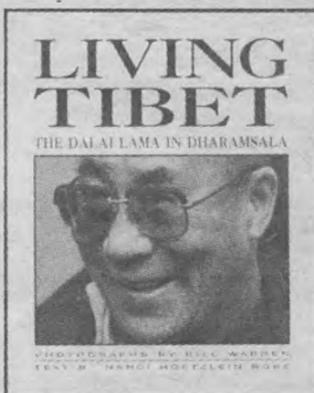
"I congratulate photographer Bill Warren and author Nanci Hoetzlein Rose for their efforts."

—The Dalai Lama, Nobel Peace Prize Laureate, from the foreword

LIVING TIBET The Dalai Lama in Dharamsala

by Bill Warren and
Nanci H. Rose

138 pp., 8 x 10 1/2", 160 color plates, ISBN 1-55939-042-5
Quality Paperback, \$26.95



The essence of compassionate living is unveiled in *Living Tibet: The Dalai Lama in Dharamsala*, a stunning photographic portrait and journalistic tribute to the Tibetan people of Dharamsala, India, and the 14th Dalai Lama of Tibet, who have prevailed over the adversities of exile. No other book so completely captures the spirit of this unique refugee population,

which continues to preserve its ancient Buddhist culture after more than 45 years of military occupation of Tibet by China.

Life in Dharamsala is sensitively photographed by Bill Warren,

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STUPAS

Continued from page 1

by the realm of the gods with the wish-fulfilling tree growing in it—can be understood as a gigantic stupa. On an inner level, the structure of the “vajra aggregates” of the subtle body, the way a person’s mind-body aggregates and sense faculties—all the elements of the individual’s experience of the world—fit together and interact, arises as a stupa as well and corresponds to the configuration of the universe as a macrocosm.

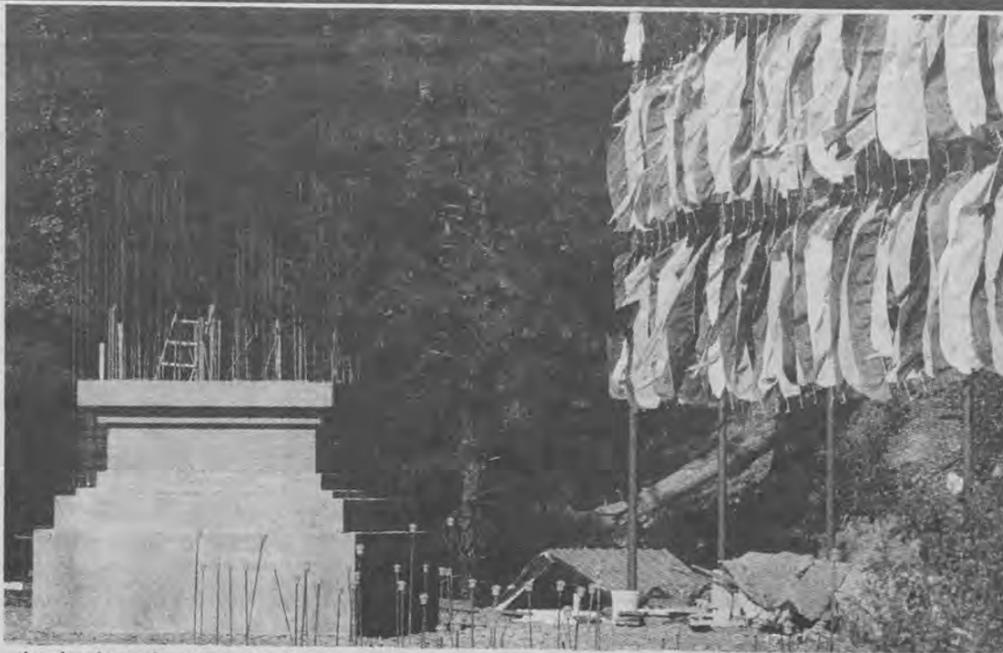
There is also a direct correspondence between the architectural features of a stupa and the way the universe is structured. The base and the steps of the stupa correspond to the six realms of beings in the desire realm. The middle, spherical section—the *bumpa*, or vase—corresponds to the seven-teen levels of the form realm. The spire and the ornaments on top of the stupa correspond to the four stages of the formless realm. The *sog shing*, or central axis, the pole that runs through the center of the stupa, corresponds to dharmadhatu, the basic space of all phenomena.

The reference in the Buddha’s teachings to qualities of mind foundational to the attainment of enlightenment—for example, the four immeasurable qualities of love, compassion, joy, and equanimity—are reflected in the design of four-sided stupas. The unsurpassable stupa has four sides in the four cardinal directions, which correspond to these four immeasurable attitudes and to four of the five Buddha families. The rituals associated with the preparation of such stupas clearly indicate that the eastern wall of the Vajra family corresponds to the quality of love, and so forth, in the four directions. In the anuttara yoga teachings as well, the mandala is surrounded by what are called the eight charnel grounds as pure analogies of the eight aggregates of ordinary consciousness, each of which is described as containing a self-arising stupa.

It is said that at Bodh Gaya, where the Buddha attained enlightenment, there is a crystal stupa under the ground formed of a “vajra substance” from the bones of a *rishi*, or seer, whose meditative absorption was so powerful that it actually transformed his bones into a diamond-like substance that will not be destroyed even when the four elements are destroyed. This underground stupa, this spontaneously present representation of enlightened mind, adorned by the bodhi tree growing on the surface of the earth, provides a unique support for that site, such that all one thousand Buddhas who will appear during this age will attain enlightenment at Bodh Gaya.

In some of the Vajrayana teachings, it is stated that a self-arising stupa exists in the sky above Bodh Gaya, although it is visible only to people with a high degree of realization. The Dzogchen teachings describe the “three sources”—three things which must be present in this world for the Dzogchen teachings to remain here. One of these is this self-formed stupa.

On the surface of the earth there are incredible stupas as well. Perhaps one of the most well known is the stupa of Swayambhu in the Kathmandu Valley, the very name of which means “self-arising.” It is said that there has been a stupa at that site since four Buddhas prior to Shakyamuni. In the time of the first two Buddhas the stupa was in



the sky above the site, in the time of the last Buddha before Shakyamuni it was under the earth, and in the time of Shakyamuni it came to the surface of the earth. To this day, around the full moon in the sixth month of the lunar calendar, there is a remarkable apparition of the original stupa in the sky which countless numbers of people have seen—Buddhists and non-Buddhists alike. It is as though the stupa on the earth’s surface levitates. This apparition is said to appear because there has always been a stupa at Swayambhu, in the sky, under the ground, or on the surface of the earth.

History of Buddhist Stupas

When the being who attained enlightenment as the Buddha Shakyamuni first entered the path and turned his mind away from samsara and toward liberation, he did so in the presence of a stupa. From the accounts of the Buddha’s previous lives, and of the stupas at Bodh Gaya and Swayambhu, it is clear that the phenomenon of the stupa predates the Buddha. Since his lifetime, the stupas that have been built by Buddhists all over the world are representations of his form or memorials of his deeds and are constructed according to guidelines established in his teachings.

There are two basic approaches to the design of stupas: those of the Hinayana and the Mahayana. The Tibetan tradition follows the teachings of the Indian master Nagarjuna based in turn upon the Buddha’s teachings, so it falls within the Mahayana tradition. In the Hinayana view, the shape of the stupa derives from the way the Buddha’s personal belongings were heaped on a seat built by his students following his passing into parinirvana. Directly on top of the seat they piled his mat and robes, then his begging bowl, staff, and finally a little umbrella.

The Mahayana system of stupa design and construction was perhaps rarer in the Indian tradition than the Hinayana system was, but it was not absent. The way in which the Tibetans were taught to design and build stupas by the Indian masters who came to Tibet was based on the teachings of the Mahayana canon and, in the case of the Vajrayana forms of stupas, on explanations and instructions in the tantras. Perhaps the most well known designs of Tibetan stupas are a series of eight that are often built together. These are based on models of stupas built by students of the Buddha in eight Indian holy places that were associated with various miraculous deeds he performed. For example, there is a stupa design known as the “stupa of heaped lotuses” which is based

on the accounts of the Buddha’s birth in the Lumbini Grove. When the Buddha was born miraculously from the left side of his mother’s body rather than through the birth canal, he immediately stood upright and walked seven steps in each of the four cardinal directions. Wherever his feet touched the ground, lotuses bloomed, forming heaps of lotuses. And so the design of this stupa suggests a heap of lotus blossoms. Similarly, a stupa with a design known as the *tashigomang*—meaning the “many doorways of auspiciousness,” referring to the Buddha’s many avenues of teaching—was erected as a memorial to the Buddha’s first turning of the wheel of the dharma in Varanasi, when he taught the

four noble truths and the twelve links of interdependence, the beginning of the process that led to the 84,000 collections of his teachings. Of the other six stupa designs, the enlightenment stupa

commemorates the Buddha’s enlightenment, the stupa of descent from the god realm commemorates his descent at Sankhya from the Tushita heaven after teaching his mother, the stupa of miracles commemorates the miracles he performed at Shravasti, the stupa of reconciliation commemorates his reconciling the quarreling factions of the sangha at the Bamboo Grove, the stupa of nirvana commemorates his death and passing beyond sorrow at Kushinagara, and the stupa of complete victory commemorates his voluntary prolongation of his life span at Vicosia. Each of these has a specific form. For example, the reconciliation stupa is spherical, representing the idea of wholeness, of bringing everything back into a single group.

When the Buddha passed into parinirvana, his relics were gathered, divided into eight equal portions, and given to eight different groups of individuals, who took them back to their home countries and built stupas to enshrine them. These stupas were not so different in shape, but were simply built in eight different locations.

The Blessings of Stupas

The benefits of involvement in the creation of stupas and tsa tsas, clay images of stupas, are truly incalculable. When the Buddha gave these teachings, not only the human beings but also the gods, spirits, and other nonhumans present recognized their value and prom-

ised to honor, respect, and preserve them. Throughout the history of Buddhism careful attention has been paid to maintaining this tradition of stupa construction.

In Tibetan Buddhism, the making of tsa tsas is an extremely powerful means of developing one’s merit in preparation for any major undertaking. Retreat manuals often say that before you undertake a long retreat you should gather merit by activities such as making tsa tsas. It is also a powerful means of purifying the effects of harmful actions, obscurations, and broken vows or commitments.

Participating in or sponsoring the creation of tsa tsas or stupas, as well as honoring them after they are built through prostrations,

circumambulations, and offerings, provides a means for averting all that is inauspicious or counterproductive and of assuring all that is auspicious and supportive of spiritual development. What-

ever the short-term goal—whether it be longevity, wealth and prosperity, the accomplishment of an undertaking, the alleviation of illness for oneself or others, the purification of even the most heinous act, the pacification of obstacles—this activity is a very powerful means for realizing that goal. As well, it plants the seeds of liberation in one’s mindstream, so that one gains higher states of rebirth in the shorter term and ultimately is brought to enlightenment. This is particularly dependent upon one’s bodhicitta. If one participates in the stupas’ construction and ritual activities, or honors the completed stupa with an altruistic resolve to benefit all beings, then the blessings one derives are such that the Buddha himself could not describe them.

Yet the blessings of stupas are such that they benefit all beings, regardless of their connection or motivation. The fact that there are stupas and other sacred embodiments of enlightened body, speech, and mind at Rigdzin Ling may be something that people who live just a few miles down the road have no idea about. This doesn’t mean they don’t benefit in some way. The world benefits from the fact that Rigdzin Ling is here. The state benefits. The local area benefits. There is benefit on all levels. But that benefit is increased by one’s participation and one’s bodhicitta. A stupa is especially beneficial to those who sponsor or build it, see it or hear the wind that

blows by it, touch or remember it, but that does not mean that it is not beneficial to other beings. It is really more a question of the degree of benefit.

When we were creating the stupa commemorating H.H. Khyentse Rinpoche, there was never any need to exhort people to work. Not only were the great lamas there day and night making tsa tsas, rolling mantras, and so forth, but people were flocking to help. They understood the value of what was going on and wanted to be part of it. There was no need to encourage people. If anything, it would have been necessary to turn people away because there were just too many. Because it was winter time and really cold, building the sides of the stupa was extremely hard work. Yet lamas and tulkus were practically racing each other for the honor of being able to get up the scaffolding and start plastering.

The oldest of His Holiness’ students were getting on in years, and had arthritis in their fingers. Yet they couldn’t wait to get to the work site. They’d run out there and help in any way they could, scooping up cement with their bare hands and plastering it on because they were so happy to take part in the work.

One of the interesting features of stupas is that it’s hard to feel possessive of them. They don’t exist for any other reason except to benefit. With other projects, there may be some vested interest. But a stupa is just a stupa. It’s not something you can personally profit by. It’s a representation of enlightened mind, sitting there, waiting for beings to see, touch, or remember it. In Tibet a lot of the stupas were built at cross-roads on high mountain passes, places where nobody would ever go except on their way somewhere else. Tibetans knew that no matter what stupas looked like on the outside, they contained incredible blessings. Just to see them was a blessing. To touch them was a blessing. To hear the sound of the wind blowing around them was a blessing. And that was why they built them—for the blessings, just the blessings.

Tulku Sang-ngag Rinpoche is abbot of the late H.H. Khyentse Rinpoche’s monastery in Nepal, Sechen Dargyeling, was a student of the former head of the Nyingma lineage H.H. Khyentse Rinpoche and of the great tertön Padgyal Lingpa. Rinpoche trained in stupa construction at Kalu Rinpoche’s monastery near Darjeeling with Tenga Rinpoche, in Bodh Gaya with H.H. Khyentse Rinpoche, and at Sechen Dargyeling with Trulshig Rinpoche, who is considered the primary authority on the Mindrolling ritual tradition. Since the death of H.H. Khyentse Rinpoche, Tulku Sang-ngag Rinpoche has been involved in a number of stupa projects commemorating his passing and fulfilling His Holiness’ aspiration to build eight stupas in the eight great holy places in India.

For further information concerning the Rigdzin Ling stupas, ways to participate in or help sponsor their construction on behalf of the living or the deceased, a catalogue for ordering tsa tsa molds, or the complete text of this teaching (reprinted in Mirror of Freedom no. 13), call or write Rigdzin Ling, P.O. Box 279, Junction City, CA 96048. Tel. (916) 623-2714. ■

About Namgyal Monastery

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.

Following the Chinese invasion of Tibet in the 1950s and the exodus of refugees into nearby countries, the monastery was re-established adjacent to His Holiness' residence in Dharamsala, India and has many young monks undergoing the 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. The monastery is officially nonsectarian, maintaining ritual practices and teachings of the four main lineages of Tibetan Buddhism.

In 1992 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 Western women and men. Namgyal 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. Full-time as well as part-time Western students are able to study in depth Tibetan language, meditation, Buddhist logic and debate, the Buddhist tenet systems, tantric practice and Tibetan sacred arts. A feature of all programs is the opportunity for close direct contact with the monks of Namgyal Monastery.

Tibetans Undertake Hunger Strike Until Death

Six Tibetans will go on a hunger strike until death from 9:00 A.M. (Eastern Time) on October 14, 1995 in front of the United Nations Headquarters for the acceptance of a five-point Charter of Demands.

An indefinite relay hunger strike began September 19 in front of the U.N. to press for the same demands had received no response.

Now, in order to increase the pressure on the U.N. and gain the support of the member nations, concerned organizations and individuals the world over, these Tibetans have decided to sacrifice their lives for the sake of Tibet's independence from Communist China.

The hunger strike will be accom-

panied by letters to numerous political leaders.

The National Democratic Party of Tibet, the only Tibetan political party in exile which stands for a future independent, democratic and peaceful Tibet, is organizing the present movement.



KALACAKRA INITIATION at Deer Park Monastery

January 3-23, 1996

Kirti Tsenshab Rinpoche, a prominent Kalacakra master, will offer a Kalacakra initiation and practice-instructions at Deer Park Monastery and Buddhist Center in Madison, Wisconsin. For more information, contact Elvin Jones at:

Deer Park
4548 Schneider Drive
Oregon, WI 53575
(608)835-5572

Portraits of H.H. the Dalai Lama

by Peter Max



In 1991, Peter Max, internationally renowned artist and recipient of numerous arts and humanitarian awards, silk-screened and painted 108 images of His Holiness the XIVth Dalai Lama. Recently, he donated one of these paintings to Namgyal Monastery. He has also offered three of the remaining paintings to Namgyal to give to donors of a gift of \$5,000 to the Monastery.

Namgyal Monastery of Ithaca is the seat of His Holiness' personal monastery in North America. For further information, contact Gerri Jones at the address below.



Namgyal Monastery

P.O. Box 127
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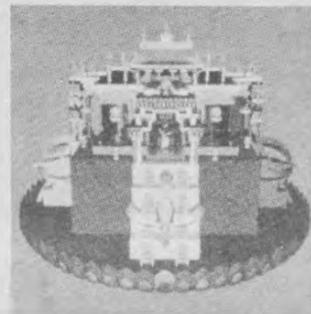
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The Sand Mandala of Vajrabhairava

by Daniel Cozort
with the Monks of Namgyal Monastery
40 pp., 4 color photos, 30 b&w photos
9 x 8", #SAMAVA \$8.95



Mandalas are perhaps the world's richest religious symbols, intricate designs that in Buddhism symbolize the cosmos, the many facets of Buddhist teachings and, most of all, the ideal worlds of Buddhas. This book explains in detail the symbolism of one of the most important and colorful mandalas, that of the Buddha Vajrabhairava, the wrathful form of the Buddha of Wisdom—Manjushri. It has been created in sand by monks of Namgyal Monastery (the Dalai Lama's personal monastery). The book places mandala-making in the context of Buddhist tantra and describes the process whereby a mandala is planned, executed and finally dismantled.



NEW!



Drikung Kagyu Text Project: Gong Chik

As a result of the Chinese invasion of Tibet and subsequent widespread destruction, the survival of many important Buddhist teachings is in great danger. Some texts are probably lost forever, but others may still be found in scarce numbers. To check this tragic loss, the Tibetan Meditation Center of Frederick, MD has established the Drikung Kagyu Text Project. Its aims are the preservation and distribution of Dharma texts, particularly those associated with the Kagyu lineage.

As one of its first projects, the Drikung Kagyu Text Project has undertaken the task of restoring the essential teachings of Lord Jigten Sumgon, founder of the Drikung Kagyu lineage. Lord Jigten Sumgon (1143-1217) spread the Dharma throughout Tibet for forty years after he attained enlightenment. His teachings were compiled

by one of his disciples into a work called *The One Thought: The Supreme Teaching of All Buddhas*, but usually referred to simply as *Gong Chik (One Thought)*.

The *Gong Chik* is the most profound philosophical work of the Drikung Kagyu and is usually taught only to advanced students. Today there is a marked scarcity of teachers who have received the transmission of this advanced work, and very few students who have the appropriate background to study it. The result is that this precious legacy is particularly threatened, and therefore it was selected as the highest priority of the Text Project.

Preservation efforts include underwriting the printing of Drikung Dharmakirti's authoritative commentary on the *Gong Chik* and sponsoring teachings and transmissions of the *Gong Chik*.

This fall Khenpo Konchog Gyaltsen will travel to the Drikung Kagyu Institute in Dehra Dun, India, to

- ...the survival of
- many important
- Buddhist teach-
- ings is in great
- danger.

give teachings on *Gong Chik*. Further, a *Gong Chik* symposium is planned for next year, to be held in Dehra Dun.

For more information, or to contribute to this project, please contact the Drikung Kagyu Text Project, c/o Tibetan Meditation Center, 9301 Gambrill Park Road, Frederick, MD 21702. ■



Rinpoche

Wanting renewal,
pilgrims seek
a symbol:
that new-born light
that shining place
that elegant view
that heart-beat
prayer
that simple poem:

Our first home

which alone
we practice to recall
to recreate
to make
imagery real.

And so kindly
Kalu Rinpoche appears
and kindly
Kalu Rinpoche is here
and home is at once
vivid and clear.

Deborah Price-Janke
August 12, 1995

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KALU RINPOCHE

Continued from page 1

ous Kalu Rinpoche showed signs at a young age that he was the activity incarnation of Jamgon Kongtrul the Great, and his family was asked to give him to the monastery. Kalu Rinpoche's father, who was himself a great incarnation, said, "If my son is who you say he is, then he will naturally exhibit all of the qualities and activities of the great Jamgon Kongtrul. So it is not necessary for him at this time to leave home and be placed on a throne."

As a young man, Rinpoche spent many years in solitary retreat. His mother, afraid for his life, was determined to find him and bring him home. She loaded up with food and supplies, but after much searching began to despair that she would never see her son again. And then, in the distance she saw an animal like no creature she had ever seen before. She felt she should follow it, but each time she got close it would disappear only to reappear further on. Finally at the end of her endurance she found her son and was heartsick at how thin he had become. She begged him to

where he would be born and what signs they should look for. Rinpoche turned to his nephew and said, "Just be nice to Gyaltsen."

In honor of Kalu Rinpoche's return to Kagyu Drogen Kunchab, Lama Lodru invited representatives of San Francisco Bay Area Dharma Centers to participate in a welcoming ceremony on August 15, 1995. Five Tibetan women symbolizing the Five Wisdom Dakinis made offerings to Rinpoche, while he sat with perfect absorption on the throne. Following this, Lamas from several Bay Area Buddhist Centers as well as members of those centers, made prostrations and presented symbolic silk scarves. Rinpoche was then treated to a variety of entertainment organized by Lama Lodru which included Tibetan opera singing and dancing, Chinese lion dancing, and martial arts demonstrations. During the Green Tara initiation the audience experienced great emotion in meeting their teacher again in this precious new form. Kalu Rinpoche will be traveling from San Francisco to Northern California, Oregon, Washington and will complete his West Coast



H.E. Kalu Rinpoche with Lama Lodru during Chenrezig initiation.
Photo by Tamara Wasserman Hill.

come home with her. Rinpoche said he was perfectly healthy and wanted to stay where he was and continue his retreat. His mother said that if he didn't come home immediately she would take back the provisions she brought and not leave them for him. Rinpoche said, fine, and hoped she would offer them to all the animals and insects who needed nourishment and blessings. His mother finally relented and left the food, which Rinpoche offered to the animals and insects anyway.

Lama Gyaltsen told the audience at KDK how Rinpoche decided to go to the West to teach the Dharma, and made a pilgrimage to Jerusalem and other holy sites of the Judeo-Christian tradition. He met Pope Paul II. During that time Lama Gyaltsen, who was the previous Kalu Rinpoche's nephew and closest attendant, said that Tibetan Buddhism was not understood, and that Lamas were a definite novelty. It was difficult for them to find housing, and food, especially since Kalu Rinpoche had the habit of offering up everything he owned to the Dharma. At one point Rinpoche and Lama Gyaltsen lived on peaches only, which grew next to the shack where they were staying in Canada. Rinpoche had no complaints and was completely happy.

The new Kalu Rinpoche is the son of Lama Gyaltsen. His mother's name is Drolkar. Rinpoche was recognized by His Holiness the Dalai Lama and His Eminence Tai Situpa 18 months after his birth on September 17, 1990. Lama Gyaltsen said that at the end of the previous Kalu Rinpoche's life many people asked

tour by visiting Hawaii in the latter part of the month.

Everyone who speaks with Rinpoche is struck with the familiarity of the experience as though seeing home again after a long journey. Rinpoche recognizes people and impulsively gives them gifts and talks to them as though he knows them. This is reassuring to Kalu Rinpoche's former students, and best expressed by Lama Lodru Rinpoche who said that he had experienced some skepticism prior to meeting the new Kalu Rinpoche, but when he saw him for the first time he found that there was something clouding his eyesight and realized it was tears. "In fact I was crying because there was such pure energy coming from him. At the time I first saw him as a baby he didn't even talk, but everything looking, acting, eating was exactly like the previous Kalu Rinpoche. So there was no hesitation, no doubt. Every time I see him, the way he is with people, makes me more confident in my mind that he is the Kalu Rinpoche."

Kagyu Drogen Kunchab, a center for the study and practice of Vajrayana Buddhism is located near Golden Gate Park in San Francisco: 1892 Fell Street. Lama Lodru Rinpoche is the spiritual director and resident Lama. He is the author of *Quintessence of the Animate and the Inanimate*, *Bardo Teachings*, *Attaining Enlightenment*, and translator of *Garden of All Joy*, a manual for the practice of Chod written by Jamgon Kongtrul Lodo Taye.

Deborah Price-Janke is president of Kagyu Drogen Kunchab. ■

VISIONS IN THE REALM OF LIGHT

An interview with Jeanne Kristel

by Janet Greene, M.D.

SINCE 1970, Jeanne Kristel has been studying and practicing Tibetan Buddhism. She has been painting thangkas and mandalas for more than two decades and was encouraged by her stained glass teacher to transfer this tremendous talent into stained glass.

To date, Kristel's work has been lauded internationally and the depth and beauty of her work is recognized by even the most accomplished thangka painters. She leads a monastic life in Santa Fe, New Mexico, and devotes most of her time to her work, spiritual practice, and gardens.

February 23, 1995

Q: These stained glass thangkas are amazing. How would you describe what you're doing?

A: Shedding new light on an old tradition!

Q: What kinds of impressions do you receive while working on these pieces?

A: One very strong impression I get at times is finding myself in an eternal chamber which I call the Space of Glass Thangkas. While in this space, I've had the uncanny vision-like experience of being both myself who always waits

there and simultaneously, myself who had just arrived. It was like catching up with myself.

Q: It sounds as though this is more than an ordinary art endeavor.

A: Well, right from the beginning I started having experiences that were of a different caliber than I'd had in all the years I'd painted, done beadwork, etc. Seemingly out of nowhere, I'd find myself psychically looking down a dark self-luminous "tunnel" into the future possibilities of this particular voyage. In this mode of awareness, I receive visions, knowledge, and intuitions about potentials. It's been generating in me not only a lot of excitement, but also a greater sense of caring and carefulness.

Q: What do you mean?

A: It's a two-way street. I feel responsibility toward the beings that will see and use these thangkas for their practice. They've got to be good! And I also feel responsible to the sacredness of what these images represent. It's like wielding a power ... the last thing I want is for ego to get in there and start making decisions and pulling strings.

Q: How do you know how to paint a particular image?

A: I rely on sensing a great deal. I'm sensing responses as I paint it and I see what kind of higher emotions come into play when I get a good tete-a-tete going with the image. If it doesn't hit the mark, I start over.

When I painted the face of Tsong Kapa on my first thangka, I was struck with the responsibility that one takes on when portraying sacred personages and deities. I felt scared, actually. My teacher laughed and pointed out something which did a lot to ease my mind. If you compare a number of thangkas of one particular subject, say Padmasambhava, you'll notice a wide variance in the portrayals. This can be influenced by not only the artist's abilities and perceptions, but also the particular artistic school, monastery or region he comes from. It really comes back to maintaining a high integrity and sensitivity.

Q: From your point of view, what makes thangkas in glass so special?

A: Well, first of all, I want to say that I have a great admiration for traditional thangka painters. They



were (and are) able to capture the self-luminous quality of the inner visionary experience with pigments on an opaque surface. Under the right conditions the painting comes to life and the space opens up. There can be no doubt that a good thangka is made with a high degree of intention and skill. But, what really excites me about the glass thangkas is that they are luminous by their very nature. Everyone who views these is getting radiated with the transformational qualities of the stained glass. Think of the cleansing radiations of colored light mentioned repeatedly in the Book of the Dead. And then when you put the conscious inten-

tion to transit into a direct relationship with the deity that is appearing before you, with an open posture toward all the elements of the artifact itself, both you and the image come into the fully awakened present.

Q: What kinds of reactions have you observed in people when they see your work?

A: I've seen naturally reticent types exclaim such things as "magnificent!" and "incredible!" Some people get very quiet and sparkly. I've seen rotten moods crack and fall off on the spot and the look of deep recognition in lamas who un-

Continued on page 15

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalacakra and Dzogchen

Jamgon Kongtrul Lodrö Tayé



Translated and edited by the International Translation committee of Kunkhyab Choling founded by V.V. Kalu Rinpoché

301 pp., #MYWO \$19.95

Myriad Worlds is the first of ten books contained within the major treatise *The Infinite Ocean of Knowledge* (*Shes bya mtha' yas pa'i rgya mtsho*), which itself is a commentary on the root verses *The Encompassment of All Knowledge* (*Shes bya kun khyab*). The author of the work is Kongtrul Lodrö Tayé, an outstanding scholar of nineteenth-century Tibet. The English translation of this work has been conducted by an international group of translators inspired and organized by the Venerable Kalu Rinpoché, founder of the project and himself a recognized incarnation of Kongtrul Lodrö Tayé.

The translation of *The Infinite Ocean of Knowledge*, a text that touches on every topic within the range of Buddhist knowledge, is one of Kalu Rinpoché's most ambitious projects, for which he requested translators, scholars, and meditation

masters of the various Tibetan traditions to work together. Kalu Rinpoché explained the importance of this work as follows:

The world is currently experiencing unprecedented material development and the discovery of new scientific knowledge, creating good fortune and well-being for everyone. At such a time as this, the unsurpassable wisdom of Buddhism can bring immense happiness and benefit to humanity. This wisdom is contained in the great treatise The Infinite Ocean of Knowledge, written by Kongtrul Lodro Taye (1813-1899), the non-sectarian master of all Buddhist teachings whose life was prophesied by the Buddha. If this great work is translated into English, the nature of all existence and nirvana will appear as vividly as a reflection in a clear mirror in the minds of the most learned people in the world, as though the expanse of their understanding were illuminated with sunlight.

It was his wish that the completion of the English translation would lay the foundation for the translation of this text into many other languages. During the winters of 1988 and 1989, Rinpoché invited his students from many countries to gather at Bodhgaya, the site of the Buddha's enlightenment, for three-month sessions of translation. He then encouraged the participants to continue their work full-time at his main seat, Samdrup Dargye Choling Monastery, in Sonada, West Bengal.

In *The Encompassment of All Knowledge*, Kongtrul examines subjects, concepts, and terminology from the perspectives of different systems. He does so in order to demonstrate both the similarities and the differences of the various systems. This approach, in which different chapters are devoted to different systems, has a number of advantages. If the meaning of a subject, concept, or term is unclear in one system's exposition, for example, that meaning may be made clear in another

system's exposition. An attentive reading of *The Encompassment of All Knowledge* will reveal the complex relationships that exist among its various subjects.

The order of the chapters within the sections is significant in that it reveals the level of importance that Kongtrul attaches to each system. He generally moves from lower levels of importance to higher levels, treating the subject first from the perspective of the Individual Way, next from the shared perspective of the Individual Way and the Universal Way, then from the exclusive perspective of the Universal Way, and finally from the perspective of the Dzogchen system in particular or the Nyingma school in general. In fact, seven of the ten chapters that end the ten sections of the work utilize a Dzogchen or Nyingma perspective. Kongtrul's non-sectarian and all-embracing attitude is exemplified by the work's ladder-like structure, in which the Individual and Universal Ways lead first to the Vajrayana and ultimately to the Dzogchen system, the peak of all spiritual pursuits.

Myriad Worlds discusses Buddhist cosmography and the genesis of beings who inhabit the universe. The descriptions of the universe that are given in the four chapters of the book are strikingly different. One universe is composed of a definite number of world-systems, one is composed of an infinite number of world-systems, and another is nothing but the play of the total and pure awareness of each and every being. Although they represent different approaches, these various cosmological systems do not contradict one another; instead, they are contained one within the other, like Chinese boxes. Each corresponds to the level of spiritual maturity of the individual for whom it is intended, and thus each one is built upon the foundation of another, the higher transcending rather than negating the lower.

Continued on page 11



LIVING TIBET

Continued from page 1

whose images are so vibrant you'll feel as though you have traveled to this haven in the Himalayas. Embracing the warmth and generosity of the Tibetan people, writer Nanci H. Rose shares political history, the current cultural context, and her own personal journey into a vital, colorful and complex community. Masters of the visual and performing arts, including sculptors, painters and opera stars, are seen alongside Dharamsala's masters of spirituality and the mystical arts. Refugee children, traditional physicians, monks and nuns, members of the exiled Tibetan Administration, and street activities are documented. The book includes a concise travel guide, with maps and useful tips.

An exceptional section on the Dalai Lama contains exclusive photos and a private interview with the spiritual and political leader of the Tibetan people, whose unwavering message of compassion seeks to unite humankind in world peace.

"His Holiness walks you to the door and even escorts you outside, all the time chuckling and bowing to you with great pleasure. You feel he is sincerely glad to have met you. As the next visitor from the waiting room passes you to meet the Dalai Lama, you find yourself bowing and giggling like Tenzin Gyatso himself."—excerpt from *Living Tibet*

Living Tibet is an engaging exploration of Tibet's rich artistic and cultural heritage. For an authentic experience of Tibetan culture in exile, there is no better guide than *Living Tibet*. ■



Five-year old Tenzin Chopak, reincarnation of the Dalai Lama's late senior tutor, gives a blessing.



An outdoor breakfast at Tibetan Children's Village.



The Nechung Monastery.



Refugees watch as the Tibetan national flag is raised in Dharamsala on National Uprising Day.



A student at the Norbilingka's Center for the Arts copies a drawing of a deity.



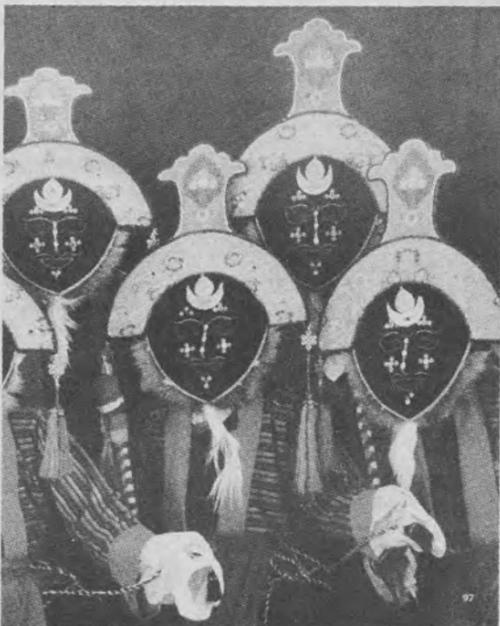
The late Lama Yeshe Dorje, famed "weather controller".



The medium of the Nechung Oracle.



Members of the Tibetan Institute of Performing Arts women's choir, dressed as "sky beings."



Masked dancers who purify the performance space at the beginning of an opera.



Namgyal monks chanting.



Wildlife, Tamed Mind

Seraje Monks in Multi-media Tour



The monks of Seraje Monastery begin their American tour in February, 1996 with the multi-media program *Wildlife, Tamed Mind. A Journey to the Heart of Tibet in Sacred Music and Dance*.

This informative and entertaining performance incorporates the brilliant ritual arts of Tibetan sacred dance, chanting and music into a narrative that brings to life the history and culture of Tibet through stories and visual imagery. The program integrates slides and video with live performance by the monks, who perform in fabulous costumes, chanting and playing unique ritual instruments.

In Tibet, Sera Monastery was renowned for its high standards of scholarship, and this tradition is reflected in the fact that no other monastery has had more impact on the transmission of Tibetan Buddhism to the West than Seraje. Since the 1960s more than twenty-five geshe and lamas have come from Seraje to teach in the West, including such eminent masters as Dromo Geshe Rinpoche, Gonsar Rinpoche, Geshe Rabten, Geshe Sopa, Lama Yeshe, Zasep Rinpoche, Lama Zopa Rinpoche, and Geshe Kelsang Gyatso.

Wildlife, Tamed Mind brings to life the history and way of life of Tibet through some of its greatest characters, from King Songtsen Gampo up to the present Dalai Lama. Written

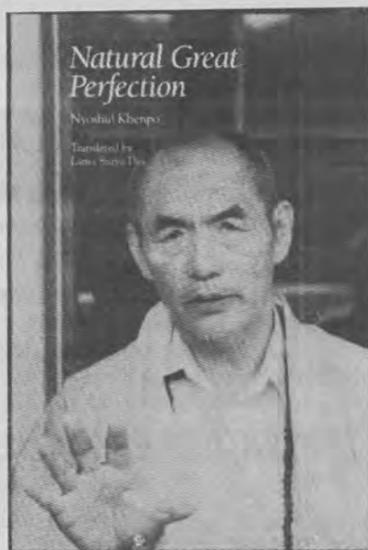
by David Patt, author of *A Strange Liberation: Tibetan Lives in Chinese Hands*, the program makes abundant use of the brilliant photographic library of anthropologist Peter Gold (*The Circle of the Spirit: Navajo and Tibetan Sacred Wisdom; Altar of the Earth*).

