Chökyi Nyima Rinpoche

Chökyi Nyima Rinpoche was born near Lhasa in central Tibet in 1951. When he was 13 months old, he was recognized by Rinpoche Tashi Norgyal Dorje as the seventh incarnation of the great yogi and tantric master, an emanation of Naropa. Rinpoche left Tibet before the 1959 communist takeover. In 1974, he moved to Bodhishant, near Kathmandu, and helped his father build the Ka-Nying Shedrup Ling Monastery. Later he was made abbot by H.H. the Karmapa. Fulfilling the wish of his teachers, he has over two decades generously given his time and energy to teaching people from all corners of the world.

The following recent interview with Rinpoche was given to Erik Schmidt for Snow Lion.

Q: Would you like to have some details of your early childhood and love you were brought up?

Rinpoche: The place I was born is Nakchukha, which lies somewhat near Lhasa. My father, Telo Urgyen Rinpoche, came from Khampa, my mother near Lhasa. What follows simply happened, even though it may sound as if I am praising myself. People remarked that my birth was accompanied by various signs. I didn’t remember all of them right now. However, the sun, the moon, and a star were seen in the sky at the same time; a moment considered to be very auspicious. Among the local people my family’s name was quite popular. Her father was the provincial governor, as well as a highly regarded practitioner. This caused the people to say, “Something good has happened.” The sun, moon, and a star were seen. It must be a rebirth of a great lama.” Other people said, “No, it isn’t good. For sure some monastery will come and claim him as the reincarnation of their lama and take the boy away. That will be no use for us.”

By Geoff Biggs

This most exciting adventure started with me entering a drawing when I ordered some books from Snow Lion. From the day I won the drawing last year until I actually flew to Kathmandu, I spent time getting into the best shape ever. I bought a good pair of hiking boots and started hiking. I also started amassing trekking gear. I began to rediscover the great outdoors. I was only destined to be going to Kathmandu and began to study my Dharma literature with renewed zeal.

After landing in Kathmandu and getting settled at the Shangri-La hotel, I took a cab to Boudhanath Stupa. In addition to being the center of a regional monastery, Bong Gompa, and Lama Jey Sherab Gyatso.

We would like to hear some details of Naropa.

ON THE SIX YOGAS OF NAROPA

On our first night camping, the 16th of Paldenling (approximately 3000 ft.), I was up late at night and looking at the sky. There were more stars in the night sky than I have ever seen anywhere, even in places far away from cities in the U.S. Next day’s trek was up 3000 feet to the town of Naruche (12,000 ft.).

The town of Naruche was full of happy trekkers. On that day I also learned about trail etiquette. Certainly one gets out of the way for people hiking faster. One especially gets out of the way on the uphill side of a group of yaks. The yaks, again as they are, have horns that unfortunately point forward. It only took a few close encounters to pay them a healthy respect and get out of their way when they were coming through. The yak herders are also courteous when they were coming through. The yaks, again as they are, have horns that unfortunately point forward. It only took a few close encounters to pay them a healthy respect and get out of their way when they were coming through.

On the way we had a few close encounters to pay them a healthy respect and get out of our way when they were coming through.

There’s nothing like winning a trip to the Himalayas for the vacation of a lifetime, I had to worry about this matter. The child is valid.” This satisfied the local people and they said, “Then it’s fine. A girl is OK. At least she will remain around here.”

In the day or two we had before going on our trek, I also took in the Stupa of Swayambhu. It is easy to identify because it is also the home of numerous monkeys. The Stupa at Swayambhunath is on a hill and there are 365 steps to get up to the Stupa. It’s a beautiful view of Kathmandu.
ENTHRONEMENT
The Reincarnate Masters of Tibet and the Himalayas

by Jamgon Kongtrul Lodro Taye
translated and introduced by Ray Young
198 pp. NEN $14.55

Preface
This book began as an attempt to come to terms with an unusual event in my life. In 1991, the Dalai Lama announced that a child that I had known practically since his birth — the reincarnation of Kālu Rinpoche, the Tibetan meditation teacher and spiritual guide I had studied with from 1972 until his death in 1989. The announcement of his rebirth was good news, joyous news, incredible and wonderful news, but it signaled to me that the time had come to learn more about an aspect of Himalayan sectarian Buddhism that I had casually ignored — the rebirth of reincarnation masters who measure their work — study, meditation, and teaching — and their themes.

To understand the arrival in my world of a one-and-a-half-year-old "little buddha" in diapers, who was about to inherit the place once occupied by the eighty-four-year-old man I had known and loved, I turned to the writings of Jamgon Kongtrul, a meditator and meditation master of the nineteenth century and the world's most available and authoritative biography of a much belovened master. This book provides the authoritative picture I was searching for. It offers a traditional view of the enthronement of reincarnation masters, not the slightest attempt at interpretation for a modern audience.

I am unable to find my book by Jamgon Kongtrul in the related subject of how such children are recognized as reincarnation masters. I doubt that he wrote such a book or that one exists by any Tibetan writer. To answer some of my questions on that subject, I interviewed Tai Situpa, a Tibetan meditation master who is often asked by Tibetans of all schools to find reincarnate masters. He is not the only modern master who does this work, but I chose to interview him for two reasons. First, the present-day Tai Situpa is in the eyes of Tibetan Buddhists, the same person that we read in Kongtrul's book. Second, in my introduction of the interview, Tai Situpa was the master responsible for first suggesting to the Dalai Lama the identity of my teacher's reincarnation. This is a connection that is significant to me personally and I feel deeply grateful for that fact.

Thus, Enthronement focuses on two aspects of the life of reincarnate masters: their recognition and their enthronement. In making this text available in English, I hope it will contribute to an accurate picture of this crucial aspect of the spiritual life of the Himalayan Buddhist tradition. I am not sure if it will continue to be helpful, but I have wished to be an objective as possible in presenting this information. I am pleased to be important toward the recognition of reincarnation masters of the world that this book is written. The first part of this book contains an interview with Tai Situpa Rinpoche, a contemporary reincarnation master and leader of the highly lineage of Tibetan Buddhists, in which he is asked to find and recognize other reincarnation masters. He describes the fascinating process of recognizing reincarnate masters.

The second part contains a translation of a text by Jamgon Kongtrul Lodro Taye, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthronement of reincarnation masters.

Catalog Contents
Art & Photography ........ 30
Audio Tapes ........ 31
Biography ......... 31
Cardio ....... 31
Chakra's Corner .... 31
Cooking ....... 31
Dalai Lama .... 32
Death & Dying .... 32
Dharma Books .... 32
Dharma Dress .... 32
Health & Fitness .... 32
Kalachakra .... 32
Language .... 32
Mahasangha .... 31
More & Chat .... 31
New Books .... 31
Ordering Information .... 31
Other Traditions .... 32
Posters .... 32
Religion & Philosophy .... 32
Sadhana .... 32
Social Action & History .... 32
Statistics .... 32
Thangka .... 32
Trash & Treasures .... 32
Tibet .... 32
Video .... 33
Women & Buddhism .... 33

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ENTHRONEMENT
Table of Contents
Preface 7
Acknowledgments 11
INTRODUCTION 13
A Historical Perspective 14
Buddhist tantric Spiritual Heroes and Heroines 17
The Public Spiritism in Modern Tibetan Society 24
Tibetan College for Modern Tibetan Parents 35
The Lack of Choices for Modern Tibetan Women 37
Death and Birth among the Tibetans 50
Kālu Rinpoche (1905-1989) 38
The Last Days of Kālu Rinpoche's Life 38
Kālu Rinpoche's Return 43
The Young Reincarnation Master Meets the Media 46
The Tulku's Father Meets the Media 51
PART ONE: THE RECOGNITION OF REINCARNATE MASTERS — AN INTERVIEW WITH TAI SITUPA
The Recognition of Reincarnate Masters 57
An Interview with Tai Situpa 61
PART TWO: THE ENTHRONEMENT OF A REINCARNATE MASTER
The Historical Context 91
A Brief Overview of the Text 97
The Celebration of the Opening of One Hundred Doors to Great Wonder 103
Chapter One: The Five Magnificent Aspects of the Spiritual Master's Manifestation in the World 103
The Magnificent Teacher, Karmapa 96
His Magnificent Residence, Palpung Monastery 96
The Magnificent Time: The Occasion of the Investiture of Tai Situpa 101
The Magnificent Honolulu Surrounding Tai Situpa 102
The Magnificent Spiritual Instructions 106
Chapter Two: Tai Situpa's Special Qualities 111
Chapter Three: A Step-by-Step Description of Enthronement and the Presentation of Offerings 113
The Arts Which Unite Mind and Wisdom 123
The Investiture of Authority 125
The Preparation 125
The Main Ceremony of Investiture 126
The Conclusion of the Investiture 126
The Offering of the Universe in the Form of a Mandala 131
The Mandala: The Main Form of Offering 131
The Essence of the Offering 131
The Liberal Meaning of the Sacred Word Mandalas 131
The Offering in Which Mandala is Offered 131
The Reasons for Offering a Mandala 135
Investiture in the Present Day 135
The Visualization That Accompanies the Offering 136
The Wishes That Should Accompany the Offering 137
Death and Rebirth among the Tibetans 142
Appendix: On Spiritual Kings and Crowns 149
The Red Crown of the Tai Situpas 150
The Helmet of the Tai Situpas 150
The Incomparableness and Crown of Tai Situpa 150
Names Mentioned in the Text 151
Index 153
General Index 155

JEWEL HEART INVITES YOU TO JOIN IN A WEEK LONG RETREAT ON THE LAM RIM, A PRACTICAL AND PERSONAL COURSE IN THE TIBETAN BUDDHIST SPIRITUAL PATH.

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August 24 - August 31, Camp Copneconic, Michigan

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Snow Lion SPRING 97 NEWSLETTER
1997 March for Tibet's Independence

Led by Thubten Jigme Norbu, Toronto to New York March 10th-16th

Starting on March 10th, Thubten Jigme Norbu, Toronto to New York City on foot, he and his team will make a 10,000 mile journey over the next five months to New York City. The walk begins at the People’s Republic of China Consulate in Toronto and ends at the United Nations in New York City on June 30th (U.S. Flag Day).

The march will start on March 10th, led by Thubten Jigme Norbu, a Tibetan monk, who will lead the walk from Toronto to New York City over a period of five months. The walk is aimed at raising awareness about Tibet's struggle for independence and to promote international support for the cause. The participants will walk for around 20 miles each day, with the final destination in New York City on June 30th.

The New York Tibetan Alliance is proud to present a special evening with The Drepung Loseling Monks and internationally acclaimed artists Nawang Khechog and Yoshimi Shimada on Friday, May 30th at 8:00 pm.

Participants include: Nawang Khechog and Yoshimi Shimada with international artists and innovators. This event is to be held at the New York Tibetan Alliance, 51 Prince Street, NYC. The event will feature meditative exercises presented in universal color, space and archetypal explorations, while developing awareness of inner and outer balances.翻译：参与者包括：Nawang Khechog和Yoshimi Shimada与国际艺术家和创新者。这个活动将在纽约藏人联盟举行，51 Prince Street, NYC。该活动将包含冥想练习，以呈现普遍色彩、空间和原型探索，同时发展对内和对外平衡的意识。
As our understanding and experience deepen, it is a natural consequence that our trust in and appreciation of true spiritual qualities in others deepen as well, with no prejudice to who they are.

To practice these teachings is my responsibility; if I don't, it is my mistake. Nevertheless, I have the confidence and I consider myself very fortunate.

I have received so many teachings. These masters visited Rumtek like Kyabje Dilgo Khyentse and Karmapa. Not only from them but also from the tulku of the head lama of Bong Kham to see his monastery. On pilgrimage to Central Tibet I met with teachers from all schools, with or without lofty position, who were experienced controlling the mind. Some of them I have pursued with great interest.

Khenpo Rinchen did many unusual things, like walking around without shoes, or without his shirt, taking a sip of tea. He often became silent for a long time and said, "This approach actually also helps in developing the power of insight. At the feet of Kyabje Dilgo Khyentse, I received so many transmissions. Rinpoche's manner of speaking was methodically boundless, his words were eloquent, like reading from a commentary without a single mistake. His speech was always unbroken flow, even while taking a sip of tea. You had the feeling that he was inexhaustible, and yet the uttering words were all meaningful and precise. Something learned by heart can

Another annualling many teachings, though in another way, was Kuns Lama Tendzin Gyatso. Whenever you saw him, he was always practicing, always in a natural, peaceful and wide awake. He didn't seem to require any special objects. No matter which philosophical treatment he was explaining, no matter what difficult point, he would always convert them with the practice of the awakened state, "No training, no training!" he would stop. When you compared and align the statements in the words of the Indian panditas and the writing of the learned masters of Tibet, you can suddenly find discrepancies and mistakes, but Kuns Lama was able to establish how all the levels of philosophical argument are without conflict, without any real contradiction. That truly helped my understanding.

Khenpo Rinchen, on the other hand, would live like being in conflict, nothing was totally the same. Then he would explain how and why, and break into laughter. That approach actually also helps in developing the power of insight.
Namgyal Monastery Offers Three Summer Retreats in 1997

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

This retreat, like the "Get Acquainted Retreat," is characterized by individual attention from the monks and is an introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayoga teachings, de-bye-pha, thangka theory, debate, and Tibetan language, and engage in group and individual daily practice of the Avalokiteshvara mandala. The retreat is informal and the monks are accessible throughout the day and evening. After the last meditation and dinner each day, evenings consist of discussion groups, slide lectures, videos on Tibetan culture, and volleyball and badminton.

This retreat is also singly by all of the Namgyal monks. Cost for this retreat is $240 plus $15 per day for lodging and $15 per day for meals (three ample and delicious vegetarian meals each day).

Yamantaka Meditation Retreat
June 13-19
This retreat is restricted to those who have already received the initiations that will be offered. Yamantaka is a full 100,000 mantra repetition retreat of the highest yoga tantra Siddharta Yamantaka. The retreat will be conducted by Kyence Rinpoche Lobsang Tenma, former abbot of Namgyal Monastery in Bhuruhamala, India and currently senior teacher at Namgyal Monastery Institute of Buddhist Studies. Those wishing to attend must indicate when and from whom they received the initiation. Teaching at this retreat will be minimal as the primary purpose of this retreat is intensiveinstruction and practice. Cost for this retreat is $320 plus $15 per day for lodging and $15 per day for meals. All retreats are held at beautiful Arnot forest, a wooded conference center maintained by Cornell University just south of Ithaca. The center has a huge central lodge and 14 cabins. We offer three wholesome vegetarian meals each day.

To Register for Any of the Above Retreats:
Send your name, address and telephone number, plus a deposit of $225 made out to Namgyal Monastery, to PO Box 127, Ithaca, NY 14851. Deposits are fully refundable until 30 days prior to the start of the retreat. After that, deposits are 50% refundable. In early May registrants for the Yamantaka retreat, and in late May or early June, registrants for the "Get Acquainted Retreat," are encouraged to purchase a packet containing directions for getting to the retreat and a list of suggested items to bring. Volunteers will be available to pick you up from the bus station or airport to provide transportation to the retreat site.

Mandala
The Sacred Circle of Vajrabhairava
by Dan Cozort & Lonna Malmsheimer

Namgyal Monastery Institute of Tibetan Buddhist Studies.

This is a fascinating look at the creation and profound inner meaning of the world's richest religious symbol, the Buddhist mandala, an institute and vividly colored pattern that represents an enlightened universe. This ground breaking video was shot during the construction of the colored sand mandala of the Buddha Vajrabhairava (the Diamond Palter). The video focuses on Tibetan culture, and the remarkable artistry of the Namgyal monks as they build the mandala grain by grain, stage by stage. It explains the detailed symbolism of the mandala, as well as being a captivating introduction to Buddhism and tantrism.

An Introduction to Tibetan Buddhism
Aug. 3-9, 1997
This retreat is characterized by individual attention from the monks and is an introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayoga teachings, de-bye-pha, thangka theory, debate, and Tibetan language, and engage in group and individual daily practice of the Avalokiteshvara mandala. The retreat is informal and the monks are accessible throughout the day and evening. After the last meditation and dinner each day, evenings consist of discussion groups, slide lectures, videos on Tibetan culture, and volleyball and badminton.

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Annual "Get Acquainted with Namgyal" Retreat:
An Introduction to Tibetan Buddhism
Aug. 8-16, 1997
This retreat is designed as a follow-up to the popular "Get Acquainted with Namgyal" Retreat and is aimed to those who have already attended at the "Get Acquainted" Retreat, although it is open to anyone.