The North American tour of the Seraje monks was organized by the abbot and senior teachers in the hopes that introducing Westerners to the religious culture of Tibet would benefit both the audience and the future of Tibetan Buddhism. Proceeds of the tour will go to Seraje Monastery for construction of a new temple and debate grounds, and to continue the training of fully qualified Buddhist monks in the high standards and ancient traditions practiced at Seraje for six hundred years.

You can bring *Wildlife, Tamed Mind* to your community by contacting the Seraje Tour Office, Box 6877, Ithaca, NY 14850. Tel/fax: 607-277-2159. Upon request the monks can also create the rare sand mandala of Hayagriva, the special protector of Seraje. ■



Seraje monks in a lively demonstration of public debate.



NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs

by Nyoshul Khenpo Rinpoche
trans. & ed. by Lama Surya Das

150 pp. #NAGRPE \$14.95

The following excerpt from *Natural Great Perfection* was taken from the chapter entitled "You Are Dzogpa Chenpo."

People commonly find themselves in difficult relationships. As long as we are still subject to karma and *klesha*—conflicting emotions—there will inevitably be countless ups and downs. Yet, if people are committed to helping each other, to serving each other, to growing and awakening to-

gether, then all circumstances and situations are perfectly workable, whatever roller-coaster-like dips and turns unexpectedly come along. This is an example of practicing bodhicitta by actually applying it in our daily life, which is actually the principal point.

When we practice bodhicitta prayers or meditations, it may look like we are alone, like we are practicing for ourselves, but we are not practicing for ourselves, and we are not alone. All beings are inter-

connected, and in that sense they are present or affected. Milarepa sang, "When I am alone, meditating in the mountains, all the Buddhas past, present, and future are with me. Guru Marpa is always with me. All beings are here."

We are not practicing for ourselves alone, since everybody is involved and included in the great scope of our prayers and meditations on this perfectly pure motivation. The natural outflow of so-called "solitary meditation or prayer" is spontaneous benefit for others; it's like the rays of the sun, rays which spontaneously reach out. This good heart, pure heart, vast and open mind, is called in Tibetan *sem karmo*, white mind. It means pure, vast, and open heart. This is innate bodhicitta. It is not something foreign to us, as we well know, yet it is something we could relate to more, cultivate, generate, and embody. We talk about vast and profound teachings of Dharma, such as Dzogchen, but without this goodness of heart, this unselfishness, it is mere chatter, gossip, and rationalization.

If a man is looking for a companion, sometimes he is only thinking that he wants a woman to make him happy for his own reasons. Not often is he thinking how he can benefit or help his companion. Such a relationship is already built on the tip of a very limited motivation or intention, and the results of that are questionable. Many people stay in a hotel; the hotel is very interested in making the guests happy, but in general their sole motivation is business. The reason to make the guests happy is for their own profit. What ultimate benefit can there be in trying to make people happy in such a limited way, simply for one's own profit?

If one practices the incredibly

rare and profound teaching of Dzogchen, nondual Dzogchen, with an intention like this: "I want Dzogchen, I want enlightenment. I'm going to get it in this life," and there is a great deal of grasping, pushy, small-minded selfishness, how can there be any Dzogchen? This is the very antithesis of the vast, unconditional openness of

• If you practice
• bodhicitta practices—
• mind training, loving-
• kindness prayers, ex-
• changing oneself and
• others (*tong len*), and
• so forth—these prac-
• tices may seem con-
• ceptual and relative,
• but they actually in-
• clude the absolute
• truth that is the very
• nature of Dzogchen.

Dzogchen. This is how we stray from the true path and become wild practitioners and even become crazy. If self-clinging, self-cherishing, and clinging to the reality of things remains strong, how can there be any genuine Dzogchen, which is the true natural state of freedom, openness, and primordial perfection?

If you practice bodhicitta practices—mind training, loving-kindness prayers, exchanging oneself and others (*tong len*), and so forth—these practices may seem conceptual and relative, but they actually include the absolute truth that is the very nature of Dzogchen: vast openness, big mind, purity, freedom, and non-grasping. Unselfishness is no different than that nondual openness, vast emptiness,

shunyata. Dzogchen may be as primordial pure and ever unaffected as the virgin snow, but approaching it with mixed motivation or impure selfish aspiration is a great limitation. When you urinate in the snow, the snow starts white, but suddenly it's yellow.

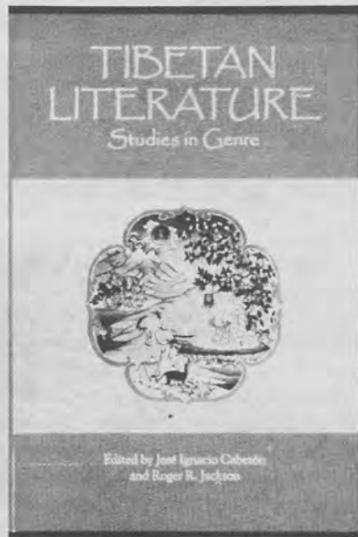
The word for bodhicitta in Tibetan is *sem kye*. This literally means "the opening or blossoming of the mind." It is the opposite of small mind, of self-preoccupation, self-contraction, and narrowness. Whatever practice-path we find ourselves on—be it Dzogchen, Vajrayana, the Bodhisattvayana, the fundamental Theravadin Vehicle, or another spiritual path—if we have a pure, wholesome attitude and a spacious and tolerant mind, then our practice is really Buddhist practice; it is in line with practice that really blossoms and unties the mind. This is the real meaning of bodhicitta.

It may be that the sky is always limpid, clear, vast, infinite, and so on, but when the moment of Dzogchen arrives it is as if the sun has suddenly risen. It is not that the sky of our inherent nature has improved, but something definitely does seem to happen. This metaphor of the rising sun refers to the *rangjung yeshe*, the spontaneous, self-born awareness wisdom or innate wakefulness dawning within our nature. This is the moment of Dzogchen, the dawn of the self-arisen awareness wisdom, innate wisdom.

This is the meaning of what is called in Tibetan *nyur de dzogpa chenpo*, meaning "swift and comfy innate Great Perfection"—a path that does not require austerities or arduous practices. It is direct, swift, spacious, natural, and comfy. It is doable!

In one lifetime, in one body, even

Continued on page 16



The following excerpt is taken from the Editors' Introduction to Tibetan Literature.

Tibet possesses a literature that stretches back over 1300 years. It is one of the great literary traditions of Asia, in terms of both its size and range of influence. From ancient pillar inscriptions, to manuscripts sealed away in long-forgotten caves, to block-printed texts on every imaginable subject piled high in monastic libraries, the Tibetan corpus numbers tens of thousands of works. It has exercised an abiding influence not only in Tibet itself, but in the larger cultural area at one time dominated by Tibet, which includes Mongolia, Ladakh, Nepal, Sikkim, Bhutan and parts of northern Pakistan, northern India, western China and southern Russia.

In spite of its size and influence, Tibetan literature was largely unknown to either scholars or the public in the West as recently as thirty-five years ago. This is because the period in which expanding Western colonial powers encountered and began to study Asian literary traditions—the eighteenth and nineteenth centuries—coincided with Tibet's systematic (and virtually unprecedented) isolation from the rest of the world. A few intrepid missionaries, adventurers, soldiers and scholars did make their way to "the Roof of the World," and some even reached "the Forbidden City," Tibet's capital of Lhasa. The West's first intimations of the richness of Tibetan literature were derived from the reports of such early figures as the Jesuit father Ippolito Desideri (eighteenth century), the Hungarian linguist and explorer Alexander Csoma de Koros (mid-nineteenth century), and the English soldier L. A. Waddell (early twentieth century). Later, in the 1930s and 1940s, the Russian historian A. I. Vostrikov and the Italian scholar Giuseppe Tucci began to provide the first detailed scholarly accounts of Tibet and its literature. Still, such accounts were few and far between, and until the 1960s Tibet was far less known from its own literature than from its caricatures in Western writing—whether as the inaccessible home of the "ascended masters" celebrated by Theosophists, the utopian Shangri-la of the novel and film *Lost Horizon*, or the land of psychic mysteries detailed in the "autobiographical" writings of T. Lobsang Rampa, who claimed to be a Tibetan adept who had transferred his consciousness into the body of an Englishman.

In the last thirty-five years, all this has changed. Tibetan literature is now better known in the West than ever before. Translations of Tibetan works fill entire shelves in some Western bookstores, and courses on Tibetan religion and culture have become a fixture, rather than a rarity, at many universities. Like the earlier dearth, the present plethora of information on Tibetan literature is attributable to historical circumstance—in this case, the tragic diaspora of Tibetans that began in 1959. In that fateful year, an abortive revolt against the eight-year occupation of the country by the Chinese led to the flight, to India, of Tibet's spiritual and temporal ruler, the Dalai Lama, who was followed into

TIBETAN LITERATURE

Studies in Genre

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and Roger R. Jackson

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exile by nearly 100,000 of his compatriots. In the ensuing years, while Tibet itself has suffered terrible depredations at the hands of its occupiers, exiled Tibetans have preserved their culture in small communities throughout India and Nepal and, increasingly, in Europe and America. The dispersal of thousands of Tibetans—many of them deeply learned in their own traditions—coincided with the rise, in the 1960s and 1970s, of a fascination among Westerners, particularly the young, with all things Asian. First in Nepal and India, and later in the West itself, contacts between Westerners and Tibetans became increasingly common. One of the fruits of this encounter was a quantum leap in the quantity and quality of Western scholarship about Tibet.

Despite this increase in Western knowledge of Tibetan literature, its study is still, relatively speaking, in its infancy—especially in comparison to the work that has been done on the literatures of India, China and Japan. Only a tiny portion of the vast Tibetan corpus has been translated into or discussed in Western languages, and the works that have been translated are overwhelmingly on religious and philosophical subjects. This reflects the fact that the majority of Tibetologists have been motivated, initially at least, by religious curiosity, and this has, unfortunately, helped create the mistaken impression that Tibetan literature is exclusively religious. Granted, religious works in Tibetan are numerous and influential, and highly valued by educated and simple Tibet-

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- ago.

ans alike, but there is much else in the corpus besides: lyric and epic poetry, at least one novel, and discussions of a wide range of arts and sciences, including grammar, politics, medicine, law, art and architecture, and even erotics. Even among Tibetologists, appreciation of the range and variety of Tibetan literature has grown slowly, and the evidence for it has tended to be published piecemeal, primarily in scholarly articles tucked away in obscure journals or edited volumes. It is a central purpose of this volume to help remedy this situation by bringing together under a single cover a series of essays that will convey at least a sampling of the tremendous range of genres actually represented in Tibetan literature, and convey, too, a sense of our present knowledge of these genres. ■

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Near the village of Trout Creek in the Catskill Mountains of New York State, Padma Samye Ling is growing. The Venerable Khenchen Palden Sherab Rinpoche and the Venerable Khenpo Tsewang Dongyal Rinpoche, masters of the Nyingma lineage of Tibetan Buddhism, have blessed the land and named it Padma Samye Ling, which means Inconceivable Land of the Lotus. This summer the community building, containing a large kitchen, bathrooms and showers, was completed.

Padma Samye Ling is named and modeled after Samye, Tibet's first monastery, founded in the eighth century by King Trisong Detsen, the Abbot Santarakshita, and Guru Rinpoche. Samye became the cen-

ter of Tibet's Buddhist culture, functioning as a center for the arts, medicine and astrology as well as for Buddhist training and scholarship. It was at Samye that the first translation of the entire body of Buddha's teaching from Sanskrit into Tibetan was made.

Padma Samye Ling is envisioned as the mandala where a similar transplantation of Tibetan Vajrayana Buddhism can happen. Envisioned for the future is a large shrine room and teaching hall intended to house an extensive library of scriptures and commentaries.

For more information, please write or call: Padmasambhava Buddhist Center, P.O. Box 1533 Old Chelsea Station, New York, NY 10011. Tel. 212-683-4958. ■

Land of Dharma: PADMA SAMYE LING



Above: Venerable Khenchen Palden Sherab and Venerable Khenpo Tsewang Dongyal Rinpoche. Top: The Keuru Ling Community Building at Padma Samye Ling. Photos by Ron Wagner.



Tibetan Restaurant Opens in LA

"Taste of Tibet," a restaurant owned and operated by recent Tibetan arrivals, opened last May in Los Angeles. The 29-year-old owner, Mr. Kelsang, came to India from Labrang, Amdo in 1986, and in 1991 moved to Los Angeles as part of the Tibetan Resettlement Project. His sister and another Tibetan friend also work at the restaurant.

The menu features four kinds of momos, three kinds of tukpa, and

Tibet-style beef sausage prepared according to Mr. Kelsang's own special recipe, as well as a variety of vegetable, noodle, tofu and meat dishes. Dara, a Tibetan-style yogurt and fruit smoothie, and butter tea complete the meal.

Be sure to check them out next time you're in the area!

Taste of Tibet, 11110 Olympic Blvd., Los Angeles, CA 90064, tel. 310-473-7311. Open 11AM to 9PM, Monday through Saturday. ■

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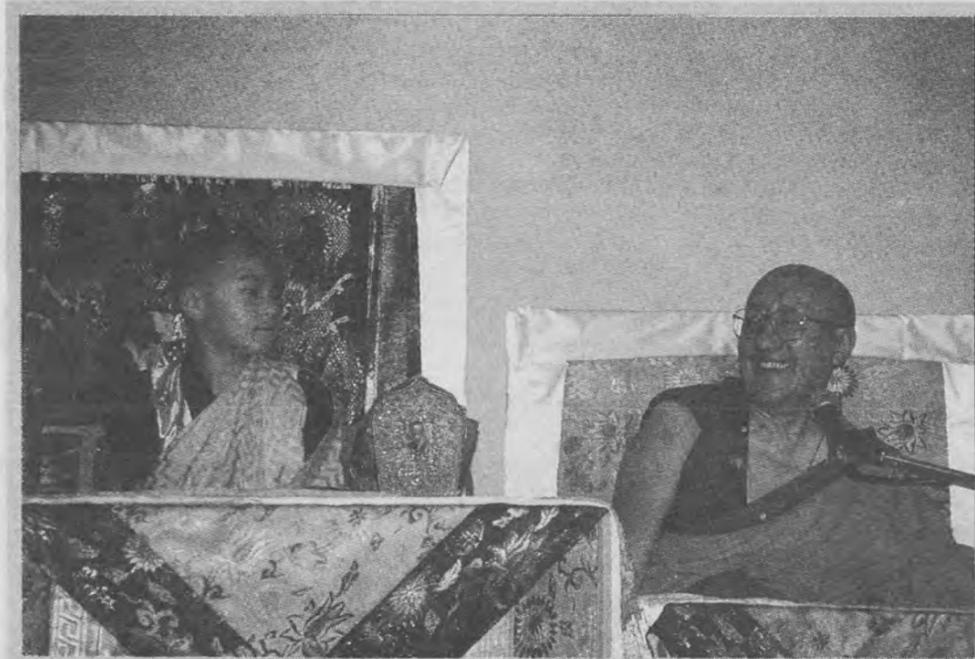
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Desert Dharma: H.E. Kalu Rinpoche and V.V. Bokar Rinpoche Visit Tucson



On July 9 and 10, over 400 people from Tucson, Arizona and surrounding areas of the Southwest received teachings, blessings and empowerments from His Eminence Kalu Rinpoche and the Very Venerable Bokar Rinpoche. The Rinpoches visited Tucson as part of their lengthy journey through North and South America and Asia.

This is the first time that the present Kalu Rinpoche, almost five, has visited North America. The previous Kalu Rinpoche passed away in 1989. His reincarnation was officially recognized in 1992 by His Holiness the Dalai Lama, Tai Situ Rinpoche, and other advanced beings.

The scheduled public events included two afternoon teachings by Bokar Rinpoche, "Compassion and Bodhicitta" and "Meditation and Daily Practice." On the two consecutive evenings, Kalu Rinpoche and Bokar Rinpoche gave Refuge and Chenrezig and Vajrasattva Blessings and Empowerments. Over 100 individuals took Refuge during the two-day event, which was facilitated by the Bodhisattva Institute.

Karma Tenpa Gyeltsen, spiritual director of the Bodhisattva Institute, was a student and disciple of the previous Kalu Rinpoche, from whom he took monastic vows in 1983. Since receiving ordination, he dreamed of returning to his hometown of Tucson and establishing a Dharma center. In February of 1994 he opened the Bodhisattva Institute in Tucson, a small Dharma center providing a supportive environment for daily practice and learning. However, interest in the Dharma was so strong that the Institute's space and resources were soon overwhelmed. Consequently, one year later Tenpa unveiled the architectural plans for Chang Chub Ling, Place of Enlightenment, an envisioned temple and monastery which will serve the needs of Tibetan Buddhist monks, nuns and lay followers. These plans previously had received the blessings of His Holiness the Dalai Lama, His Eminence Tai Situ Rinpoche, His Eminence Kalu Rinpoche, the Very Venerable Bokar Rinpoche, the Venerable Bardor Tulku Rinpoche and the Venerable Lama Lodru Rinpoche. The name, Chang Chub

Ling, was suggested by Tai Situ Rinpoche. That was the name of the previous Kalu Rinpoche's first monastery in Bhutan after he left Tibet.

Moved by the warm and appreciative reception that Kalu Rinpoche, Bokar Rinpoche and entourage had received in Tucson, and by the energetic efforts of Tenpa to firmly plant the Dharma in the West, Lama Gyeltsen, the present Kalu Rinpoche's father, spontaneously addressed the audience during the second evening. He urged all to support the work of the Bodhisattva Institute in whatever way they could in the monumental task of constructing Chang Chub Ling, noting that it should not be "the burden of one man, one monk," here referring to Tenpa. As a sign of his support, Lama Gyeltsen promised to provide a large golden statue of Buddha Vajradhara for the new temple and several lamas from Kalu Rinpoche's monastery in Sonada to serve as ritual masters and teachers for Chang Chub Ling.

Kalu Rinpoche, Bokar Rinpoche and entourage left Tucson on July 11, promising to return soon. In the

LIBERATION BY SEEING Contemporary Buddhist Art

In this year's Second Annual Exhibition of Contemporary Buddhist Art—the only national exhibit of contemporary Buddhist art—83 works from 43 artists were selected from over 400 submissions from the US, Canada, Italy and Japan.

This is a wonderful opportunity to see Buddhism taking visual form in the American imagination. American craft forms—quilting, wood turning and stained glass—

extend the presence of Buddhism into ordinary life, while other media—sumi-e, oils and prints—confirm its impact on fine art.

Open from September 23 to October 22, 1995 at the Gallery of the American School of Japanese Arts, 602 Wilson St., Santa Rosa, CA. Tel. 707-523-1950. Sponsored by the Gold Ridge Sangha, A Vajrayana Buddhist Center founded by the Very Venerable Kalu Rinpoche. ■

meantime, the Bodhisattva Institute looks forward to an upcoming October visit by Khenpo Tsultrim Gyamtso Rinpoche, accomplished yogi, scholar and master of the Kagyu lineage. This will be followed by a November visit by Lama Lodru Rinpoche.

The Bodhisattva Institute warmly welcomes the financial

support of others. Inquiries about the Bodhisattva Institute, Chang Chub Ling, upcoming events, or about audiotaped and videotaped recordings of the recent two-day event should be directed to: Bodhisattva Institute, 714 N. Desert Avenue, Tucson, AZ 85711. Tel: 520-325-2272. ■

Peter Gold's East Coast Tour Autumn 1995

Peter Gold is the author of *Tibetan Pilgrimage*, *Altar of the Earth*, and *Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit*, all available from Snow Lion.

New York City

Oct. 16-17 *Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit* lecture series and book signing at the American Museum of Natural History.

Oct. 20 *Whole, Hale and Holy: Native Ways of Spiritual Living* slide lecture at the New York Open Center.

Oct. 22 *Whole, Hale and Holy: Native Ways of Spiritual Living* slide lecture at the Jacques Marchais Center of Tibetan Art, Staten Island.

Cambridge, MA

Oct. 27-28 *Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit* evening lecture and day-long workshop at Interface Center. ■

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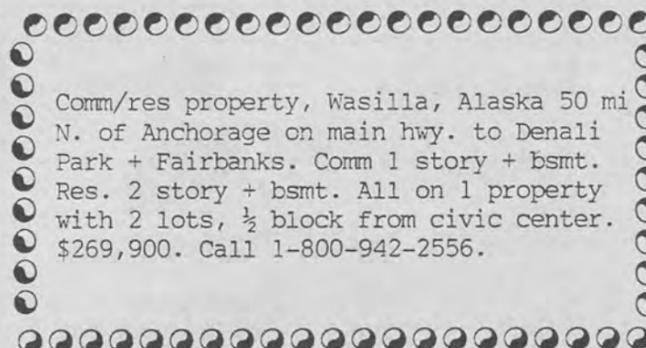
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Bon Children's Home

by Dr. James Manganiello

Geshe Nyima Dakpa Rinpoche, director of the Bon Children's Home at the principal Bon monastery in Dolanji, India, established the Bon Children's Home in July of 1988. His aim was to provide living and study facilities for the needy children of the Bon communities of Bhutan, Sikkim, Tibet, Nepal and India. Bon is Tibet's native spiritual and cultural tradition. The Dalai Lama acknowledges Bon as a tremendously rich native Tibetan spiritual tradition that has contributed to Tibetan Buddhism's unique character.

Parents of the Children's Home residents are often too poor to support their children's education. Initially there were 45 children in residence. Living conditions are extremely difficult now. The number of children has grown tremendously in the past seven years, while resources to care for them have not. Rinpoche is now responsible for more than 112 children ranging in age from 6 to 16.

Children at the Bon Children's Home are in desperate need of food, medicine, vitamins, blankets, toys, personal hygiene products and staff. Food is alarmingly scarce. Children are now sleeping three or more to a bunk bed and many have been forced to sleep on the floor. Many are ill and, because of crowded sleeping and living arrangements, infections spread rapidly. Medical care is not available locally.

The Bon teachers have been especially generous in sharing their spiritual wealth with the West. It would be a gesture of awareness and compassion if we assisted them with their material needs. Please consider helping the Bon Children's Home. There are three ways that you can do so:

(1) Sponsor a child for only \$22 a month. This would make a great difference in a child's life by covering most of her or his needs. Each sponsor will receive a photo and biography of the child as well as personal letters from him or her and annual progress reports from an administrator.

(2) Make a financial donation to one of the specific needs of the Bon Children's Home such as, for example, space, food, toys, vitamins or, among others mentioned above, staff. Just specify on your check or money order how you would like your contribution used.

(3) Make a general financial donation which Geshe Nyima Dakpa Rinpoche will use to meet one or more of the needs at the Bon Children's Home.

Please send your tax-deductible contribution made out to Ligmicha Institute, Bon Children's Home Fund, to Ligmicha Institute, P.O. Box 1892, Charlottesville, VA 22903. Call Dr. James Manganiello at (617) 661-9400 for further information. ■

Teaching Schedule of LAMA SURYA DAS

Nov. 10-12 Open Center, NYC—212-219-2527
 Jan. 9-14 Dzogchen Foundation Retreat, Dover, MA—617-628-1702
 Jan. 24-29 Breitenbush Retreat, Portland, OR—503-846-6332
 Jan. 31-Feb. 4 Cloud Mountain Retreat, Seattle, WA—206-286-9060
 Feb. 13-18 Angela Center, Santa Rosa, CA—707-539-8701
 Feb. 18-23 Esalen, Big Sur, CA—408-667-3000
 April 4-7 Barre Center, Barre, MA—508-355-2347
 June 7-16 Angela Center, Santa Clara, CA—707-539-8701
 July 7-12 Omega Institute, Rhinebeck, NY—914-266-4444
 July 19-Aug. 15 Dzogchen Foundation Retreat, Canandaigua, NY—617-628-1702

For more information: Dzogchen Foundation, PO Box 734, Cambridge, MA 02140-0006, 617-628-1702

(Snow Lion's new book by Nyoshul Khenpo Rinpoche & Lama Surya Das, *Natural Great Perfection*, is available now. See page 7 of this newsletter.)

Tibet House UPDATE



Tibet House is currently organizing a European tour for their exhibit of Tibetan paintings and sculpture, *Wisdom and Compassion II: The Sacred Art of Tibet*. The show opens in Bonn, Germany on May 9, 1996 with 175 works, most from the original exhibition, but supplemented with a number of never-before-seen masterpieces. The exhibit will also travel to Barcelona and to three venues in Japan in 1996 and 1997.

A *Peacemaking Conference* is being organized for the fall of 1996. Guest speakers will include His Holiness the Fourteenth Dalai Lama and other Nobel Laureates. The aim of the conference is to actualize nonviolent solutions to

the multitude of social problems which plague urban America. Shantideva's *Guide to the Bodhisattva Way of Life* will serve as a model for the conference. His Holiness will teach this text's techniques of transforming hatred into dynamic tolerance and developing universal responsibility through compassion.

The annual Carnegie Hall Benefit is being held Monday, February 19, 1996. The benefit consists of a concert directed by composer Philip Glass and a post-concert supper party. The 1994 and 1995 concerts included performances by Natalie Merchant, Paul Simon, David Byrne, Spalding Gray, Allen Ginsberg and many other generous

artists. Benefit tickets will be available at the Carnegie Hall Box Office six weeks prior to the concert.

In addition to special events, Tibet House regularly arranges programs held at the New York Open Center. Lectures, seminars, workshops and classes exploring various facets of Tibetan culture are offered in the spring and fall semesters. A program schedule is published biannually in the newsletter, *The Tibet House Drum*.

If you would like to join Tibet House or support their activities, please contact: Tibet House, 241 East 32nd Street, New York, NY 10016. Tel: 212-213-5592. Fax: 212-213-6408. ■

MYRIAD WORLDS

Continued from page 5

The universe is considered from the point of view of its origin and its configuration. Its origin is explained in terms of a complex, transmutable relationship between mind and matter, a connection that becomes apparent as one progresses through the text. By contrast, the conclusive Dzog-chen treatment of the origin of the universe dispenses with the dualistic perspective, revealing the "Majestic Creative Principle of the Universe" to be intrinsic awareness alone. The configurations of the world-systems do not vary dramatically in the various cosmologies; they differ only in that they are described as having finite or infinite numbers of world-systems. These worlds are arranged in the same ba-

sic pattern of an *axis mundi* (Mount Meru), with surrounding mountain ranges, four continents, and so forth. Sentient beings are classified within a single world-system model. The various parts of Mount Meru, the continents, and the oceans are inhabited by beings whose lives are progressively more refined the closer their abodes are to the top of Mount Meru, with the highest worldly states of existence found in the form and formless realms above the mountain.

Kongtrul delineates four levels of cosmology: the numerically definite cosmology of the Individual Way, the cosmology of infinite buddha-fields of the Universal Way, the cosmology of the Tantra of the Wheel of Time (Kalacakra), and the non-cosmology of the Dzog-chen,

or Great Perfection, system. The author introduces the cosmology of infinite buddha-fields in the first chapter and then narrows the focus of his discussion to Endurance (Saha), our own world-system, in the second chapter. In the third chapter, he begins his discussion of the perspective of the Wheel of Time; this he continues in part in the fourth chapter, where he also investigates the mechanisms of conditioned existence. In this way, he explains first the cosmology of infinite buddha-fields, then the numerically definite cosmologies, and finally the openness that constitutes the underlying reality of the universe, beings, and buddhas: the primordial purity of the universe that is presented in the Dzog-chen system. ■



JEWEL HEART

ANNUAL WINTER RETREAT

December 27, 1995-January 3, 1996

Kyabje Gelek Rinpoche will give Guru Yoga Teachings on Lama Chöpa and Mahamudra.

These teachings may be given to Vajrayana initiates only.

Call or write for information - Registration closes Dec 1st

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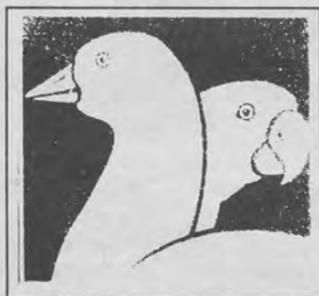
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The Tibet Fund's primary mission is to help support and strengthen the Tibetan refugee communities and thus assure the

survival of Tibetan culture and religion, which is currently threatened in its native land by the occupation of the People's Republic of China.

Your contribution will directly impact the lives of Tibetans living in exile. You can choose to assist a child, college student, monk or nun, or to allocate funds to a vital project in the areas of education, community development, religion and culture, or health. General donations to the Tibet Fund are also welcomed.

For more information contact The Tibet Fund, 241 East 32nd Street, New York, NY 10016. Tel: 212-213-5011. Fax: 212-779-9245. ■

Send Thanks to Ted Koppel and ABC

On September 13 ABC Network's Nightline aired a half-hour program on Tibet featuring an interview with His Holiness the Dalai Lama by Ted Koppel. We are encouraging everyone, even if you didn't get a chance to see this show, to contact Nightline News to thank them for airing such a strong state-

ment on Tibet: Mr. Ted Koppel, c/o ABC Nightline News, 1717 Desales St. NW, Washington, DC 20036. Tel: 212-456-1000 (general information; ask for voice mail); or 202-222-7777. Thanks to Dechen Wangdu twa@igc.apc.org for bringing this to our attention. ■

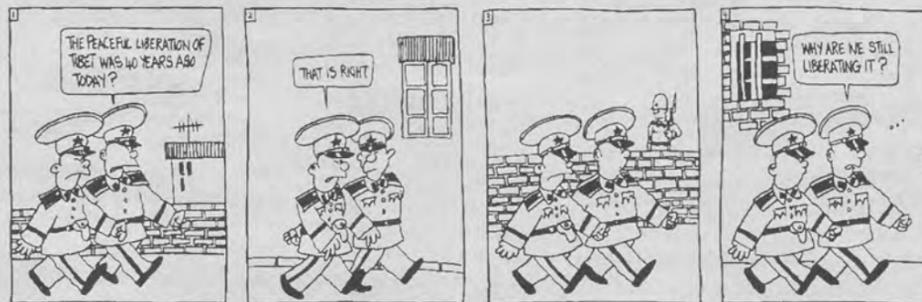
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We would like to know if you would like to have any books or other dharma items that are not listed in this current issue of the Snow Lion newspaper. Please contact us with your request—we may be able to special order it. Snow Lion tries to offer most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

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NEW FROM WISDOM



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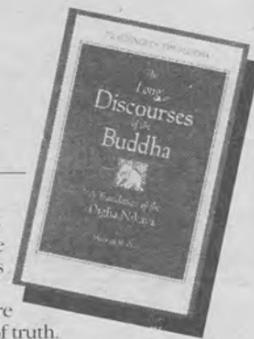
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**WISDOM PUBLICATIONS
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JEANNE KRISTAL

Continued from page 5

derstand what these are all about. There's also something that happens to the space at large. Aside from the obvious qualities that bringing a sacred image into a room will produce, there's something that I call "glass magic". Any well-made, color balanced window will definitely transform a space. There again, it's in the nature of stained glass. So no matter what kind of mechanical gabbing or level of unconscious activity is going on at the time, when the thangkas are brought into a space, a hush falls and people naturally become more aware and respectful.

Q: Are there things you do when beginning a thangka that go beyond the technical preparations?

A: Before I start a piece, I gain knowledge and understanding of the space, energy, and presence of the deity and then infuse that into the thangka as I'm working on it. Obviously, this takes voyaging skills because I don't have years to specialize on each invocation. But I do believe that a higher necessity helps me to produce these working artifacts and carries me a long way in this regard.

Q: How do you decide which deities to portray?

A: At first I mostly asked my teacher for suggestions. More recently I have been doing all commissioned work. I enjoy this because it presents me with challenges both artistically and also in getting beyond my natural inclinations toward certain forms and figures by getting involved with what others choose. It broadens my perspective and level of appreciation. I also do pieces out of a sense of devotion that arises out of my own spiritual practice.

Q: How did you become interested in Tibetan Buddhism?

A: There again, the first time I heard the word "Tibet", bells literally went off inside my head. I read *The Tibetan Book of the Dead*, which both drew me in and confounded me. Although I have never made the cultural scene in this country of following the crowd from one ceremony to the next function, I have been with someone for the last fifteen years who is truly the embodiment of an acharya teacher. Extremely non-formula and at this time absolutely non-public.

Q: Apparently, you've succeeded in blending your artistic work with your spiritual work. Who were, or are, the biggest influences on you both artistically and spiritually?

A: Aside from my glass teacher and spiritual sponsor, I should mention my father, Don Gibbins, who is an artist to the very core of his being. I've spent thousands of hours watching his hands produce works of genius. It was partly from him that I learned that it's okay to include innocent humor in serious art.

There are also some very good contemporary Buddhist artists out there right now whom I admire, in particular, the painter Robert Beer. Technically, he's unbelievable, and his sense of innovativeness within a traditional artform is totally inspirational to me. His work is beyond beautiful.

Q: You mentioned that you are commissioned to do glass thangkas. Anyone we know?

A: I was commissioned to do the first Cittipatti window for E.J. Gold and just recently, I was asked to do a Kwan Yin for Dharmacrafts for the cover of their upcoming publi-

cation. Last year I was very pleased to have the opportunity to gift a special piece to the Dalai Lama. Friends have also been very supportive in getting these pieces recognized.

Q: What are your plans for the future?

A: To stay in the present.

Dr Greene was a student of H. H. Dudjom Yeshe Dorje Rinpoche and is currently engaged in bringing ethics and compassion into the medical field.

For more information on Jeanne Kristal's stained glass thangkas, contact: Original Light Studio, attn. Marta Jones, PO Box 22693, Santa Fe, NM 87502, 800-488-3402. ■



Jeanne Kristal in her studio. Photo by Colleen Rowe.

Snow Lion on the World Wide Web

Snow Lion Publications has a fully capable information site on the Internet's World Wide Web. The URL (uniform resource locator) for this site is:

<http://www.well.com/user/snowlion/>

and it contains a lot of information; it can be viewed with benefit by a text browser like Lynx, though it has some graphics and is best viewed with NetScape, Mosaic, Cello, or Web for Windows from EInet (these browsers and more are available on the Internet). We currently have our complete cata-

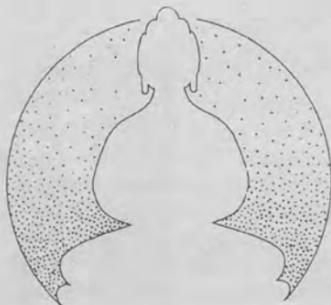
log on-line plus news and cultural information, some of which is not in the newsletter. There will be some archiving of news and cultural information.

The Snow Lion Web Site will be updated at least fortnightly, and contains links to information about Tibet on the Internet and elsewhere.

We hope that you enjoy browsing the Snow Lion Web page, and we welcome your comments.

Calvin D. Smith
Snow Lion Publications
75061.1026@compuserve.com ■

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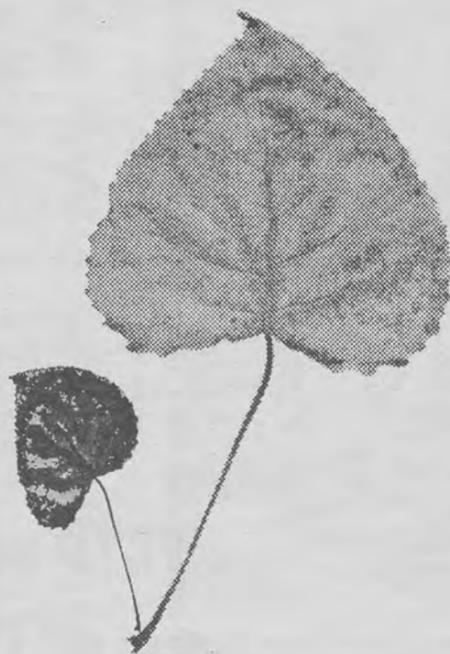
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NATURAL GREAT PERFECTION

Continued from page 7

in one instant of self-arisen awareness, this dawn of Vajrasattva—the self-born innate awareness wisdom—shines forth like a blazing inner sun. When you relate to this self-arisen innate awareness wisdom, when you practice Dzogchen as it actually is, this fleeting human existence is instantaneously made meaningful. And not just this life, but all our lives are made meaningful, as well as the lives of all those who have been connected with us. This experience of the natural state of the luminous innate Great Perfection implies the annihilation, the crashing into dust, of all forms of self-clinging and duality, of clinging to the concrete reality of things,

to their appearances.