Intermediary Level "Get Acquainted" Retreat
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and the masters helped my understanding improve. On the other hand, since it fell upon me to help from a monkey: and with many people, I haven't seen the truth to simply biologically pass the knowledge from learning, reflection and meditation. All this work is not covered to be for the sake of the Buddha, but how much it helps will be for himself. My aim is to wholeheartedly to assist in spreading the Buddha's teachings. In my intention is pure. When receiving people I must to help them. I always try my best to be right in the most beneficial way. However, it may be difficult to benefit others deeply since I don't have the necessary qualities of wisdom, compassion and abilities. This was my life story in brief. Q. Please comment on your relationship to your father.

Rinpoche: Tukla Dugling Rinpoche was my father so in this respect he was truly my father but at the same time he was also my guru. When someone helps you and your guru your relationship becomes quite instantaneous. I believe that in only a few occasions our relationship was not complete. About this, I shall have to say that I received the Tibetan empowerments, and my father brought me along many times for "mind-teachings," instructions on the nature of mind. At the end of each instruction I felt, "Today I really understand!" After a few months, I walked away feeling that "today was totally different, even closer than before." Every time you met him there was some new depth of benefit. I don't know what it was, probably his great blessings.

In short, I shall have to say that I received knowledge from many sources, without prejudice to lines, names, and those masters helped my understanding improve. On the other hand, since it fell upon me to help from a monkey: and with many people, I haven't seen the true reality of benefit. I don't know what it was; at the end of each instruction I felt, "Today I really understand!" After a few months, I walked away feeling that "today was totally different, even closer than before." Every time you met him there was some new depth of benefit. I don't know what it was, probably his great blessings.

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A Tibetan Master Weaver in America

by David McCarthy

Getting to know master weaver Gala Khamba is a glimpse into the culture of Tibet and the challenges of its recent history. Now living and working near Woodstock, New York, Gala was born in the base of sacred Mt. Kailash as his family was making a three-year journey in foot from Eastern Tibet to Nepal, escaping the Chinese invasion. Growing up in refugee camps in Nepal, he was apprenticed to a respected weaver named Teering. Gala’s training included all aspects of the traditional Tibetan art of carpet production. Gala’s training included preparation and dying of wool, traditional knotting techniques, building looms, pattern design and, later, supervising and training other weavers. Possessing this knowledge makes him a very rare person, someone who can uphold the traditions of Tibet’s Weaving culture. Yet like all refugees, he faces the challenges of moving into an entirely different culture— one in which his knowledge and skills may not be considered valuable or relevant at all.

One way Gala made the difficult transition of life in exile was by working for a dealer of fine antique oriental rugs for five years. There he did extensive restoration work, and learned a great deal about rugs from all parts of the world, especially the traditional rug-producing areas of the Middle East.

Gala is now married to artist Elizabeth Kelly, and together they operate their carpet business, Zagyel Studio. (Zagyel is the name of a famous mountain in Gala’s home region of Eastern Tibet.) Zagyel Studio does repair and cleaning work on all types of antique rugs.

The studio also has one of the finest collections anywhere of antique Tibetan rugs. Elizabeth says she is encouraged that there are some Americans who are able to see the antique rugs not as merchandise, but as rare examples of an endangered art form. Working with the antique Tibetan rugs, Gala’s immersion knowledge of the tradition comes into play. His ability to evaluate authenticity, condition, and value is based not only on long experience as a dealer. He knows the tradition as a craftsman— someone who works at the creative level with raw materials, design elements and symbolism.

Seeing the vivid but subtle colors and designs of this rug collection, along with the ordered chaos of the royal rug, is a glimpse into a culture now mostly gone. But it is a glimpse that also gives a sense of continuity and potential for the Tibetan weaving tradition. At Zagyel Studio in the Catskills and despite all odds, the tradition is alive and well.

Contact: Zagyel Studio, Gala Geru Shroba, 283 Grog Kill Road, Willow, NY 12495, 914-688-5602, fax 914-688-7010.

Liberation by Seeing

The Fourth Annual Buddhist Art Show

—an artist’s call–

We are seeking entries for our annual juried show. Our theme will be “Buddha Within.” The show will run September 6 – 28, 1997. For a prospectus, please send SASE to:

Elizabeth Kelly
POB 771
Sebastopol, CA 95473

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One way Gala made the difficult transition of life in exile was by working for a dealer of fine antique oriental rugs for five years. There he did extensive restoration work, and learned a great deal about rugs from all parts of the world, especially the traditional rug-producing areas of the Middle East.

Gala is now married to artist Elizabeth Kelly, and together they operate their carpet business, Zagyel Studio. (Zagyel is the name of a famous mountain in Gala’s home region of Eastern Tibet.) Zagyel Studio does repair and cleaning work on all types of antique rugs.

The studio also has one of the finest collections anywhere of antique Tibetan rugs. Elizabeth says she is encouraged that there are some Americans who are able to see the antique rugs not as merchandise, but as rare examples of an endangered art form. Working with the antique Tibetan rugs, Gala’s immersion knowledge of the tradition comes into play. His ability to evaluate authenticity, condition, and value is based not only on long experience as a dealer. He knows the tradition as a craftsman—someone who works at the creative level with raw materials, design elements and symbolism.

Seeing the vivid but subtle colors and designs of this rug collection, along with the ordered chaos of the royal rug, is a glimpse into a culture now mostly gone. But it is a glimpse that also gives a sense of continuity and potential for the Tibetan weaving tradition. At Zagyel Studio in the Catskills and despite all odds, the tradition is alive and well.

Contact: Zagyel Studio, Gala Geru Shroba, 283 Grog Kill Road, Willow, NY 12495, 914-688-5602, fax 914-688-7010.

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SNOW LION 7
Two thousand years ago in India, a young boy, known only as Tilopa, journeyed to Oddiyana (the present-day Swat Valley of Pakistan), where he spent years in the intensive practice of meditation and eventually achieved enlightenment.

His biography claims that the mainThrough his personal practice, he achieved the Mahakasyapa doctrines and the Guhyasamaja Tantras transmissions describing the bardo state of the mahakala himself in the Mahayana scriptures. This light and bardo doctime of the mahakala temple, the Heruka Chakravartin images depending from the mahakala temple, the Mahayana temple images of the mahakalini. This is the situation of the mahakala temple, and the mirror of enlightenment he described in his bardo state of the mahakala temple, the Mahayana temple images of the mahakalini. This is the situation of the mahakala temple, and the mirror of enlightenment he described in his

In his later life Tilopa manifested countless miraculous actions in order to inspire and enlighten trainees. He could stop the rain in its path, shape shift by changing himself into animal forms, fly through the sky, and visibly manifest in a mountain in space. Sometimes he lived purely as a monk, and at others dressed with cow's and oxen in channel grounds. To provide conditions by which beings could reflect merit in themselves and transformed himself by begging for alms, sometimes by operating a white-house.

Tilopa's name, in the colophon to our text, tells the story of an ascetic who left home because as a part of his enlightenment path he worked as a pounder of sesame seeds for producing oil, telling his work as a metaphor for how the oil of enlightenment is extracted from the seed of mundane experiences. He had many disciples, and the greatest of all was Naropa, to whom he transmitted the Six Yogas that he had formulated.

Several short texts on the Six Yogas that are attributed to Tilopa exist in Tibet, but only the very few works translated can be considered authentic beyond question, and therefore the very few only to be included in the Tibetan canon of Indian commentary, to Tilopa. Tilopa's text is in a few years in length but is nonetheless important in that it is the earliest known text on the Six Yogas. It mentions four important lineage masters from whom the Six Yogas had come to him: Krishnapada, Nagarjuna, Naropa, and the Six Yogas that he had formulated.

TIBETAN FILM SECRETLY SHOT IN TIBET

A small US and Tibetan film crew managed to secretly film part of a movie in Tibet, reported AP Janu-

ary 15, quoting the film's production company, Paul Wagner Productions. The statement said, "In early Oc-

tober, a small crew of American in-

dependent film makers and Tibetan political activists entered China-occupied Tibet and secretly filmed a Tibetan woman named Dadon who was imprisoned and tortured for her reli-

gious beliefs. "The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs.

The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. The role of the singer is played by a Tibetan woman named Dadon who was imprisoned and tortured for her religious beliefs. 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New Dalai Lama Print!
H.H. the 14th Dalai Lama, Tenzin Gyatso (1935-2021), Kachoe Dechen Ling, Boudanaka, India, 1974, Photo: John Sturt, Fine Art Print 1997 Snow Lion Publications, $15

This is one of the most beautiful photographs of His Holiness that we have ever come across. It was taken by world-renowned photographer John Sturt in 1974 when the Dalai Lama was thirty-nine years of age and conducting the Kalachakra Initiation before an audience of three hundred and fifty thousand. With the scene around His Holiness emerging in beautiful natural light there is remarkable presence and participation in the photograph as the Dalai Lama’s eyes meet the camera. The photograph was used in a limited format 4” x 6” camera for incredible detail in creating this superb photograph. Then in supervised custom one to one printing these posters sized fine art prints were produced. The photographic image measures 12” x 16” on a 16” x 24” sturdy weight, acid free, high quality printing paper.

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Something remarkable is happening in Rochester, New York. His Holiness Penor Rinpoche, the head of the Nyingma school of Tibetan Buddhism, will come to Rochester from India to give the Kalachakra Teachings and Empowerment. Penor Rinpoche has been invited by Ven. Auyang Rinpoche, founder of both the Amritsa Foundation and Rochester's Drikung Institute. Additionally, they plan to have one week of Kalachakra teachings precede the empowerment and a week of retreats.

Events are shaping up that will communicate the spirit of the Dharma to the non-Buddhist community. The University of Rochester's Memorial Art Gallery have invited the Namgyal monks to create the Kalachakra Sand Mandala during a seven-week exhibit in May and June.

Rochester's high schools, is making Tibetan the theme of its 1997-1998 interfaith community. In May, students from the school, working with the monks, will make a children's mandala utilizing their own symbols to express the common aspiration to happiness of a diverse community. The business community is local hospital, and the interfaith community are all planning seminars or lectures related to the hearing spirits of this empowerment. Rochester's media will provide extensive coverage and community leaders will take part.

The empowerment will take place in the heart of downtown Rochester on the falls of the Genesee River.

For more information, contact: Frank Howard, Amritsa Foundation, 45 Bradford Drive, Rochester, NY 14617, 716-654-3841, info@dfrct.com

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**1. May 16-23, 1997: 532nd for retreat, Mhilar Soka Dewa, A voidal lama empowerment and retreat, with nyung-nay “purification through fasting” retreat. This practice, taught by the Buddha and widely popularized in eighth century India by the female siddha Gelongma Pelmo, is considered to be one of the most powerful methods for accomplishing personal, social and environmental healing. It was most prevalent among the lay community of Tibet throughout the centuries and was popular in all four schools of Tibetan Buddhism. Because the focus of the practice is the Avalokiteshvara mandala, it has been closely connected to the early De la Lama. To introduce the practice, Rinpoche will give initiation into the Avalokiteshvara mandala, based on the Nyingma cycle of practices known as Sangwa Gyachen, or “Virtues Sealed by Secrecy.”**

2. June 1997, 54th for retreat, Atlanta: A 21-day retreat on the Losen Rim initiations. “The Stages of the Path to Enlightenment,” or Losen Rim, is the name of the contemplative approach to inner transformation is formulated by the eleventh-century Indian master Atisha and practiced by all schools of Tibetan Buddhism. It illustrates the essence of all teachings of the Buddha while combining philosophical teaching with meditative application. Rinpoche will give an in-depth experiential presentation of this meditative system based on the eight great Losen Rim treaties of Tibet, three of which were composed by Lama Tsongkapa, founder of the Gelugpa Tradition, and another two by the Third and Fifth Dalai Lamas.

3. July 18-27, 1997: 540th for retreat, Atlanta: Empowerment and ten-day retreat focusing on the highest yoga tantra mantra known as Yamantaka, “The Destroyer of Death.” This symbolizes the wisdom of all the Buddhist manifest in wrathful form. Rinpoche has not completed a three year retreat on this mandala cycle; so sharing this time with him is an especially great blessing. Rinpoche will also give the teachings on Losen Rim, the popular Gelugpa patriotic that combines sutra and tantra techniques into a tantric feast celebrating oneness with the guru. Your Losen Rim teachings to participate in the Yamantaka empowerment and retreat.

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A new line of Herbal Teas from a Tibetan Doctor

by Dr. Kalsang Shak, Switzerland

About ten years ago, when I first started to mix my own herbal teas based on the ancient principles of Tibetan medicine, I could only make them available to my own family members and some of my friends who were already familiar with Tibetan medicine. Back then, the ingredients for the teas were being produced by the Swiss Herbal Company on a large scale; many people would be able to enjoy and benefit from them. I therefore felt it is important to provide you, my new customers, with a short introduction to the Tibetan art of healing in this newsletter. Tibetan medicine is greatly influenced by Buddhism, and Tibetans consider it to be the jewel of our culture. It is my sincere hope that many more people will learn about this ancient cultural heritage, and that they will carry on for generations to come.

A Brief Introduction to Tibetan Buddhist Medicine

In order to try to return to Tibetan Buddhist medicine, we must consider the original source of medical texts. "Gurum"—the Secret Medical Tantric—consisted of 150 chapters written in Sanskrit, from the Buddha Shakyamuni's "Yamala-riga" teaching 2500 years ago. From these very beginnings, Tibetan medicine has been an inseparable part of Buddhism.

The following are the Four Noble Truths that were taught by the Buddha: in his enlightenment, the Buddha realized that the true nature of suffering, the Second Noble Truth is to know the true cause of suffering, the First Noble Truth is to know the true path to end suffering, Truths taught by the Lord Buddha in India, after his enlightenment: the First Noble Truth is to know the true cause of suffering means knowing the true path to end suffering. The Second Noble Truth is that knowing the true cause of suffering makes the fire of life strong. It is essential to maintain health, but if not, it can cause the original source of medical texts. The three biochemical humours are: Loong (wind) acts as the governor of the mind, the body and the organs, it controls the smooth transition through the stages of a woman's life, and plays an important role in food assimilation and excretion.

"Meto"—After Meals Tea

Based on the principles of three biochemical humours and five cosmic energies of Tibetan Buddhist medicine, this mixture of twenty-six herbs restores the balance of all the physiological energies of the body. This tea is suitable for daily drinks during working hours in offices and other places where one can be under constant mental and physical stress. The tea is also appropriate for any occasions where one feels that his or her body is out of balance. On drinking a cup of Tashi Delek, one feels fresh and energetic, and at the same time calm and tranquil.

"Gom-pa"—Winter Tea

Health is regarded as a state of equilibrium between the three biochemical humours. When there is imbalance, the three humours function effectively to maintain health, but if they are out of balance, they become deficient sources of disorders. The unbalanced body is considered to be one in which the three humours are not in a suitable condition for the body to function. Therefore the correct intake of food and drinks and a properly functioning digestive system are the basis of health and long life. It is important to remember that the quality of life is as important as the quantity.

The Moto herbal tea is prepared from thirty-five herbs and makes the fire of life strong. It is especially suitable after heavy meals in restaurants, at home and outdoors, or after cold dishes which make your stomach feel uncomfortable. Drinking a cup of this tea soon after meals facilitates digestion and the assimilation of nutrients.

"Tri-tsho"—Lady Tea

The three biochemical humours on which all psycho-physiological processes depend change in both quantity and quality as a woman becomes older. These changes manifest themselves in the form of disturbances. This herbal Extre tea, composed of twenty-one herbs, facilitates the smooth transition through the stages of a woman's life, and prevents menopausal and menstrual disturbances.

"Niru-sham" According to Tibetan medical philosophy, there is a constant separation of the pure and impure parts of food during the process of digestion. This separation is carried out by the actions of the three biochemical humours at the level of the digestive system. This separation of the assimilated nutrients undergoes further metabolic changes at the tissue level and only then do the impure nutrients manifest along this chain of transformation at the tissue level, repression into pure and impure nutrients continues. The final outcome of all these separations is an extremely refined, subtle essence which is known as the energy "sham." This life-energy is responsible for all the vital functions of the organism in this life. It also acts as a means for the transformation of consciousness during death. In a healthy individual, it normally takes about six days from the time of ingestion of food to be transformed into the essence of consciousness. If this time period takes longer than six days, it means the quality of life has been diminished. By taking good herbal rejuvenating pills or "sham"-changing pills from time to time, one can shorten this period of transformation and ensure that high quality sham is produced.

In case of chronic indigestion, there is always inadequate separation of pure and impure nutrients and this modulates the digestive system. The moderate separation results in the constant production and accumulation of impurities called "nin-ma," toxic substances which are carried to all parts of the body by the blood and cause disorders and diseases in any weak points of the organism. Taking Seng-thing improves the entire process of digestion and thus minimizes the formation of impurities called "nin-ma".

A Short Biography of Dr. Kalsang Shak

Dr. Kalsang Shak was born in 1952, the second son of a well-known Tibetan family in Lhasa in the eastern part of Tibet. For over fourteen generations the Shak family has practiced an unbroken tradition of medicine and medicine. In 1976, after completing his studies in western medicine in the Armed Forces Medical College at Pune University in India, Kalsang Shak became interested in the ancient ways of healing, particularly in Ayurveda, Tibetan and Chinese medicine. In 1981, he went to Taiwan to study Chinese medicine at the Veterans General Hospital under Dr. Ching Cheong. In 1986 he opened his acupuncture clinic in Zug, Switzerland.

Dr. Shak's Tibetan Herbal Teas can be directly ordered at the following address with the minimum order of $100.00 (excluding postage)

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The Jew in the Lotus Movie Project

There is another Tibet-related film in the making: The Jew in the Lotus, inspired by Rodger Kamenetz’s book. The story, as told by filmmaker Laurel Chiten, follows Kamenetz’s unintentional spiritual journey.

In 1990, eight Jewish delegations traveled to Dharamsala, India, to meet with the Dalai Lama. Conscious of the parallels in Jewish history, the Dalai Lama had asked the Jews, “Tell me your secret of Jewish spiritual survival in exile.” Rodger’s lifelong friend, Dr. Marc Lieberman, a self-proclaimed Jewfu (a Jewish Buddha) had organized this meeting. Rodger asked Böddi to come along and chronicle the event. A confirmed materialist who never looked to religion for answers to life’s problems, Kamenetz was an unlikely pilgrim. But he was the perfect person to question. He was a man who had lived and didn’t quite know it.

When he set out on the trip to India, Rodger wasn’t even sure if he could relate to the experience. He had skipped his meditations. The death of his infant son and the beginning of his career had left him adrift in a sea of self-doubt. For the Jewish leaders who were asked to meet with the Dalai Lama, there were also doubts. What did they have to share? Was there, in fact, a secret? Were’s many Jews looking elsewhere for answers, turning to other religions, such as Bud- dhism? Marc Lieberman wondered if the Jews and the Tibetans could bridge the gap between their vastly different worlds. Rodger was more concerned whether there were groups of people would be able to communic- ate: “Monks are trained to silence and Jews to talk.”

In Dharamsala, Rodger was surrounded by suffering—the overwhelming poverty of India, the despair of the Tibetans. Yet in the Dalai Lama and the Tibetan Buddhists he encountered people who faced suffering with equanimity, with res- olve, with compassion. For the first time, he felt the power of a spiritual tradition. His body strongly defense system began to crumble, leaving him open to his own grief, despair and longing. As a recovering man, he began to look for a way out of his own pain, his own exile. He found it in a very unexpected place. In the encounter between the Dalai Lama and the Jewish leaders, Rodger began to discover the beauty and power of his own tradi- tion. “The Dalai Lama provided us with a pool of nectar to look into. In it we saw Judaism reflected more sweetly than we had ever experienced in our everyday lives. And in that sweet reflection, we saw the heart, the love, the truth, and the depth of Judaism.” As a filmmaker, Chiten says, “I saw the potential for The Jew in the Lotus to reach far beyond the Jewish community and appeal to a broad and diverse audience because it becomes

The Newton Television Foundation.

Please contact: The Jew in the Lotus Film Project, Blind Dog Films, PO Box 238, Waban, MA 02188, (617)507-0712. Make checks payable to The Newton Television Foundation.

On the personal transformation of a non-exotic, Karmatarians as every- one—an outsider, rather than a disciple—enables viewers to witness and stumble along with him to un- covers what it might be like to have one’s life guided by a spiritual tradi- tion.

China’s film has not had any direct opposition from China, unlike the other film projects. She faces an- other obstacle however, as an inde-}
Tibet Fund

Founded in 1981 with the blessing of the Dalai Lama, the Tibet Fund presently administers more financial assistance to the Tibetan community than any other single organization. They support economic and community development projects in the refugee communities in India and Nepal, provide emergency relief and resettling for new refugees who have fled Tibet, improve health conditions in the refugee communities, preserve the traditional Tibetan medical system, provide scholarships to Tibetan students and professionals, preserve Tibetan culture and promote cultural exchange, and provide assistance for health, education and economic development projects inside Tibet. If you would like detailed information on how you can help, please contact: Tibet Fund, 311 East 32nd Street, New York, NY 10016. 212-315-5001.

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NEWS

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Geshe Acharya Thubten Lodend is the Spiritual Leader of the Tibetan Buddhist Society in Australia. Born in 1924, Geshe-la achieved the highest possible degree of Geshe Hatasarpa and of the candidates he was graded first among the first. He also completed an Acharya (Master’s) degree at Varanasi Sanskrit University and then gained a Master’s qualification in vajrayana Buddhism after six years at the Gyumed Tantric College.

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Be Informed about TIBET

It is vitally important that the people who are concerned about saving Tibetan culture through political action know about the key issues and do what they can to help. The way to be informed is to read some of the following journals and newsletters, which provide up-to-date news and information.

Canadian Tibet Newsletter (quarterly, $20) Canada Tibet Committee, 4676 Coquihalla Ave, Montreal, Quebec H5C 2X7, Canada. International news as well as information to Tibet supporters in Canada.

News Tibet (quarterly, $45, suggested donation) and the OSITM Newsletter: USC, 241 S 32 St, NY, NY 10006 (tel: 212-235-0963). Political and cultural news. They need your support to raise awareness for Tibet, contact them for information on how you can help.

Snow Lion Newsletter (quarterly, free) Snow Lion Publications, PO Box 6380, Blaenau, New York 14513, tel: 607-783-8000. This is the paper you are presently reading. It is available to anyone in request and sent free. We are also on the World Wide Web: http://www.well.com/w3c/snowlion. From our home page you can connect to many others. Please let your friends know about Snow Lion!

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Tibet Press Watch (bi-monthly, $45) From the International Campaign for Tibet, 1885 X Street, NW 635, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343. Reprints news articles from world wide news.

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On the cultural side, we recommend The Tibet House Drum, T厚重.net. This is a great website for Tibetan information. On the cultural side, we recommend The Tibet House Drum, Tibet House New York, 241 East 32nd Street, New York 10016, 212-213-5952. Features Tibetan activities in the NYC area.

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Please let us know if there is a resource we have overlooked or if you have suggestions for new content. Enjoy!

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Spanish reading Tibetan Buddhists can contact the following publisher Ediciones Dharma, Apartado 16, 48097 Vizcaya (Alavci, Spain).

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June 20–July 10

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Namkha Drimed Rinpoche, terton and divination master, will return to Rigdzin Ling this summer at the request of H.E. Chagdud Tulku Rinpoche to bestow empowerments and transmissions from the terma cycles of Tagsham, Tashan Nudan Dorje. This is a great reveler of hidden treasure who lived in the late seventeenth and early eighteenth centuries. He discovered some terma cycles during his lifetime, among them the secret biography of Yeshye Tegovol, which has been translated twice into English, as Mother of Knowledge and Sky Dance. These empowerments will focus on the cycle entitled Yidam Gongpa (Enlightent of Enlightened Intent of Chosen Deities), a mandala of which Hayagriva is the principal deity. Because Chagdud Rinpoche was Tagsham Nudan Dorje in a previous lifetime, it is particularly auspicious that these transmissions will be given at Rigdzin Ling by one so intimately associated with this lineage. The empowerments will include daily sessions of initiatory ritual practice, based on the extensive sadhana of the Yidam Gongpa.

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Padma Publishing is pleased to announce the publication of the paperback edition of Buddhahood Without Meditation. Widely known by its subtitle, Amogha (Refining Appearances Phenomenon), it presents the view of the Great Perfection (Dzogchen) through the approach known as "empty-chord leading through solidity). The nineteenth-century master Dzogchen Lingpa received these teachings in visionary dialogue with fourteen enlightened beings including Avalokitesvara, Vajrapani, Longchenpa, and Saraha.

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that I and all the other tourists were pointed and frustrated. Oh well, the time, however, we would be back place in Tengpoche several days later. An extra day in Pheriche to adjust to the high altitude instilled confidence and camaraderie. We were quite hospitable and excellent hosts.

As friendly as can be, he said in his best English, that the puja and asked him if it would be possible to have an audience with the Rinpoche. The trip was a quintessential blend of adventure, hiking, and holidaying. Everyone came back with the Rinpoche and our fearless trekking leader, had told us about Michael Schmitz, who spoke German, Tibetan, and English and worked at the monastery as translator. He took a large part of his busy schedule to meet with the Rinpoche. The trip was an experience of a lifetime for me, as I was able to experience what it means to be a property caretaker. The trip was a wonderful experience and I highly recommend it to others.
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**Continued from page 6**

Q: How did it come about that you have links to so many foreigners? Rinpoche: The teachings of Buddhism Shakyamuni should flourish all over the world and there are many predictions that this will happen. I feel it has to happen because the Buddhist dharma is simply the nature of things. It is enjoyable and not difficult. Whoever is basically in harmony with others, has less conflict, and finds him or herself in better circumstances. Why? Because the main principles in Buddhism are knowledge and compassion. It is the deepening of compassion that brings welfare and happiness to all. It is the deepening of knowledge that eradicates ignorance, misunderstanding, doubt and improper understanding, after which sublime wisdom overflows from within. Both you also feel that the time is right for the Buddha’s teachings.

Another reason is that I always had, even as a small child, the impulse to help people understand whatever it is they haven’t understood. On top of that, the Gyuto Monks, Drukpa Rinpoche, Khyung Drol Rinpoche, and also my precious father told me to uphold the Buddhist dharma. Even though from time to time I asked if it wouldn’t be better to stay in retreat, they said, I upheld the teachings, upheld the teachings.” Once I asked the karmapas to do the three-year retreat at Rumtek, he didn’t give permission. Later I asked my many times if I could build a small meditation cabin at Nagi Gompa and remain in retreat for a couple of months every year. His answer was, “Of course it’s good, but there are not so many to uphold the Buddhist dharma.” Therefore I try to practice while at the same time helping the Dharma and others. Maybe it’s not right for me this time around to stay a year or two in retreat. Maybe I don’t have the karma. I don’t know. When I was about fourteen, while staying at Rumtek I knew some foreigners. The number increased after coming here to Nepal. They have told me that they find what I say helpful, useful. From my side, it is my impression that Westerners are inclined to immediately understand teachings on emptiness and compassion. There is a certain lack of readiness to accept the law of karma and rebirth. I don’t feel that this is an insurmountable problem; it will be solved as we go along. I feel that faith, karma and rebirth are on the main axis in Buddhism. The main point is to be compassionate and gain certainty in the view of emptiness and dependent origination. I have the conviction that once you gain such certainty, the other secondary points come easily.

Q: Please explain your main activities here.

Rinpoche: We built the monastery Kung-\(\)nyen Showch\(\) Ling to house the representa-\(\)tions of enlightened body, speech and mind, in Bodhiste\(\)ch, Nepal. We built monks’ quarters and let monks reside there to pursue the knowledge resulting from learning, reflection and meditation, and to train in the skills of teaching, debate, and composition in order to help others.

Without the proper basis in studies and reflection it is difficult to immediately have access to meditation practices. That is why we have a Buddha sect, a monastic college where the monks study the main scriptures. Those who have gained a sufficient understanding are allowed to do the three-year retreat. After having completed the traditional retreat, there are some of the retreatants, though not every one of them, who have reached a quite good level of practice, and so are able to function as lamas. These are the people who really work so that we can provide even better service in the future.

(Continued on page 21)
Tibetan Refugee Assistance Program

One of the most crucial responsibilities of Tibetans in India is to educate the children who are the future needs of Tibet. To ensure the education of the next generation, a sponsorship program has been established for Tibetan refugees, mainly in South India. This program is under the administration of the Council for Tibetan Education, Dharamsala, India. Sponsorship for a Tibetan child to attend boarding school is $11 per month.

Chokyi Nyima Rinpoche

While the majority study the scriptures, the majority do not present we have five guru's in the three-year retreat soon followed by an additional guru. I also offer guidance and support for the Avata Lakshmi and retreat center, and a few additional temples here and there including a small monastery on the border with India. I am embarking upon a project for a large temple in London, the birthplace of Lord Buddha.

These days I see a growing interest among foreigners in the Buddha's teachings. Erik, my translator, under my direction has translated more than 50 books. I wish it my wish that these will travel and be of help to people in many different countries. In the future as well, I hope that this effort will continue by educating foreigners here, to manifest a great number of Buddhist texts for the welfare of people everywhere.

In connection with this, when I visited some countries abroad, I was repeatedly faced with this question: How can we study the Dharma more seriously? Why we are not aiming something? If you wish, who will? In India, there are study places for foreigners in Varanasi and Dharamsala, but in Nepal there is no solid school establishment besides a few sporadic sets of teaching. I have therefore since a quite a few years formed the wish that we should make a Shakra for foreigners in Boudhanath. Till this year, however, the plan has not been realized. The Rangjung Yeshe Shakti will begin this autumn, 1997. The main participants will be the laikos, below them the translators, and from all the visitors, whatever their number.

Q: You also teach university programs from the West, from Antioch and so forth, in India and here in the West. Did you ever have trouble with your students being young and fresh, quite intelligent and open-minded?

Rinpoche: I visited the Antioch programs in Bodhgaya for the first time in 1984. Every year since then I have taught there. I have always found the students to be young and fresh, quite intelligent and open-minded. It has been a delight to teach them the Dharma. Many students end up taking the refuge precepts out of sincere trust. Some are quite serious and I see them again after a couple of years, some others were not. Many come and tell me they are studying the Buddha's teachings, practicing meditation.

The seminar in Bodhgaya has gone on since 1981, for 15 years. For 15 of these years we were fortunate enough to receive teachings and do practice with my father. Last year was the first time without him and we have added the opportunity to do more intensive practice at his hermitage. Two of my disciples, Chokling Rinpoche and Tsok-Nyi Rinpoche, also taught last year and this will continue in the future. My students are taking root in the West. Currently we have a retreat center in Denmark and are planning one for California in the USA.

Q: At conclusion, what is the essence of Buddhism?

Rinpoche: Knowledge and compassion are the basis to which the whole Buddhist refretre. Whoever trains in knowledge and compassion will be in harmony with their truth and ultimately this is an indisputable truth. All of us should try to best to study about knowledge and compassion, next to reflect upon them, but especially to put direction and upon ourselves. That brings immense benefit.

Tashi delek to all of you.

Chokyi Nyima Rinpoche
Announcing the First United States Presentation by the Nyingma School of the

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22 SNOW LION SPRING '97 NEWSLETTER
Days Not to Hang Prayer Flags

When you put up prayer flags to bring success, if you put them up on the wrong astronomical dates (solar notice), you will continuously receive obstacles. For as long as the prayer flags last, obstacles will continue to come. This also applies to hanging prayer flags to banish.*

The following are the wrong dates according to the Tibetan calendar:

- 1th and 15th of the first, fifth and ninth months
- 7th and 10th of the second, sixth and fourth months
- 4th and 11th of the third, seventh and eleventh months
- 1st and 13th of the fourth, eighth and twelfth months

* Please note that the Western dates in the chart to the right are only applicable to the years shown.

URGENT REQUEST FOR EUROS

THANK YOU FOR RESPONDING TO OUR URGENT REQUEST FOR FUNDS

A Tibetan Buddhist community of 2000 in a restricted zone in Byalakuppe, Karnataka State, southern India, is without medical care. The Ven. Ayang Rinpoche, a renowned Phowa master in the Drikung Kagyu lineage, is asking the world community to help him establish a dispensary there.

Wonderful people from everywhere have shown an overwhelming response to his 1996 appeal. Enough funds are still urgently needed to complete his dream. All those giving $75 or more will be honored on a plaque at the new dispensary.

100% of all donations go to the dispensary

To receive registration information in January 1997 about the event, send name and address to: The Ven. Ayang Rinpoche, 10 Woodside Road, Harvard, MA 01451. Call 508.456.8922 with inquiries.

The legal cosmology of Buddhist Tibet

by Rebecca Redwood French

The Golden Yoke

The Legal Cosmology of Buddhist Tibet

By Rebecca Redwood French

The Golden Yoke illuminates Tibetan culture and religion as it explores the daily operation of law in Buddhist Tibet. Through fascinating stories from Tibetans at home and in exile, Rebecca Redwood French reveals methods used to resolve murder cases, property disputes, and divorce. She shows that Tibetan law is deeply imbedded in Buddhist culture and describes the myths, notions of time, inner morality, language patterns, rituals, use of space, symbols, and concepts that shape it.