The inherent freedom of being is spontaneously, primordially present. All delusory perceptions are naturally nonexistent in this dawn of innate awareness wisdom. The proliferation of karma and klesha is based on dualistic clinging, ignorance: in the light of nondual awareness, the kleshas do not obtain. Everything "falls apart" because it is inherently unborn from the beginning; and the freedom of perfect being, of *rigpa*, spontaneously present since the beginningless beginning, is clearly and thoroughly realized in that very moment. ■

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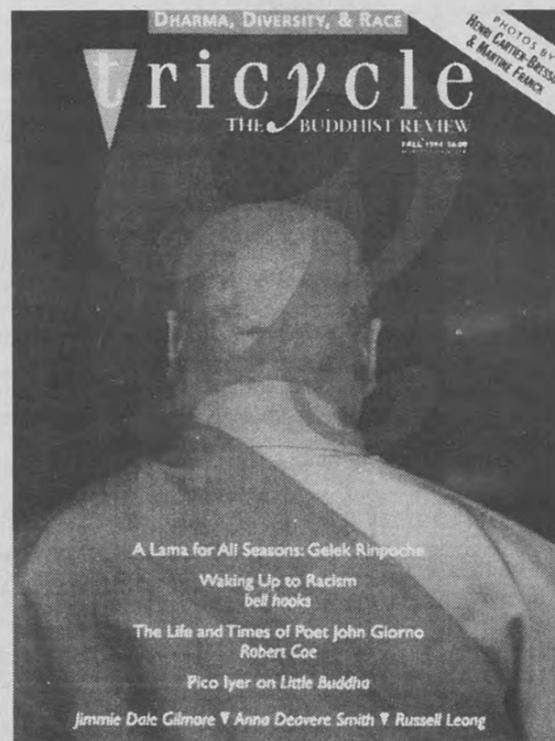
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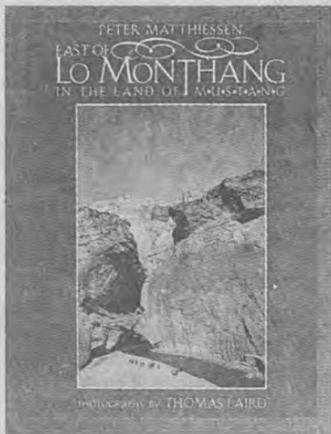
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CEREMONIES OF THE LHASA YEAR
by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELHYE \$24.95

Hugh Richardson provides his own first-hand pictorial account of the calendar of spectacular rituals and festivals that occupied the entire populace of Lhasa—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting. Richardson was head of the last British and first Indian missions to Tibet before the Chinese takeover.

NEW!



EAST OF LO MONTHANG: In the Land of Mustang

by Peter Matthiessen, photos by Thomas Laird. 192 pp., 9 x 12", 160 color photos, #EALOMO \$35 cloth

This is a photo-documentary of two men's journey into the once-forbidden Himalayan region called the Kingdom of Mustang. From the city of Lo Monthang, popularly known as Mustang, the pair began a horseback adventure across arid plateaus and through narrow river chasms. Together, in word and image, they reveal a place where mountains five miles high cast their shadows over the deepest canyon in the world, where nomads live herding their flock on desolate slopes and fear the nightly advance of the deadly snow leopards.

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 un-



matched anywhere in the world. This art has become Bhutan's most powerful emblem abroad. *From the Land of the Thunder Dragon* 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 \$90

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. The author 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

"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

"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—*The Mirror*

"A clear and straightforward guide to the inner world of this sacred art."—*NAPRA Trade Journal*



The Invincible Amdo Tibetans
by Paulius Normantas

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.

A PORTRAIT OF LOST TIBET

by Rosemary Jones Tung, Photographs by Ilya Tolstoy & Brooke Dolan. 224 pp. #POLOTI \$15.95

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

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), in 1942. Their ten-month trek produced thousands of photographs and the best pictorial study of Tibetan civilization in existence.

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's photos of Tibet are

remarkable in quality and composition. His Holiness has written the captions for the photos and also essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

NEW!

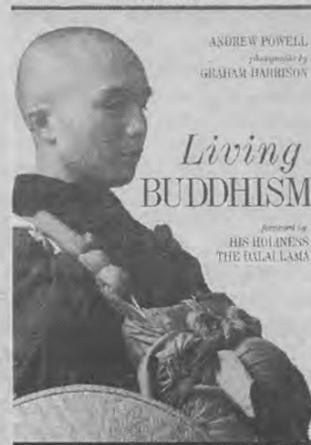


THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

photos by Vannessa Boeye, text by Clara Marullo. 156 pp., 100 full-color photographs, 11 x 11", #LAFOKI \$40

Opened in 1992, the doors to Mustang were unlocked and a few foreigners made arduous trek to photograph and write about this fabled land. This book is a riveting account of the authors' experience and a unique view of the society that exists there. It is an evocative visual record of some of the most dramatic and beautiful landscape in the world.

NEW!



LIVING BUDDHISM
by Andrew Powell, photos by Graham Harrison. 200 pp., 150 color plates, 8 1/2 x 11", #LIBUD \$24.95

This is a photographic treasure house that immerses the reader in the landscapes of the Buddhist East—Tibet, China, Japan, Sri Lanka, Thailand, Burma, Nepal, and India. The author and photographer visited Buddhist communities and interviewed some of the religions's leading figures, including the Dalai Lama.

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 commentary, capture the "forbidden city" in ceremonies, at home with families, at work, and at play. *Lost Lhasa* shows us Tibet as it was.

NEW!

MANDALA

by Jose and Miriam Arguelles, for. by Chogyam Trungpa. 144 pp., 8 1/2 x 11", 81 b&w illus., 11 color illus., line art, #MAN \$20

This is one of the first books to present comprehensively the principle of the mandala, the center as a universal image, a vision, a way of growth, a ritual technique and an essential life process.

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 flowering 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.

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

NEW!

LIVING TIBET
The Dalai Lama in Dharamsala

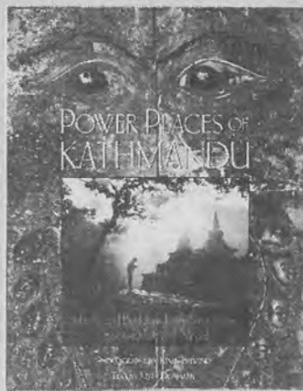
Photographs by Bill Warren, Text by Nanci Rose
138 pp., 160 color photos, 8 x 10 1/2", #LITI \$26.95

Sheltered by the Himalayas of northern India, Dharamsala has been the home of His Holiness the Dalai Lama of Tibet and the government and cultural headquarters for the Tibetan people since 1960. In *Living Tibet: The Dalai Lama in Dharamsala*, photojournalist Bill Warren and writer Nanci Rose take the reader on a colorful and informative journey through the winding streets and behind the scenes of this unusual place. Sensitive and delightful portrayals of monks, nuns, artists, children, the elderly and working Tibetans reveal the rich tapestry of life in Dharamsala—there is an exclusive section on the Dalai Lama, and

LIVING TIBET
THE DALAI LAMA IN DHARAMSALA



also on the Nechung Oracle. *Living Tibet* is an engaging and dramatic exploration of Tibet's rich artistic and cultural heritage as preserved in one of the most successful refugee communities in history. For an authentic experience of Tibetan culture in exile, there is no better guide than *Living Tibet*.

NEW!

**POWER PLACES OF KATHMANDU:
Hindu and Buddhist Holy Sites in the
Sacred Valley of Nepal**

by *Keith Dowman*, photos by *Kevin Bubriski*. 144 pp., 108 color photos, 10 1/2 x 13 1/2", #POPLKA \$39.95 cloth

In Nepal's Kathmandu Valley, numerous power places—focal points of divine energy—open their windows into the realm of the gods. Geomantic forces, divine myths, and human history and legend combine to make these locations potent sources of spiritual revitalization and psychic renewal. *Power Places* captures for the reader their mystery and grandeur. This is a gorgeous photo book that follows the pilgrimage routes through Kathmandu, Patan and Bhaktapur.

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 accounts of British India, here the narrative is founded on the Bhutanese chronicles which offer a new perspective. The ethnic and historical context is outlined before recounting the turbulent career of the Black Regent.

**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.

NEW!

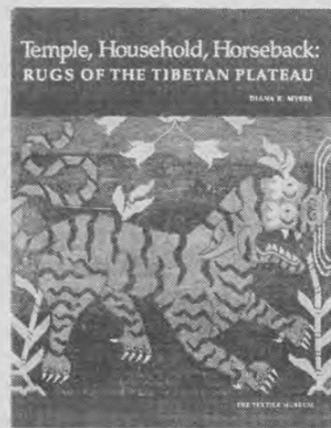
SACRED MOUNTAINS OF ASIA

ed. by *John Einarsen*. 151 pp., 8 1/2 x 11" 135 b&w photos and illus. #SAMOAS \$16

"To see the greatness of a mountain, one must keep one's distance; to understand its

form, one must move around it; to experience its moods, one must see it at sunrise and sunset, at noon and at midnight, in sun and in rain, through all the seasons. He who can see the mountain like this comes near to the life of the mountain."—Lama Anagarika Govinda

Twenty-nine pieces celebrate many sacred peaks through prose, art, photographs, poetry and spiritual texts.



**TEMPLE, HOUSEHOLD, HORSEBACK:
Rugs of the Tibetan Plateau**

by *Diana Myers*. 111 pp., large format, 83 b&w and color photos #TEHOHO \$27.50

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

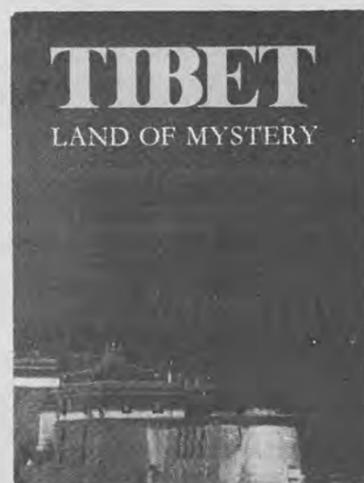
TIBET

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 was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci.

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 making this book 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

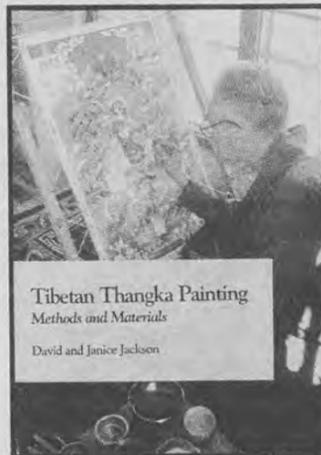
This is a photographic knockout. Many large and double-page photographs that are rich and dramatic—these photos are remarkable in their portrayal of Tibet. The book is published in Beijing and has an introduction that is supposed to tell history the way the Chinese government would like it to be. We 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.



**TIBETAN THANGKA PAINTING:
Methods & Materials**

by *David P. & Janice A. Jackson* with art & appendix by *Robert Beer*. 216 pp., 73 photos, 500 line drawings, large format, \$29.95

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 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. His many line

drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

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

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 *Marylin Rhie & 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.

The text offers unprecedented insights into the significance, purpose, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas pictured. The art spans 1,000 years from the 9th through the 19th century.

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.

NEW!

THE SAND MANDALA OF VAJRABHAIKAVA
by *Daniel Cozort & The Monks of Namgyal Monastery*. 40 pp., 4 color photos, 30 b&w photos, 9 x 8", #SAMAVA \$8.95

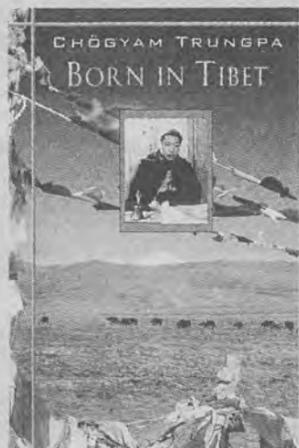
Mandalas are perhaps the world's richest religious symbols, intricate designs that in Buddhism symbolize the cosmos, the many facets of Buddhist teachings and, most of all, the ideal worlds of Buddhas. This book explains in detail the symbolism of one of the most important and colorful mandalas, that of the Buddha Vajrabhairava (wrathful form of the Buddha of Wisdom—Manjushri), created in sand by monks of Namgyal Monastery (the Dalai Lama's personal monastery). It places mandala-making in the context of Buddhist tantra and describes the process whereby a mandala is planned, executed and finally dismantled.

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.

NEW!



BORN IN TIBET

by Chogyam Trungpa. 296 pp., 36 photos, 18 line drawings, #BOTT \$15

Identified at the age of thirteen months as a major reincarnation of an enlightened teacher, Chogyam Trungpa underwent a period of intensive training in meditation, philosophy, and fine arts, receiving full ordination as a monk in 1958. He then narrowly escaped the Chinese army in Tibet—this memoir concludes with his safe arrival in India and his life in the West.

BUDDHA: His Quest for Serenity

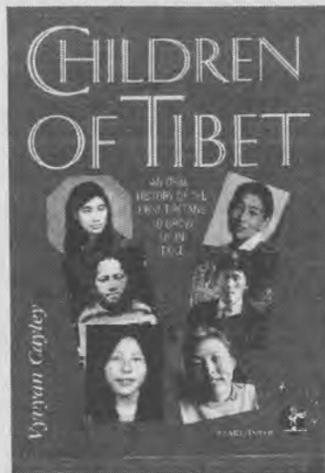
by George Marshall, intro. by Huston Smith. 240 pp. #BUQUSE \$15.95

"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.



CHILDREN OF TIBET: An Oral History of the First Tibetans to Grow up in Exile

ed. by Vyvyan Cayley. 217 pp., 20 photos, maps. #CHTI \$14.95

"A refreshing contribution to the burgeoning literature on Tibet, which remains notably (and regrettably) uninterested in the day-to-day lives of contemporary lay Tibetan."—*Tibetan Review*

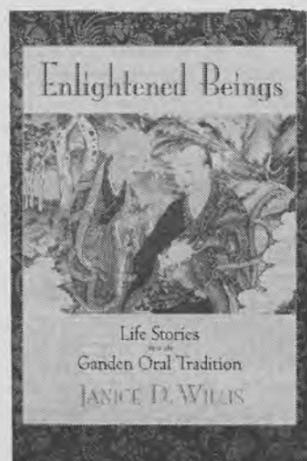
These are the personal accounts of twenty Tibetans who survived the trials and tribulations of growing up outside their homeland. They are the first generation who

were raised in exile and are living around the world. Their lives have been extraordinary in terms of the extremes of hardship they have undergone—they have endured long periods of physical hunger and sickness, the early death of parents or separation from them, spartan conditions in schools, in road-work camps and in early refugee settlements, and they have lived with a sense of the unremitting tragedy imposed upon their nation by the Chinese occupation. Their stories are full of humor and sadness and reflect their enduring faith in Tibetan Buddhism and their love and respect for their spiritual leader, the Dalai Lama.

DILGO KHYENTSE RINPOCHE

by Editions Padmakara. 16 pp., 8 color and b&w photos, #DIKHRI \$9.95

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.

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. 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. One hand-written copy of each autobiography was preserved. Snellgrove's introduction provides an account of religious practices in Dolpo which have remained practically unchanged over the last thousand years.

A GARLAND OF IMMORTAL WISHPULFILLING TREES

by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sangye Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$15.95

In the snowy land of Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. In the east, the principal monastery of these six is the glorious and powerful Palyul. This book presents a comprehensive explanation of the extraordinary Palyul tradition. Within this tradition, the Non-dual Great Seal Mahamudra-Great Perfection Ati Yoga and the Kama and Terma lineages are joined together as one great river of practice. H.H. Penor Rinpoche is the present head of the Nyingma lineage and also the head of the Palyul tradition.

NEW!

The Life of GAMPOPA
The Incomparable Dharma Lord of Tibet

Jampa Mackenzie Stewart
Illustrated by Eva Van Dam
Introduction by Lobsang P. Lhalungpa

THE LIFE OF GAMPOPA: the Incomparable Dharma Lord of Tibet

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

Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and one of the 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, and presents direct insights into the practice and realization of Mahamudra. Beautiful drawings by Dutch artist Eva van Dam illustrate this compelling and moving tale.

A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life, and provides the fullest possible picture of the development of the Kagyu lineages of Tibetan Buddhism.

Jampa Mackenzie Stewart's essay on "Mahamudra: Gam-popa's System of Meditation" and an extensive glossary help open the doors of Vajrayana Buddhism to beginners, offering fresh insights for advanced practitioners as well.



THE GREAT KAGYU MASTERS

trans. by Khenpo Konchog Gyaltzen, ed. by Victoria Huckenpahler. 240 pp. #GRKAMA \$14.95

"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

"...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. 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!

LIFE OF THE MAHASIDDHA TILOPA

96 pp. #LIMATI \$9.95

Thought to have been composed in the 11th century by Marpa, this compelling account of the complete liberation of Tilopa is accompanied by a transliteration of the original Tibetan text.

LIFE OF MARPA THE TRANSLATOR

The Nalanda Translation Committee. 320 pp. #LIMA \$15

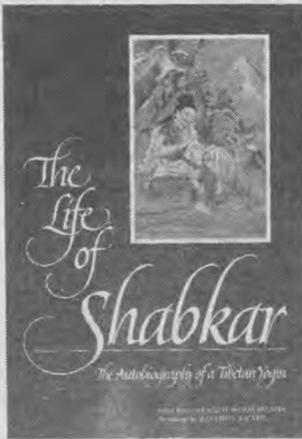
Marpa exemplifies the ideal of the person who devotes himself to spirituality without neglecting his worldly obligations. He was the student of Naropa and teacher of Milarepa. This biography paints a vivid picture of the young Tibetan's three journeys to India to study the Buddhist teachings. Despite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

BEST SELLING!

THE LIFE OF MILAREPA

by *Lobsang Lhalungpa.* 220 pp. #LIMI \$13.95

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.



THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi

trans. by *Matthieu Ricard, intro. by the Dalai Lama.* 650 pp. #LISH \$24.95

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

THE LITTLE LAMA OF TIBET

by *Lois Raimondo.* 40 pp., 41 color photos #LILATI \$15.95

This is the most impressive book we have seen on the present life of a prominent Tibetan tulku. Officially, it is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. Actually, it is an inspiration for Tibetan Buddhists of any age. Lois Raimondo presents a fascinating look at the unique life of the bright young boy who represents hope for the preservation of Tibetan culture.

LORD OF THE DANCE, The Autobiography of Chagdud Tulku

246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of great compassion. This is an account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, and of his training as a tulku. The events of his life are a rich

weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.



THE LOTUS-BORN: The Life Story of Padmasambhava

by *Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse.* 264 pp. #LOBOP \$17

This biography of the founder of Tibetan Buddhism, Padmasambhava (755-797), was written by his most important female student. A combination of history and legend, the book narrates the story of this outstanding spiritual person and also contains instructions and advice that he gave for the benefit of future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.



THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi

by *Eva van Dam.* 80 pp., large format, full-color illus. #MALIMI \$16

This is the story of the legendary exploits of Tibet's great yogi, in a full-color graphic novel.

MASTERS OF ENCHANTMENT

by *Keith Dowman,* 30 illustrations by Robert Beer. #MAEN, \$19.95 oversize paperback

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

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas

by *Keith Dowman.* 454 pp. #MAMA \$19.95

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, ed. by Joseph Campbell.* 280 pp. #LILI \$14.95

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.

In 1928, the elder monks of the Gelugpa sect of Tibetan Buddhism divined that a five-year-old boy 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.

NEW!

MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism

by *Tulku Thondup.* 478 pp. #MAMEMI \$30 cloth

Lively Biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garap Dorje these stories convey exemplify lives led in monasteries, mountains, woods, and caves--lives of great austerity and dedication, superb humility and peace, profound learning and wisdom, amazing miracles and joy.

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 meditated in caves and remote places and was dependent on the support of local people who he helped by summoning and preventing rain--very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.

REINCARNATION: The Spanish Boy Whose Destiny Was To Be A Tibetan Lama

by *Vicki Mackenzie.* 183 pp., 15 color photos, #REBOLA \$12.95

Tells the extraordinary story of an apparently ordinary Spanish child who, at the age of 14 months, was recognized as the reincarnation of Lama Yeshe, who founded many Buddhist centers in the West. It is also a riveting account of Tibetan 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. #TIISMY \$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.

TO THE LION THRONE

by *Whitney Stewart.* 55 pp. #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama which adults appreciate as much as children.

MACHIG LABDRON AND THE FOUNDATIONS OF CHOD

by *Jerome Edou*
270 pp. \$16.95

November 1

"This book provides 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 considered to be both a dakini and a deity and is the only Tibetan woman to have founded an authentic and recognized transmission lineage.

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

"Jerome Edou deftly expounds her great teaching of the Mahamudra Chod. Consider reading this book as a spiritual investment...Edou is to be commended."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess.*



AMY AND GULLY IN RAINBOWLAND

by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95

These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.

NEW!



THE BOY WHO HAD A DREAM I-15

by Ringu Tulku Rinpoche, illus. by Pankaj Thapa. 32 pages, 9 x 11", full color #BOWHHA \$12.95

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up.

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 5-10.

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, Christina Feldman, 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.

THE MAGNIFICENT TRICKSTER

by Molly Jones. 66 pp. #MATR \$9.95

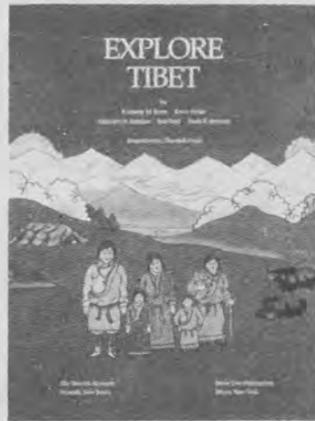
Tells the life of Milarepa, a Buddhist practitioner from eleventh-century Tibet who realized the truth through one-pointed effort and utter devotion to his teacher, Marpa. The story is perfect for young readers (ages 8-14) because it is humorous, full of action, and filled with magic and surprises.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering

by Deborah Rozman. 160 pp. #MEWICH \$14.95

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

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! Ages 3-10.



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. Ages 5 and up.

TO THE LION THRONE

by Whitney Stewart. 60 pp., large format #LITH \$8.95

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. Ages 12 and up.

"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*

"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*

TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOBO \$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.

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.) Ages 5-12.

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. Ages 8-14.

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. Ages 5 and up.

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.

THE THREE SILVER COINS: A Story from Tibet

by Veronica Leo & Tashi Daknewa

32 pp., fully illustrated, 8 x 10" #THSICO \$12.95



"This children's story has all the elements of the best folktales: magic, a kind-hearted and likable hero, and good triumphing over bad...readers also become aware of many subtle aspects of Tibetan life, making this a delightful vehicle for multicultural awareness."—*NAPRA ReVIEW*

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! Ages 4 and up.



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. Ages 8-14

WHERE IS TIBET?

by Gina Halpern. 48 full-color pages, ages 3-10, #WHIT? \$12.95 paper

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.

Brilliantly-illustrated with Tibetan images and colors, this sensitively-rendered 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. Ages 4-12.

BEST SELLING!

PRINCE SIDDHARTHA

by Landaw & Brooke. Color drawings, #PRSI \$15.95

A delightful children's book on the life of Gautama Buddha. Ages 4 and up.

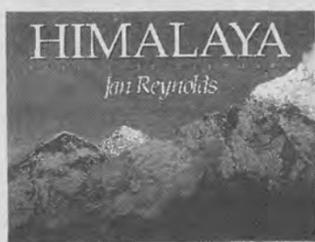
"A beautifully-illustrated picture book that successfully presents the rich cultural and spiritual heritage of this land."—Shelley Garvey, *School Library Journal*

HIMALAYA

by Jan Reynolds, 38 pp., 8 1/2 x 11", lots of color photos, ages 4-12 or for adults! #HI \$9

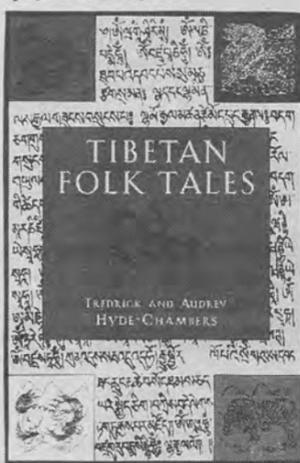
For thousands of years the Sherpa and Tibetan peoples have lived in the Himalayas, the highest mountains on earth. They survive in a land where massive peaks are covered with snow and ice all year long, and temperatures at night can drop as low as sixty degrees below freezing. Dramatic photographs and a simple narrative invite read-

ers to participate in the daily life of these special mountain people.



TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$12. See Religion & Philosophy for description.



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.

NEW!



THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha

by George Hulskramer, illus. Bijay Raj Shakya & Raju Babu Shakya. 72 pp., 8 1/2 x 11" #LIBU \$14.95

This beautiful comic book hardcover brings the story of the Buddha is historically accurate and well-illustrated. Ages 7 and up.

LEARNING FROM THE DALAI LAMA: Secrets of the Wheel of Time

by Karen Pandell with Barry Bryant, for. by Richard Gere #LEDALA \$14.99 cloth November



Here is a simple and creative introduction to the Buddhist way of life and to the teachings of the Dalai Lama. A craft book, cultural lesson, and spiritual primer all in one—this book teaches through the ceremony of Kalachakra and its sand mandala.



TINTIN IN TIBET

by Hergé. 62 pp. #TITI \$6.95

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

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., over-size, #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.

NEW!

TASSAJARA BREAD BOOK

by Edward Espe Brown. 160 pp., 2 b&w illus., 31 line drawings, #TABRBO \$12

Now with exciting new recipes—the international best-seller that is the bible for bread baking. 113 recipes for breads, pastries, desserts, and more!

THE NEW FARM VEGETARIAN COOKBOOK

ed. by Louise Hagler & Dorothy Bates. 224 pp. #NEFAVE \$7.95

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

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.

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 vegetarian food.

DALAI LAMA

NEW!

AWAKENING THE MIND, LIGHTENING THE HEART: Core Teachings of Tibetan Buddhism

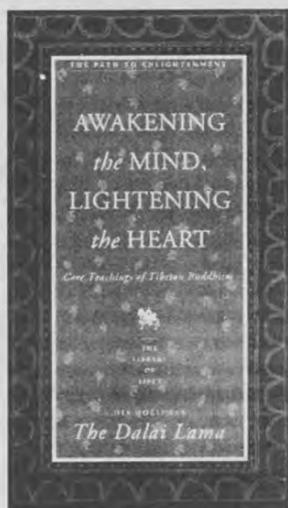
by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMILI \$20.00 cloth

His Holiness shows how the feeling and activity of compassion can be developed through simple practices that incorporate past and present relationships. He offers techniques for increasing the experience of compassion in our lives.

PATH TO BLISS

by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #PABL \$14.95

Path to Bliss presents a systematic approach to personal development through



visualization, reason and contemplation. The presentation is clear and eloquent. 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.

"...sets a new standard for accessibility and sheer pleasure of reading for translations from Tibetan."—Daniel Goleman, *Parabola Magazine*

THE POWER OF COMPASSION

by H.H. the Dalai Lama. 192 pp. #POCO \$12

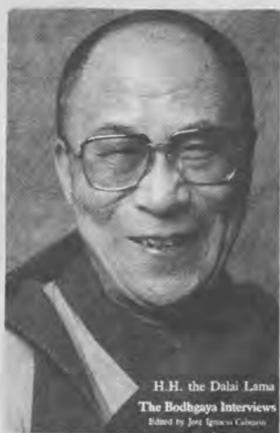
Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face the confusion

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.

THE MEANING OF LIFE

by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 130 pp. #MELI \$12.50

The Dalai Lama presents the basic world view of Buddhism while answering some of life's most profound and challenging questions. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. Edited from a series of talks given in London, the book includes the Dalai Lama's answers to both philosophical and personal questions from the audience.



THE BODHGAYA INTERVIEWS 1981-85

by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon, 104 pp., photos, #BOIN \$8.95

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

In these sparkling interviews, His Holiness the Dalai Lama 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 is a concise introduction to the principle topics and central practices of Buddhism. Included are: *The Key to the Middle Way* by the Dalai Lama—an acute and precise presentation of the nature of emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion and a clear, concise analysis of the Buddha's teaching on emptiness. *The Song of the Four Mindfulnesses*, a 7th Dalai Lama poem with commentary by the present Dalai Lama, contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

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.

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.



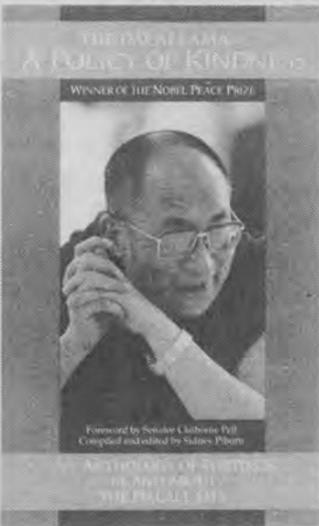
THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace

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 about individual and world peace and answers important questions.

BEST SELLING!



THE DALAI LAMA: A POLICY OF KINDNESS, compiled & edited by Sidney Piburn

152 pp., #POKI \$10.95

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

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

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

"The style with which the editor captured the essence of this remarkable individual prevails in the excellent choice of material. *A Policy of Kindness* is ideal...the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate look into the life of the Dalai Lama to his thoughts on an assortment of current topics. *A Policy of Kindness* conveys the animate personality and progressive scope of this world leader whose manner explains the book's title...elegant, inexpensive and captivating."—*The Book Review*

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. Contains:

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. This book is the sequel to *Tantra in Tibet*.



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 culti-

vation of bodhichitta, 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 remarkable childhood

THE PATH TO ENLIGHTENMENT

by The Dalai Lama
trans. & ed. by
Glenn H. Mullin
271 pp. #PAEN \$14.95



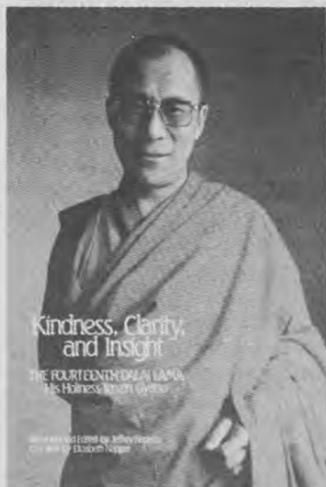
"For its down-to-earth style and rich spiritual teachings, this must rank as one of the finest Buddhist books to date."—*The Middle Way*

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 practical 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*

Path to Enlightenment is a new edition of *Essence of Refined Gold*.

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 is an excellent book"—*Choice*
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.

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 for individual and social transformation, and for the indomitable human spirit.

"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*

MY LAND AND MY PEOPLE
by the Dalai Lama. 271 pp. #LAPE \$8.95

This is the famous autobiography. It is the only life account written by the Dalai Lama himself.

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 heart-felt and readable studies of the works of the Dalai Lamas. The Second Dalai Lama's mystical poems and lyrical visions 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).

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..."—*Vajradhatu Sun*
"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. His Holiness the Dalai Lama delivered a teaching on this text before a large assembly of Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.

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

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:
Essence of Tantra by H.H. the Dalai Lama includes: tantra for practice, refuge, the three paths, greatness of mantra, clear light and initiation. Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

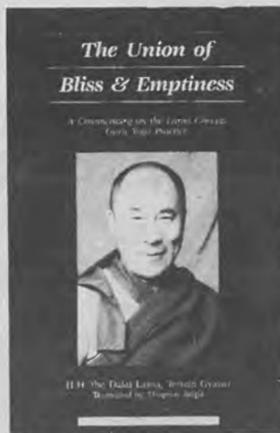
Part I of the Great Exposition of Secret Mantra by Tsong-ka-pa, is one of the principle classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the differences between sutra and tantra. Contents include: paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras.

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. 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. Whitney Stewart adds many touching stories from the Dalai Lama himself, as well as spirited illustrations to produce a book that will leave a lasting impression on young readers.

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

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



THE UNION OF BLISS AND EMPTINESS
H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

This guru yoga is widespread within the Gelug system and most followers know it

by heart. This volume also presents tantric material unavailable elsewhere. This Lama Choepa (guru yoga) practice has roots in the Vajramala tantra, 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.

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

The Way to Freedom is considered by Tibetans to be the essence of Buddhist teachings and the heart of Tibetan practice for 600. Presented in easy to understand steps, this is the essential primer on Tibetan Buddhism for both nonpractitioners and avid students.



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

Bardo Teachings discusses the experiences that occur during and after death and clears up many misconceptions that students have about the death process.

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

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

THE BARDO GUIDEBOOK
by Chogyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

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

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.

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

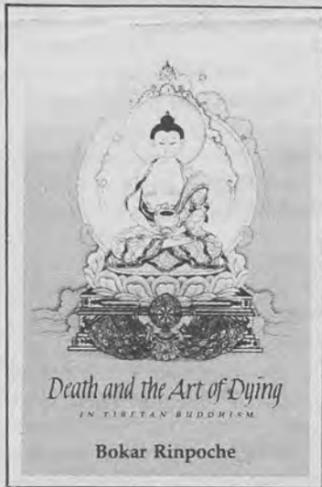
aloud to the dying to help them attain liberation. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology.

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.)



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.

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*.



DEATH AND DYING: The Tibetan Tradition

by Glenn Mullin. 251 pp. #DEDY \$11.95

This well-written book draws on nine Tibetan texts and covers such topics as: meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, methods to facilitate the transition to new modes of consciousness, and explanations of karma and re-incarnation.

"This one volume presents the Tibetan understanding of death as a whole; circumambulating it, as we might say, to view it in the round."—Prof. Huston Smith

THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos

Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$14

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.



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. The Dalai Lama offers advice on how the spiritual potential of the death experience 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*

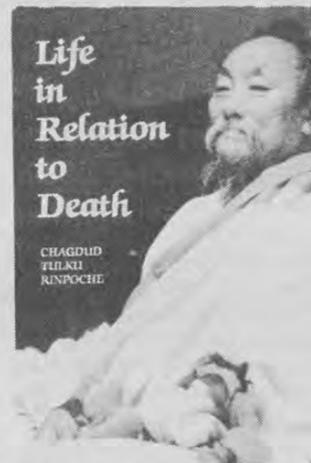
WHO DIES? An Investigation of Conscious Living and Conscious Dying

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.



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.

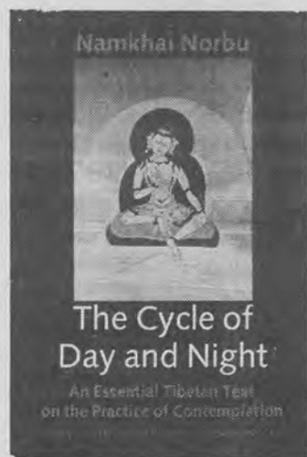
DZOGCHEN

ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation

by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

Essential teachings containing practices for meditation, for the night and for the daytime were chosen and elaborated upon by the Venerable Gyatrul Rinpoche. He offers an excellent manual for the Dzogchen meditation practices of shamatha and vipassana which was written by H.H. Dudjom Rinpoche and one of the most direct and useful dream yoga accomplishment manuals. The a third section, 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—its advice is completely in tune with the present."—Robin Cooke, *The Mirror*



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

DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT

by Namkhai Norbu Rinpoche, ed. by Michael Katz. 128 pp. #DRYO \$12.95

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

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.

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

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

DZOGCHEN MEDITATION

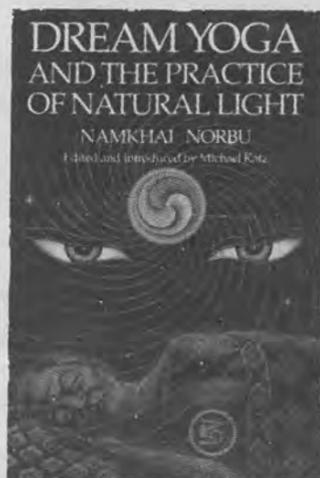
by Khamtul Rinpoche, annotated by Gareth Sparham. #DZME \$15

This is an explanation of the complete dzogchen meditation practice. It is Lochen Dharmasri's guide through a 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

Dzog-chen is the realization of the perfec-



DZOGCHEN: The Self-Perfected State

by Namkhai Norbu
ed. by Adriano Clemente
trans. by John Shane
150 pp., 5 line drawings,
#DZSEPE \$12.95 December

NEW!

Dzogchen is the essence of all the spiritual traditions of Tibet. Although it is not a religious or philosophical system, it has been incorporated into Tibetan Buddhism and is considered to be a complete and realistic means of achieving internal awakening or self-knowledge. Namkhai Norbu, a respected teacher and author of several books on Dzogchen, provides clear and concise explanations of the Dzogchen practices.

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

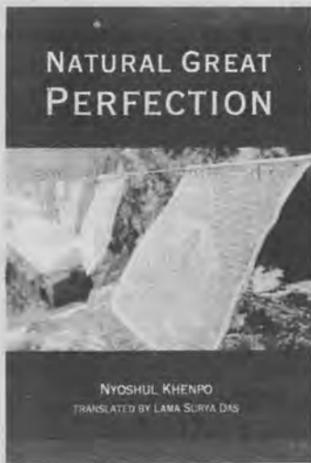
THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition

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
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. One of the most immediately accessible commentaries, and nowadays one very widely known among Tibetan Dzogchen practitioners, is that of Patrul Rinpoche, the nineteenth century Dzogchen master. Both this and one by H.H. Dudjom Rinpoche are included here. One of the main purposes of these texts is to provide the practitioner with a direct cognition of Dzogchen, the Primordial State. We apologize that this book has been delayed so long.



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

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. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

"Nyoshul Khenpo Rinpoche is a spiritual gem—the collection is an inspiration for practice, and a wonderful companion for retreat."—Daniel Goleman, author of *The Meditative Mind*

Following his autobiography, he explores with radiant clarity and the joy of a storyteller and poet, the basic teachings of Buddhism, the inseparability of 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.

HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition

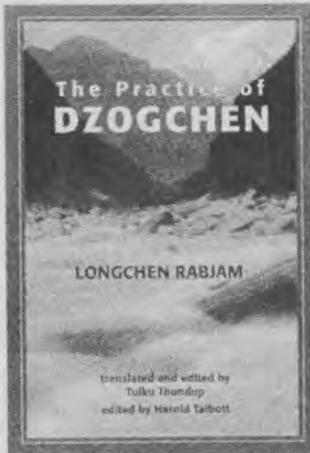
by Shardza Tashi Gyaltsen, trans. & comm. by Lopon Tenzin Namdak, intro. by Per Koerne, ed. by Richard Dixey. 200 pp. #HEDRDH \$15.95

"...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.

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.



PRACTICE OF DZOGCHEN: Writings of Longchen Rabjampa

trans. w/ commentary by Tulku Thondup Rinpoche, Ed. by Harold Talbott, 482 pp. #PRDZ \$22.95

"This is undoubtedly the most comprehensive work on the Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

The Practice of Dzogchen contains the writings on Dzogchen by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingmapa School of Tibetan Buddhism. Dzogchen 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. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself.

This book was originally published as *Buddha Mind*.

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.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$19.95 (see Religion & Philosophy section)

NEW!



RAINBOW PAINTING

by Tulku Urgyen Rinpoche. 210 pp. #RAPA \$20

Tulku Urgyen explains how we become enlightened through experiencing what is always present within us. However, stability in this unexcelled state of unity is not attained independently of proper conduct and correct view of reality. The practices of accumulating merit and purifying karma soften our rigid character. He describes the complete path of practice of becoming established in our true nature.

SELF-LIBERATION: Through Seeing Everything With Naked Awareness

Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu. 240 pp. #SELI \$14.95

The famous classic known in the West as *The Tibetan Book of the Great Liberation* has been available only in rough translation by Evans-Wentz. Now a celebrated Tibetologist reveals clearly what is said in the original, the essence of Buddhist Dzogchen teaching. Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche.

THE SIX VAJRA VERSES (Rigbai Kujyug)

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

"The Dzogchen teaching is a living knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquility, you must have experience of the state of knowledge and know how to relax. When you discover the real condition for yourself and actually find yourself in this condition, you finally discover the real meaning of relaxation. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION

by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50

Four talks by one of the leading dzogchen masters on the practice of meditation. This

small book is full of practical advice and is highly recommended.

TANTRIC PRACTICE IN NYING-MA

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*

Rinbochay's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nying-ma presentation of the Dzogchen preliminaries and practices which lead to the realization of Buddhahood. It is an oral commentary on Patrul Rinboche's *Kunzang Lamai Shelung (Words of My Perfect Teacher)*.

"...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. 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

The quest of coming to know oneself directly 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 Soon

Tenzin Wangyal explains the specific meaning of the Dzogchen 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.



ANCIENT SECRET OF THE FOUNTAIN OF YOUTH

"...tells exactly how to physically and mentally turn the aging process around... exciting reading."

Whole Life Monthly

"Written with a breathless sense of anticipation... The book can be read in one sitting, a small price to pay for the Fountain of Youth."

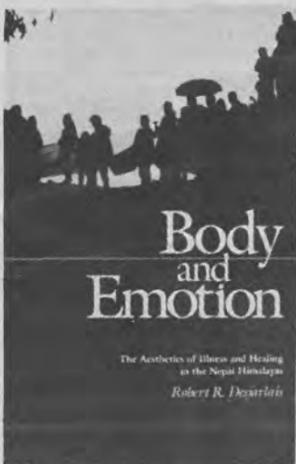
Body Mind Spirit Magazine

Peter Kelder

ANCIENT SECRET OF THE FOUNTAIN OF YOUTH

by Peter Kelder. 64 pp. #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.



BODY AND EMOTION: The Aesthetics of Illness and Healing in the Nepal Himalayas

by Robert Desjarlais. 300 pp., 27 illus. #BOEM \$16 cloth

This is an insightful study of the experience of "soul loss" among the people of the Helambu region of north-central Nepal. Robert Desjarlais served as an apprentice healer to a traditional shaman among the Yolmo Sherpa, a Tibetan Buddhist people. Through his candid observations and his privileged access to the work of the healer, the author is able to discuss the relationship between culture and emotional distress, and examine the cultural forces that influence, make sense of, and heal severe pain and malaise.

NOW IN PAPER!

THE COMPLETE HOME HEALER: Your Guide to Every Treatment Available for Over 300 of the Most Common Health Problems

by Angela Smyth. 534 pp., illus. #COHOHE \$5.99

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, as well as allopathic 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

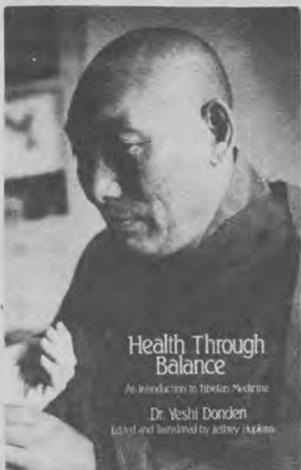
The Five Tibetans are a yogic system of simple yet highly energizing exercises that originated in the Himalayas. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle. *The Five Tibetans* take a minimum of daily time and effort but can dramatically increase physical strength and suppleness as well as mental acuity.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage

by T.J. Tsarong. 101 pp. #HATRTI \$6

Gives the composition, use, action, and dosage of 175 popular Tibetan natural drugs.

BEST SELLING!



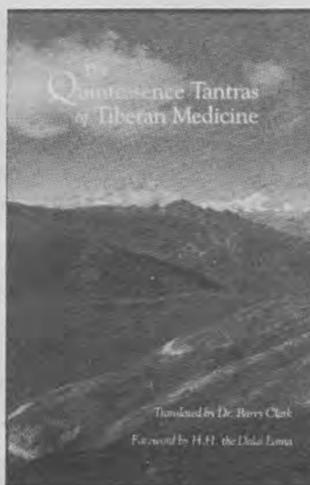
HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshi Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

"I think this book is 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 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.



THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

trans. by Dr. Barry Clark
foreword by H.H. the Dalai Lama
250 pp. #QUTATI \$22.95

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

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

"Presents clear and accurate translations of...two works of...fundamental importance in the Tibetan medical system."

—The Dalai Lama

Dr. Yeshi Donden received the traditional Tibetan medical training in Lhasa, Tibet, and served for over two decades as the personal physician to H.H. the Dalai Lama in Dharamsala, India where he re-established the Tibetan Medical Center.



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's rendition of the arts of love is more evocative and more accessible than the erotic books of India. He 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 MEDICINAL PLANTS

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

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

This is the latest book by the famous teacher who has spent his life devoted to the preservation of Tibetan medical wisdom. Here are excellent photos and descriptions of many medicinal plants giving both the Tibetan and Latin names as well as indig-

enous information about their taste, potency, action, uses and the parts that are to be utilized in medicine.



TIBETAN MEDICAL PAINTINGS
ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

This book contains the illustrations to *The Blue Beryl* treatise of Sangye Gyamtso, who was the regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori 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.



TIBETAN MEDICINE and Other Holistic Health-Care Systems
by Tom Dummer. 308 pp. #TIME \$19.95

The author, an osteopath and Tibetan Buddhist, describes the theory and practice of Tibetan medicine in a straight-forward way that Westerners will appreciate. First 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 Buddhadharmas as a basis for counselling therapy.

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

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

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

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 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 founda-

tions, 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.

NEW!

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.

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. Rappagay, well-known Tibetan physician.

HISTORY, POLITICS AND SOCIAL ACTION

ANCIENT FUTURES: Learning from Ladakh
by Helena Norberg-Hodge. 222 pp. #ANFU \$12

Ancient Futures raises important questions about the whole notion of progress, and explores the root causes of the malaise of industrial society. At the same time, the story of Ladakh serves as a source of inspiration for our own future. It shows us that another way is possible and points to some of the first steps toward humane patterns of living.

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.



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. He was denied even the most basic human rights and forced to learn the harsh lessons of prison survival. He was subjected to grinding labor, systematic starvation, and torture, yet he refused to give up his pas-

sionate 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 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. 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



CULTURAL HISTORY OF TIBET
by David Snellgrove & Hugh Richardson. 309 pp., 66 pages of photos #CUHITI \$20

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.

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.

CIRCLE OF PROTEST: Political Ritual in the Tibetan Uprising
by Ronald Schwartz. 263 pp., 2 maps, 6 photos. #CIPR \$16.50

This is an inside look into Tibetan resistance to Chinese occupation, and charts the emergence of nonviolent protest in the years since 1987—coinciding with the visit by the Dalai Lama to the USA. The violent suppression by Chinese security forces of these first demonstrations began a cycle of protest that has successfully undermined the authority of the Chinese government.

"Schwartz has done a masterful job. Everyone interested in Tibet will want to read this fascinating book, both academics and others. It has real drama."—James Seymour, Columbia University.

NEW!

THE GOLDEN YOKE: The Legal Cosmology of Buddhist Tibet
by Rebecca French. 528 pp., 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$35 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. Rebecca French, Associate Professor in the School of Law, Univ. of Colorado lived in the compound of the Dalai Lama while completing the research and has been invited to draft a constitution for post-communist Tibet.

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 lead-

ing 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.



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.

TIBET AND THE UNITED STATES OF AMERICA: An Annotated Chronology of Relations in the 20th Century

by the International Committee of Lawyers for Tibet. 81 pp. #TIUNST \$7

This is an excellent document on Tibet, Tibet-US and China-US relations in the context of major world events from 1900 to 1994. It is basically a history in brief giving dates of major and minor events in the evolution of the Tibet situation. It is as much fun as it is informative to browse this chronology!

THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

by the International Campaign for Tibet. #INTIRE \$7

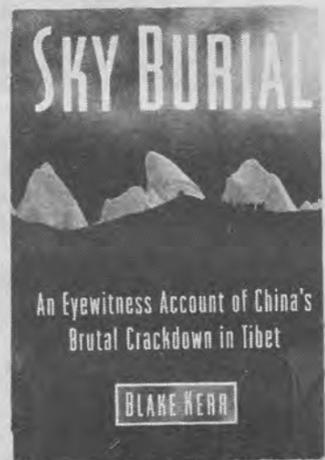
A pocket sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGO's and much more!

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 an American doctor traveling in the Himalayas who walked into one of the grimmest, and least-known scenes of political oppression in the world. Traveling with John Ackerly in 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 an explosion of pro-independence protests greater than anything witnessed by foreigners since China entered Tibet in 1949—protests that were brutally quashed by the Chinese.

Kerr and Ackerly were arrested when they attempted to aid the rebels. Their efforts to alert the international media met with success and China suffered international embarrassment. Kerr and Ackerly have continued as activists committed to ending Tibet's oppression.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp. #STTI \$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!



THINKING GREEN! Essays on Environmentalism, Feminism, and Nonviolence

by Petra Kelly. 160 pp. #THGR \$18 cloth

Petra Kelly 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: 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. The discussions were lively, frank and constructive, and conclusions were reached about the rights of the Tibetan people. 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. #TIISIS \$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.



THE TIBETAN EMPIRE IN CENTRAL ASIA

by Christopher Beckwith. 290 pp. #TIEMAS \$17.95

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.

TIBET: Survival in Question

by Pierre-Antoine Donnet. 267 pp. #TISUQU \$25

Tibet under Chinese rule remains a leading unresolved question in Asian politics. 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.

The author had access to both the Chinese and Tibetan leaderships—he tells of the confidential negotiations between them, and delineates the political prospects for the future.



TRIGG IN TIBET

64 pp. #TRTIB \$6.95

TRIGG in Tibet is a series of topical cartoons from the Hongkong Standard, a daily newspaper. The creator of the series used satire, barbed humor, symbolism—any device at hand to express the worldwide concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of Their Country

by Jamyang Norbu. 152 pp. #WATI \$12.95

This is the most outstanding account of a Tibetan Khampa warrior. Aten recalls his life as a child, the simple style of the Khampas and the beauty of the land. This lifestyle was shattered by the Chinese. Aten tells of the battles, the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala. Warriors of Tibet is a vivid and heart-felt story.

BEST SELLING!

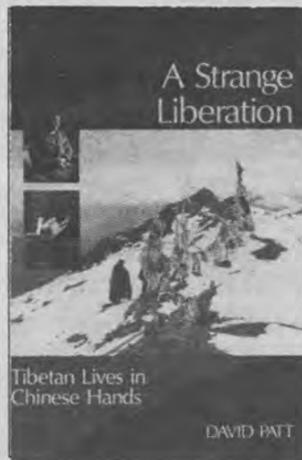
A STRANGE LIBERATION: Tibetan Lives in Chinese Hands

by David Patt. 270 pp. #STLI \$12.95

In 1949 the Chinese Communists announced their intention to "liberate" Tibet, and Chinese armies began crossing the eastern borders of the country. In *A Strange Liberation*, David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be Tibetans in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities, and candidly recalls the events that followed in this moving account of her life. "Her story is incredible."—*Buddhism Now*

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.



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

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 teachers of the past. He 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.

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.



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 an intricate interweaving of yoga, astrology, physiology, and mythology into a meditational system that embraces the entire universe and leads to enlightenment. Initiation into the Kalachakra Tantra has been given with increasing fre-

quency 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 Jose Cabezon. 300 pp. #BULAN \$19.95

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 \$64 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 sub-entries, 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 \$50

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

The *Fluent Tibetan* package consists of a textbook and a set of tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronuncia-

tion 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 Bezručka. 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.

GREAT PRICE!

A TIBETAN-ENGLISH DICTIONARY (compact edition)
Sarat Chandra Das. #COTIEN \$25

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. We were able to obtain these from India at a lower price.

TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN
by Melvyn Goldstein. 1234 pp., #MOTIDI \$64 cloth

Because of the many rapid changes in contemporary Tibetan culture, modern literary Tibetan is extremely difficult for non-Tibetans to read. Scholars who are able to read lofty Buddhist texts in Tibetan have little luck making sense out of a simple newspaper story. Melvyn Goldstein has compiled between 35-40,000 entries and includes items taken from all of the modern sources. This dictionary comes from India.

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

System 7 compatible postscript Type 1 and TrueType fonts; works with Apple Style Writer and Personal Laser Writer LS printers; includes System 7 custom keyboard layouts; includes English fonts with diacritics for transliterated Sanskrit; works with word processors, desk-top publishing programs, databases, etc.; capable of printing Tibetanized Sanskrit for mantras; includes WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan. For System 6.0.x, MacKeymeleon II is needed. Package contains manual, disks, and keyboard stickers.

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

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

editor. Tibetan text can easily be cut and pasted between different Windows programs.

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

TIBETAN PHRASEBOOK

by Andrew Bloomfield & Yanki Tshering, 152 pp. #TIPH \$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.

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.

NEW!

TIBETAN QUADRISYLLABIC PHRASES & IDIOMS

by Acharya Sangye T. Naga & Tsepak Rigzin, 264 pp. #TIQUPH \$18

This is a compilation of Tibetan idioms and phrases and bridges the gap between the literary and colloquial form of Tibetan.

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 introduc-

tion to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book is extremely well-designed and serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and will become a standard text in universities and Buddhist centers.

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

TRANSLATING BUDDHISM FROM TIBETAN TAPE

by Joe Wilson, 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our new book *Translating Buddhism From Tibetan*.

OTHER TRADITIONS

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.

HIDDEN JOURNEY: A Spiritual Awakening

by Andrew Harvey, 256 pp. #HLJO \$11.95

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.

"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*

erotic. Includes exercises based on yoga, kundalini and chakra meditation.

PLOTINUS: The Enneads

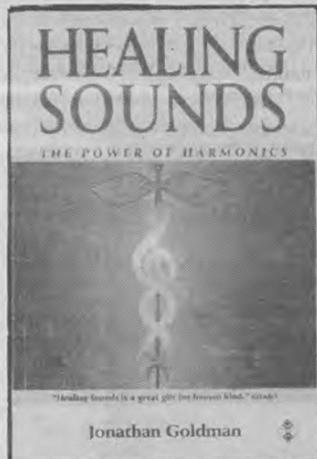
by Stephen MacKenna, 768 pp. #PL \$65 cloth

"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

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.



HEALING SOUNDS: The Power of Harmonics

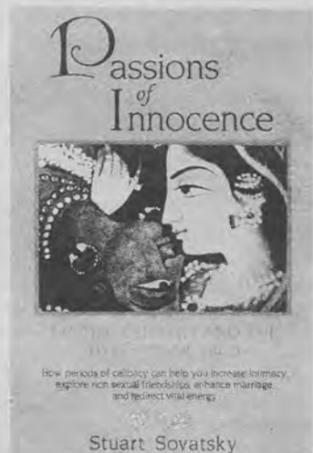
by Jonathan Goldman, 170 pp. #HESO \$14.95

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.

THE INNER TEACHINGS OF TAOISM

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

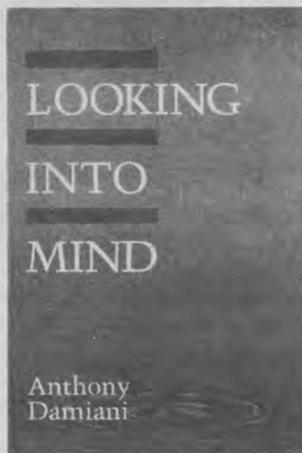
This book unlocks many secrets of Taoist alchemy. Known as the *Four Hundred Words on the Gold Elixir*, this root text describes the process of reunification of the fragmented self into a complete human being. The lucid commentary makes clear the meaning of the alchemical symbolism so that the underlying principles of spiritual practice can be understood.



PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries

by Stuart Sovatsky, 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

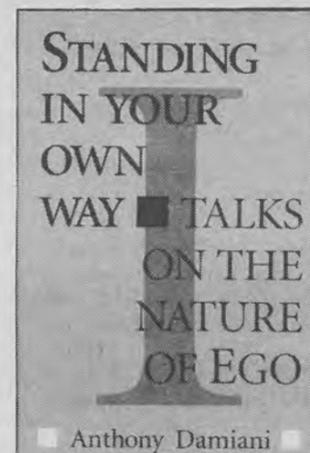
Explains how periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can help redirect sexual energy toward friendship, deepen a life partnership, heal from sexual abuse, etc. Far from the stereotype of repressive sexual abstinence, the tantric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



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.



STANDING IN YOUR OWN WAY: Talks on the Nature of Ego

by Anthony Damiani, 272 pp. #STWA \$15.95

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.

"Anthony Damiani is a truly great man... one of my closest spiritual brothers."
—The Dalai Lama

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.

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



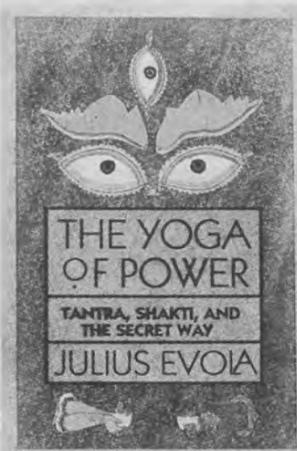
his visits to Taoist hermitages in China and his talks with masters. Taoist yoga is also discussed in detail. This comprehensive

work captures the spirit of the Tao, communicating the serenity and timeless wisdom of this tradition.

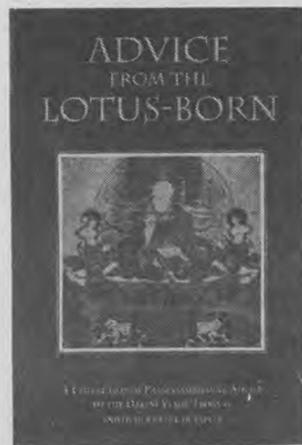
THE YOGA OF POWER: Tantra, Shakti, and the Secret Way

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.

**RELIGION & PHILOSOPHY**

The editors at Snow Lion offer you this large alphabetized selection of religious and philosophical books. We have considered various divisions of this literature to make it less massive but none of them are completely satisfactory. We suggest that Buddhist centers compile a suggested reading list for their members and especially for new students to guide their selection of recommended titles.

**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 Rai Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances. It is a 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 Prajanaparamita, and come to an understanding of things as they are.

AWAKENING OF THE WEST: The Encounter of Buddhism and Western Culture

by Stephen Batchelor. 416 pp. #AWWE \$18

This is a beautifully written history of the encounters of Buddhism with the West during the past 2000 years—a chronicle of missed opportunities, cultural arrogance, political tragedy, and unfulfilled dreams. Since the time of Alexander the Great, European kings and popes long for the power

they would gain through the conquest of Asia, but their narrow-mindedness prevented them from learning much at all about Buddhism—until the last hundred years.

AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95 October

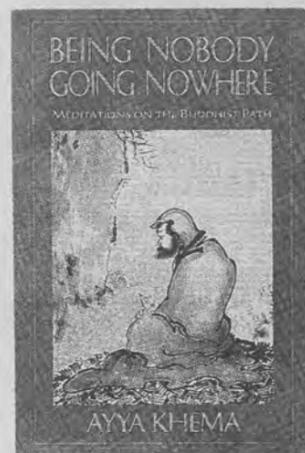
Geshe Wangchen was born in Tibet in 1934 and educated at Drepung Monastic University in Lhasa. He taught in London for seven years and now lives at the re-established Drepung Monastery in South India. This book introduces the methods of meditations used to overcome the problems of life such as depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on the teachings of Tsong Khapa, his methods show how to develop our mind to its fullest potential.

This is a new edition of *Awakening the Mind of Enlightenment*.

THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS

by Ngorchen Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$12.95

The most profound and fundamental teaching of the Sakya Tradition of Tibetan Buddhism is that of the *Lam Dre* or "Path Including Its Result." This teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path. It serves as a manual for contemplating and meditating upon the various stages leading to ultimate happiness and liberation.

**BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path**

by Ayya Khema. 192 pp. #BENO \$12.95

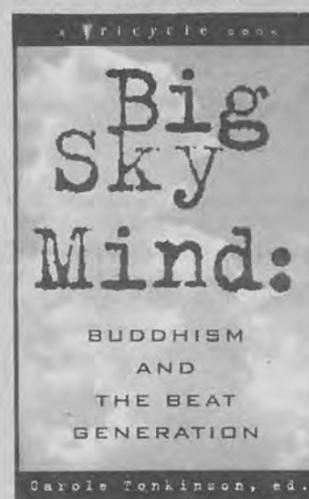
Ayya Khema gives clear, practical instruction on meditation and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deeper insight, a sense of calm well-being, and a greater capacity to love and feel loved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

"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. "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.

NEW!**BIG SKY MIND: Buddhism and the Beat Generation**

ed. by Carole Tonkinson. 387 pp. #BISKMI \$15

"Between the beauty and deep charm of its excerpts, and the intelligence of its commentary, Big Sky Mind reads more like a Golden Treasury than just another Beat anthology. A moving and fascinating look at a critical chapter in the history of Dharma in America."—Michael Herr

"...a long-awaited inspirational collection—full of awesome, creative work and challenging spiritual testimony."—Bell Hooks

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 BODHISATVA VOW: The Essential Practices of Mahayana Buddhism

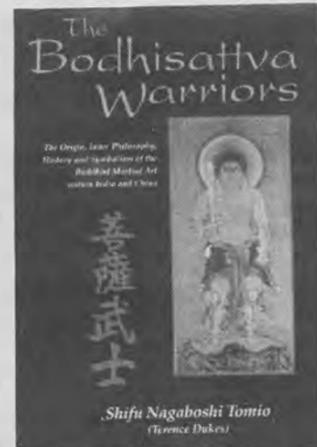
by Geshe Kelsang Gyatso. 134 pp., #BOVO \$9.95

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.

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. This is an important and beautiful book about how we can bring peace and joy into our lives. Reading this rare book on the refinement of meditation practice is meditation itself."—Joan Halifax

**THE BODHISATVA WARRIORS: The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China**

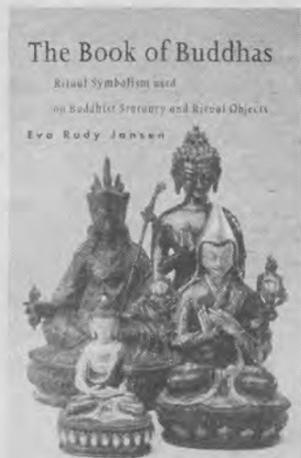
by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables. #BOWA \$19.95

This unique study of the genesis and development of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics shows both the philosophical and physical basis of the skills developed and passed on to subsequent generations. The author shows that Buddhism does not regard physical and spiritual well-being as incompatible. Shifu draws equally on the practices of the North Chinese Chuan Movement Meditation Traditions and on the South Chinese Esoteric School—both secret traditions rarely revealed to the general public, and shows that what we think of as competitive sport is really a meditation mandala in action that complements other forms of Buddhist practice.

BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body

by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$12.95 cloth

"Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, the Healing Tao Center



THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects

by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

A survey in words and images of the most common figures, positions and symbols in Mahayana and Tantrayana Buddhism. Each item is clearly illustrated and its meaning discussed. This is a compact overview of the iconography of Tibet. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

BUDDHAHOOD

by P.D. Mehta. 187 pp. #BU \$15.95

Buddhahood is a collection of essays contributed to *The Middle Way*, one of the leading Buddhist journals in the UK. Phiroz Mehta is a teacher and exemplar of the brahmacharya, the authentic religious life. Born in India in 1902, he received traditional religious training and later studied at Cambridge. He discusses the relationship of Buddhism, yoga, chakras, and kundalini; meditation and the levels of absorption (form & formless); the nature of realization

and stages along the way; the practice of mindfulness and selflessness.

BUDDHA NATURE: The Seed of Happiness

Ven. Thrangu Rinpoche. 180 pp. #BUNA \$13.95

Buddha Nature expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

BUDDHA NATURE

by Sallie B. King. 205 pp. #BUNA2 \$16.95

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

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

THE BUDDHA WITHIN

by S.K. Hookham. 422 pp. #BUWI \$19.95

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

BUDDHISM, SEXUALITY, AND GENDER

ed. by Jose Cabezon. 241 pp. #BUSEGE \$21.95

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.

NEW!



BUDDHISM: Flammarion Iconographic Guides

by Louis Frederic. 360 pp., 600 b&w illus., 32 in color, #BUFLIC \$24.95

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With the aid of abundant illustrations, this guide distinguishes each holy figure, providing clear and concise explanations of the differing names and attributes by which they are known in India, Nepal, Tibet, China, Japan and Southeast Asia. Included are comparative tables, extensive bibliography, index and notes. Louis Frederic is a renowned specialist on Buddhism and the author of over fifty books on Far Eastern art and culture.

THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History

by John Snelling. 337 pp. #BUHA \$14.95

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

NEW!

BUDDHISM IN PRACTICE

ed. by Donald S. Lopez, Jr. 608 pp. #BUPR \$19.95

The vast scope of Buddhist practice in Asia is illustrated by forty-eight translated texts divided into those pertaining to the Buddha, the Dharma, and the Sangha. They are drawn from the Buddhist literature of nine countries and from the three vehicles of practice—each text is preceded by a substantial introduction by its translator. These unusual sources provide the reader with a sense of the remarkable diversity of Buddhist practices. Some topics are: *Consecrating the Buddha, The Way to Meditation, On Becoming a Buddhist Wizard, Auspicious Things, The Chinese Life of Nagarjuna, Aryadeva and Candrakirti on Self and Selfishness, The Illustrated Biography of Ippen, Sutra on the Merit of Bathing the Buddha, Reading Others' Minds, The Whole Universe as a Sutra, A Discussion of Seated Zen, The Great Bliss Queen, The Legend of the Iron Stupa, Two Tantric Meditations: Visualizing the Deity.*

THE BUDDHIST I CHING

trans. by Thomas Cleary. 240 pp. #BUIC \$15

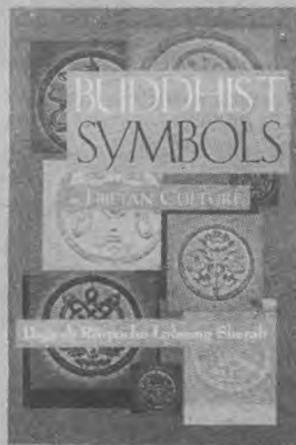
This edition of the *I Ching* is the only available interpretation by a Chinese Buddhist meditation master. The author, Chih-hsu Ou-e, offers three levels of interpretation: social, Buddhist and meditational. He uses the principles of concentration and insight, calmness and wisdom and various levels of realization to elucidate the text. For centuries the *I Ching* has been used as a map of conscious development.

THE BUDDHIST WORLD OF SOUTH-EAST ASIA

by Donald K. Swearer. 258 pp., 45 photos & illus. #BUWOSO \$16.95

This is a remarkable synthesis and empathetic interpretation of Buddhism in Southeast Asia. No other single book matches its depth and breadth, or its balance between scholarly interpretation and sensitive first person portrayal. Theravada Buddhism in Southeast Asia is a dynamic, complex system of thought and practice imbedded in the respective cultures, societies, and histories of Burma, Thailand, Laos, Cambodia, and Sri Lanka. The author discusses three distinct but interrelated aspects of this system: the popular tradition in terms of paradigms of ideal action, rituals, festivals, and rites of passage; Buddhism as civil religion in terms of King Asoka as the paradigmatic Buddhist monarch, cosmology and kingship, and Buddhism and the modern nation state; and modern transformations of the tradition in terms of the changing roles of the monk and the laity, modern reform movements, and Buddhism in the West.

NEW!



BUDDHIST SYMBOLS IN TIBETAN CULTURE

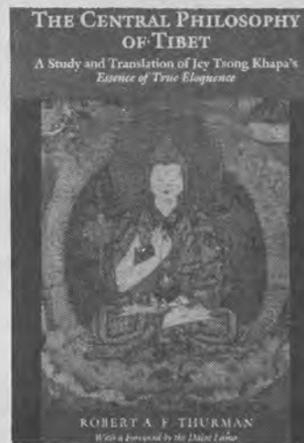
by Loden Sherap Dagab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Rinpoche presents the nine best-known groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality.

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 \$19.95, A Namgyal Institute Textbook.

This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of Vijnanavada and Madhyamika, and an explanation of the Prasangka interpre-



CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

by Gen Lamrimpa translated by B. Alan Wallace edited by Hart Sprager

148 pp. #CAMI \$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 quantities of mind that represent each of nine levels of attainment and the six mental powers.

"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations.... [This book] can be recommended to people interested in the practical side of Tibetan Buddhism who prefer instruction based on meditative experience."—Joe B. Wilson, *The Tibet Journal*.

This book was previously titled *Shamatha Meditation*.

"Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*.

tation 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 Prasangka to our own time.

CHAKRAS: Energy Centers of Transformation

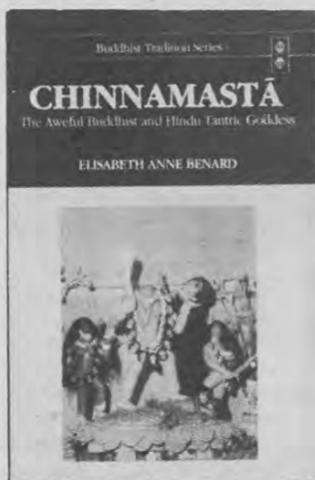
Harish Johari. 116 pp., 36 illus., #CHA \$14.95

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

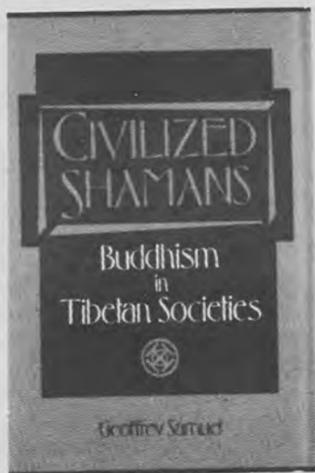
Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are practices for the sleep state.



CHINNAMASTA: the Aweful 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 Vajravarahi 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.



THE CHRIST AND THE BODHISATVA

Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274 pp. #CHBO \$19.95

The contemporary significance of the Christ and the Bodhisattva is explored in essays by theologians and Buddhist scholars. Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov examine the significance of the Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

CLEAR LIGHT OF BLISS: Mahamudra in Vajrayana Buddhism

by Geshe Kelsang Gyatso. 288 pp. #CLLIBL \$19.95

This is the only detailed and practical guide on Tantric Mahamudra to be published in the West. 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.

THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$18

The practices and philosophic basis of tantra and in particular the Tara Tantra are featured: initiation and ritual service, offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

"The fullest (almost an encyclopedic) description of the Tantric model of religious life yet published."—*Times Literary Supplement*

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA

by Geshe Lobsang Tharchin. 80 pp. #COGUYO \$7.95

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. Three forms of mandala offering are described: outer mandala—the symbolic world; inner mandala—one's own body; secret mandala—for tantric practitioners.



CRAZY WISDOM

by Chogyam Trungpa. 160 pp. #CRWI \$13

Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

CRAZY WISDOM

by Wes Nisker. 226 pp. #CRWI \$12.95

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

CHÖ YANG



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 VI

by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 136 pp., 75 color photos, 80 b&w photos and line drawings, #CHYA6 \$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, Vidam, Khandro, Chogyong*; *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*.



joyous romp through the lighter side of enlightenment, illuminating and embracing the wisdom which lies on the other side of convention.

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

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 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.

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.

NEW!

CURATORS OF THE BUDDHA: The Study of Buddhism under Colonialism

ed. by Donald S. Lopez, Jr. 298 pp. #CUBU \$16.95

This is the first critical history of the study of Buddhism in the West and the first work to bring the insights of colonial and postcolonial cultural studies to bear on this field. Chronicling the emergence of the academic study of Buddhism in Europe and America within the context of the ideologies of empire, this volume begins with an overview of the origins of Buddhist studies in the early nineteenth century and then focuses on the work of Aurel Stein, D.T. Suzuki, Carl Jung and others who played a significant role in disseminating knowledge about Buddhism. The essays bring to light many of the social, political, and cultural conditions that have shaped the course of Buddhist studies.



CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$15.95 paper, A Namgyal Institute Textbook.

Here is an authentic presentation of the fundamental aspects of the practice and theory of Tibetan Buddhism. 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.

The second part presents a solid introduction to the theory behind the practice. Written by Gon-chok-jik-may-wang-bo, 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.