64 b&w photos, 16 drawings

$35.00

The inauspicious days converted to the Western Calendar:

1 10th: Feb. 16 1997
2 22nd: Mar 1
3 5th: Mar 15
4 10th: Mar 20
5 4th: Apr 11
6 10th: Apr 25
7 1st: May 7
8 15th: May 21
9 10th: June 5
10 15th: June 19
11 6th: July 10
12 15th: July 24
13 22nd: Aug 7
14 7th: Aug 21
15 10th: Aug 26
16 13th: Sept 9
17 6th: Sept 23
18 3rd: Oct 7
19 6th: Oct 21
20 9th: Oct 25
21 6th: Nov 8
22 3rd: Nov 22

VISITS LOS ANGELES IN JUNE 1997

JUNE 5-7 Retreats on the "Precious Garland", written by the great bodhisattva Nargarjuna.

JUNE 8 Shechugren, Master Impression

To receive registration information in January 1997 about the event, send name and address to: The Ven. Ayang Rinpoche, 10 Woodside Road, Harvard, MA 01451. Call 508.456.8922 with inquiries.

The Ven. Ayang Rinpoche
NEW BOOKS FROM SNOW LION PUBLICATIONS

NEW BOOKS FROM SNOW LION PUBLICATIONS

ATISHA’S LAMP FOR THE PATH TO ENLIGHTENMENT
by Dr. Sogyal Rinpoche
108 pp. #0811 $15.95

Bodhicitta: Cultivating the Compassionate Mind of Enlightenment
by Ven. Lobsang Gyatso, trans., by Dr. Sobhita Gupte
186 pp. #HEAO $15.95

NEW BOOKS FROM SNOW LION PUBLICATIONS

GREAT KINGDOM TRADITION OF MAHAMUDRA
by H.H. the Dalai Lama and Alexander Berzin
146 pp. #1418 $15.95

THE GELUG/SAKYI TRADITION OF MAHAMUDRA
by H.H. the Dalai Lama and Alexander Berzin
400 pp. #1418 $15.95

ATISHA’S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Thupten Jinpa
185 pp. including 24 Snow Lion line drawings, 6 tables,
239 line drawings, 6 tables

NEW BOOKS FROM SNOW LION PUBLICATIONS

HEALING ANGER: The Power of a Buddhist Perspective
by the Dalai Lama, trans. by Thubten Jinpa
176 pp. #HEAN $14.95

A GUIDE TO THE BUDDHIST WAY OF LIFE
by Ven. Alexander Wallace & H.H. the Dalai Lama
174 pages, #0210 $12.95

A GUIDE TO THE BUDDHIST WAY OF LIFE

by B. Alan Wallace & H. H. The Dalai Lama
174 pages, #0210 $12.95

In the whole of the Tibetan Buddhist tradition there is no single text that more deeply reveals the power of the mind and its possibilities than the famous second transmission of Buddhism, The Lamp for the Path to Enlightenment. Written in the eighth century by the Indian Buddhist teacher Atisha, this became an instant classic in the curriculum of the Buddhist monastic universities of India, and its influence has grown ever since.

This treasury of practical instructions contains extensive teachings on the nature of mind, the development of motivation on the part of the practitioner, and the most profound and beneficial means of cultivating beneficial motivation on the part of the practitioner. Among those who wish to understand the heart of Buddhist practice will benefit from reading this book.

Ven. Lobsang Gyatso (1938-1997) was born in Kham, Tibet, and educated at Drepung Monastic University. In 1977, with the blessing of H.H. the Dalai Lama, he founded the Institute of Buddhist Dialectics in Dharamsala, where he was the Director since its inception. In 1995 he completed a doctorate in religious studies at the University of California at Berkeley. Since 1972, he has been the Director of the Library of Tibetan Works and Archives since 1972. He has been a member of numerous academic and artistic conferences and has traveled extensively to present his views on the Middle Way, Mind Training, and meditation.

Atisha was one of the greatest Buddhist teachers in the whole of the Tibetan Buddhist tradition. His coming initiated the period of the "second transmission" of Buddhism to Tibet, which followed the persecution of Buddhism by the Tibetan king Langdarma in the ninth century, forerunner of the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism.

Atisha’s most celebrated text, entitled Lamp for the Path to Enlightenment, was written for the Tibetan people at the request of Langdarma. It sets forth the entire Buddhist path within the framework of three levels of meditation on the nature of the path, practiced, respectively, by the Nyingma, Mahayana and Atisha’s path. Atisha’s book was written in a way that taught the source of the knowledges, traditions, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

Geshe Thupten Jinpa’s lucid and engaging commentary draws on Atisha’s teaching for today’s practitioners with warmth and wit, bringing the light of this age-old wisdom to the modern world.

Bodhicitta: Cultivating the Compassionate Mind of Enlightenment

by Ven. Lobsang Gyatso, trans., by Dr. Sobhita Gupte
186 pp. #HEAO $15.95

One is unlikely ever to receive a Buddhist teaching on either

Bodhicitta (Buddhist compassion) or the basis for it, the weapon of the heart and the bodhisattva’s weapon, until now.

The techniques and methods presented are relevant not only for Buddhist practitioners but for all who seek to understand the heart and mind. Through these teachings and by his own example, the Dalai Lama shows how we can develop the power that patience and tolerance have to heal anger and to generate compassion.

In this book the Dalai Lama shows how through the path of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on a traditional Eightfold Path. In the first section he establishes the path of patience: to cultivate the potential for the qualities of patience and tolerance we can overcome the obstacles of anger and hatred.

He frequently travels to Central and Eastern Europe, Central Asia, Africa, and the Middle East, lecturing on Buddhism and Tibetan culture and helping to establish programs of cooperation between the Tibetan community and academic and religious institutions.

Buddhist practitioners but for all who

NEW BOOKS FROM SNOW LION PUBLICATIONS

images/Enlightenments_power.jpg

Images of Enlightenment power the need for a clear and straightforward guide to the inner world of Tibetan Buddhism. Focusing on some of its most important and representative figures, this newly discovered book provides a unique and lucid introduction to the traditions of spiritual transformation embodied in the practices of enlightened energy through clear iconographic representation and description.

"Among the few guides we have to the immense richness of Tibetan religious art, images as the standard English tradition of pastoral self-transformation embodied in the practices of enlightened energy through clear iconographic representation and description."

A perspective to the way in which depictive images are presented in the concise yet detailed descriptions of the meditative practices to realize these powers. These images would be nothing more, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."

...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan tradition..." —The Moyer

...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan tradition..." —The Moyer

...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan tradition..." —The Moyer
ENTHORNE:
The Recognition of the Bodhisattva in Tibet and the Himalayas
by Janong Konradt (Lodro Tseyi), translated and introduced by
Nyingma Rinpoche, 196 pp. EEN #145.

Even the most casual contact with the culture, politics, or religion of Tibet and the surrounding region brings outsiders face-to-face with the institution of reincarnate spiritual masters—a tradition that is unique to Tibet but also found in other Buddhist and generally Buddhist, post-classical eras are identified as small children, installed in their predecessor’s thronement of reincarnate spiritual masters.

The introduction places the subject of reincarnate spiritual masters within two major contexts—in the activity of Bodhisattvas, those highly evolved beings who vow to return to the world in order to help others; and in the indigenous Tibetan society, where the preoccupation of past masters is both perfectly natural and profoundly meaningful.

Part One contains an introduction to the concept of a reincarnate spiritual master and a chapter on the Kangyur lineage of Tibetan Buddhism, which is often requested to find and recognize other reincarnate spiritual leaders. Part Two contains a translation of a text by Janong Konradt Lodro Tseyi, one of the most outstanding and learned masters of the nineteenth century Tibet, which offers a traditional view of the experience of reincarnate spiritual masters.


Locally written, this is a useful guide to Tibetan medicine. It contains a translation of 14 and 15 chapters. Booklet 2 with explanatory notes.

Buddhism Without Beliefs: A Contemporary Guide to Awakening
by Stephen Batchelor, 144 pp. BEUNES $12.95 cloth.

When the Buddha taught it was not something to believe in something to do. He challenged people to understand the nature of suffering and to realize its cessation through a way of life that is available to all. Each chapter of Buddhism Without Beliefs examines how to work toward a satori of non-dual wisdom, with the understanding that embarking on this path does not mean ever deviating from it.

The 37 Practices of the Bodhisattvas

"Rinchen makes the meaning and the demanding characters of the Bodhisattva ideal realistic for the contemporary reader. Offers insights open to as the way a life should be led." —Library Journal

Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey, Bodhisattvas entrust the active to the path taught by the Buddha. Resolving disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding the nature of entities, their omniscience and loving kindness, they are ultimately able to work freely for the benefit of all.

Ogyen Trinley Rinpoche wrote The Thirty-seven Practices of Bodhisattvas in the fourteenth century. This book is said to be of great importance to the student seeking a thorough understanding of the teachings of the Buddha. It is considered one of the books in the Tibetan library that are the source of all happiness in this life and the next.

The Tibetan art collection of the Los Angeles County Museum of Art is one of the most significant and comprehensive collections of Tibetan art in the world. It is an ideal and much-needed guide to Tibetan art and is an important and much-needed guide to Tibetan art and culture.

The Tibetan culture is introduced followed by numerous beautiful photographs of the museum’s collection and is exceptional in that it presents expert descriptions of traditional and modern art objects, and is an important and much-needed guide to Tibetan art and culture.

Buddhahood Without Meditation

"Buddhahood Without Meditation, widely known by its subtitle, "Facing Death and Finding Hope," provides a unique and original perspective on spiritual practice. Written with the heart and insight of one of the most respected teachers of Tibetan Buddhism, this book offers a rare insight into the practices of dying and dying well in Tibet, and includes a detailed commentary on Dzogchen Lingpa's teaching on the nature of the mind. Dzogchen Lingpa's approach to meditation is based on the understanding that meditation is a means to understanding, rather than an end in itself. This approach is both accessible and profound, offering a unique perspective on the practice of meditation.

Buddhist Ethics
by Mikeal Magonnan, 224 pp. $14.95.

Beginning with an overview of Buddhist ethics, the book introduces the reader to the basic principles of Buddhist ethics and provides a thorough analysis of their application to contemporary issues. The book is an important and much-needed guide to Tibetan art and culture.

Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying
by Christopher Longo, 300 pp. FURB $15.95 cloth.

"Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying" is a book that provides a comprehensive guide to the emotional and spiritual care of the dying. Written by Christopher Longo, the book is widely known for its practical advice and compassionate approach to end-of-life care. It offers a unique and original perspective on the challenges of end-of-life care, drawing on the author's background as a hospice nurse and his experience working with dying people. The book is an important and much-needed guide to Tibetan art and culture.

Forest Recollections: Wandering Monks in Twentieth-Century Thailand
by Azrinai Yaya, 131 pp., 8 maps and charts WYER $39.95.

During the first half of the twentieth century, the Buddhist world was undergoing dramatic social changes. The book is an important and much-needed guide to Tibetan art and culture.

Buddhism Without Beliefs: A Contemporary Guide to Awakening
by Stephen Batchelor, 144 pp. BEUNES $12.95 cloth.

When the Buddha taught it was not something to believe in something to do. He challenged people to understand the nature of suffering and to realize its cessation through a way of life that is available to all. Each chapter of Buddhism Without Beliefs examines how to work toward a satori of non-dual wisdom, with the understanding that embarking on this path does not mean ever deviating from it.

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HIDDEN TEACHINGS OF TIBET: An Explanation of the Tantric Tradition of Tibetan Buddhism  
by Tashi Thondup Rinpoche, ed. by Donald Lopez, Jr. 204 pp. #HTRTP $16.95

Throughout the world, sacred texts and material objects have appeared miraculously to sages and saints. The tantric tradition of Tibet is one of these phenomena, and its realization is held to be discovered at the appropriate moment by realized masters. Tashi Thondup tells the story of the special traditions initiated by Padmasambhava.

THE MANDALA: Sacred Circles in Tantric Buddhism  
by Martin Baumeister, foreword by H.H. the Dalai Lama. 312 pp., 9 x 12, 40 color & 62 b&w photos, ISBNAF $45 cloth

The mandala serves as a metaphor for the way that all beings and things have their place in the universe. The Mandala provides a thorough study of the different aspects of this sacred art. There are photos of sand mandalas, painted and butter mandalas; diagrams showing the different forms of the mandala—the significance of the outer circle, the four gates and their qualities, the many details such as vases, sculptures, and architectural motifs, all representations of the principles of the mandala. There are also photos of the Dalai Lama performing the Kachoechen Initiation.

THE JOY OF LIVING AND DYING IN PEACE: Core Teachings of Tibetan Buddhism  
by His Holiness the Dalai Lama, ed. by Donald Lopez, Jr. 176 pp., #KTTPR $16.95

The Dalai Lama offers teachings on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningful life. He combines lessons on death, dying and living a meaningf

ORIGIN OF THE TARA TANTRA  
by Khenpo Tsewang, Tenzin & ed. by David Treiman. 204 pp. extensive bibliography #BTYTA $46.95

Provides an important and accurate account of the powers of Tara and the lineage of the Siddhas who worshiped her and passed on her teachings, revelations and texts.

PERSPECTIVES: The Timeless Way of Wisdom  
by Paul Reddick. 456 pp. #RSPR $10.95

Perspectives offers insight into the essence of East-West spiritual philosophy. Going to the heart of virtually every aspect of the spiritual quest, it offers a balanced, grounded approach to Enlightenment. Paul Reddick's writings offer a way to bring Eastern teachings (both Buddhist and Hindu) to the West. Sensible and compelling, his work can stand beside that of such West-East 'bridges' as Merton, Suzuki, Watts, Mellers, and Richard Holloway. "—Choice

RELIGIONS OF TIBET IN PRACTICE  
ed. by Arnold J. Toynbee, Jr. 196 pp. #RPSTR $22.50

The chapters in this landmark volume display the vast scope of religious practice in the Tibetan world and offer works unknown until now. The chapters are organized under five headings: Accounts of Place and Process, Remarkable Lives, Rites and Techniques, Prayers and Sermons, and Living with Death and Other Depencents. This is the largest collection of Tibetan religious tapestries ever assembled—biographies, pilgrimage guides, prayers, accounts of visions, meditation manuals, sermons, and exorcism texts.

STOPPING & SEEING: A Comprehensive Course in Tibetan Meditation  
by Chogyal Namkhai Norbu. 340 pp. #STCBE $34.95

This film offers the first glimpse any westerner has had since 1900. It is a highly detailed and vividly colored pattern that represents the entire Tibetan culture. The Tibetan villagers where yak-powder is ground and barley is malted as well as those who have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where pink-painted villages plug to the renters. The latter part of the film, contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.

TIBET: A Moment in Time  
by William Reeser. 55 min. #TIMTS $25.95

From the highest peak of 15,436 ft. to the turbulent waters of the Yarlung Tsangpo River, the world's deepest canyon is 19,386 ft. deep. This film offers the first glimpse any westerner has had since 1900. It is a unique look at the Tibetan culture. The Tibetan culture is a photographic shining journey among the Tibetans living in the Bay they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where pink-painted villages plug to the renters. The latter part of the film, contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.
NEW TAPES

GREAT WOMEN PRACTITIONERS
by H.E. Choegyal Rinpoche, 2 cassettes, 180 min., #GRWOPR $14

Many women have achieved profound spiritual realization through lifetimes of dedicated practice and mind training. Rinpoche recounts the life histories of several women in the Tibetan tradition: Machig Labdron, Yeshe Tsogyal, mandarava and his mother, Drigung Tsultrim. These accounts make clear for men and women alike, anyone who exerts enthusiastic and one-pointed effort can attain enlightenment.

SIX KEYS TO HAPPINESS
by Lama Tsering Everest, 2 cassettes, 120 min., #SIKEHA $12

Our inability to find lasting happiness stems from our mistaken focus on self and our failure to recognize the true nature of reality. In this audio tape, Lama Tsering addresses this situation from the perspective of six key key issues: impermanence, compassion, karma, self-centeredness, the relative truth of ordinary reality, and the perfection of absolute reality.

NEW MUSIC & CHANTS

Mahakala Daily Practice
by Dzogchen Ponlop Rinpoche, 2 cassettes, 180 min., #DPMDP $12

Recorded in the shrine of Karma Triyana Dharmachakra, the Seat of His Holiness, the Seventeenth Gyalwa Karmapa, Ugyen Trinley Dorje on July 26, 1996.