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

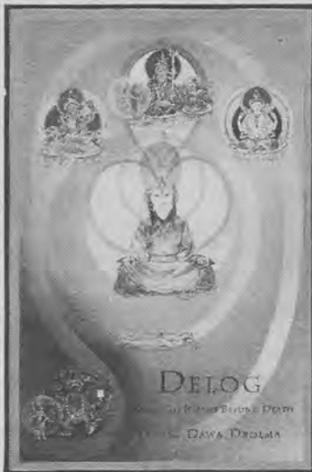
This is a terma text of the oral teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until their revelation centuries later. The teachings translated here are short, direct instructions relating to the three levels of Buddhist practice.

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.

Using a debate manual by Pur-bu-jok Jam-ba-gya-tso, (1825-1901) as its basis, Daniel Perdue's 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. She experienced the almost unimaginable contrast between existence within the pure dis-

play 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

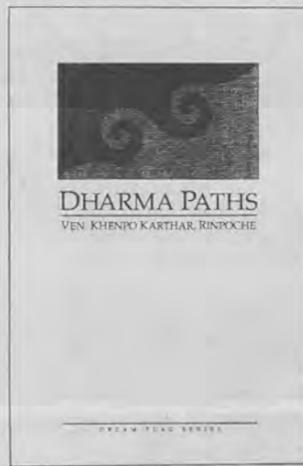
by Elizabeth Napper. 849 pp. #DEARM \$37.50 cloth

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 solid 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. *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

DISPUTERS OF THE TAO: Philosophical Argument in Ancient China

by A.C. Graham. 502 pp., #DITA \$19.95

The classical age of Chinese philosophy (500-200 B.C.) coincides with the final decline of the Chou empire and the period of warring States, an exceptional era in Chinese history when there was no central authority and hundred schools of thought blossomed. Philosophical argument flourished in China as never before or since.

"This is far more than an exceptionally readable and authoritative history of classical Chinese thought. It is a work of philosophical originality, subtlety, and deep insight. It will surely take a central place for many years to come as the newcomer's preferred guide to the field."—Herbert Fingarette, Univ. of California

THE DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI \$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. 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 scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins

THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master

by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp, #DOSA \$12.50

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

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

by Jose 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.

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.



DRINKING THE MOUNTAIN STREAM: Inspiring Songs of Tibet's Beloved Saint, Milarepa

trans. by Lama Kunga Rinpoche & Brian Cuttillo. 192 pp., b&w illus. #DRMOST \$14.95

Revered for the depth of his realization and extraordinary ability to transmit the

Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers along the Buddhist path through his songs of liberation.

NEW!**DRUNG, DEU AND BON: Narrations, Symbolic Languages and the Bon Traditions in Ancient Tibet**

by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$19.95

Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu begins by investigating the epic poems and legends of Tibet's secular culture (drung), then he explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (deu). Lastly, he elucidates the complexities of the pre-Buddhist Bon tradition.

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 understanding the three songs: wholeness, body and complexity. The Indian source material has been supplemented with references to the Dzogchen/Nyingthig teaching. Includes 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.

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 natu-

ral 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.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$17.00

This is the first complete translation of Candrakirti's major works into precise and readable English. It contains a study and translation of *The Entry into the Middle Way*, a treatise of critical importance to the development of Buddhism in Tibet.

"Huntington's philosophical interpretation...is argued with force and clarity. It corrects (with panache) many of the misinterpretations of Madhyamika still current among Anglophone writers."—*Journal of the American Oriental Society*

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 makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view."—*Shambhala Sun*

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.)

ENLIGHTENED JOURNEY: The Practice of Buddhism as Daily Life

by Tulku Thondup. 240 pp. #ENJO \$16

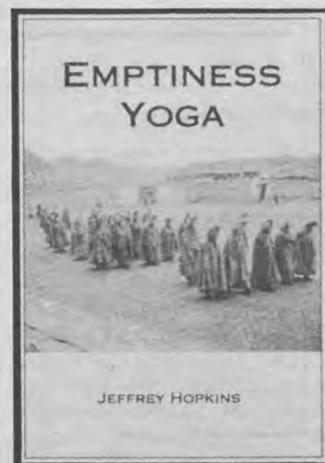
This is a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Tulku Thondup, a teacher of the Nyingma school, shows how suffering can become a more powerful tool than happiness in achieving enlightenment and how 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

EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins

504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth

A Namgyal Institute Textbook.



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 and the original are both 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.

This edition includes the Tibetan text.

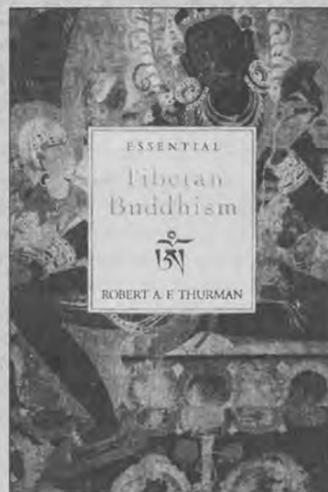
"Hopkins deserves congratulations on making this difficult material as transparent as possible in discussing major themes of Prasangika."—E.K. Dargay, *Religious Studies Review*

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.

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 practised; they are methods for investigating and transforming one's attitudes and behavior, leading finally to the complete eradication of all negative states of mind and the development of the qualities of the enlightened mind.

NEW!**ESSENTIAL TIBETAN BUDDHISM**

by Robert A.F. Thurman. 272 pp., #ESTIBU \$18.00

This is an introduction to Tibetan Buddhism—Robert Thurman presents the heart of the philosophy through Tibet's vibrant literature. A glossary, explanatory notes, suggested further reading and directories of monasteries, sacred sites, and key teachers round out this introduction.

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.

**ENLIGHTENMENT BY A SINGLE MEANS: Tibetan Controversies on the "Self-Sufficient White Remedy"**

by David Jackson. 220 pp. #ENSIME \$46

This is a discussion of a great debate over Mahamudra teachings that occurred in the 12th & 13th centuries in Tibet. David Jackson has been investigating the life and thought of Sa-skya Pandita and especially his view (which represented the view of many others as well) on the Kagyu Mahamudra teachings established by Gampopa. He was particularly adamant that all true Mahamudra instructions were Mantrayana teachings that necessitated full, formal tantric initiation into a mandala. He denied in general the existence of any sutra-based or non-tantric Mahamudra. He criticized the notion that any one teaching or single spiritual factor could claim to be self-sufficient, including any meditative stop-

page of conceptual processes in the name of "seeing the nature of mind." This book should interest anyone who is practicing Mahamudra, tantras or Dzogchen.

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.

NEW!

EXCELLENT BUDDHISM: An Exemplary Life by Kalu Rinpoche. 160 pp. #EXBU \$15.95

Contains biographical reminiscences on Kalu Rinpoche, teachings on daily life, inspiring stories on Buddhist practitioners of the past, and reflections on the relationship between Buddhism and the West.

THE EXPERIENCE OF INSIGHT: A Simple & Direct Guide to Buddhist Meditation

by Joseph Goldstein. 169 pp. #EXIN \$14

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

THE FAITH TO DOUBT: Glimpses of Buddhist Uncertainty

by Stephen Batchelor. 138 pp. #FADO \$10

This is a delightful and incisive discussion of meditation, Buddhist training and the challenges Buddhism brings to the West.

THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life

by Joel Levey. 232 pp. #FIARRE \$14.95

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

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

FOUNDATION OF BUDDHIST MEDITATION

by Kalu Rinpoche. 31 pp. #FOBUME \$4.95

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

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 five Dhyani Buddhas.

FOUR ESSENTIAL BUDDHIST TEXTS

117 pp. #FOESBU \$7.95

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



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.

THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE

by Ven. Khenchen Thrangu Rinpoche. 99 pp. #FOORFO \$12 cloth

These are the four thoughts that turn the mind towards dharma taught by the great meditator Gampopa. They provide the basic reasons and motivations for practicing dharma. They apply to all levels and sects of Buddhism and are contrasted with the four special foundations (ngondro).

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.

THE GARLAND OF MAHAMUDRA PRACTICES

trans. by Khenpo Rinpoche Konchog Gyaltzen, co-trans. & ed. by Katherine Rogers, intro. by H.H. the Drikung

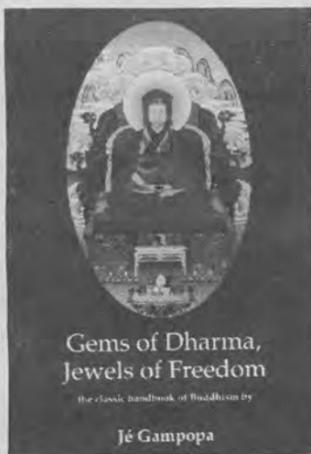
Kyabgon Chetsang Rinpoche. 140 pp. #GAMAPR \$9.95

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

GATES TO BUDDHIST PRACTICE

by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

This is a collection of teachings that first grounds the practitioner in the basic principles of Buddhism and then dives deep into the theory and practice of Vajrayana. It captures the warmth and vastness of Rinpoche's heart-mind, the humor of his stories and the simplicity with which he communicates the essence of the spiritual path.



GEMS OF DHARMA, JEWELS OF FREEDOM

by Je Gampopa, trans. by Ken & Katia Holmes, pref. by Tai Situpa Rinpoche. 319 pp. #GEDH \$19.95

This is a new and very readable translation of the classic Gampopa text. It is the major handbook for many Tibetan Buddhists since it provides the quintessential meaning of hundreds of Buddhist scriptures. It lays out the entire path of bodhisattva practice leading up to Buddhahood. This new translation is the result of 15 years of study under distinguished tutors of the Kagyu tradition.

GENTLE BRIDGES: Conversations with the Dalai Lama on the Sciences of Mind

Ed. by Jeremy Hayward & Francisco Varela. 280 pp. #GEBR \$20

This is a chronicle of the groundbreaking 1987 meeting between prominent Western scientists and the Dalai Lama to discuss 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

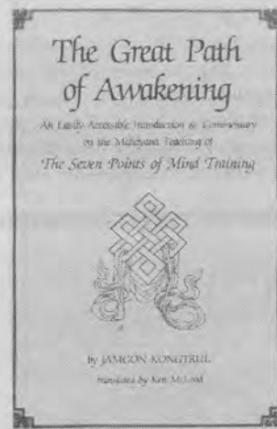
In their directness, depth, and humor, this collection of oral teachings is accessible to all interested in the path to liberation. The teachings are imbued with the spiritual qualities of a great meditation master.



GLIMPSE AFTER GLIMPSE: A Daily Meditation Book

by Sogyal Rinpoche, ed. by Patrick Gaffney. 384 pp., 5 x 7" #GLGL \$12

Includes original meditations as well as some adapted from other sources. It offers clear and enlightening advice on applying timeless wisdom to the daily concerns we all face. There is a wealth of ideas—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. #GRPAAW \$12

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

GREAT TREASURY OF MERIT

by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$25.95

Offering to the Spiritual Guide, or *Lama Chopa*, 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 BODHISATVA'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.

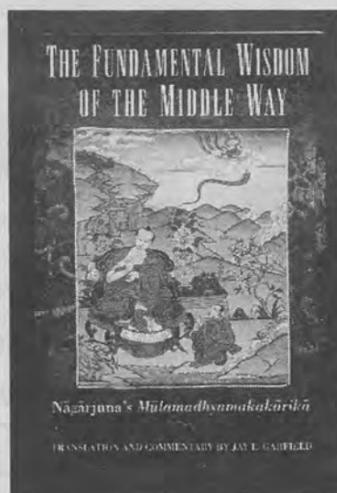
FUNDAMENTAL WISDOM OF THE MIDDLE WAY:

Nagarjuna's Mulamadhyamakakarika

trans. and commentary by Jay Garfield

336 pp. #FUWIMI \$12.95

Nagarjuna's greatest philosophical work, the *Mulamadhyamakakarika*, has been studied by the leading scholars of Buddhism and is one of the most influential works on the middle way philosophy. Jay Garfield offers this new and very accessible translation and commentary.



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

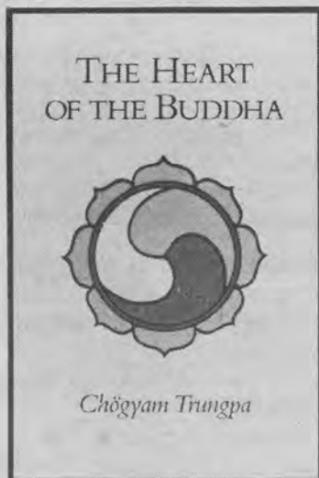
Compiled and edited by *The Orient Foundation & Graham Coleman*. 431 pp. #HATICU \$18

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. There is a historical overview of the five lineages of Tibetan Buddhism and a comprehensive glossary of key Tibetan and Sanskrit terms.

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* and concerns two important themes—emptiness and dependent-arising. All schools of Buddhism expound theories of emptiness and dependent-arising, but their interpretations vary greatly and are even contradictory. Ven. Lobsang Gyatso very skilfully explains these.



THE HEART OF THE BUDDHA
by *Chogyam Trungpa*. 176 pp. #HEBUD \$16

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. The text first urges us to reflect on our own defects and on the intense sufferings of beings. This is followed by instructions for practice of dharma. Finally His Holiness explains how the results of practice are expressed in a life free from preoccupation with worldly affairs and in harmony with the teachings.

HEARTWOOD OF THE BODHI TREE: The Buddha's Teaching on Voidness

by *Ajahn Buddhadasa*. 152 pp. #HEBOTR \$14.95

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.

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.



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*

This presentation of the stages of Highest Yoga Tantra is based on a famous Tibetan text by Ngawang Belden entitled "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets", and is enhanced by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary.

After a discussion of the practices common to sutra and tantra is the presentation of the generation stage yogas and the entirety of the completion stage yogas including a comparison of the Kalachakra and Guhyasamaja stages of completion—a must for anyone interested in the higher tantras.

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.

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.



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!

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 first part of the text presents Buddhism as it was founded by Buddha himself. The second part traces the development of the eighteen schools of early Buddhism showing how they elaborated their doctrines out of the common kernel. How the Theravadin tradition added to or modified the original doctrine is discussed. The last section describes the Mahayana and Tantrayana movement, the way of the bodhisattva and the way of deity yoga. Particular attention is paid to how Buddhism can solve the problems that arise in society.

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

"This is a remarkable survey of Buddhist literature."—Alex Wayman

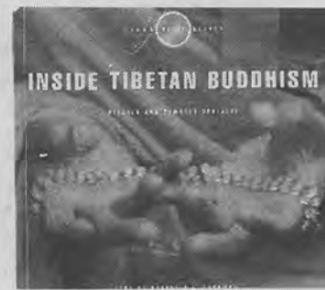
This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura was a Professor of Indian and Buddhist Philosophy at the University of Tokyo for thirty years. He is a distinguished scholar of international repute.

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 produced for Western students by Khenpo Gyaltzen, the abbot for the Drikung Kagyu in North America.

In Search of the Stainless Ambrosia provides 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.



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 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 concepts as karma, emptiness, compassion, death and rebirth, the eight fold path, and the processes of tantric deity practice.

ILLUSION'S GAME: The Life and Teaching of Naropa

by *Chogyam Trungpa*. 136 pp. #ILGA \$10

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

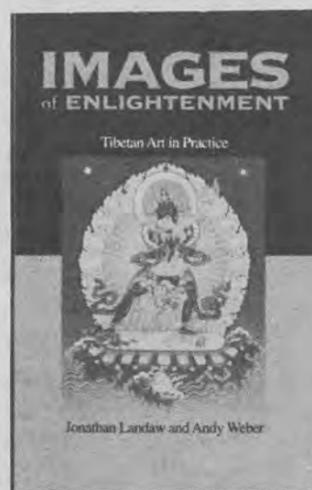
by *Jonathan Landaw & Andy Weber*.

350 pp., 32 color images and 27 line drawings & diagrams, #IMENL \$24.95

"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

"A clear and straightforward guide to the inner world of this sacred art."

—*NAPRA Trade Journal*



"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—*The Mirror*

"A clear and straightforward guide to the inner world of this sacred art."—*NAPRA Trade Journal*

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.

INSIGHT MEDITATION: A Psychology of Freedom

by Joseph Goldstein. 184 pp. #INMED \$11

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

IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism

ed. Janet Gyatso. 320 pp. #MIME \$19.95

This book studies the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, commemoration of the Buddha, dharani practice, the use of mnemonic lists to condense lengthy scriptures, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.

IN THIS VERY LIFE: The Liberation Teachings of the Buddha

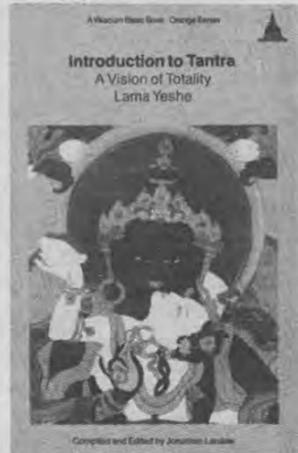
by Sayadaw U Pandita. 298 pp. #VELI \$16

In This Very Life contains teachings given to Western students in intensive retreat with Burmese master U Pandita. He starts with basic instructions on sitting and walking meditation and goes on to describe in detail the stages of practice including dealing with problems that arise with deepening insight.

INTRODUCTION TO BUDDHISM

by Geshe Kelsang Gyatso. 152 pp. #INBU \$9.95

An exceptionally clear and practical presentation of the methods taught by Buddha for transforming our mind. Beginning with an introduction to the life of Buddha, Geshe Kelsang then explains the central principles behind the Buddhist way of life, and what it means to be a Buddhist. He introduces karma, reincarnation, cyclic existence, and the bodhisattva's way of life and shows how to apply these teachings to everyday life.



INTRODUCTION TO TANTRA: A Vision of Totality

by Lama Yeshe. 176 pp. #INTA \$12.95

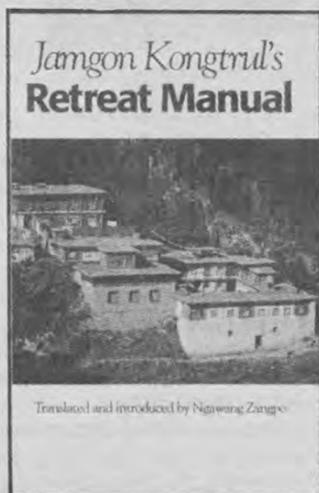
Lama Yeshe explains how to use desire skilfully by breaking down our distorted and deeply entrenched way of seeing things. By learning to use correctly our ability to enjoy pleasure, we can awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

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 Dharmakirti. He 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 interesting to anyone concerned with the problems of truth—especially religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhistological 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.

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 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.

BEST SELLING!

INTRODUCTION TO TIBETAN BUDDHISM

by John Powers

520 pp. #INTIBU \$18.95 paper, \$34.95 cloth



"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*."—*Booklist*, the American Library Association

This is the first thorough 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..."—Lobsang Lhalungpa

"For a comprehensive and eminently comprehensible overview...look to Power's substantial *Introduction to Tibetan Buddhism*."

—*Booklist*

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*

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. At the end of his life, Geshe-la 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.

NOW IN PAPER!

THE JEW IN THE LOTUS

by Rodger Kamenetz. 225 pp. #JELO \$12

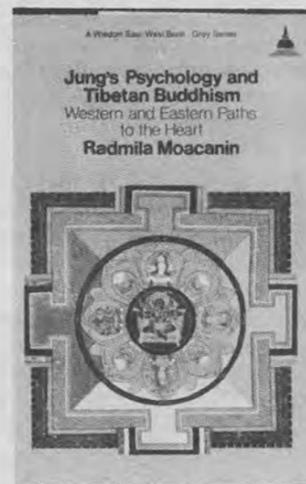
"With humor, compassion, and unflinching honesty, Rodger Kamenetz tells the story of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz explores and deepens his own understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists 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 Tsultim Gyeltsen. 176 pp., #KEGREN \$12.95

Contains commentaries on two key Mahayana Buddhist texts: *Eight Verses of Thought Training* and *The Thirty-Seven*

Bodhisattva Practices. Geshe Gyeltsen gives a verse by verse exposition of the full root texts in accordance with the oral tradition.

KHYENTSE OZER: Radiance of Wisdom and Compassion

by the *Rigpa Fellowship*. 54 pp., oversize with 14 illustrations #KHOZ \$16

A great book—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.



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.

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. "It is my request that all dharma practitioners take the meaning of these extremely precious teachings to heart and make it personal experience through correct practice."—from the foreword by Chokyi Nyima Rinpoche.

KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology

by *Anne Klein*. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook.

Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it is here that the basis for Madhyamika epistemology is found.

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

Translations of outstanding texts in each of these categories are annotated by the translator and supplemented with interspersed commentary from leading 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.

"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

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.

LHAMO: Opera from the Roof of the World

by *Joanna Ross*. 130 pp. #LHOPRO \$10

This is the first book in English to provide an introduction to Tibetan opera. From the history and origins of lhamo, the book describes opera in Tibet and looks at each aspect of the performance today as preserved by the Tibetan Institute of Performing Arts in Dharamsala. Synopses of nine enchanting opera stories are included.

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.

Liberation in the Palm of Your Hand

by Pabongka Rinpoche



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.

LIBERATION IN OUR HANDS: Part 2: The Fundamentals

by *Pabonka 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.



LIFE AND TEACHING OF NAROPA

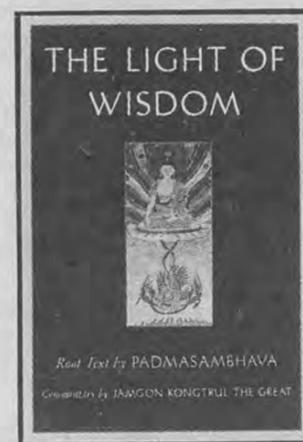
Translated by *Herbert Guenther*. 312 pp. #LITENA \$14

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 there are teachings on the sutras and tantras, stages of the path, madyanika and insight meditation, as well as remarkable mystic conversations with great bodhisattvas.



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 terma 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.

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 seasoned practitioner, to people who live closely with their tantric meditations. Written by the Nyingma students of Gyatrul Rinpoche in Oregon.



THE LION'S ROAR: An Introduction to Tantra

by *Chogyam Trungpa*. 256 pp. #LIROB \$13

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

NEW!

LIVING BUDDHA, LIVING CHRIST

by *Thich Nhat Hanh*, for. by *David Steindl-Rast*, intro. by *Elaine Pagels*. 208 pp. #LIBULI \$20

Thich Nhat Hanh has been part of a decades-long dialogue between the two greatest living contemplative traditions, and brings to Christianity an appreciation of its beauty. In lucid, meditative prose, he explores the crossroads of compassion and holiness at which the two traditions meet and awakens deeper understand of both.

NEW!

LIVING BUDDHA ZEN

by *Lex Hixon*. 300 pp. approx., #LIBUZE \$15.95

What really happens in the moment of irreversible awakening? What leads up to it? What follows? *Living Buddha Zen* bears inspirational power for those who passionately desire to awaken as the single Light celebrated by all wisdom traditions. Here are breathtaking re-creations of 52 such ineffable moments, 52 transmissions of the Light—from Buddha and continuously from master to successor through India and China to the flowering of Soto in Japan.

NEW!

LIVING DHARMA: Teachings of Twelve Buddhist Masters

by *Jack Kornfield*, for. by *Chogyam Trungpa & Ram Dass*. 336 pp. 14 photos, #LIDH \$16

Kornfield presents the practice of meditation as taught by twelve Buddhist masters from Southeast Asia.

LIVING THE MINDFUL LIFE: A Handbook for Living in the Present Moment

by Charles Tart. 252 pp. #LIMILI \$14

Being awake—why is something that sounds so simple the primary goal of the spiritual path? In this workshop-in-a-book, Charles Tart shows why—the seeming simplicity of the awakened state belies its transformative effect on the lives of those who strive for it. These uncomplicated exercises put within everyone's reach the elusive art of "waking up" to live in the glorious present.

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.

LONG DISCOURSES OF THE BUDDHA: A Translation of the Digha Nikaya

by Maurice Walshe. 648 pp. #LODIBU \$34.95 cloth

This is a complete translation of the Digha Nikaya from the Pali Canon. This collection consists of thirty-four longer length suttas. Included are the teachings of the Buddha on mindfulness, on morality, concentration, wisdom, dependent origination, on the roots and causes of wrong views and a long description of the Buddha's last days and passing away.

LOVING-KINDNESS: The Revolutionary Art of Happiness

by Sharon Salzberg. 193 pp. #LOKI \$18 cloth

Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of loving-kindness can help us discover the radiant, joyful heart within each of us. She offers twenty-three practices and many moving stories that bring depth of understanding and compassion.

"From one of our finest meditation teachers comes the genuine article: the practice of the heart, of loving-kindness, by a heart made genuine through more than twenty years of committed practice."—Stephen Levine

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.

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.

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.

MEDITATION: Advice to Beginners

by Bokar Rinpoche. 150 pp. #MEA \$14.95 1-18

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.

MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

by the Eighth Situpa Tenpa'i Nyinchay, 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, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"All students of the Kagyu traditions of Tibetan Buddhism are familiar with Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, recited daily in countless Tibetan temples, retreats and homes.

"Lama Sherab Dorje offers us an accurate and highly readable translation of this masterwork that is sure to be read with profit ...by those who wish to learn Mahamudra—it deserves to be studied until the intentions of the author have become fully integrated with one's own meditations."—Matthew Kapstein



"is sure to be read with profit ...by those who wish to learn Mahamudra"—Matthew Kapstein

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.

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*

A MANUAL OF KEY BUDDHIST TERMS: Categorization of Buddhist Terminology with Commentary

trans. by Thupten Rikhey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

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

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

MACHIG LABDRON AND THE FOUNDATIONS OF CHOD

by Jerome Edou

270 pp. \$16.95

November 1

"This book provides 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 considered to be both a dakini and a deity and is the only Tibetan woman to have founded an authentic and recognized transmission lineage.

"The translations of the teachings of Chod are inspirational."—Tsultrim Allione, *The Mirror*

Chod. Consider reading this book as a spiritual investment... Edou is to be commended."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess*.



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 Dhyanī 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.

MIDDLE LENGTH DISCOURSES OF THE BUDDHA: A New Translation of the Majjhima Nikaya

trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MILEDI \$75 cloth

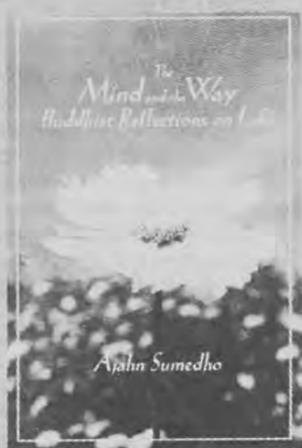
These teachings, a 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfold in fascinating scenarios that show the Buddha in living dialogue with people from the many different strata of ancient Indian society. Replete with drama, with reasoned argument, and with illuminating parables and similes, these discourses exhibit the Buddha in the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.

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.

NEW!



THE MIND AND THE WAY

by Ajahn Sumedho. 304 pp. #MIWA \$16.95

Ajahn Sumedho offers practical advice for freeing the mind and opening the heart—through formal meditation as well as in daily life. Here are 100 of his talks—Ajahn Sumedho is eloquent and direct as he explains mindfulness, impermanence, non-attachment, and compassion.

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 principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparkling. A valuable contribution."—Prof. Janice Willis, *Religious Studies Review*

MIND ONLY SCHOOL AND BUDDHIST LOGIC

ed. by Doboom Tulku. 135 pp. #MIONSC \$15

The mind-only school (Cittamatra) is one of the four Buddhist schools of thought. Buddhist logic assumed a definite form due to the works of Dignaga. This book is a collection of papers on these two topics that were presented at the Dialogue Seminars organized by Tibet House at Sera and Ganden monasteries in 1987-88.

MIND SCIENCE: An East-West Dialogue

by the Dalai Lama, Herbert Benson, Robert Thurman, Daniel Goleman, et al.. 152 pp. #MISC \$12.95

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to a new understanding of the nature of mind? Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading Western thinkers, this book documents the dialogue between Western scientists of mind and Buddhism.

MIND TRAINING LIKE THE RAYS OF THE SUN

by 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.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye
trans. & ed. by the International Translation Committee founded by V.V. Kalu Rinpoche

365 pp., #MYWO \$19.95

As a prelude to Kongtrul's survey of the entire range of Buddhist teachings, *Myriad Worlds* describes four major cosmological systems found in the Tibetan tradition to suit the capacities of different grades of beings: the numerically definite cosmology of the individual way; the cosmology of infinite buddha-fields of the universal way; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone.

Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

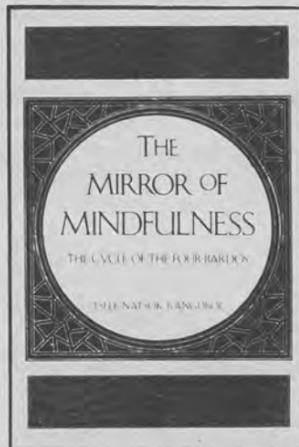
Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work.



MIRACULOUS JOURNEY

by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cuttillo. 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.

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.

MONASTIC: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women

by Rev. Mary Teal Coleman (Ven. Tenzin Yeshe). 99 pp., 8 color plates, 8 1/2 x 11" #MOORTI \$15

"This excellent book maps the territory, orients the participants and clears the path for any persons who wish to help resolve the issue of bhikshuni ordination. Monastic and lay are fortunate to have such a clear and fair-minded guide in this subject."—De. Margaret Blanchard, Vermont College

This book discusses the issues and obstacles for women wishing to receive the full bhikshuni ordination within the Tibetan tradition. Recommended reading for anyone interested in the problems surrounding the inequalities of monastic life.

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

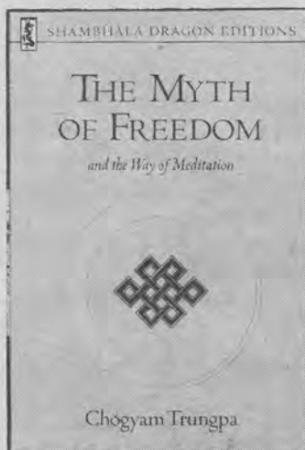
The *MO* is to Tibet what the *I-Ching* is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The cards visually portray the images described in the 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



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 uniquely prepared to bring this remarkable study to light.

NEW!

NGONDRO COMMENTARY: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom; Compiled from the Teachings of H.E. Chagdud Tulku

by Jane Tromge. 144 pp. #NGCO \$11.95

Written, then concealed in the eighth century by Padmasambhava, this concise ngondro was intended for these degenerate times when few people have leisure to practice. This ngondro is an extremely powerful practice for turning the mind toward dharma, for purifying obscurations, and for

bringing forth the qualities of realization and opening the mind to the Dzogchen perspective.

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. Gyalsab 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-Faced Great Compassionate One, Avalokiteshvara

by The Seventh Dalai Lama, trans. by Lama Thubten Zopa Rinpoche and George Churinoff. 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, college professor, and has been a Buddhist monk for twenty years.

FINALLY AVAILABLE!

OCEAN OF NECTAR

by Geshe Kelsang Gyatso. 576 pp. #OCNE \$29.95

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.



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.

OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice

by Martin Lowenthal & Lar Short. 194 pp. #OPHECO \$12.95

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

ORDERLY CHAOS: The Mandala Principle

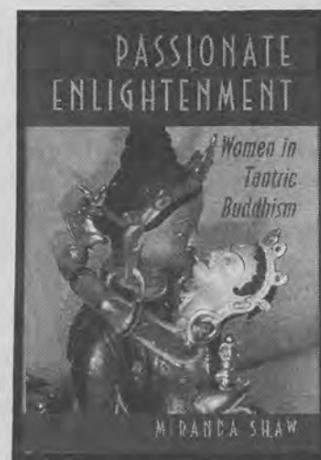
by Chogyam Trungpa. 184 pp. #ORCH \$18

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.

PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism

by Miranda Shaw

312 pp., 18 illus. #PAENL \$13.95 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.

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.





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.

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 PATH IS THE GOAL: A Basic Handbook of Buddhist Meditation

by Chogyam Trungpa. 176 pp. #PAGO \$10

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 THE BODHISATVA WARRIOR

by The Thirteenth Dalai Lama & Glenn H. Mullin, 387 pp. #PABOWA \$14.95

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.

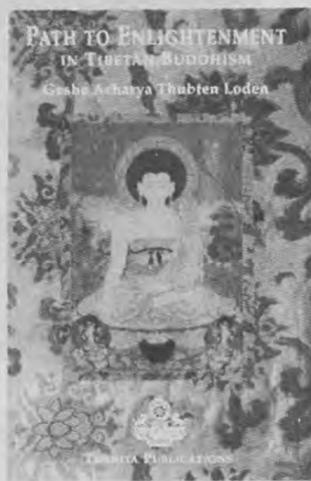
Path of the Bodhisattva Warrior brings into English for the first time many of the most important writings of this astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras; also included are his writings 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 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.



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 and massive presentation of the progressive

stages of spiritual development. It 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 *lojong* mind training techniques and an extensive glossary, index and subject outline, and translation of the root and branch bodhichitta vows.

Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. 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.

NEW!

PATHS AND GROUNDS OF GUHYASAMAJA ACCORDING TO ARYA NAGARJUNA

184 pp. #PAGRGU \$15.95

This is a very significant 18th century text that maps out the paths and the grounds of Guhyasamaja Tantra, and it is an indispensable guide for initiated Buddhist tantric practitioners. The Guhyasamaja Tantra provides the basic structure for the other highest yoga tantras—by understanding it, the other tantras are more easily understood.

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 Gyaltsen. 128 pp. #PIAUSK \$9.95

Provides clear and precise instruction on how to discover the natural freedom of mind through mahamudra practice. 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.

THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA

by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$6.00

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

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon

by Khenpo Konchog Gyaltsen. 96 pp. #PRFL \$6.95

"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

The great Jigten Sumgon, fountainhead of the Drikung Kagyu School, was widely lauded as a bodhisattva and extraordinary master. *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.

NEW!



PREPARING FOR TANTRA

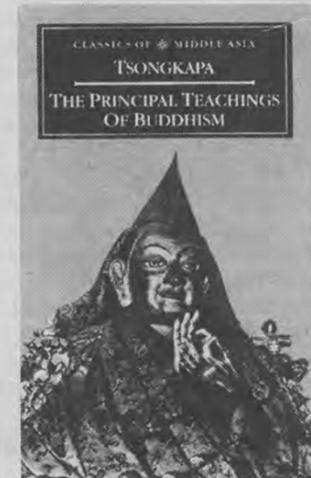
by Je Tsongkapa, comm. by Pabongka Rinpoche, trans. by Khen Rinpoche Geshe Lobsang Tharchin with Michael Roach. 172 pp. #PRTA \$6.95

In 1402, the Tibetan master Je Tsongkapa made direct visionary contact with the Lamas of the lineage by using the text of the Mountain of Blessings, a work which has been utilized by Tibetan Buddhist teachers ever since to prepare their students for a tantric initiation. Included is a rare commentary by Pabongka Rinpoche and an introduction by Geshe Tharchin, former abbot of Sera Mey Monastery.

PRESENT MOMENT WONDERFUL MOMENT: Mindfulness Verses for Daily Living

by Thich Nhat Hanh, Drawings by Mayumi Oda. 76 pp. 10 illus. #PRMOWO \$7

An inspiring handbook of 50 verses with commentaries by Thich Nhat Hanh. These poetic and practical exercises help us to slow down and enjoy each moment of our lives.



THE PRINCIPAL TEACHINGS OF BUDDHISM

by Tsongkapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$4.95.

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

GENERATING THE DEITY

by Ven. Gyatrul Rinpoche

170 pp., 19 b&w photos
ISBN 1-55939-055-7 \$14.95
November-December



This is a detailed explanation of the stages of development that occur during the time of practicing and generating the deity in Vajrayana yoga. Not only is the state of mind to be established described but the also the necessary details of the visualizations to be employed. Information on mudras, tormas, mandala visualization, the three types of offerings, and malas is given—these are applicable to tantric practice up to the Mahayoga or Father Tantra class. This is an excellent reference for all tantric practitioners.

NEW!



PROFOUND BUDDHISM: From Hinayana to Vajrayana

by Kalu Rinpoche. 208 pp. #PRBU \$15.95

Teaches how to handle emotions from a Hinayana, Mahayana, and Vajrayana point of view. Includes teachings on the nature of mind, the relationship between mind and body, emptiness, compassion, the situation of the individual in the cycle of existence and karma.