Mahakala Chants
by Dzogchen Ponlop Rinpoche, 2 cassettes, 180 min., #DPMDP $12

Recorded in the shrine of Karma Triyana Dharmachakra, the Seat of His Holiness, the Seventeenth Gyalwa Karmapa, Ugyen Trinley Dorje on July 26, 1996.

Showers of Blessings
by I.D. Chokyi Tegpo, 1 cassette, 60 min., #SHEM $5

This is a concise, powerful guru yoga sadhana that invokes the blessings of the incomparable master Padmasambhava through recitation of the Seven Line Prayer and Vajra Gem mantra. This practice awakens the realization of the Lama in the heart of the devoted student. Rinpoche’s voice is inspiring.

Tibet, Tibet
by Yungchen Lhamo, CD, #TI $18

Yungchen Lhamo was given her name by a Buddhist Lama—it means Goddess of Song. Born and raised in Tibet, her spirituality and her voice were nurtured by her family. At 25, she walked over the Himalayan mountains from Tibet to India to receive the blessings of H.H. the Dalai Lama. The power and purity of Yungchen’s voice gives heart to her spiritual devotion. This CD contains a number of prayers (refuge) and chants (such as Om Mani Padme Hum) as well as some beautiful folk-songs from Tibet. Put out by Peter Gabriel’s WOMAD/Real World Records, this is a very well done CD. We recommend it.

NEW DHARMA ITEMS

MORE RADIANTHEART PRAYER FLAGS!

Wheel of Life
12 x 16", WHLIPR $5

This traditional print depicts the cycle of worldly states of existence. The pictorial forms symbolize the self-perpetuating process of deluded consciousness. The entire Wheel of Life is in the group of Karma, Lord of Speech. At the upper right, away from the endless circle stands a Bodhisattva who points toward the Wheel of Dharma which represents the teachings of liberation.

Small Wind Horse
12 x 16", #SWHFR $5

The Wind Horse carries the wish-fulfilling jewel of enlightenment. At the top is a symbolic representation of the Buddha’s first teaching at Deer Park. The text inscribes the mantras of many deities: Manjushri, Avalokiteshvara, Vajrapani, Amita-bha, Amitayus, Padmasambhava, The Peaceful Deities, the Wrathful Deities, Tara, Vajrakilaya, and Vajrasattva.

Turquoise Dragon
28 x 13", turquoise on white, #TURD $8

In heaven the Turquoise Dragon thundered, the sound of compassion that awakens us from delusion and increases what we can know through hearing. Dragons have the power of complete communication and protect one from slander.

Tibetan Wool Belt
41 1/2" plus braided end cords, 1.25" wide, #TIWOB $9

Made by Tibetans, this is a bright multi-colored belt in traditional design. Its two braided end cords can tie onto a bag, camera or other object and the belt can double as a shoulder strap.

New malas!
AMBER (Baltic) HAND MALA
8mm #AMMA $130
AMBER (Russian) HAND MALA
8mm #AMHMA $22

Orders: 1-800-950-0313

New products from SNOW LION 27
GRACEFUL EXITS:
How Great Beings Die
by Sushila Blackmail.
160 pp., 20 photos, #GREX $12.95
Here are 108 stories recounting the ways in which Tibetan, Hindu, and Zen Buddhist masters, both ancient and modern, have confronted their own deaths. It recounts the grace, clarity, and even humor with which these teachers have met the end of their days. Kalu Rinpoche, Ling Rinpoche, Jamyang Khyentse Rinpoche, Dilgo Khyentse Rinpoche, Trijang Rinpoche, H.H. Gyalwa Karmapa, and Lama Yeshe are among those famous people whose stories are recounted here.

WHERE IS TIBET?
by Gina Halpern.
48 pp., 43 color illus., 9 x 12," For ages 3-10, #WHTI $12.95
"Where is Tibet?" is really a way of asking "Where is happiness?" Gina Halpern's enchanting book takes children on a double journey[to a real country and into their own hearts. Brilliantly illustrated with Tibetan images and colors, this sensitively rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land. The children could be two of the real exiled children now living in India and Nepal, but their search goes far beyond the geographical and personal. In Gina Halpern's hands their quest becomes the universal search of all who seek a place of peace. Where is Tibet? celebrates a delightful spirit. Its answer to its own question, "Look into your heart," sends a message of hope and empowerment to all children. There is no book like it today.

Sacred Chants
by Choying Drolma & Steve Tibbetts.
Cassette #CHO $12; CD #CHOCD $18
The religious songs on this recording have been passed to the nuns of Nagi Gompa by Tulku Urgyen Rinpoche, his wife Kunzang Dechen, and other teachers. Choying Drolma is a member of Nagi Gompa, a Nunnery in the foothills of the Himalayas. Her captivating voice combines here with the guitar of Steve Tibbetts who provides a gentle melodic background to her chants. Proceeds from the sale of Cho will go to purchase a solar heating system for Nagi Gompa's water supply.

TIBETAN ART Toward a Definition of Style
by Jane Casey Singer and Philip Denwood.
320 pp. 9 x 12", 341 illustrations, 257 in color, 2 maps, #TIAR $100
This book provides the most comprehensive coverage of Tibetan art yet published. Illustrated with works of an unprecedented range and quality, all the major types of Tibetan art are presented: painting, sculpture, textiles, architecture and even drawing. The essays are based on papers of the much celebrated international symposium on Tibetan art, organized by the School of Oriental and African Studies in association with the Victoria and Albert Museum. We are impressed!
Buddhism: Flammariom Iconographic Guides
by Louis Fredric. 320 pp., 600 color plates, 12 x 11, $24.95
With over three thousand drawings to its credit, Buddhism iconogra-
phy is challenging. With the aid of shouldn't be used to guide dis-
cussing each holy figure, providing clear and concise explanations of the dif-
fierent figures and attributes by which they are known in India, Nepal,
China, Tibet and Southeast Asia. Included are comparative tables, extensive bibliogra-
y, and notes. Louis Fredric is a re-
owned specialist on Buddhism and the author of fifty books on Far
Eastern art and culture.

The Bon Religion of Tibet: The Iconography of a Secret Tradition
by Per Mattiasson. 120 pp., 150 color plates, 10 x 12, $45.95
Although conforming to the iconic conver-
sions of Tibetan Buddhism art, an unique and untold pan-
tale is revealed by this pioneering work which introduces the main charac-
teristics and traditions of Bon, as well as its monastic life and its
meditational and ritual practices. The monasticity of the Bon religion is presented through a series of changeable, miniatures and微tz.

ceremonial conventions, icons, and rituals.
The peaceful, tutelary, protector and local deities as well as the Bon
statues, lamas and tukar are fully and
detailed.

Ceremonies of the Lanka Year
by Hugh Richardson. intro. Michael Adams. 256 pp., 800 black and white plates, 2
maps, 9 x 12 x 1.5, CLOTH $45.95
Hugh Richardson provided him-
self of his first-hand pictorial account of the coterie of spectral rituals and ter-
gyos, the colorful imagery of Central
Tibet for the Tibetan people since 1960. Photographs by Bill Warren, 8 x 10.75, CLOTH $22.95
The bill Warren's photographs powerfully evoke the time space of
Dharamsala, a place where Tibet-
ian culture is more complete
and can be better observed, than
in Tibet itself."—Galen Rowell
Living Tibet is an engaging and

Dharma Art
by Choegon Phurpa. 250 pp., 100 color plates, 8 1/2 x 11, CLOTH $95.

Images of Enlightenment
by Jonathan Landes & Andy Yellow. 250 pp., 100 color images and 10 line drawings. RMM $15

The Invincible Amdo Tibetans
by Palden Namdol. 320 pp., 32 full color plates, 14 two-color images, 8 x 12, CLOTH $54.95
This unusual collection of photos from Amdo is a sensitive portrayal of the "Third" of Tibet's people—a region whose culture is
rarely seen in the West. Their traditional costumes,"sacred" wild horses, and their annual horse photo book of a little-known region of
Tibet.

Journey to Enlightenment
by Louis Frederic. 320 pp., 8 1/2 x 11, CLOTH $45.95

The Magic of Dorje Drakpa
by Jean-Pierre Hourmant. A unique, ground-breaking, first-person account of life in Tibet's most famous monastery.

Gold Jewelry from Tibet and Nepal
by Arue Nyssaganger. 120 pp., 150 color plates, 10 x 12, CLOTH $85

In Tibet and Nepal, jewels are the most precious personal wealth and social status. Gold was readily and no a jewelry col-
exhibit in the Tibetan culture. Editions have been published in China and the book is

to be used in this direction.

In Stock!
MONGOLIA: The Legacy of Chinggis Khan by Patricia Berger & Teresa Barbaliasco. 350 pp., 125 illustrations, 4 x 12", #MLOCH $40 cloth

Spawning the viceroyalty to the Tuchu, the Mongolian Renaissance produced magnificent art and culture. Drawn from Mongolia's national museum and library, this collection is outstanding in the diversity and quality of the Mongolian Tibetan Buddhist art in society and forms that reflect the country's spiritual, political, and social values. Exquisitely presented, this art makes you see the unique, vivid, and the splendor of the land.


"This is not just a catalog of an exhibit, rather, it is an introduction to the artistic history of Tibet and the world of its mysticism. It attempts to look into the heart and spirit of the unique and ancient culture of Tibet as it is depicted in its art."—Glenn Midlan

Powerful religious and secular art, including thangkas, paintings, bronze and silver items, musical instruments, and so on. This book has three parts: twenty-one parts in the form of objects that reflect the Dalai Lama's personal life, twenty in the form of photographs, and fifty in the form of self-portraits. 

TIBETAN BONET MANDALAS by Mogens Goldstein and Cynthia school. 101 pp., 190 color photos, #NICO $12.95

"For 16 months between 1986-88, Mogens Goldstein and Cynthia school lived in a community of roughly 300 western Tibetans. This originally illustrated book is an intimate and fascinating account of these remarkable people, of their tradition and struggle for cultural survival."—The Geoffrey Baer

THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailash by Russell Johnson & Kerry Robertson. 144 pp., 108 photos, #SAMOAS $16

"The snow-capped Kailas has been a place of pilgrimage for over a thousand years. Yearning man has reached the summit and studied the high peaks of the legend and the secular realms. They were made of stone and bone, and the magical landscape is revealed and described in the process whereby a winter mountain opens the door to color the drawings."

TIBETAN THANGKA PAINTING: Methods & Materials by Valrae Reynolds, Amy Heller, and Elizabeth Cass. 112 pp., large format, $39 cloth, #TGPB $20.00

A Traditional Memoir by Elizabeth Cass, Iain Marrs, and Stephen Beer has also added many line drawings paired with the words of the Dalai Lama to help create a one-of-a-kind book on Tibetan Buddhism and contemporary life in Tibet.

TIBETAN MANDALAS by Prof. Bopyo Yong and Lokesh Chaudhuri. 276 pp., 9 1/2 x 11"; #TIBH $40 cloth

This is a fascinating collection of 156 mandalas of major and minor tantric deities—actually it is composed of two famous collections of large line drawings: the first is the Vajrapani by Arghasastra and contains 26 mandalas such as Vajrapani, Akshobhy, Vajrasattva, Meruka, Hvarula, and Vajradhara. The second collection is the Riktsa-200 and contains 132 mandalas of major and minor divinities divided into the four tantric and other classes with special emphasis on the Anuttara Yoga Tantras.

TIBETAN ART & PHOTOGRAPHY

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TIBETAN NOMADS: The Sand Mandala of VaJrabhairava by Donald S. Haynes with the monks of Nenmapul Monastery. 84 pp., 4 color photos, 38 black and white photos, #XBOC $24.95

"This book is first to place the material culture of the Tibetan people in a cultural and artistic context and examines Tibetan nomadism and the trade networks throughout Asia. The book also contains an exhibition of Buddhist iconography—body positions, gestures, and symbols associated with details. Steve Cuffino has written an excellent chapter on "Image as Presence: The Image in Tibetan Buddhism as Ignorant Thinking.""

TIBETAN BUDDHIST ALTAR: The Art of Making a Ritual Shrine by Melvyn Goldstein and Cynthia Beall. 153 pp., 8 1/2 x 11"; #TIBA $29.95

This is the first book to place the material culture of the Tibetan people in a cultural and artistic context and examines Tibetan nomadism and the trade networks throughout Asia. The book also contains an exhibition of Buddhist iconography—body positions, gestures, and symbols associated with details. Steve Cuffino has written an excellent chapter on "Image as Presence: The Image in Tibetan Buddhism as Ignorant Thinking."
ART & PHOTOGRAPHY


The most important works from the renowned collection of the Jacques Marchais Museum of Tibetan Art since 1939. It is an art historian and an artist's view of the most outstanding lamas of the century.

DILGO KYENTSE RINPOCHE: by Editions Padmakara. 160 pp., 6 color and b&w photos. #EPIK 19.95

This book about Khyentse Rinpoche was published during the latter part of 1992. There are three versions, all equally as well produced, but this is the book that matches the earlier story about the two men to cut out for framing.

ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition. compiled and, with the assistance of J. D. Wiles, 280 pp., 8 line drawings. #RMBE 41.95

Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many myriad and innumerable enlightened beings who have lived with a sense of the spiritual master of all traditions. Sherab Lipton has been director and curator of the Jacques Marchais Museum of Tibetan Art since 1939. He is an art historian and artist.

NEW EXPANDED CLOTH VERSIONS:

WISDOM AND COMPASSION: The Sacred Art of Tibet, compiled by Marian Blau & Robert Thurman. 288 pp., 83 illus., 33 in full color, 9 x 12", $23.50 cloth

This landmark volume illustrates, explains, and celebrates hundreds of the finest and most beautiful examples of Tibetan sacred art spanning 1,000 years and drawn from museums and private collections around the world. The text offers insights into the significance, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas portrayed. This expanded edition contains an additional 81 new color plates of statues and thangkas, making this book even more remarkable.

BIOGRAPHY

GREAT KAGU MASTERS: by Kenpo Khenpo Khensur Gyaltsen, ed. by Victoria McLeod, 240 pp., KODAMA $14.95

The most inspiring, authentic, and important book in a finely drawn story that specifically offers the reader knowledge of the early figures of the Kagyu lineage of Tibet, many of whose lives are unknown to modern Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only to the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Je Tsongkhapa, the book continues from the Outer and Inner biographies of Kagyu lineage masters, including Tsongkapa, Naropa, Marpa, Milarepa, Atisha, Gampopa, and others. “Tibet's Thirteenth Rinpoche.”

THREE LAMAS OF DOLPO: Autobiographies of Three Tibetan Lamas, ed. by David Ridolfo, 300 pp., 89 color plates, folded map, #FOLA 821

This unusual volume presents the autobiographies of three Tibetan lamas in the land of Dolpo, which was part of Western Tibet. Three of them were born in the 17th century and one in the 17th. These life stories were dictated by the lamas themselves in response to the disciples’ requests and one handwritten copy was preserved. Ridolfo’s introduction describes religious practices in Dolpo—which are practiced and recorded for a thousand years.

IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim. by Chen Linsen, 200 pp., 10 illus. #EPIK 31.95

In this unique book in English on modern Chinese Buddhism, Chen Linsen provides a comprehensive understanding of the development of Tibetan Buddhism and the transmission of the Dharma in China. It is grounded in the Buddhist practice that she carried as a child of war-torn and war-torn China. In modern China she has been involved in the study of Buddhism and its transmission.

THE LIFE OF MARPA THE TRANSLATOR: The Nalanda Translation Committee, 1992. #FOLA 821

Marpa was the ideal of the person who devoted himself to spirituality without neglecting worldly obligations. He was the student of Naropa and teacher of Milarepa. This biography is the result of interviews with the students of Milarepa, which were translated into English by Paul Bailey. The text is a masterpiece, a rare text that has gained recognition in the East and West.
JOURNEY TO ENLIGHTENMENT: The Life and World of Khayang Rinpoche, Spiritual Teacher from Tibet

YOGINI: Autobiography of a Tibetan Yogin

Masters of Meditation and Miracles: The Longchen Nytingkhyi Lineage of Tibetan Buddhism

The Life of Milarepa

The Life of Shabkar: Autobiography of a Tibetan Yogi

My Life and Lives: The Story of a Tibetan Lama

Masters of Mahamudra: Songs and Histories of the Forty-Four Buddhist Siddhas

The Rainmaker: The Story of Venerable Nagpa Yeshi Dorje Rinpoche

Old Path White Clouds: Walking in the Footsteps of the Buddha

BIOGRAPHY

The Life of Gampopa

The Incomparable Dharma Lord of Tibet

The Life of Milarepa

The Life of Shabkar: Autobiography of a Tibetan Yogi

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Masters of Mahamudra: Songs and Histories of the Forty-Four Buddhist Siddhas

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

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MIPAM: A Tibetan Love Story

PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth

SAMANTABODHI $13.95

This is the story of one of Gampopa's life, and provides the fullest possible picture of the development of the Kagyu lineages of Tibetan Buddhism.