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.

PSYCHO-COSMIC SYMBOLISM OF THE BUDDHIST STUPA

by Lama Govinda. 120 pp. #PSSYBU \$10.95

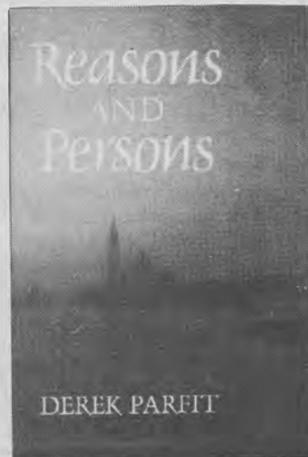
Describes the origins, history, forms, proportions, and power of the stupa, the channel for enlightened knowledge and a force for spiritual renewal. Includes photos of famous stupas and line drawings of its components and major forms.

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 a 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 ex-

amining 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.



REASONS AND PERSONS

by Derek Parfit. 543 pp. #REPE \$26

Reasons and Persons challenges with powerful arguments some of our deepest beliefs about rationality, morality, and personal identity. The author claims that we have a false view of our own nature; that it is often rational to act against our own best interests; that most of us have moral views that are directly self-defeating; that we often act wrongly, even though there will be no one with any serious ground for a complaint; and that, when we consider future generations, it is very hard to avoid conclusions which most of us will find disturbing.

"...extraordinary...brilliant...astonishingly rich in ideas...*Reasons and Persons* may be the greatest work of substantive moral philosophy."—*The Times Literary Supplement*

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.

RELIGIONS OF INDIA IN PRACTICE

ed. by Donald S. Lopez, Jr. 655 pp. #REINPR \$19.95

This inaugural volume of *Princeton Readings in Religions* contains the work of thirty scholars of the religions of India who have contributed forty-five translations drawn from every region in South Asia, including Hindu, Buddhist, Jain, Sikh, and Muslim materials. Some are written texts reflecting elite concerns, while others are transcriptions of oral narratives told by

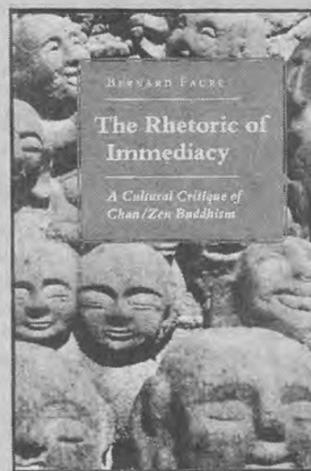
nonliterate peasants. There is a wonderful diversity of interesting material here: ten songs of devotion and praise such as *Bengali Songs to Kali* and *The Litany of Names of Manjushri*; eleven rites and teachings such as *The Power of Mantra: A Story of the Five Protectors*, *How to Partake in the Love of Krishna*, and *How to Worship at Shiva's Temple*; thirteen biographies and teaching stories such as *A Holy Woman of Calcutta* and *The Autobiography of a Female Renouncer*; eight contributions on traditions in transition and conflict such as *The Bodhisattva Vajrapani's Subjugation of Shiva* and *The Origin of Linga Worship*.

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*.

NEW!



THE RHETORIC OF IMMEDIACY: A Cultural Critique of Chan/Zen Buddhism

by Bernard Faure. 401 pp., photos & illus., #RHIM \$17.95

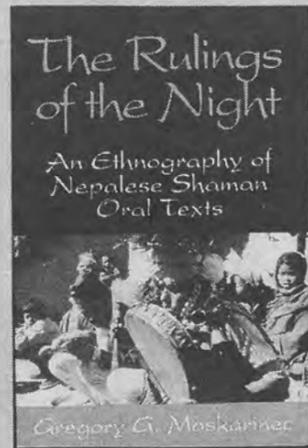
Faure focuses on Chan's insistence on "immediacy"—its denial of all traditional mediations, including scripture, ritual, good works—and yet shows how these mediations have always been present in Chan. Faure reveals how Chan structures its practice and doctrine on such paradigms as immediacy/immediacy, sudden/gradual, and center/margins. He shows how these paradigms relate to thaumaturgy and tricksters, relics and icons, the ritualization of death, dreams, transgression, gender and sexuality.

REPEATING THE WORDS OF THE BUDDHA

by Tulku Urgyen Rinpoche. 112 pp. #REWOB \$12.95

Tulku Urgyen unfolds the path to enlightenment. With the benevolence and brilliance of a realized being, Rinpoche illustrates in a lucid humorous fashion the essential points of spiritual practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

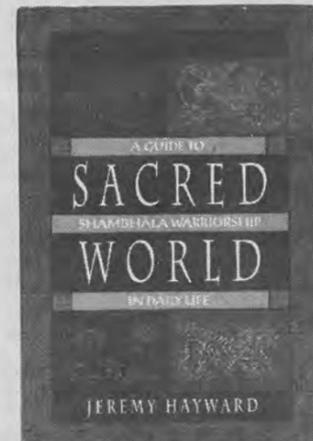
NEW!



THE RULINGS OF THE NIGHT: An Ethnography of Nepalese Shaman Oral Texts

by Gregory Maskarinec. 276 pp., 13 photos and drawings, #RUNI \$22.95

This is a first-rate account of one of the liveliest places of traditional shamanic practice in Western Nepal. The chants of the shamans are imbued with meaning, constituting a coherent cosmological system—Gregory Maskarinec is a faithful recorder and keen calligrapher of shamanic chants. He studied with fifteen shamans and they revealed the shamanic world and their life course within it.



SACRED WORLD: A Guide to Shambhala Warriorship in Daily Life

by Jeremy Hayward. 264 pp. #SAWO \$14.95

This practical companion to Chogyam Trungpa's classic *Shambhala: The Sacred Path of the Warrior* is the first book to give instruction in Shambhala warriorship. Combining Buddhist mindfulness practice and pre-Buddhist shamanic teachings, Shambhala warriorship training instructs us in the methods of calling upon powerful, natural energies for personal and community transformation.

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.

SELFLESS PERSONS: Imagery and Thought in Theravada Buddhism

by Steven Collins. 323 pp. #SEPE \$24.95

This book carefully explains the Buddhist doctrine of "not-self"—the denial of the existence of any self or enduring essence in

human beings. The author relates this doctrine to its cultural and historical context, particularly to its Brahmanical background, and shows how the Theravada Buddhist tradition has constructed a philosophical and psychological account of personal identity and continuity on the apparently impossible basis of the denial of self.

"Steven Collins has produced a book that renders the fundamental tenets of Theravada Buddhism intelligible and interesting to the uninitiated and is unlikely to disappoint the academic specialist."—*Journal of the Royal Asiatic Society*

NEW!**SECRET BUDDHISM: Vajrayana Practices**

by Kalu Rinpoche. 224 pp. #SEBU \$15.95

Discusses the essentials of Vajrayana, mantras, empowerments, the six yogas of Naropa, chod, Pure Land, and the six bardos. A history of the Kagyupa and Shangpa lineages and some explanation of the principles of Tibetan medicine complete this survey of Tibetan Buddhism.

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 origins of Buddhism, the important lineages of Tibetan Buddhism with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings.

THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet

by Surya Das. 256 pp., illus. #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 Chokyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals for it clearly states the key points of Mahamudra, Madhyamika and Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi Nyima gives instructions for the practice of these teachings.

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA

by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$19.95

This is a translation of the eighth-century *Kun byed rgyal po'i mdo* that presents being as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses themes of great concern to the present, including how to achieve a holistic 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.

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.

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

"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 (including retreat instructions). Vajrasattva is a manifestation of 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:

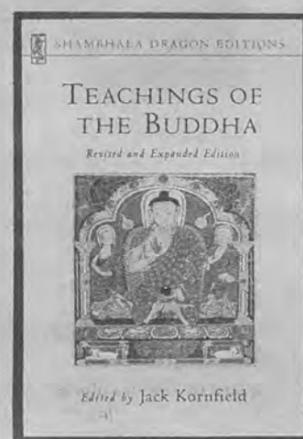
Tantric Yogas of Sister Niguma: these explicit, extraordinary yogas are a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect; teachings on the generation and completion stages of the Vajrabhairava Tantra; an excellent survey of the structure and historical development of the four tenet systems; detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

"This is a wonderful book for spiritual practitioners...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!

NEW!**TEACHINGS OF THE BUDDHA**

ed. by Jack Kornfield. 160 pp. #TEBU \$10

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers us Buddha's instructions on how to practice sitting meditation, cultivate calm awareness and live with compassion, freedom and wisdom.

THOUGHTS WITHOUT A THINKER: Psychotherapy from a Buddhist Perspective

by Mark Epstein, M.D., foreword by The Dalai Lama. 240 pp. #THTH \$22 cloth

Drawing on his own experiences as patient, meditator, and therapist, Mark Epstein explains how the contemplative tradition of Buddhism helps patients go beyond merely

**TAMING THE TIGER: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion**

by Akong Tulku Rinpoche

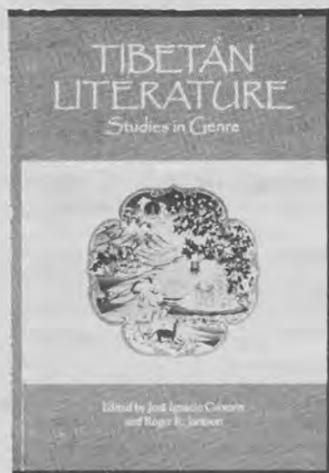
208 pp. #TATIG \$12.95

With his wit and wisdom, Akong Tulku teaches how to subdue the ceaseless mental chatter within. Peace can be achieved through a practical program for cultivating awareness—he provides a series of potent exercises by which to change our patterns of living.

TIBETAN LITERATURE: Studies in Genre

ed. by Roger R. Jackson and Jose Cabezon

530 pp. #TILI \$29.95, #TILIC \$45 cloth



"*Tibetan Literature* is an outstanding introduction to the panorama of the literary arts in Tibet. Everyone with interest in this civilization should study these essays, which range from religion to history, from law to poetry. The true wealth of Tibetan intellectual life becomes clear in the pages of this work. An excellent contribution to the field and a fine offering to Geshe Sopa, who has inspired so many of the contributors."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

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.

Approved for the Snow Lion's *Studies in Indo-Tibetan Buddhism Series*.

"...stands to be a landmark in Tibetan Buddhist studies."—
Dr. John Strong, Bates College

recognizing their problems to healing them. Far from being at odds with the psychodynamic method, such an approach is in fact just what the doctor might order. Dr. Epstein describes the path of meditation in contemporary psychological language, and lays the groundwork for a meditation inspired psychotherapy.

THE THREE VEHICLES OF BUDDHIST PRACTICE

by Ven. Khenchen Trangu. 116 pp. #THVEBU \$12 cloth

Trangu Rinpoche, who is the abbot of Rumtek Monastery, presents the three ways of Buddhist practice—Theravada, with its emphasis on the four noble truths and certain types of meditation; the Mahayana path of the bodhisattva, where he discusses the nature of emptiness; Buddhist Tantrayana, which he explains in practical terms. All three levels were practiced in Tibet according to the aspirants' natural inclinations.

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.



THE THREE LEVELS OF SPIRITUAL PERCEPTION

by Deshung Rinpoche, trans. by Jared Rhoton. 553 pp., 10 photos. #THLESP \$24.95

Deshung Rinpoche explains the Lam-dre, or "Path with Its Result" system of meditation, which has been special to the Sakya tradition of Tibetan Buddhism for over a thousand years. Discussed are the three levels of perception of beings on the path—ordinary beings, beings who meditate, and the pure vision of enlightened beings. The introductory essay by Victoria Scott contains an excellent biography of Deshung Rinpoche.

TIBETAN BUDDHISM: Reason and Revelation

by Steven Goodman & Ronald Davidson. 256 pp. #TIBU \$19.95

Ten studies examine the quest for clarity and insight via visionary and philosophical exploration in Tibetan Buddhism. This scholarly text includes Sakya meditational systems, Tibetan sacred biography and the evolution of deities.

THE TIBETAN DHAMMAPADA: Sayings of the Buddha

by Gareth Sparham. 240 pp. #TIDH \$14.95

This compilation of Buddha's sayings, known as *The Dhammapada*, has long been considered one of the most important sources for guidance in ethics, the basis for a calm and happy mind. "Known among Tibetans for the beauty of its poetry and the universality of its message, there is no Buddhist for whom the teaching in the book is irrelevant."—the Dalai Lama.

TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla, 208 pp., 58 line drawings #TIFOTA \$14.50

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.

TIBETAN TRADITION OF MENTAL DEVELOPMENT

by Geshe Dhargyey. 255 pp. #TITRME \$10.95

A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the philosophy class of the Library of Tibetan Works and Archives.

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.



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).

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.

TRANSCENDING MADNESS: The Experience of the Six Bardos

by Chogyam Trungpa Rinpoche. 288 pp. #TRMA \$20

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.

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.

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.



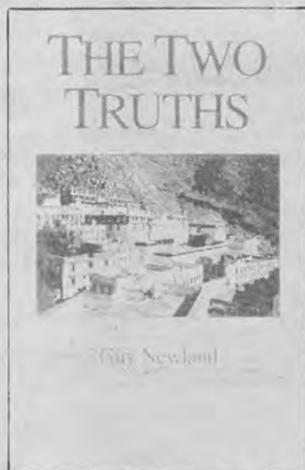
TRAINING THE MIND IN THE GREAT WAY

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

"A marvellous handbook for developing the bodhisattva training."—*The Tibet Journal*

"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 ap-

preciate being shown."—The Dalai Lama
"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 TWO TRUTHS

by *Guy Newland*. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRC \$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.

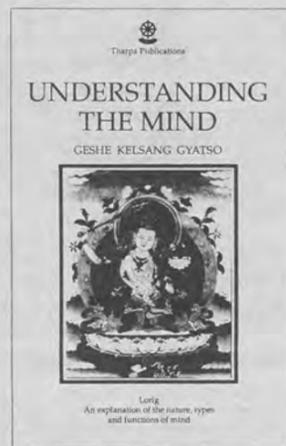
When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see 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

Uttara Tantra is one of the most studied by Tibetan Buddhists because it is exclusively devoted to the Buddha nature. It also answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the *Uttara Tantra* by the Ven. Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.

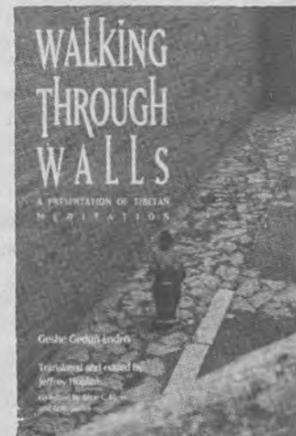
WHITE LOTUS: An Introduction to Tibetan Culture

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 and writings readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama

"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

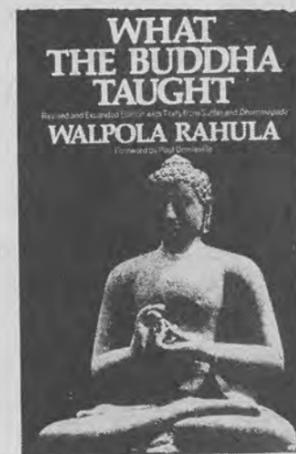
In 1988 an expedition of five artists visited Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these *White Lotus* has been produced to introduce people to the many facets of Tibetan culture—sixteen essays, 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."—Galen Rowell



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 vivid presents an intimate and detailed picture of the intricacies of meditation. Geshe Gendun Lodro, 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.



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

WHAT COLOR IS YOUR MIND?

by *Thubten Chodron*. 192 pp. #WHCOMI \$12.95

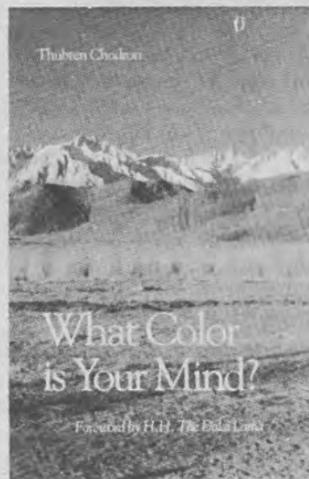
This is a Buddhist approach to the concerns of daily life and a variety of contemporary issues. Written in clear and engaging language for people who are new to Buddhism, *What Color is Your Mind?* is also interesting to people who have studied and practiced for years.

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?

"...a tremendous resource for those interested in Buddhist practice."—Karma Lekshe Tsomo

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



"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.

Nanachat jungle monastery in northeastern Thailand where over half the members are westerners. Many colorful people have found their way here. 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. #WHSWE \$6.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego.



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 SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems

by Thinley Norbu. 205 pp. #WHS \$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, Katu 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.

NEW!

WISDOM OF BUDDHA: The Samdhinirmocana Mahayana Sutra—Essential Questions and Direct Answers for Realizing Enlightenment

trans. by John Powers. 390 pp., 1 color plate, illus. #WIBU \$25

In this sutra, great Bodhisattvas question the Buddha about the nature of consciousness and the ultimate reality, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment.

WISDOM: TWO BUDDHIST COMMENTARIES

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

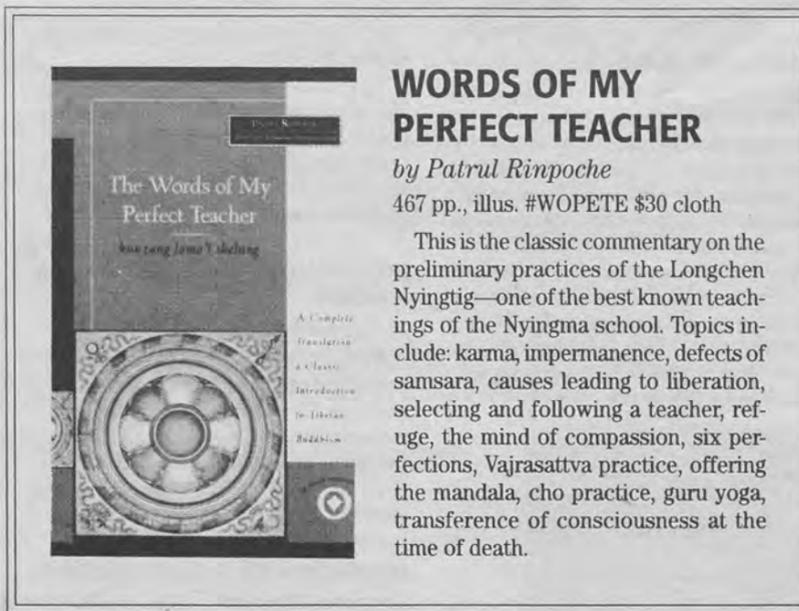
These two commentaries of the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* have been written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.



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 enlighten-



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.

ment. 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."

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.



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, Brennan-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 quali-

Rinpoche discusses the four thoughts

ties 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.

Aryadeva's *Four Hundred Stanzas* was written to explain how 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. In addition, Geshe Sonam Rinchen, main instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

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

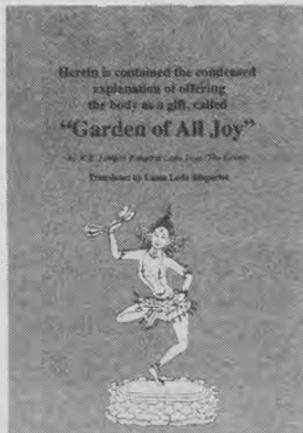
by Shunryu Suzuki-Roshi. #ZEMI \$7.95

This best selling book conveys what Zen is all about. Every page breathes with the joy and simplicity that make a liberated life possible.

THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nyng-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.

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MEDITATION ON VAJRABHAIKAVA

by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.

THE QUEEN OF GREAT BLISS of the Long-Chen Nyng-Thig

trans. by Tulku Thondup. 166 pp. #QUGRBP \$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 Nyngthig 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.

NEW!

SELF-INITIATION OF VAJRABHAIKAVA

trans. by Sharpa Tulku with Richard Guard. 62 pp., #SEINVA \$7.95

Here is an intermediate-length sadhana and a concise self-initiation ritual of the Solitary Hero Vajrabhairava. The self-initiation restores broken vows and tantric commitments. It can be used after one completes the retreat and ritual fire offering of peace.

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.

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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 Choegyul. 361 pp., many photos, #IN \$19.95

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

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

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by Archibald Steele. 159 pp. #KIDALA \$13.95

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MY JOURNEY TO LHASA

by Alexandra David-Neel. 384 pp., 44 photos, #JOLH \$14

"This new edition with its tale of adventure and vivid portrayal of Tibet, will surely

delight a whole new generation of readers."—The Dalai Lama

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

THE 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. 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.

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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.

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 by Andrew Harvey. 236 pp. #JOLA \$11.95
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 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
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NEPAL: Travel Survival Kit
 by Tony Wheeler & Richard Everist. 428 pp., 56 maps, 200 illus. & color photos. #NETRSU \$14.95
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new mountain-biking, rafting and kayaking sections; comprehensive information on flora, fauna & ecology; extensive accommodation & restaurant listings; detailed information on festivals & other cultural events; guidelines for responsible tourism.

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
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 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

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 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

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 by Heinrich Harrer. #SEYETI \$10.95
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 "This is by far the most detailed guide to Tibet ever to appear in a Western language."—Dr. Michael Aris, St. Anthony's College, Oxford
 This remarkable book is both a comprehensive trekking guide to mountain paths and plateau trails, and a pilgrimage guide that draws on Tibetan literature and religious history. Victor Chan has covered 42,000 kilometers in Tibet on foot and by bus, truck, horse, and yak. The result is indisputably the most authoritative sourcebook to Tibet. Contains: 60 major pilgrimage and trekking itineraries; 250 detailed maps and plans; essays on Tibetan pilgrimage, art and history, practical information on visas, health and medicine, accommodations and transportation options.

TIBET: Travel Survival Kit
 by Chris Taylor. 241 pp., 108 illus., maps and color photos. #TITRSU \$14.95
 This is another edition (3rd) of the excellent guide to Tibet. It has been completely rewritten, with 29 new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

TIBETAN PILGRIMAGE
 by Peter Gold. 175 pp., color photos, #TIPI \$14.95
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 Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.
 To cap the Tibetan Pilgrimage, Peter Gold joins two hundred thousand other pilgrims at Bodh Gaya, India 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.

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
 "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 his-

torical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.

TREKKING IN NEPAL, WEST TIBET AND BHUTAN
 by Hugh Swift. 420 pp., 14 maps, photos, #TRNETI \$14.95
 This Sierra Club Adventure Travel Guide is essential for the novice or veteran visitor. It provides a history of Himalayan trekking and covers natural history, scenic attractions, and cultural sites, peoples, and events. There is lots of info on preparing for travel and other practical guidance. It covers Tibet's 'Wide Open West' (including Mt. Kailas, the headwaters of the Indus river, and the lost cities of Tsaparang and Toling).

TREKKING IN TIBET: A Traveler's Guide
 by Gary McCue. 350 pp., 65 photos, 12 maps, #TRTI \$16.95
 Trekkers can use this up-to-date guide to hike among nomadic herders near Lhasa, to traverse the landscape of alpine lakes and mountain passes between the historic monasteries of Ganden and Samye, to walk the fertile Nyang Chhu Valley's old caravan routes near Shigatse, or spend weeks under Mt. Everest's or Mt. Kailas' famous peaks. This is a cultural guide as well as including necessary information to plan a successful trek. We recommend it.

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

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 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.

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 This is a road map of Tibet and surrounding area with relief shown in color.

These are two excellent country maps with a lot of detail:
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by Karma Lekshe Tsomo
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As Buddhism is transmitted to North America, women are playing a major role in its adaptation and development. Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

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,

"...a refreshing, experientially based and enriching contribution of American women to Buddhism in the West."—Thubten Chodron

Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging, so readable, and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University

DETERMINATION: Tibetan Women & the Struggle for an Independent Tibet

by Carol Devine. 118 pp. #DE \$12 (for description see History & Politics)

THE FIRST BUDDHIST WOMEN: Translation and Commentaries on the Therigatha

by Susan Murcott. #FIBUWO \$15

This is a translation and commentary on the Therigatha, the enlightenment verses of the earliest female disciples of the Buddha. The author traces the journeys of wives, mothers, teachers, courtesans, and wanderers who became leaders in the Buddhist community. These women reveal their search for spiritual attainment and their struggles in society. "Murcott's insightful commentaries 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*



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 \$13.95

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



MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self

by Anne C. Klein. 288 pp. #MEGRBL \$25 cloth

Klein presents the literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

The Great Bliss Queen Yeshey 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.

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. 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.

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

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.

Hanna Havnevik
Tibetan Buddhist Nuns



Norwegian University Press
The Institute for Comparative Research in Human Culture

TIBETAN BUDDHIST NUNS

by Hanna Havnevik. 251 pp., 16 photos, #TIBUNU \$40 cloth

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

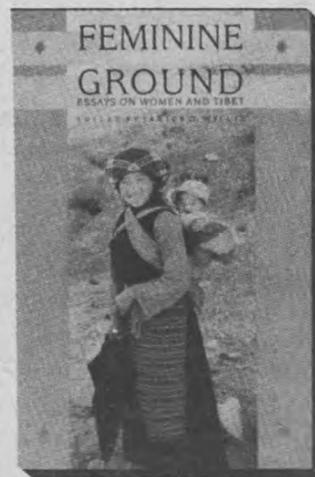
WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition

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.

FEMININE GROUND: Essays on Women and Tibet

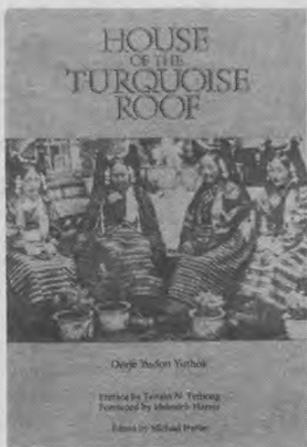
ed. by Janice D. Willis
166 pp. #FEGR \$12.95



"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*

In this volume six western women scholars and practitioners of Tibetan Buddhism come together to explore the issues of "women" and of "the feminine" in Tibet. In a group of critical and provocative essays, they discuss female role models, the nun's life, and gender and role identity as these have manifested in the context of Tibet. 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*; Janet Gyatso on *Down with the Demoness*; Miranda Shaw on *An Ecstatic Song by Laksminkara*; Barbara Aziz on *Moving Towards a Sociology of Tibet*; and Karma Lekshe Tsomo on *Tibetan Nuns and Nunneries*.

"...an outstanding resource for the student of women and Buddhism"—*Pacific World*



HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok
trans. & ed. by Michael Harlin
foreword by Heinrich Harrer.

300 pp., photos #HOTURO \$16.95

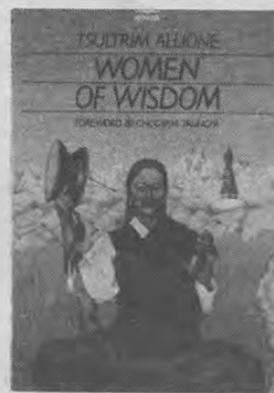
This very frank and thoughtful autobiography of a Tibetan noble-woman describes life in Lhasa before the Chinese occupation. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister—as well as a novelist's sensitivity for the revealing detail that brings

this fascinating past to life. 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 reflects a sensitivity to readers' interests in finely drawn portraits of Tibetan social interaction, ritual ob-

"...a superior book."—
Carebanu Cooper, *The Tibet Journal*

servances, 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*



WOMEN OF WISDOM

Tsultrim Allione. 224 pp. #WOWI \$10.95

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

Kurt's Corner

The format of our catalog cannot adequately describe many of our items. As a customer service specialist at Snow Lion, I would like to call attention to some items which, in my opinion, are among the finest we have. They are also my personal favorites. The first group consists of one-of-a-kind thankas, statues, and antiques. Of course, we have a number of excellent thankas and statues, it's just that these are la creme de la creme!

THANGKAS

CHENREZIG, \$1800, 32" X 57".

Unusual applique-style thanka by a Tibetan artist living in Dharamsala. He uses the finest silks and brocades available to create hand-sewn textures requiring a vast amount of painstaking and loving work. Because of the textured surfaces, the image projects into space much more than a painted work. Its visual and psychic impact is mindboggling. Handpicked brocade mounting in the finest traditional style.



PALDEN LHAMO, \$700, 30" X 60".

Protector deity of Tibet. Painted by a Tibetan in Dharamsala. Fabulous color, very powerful. Handpicked brocade and mounting as above. Superb!

PADMASAMBHAVA, \$575, 36" X 58".

Surrounded by ten deities and historical figures. Excellent color and goldwork. Above average brocading. A bold and inspiring work on the central figure of Nyingma.

PADMASAMBHAVA, \$495, 36" x 48".

Standing figure painted by a Tibetan artist in Dharamsala. Bold color, powerful. Handpicked brocade mounted in best traditional style.

STATUES

AMITAYUS, #34, \$675, 9" height.

Pretty much the height of Tibetan craftsmanship. How has the artist successfully embodied compassion and wisdom in the

figure's facial expression? If I needed a standard of stylistic excellence, this would be it.



BUDDHA SAKYAMUNI #55, \$275, 5" height.

This small statue has a mysterious quality that attracts me. The well-crafted face with large, semi-closed eyelids presents an unusual and indefinable contemplative aspect.

BUDDHA SAKYAMUNI #1, \$575, 12 1/2" height.

Beneficent, yet mystical expression, expertly crafted. Relief embroidered robe with gold highlights. Finest Sakyamuni rupa that I have seen come through here.

WHITE TARA #11B, \$425, 12 1/2" height.

Expertly crafted. The artist has embodied a compassionate expression expressing the essence of this figure.

ANTIQUES

MAHAKALA KATIKA PURBA, \$180, 8"

Unusual four-pronged silvery (nickel) tantric implement has magical quality and is well-crafted.

THUNDERBOLT SILVERY DORJE, \$180, 9 1/2" x 3 1/2".

This massive seven-prong dorje (over 3 pounds!) is impressive by its sheer size. Fine craftsmanship. A powerful altar piece.

The second group features items that I consider the finest in their class. They are also superbly suitable gift ideas. Please see the appropriate catalog section for further details: authors, pages, timings, etc.

VIDEOS

COMPASSION IN EXILE, \$40.

Unreservedly the best video on HH Dalai Lama and Tibetan culture in the contemporary situation. Superbly produced, excellent video quality. This is the one.

HEART OF TIBET, \$29.95.

Focus on HH Dalai Lama. Very personal, often amusing, great photography and video quality. I really like this video.

MUSTANG, \$19.95.

Incredible 2-month horseback journey by a very senior lama at the request of the King of Mustang, a final bastion of traditional Tibetan culture. Fabulous scenery (of course).

MESSAGE OF THE TIBETANS, Part I \$29.95, Part II \$29.95.

The greatest Tibetan teachers of the last 30 years on video. One segment takes place in a remote mountain lamasery. When the head lama offered to show Milarepa's personal dorje (!) to a dharma colleague, I could hardly encompass the auspiciousness of being permitted to witness this.

AUDIO

GYUTO MONKS TANTRIC CHOIR, CD \$16.95, Cassette \$10.95.

Still the absolute best of the Tibetan sacred music recordings. Power, clarity, world-class production. The soloist is phenomenal. (Would you expect less from Windham Hill label?)

KARUNA, CD 18.00, Cassette \$12.00.

A unique voice in the wilderness, Tibetan Nawang Khechog on his 1995 release expresses spiritual moods on a variety of traditional instruments. Atmospheric in quality, it recalls the definitive classic "Bell Ringing In An Empty Sky" by another artist in another Buddhist culture over 30 years ago. Top production by Kitaro.

PICTURE BOOKS

LIVING TIBET, \$26.95.

I would recommend this book first to anyone interested in the Tibetan people. Many large and exquisite photos of people and scenes in '90s Dharamsala. Excellent text.

MY TIBET, \$25.00 paper, \$40.00 cloth.

Large format, heart-text by the Dalai Lama, some of Galen Rowell's best photography.

LIVING BUDDHISM, \$24.95.

A beautiful, inspiring pictorial journey through Buddhism of Tibet, Japan, Thailand, China, etc. Personally, I appreciate this sensitive and intriguing juxtaposition of the interpretations of Buddhism by the world's cultures.

POWER PLACES OF KATHMANDU, \$39.95.

I opened this book up to a random page when I picked it up for the first time, and my mind just stopped. OK, not for long...the photos!

SACRED MOUNTAINS OF THE WORLD, \$16.00.

Chinese landscape artists didn't just dream up those fabulous steep rocky scenes! Excellent discussion of sacred geography.

GENERAL TITLES

CHO YANG 5, \$18.95.

Seems pricey for a magazine format? Totally great articles, interviews, photos, personal stories. Trust me!

CHO YANG 6, \$18.95.

More of the above, and just as great!

BUDDHISM THROUGH AMERICAN WOMAN'S EYES, \$12.95.

This compendium of heart-talks is often very moving. Curious to share the experiences and perspectives of fellow practitioners? I love this book.

MAGIC AND MYSTERY IN TIBET, \$7.95.

This book has become a true classic. Alexandra David-Need's courageous forage into forbidden territory at the turn of the century disguised as a Tibetan pilgrim is for me the epitome of hutzpah(trans. "guts"). I can't imagine anyone interested in Tibet not being enthralled with this book. Have you read it?

CHILDREN'S BOOKS

PRINCE SIDDHARTHA, \$15.95. Ages 4 - 10.

You read to the young ones, the older ones read it themselves. Without the extreme sentimentality to the point of distortion of the message of some dharma children's books, it is beautiful, moving and accurate. My favorite in the genre.

WHERE IS TIBET? \$12.95. Age 2 - 6.

As early as a child can be plopped on a lap and read to, this is the one. Excellent, imaginative color full-page illustrations with very simple text. You will be asked to read it again, and again, and...

DHARMA ITEMS

LAPIS LAZULI MALA, \$250.00.

Hand Mala, \$80.00. Medicine Buddha is the "Lapis Lazuli Healing Master." Mesmerizing deep blue semi-precious stone.

AMETHYST MALA, \$250.00.

Hand Mala, \$80.00. Lavender translucent semi-precious stone has a gentle, loving quality.

ONYX MALA, \$80.00. Hand Mala, \$28.00.

Black semi-precious stone with striking red tassel. Powerful.

ROCK CRYSTAL MALA, \$80.00,

Hand Mala, \$28.00. Austrian rock crystal has feeling of "clarity." Since rock crystal "absorbs psychic impressions (so they say)", a good mala to have blessed by a lama.

FANCY ETERNAL KNOT EARRINGS, Silver \$20.00, Gold \$20.00.

My favorite of our earring line. Nicely crafted, elegant and not over-stated.

DOOR CURTAINS, Eternal Knot \$75.00, Auspicious Symbol \$125.

Tibetans put these up all year long. They cover, or take the place of an entire door. Excellent craftsmanship, and I am surprised that they aren't priced much higher. Large, bold, colorful sewn auspicious symbols, bold dark-blue borders. Very traditional-looking. Quite striking and defining in a room.

KURT

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



AWAKENING COMPASSION
by Pema Chodron (6) #AWCO \$59.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by 59 written maxims—a treasury of practical wisdom that inspires everyday awakening. Pema Chodron shows how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.

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 Vener-

able 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.



KHENPO KONCHOG GYALTSEN

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.

CHOD TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (7) #CHTE \$60

This is a seven tape set of teachings and commentary on Chod practice. One of the tapes contains a guided Mahamudra meditation and Chod practice.

NEW!

COMPLETE NGONDRO TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (9) #CONGTE \$90

NEW!

ILLUSORY BODY TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (5) #ILBOTE \$50

MEDICINE BUDDHA TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (1) #MEBUTE \$10

Khenpo gives a teaching and commentary on the Medicine Buddha sadhana.



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, Dalifornia, 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 are 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—his 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.

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 egoic 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; Padmasambhava's instructions for the bardo; 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 ful-

filled 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.

THICH NHAT HANH

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.

NEW!

PEACE IS EVERY STEP: A Buddhist Monk and Meditation Master Looks at War, and the Peacemaking Process

by Thich Nhat Hanh. (1) #PEEVST \$9.95

Join Thich Nhat Hanh as he addresses such issues as how true peace is achieved, the tradition of nonviolence, lessons from Vietnam and the Persian Gulf, protests and patriotism, dealing with anger, despair and helplessness.

NEW!

PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY: Working with Anger, Nourishing Inner Peace

by Thich Nhat Hanh. (2) 3 hrs. #PRMIPS \$17.95

Recorded live with a group of practicing psychotherapists.



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 libera-

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.

Sogyal Rinpoche. (3) #NYDZ \$30
This set focuses primarily on the nine yantras.

Kagyuu Tradition: MAHAMUDRA
by Ven. Tenga Rinpoche. (3) #KAMA \$30

Sakya Tradition: INSEPARABILITY OF SAMBARA & NIRVANA
Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

Gelug Tradition: UNION OF BLISS AND EMPTINESS
Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30

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.

tion 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 Raggay: Jungian Analysis & Tibetan Buddhism; Ven. Thubten Chodron: A Spiritual Teacher's Perspective on Therapy and Buddhism; Judith Gordon, Ph.D.: A Psychotherapist's Application of Buddhist Principles to Therapy; Ryo Imamura, Ed.D.: Buddhism & Psychotherapy—the Similarities and the Differences; Geshe Jamyang Tsaltrim: Therapeutic Applications of Principle Buddhist Teachings; Mark Hart, Ph.D.: Buddhism & Psychotherapy—Beyond Concepts; May Cl Lu, Ph.D.—Counseling Buddhist Asian Immigrants.

JEFFREY HOPKINS

APPROACHING THE TANTRAS
(3) #APTA \$21

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

DEATH & DYING
(4) #DEDT \$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 Corcoran, 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.

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.

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.

Christina Feldman

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

Focusing on Meditation

energies of the mind and unifying them around the breath.

Jack Kornfield

THE INNER ART OF MEDITATION

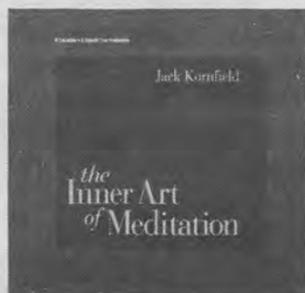
(6) 8 1/2 hrs. #INAR \$49.95

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.



MEDITATIONS OF THE HEART

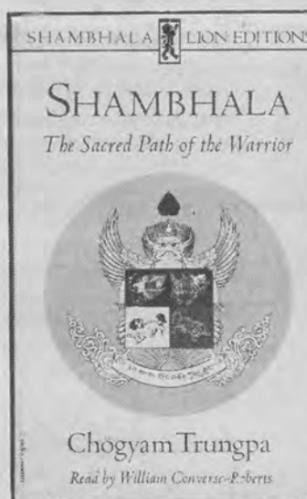
Jack Kornfield. #MEHE \$10.95

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

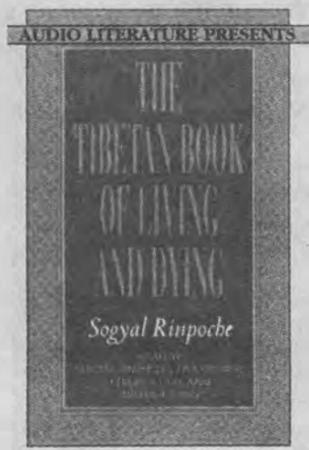
Ten talks on ten cassettes, this series on the perfections of Buddha and how these can be awakened in our hearts and developed in our lives is complete with stories, examples and practical teachings. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination,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



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.

MUSIC & CHANTS

THE GYUTO MONKS

Gyuto Tantric Choir. Cassette #GYMOTC \$10.95, CD #GYMOTC \$16.95

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

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA

by the Nuns of Nyingma Ozer Ling, Tibet (1) Cassette #QUGRBL \$10

Dechen Gyalmo represents, within the Longchen Nying Thig tradition of the Nyingmapa lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty nuns live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

SACRED HEALING CHANTS OF TIBET

by the monks of Gaden Sharitse 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 Raggay.

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



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 the Goddess 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 an atmosphere of extreme spirituality.



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 #GYMOCD \$9.95 #GYFRCD \$16.95

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.



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



ECHOES OF TIBET: Traditional Tibetan Songs of Peace, Beauty and Freedom

by Tsering Wangmo. Cassette #ECTI \$12

These are beautiful folk songs from Amdo and Kham sung by Tsering Wangmo, who trained at the Tibetan Institute of Performing Arts as an opera and folk singer. She was the co-founder of the Chaksampa Dance and Opera Company. This is a solo recording.

MEDITATIVE MUSIC OF SINGING BOWLS

NEW!



CHAKRA MEDITATION

by Hans de Back. Cassette #CHME \$10

Seven improvisations with asian gongs and bells composed as explorations of the seven energy centers in the body.

HIMALAYAN BOWLS I

by Karma Moffett. Cassette #HIBO1 \$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 Himalayan bowls and bells. It is harmonic and meditative.

NEW!



SINGING BOWL MEDITATION 1

by Hans de Back. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch which invites listeners to go within.



SONGS OF THE JATAKA TALES

by Penny Nichols and members of the Karma Kagyu Institute. Cassette #SOJATA \$12 #SOJATC \$20 CD

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.

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 conti-

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.

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*.

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

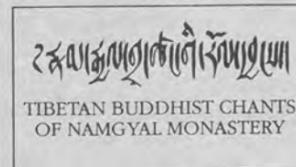
by Ganden Jangtse Monastic Choir. Cassette, #SOLI \$10

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 Guhasamaja*, *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 Monas-

tery. 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.

nent) 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 #TWPRTT (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.



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.



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 is very present in his lyrical and spacious flute

music. (Please note that Tibet, Universal Records is now handling the wholesale requests for Nawang's 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.

KARUNA

by Nawang Khechog. Cassette #KA \$12, CD #KACD \$18 "I rely on music to promote un-



derstanding and harmony between people and toward nature."

This is the latest offering from a fine Tibetan flute player. All of the songs are performed by Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture. We recommend this production as one of Nawang's best!

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.



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 under great odd. 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—this is a great film!

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.

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.

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 as effective in promoting and maintaining well-being. 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 video 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.

HOME TO TIBET: The Story of Sonam Lama's Return to His Homeland

by Alan Dater and Lisa Merton. 55 min. #HOTI \$29.95

Home to Tibet documents the return of the Tibetan stone mason, Sonam Lama, to his homeland for the first time since his escape twelve years ago. His sister has asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dan-

gerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people—very insightful.

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.

Exploring THE Mandala



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

EXPLORING THE MANDALA

by Pema Losang Chogyen. 10 min. #EXMA \$19.95

"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 relation-

MANDALAS

ship 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.

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.

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.

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.

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 Everst.

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, and 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 Kalu 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 Kalu Rinpoche gave this lecture in San Francisco. He describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness. This was the last teaching of Kalu Rinpoche that was filmed.

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 con-

veys 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. #METITA \$29.95

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgye Kazi, the senior interpreter to the Dalai Lama at that time. Anyone interested in Tibetan will find these videos fascinating. There are so many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.



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.

NICHOLAS ROERICH: MESSENGER OF BEAUTY

43 minutes. #ROMEBE \$24.95

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

H.H. THE DALAI LAMA



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.

GUIDE TO THE BODHISATVA'S WAY OF LIFE

by His Holiness, the Dalai Lama. Eight video tapes averaging two hours each. #GUBOV \$200

This is the outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic work which focusses on the practices of bodhisattvas. During each of the first seven sessions, His Holiness combined his own personal

experience in the development of patience with his extensive scholarship to explicate the text, followed by a short meditation practice. These sessions concluded with nearly an hour-long question and answer period. The eighth session started with a q&a period and ended with a detailed teachings of the 12 links of dependent arising. We highly recommend this boxed set of eight videos.



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.

THE GOOD HEART: The 14th Dalai Lama Comments on the Four Christian Gospels

#GOHE \$33

This video is a summary of the 1994 John Main Seminar held in London. His Holiness gave an extensive commentary of the Four Gospels: Matthew, Mark, Luke, and

John for both Christians and Buddhists. He insists on the need to see the fundamental differences between Buddhism and Christianity—such as the idea of a Creator God. But he also highlights the striking similarities and parallels between the lives of Jesus and Buddha, their teachings on non-violence and the progressive stages of spiritual development. "Both the life of Jesus Christ and of the Buddha show that it is only through effort, dedication, commitment and standing firm on one's principles that one can grow spiritually and achieve liberation."—The Dalai Lama

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.

OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama

by Trueheart Productions. 90 min. #OVDIV1 \$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.

The Tibetan Book of the Dead



Part I: A Way of Life

TIBETAN BOOK OF THE DEAD, Part 1

narrated by Leonard Cohen. 46 min. #TIBOV1 \$29.95

Filmed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. Includes interviews with H.H. the Dalai Lama in which he speaks of his own view of life and death.

TIBETAN BOOK OF THE DEAD, Part 2

narrated by Leonard Cohen. 45 min. #TIBOV2 \$29.95

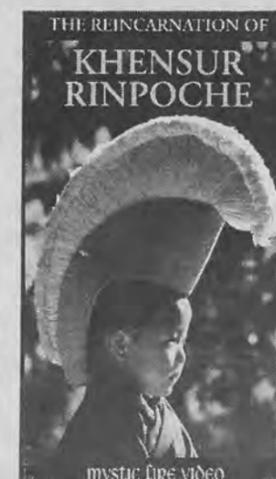
The Great Liberation presents a vividly detailed account of the contents of the Book of the Dead and of the traditional Buddhist teachings on compassion and the search for truth which are its foundations. The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

BEST SELLING!

REINCARNATION OF KHENSUR RINPOCHE

62 min. #REKHRI \$29.95

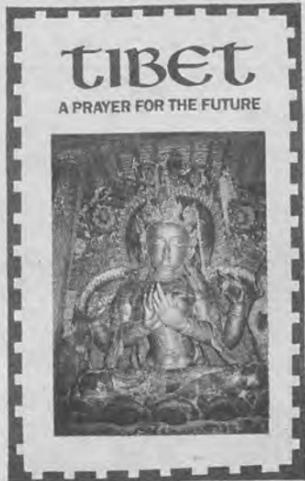
This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.



TANTRA OF GYUTO: Sacred Rituals of Tibet

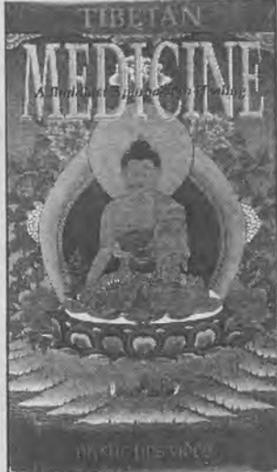
52 min. #TAGY \$29.95

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.



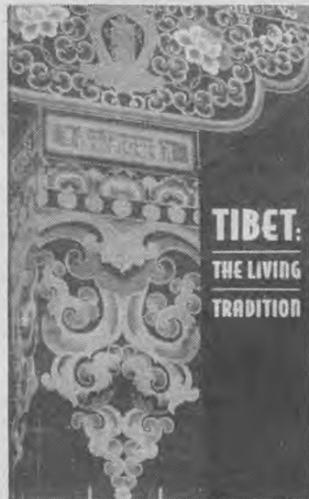
TIBETAN MEDICINE: A Buddhist Approach to Healing
29 min. #TIMEV \$29.95

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 paint-

ing 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.

TIMELESS WISDOM: Being the Knowing
Thubten Chodron & Ajahn Amaro. 1 hr. #TIWIBE \$29.95

Two western Buddhist monastics, one Tibetan, the other Theravadin, discuss many issues of spiritual life and practice with a large group of students in Seattle. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.



KARMAPA: The Thangka Ceremony

presented by Tsurphu Foundation, produced by Ward Holmes. 1/2 hour #KATHCE \$29.95

In May, 1994 members of the Tsurphu Foundation joined H.H. the XVII Karmapa and the monks of Tsurphu Monastery for the first

unveiling of the new silk applique thangka—one of the largest in the world. Measuring 60 x 100' it was re-constructed in the traditional style designed by the 9th Karmapa. The old thangka was destroyed during the cultural revolution. There are wonderful segments of the new Karmapa and the unveiling ceremony.

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.

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!

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.

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.

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
#POPAPO \$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

THE MEDICINE BUDDHA
painted by Peter Iseli. #MEBUPO \$5

From the cover of *The Healing Buddha* by Lama Thubten Zopa Rinpoche.

CHENREZIG SAND MANDALA POSTERS

Wheel of Compassion Sand Mandala Poster, 24 x 30", #WHCOPO \$15

This is a full-color reproduction of the Chenrezig Sand Mandala. On a blue background.

Wheel of Compassion (Explained) Sand Mandala Poster, 24 x 30", #WHCOEX \$15

This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

NYUNG NA LINEAGE LAMAS
Painted by Peter Iseli. #NYNAPO \$5

1000 arm Avalokiteshvara and many other protectors and lineage lamas.

TWENTY-ONE TARAS POSTER
18" x 24" #TAPO \$5.00

Lovely poster of Green Tara and the 21 Taras with explanation of each Tara on the reverse side. Painted by Andy Weber.

VAJRADHARA POSTER
24 x 36" #VAPO \$15

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



NEW!

LHASA MANDALA
by Peter Gold, J. Jigme, T.G. Gangzey. 20 x 17", #LHMA \$5

This mandala of the region around Lhasa shows major Tibetan sacred sites, monasteries, nunneries, temples, hermitages and holy peaks.

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 we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.

ART PRINTS

These prints by Robert Beer 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

THARPA FINE ART PRINTS
\$19.95 each

These prints measure 16 x 22" and are painted by Andy Weber. They are some of his best images.

- Amitabha** #AMPR
- Buddha Shakyamuni** #BUSHPR
- Je Tsongkhapa** #JETSPPR
- Manjushri** #MAPR
- Medicine Buddha** #MEBUPR
- Vajradhara** #VAPR
- Vajrayogini** #VAYOPR

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.

KALACHAKRA EMBLEM PRINT
8 x 10" full-color #KAEMPR \$7

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

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

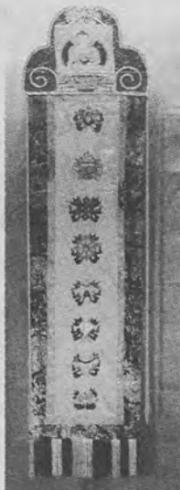
BANNERS AND HANGINGS

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!



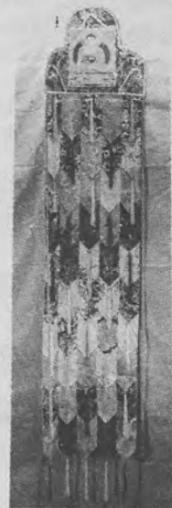
BUDDHA AUSPICIOUS SYMBOL BANNER

5' long x 17" wide #BUAUBA \$60
Eight auspicious symbols on red or yellow background with brocade border and embroidered Buddha at the top.



BUDDHA MANI BANNER

5' long x 17" wide #BUMABA \$60
Like the banner above but with embroidered Om Mani Padme Hum instead of symbols.



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.



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.

MANI HANGING

18" high x 40" wide #MAHA \$40

The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.



MANI BANNER

26" long x 4 1/2" wide, #MABANN \$16

Embroidered Om Mani Padme Hum mounted in brocade.



LARGE MANI BANNER

approx. 5' long x 1' wide, #LAMABA \$40

Embroidered Om Mani Padme Hum mounted in brocade.

KNOT OF INFINITY

13 x 15" #KNBA \$28.00

The banner is yellow-gold with Tibetan red. Only the knot appears.

DEITY HANGINGS

Fancy brocade borders with five embroidered deity images. 4 1/2" wide x 22" high.

Buddha Hanging

#BUHAN \$95

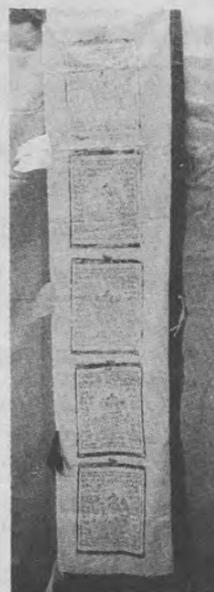
Green Tara Hanging

#GRTAHA \$95

Padmasambhava Hanging

#PAHA \$95

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

MAHAKALA BANNER

#MABAN \$16

MANJUSHRI BANNER

#MNBAN \$16

MILAREPA BANNER

#MIBA \$16

PADMASAMBHAVA BANNER

#PABA \$16

TARA BANNER

#TABA \$16

WINDHORSE BANNER

#WIBA \$16

VAJRAYOGINI BANNER

#VABA \$16

PRAYER FLAGS



Auspicious Wish Flag

#AUWIFL \$20

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -constructed flags with nylon cord.

Tibetan Nun's Prayer Flags—Support Tibetan Nuns

#SEPRFL \$12 for set of five.

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

Windhorse Prayer Flag set

#WIPRFL \$12

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, Kalachakra, Mahakala and many others. Each flag measures 13" x 16".

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

KALACHAKRA PRAYER FLAG SET

#KAPRFL \$12

MAHAKALA PRAYER FLAG SET

#MAPRFL \$12

MANJUSHRI PRAYER FLAG SET

#MNPFL \$12

MILAREPA PRAYER FLAG SET

#MIPRFL \$12

PADMASAMBHAVA PRAYER FLAG SET

#PAPRFL \$12

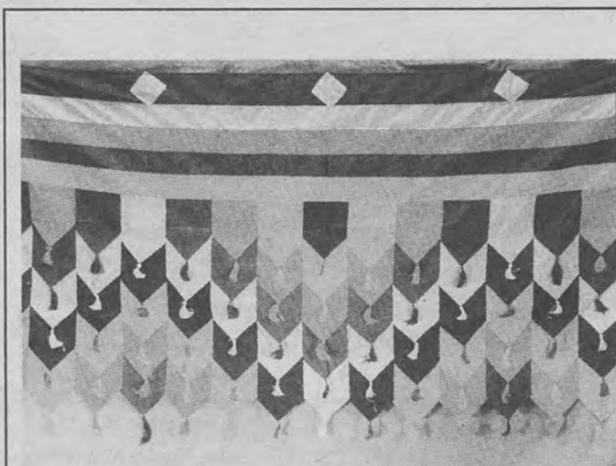
TARA PRAYER FLAGS

#SETAPR \$12

VAJRAYOGINI PRAYER FLAGS

#VAPRFL \$12

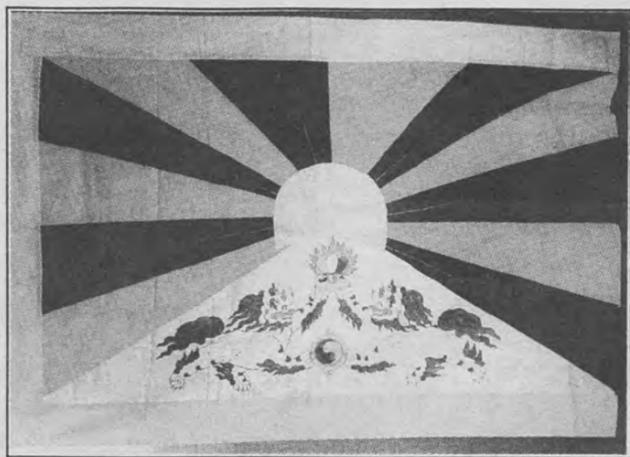
Please note that most prayer flags are designed to destruct over time. In this way, the earth as well as the wind receives the prayers.



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!



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 NATIONAL FLAG

10" x 14" #SMTIFL \$6

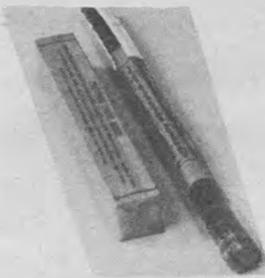
A smallish Tibetan flag printed on cotton.



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.



TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

Highest Grade

#BL \$8

Medium Grade

#RE \$6

Common Grade Tibetan Incense

#CHTIIN \$5.00

"Aromat" Tibetan Traditional Incense

#ARTIIN \$6

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

Pure Sandalwood

8" bundle #SAIN \$5

Extra-Grade Tibetan Incense

#EXGRTI \$10

This incense comes from another source and is a popular high grade product.

THERAPEUTIC INCENSE

TARA HEALING INCENSE

#TAIN \$5

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

AGAR 31 HERBAL INCENSE

made by Dr. Dolkar. #BLAG \$7.95

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

NIRVANA BRAND

#NIBRIN \$6

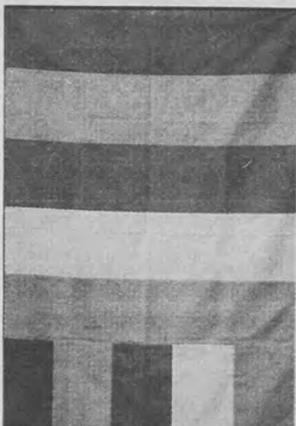
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.



EXTRA WIDE MANI BANNER

approx. 5' long x 17" wide #EXWIMA \$60

Beautiful background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.



BUDDHIST FLAG

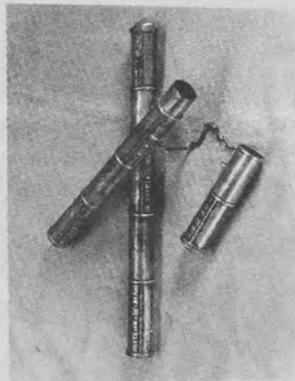
29" x 38" #BUFLA \$25

Made from polyester in India, this flag is more resistant to weather than our cotton flag.

SILK WINDOW TRIM

39" #WITR \$45

Top of horizontal blue, yellow and red brocade, drape of green and red silk.



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

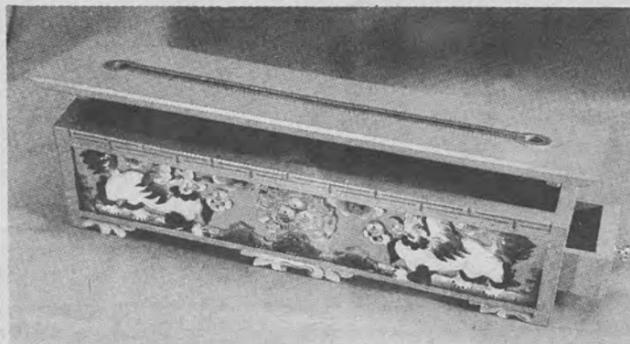
Large, 15 1/2," #INHOL \$50

INCENSE BURNERS

INCENSE BURNER

#INBUR \$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.



NEW!

INCENSE BURNER

#INBUWO \$80

This is a painted wood incense burner that measures 19" long, 5 1/2" deep and high. It has a carved front with snow lions and the three jewels. A 16" drawer slides out and hold incense. You fill the burner with sand or rice, lay the burning incense stick down on top of it and the smoke flows out through a slot on the top of the box.

KATAS

A standard offering scarf.

Plain Offering Scarf

#PLOFSC \$4

Brocaded Offering Scarf

with auspicious symbols #BROFSC \$18

Fancy Brocaded Offering Scarf

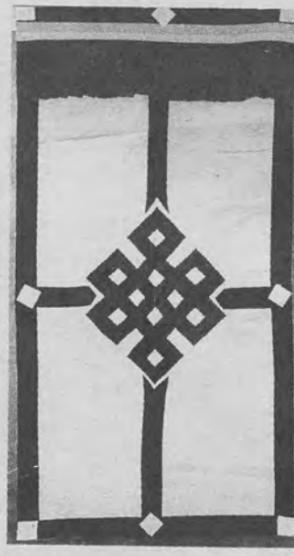
(8' long) with auspicious symbols #FABROF \$25



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.



ETERNAL KNOT DOOR CURTAIN

#ETKND0 \$75

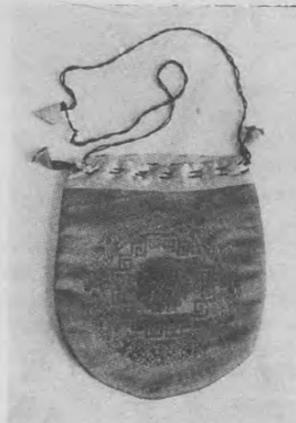
This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.



EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN

#EIAUDO \$125

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.



MALA BAG

#MABA \$8

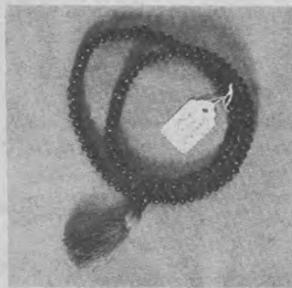
These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.

MALAS



Bodhiseed
#BOSEMA \$40

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 Mala
Abacus seeds (slightly flattened) with semi-precious stone markers and lovely red woven cord on guru bead. #ABLOSE \$38



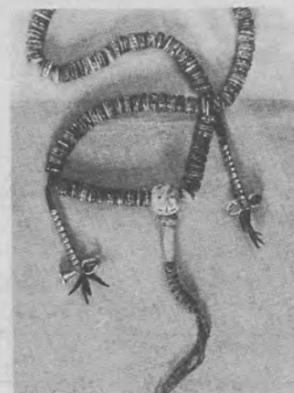
Lotus Seed Mala
With semi-precious marker beads. #LOMA \$30

Lotus Seed Pocket Mala
With 27 beads, Red Jasper Guru bead. #LOHAMA \$15

Sandalwood Malas
Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful! \$14

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
#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

Crystal Mala #CRMA \$70.00

Crystal Hand Mala #CRHAMA \$28.00

Hematite 6mm. #HEMA \$50

Lapis Lazuli #LALAMA \$250

Lapis Lazuli Hand Mala #LAHAMA \$80

Malachite 6mm. #MAMA \$120

Malachite Hand Mala #MAHAMA \$70

Mother of Pearl #MOPEMA \$50

Mother of Pearl Hand Mala #MOHAMA \$24

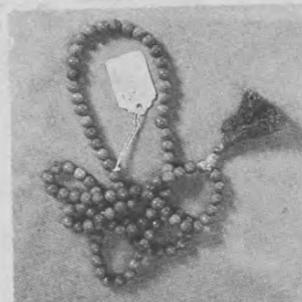
Rhodonite (pink with black) #RHMA \$120

Red Crystal Mala #RECRMA \$30.00

Rose Quartz #ROQUA \$60

Rose Quartz Hand Mala #ROHAMA \$28

Tiger Eye #TIEYMA \$100



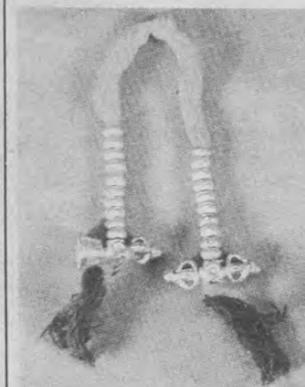
Turquoise Mala #TUMA \$80

MALA COUNTERS

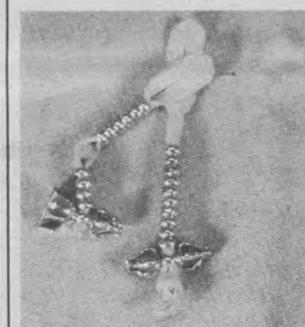
These pairs of counters have a bell and a dorje, multi-colored tassels and attach to any mala.



Gold Counters
Gold plated bell & dorje. #GOCO \$22



White Metal Counters
#WHMECO \$14

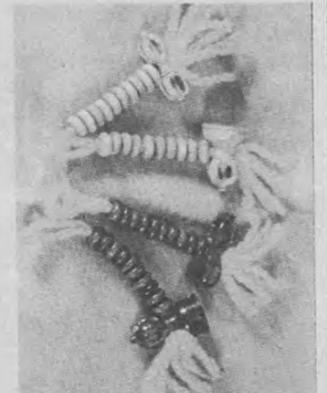


Pewter Counters
#PECO \$26

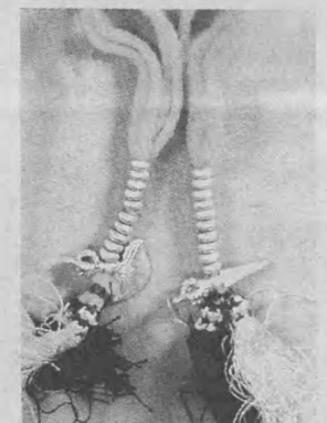


Silver Counters
#LASICO \$50

Counters on thick red cord with red and yellow tassels with bell & dorje.



Sandlewood Counters
These have a bell and dorje and are strung on red cord.
Regular Sandlewood Counters #RESACO \$10
Red Sandlewood Counters #RESACO \$10



Silver Counters with Purba & Curved Knife
#PUSICO \$40

MEDITATION



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, dark green, deep purple, navy blue and black. Specify the color of your choice. We plan to fill orders in a week or two, but it sometimes takes longer.

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!
#INZU \$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 an inflatable ball. 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 inflatable ball can be removed and reinserted. So, if later you prefer a more traditional zafu, you can simply remove the ball 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. The cushion attaches with velcro and doesn't slide around. It is available in deep purple, burgundy and black. We plan to fill orders in one or two weeks, but it may take longer. Shipped to you directly from the manufacturer.

#MEBEN **Standard Bench** \$43.95

#MEBECO **Folding Bench** \$49.95

#MEBECU **Attachable Cushion** \$19.95

RITUAL ITEMS



BELL & DORJE
#BEDO was \$60, now \$36

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.

rated 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.



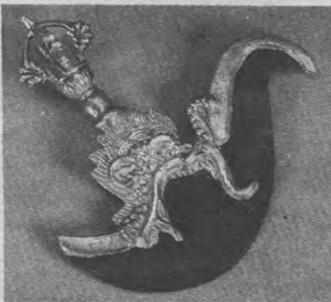
BELL & DORJE COVERS
#BEDOCO \$20
These are elaborately brocaded

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.



CURVED KNIFE
#CUKN \$40

This is the ritual knife referred to in many tantric practices.



BUTTER LAMPS

4 1/4" high with auspicious symbols in silver-like metal.

COPPER BUTTER LAMP, #COBULA \$19

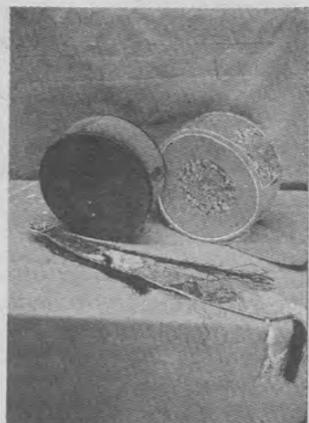
SILVER-LIKE BUTTER LAMP, #SIBULA \$19

BUTTER LAMP #BULA \$16

White metal, well-made, 3 1/2" high.

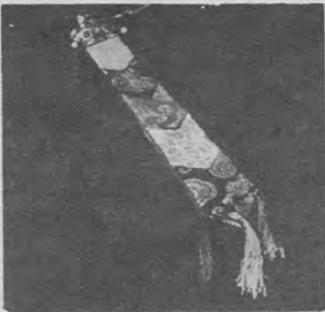
CHOD DRUM
#CHDR \$150

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.



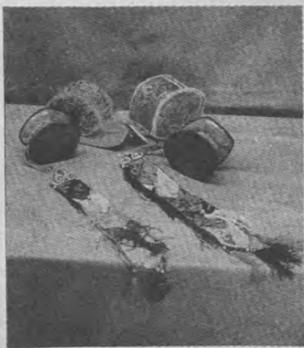
DAMARUS (wood)
4" in diameter #DA was \$30, now \$20

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.



DAMARU, BANNER & BROCADE CASE SET
4 1/2" at longest diameter #DASE \$50
5" at longest diameter #DASEL \$55

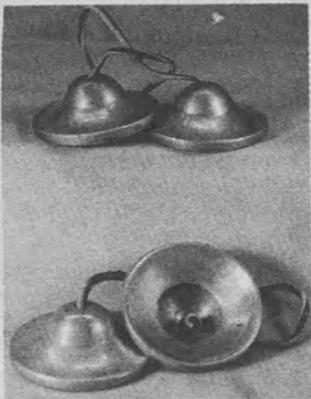


DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 6" high and 6" in diameter.

White Metal Serkyem, #SEWH \$28

Brass Serkyem, #BRSE \$26



DINGSHA BELLS
(cymbals) #DI \$20

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 was \$30, now \$20

Fancy Silver & Gold Kapala #FASIKA \$40

ETERNAL KNOT BOWL & VASE

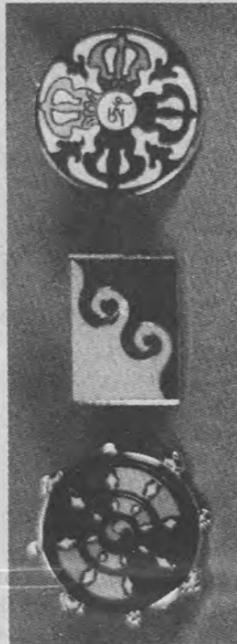
Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glaze interior as does the exterior of the vase. The exterior of the bowl is unglazed to reveal the soft luster of the porcelain.



Bowl, 3" high & 5" in dia.
#ETKNBO \$20

Vase, 7" high & 4" in dia. #ETKNVA \$35

NEW!



DHARMA PINS

Double Dorje Pin #DODOPI \$5

Wheel of Dharma Pin #WHDHPI \$5

H.H. Karmapa Dream Flag Pin #KADRPI \$5

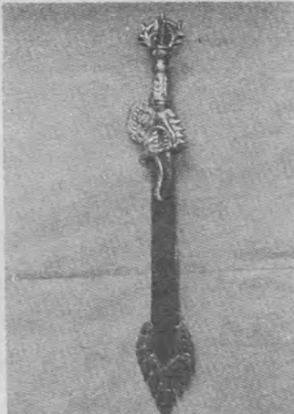


MANDALA PLATES #MAPLA

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

15-16" #MASW was \$40, now \$20

This sword symbolizes the wisdom and clarity of the buddhas. It has a flaming tip and purba-dragon handle. Handle dragon design may vary slightly.



MELONGS

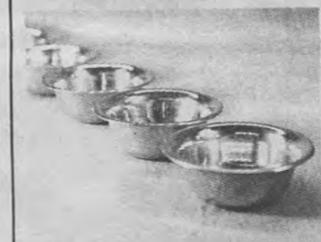
Brass concave circular ritual mirrors.

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.

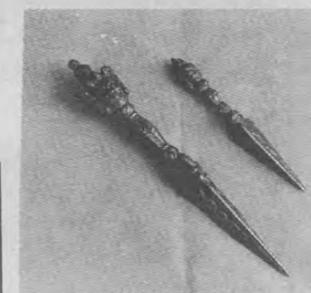
Fancy Copper Offering Bowls, #FACOF \$35

Fancy Silvery Offering Bowls, #FASIOF \$35

TIBETAN PICTURE FRAME

#TIPIF \$15

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



PURBAS

Tantric daggers made of iron used to expel negative forces.

9" #9PU \$30

5" #5PU \$12

PECHA COVERS

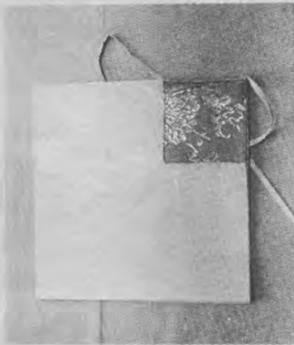
Used to cover sacred texts.



Standard

Two sizes of traditional book covers in red cloth with yellow brocade 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

PRAYER WHEEL

#PRWH was \$50, now \$40

Authentic Tibetan prayer wheel. It is approx. 10" long and contains the mani prayers of Chenrezig.



SINGING BOWLS

Singing bowls produce a marvelous sound when struck or rubbed on the rim. They are ideal for meditation practice. We import three sizes from Assam in India—known for the best metals; the larger ones have lower tones. We send two strikers. One is made in India out of hard wood and is good for striking the bowl. The other is a wooden dowel that is made out 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 \$95
6 1/2" to 8 1/2" in diameter.

Small Singing Bowl #SMSIBO \$50
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.



TIBETAN-STYLE TILDEN

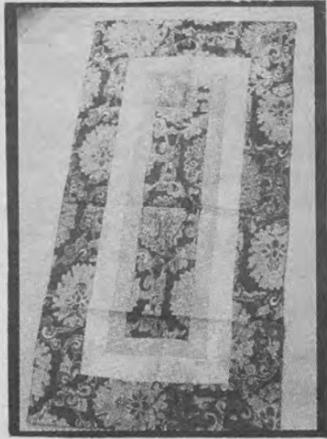
#TITIL \$25

This brocade tilden has piece triangle design in the middle. The brocade is the kind you find on many thangkas.