"J. M. Stewart has rendered a great service by collecting all the available and often divergent information about Gampopa and presenting a plausible synthesis of known facts."—George Serroni for Quest Magazine

"Comprehensive and inspiring."—Michael Book Review

GAMPOPA

"The Life of Gampopa 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 an awe-inspiring and graphic tale, full of magic, disaster, genius, and humor."—Eva van Dam

"This biography of Tibetan Buddhism's founder, Padmasambhava (798-850), is written by his most important female student. A combination of history, biography, and legend, the book narrates the story of this outstanding spiritual person and takes contains instructions and advice that are given for future generations. Included is a commentary by Teko Natsok Rangdrol, a seventeenth-century author.

"The Magic Life of Milarepa: Tibet's Great Yogi"

THE BUDDHAS QUESTION
by W.W. Rouse, Illus. by Pomila Grider
24 pp., 8 1/2 x 11", #JULQE $9.95

Queen Yabshi of Bajragala asked the Buddha to teach four hundred children the names and forms of the eight gods of the heavenly world and the animals of the earth. In response, the Buddha recounted his previous life stories and the major events of his earthly life, including his compassionate and miraculous deeds and death.

THE TEACHER: Eleven Aspects of Guru Rinpoche
by David, 44 pp., 40 color illustrations, 10 1/2 x 13 1/2", #BUDDHA $18.95 cloth.

This life story of the Buddha rendered in richly-colored, elegant paintings. The Buddha's life is told simply with the main events illustrated. For people ages 4 to 10 and for adults who love illustrated books.

DHRAMA FAMILY: TREASURES: Sharing Mindfulness with Children
by Sherry Rady, 240 pp. color illus., #DHFR $24.15 cloth.

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Adams, Christian Feldman, and others on how to share mindfulness practices with children in our own inner space. Children ages 5-10.

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet
by Winberg Stewart, 122 pp., 50 color and color photos and line drawings, ages 10 to 17, SF/ODALA $17.95 cloth (see Biography).

Whitney Stewart recounts the Dalai Lama's fascinating life story.

THE RABBIT & THE TIGERDILE
by J.R. Rouse, Illus. by Chris Damian
Ages 4-10, 30 pp., 9 x 10", #RATI $8.95

This past-life story of the Buddha explains why we can see the rabbit's face in the moon. When the god takes in four animals, only the rabbit showed true compassion and wisdom by following the Buddhist path of doing good and thinking good thoughts. The rabbit is reborn as a fierce tiger who helps the other animals find peace and happiness. The rabbit’s wisdom brings peace to the kingdom. The rabbit’s selflessness and compassion are beautifully illustrated with many color illustrations.

THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha
by Douglas Penick, foreword by His Holiness the Dalai Lama's fascinating life story. This beautiful hardcover comic book tells the story of the Buddha and is historically accurate and well illustrated, Ages 7 and up.

THE LAND OF SNOWS
by Christopher Gill, 58 pp., many illustrations and photos, #SNEX $7.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese conquest. Designed and illustrated by students of the Tibetan Children's Village. Ages 8-14.

MEDITATING WITH THE DALAI LAMA: Secrets of the Wheel of Time
by Karen Pendall with Barry Regan, for the Richard Gere
#LALAMA $14.99 cloth

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 history, and spiritual primer all in one—this book teaches through the four stages of Kalachakra, the Buddhist path to enlightenment.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering by Deborah Benson, 150 pp., #MEDCH $14.95

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

THE TEACHER: Eleven Aspects of Guru Rinpoche
by David, 44 pp., 40 color illustrations, 10 1/2 x 13 1/2", #BUDDHA $18.95 cloth

This life story of the Buddha is rendered in richly-colored, elegant paintings. The Buddha's life is told simply with the main events illustrated. For people ages 4 to 10 and for adults who love illustrated books.

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Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese conquest. Designed and illustrated by students of the Tibetan Children's Village. Ages 8-14.

EXPLORE TIBET
by the Junior Museum Staff of the Newark Museum, 32 pp., 9 1/2 x 12", #JMTI $8.95

This is an activity book that was developed as part of Newark Museum's project "Tibet: The Living Tradition." Explore Tibet introduces Tibetan culture—exploring unknown places, meeting new people, and seeing different ways of life are childhood joys. Hands-on activities, stories and illustrations offer something for every child—meet a Tibetan family, con- struct a fantastic tent, make a Tibetan food play a kama board game, negotiate a marriage, and more! Ages 5-10.

THE WARRIOR SONG OF KING GESAR
by Douglas Penick, foreword by Sakya Trizin Rinpoche, translated by Tulku Thondup
#TWDE $5.95

This epic tale in verse and prose of the legendary Tibetan war-rior, Gesar of Ling. Born into harsh circumstances at a time of de-涛, Gesar succeeded in becoming ruler of Ling. Embodying the Bud-
**TIBETAN FOLK TALES**
by Petrích & Audrey Hyde-Clarke, illus. by Kunko Halla
128 pp., 21 illus., 8½ x 11" full-color illustrations, $14.50 (see Religion & Philosophy for description.)

**TARA'S COLORING BOOK**
by Andy Winter & Nigel Wallington.
12 line drawings, oversize, #TTCOLOR $6.95

A book of twelvequisite line drawings of famous Tibetan icons. Buddha, Chakrasamvara, Tara, Marigotis and others with instructions on how to color the drawings.

**PRINCE SIDDHARTHA**
by London & Brooks. 144 pp. 8 x 10", 50 color illus., #TPCIND $10.95

This is the story of Prince Siddharta and how he became Bud- dha, the Awakened One. Beautiful full-color illustrations depict each major life event in Siddharta development. Ages 4 and up.

**PRINCE SIDDHARTHA COLORING BOOK**
by Jonathan London, line drawings by Janet and Larm Brooks. 48 pp., 8 x 11", 62 images, #TTPCIND $5.95

Children can make the story of the Buddha come alive by coloring the images from his life. A fine interactive accompaniment and excellent gift item.

**THE BUDHISM OF TIBET**
by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #THTIB $16.95

"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 principal topics and central practices of Bud- dhism. Included are: The Key to the Middle Way by the Dalai Lama—an insightful presentation on the nature of emptiness. The Precious Garland by Nagargaba—describes the Bodhisattva path of compassion and clear, concise teaching on emptiness. The Song of the Four Meditations, contains all the essential sutras and tangkas used to be used in a series of meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

**THE NEPAL COOKBOOK**
by the Association of Nepalis in the Americas. 132 pp. #NECO $10.95

The Nepal Cookbook is an ideal reference for gourmet clubs and any chef with an adventurous palate. A terrific addition to any kitchen bookshelf!"—Howard Book Review

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures. Nepali food, which is simple to prepare and subtle in flavor, is infused by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. This is the best of authentic Nepali cuisine.

**THE DALAI LAMA**

**ABYASURA'S ASPIRATION & A MEDITATION ON COMPASSION**
by H.H. the Dalai Lama. 148 pp., Tibetan text, #ABAS $8.95

Arya's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hun- gry tiger. This translation is a commentary by the 2nd Dalai Lama. The Cheringtang samsine text. A Medi- tation Co. Osman was composited by the present Dalai Lama.

**FOUR ESSENTIAL BUDDHIST COMMENTARIES**
by The Dalai Lama. 154 pp. #BUCOM $8.95

The Dalai Lama discusses the meaning of four central texts in T- ibetan Buddhist practice: Thirty Verses Praise of Bodhisattva, the Three Principal Aspects of the Path, The Light of the Path Training, and the Song of Four Meditations.

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

This is an oral teaching on the path of the Bodhisattva—the 37 practices for the cultivation of Bodhisattva, the mind of awakening. The Dalai Lama offers instruction on compassionate living and teaches the reader to be bound- ary all pragmatic teachings and thoughts.

**A FLASH OF LIGHTNING IN THE DARK OF NIGHT**
by the Dalai Lama. 141 pp. #FLIDA $10.95

This is a commentary on the Guide to the Bodhisattva's Way of Life. The theme is the development of compassion—the guiding principle of the bodhisattva. The book's major messages are the ego, passion, and hatred; these weapons are generating patthe, persevering, and wisdom. The Dalai Lama shows how to make the bodhisattva ideal a living experience.

**DALAI LAMA, The Nobel Peace Laureate, SPEAKS**
by Vijay Prashad. 190 pp., 133 b/w photos, 8 ¾ x 11", #PULAMPS $14.95

As long as space remains, As long as speech remains, I will speak to serve them, And to dispel their misery. —H.H. the Dalai Lama, quoting Shantidelized.

DALAI LAMA, The Nobel Peace Laureate, Speaks

**KHAITSA**
Tibetan Hot Sauce, Tibetan Fine Sauce and Nettie Saha by Khetsa & Co. Three 9-oz. jars, #KHTSA $17.95 (outside N. America, please allow $15 for shipping by surface). Khaitsa means "hot mouth" and these three Tibetan sauces come from Duk pysing's father who was able to leave Tibet after 21 years as a political prisoner. Khetsa in a family business and Dachen and her father oversee the production of each batch of these sauces. These sauces are not only authentic but they taste fabulous—spicy but not too hot for most people—we are enthusiasticl recommending that you try them. The ingredients are vegetables and are packaged in a gift box made from recycled cardboard. The sauces come out of a sex of seventh percent of the profits are donated to a nature preserve in Tibet and to provide educational opportunities for Tibetan children. This is a great gift item.

**BUSINESS**
In the food industry that would like to order Khetsa wholesale, the minimum order is $100. Contact Khetsa & Co. 266-645-5508.
The DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace
H. H. the Dalai Lama. Trans. & ed. by Jeffrey Hopkins. 350 pp., illus., $14.95. SNLAH A44-195

"The best teachings from the East are the ones given by the Dalai Lama."—Joseph Campbell
In 1989, the Dalai Lama gave an in-depth introduction to Buddhist theory and practice in a series of lectures at Harvard University. Using the foundational Buddhist topic of the Four Noble Truths, he covers a spectrum of topics such as The Psychology of Reality; Consciousness and Karma; Meditation; Path and the Utilization of Bliss; Techniques for Meditation; Alleviating Suffering; Wisdom; Western.

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet
Whitney Stewart. 128 pp., color and black-and-white photos and line drawings, ages 10 to adult, $17.50 cloth
Whitney Stewart recounts the life of the Dalai Lama to his thoughts and personal reflections, and scriptural commentaries. He says in practical terms the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism.

Mystical Verses of a Mad Dalai Lama
by Gliun Mahdi. 270 pp.

"The Second Dalai Lama's mystical poems and lyrical visions are presented with the ecstasy of enlightenment and fear of genuine selfishness. He sometimes signed his works 'the Yog of space' or 'the Yog of the pure being.' The Melodious Laughing Voice, however, is more often, 'The Mad Prophet,' referring to the state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness.—Richard Gere"

The PATH TO BLISS
by The Dalai Lama. Trans. & ed. by Thubten Jigme & Christopher Cuz. 240 pp. #PBLF, $16.95/

Path to Bliss presents a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and elegant. It does not presuppose any prior experience on the part of the reader. While providing rich material for the more advanced practitioners, beginning with practices that develop the mind into an ideal mental state, the book guides the student to more advanced techniques for developing the mind's deepest potential and possibilities.

My Land and My People

"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's 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, personal reflections, and scriptural commentaries. He says in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism.
This is a most valuable book for the serious seeker.—The Tibet Journal

"This is a highly practical and compassionate guide to tantric Buddhism's secret tantric path. This is genuinely one of the great realizations as defined by the Dalai Lama. Its Philosophy and Practice

Includes key terms that help the reader understand the tantric path, the purpose of the four bardos in this commentary, and the purpose of the four tantras.

The Dalai Lama explains the Tibetan Buddhist path to enlightenment. This consists of a general overview of the basic tenets and practices, a commentary on selected readings from Shantideva, Bodhisattva vows, the focus on the practice of loving-kindness, and the purpose of the four tantras— we like this book!"
ANCIENT WISDOM: Nyung na Teachings of Dream Yoga, Meditation and Transformation by Gyatrul Rinpoche. 50 pp., #FANW $14.95

Dzogchen: The Self-Perfected State by Gyagwa Nyawula Norbu, ed. by Namkhai Norbu. 128 pp., #HEDRDH $15.95

DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT by Narabhi Norbu Rinpoche, ed. by Michael Kiyok. 129 pp., #DZSPE $12.95

"Filled with fascinating anecdotes,..'—Yoga Journal

Going beyond the practices of lo-
calization that have been popular in
the West, this groundbreaking book
presents the hidden Tibetan method
for manipulating dream states.
In this tradition, the develop-
ment of lucidity in the dream state is
seen in the context of attaining greater
awakeness in the after-death state.
This ultimately aims at liberation.
Narabhi Norbu Rinpoche is a
master of dream yoga, and pre-

esses to make these methods acces-
sible through his teachings.

THE CYCLIC AND THE WAY OF LIGHT: Tantra, Dzogchen, and Dream Yoga by Chogyal Namkhai Norbu, translated and ed. by John Shast. 176 pp., 25 b&w photos. 23 line drawings, #NDDL $12.95

This book examines the spiritual path from the viewpoint of Dzogchen. Rinpoche intertwines his lifetime story with Dzogchen teachings, making them accessible through his life-example. His glimpses into this base, path and fruit of Dzogchen practice: describes education and
and how he met his principal master who
showed him the true meaning of "de-

ing the Dharma." Illustrated with
line drawings and photographs of Dzogchen masters and well as with photos of meditation postures to enhance concentration.

KINDLY BENT TO EASE US I by Longchenpa, trans. by H. Gendun, 312 pp., #KBEE2 $12.95

These three volumes are an inspir-
ing introduction to Dzogchen by a lead-
ing master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the boddhisattva path, leading to contemplations on reality, witness,

Images that derive from imme-
diate experience.

THE GOLDEN LETTERS An Exemplary Tibetan Text on the Practice of Contemplation by Namkha Norbu, 128 pp., #CYDAN $12.95

This excellent presentation of the Dzogchen practice of being in con-
sciousness 24 hours a day. Conser-
ations go beyond meditation by in-
Iegrating "astral awareness" with the
current of the mind. Original Tib-

The Tibetan Teachings of Garab Dorje, First Dzogchen Master by John Shast. 177 pp., #LDDZS $15

The Four-Themed Precious Garland by H. H. Dudjom Rinpoche & Bertrum Garcham. 44 pp., #DFTHP $7.95

Dzogchen is the realization of the indivisible union of wisdom and ap-

dreariness. Unfolds the nine vehicles to enlightenment through sutras, tantras and Dzogchen methods.

THE MIRROR: Advice on the Presence of Awareness by Narabhi Norbu. 110 pp., Tibetan text, #HEDDRD $15.95

The principle of awareness in Dzogchen teachings is of central im-
portance. Narabhi Norbu presents a detailed explanation of what awareness is and how to apply it. He also presents the quintessence of Dzogchen meditation—a sophisti-
cated and refined, yet pragmatically simple and direct path to spiritual attainment.

Dzogchen Meditation by Khyungpo Namkhai, translated by Gyatrul Rinpoche. 117 pp., #MADA $12.00

Giving the complete explanation of the com-
plete Dzogchen meditation practice, It is
Bhutan’s great master’s guide through a treasure text, a text first

KINDLY BENT TO EASE US II by Longchenpa, trans. by H. Gendun, 129 pp., #KBEE3 $12.95

This section clarifies the qualities
necessary for meditation. The experi-
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"This study reviews the history of Tibet's occupation in the seventh to century to its present disputed occupation by the People's Repub- lic of China. A definitive record of the legal status of Tibet, this book sheds light on the current status of Tibet and its importance among the broader issues of Chinese politics.

"The history of Tibet is incredible." —Buddhist Now

"This is the latest report on reli- gious repression in Tibet and includes many informative interviews. A necessary read for anyone interested in the preservation of Tibetan Bud- dhism.

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TIBET: The Position In International Law by Robert McNamara & Nicholas Ogdie 226 pp., $45.00

In 1991 a conference of over 150 lawyers from 14 countries was held in London to consider claims for self-determination and an independent Tibet. Two Committee reports examine the natal evidence, including submissions by the Chinese government. The discussions were lively, constructive and conclusions were reached about Tibet's rights. This conference report will assist governments, the international community, international lawyers and all concerned about human rights.