CHINESE-STYLE TILDEN

#CHTIL \$25

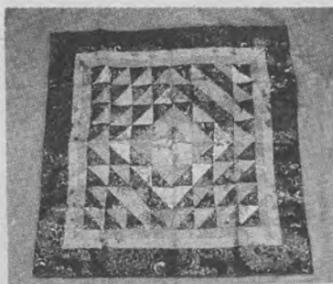
Lovely chinese design blue and red silk brocade cover for sadhana table.



LARGE TIBETAN-STYLE TILDEN

#LATIL \$40

This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



LARGE FANCY ALTAR CLOTH

30 x 30" #ALCL \$45

All brocade piece with triangle pattern in the center.

NEW!

Large Dragon Altar Cloth

30 x 30" #DRALCL \$60

Quality brocade design with dragons.

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.



CANOPY

40" square #CA \$120

This is a standard brocaded canopy that hangs over the lama's throne.

CHEPHUR

This 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



Large Canopy Chephur

5' long and 1' dia. canopies are in the five colors and are made of silk and brocade. #LACACH \$95

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.

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.



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 Nangyal 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 Nangyal does not have a set dona-

tion 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 Nangyal 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.

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 gilted 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

DZAMBALA TSA-TSAS

Buddha (sand colored) #IVBU
This Buddha tsa-tsa is 3" high, stands up and is \$13.50.

SMALLER THANGKAS

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



Thangka prints

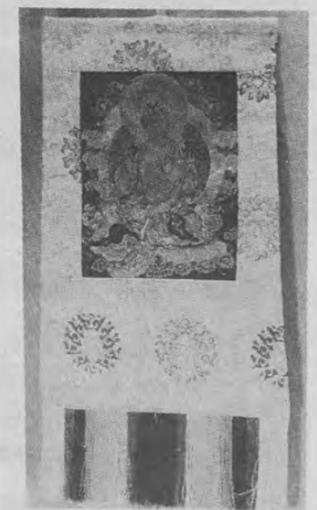
Laminated, mounted in brocade with multi-color fringe at bottom, measures 14 x 26" \$60.

Selections: Gelukpa Guru Tree #GTLATH; Milarepa #MILATH; Kalachakra KALATH; Buddha #BULATH.

Thangka print

laminated, mounted in brocade with wooden rod at bottom, measures 20 x 23" \$75.

Selections: Milarepa #MITHPR, Long-Life #LLTHPR.



Brocaded Deity Thangka

Mounted with multi-color fringe at bottom, measures 14 x 25" \$60.
Selections: Buddha #BUEMPR, Green Tara #GTEMTH.



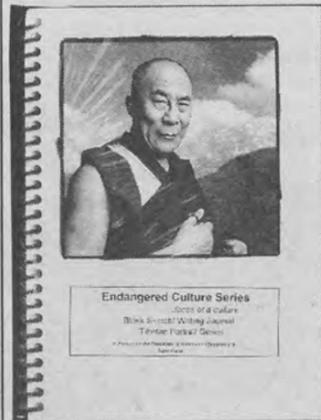


THANGKAS

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 \$650
- 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
- Kagy 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
- Ushnishatapatra \$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



DALAI LAMA JOURNAL

#DALAJO \$8.50
Spiral-bound, measuring 5 x 7", this journal has a striking photo of His Holiness on the cover. A portion of the proceeds is donated to the Tibet Fund.

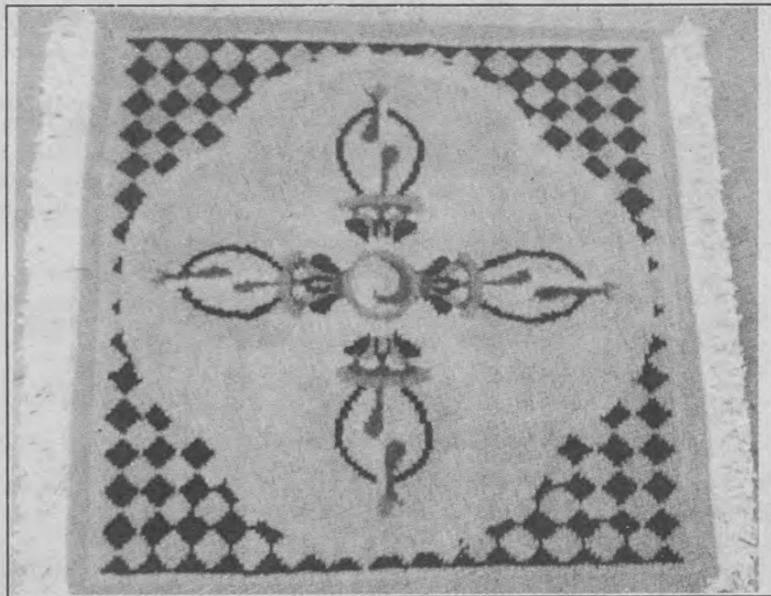
Find us on the World-Wide Web at:
<http://www.well.com/user/snowlion/>



CARPETS

Exquisite Handwoven 100% Wool Tibetan Carpets

We have four beautiful high-quality traditional style carpets. Most are 3 by 6 feet. Contact us for photos of these unusual rugs. They are \$495 ea.



NEW!

TIBETAN MEDITATION CARPET
3 x 3 feet, #TIMECA \$250

We are pleased to offer a custom-designed, traditional Tibetan style meditation carpet. The central image is the double dorje, which is often placed below the mediator on retreat. This carpet will enhance your meditation space with its auspicious design and gold, red, orange and blue colors. The carpet is woven by Tibetans from 100% wool. We are stocking this design in quantity.

TIBETAN JEWELRY

BRACELETS & NECKLACES



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.

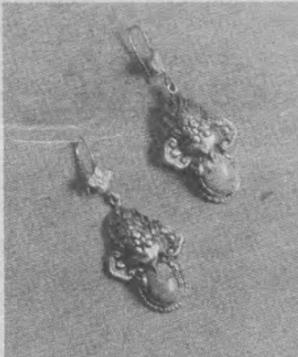
EARRINGS!



Auspicious Fish Earrings,
#AUFIEA \$24
Silver fish with turquoise stones.



Eternal Knot Earrings with Amethyst,
#AMKNEA \$24



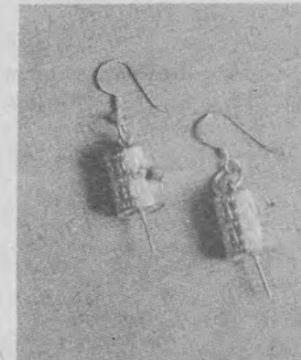
Garuda Earrings, #GAEA \$28
The Garuda protector holds a beautiful disc of turquoise. 1 1/4" long.



Phurba Earrings, #PUEA \$24
The phurbas are 1 1/2" long.



Traditional Turquoise Earrings,
#TUEA \$36
Contains a circle of turquoise pieces and red coral embellishments. 2" long excluding hooks.



Prayer Wheel Earrings,
#PRWHEA \$25
Silver with gold plating. Turn your head and pray!

Traditional Lapis Earrings, #LAEA \$36
Contains a circle of lapis pieces and red coral embellishments. 2" long excluding hooks.

Curved Knife Earrings, #CUKNEA \$24
The knives are 1 1/4" long.





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

FANCY ETERNAL KNOT EARRINGS

Matte Silver Eternal Knot Earrings w/turquoise bead, #MASIEA \$20

Gold Eternal Knot Earrings w/red glass bead, #GOEA \$20

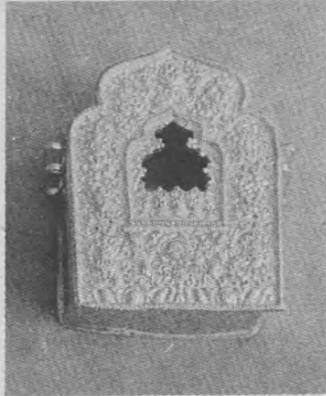
SNOW LION EARRINGS

#SNLIEA \$12
Silver snow lions with semi-precious stone.



LARGE FILIGREE GAU

#LAFIGA \$60
Exquisite detail with 32 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these from India because of their beauty. Measure 2 x 2."



LARGE GAU

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



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".

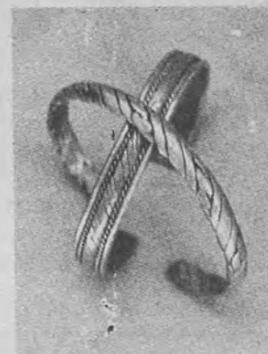


KALACHAKRA WATCH

#KAWA \$120, on sale for \$95 until Jan. 1!

This designer's watch whose creation is inspired by Tibetan sacred art and endorsed by His Holiness the Dalai Lama, is dedicated to the pursuit of enlightenment, world peace and a free Tibet.

This is a Swiss Quartz watch with Sport-3 hands, water-resistant stainless steel construction with blue leather strap. The dial has a blue background with silver Kalachakra pattern. Produced in a limited edition of 1000. Comes with warranty booklet (warranted for one year by the manufacturer for defects) that also explains the significance of Kalachakra and the prophecy of Shambhala.



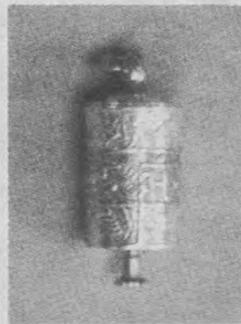
TIBETAN MEDICINE BRACELETS

Were \$10, now \$6.
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 \$6

3-metal design with beaded edge #BEEDBR \$6

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



Buddha Locket

#BULO \$30
Silver locket that has a gold-plated Buddha. It is 1 1/4 high with ring for silver chain.



Padmasambhava #LAPASI \$30

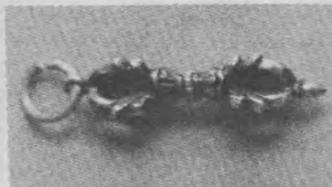


Buddha #LABUSI \$30

OTHER SILVER PENDANTS:

Bell & Dorje #SIBEDO \$30

Buddha #SIBUPE \$15



Dorje #SIDOPE \$18

Double Dorje #SIDODO \$30



Garuda #SIGAPE \$10

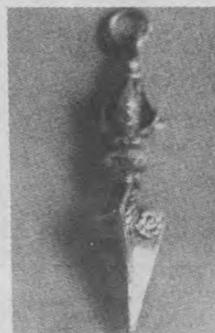
Kalachakra Pendant #KAPE \$20



Virocana #SIVIPE \$16

PURBA PENDANT

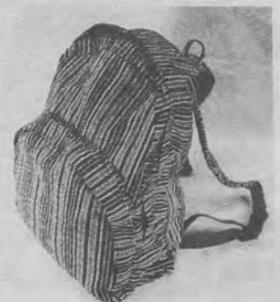
#PUPE \$14
Silver purba 1.5" long—looks great!



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 approx. 5" wide by 4" high.

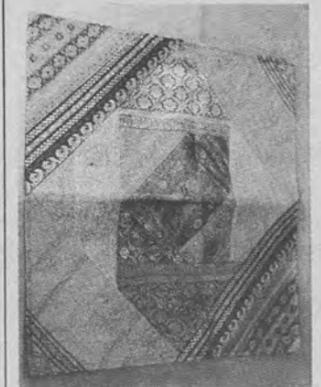
VELVET POUCHES

2 3/4" to 3" in dia. #VEPO \$3
Beautiful change style pouches with draw strings in either solid colors or black with lavender and green leaf pattern. Ideal for small special items.



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.



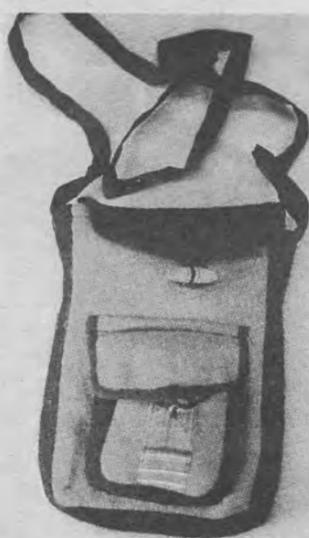
BROCADE BAG
#BRBA \$6

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, #SISCT Tiger \$50

Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.



TIBETAN BAG

5 x 7 x 1.5" #TIBA \$8.50

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

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"

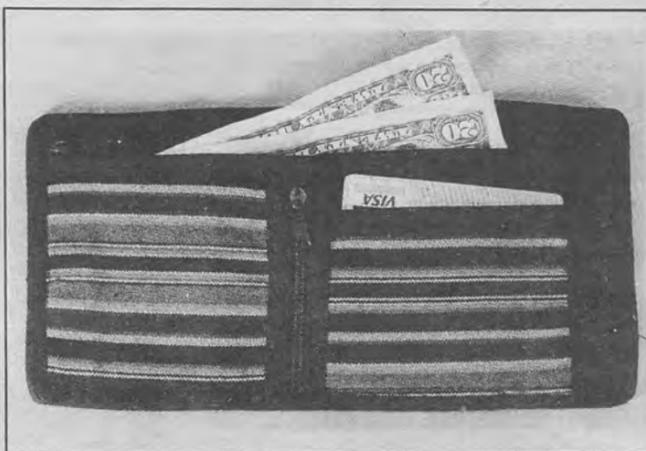
#LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"



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 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.



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.

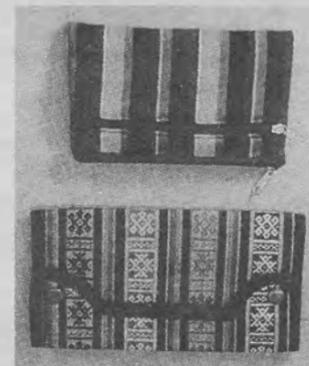


TIBETAN FLAG MUG

#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 MONEY POUCHES \$8

These pouches will easily hold money and credit cards. They can be folded like a wallet or left flat.

#CHSIPO Checkbook Sized Pouch

#DOZIPO Double Zipper Pouch



TIBETAN WOOL SCARF

#WOSC \$20

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



"FREE TIBET" Buttons

2 1/2" Diameter. \$1

White on red.

DOOR MANTRA

#HECEDO \$2.50

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

METAL DOOR MANTRA: Om Mani Padme Hum

#MEDOMA \$10

This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".



MANI KEY CHAIN

#KECH \$10

Brass with raised *OM MANI PADME HUM* letters and textured background with key ring attached.

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.



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!



OTHER DHARMA ITEMS AVAILABLE ON REQUEST
Call or write to us for information.

T-SHIRTS

All these shirts are good quality 100% cotton.



OM MANI PADME HUM SHIRT, #OMTL (large), #OMTX (x-tra large) \$15
This has a gold mantra circle on navy blue.

DOUBLE DORJE SHIRT, #DODOTL (large), #DODOTX (x-tra large) \$15
Gold double dorje on red.

TIBETAN FLAG SHIRT, #TIFLTL (large), #TIFLTX (x-tra large) \$15
The Tibetan Flag is on yellow and says "freedom" in Tibetan script.



SNOW LION TIBET SHIRT, #SNLITL (large), #SNLITX (x-tra large) \$15
Tibetan mountain scene with romping snow lions on white cotton. Banner says "TIBET".



NAMGYAL T-SHIRT, #NATL (large), #NATX (x-tra large) \$18
Golden mandala on black. The Dalai Lama's Ithaca branch of Namgyal Monastery benefits from the sale of these shirts.

Dharma Items from Ngodup Sangpo



We now have a selection of fancy phurbas, dorjes and a few items like a rare curved knife, old bell and dorje and dingsha bell with animal horn striker. We will send you the list and photos if you are interested. These are beautiful items and are priced between one and five hundred dollars.



NEW FROM **GESHE KELSANG GYATSO**

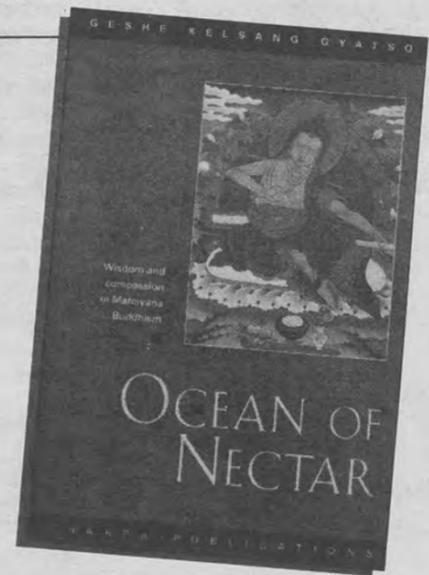
OCEAN OF NECTAR

Wisdom and compassion in Mahayana Buddhism



Geshe Kelsang Gyatso was born in Tibet and is a fully accomplished meditation Master and scholar from the Mahayana Buddhist tradition founded by the great saint-scholar Je Tsongkhapa. Resident in England since 1977, he is the author of a number of highly acclaimed books on Buddhism and the founder of many Buddhist Centres throughout the world.

- The first complete commentary in English to the great Buddhist classic, *Guide to the Middle Way*.
- A comprehensive presentation of the philosophical reasoning establishing emptiness.
- An indispensable guide for the serious student and practitioner of Mahayana Buddhism.



Tharpa Publications

AVAILABLE FROM SNOW LION PUBLICATIONS

600 pp, 135 x 216 mm, 19 illus.
0 948006 08 0, \$34.95, hbk
0 948006 23 4, \$29.95, pbk

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
- 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 Head-dress
- 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 sev-

eral 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 Sambhogakaya Buddha
- GY4 Guhyasamaja
- GY5 Guhyasamaja Mandala
- GY6 Six-Armed Mahakala
- GY7 Yamantaka (Vajrabhairava)
- GY8 Yamantaka Mandala
- GY9 Kalarupa

DZOGCHEN LINEAGE NOTECARDS

Eight notecards with envelopes, #DZNO \$15.95

These notecards were produced by The Shang-Shung Institute in Italy. They are reproductions of sacred images that were painted in Namkhai Norbu's Merigar Gonpa in Tuscany. The artists are Dugu Choegyal Rinpoche and Tsering Wangchuk from Tashi Jong. Kun-tu-bzang-po (Samantabhadra): the Primordial Buddha representing Dharmakaya.

Tonpa Khyeu Wod Mitrugpa: the second of the twelve Primordial Dzogchen Lineage Masters

Tonpa Pel Jigpa Kyopei Yid: the third Master of twelve.

Mandarava: the Nirmanakaya emanation of the Jnana Dakini & consort of Padmasambhava.

Jomo Menmo: Vajravahini gave her a teaching; later she disappeared into the sky.

Khandroma Kunga Bumpa: 14th century tertan who realized the body of light.

Dung-mtsho-ras-pa Phyi-ma: tertan of objects hidden by Gampopa.

Mug nag rGyal mo (the Maroon Queen): form of Ekajati.

TRANSFORMATIVE ART NOTECARD SET

12 cards w/envelopes, #TRARNO \$24

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

TUSHITA POSTCARDS .75 ea

- TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche
- TU39 Dalai Lama: reading the news
- TU40 Dalai Lama: blessing the land
- TU41 Dalai Lama & H.H. XVI Karmapa
- TU42 Tanks in Lhasa
- TU43 Dalai Lama on Yak
- TU64 H.H. Sakya Trizin

ROBERT BEER POSTCARDS

Robert is one of the very best Tibetan style painters. You'll like these images:

- #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.

- #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 Avalokitesvara
- 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 Avalokitesvara
- 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
- TDC53 Dromtonpa

THARPA GREETING CARDS

#THGRCA \$7.50 for set of 4 cards.

These are well-painted images by Robert Beer: Lotus, Wish-fulfilling Tree, Dragon & Tiger, Eight Auspicious Symbols.

GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

- GAC1 Gelugpa Guru Tree
- GAC2 Amitabha in Dewachen
- GAC5 Buddha with Discip.
- GAC6 Tsong-ka-pa on Lion
- GAC7 Avalokitesvara
- GAC8 Vajrayogini
- GAC9 Labchig Drolma
- GAC11 35 Buddhas
- GAC12 Padmasambhava
- GAC13 White Tara
- GAC14 Cakrasamvara
- GAC15 Green Tara
- GAC111 Jambhala
- GAC113 Vairocana
- GAC114 Simhavaktra
- GAC115 White Mahakala
- GAC116 Vajrapani
- GAC118 Peaceful Bardo Deities
- GAC119 Wrathful Bardo Deities
- GAC124 Yamantaka
- GAC126 Ushnishavinijaya
- GAC127 White Tara Mandala
- GAC128 Depiction of Universe
- GAC130 Vajrasattva w/Consort
- GAC132 1st Karmapa
- GAC136 Manjushri
- GAC139 Vajrayogini
- GAC142 Green Tara & 21 Taras
- GAC148 Mandala with Simhanada-Avalokitesvara
- GAC149 Sitatapatra
- GAC150 Amitayus
- GAC151 Domtonpa

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!



#POKICA The Dalai Lama photo from the cover of *Policy of Kindness*. It measures 3 1/2 x 5" and is laminated on the front. \$1

#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.

SAND MANDALA NOTECARDS



Wheel of Compassion Sand Mandala

#WHCONO \$1.50

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.

TIBET CARDS *continued*

WHEEL OF TIME SAND MANDALA

#WHTICA \$1.50

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.



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.

Photos of H.H. the XVIIth Karmapa

\$15 ea.

Ward Holmes of Tsurphu Foundation is offering through us a number of photos of the new incarnation of H.H. the Karmapa. These photos are made from a CD and measure approx. 8 x 10". A portion of the proceeds from the sale of these photos goes to benefit Tsurphu Monastery in Tibet.



#HHKA14 Wearing Circular Hat

#HHKA17 Wearing Black Hat

#HHKA21 With Tai Situ

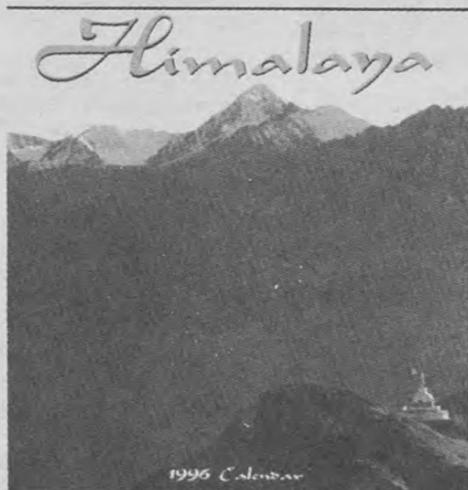
#HHKA49 Wearing Red Hat

#HHKA59 Wearing Gampopa Hat



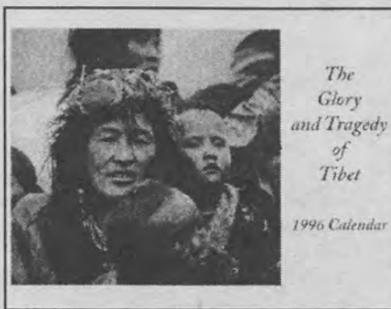
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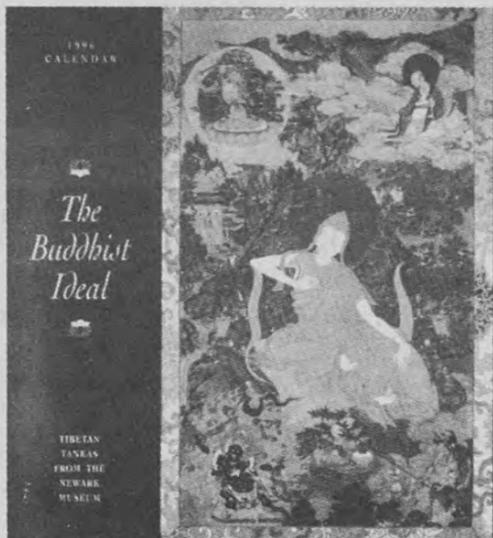
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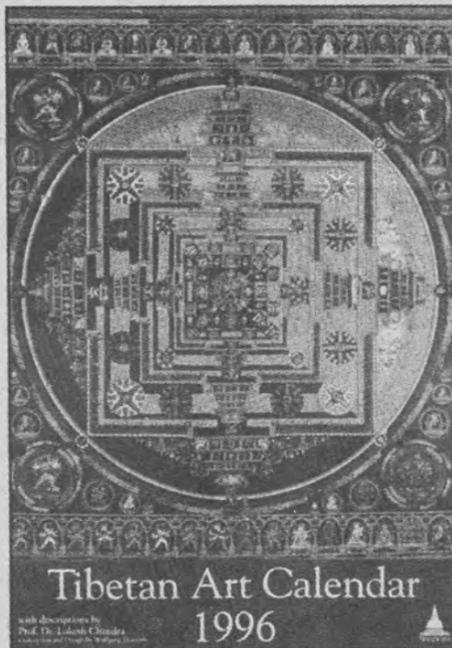
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SNOW LION'S

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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.

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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 (1992) one of the world's last remaining Tibetan Buddhist kingdoms; and Manaslu (1991) which features an adventurous trek around the world's seventh highest summit. In India, newly opened areas along the Tibetan border include Spiti (1993); and Rupshu (1995), one of the wildest and least inhabited Himalaya regions, where the shores of Tso Morari Lake house a Nyingmapa Tibetan Buddhist monastery. "In these new frontiers, the centuries-old traditions of the Himalaya remain unimpacted by Western influence," says Snow Lion's Operations Director Al 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."

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Travel into Kham, the highly restricted region of eastern Tibet for a 20-day trek to Pelpung Gompa with Ward Holmes, Snow Lion's Tibet - Bhutan Tour Coordinator, and Jamyang Lodoe, veteran Snow Lion Expedition Leader. 29 days.
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RUPSHU Trekking on the Changtang

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Land Cost: \$3,600 (5-8 members)

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.
1996 Departures: 10/13 - 11/10
Land Cost: \$3,600 (5-8 members)

MUSTANG The Forbidden Kingdom

Trek northward through ochre and vermilion gorges beneath the towering Annapurna range to the fabled, walled villages of Mustang, the once forbidden Tibetan kingdom. 17 days.
1996 Departures: 5/18-6/3, 11/9 - 25
Land Cost: \$3,700 (5-8 members)

DOLPO Full Moon Festival at Shey Gompa

The wild countryside of Dolpo was first chronicled in *The Snow Leopard* by Peter Matthiessen in 1973. Trek with Tibetan and Dolpo pilgrims to the most important celebratory event of Inner Dolpo at Shey Gompa. Masked dancers and long colorful religious processions cele-

brate Guru Rinpoche's conquest of local demons. 31 days.
1996 Departure: TBA (late July)
Land Cost: \$4,000 (5-8 members)

PHOKSUMDO TURQUOISE JEWEL

Phoksumdo Lake - Nepal's largest alpine lake - is the showcase of this spring trek across a high traverse into wild country and amid people who's culture spans Buddhist, Bonpo & Hindu. 21 days.
1996 Departure: 5/19 - 6/8
Land Cost: \$3,200 (5-8 members)

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 Tarap Valley. 27 days.
1996 Departures: 9/30 - 10/26
Land Cost: \$3,700 (5-8 members)

JOURNEY TO KAILAS Center of the Universe

Join Ward Holmes on an overland journey from Kathmandu to the base of holy Mount Kailas to join other pil-



grims on the 4-day kora path around the venerable mountain over the Doma La (19,250'). Tour also includes trips to sacred Lake Manasarovar and the ruins of Tsaparang and Tolling, capitals of ancient Guge. 29 days.
1996 Departure: 6/12 - 7/10
Land Cost: \$5,000 (5-8 members)

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. Inland salt lakes dot the arid landscape between towering peaks roamed by traders and shepherds.

JOURNEY TO THE 'ROOF OF THE WORLD'

Explore the gilded palaces, temples and monasteries of Lhasa with a special excursion to Tsurphu Monastery, the home of His Holiness the 17th Karmapa. Padma Sambhava foretold in the 8th Century that Tsurphu Monastery will be the center of activity of all the successive Karmapas, who by their vast activity will liberate inconceivable numbers of sentient beings. 13 days.
1996 Departures: 4/17-29, 5/8-20, 7/17-29, 9/25-10/7, 10/9-21, 10/23-11/4
Land Cost: \$2,900 (2-8 members)

HIMALAYAN MEDITATION RETREAT

Tibetan Buddhist meditation course at Kopan Gompa outside Kathmandu followed by a Himalayan trek to Sherpa villages, Chewong and Thubten Choling monasteries of the Solu-Khumbu. 22 days.
1996 Departures: TBA
Land Cost: TBA



grims on the 4-day kora path around the venerable mountain over the Doma La (19,250'). Tour also includes trips to sacred Lake Manasarovar and the ruins of Tsaparang and Tolling, capitals of ancient Guge. 29 days.
1996 Departure: 6/12 - 7/10
Land Cost: \$5,000 (5-8 members)

MANASLU - ANNA PURNA TRAVERSE

Destined to become a classic trek, this 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 trek in the remote realms beyond Manaslu and Annapurna, the best of two classics. 30 days.
1996 Departures: 3/31 - 4/29, 10/21 - 11/19
Land Cost: \$3,600 (5-8 members)



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

1.800.525.TREK

HIMALAYA

For the devoutly Buddhist people who inhabit the region, it's Chomolungma — mother goddess of the universe. To us, it's known as Everest. Its snow-capped summit — the world's highest at 29,028' — looms over the Khumbu region of Nepal and continues to beckon curious trekkers and mountaineers to her base. Magnificent mountain scenery sets the backdrop for village life of local Sherpa people whose warm hospitality charms you with openness and generosity. Snow Lion offers four treks ranging from 13 - 22 days with high vantage points at either Thyangboche Monastery (12,600') or Kala Pattar (18,471') depending on the trek. While both provide great unobstructed views, Kala Pattar actually looms above the mountaineers' basecamp.



ULTIMATE EVEREST

A world-class high altitude trekking odyssey to the alpine lakes of Gokyo and a traverse of Cho La enroute to Kala Pattar. 22 days.
1996 Departures: 3/24 - 4/14, 4/21 - 5/12, 9/29 - 10/20, 10/27 - 11/17
Land Cost: \$2,900 (guaranteed)

EVEREST!

Designed for trekkers on a limited schedule, includes views from Thyangboche and Sherpa villages enroute. 13 days.
1995 Departures: 10/23 - 11/4, 11/6 - 18, 11/20 - 12/2
1996 Departures: 5/13 - 25, 5/27 - 6/8, 9/30 - 10/12, 10/28 - 11/9, 11/25 - 12/7
Land Cost: \$2,100

EVEREST CLOSE UP

Fast track the haute route to Kala Pattar via Thyangboche. 17 days.
1995 Departures: 10/30 - 11/15
1996 Departures: 3/18 - 4/3, 4/1 - 17, 4/29 - 5/15, 5/13 - 29, 9/23 - 10/9, 10/14 - 30, 11/4 - 20
Land Cost: \$2,400

MOUNTAINS & MONASTERIES

Spend time exploring Sherpa villages and Tibetan Buddhist monasteries on the trail to Thyangboche. 17 days.
1995 Departures: 10/16 - 11/1, 11/13 - 29, 12/18 - 1/3 - **Special Christmas Trek!**
1996 Departures: 1/8 - 24, 2/5 - 21, 2/19 - 3/6, 3/4 - 20, 4/15 - 5/1, 10/7 - 23, 11/4 - 20, 12/2 - 18, 12/16 - 1/1 (1997)
Land Cost: \$2,300

MANI RIMDU FESTIVAL



Snow Lion will take a select group to the Mani Rimdu festival, the most spectacular ritual event of Sherpa culture at Chiwang Monastery. 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 anthology of Guru Rinpoche's victory over the Bonpo demons. Mani Rimdu provides an opportunity for Sherpas to commune with friends and relatives as well as to obtain spiritual blessings. 10 & 18 days.

1995 Departures: 12/3 - 12, 12/3 - 20 (extended trek to Thyangboche)
1996 Departures: TBA
Land Cost: \$2,200 / \$2,400 (guaranteed)

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. The rain shadow of the Himalayan range falling over the region makes it a great destination for summer travel and a sanctuary from the monsoons. Isolated in a high plateau region of stunning mountain ranges and precipitous river valleys, Ladakh's culture has nonetheless been enriched by its position as a southern outpost of the Great Silk Road.



TRANSHIMALAYAN

Trek from the Suru Valley to Alchi, one of the Himalaya's oldest Tibetan Buddhist monasteries. Traverse arid and pastel canyons across the high passes of the Great Himalayan Range in Ladakh as ever-changing light dances on a wildly beautiful, stark and mystical landscape ascending. 20 days.
1996 Departures: 6/25 - 7/14, 7/15 - 8/3, 8/10 - 8/29
Land Cost: \$2,800 (2-8 members)

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.
1996 Departure: 8/10 - 9/10
Land Cost: \$3,200 (4-8 members)

EXPLORING THE ANCIENT CULTURE OF LADAKH

Relaxed touring to traditional Tibetan Buddhist monasteries which lord over the Indus River valley. An in-depth look at the ethnic Tibetan people of Ladakh, their lives, art, architecture and culture by minivan with light day hikes. 14 days.
1996 Departure: 9/2 - 15
Land Cost: \$2,400



In Sanskrit, Bhutan means the "end of Tibet," but in Bhutan's native dialect it is Druk Yul meaning the "Land of Thunder Dragon." Bhutan remains the least known and most environmentally pristine of the Himalayan countries and Bhutan provides visitors with a close glimpse into pre-20th century Tibetan culture.

JOURNEY TO BHUTAN'S SACRED CORE

Travel with Snow Lion's Tibet - Bhutan Tour Coordinator Ward Holmes to the inner sanctums of Bhutan's dzongs and gompas in Paro, Thimpu, Taksang and Bumthang Valley. This tour is only for practicing Buddhists and a letter of recommendation is needed. 21 days.
1996 Departure: 11/6 - 26
Land Cost: TBA

The traveling Buddhist mystic, Padma Sambhava, foretold in the 8th Century that Tsurphu Monastery will be the center of activity of all the successive Karmapas, who by their vast activity will liberate inconceivable numbers of sentient beings.



Join Snow Lion on a pilgrimage to Tsurphu in 1996.

Reservations: 1-800-525-TREK

Call our reservation office between 9:30 am and 5:30 pm (MT) Mon - Fri. We'll be happy to answer your questions and help you complete your trip application. If you don't have a trip application, call us. We'll fax or mail you one.

To reserve a trip, fill out the trip application, then fax it to us at (801) 355-6566 with your \$600 deposit on Mastercard, Visa or AmEx. Your balance is due 75 days prior to departure by check or credit card.

Once we've confirmed your reservation, we'll ship you an Expedition Planning Guide. It will help you prepare for your trip with materials such as: a preparation timetable, your trip itinerary, map(s), Q&A, Himalayan health primer, gear & clothing checklist, arrival information, cultural notes and a reading list.

Air Reservations

Snow Lion has a full-service International Air Department which can handle your reservations to Kathmandu or New Delhi - our two gateways. Airfares start at \$1,450 from Los Angeles or San Francisco and \$1,550 from New York City. Reduced airfare to LAX, SFO and JFK is also available.

Discounts & Fees

We discount \$150 for reservations made six months in advance. Reservations made within 60 days of departure are charged a fee of \$75; 30 days of departure \$150.

Tier Pricing

"Guaranteed" means that the trip will happen with any number of participants at the published Land Cost. A published tier (i.e., "5-

8 members") refers to the Land Cost at that particular tier. In most instances, we will operate the trip with fewer participants at an additional cost - provided we're permitted to do so by the country. While we are committed to operating all trips with as few as two participants, some countries and regions do have minimum requirements. If you have questions, just call us. We'll tell you the current status of any departure.

Trekking Land Cost Includes:

Leader and staff services, all meals (except lunch and dinner in the cities), accommodations (hotel before and after your trek - tents or guesthouses during), trekking and all permit fees, applicable domestic transportation to the trailhead and airport transfers in the cities.

Tibet, Bhutan, Ladakh (cultural) Land Cost Includes:

Leader and staff services, most meals, hotel, guesthouse and some tented accommodations, domestic transportation and airport transfers in the cities.

Not Included in Land Cost:

Roundtrip airfare from your home port to the applicable Himalayan gateway, most meals in the cities, passport and visa fees, tips, medical treatment (checkups, evacuation, immunizations), insurance, excess baggage charges, airport taxes, laundry charges, room service, phone calls, porters' tips or personal items.



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