TIBETAN EMPIRE IN CENTRAL ASIA by Christopher Beckwith 250 pp., $14.95

This narrative history of the Tibetan Empire in Central Asia from about 630-466 AD depicts the struggle of the great Buddhists, Turks, Arabs, and Chinese powers for dominance over the Silk Road lands that connected Europe and Asia. It elucidates Tibet's role in the conflict over Central Asia.

TIBET: Survival in Question by Pierre Avril 307 pp., $12.95

This excellent book explains the changing political strategy pursued by the Chinese—brought to an abrupt and final halt with the popular explosion of 1989 and the declaration of martial law. The book deals with the Tibetan economic continuing assimilation, the Tibetans and society and environment, violations of human rights, causes since 1988 and role of the Panchen Lama in Tibet politics are discussed. The author has access to both the Chinese and Tibetan leadership. The book reveals the contradictions between nations, and delineates the political prospects for the future.

WARRIORS OF TIBET: The Story of a Tibet and the Khampa Flight for the Freedom of Their Country by Amgajyeng Norbu 317 pp., $12.95

This is a vivid and heartfelt story of a Tibetan Khampa warrior. This was authored by the Chinese invasion. He tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Bhutan.

ALLURING TARGET In Trungpa Rinpoche, Lobsang people—The Dalai Lama, Kalu Lhalungpa—and writes candidly of his adventures in India, Ceylon and Bangkok.

THE ASCE OF THE幾個 by Jeff Long 345 pp., $15.00

The Ascent is a fascinating and heart-rending story of high adventure and the human spirit within the larger story of the cultural tragedy of Tibet. Jeff Long tells of his recent foray into the Himalayas to interview some of the heroes of Tibet, the people who risked their lives to expose the facts.

ALIZAR OF THE EARTH by Peter Gold 224 pp., $15.00

Alizar of the Earth goes beyond geology, ministering to present and future needs. It is a deeply fulfilling experience, offering a unique perspective on the spiritual wealth.

AMONG WARRIORS: A Martial Artist in Tibet by Patent Lokpa 244 pp., $14.95

This rare and rich collection of pilgrimage seen through the eyes of the...
TRAVEL & ADVENTURE

NEPAL: The Rough Guide by David Reynolds, 490 pp., 46 maps, #NREG $23.95

This is the most complete Nepal travel handbook, with up-to-date information and insights on all aspects of the rapidly changing kingdom. Includes in-depth coverage of the sights, and comprehensive coverage and accommodation listing for all price brackets, practical advice and information on trekking, rafting and mountain biking—plus sections on medication, yoga and alternative therapy—all the information you need to get off the beaten track—to gardens, Tibetan refugee villages, mountain roads and hilltop forts.

TIBET HANDBOOK with Bhutan ed. by Gyurme Dorje. 738 pp., over 200 maps and plans. #TIBHAS $23.95

This new handbook has authoritative details of the entire country, country by country, including the far west, north and the remote provinces of Khams and Amdo—not previously covered in any other guidebook. Informative details on monasteries and sacred sites, accommodations, culture, history, places to see, transportation, festivals, staying healthy, money, documents, trekking, adventuring travel, etc. Gyurme Dorje has travelled to Tibet over 30 times since 1984, on family visits, academic research, and as a tourist. He has a Ph.D in Tibetan Studies.

TO LHASA AND BEYOND by Giorgio Dejro, Foreword by His Holiness the Dalai Lama. 133 pp. 24 photos #LRHBC $14.95

This description of the pilgrimage civilisation of the Tibetan people is as relevant and topical today as it was when he wrote the book thirty years ago. It helps the reader to understand the country and the culture and to appreciate the diffusion of the Tibetan people and Tibetans in the eastern provinces of China and in the rest of the world. This is Tibet's only novel.

THE TALE OF THE INCOMPARABLE PRINCE by Michael Aris, St. Anthony's College, Oxford. 321 pp. ed. by Marianne Dresser. #STAP $23.95

The story tells of a prince from the royal family of Tibet who, after a series of adventures that teach life lessons, goes on to become a teachers who teaches and as a tourist. He has a Ph.D in Tibetan Studies.

THE EASTERN REGIONS OF TIBET by Amo Rimpoche Tshelishe, 24 x 26", #FEAT $13.95

This is a full-size map of Tibet on one side and 5 historical maps on the reverse with envelopes enabling the diffusion and settlement of the Tibetans and Tibetan Buddhism in the eastern borderlands of Khams and Amdo.

TIBETAN PILGRIMAGE by Peter Gold, 170 pp., color photos, #PITD $23.95

Travel not only stirs the blood, it also gives birth to the spirit. Peter Gold takes us on a wonderful pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and a first-hand account of the 'eight-fold path of yoga', a life-changing way of life. Though engaging and creative and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual intensity.

MONASTIC: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women by Ven. Mary Trail Coleman (Ven. Tzinle Wangmo). S9.95, 84 color plates. #MTOB $18.95

"May this story inspire others to come and help resolve the issue of bhikshuni ordination. Women who wish to help resolve the issue of bhikshuni ordination in a meaningful and lasting way are fortunate to have such a book as a spiritual guide in this endeavor."—Dr. Margaret Blanche, Vermont College

Vegetarian Asia A Travel Guide by Trista Rogers, 112 pp., travel size, #VEAS $8.95

Monastic: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women by Ven. Mary Trail Coleman (Ven. Tzinle Wangmo). S9.95, 84 color plates. #MTOB $18.95

Includes detailed maps of Kathmandu.
The following tapes are by Sogyal Rinpoche's senior students.

RIGHT VIEW: Living Your Dying
#67W $9.95
Seeing death as a natural life reflection of all the numerous changes which occur during daily living under circumstances of taking, letting go, spontaneously, inspired by the release of ego, identity, and living with clarity—these increase as we more deeply understand death and dying.

TAKING THE MIND #B1 $9.95
How the practice of a long life can remain calm and clear through the practice of meditations. Here Rinpoche reveals ways to awaken with meditative methods.

TIBETAN WISDOM FOR LIVING AND DYING... (6) hrs. #TPW $19.95
The definitive workshop on the teachings of Sogyal Rinpoche. He covers many topics here—these are a few: active laying face the truth of impermanence; death as a mirror; what survives; discipline; faith, meditative practice; spod, spontaneous; meditating, self-mastery; dying to the illusion of self; openness and truth in relationships; working with people in pain; perfecting negativ karma; love as the only security, grieving; the inner and outer teacher; Pema Chodron's instructions for the religious heart opening; arising and dissolving of karma.

TURNING SUFFERING INTO ENLIGHTENMENT #US100 $10.95
Everyone experiences some form of suffering in varying degrees. Rinpoche shows how to alleviate pain and actually transforms it into a tool to develop clarity of mind.

UNTINGLING OUR EMOTIONS #NEM $19.95
So often our emotions seemclouded and problematic, and in stead of feeling emotionally fulfilled, we feel empty. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional defense, acquires more open and inner peace, love and emotional fulfillment.

UNDERSTANDING DEATH and the Process of Dying (4) hrs. #UBPD $9.95
Four lectures: Death Without Fear; A.C. Bhagwan, Radzine; The Process of Dying; Death, Dying, and Death.

Also available by Khenpo:

KHENPO KONCHOG GYATSNEN RINPOCHE
GREEN PARA: Teachings and Practice
30 mins. cassettes #GPPA $10.95
Contains a commentary on a supplication to Tara, questions and answers on Tara practice, a practice of Tara in Tibet.

HEART SUKTA & BODHICITTA: Teachings and Practice
79 mins. cassettes #HBST $95.00
Combines the essential Heart Sutras from lord Padmapani and lord Bobchitta, the single most important section for attaining enlightenment. The Heart Sutra is chanted in Tibet.

ILLUSORY BODY TEACHINGS 80 mins. cassettes #IBT $10.95
This is a collection of six of the eight verses of yoga involving seeing all phenomena as nothing in essence. Khenpo outlines the practice step-by-step, teaching the practice of the imper and fully illusory body.

LIVING WELL, DYING WELL
by Christine Longaker
8 hrs., (6) cassettes, #WHBUME $34
A student of Sogyal Rinpoche for 15 years, Christine Longaker skillfully combines insights and methods drawn from years of hospice experience, the teachings of Sogyal Rinpoche his senior students.

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Rinpoche discusses the mind; three wisdom tools; care of the body; the illusory body practice is one of the six Yogas of Naropa involving seeing all phenomena as nothing in essence. Rinpoche outlines the practice step-by-step, teaching the practice of the imper and fully illusory body.

TEN PERFECTIONS SERIES
(10) #TEPE $100
Ten talks on the perfections of the Buddha, delivered as a workshop at the Rubin Institute of Cutting Edge Buddhist Meditation and Learning Center in New York. Talks include lovingkindness, balance & equanimity.
INTRODUCTION TO DZOGCHEN
by Lama Surya Das, Cassette #0412 $14.95
This guided meditation and explanation of Dzogchen practice takes place in Barre, MA in 1993.

LIFE AND TEACHINGS OF THE BLACK BUDDHIST MONKS
Shanhala Leadership; Choekyi Phuntsok, Sister Donald Concors, O.S.B. 1:45 hrs. #7W12 $14.95
A rare account by two American women who became nuns in two very different traditions. They share their unique and challenging experiences and discuss how they adjusted to their new monastic life. During the latter part of the discussion, they answer questions about God, karma, reincarnation and other topics.

JEFREY HOPKINS
DEATH & DYING
(4) #0DHT $8
Essential from the stages of death, intermediate state and rebirth.

TIBETAN CHANTS
BUDDHIST CHANT I: Namgyal Monastery, Dharmsala
CD 60 mins. #TICHT $18
This CD features 15 Tibetan Brot- ther Monks of Namgyal Monastery performing the Goddess Padum lungma (the consort of Vajradhar) in a lowered voice beyond the reach of trained singers. These vocals also have five-meter long horns creating an extraordinary atmosphere.

BUDDHIST CHANT II: Gyuto Monastery, Bomdile
CD 60 mins. #PDHT $12
Recorded at the Gyuto Monastery in India, the many voices and the choir use their overtone chanting in the Sanga Depe ritual. They create a spiritual world through which the results from their combined awakened vocal expression and visualization.

CHINESE
CD #WANG $10, Tape #CHT $12

SACRED MUSIC: SACRED DANCE FOR PLANETARY HEALING
Monks from Drigung Gyalting, Text by Glen H. Mullin, and Damdul Namgyal. Cassette #CH4T $12, CD #CH4CD $16.95
Five historic sacred chants from the Modern Chenmo, the consecration of Shakyamuni Buddha’s light body. These pow- erful classical pieces typical of the chanting and melodic display of miracle powers, con- tain healing prayers and religious visions for the true practitioners of the path.

THE BUDDHIST CHANT: FROM THE GREAT PRAYER FESTIVAL
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SACRED MUSICS & CHANTS

MEDITATION

THE GYUTO MONKS: Freedom Chants
Cassette #GMFMON $12, CD #GMFMON $16.95
Grateful Dead percussionist Mickey Hart recorded the Gyuto monks’ sacred chants at George Lucas Skywalker Ranch Soundstage in northern California. The monks perform choruses of Yumnam and Mahakala, accented by cymbals, bass, drums and mandalas. The recordings contain a meditative offering by Phillip Glass, Mickey Hart and Yume recorded live at the Cathedral of St. John the Divine in NYC.

THE GYUTO MONKS: Gyuto Tibetan Tantric Chants
Cassette #GTCD $10, CD #GTCD $15.95
This music invokes Tibetan Bud- dhist deities with its unusually rich and atmospheric tonal mixture. Mickey Hart produced these three recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks in India.

OM MANI PADME HUM: Tibetan Monks Chants
by the Monks of Master Vimal Monastery. CD #MVC $12
These chants of Barmaakanta contain the deepest and most resonant chanting that we have heard. The CD contains a sadhana, not simply mantras, and is over an hour long.

THE SONGS OF LIBERATION

GREATNESS OF BEINGS—DECHEN GYALMO PUJA
By the Nuns of Nyigmya Clare Long, Tibet. Cassette #GLOR $10
Dechen Gyalmo is the defined form of Tsong Kumdj, the great emanation practices. Forty-six years from Nyigmya Clare in Eastern Tibet made this recording.

DEACED SACRED CHANTING CHANTS OF TIBET
by the monks of Gedung Sherpa Monastery. Cassette #GSM $10
“Listening to this musical program opens our heart. You learn how to balance your physical and mental energies; and feeling an electric atmosphere—Kneen offers time-tested meth- ods for direct, personal experience of enlightenment—pro- ving to help listeners a vital introduction to the concepts of a qualified teacher and student, the four different ways of fall- ing off the path of Mahayana, practice of the path, the four different levels of yogic meditation, and the four levels of yogic attainment.”

SONGS OF LIBERATION

by Geshe Jampa Monastery. Chant cassette, #MMC $10
The Guendang monks have recorded these chants: Medical Pre- parations; in Long Buddhism Monastery, by Young Kypog, Offer- ing of Medicine, Offering of Book of the Dead, Offering of Medicine, Mahakala, Yoga of Success and the Avalokiteshvara Prayer. This is a truly rare resource for the practitioner of Tibetan Heart of Tibet, 6:12-82-535.

SHAMBHALA TRAINING WORKSHOP: How to Manifest Courage, Authenticity and Gentleness in Every Situation of Your Life
by Cynthia Kunsang, 6 cassettes, 8- page booklet, #SHWAT $99.95
From the discovery of basic goodness—your innate human capacity for direct, personal experience through the meaning of mindfulness and insight—these eighteen first-rate methods for meeting your moment-to-moment experience with a clear and open heart. How to balance your physical and mental states, how to move beyond fear into fearlessness, how to overcome the ob- stacles to meditation, the relationship between fear and courage, why vol- uminatility makes the warrior strong.

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THE TIBETAN BOOK OF LIVING AND DYING
by Sogyal Rinpoche, 4 1/2 hrs. #TBDT $19.95
Rinpoche examines the dramatic possibility for healing that can be re- leased when we learn to view death, the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines in- cluding contemplation and mindfulness. He discusses rituals, methods of meditation, near-death experiences, care for the dying, and acceptance.

THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo
by Thupten Jinpoche, Trans. by Francesca Primante & Chogyam Trungpa, narrated by Richard Gere. 2 cassettes, 2 1/2 hrs. Unabridged #TDBOL $16.95
This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. Rinpoche emphasizes the application of the expe- rience of death to any situation of transition and impermanence.
TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung Gyatsa.

Cassette #GTSE$60

A powerful collection of Drepung Gyatsa sacred temple music. The chants and music are prayers which invoke the Buddha deities for healing and transformation. In addition to overtone chanting, the monks also perform beautiful mantric chanting and play traditional Tibetan temple instruments creating haunting and mystical effects.

TIBET IN NER: Sacred Music of Ganden Jangtse.

Cassette #JTSE$10

Founded in 1409 by Lama Tsong Khapa, Ganden Monastery was the first monastery of the Gelugpa tradition in Tibet where the monastery has been re-established, the monks carry on their practice and traditions. Selections include: Chants to the Dalai Lama, devoted to cultural disintegration over the past 30 years; the practice of Drepung Lamsang; and the traditions of the Mother Earth, as well as beautiful and include nature sounds, and the depiction of a remote Tibetan rock and roll.

RANGZEN

By Joe Scholte, Cassette #PUSA$12

Modern music written and performed by Tibetan refugees in Northern India. Featuring pop rock, the songs are about love and the plight of the Tibetans—their loss of identity. You won't get western sound recording quality, but you'll get honest, straightforward Tibetan rock and roll.

TURTLE ISLAND FLUTE

By Joe Scholte, Cassette #PJUSEL$16

The indigenous flute music of Turtle Island (North American continent) has passed down through the stories, songs, and traditions of the Mother Earth, crossbreath and love. The playing of your playing targeting homage to the Earth (a woman's) beauty and grace has created an ever-growing repertoire that is wonderfully rich. This is one of the best Native American flute tapes we have heard.

WOODLANDS FLUTE

By Joe Scholte, Cassette #WRPO$10

Native American flute music from the Eastern Woodlands is scarce due to cultural disintegration over the many years since the European invasion. These twelve selections are beautiful and include nature sounds, drum and flute-flute.

SONGS OF THE JATAKA TALES

By Paljor Dorjé and members of the Karmag Kunapa Institute.

Cassette #GATEL$12. (GTSE$20.00 CD)

Thirty lovely songs for children to the tales of Lord Buddha's previous lives. (French learned and comparative deeds performed). These are in English.

ATTENTION PLEASE! These films are not in NTSC VHS format only, (a.e the U.S.) If you live in another country (especially in Europe) your video player may not be the PAL format. If so, our videos will not work.

ARising FROM FLAMES: Overcoming Anger Through Patience

By Mickey Levis, 60 min. #COPA$60

An intimate portrait of the Dalai Lama. Behind the story is the plight of the Tibetan people and the brutal policies that 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 ordeal. Historic and present-day footage open the mystery of Tibet, the country that inspired the king of a remote village of Mustang and Tibetan monks. The Art of Dying explores the approach to dying as revealed in the ancient Tibetan scriptures and practiced in the many places. This is an absorbing, captivating, and moving film.

MEDITATIVE MUSIC OF SINGING BOWLS

BORN IN TIBET. Nawang Khechog now lives in the USA. He has been a musician since his childhood and was a Tibetan monk for 11 years. The experience of peace is very present in his lyrical and spacious flute music. Nawang has been smuggled out of Tibet and has created a sound which has been labeled profound and universal.

THE MUSIC OF NAWANG KECHOG

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RHYTHM OF PEACE

Bamboo Flute, Didgeridoo, and Harmonic Chanting.

Cassette #RPT$10, CD #RPTC$16.00

This is an otherworldly masterpiece that uses soothing melodic textures to explore the inner-stillness.

SOUNDs OF INNER PEACE:

Bamboo Flute, Didgeridoo, Ohkunara, Incan Pan Pipes and Silver Flute

Cassette #OSIPS$10.

This spontaneous music captures the feeling and peace of the mountains of Tibet.

THE TWENTY-ONE PRAISES OF TARA

By Philip Thornton and Steve Creag.

Cassette #TRHO$12, (TRHC$16.00)

A kaleidoscope of incredible musical invention that compiles the listener along a journey of inner awakening from the daily mundane maturities to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.

DARINI WISDOM

By Lama Choying Tulku Rinpoche.

Bamboo flute, 8 min. #TRNO$16.

Understanding compassion and dependent arising is the key to experiencing the world as a mirror—and becoming a "sky-god." Bimpoche's English is in loco by Yarung Everest.

TIBETAN HORN

By Philip Thornton & Steven Creag.

Cassette #TRHO$12, (TRHC$16.00)

Understanding compassion and dependent arising is the key to experiencing the world as a mirror—and becoming a "sky-god." Bimpoche's English is in loco by Yarung Everest.
EXPLORING THE MANDALA by Pema Losang Chogyen. 10 min. #RIGK $10

An extraordinary visual aid—TRICYCLE: The Buddhist Review
The dynamic computer-generated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Buddhist meditation and state-of-the-art computer graphics technology. Formed by Longchen Yeshe, a student of Naropa, and researchers at Cornell University's Program of Computers worked for more than two years to produce this unique video. The computer video demonstrates the relationship between the two-dimensional mandala and the three-dimensional mandala, and the latter known as a three-dimensional visualized in meditation practice. This video takes viewers through the sequence of visualizing the mandala to understand the process to produce the mandala.
The Tibetan Book of the Dead, Part 2

Tibetan Book of the Dead, Part 2

The Tibetan Book of the Dead, Part 2 offers a vividly detailed account of the contents of the Book of the Dead and 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 conversations with imaginative animation.

TIBET: A Prayer for the Future

TIBET: A Prayer for the Future, directed by Martin Action, invites the viewer to enter ancient monasteries and experience the enduring culture of Tibetans living in remote villages. The world outside is a world of old Tibetan art, literature, and spiritual, medical, and scientific knowledge spanning 1,000 years.

Tibet, where many wondrous signs appeared at its 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.

TIBETAN BOOK OF THE DEAD

Tibetan Book of the Dead

The Tibetan Book of the Dead is a text that has been important to the spiritual life of the Tibetan people for centuries. It provides a vivid account of the experience of dying and the afterlife. The book is based on ancient Buddhist teachings and is considered a guide for the soul after death.

TIBETAN MEDICINE:

A Buddhist Approach to Healing

Tibetan Medicine: A Buddhist Approach to Healing, directed by Leonardo Cohen, is a film that explores the Tibetan wisdom of life and death and boldly visualizes the tibetan book of the dead. It 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 conversations with imaginative animation.

TIBETAN SYMBOLS

Tibetan symbols have a rich history and are deeply rooted in the culture and philosophy of the Tibetan people. They are used in a variety of contexts, including religious rituals, art, and everyday life. The most famous symbols are the Eight Auspicious Signs, which are considered to bring good fortune and protection.

MUSIC & DANCE

Music and Dance

The Tibetan film footage from the 1935 Cutting expedition shows the traditional Buddhist teachings on the traditional Buddhist teachings on the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and conversations with imaginative animation.

TIMELESS WISDOM:

Being the Knowing

Two Western Buddhist nuns—Tibetan Chodron, a Tibetan Buddhist nun, and Ajaya, a nun of the Chod lineage in Mongolia—discuss these five major themes of spiritual life and practice with a large group of students in Seattle: embracing mystery, teaching approaches, Buddhist nuns, family challenges, Buddhist traditions. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.

BANNER & HANGINGS

BANNER & HANGINGS

The Tibetan Book of the Dead, Part 1

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TIBETAN MEDICINE:

A Buddhist Approach to Healing

Tibetan Medicine: A Buddhist Approach to Healing, directed by Leonardo Cohen, is a film that explores the Tibetan wisdom of life and death and boldly visualizes the tibetan book of the dead. It 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 conversations with imaginative animation.

TIBETAN SYMBOLS

Tibetan symbols have a rich history and are deeply rooted in the culture and philosophy of the Tibetan people. They are used in a variety of contexts, including religious rituals, art, and everyday life. The most famous symbols are the Eight Auspicious Signs, which are considered to bring good fortune and protection.

MUSIC & DANCE

Music and Dance

The Tibetan film footage from the 1935 Cutting expedition shows the traditional Buddhist teachings on the traditional Buddhist teachings on the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and conversations with imaginative animation.

TIMELESS WISDOM:

Being the Knowing

Two Western Buddhist nuns—Tibetan Chodron, a Tibetan Buddhist nun, and Ajaya, a nun of the Chod lineage in Mongolia—discuss these five major themes of spiritual life and practice with a large group of students in Seattle: embracing mystery, teaching approaches, Buddhist nuns, family challenges, Buddhist traditions. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.
**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 mantra. If you would like to have 5 banners, one in each color or any combination, the set of 5 is $75.

- **CHENREZIG BANNER**
  - #CIBA $16
- **KALACHAKRA BANNER**
  - #KABA $16
- **MAHAKALA BANNER**
  - #MABA $16
- **MANJUSHRI BANNER**
  - #MABAN $16
- **MAHAKALA BANNER**
  - #MIBA $16
- **KALACHAKRA BANNER**
  - #KABA $16
- **CHENREZIG BANNER**
  - #CIBA $16
- **DORJE BANNER**
  - #DORBA $150, now $105!

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**
  - #CIBFSL $12
- **KALACHAKRA PRAYER FLAG SET**
  - #KAFSL $12
- **MAHAKALA PRAYER FLAG SET**
  - #MAFSL $12
- **MANJUSHRI PRAYER FLAG SET**
  - #MIFSL $12
- **TARA PRAYER FLAGS SET**
  - #TARFSL $12

**On Sale! Only three left.**

**DOUBLE DORJE**

42 x 72" #DODOR $150, now $105!
The banner is black with a gold double dorje. It has a stripe in the top and bottom to keep it spread out. Very dramatic.

**TASHI TARING BANNER**

18 x 60" #TATAFL $75

Auspicious Wish Flag

- **Tibetan Nun's Windhorse Prayer Flags—Support Tibetan Nuns**
  - #SWIFL $12 for set of five.

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 contracted flags with nylon cord.

**Windhorse Prayer Flag set**

#SWIFSL $12 set of five.

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 17".

Please note that most prayer flags are designed to destructure over time. In this way, the earth as well as the wind receives the prayers.

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RADIANT HEART

PRAYER FLAGS

Printed on 100% cotton with non-toxic colorfast textile paints, these flags are exquisitely designed and beautifully made.

Shakyamuni Buddha
14 x 20" #SHBU $8

Sampa Lhundrup
19 x 28" #SLHU $8

"The Quick Wish-Fulfilling Prayer of Padmasambhava" is the subject of this flag. The four sacred animals are in the corners with Guru Rinpoche in the center.

Gyaltsen Semo
20 x 26" #PSM $8

This is the Banner of Victory given to Indraby Buddha Shakyamuni to overcome all obstacles and enemies. Contains the Eight Auspicious Symbols, the eight precious possessions of a monarch, the windsore and five sensuous offerings.

Green Tara
14 x 20" #GTARA $8

Eight Manifestations of Guru Rinpoche
20 x 26", #EMGR $16

INCENSE BURNER

SINBUR $8

A traditional burner—10" long, 2 1/2 high, 2 3/4" wide—fill it with rice and put incense in it. It is made out of copper with touches of silver and brass alloys.

INCENSE BURNER

SINBUW $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" sliding drawer holds 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.

INCENSE HOLDERS

These are Tibetan incense holders in copper or white metal and brass ornamentation. Very fine and traditional looking.

Small, 10" long, #INHOS $40, now $30

Large, 15 1/2", #INHOL $50, now $37.50

On Sale! 25% off

66 SNOW LION SPRING '97 CATALOG
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

**Ritual Grade Tibetan Incense**
- #CHTIIN $5.00

**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.

**LOBSTERS**

- Bodhi Seed #BOSEMA $40
- Lotus Seed Mala #LOSEMA $24
- Linden Nut Disc Mala #LINUDI $36
- Sandalwood Malas
  - Red or natural color sandalwood malas with guru bead and tassels.
  - They smell wonderful! $14

**SANDALWOOD MALAS**

- Red Sandalwood #RESAMA
- Regular Sandalwood #RGSAMA

**BRANDS**

- Nirvana Brand #NIBRIN $6

**DOOR CURTAINS**

- Four Eternal Knot Door Curtain #FOKNCU $75
- Eternal Knot Door Curtain #ETKND $75
- This curtain has the eternal knot sewn onto the cloth. It measures 36" x 74" and looks great.
- Door Curtain #DOCU $95
- Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 36" wide by 74" high.
- Eight Auspicious Symbols Door Curtain #SAUHOD $25
- Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 36 x 74".
- Four Eternal Knot Door Curtain #FOKNCU $75
- Eternal Knot Door Curtain #ETKND $75

**MALAS**

- Cobalt Blue Glass Mala #ACOHA $30
- Cobalt Blue Glass Pocket Mala with 27 beads. #COHAMA $15
- Rock Crystal Mala #RCMA $80
- Rock Crystal Hand Mala #RCHAMA $80
- Red Crystal Mala #REMA $80
- Red Sandalwood Mala #RESAMA
- Regular Sandalwood Mala #RGSAMA

**NEW!**

- Amber (Russian) Hand Mala 8mm #AMSURM $25
- Amber (Baltic) 6mm #AMBAMA $20
- Amethyst #MAHA $20
- Amethyst Hand Mala #AMHAMA $20
- Adventurine 6mm. #AVMA $20
- Adventurine Hand Mala 6mm. #AVHAMA $20
- Black Onyx #BLOXMA $80
- Crystal Mala #CRMA $80
- Crystal Hand Mala #CRHAMA $80
- Hematite 6mm. #HMA $80
- Lapis Lazuli #LALAMA $80
- Lapis Lazuli Hand Mala #LHAMA $80
- Malachite 6mm. #MAHAMA $120
- Malachite Hand Mala #MAHAMA $70
- Mother of Pearl #MOPRM $50
- Mother of Pearl Hand Mala #MOPHMA $24
- Rhodonite (pink with black) #RHMA $120
- Rose Quartz #ROQUM $80
- Rose Quartz Hand Mala #ROQHMA $80
- Tiger Eye #TIEYMA $100
- Turquoise Mala #TUMA $80
- Black Onyx Hand Mala #BLOHMA $80
- Crystal Hand Mala #CRHAMA $80
- Hematite 6mm. #HMA $80
- Lapis Lazuli #LALAMA $80
- Lapis Lazuli Hand Mala #LHAMA $80
- Malachite 6mm. #MAHAMA $120
MAWA COUNTERS

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

Gold Counters
#GOCO $22
Gold plated bell & dorje.

Wheel of Dharma Counters
#WHECO $40
Silver Dharmachakras strung on red cord with multicolored tassels.

Silver Counters
#LASICO $50
Counters on thick red cord with red and yellow tassels with bell & dorje.

Sandalwood Counters

These have a bell and dorje and are strung on red cord.

Regular Sandalwood Counters
#RGSACO $10
Red Sandalwood Counters
#RESACO $10

WHITE METAL COUNTERS

White Metal Counters
#WHMECO $14

PEWTER COUNTERS

Pewter Counters
#PECO $26
These look like silver, have red tassels, and the bell has a clapper.

SILVER COUNTERS

Silver Counters
#ASICO $50

WHEEL OF DHARMA COUNTERS

#WHECO $40
Silver Dharmachakras strung on red cord with multicolored tassels.

RITUAL ITEMS

Snow Lion is happy to announce a new arrangement with master silversmiths in Nepal to produce the highest monastery quality pure silver ritual items for customers who want very fine objects. The items available are superb, individually crafted sets of offering bowls, butter lamps, gaus, kapalas, and grain vessels. Cost for these items is based on the quality of the craftsmanship and the quantity of silver used. Most of these silver ritual items are fairly heavy and deeply carved with the skill of a fine jeweler. Because of their weight and need for adequate protection, the crating and shipping from Nepal are expensive and add to the over-all cost.

The following items will give a rough idea of costs. None of these items are kept in stock. All items must be specially commissioned so allow 4-8 weeks for delivery. A 50% deposit is required at the time of order.

Large gau
(7" high x 2 1/2" wide) $94
Large butter lamp with flat bottom
(6" high x 3 3/4" dia.) $276
Smaller, lighter-weight butter lamp with rounded bottom
(4" high x 2 3/4" dia.) $64
Set of silver offering bowls
(3 3/4" dia. x 1 3/4" high) $854
(10 pieces)
The cost is due to the quantity of silver

Grain vessel
(4 3/4" high x 2 1/2" dia.) $94

BHUMPA FEATHERS
#BHFE $12
Traditional peacock feather arrangement which is used in bhumpa.

BUTTER LAMPS

White Metal, well-made, 3 1/2" high
#BUL $16
Silver-like Butter Lamp
#SIBULA $19

BUTTER LAMP COVERS
#BEDOCO $20
These are elaborately brocaded covers that are perfect for the standard size bell and dorje.

TIBETAN WINDCHIMES

Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch. Made by Tibetans in India.

TIBETAN NATIONAL FLAG
5" x 3 ft. #TIBFL $35
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" #TIBFL $6
A smaller Tibetan flag printed on cotton.

MALA BAG
#MABA $8
These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift items.

BUTTER LAMPS

1 1/4" high with auspicious symbols in silver-like metal
#CUBULA $19
Silver-like Butter Lamp
#SIBULA $19

DHERMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 6" high and 6" in diameter.

White Metal Serkyem, #WES $20
Brass Serkyem, #BES $20

CURVED KNIFE

#CUK $40
This is the ritual knife referred to in many tantric practices.

BELL & DORJE

Supreme Grade #GOCO $225
Fine detail two-metal bell and dorje set. There are a few still available at this price.

BELL & DORJE COVERS
#BEDOCO $20

TIBETAN NATIONAL FLAG
5 x 3 ft. #TFL $35
This lovely large cotton flag is pieced and the lions are silk-screened. It can be hung with pins or on a dowel.
DHARMA ITEMS

CHOD DRUM
#CHDR $170
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.

TIBETAN CYMBALS
#TICY $100
Tibetan cymbals (11 inches in dia).

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 traditional colors. They attach to the Damaru to make a lovely tail.

Special Offer: Damaru and Banner are $45 when ordered together!

DAMARU, BANNER & BROCADE CASE SET
4 1/2" at longest diameter #DASEL $50
5" at longest dimension #DASE $35

DINGSHA BELLS (symbolic) #DSB $5
The sound of these bells is psychically cleansing.

ETERNAL KNOT BOWL & VASE
Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glass interior and do not contain water or rice, or other items.

Bowl 3" high & 5" in dia. #ETKNBO $20

MAGNETIC 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
Silvery offering bowls that measure 3 1/4" dia.—lovely etched pattern.

Silvery Offering Bowls #PLSIOF $33 set of 7
Plain silvery offering bowls that measure 3 1/4" dia.—Good looking.

Fancy Silvery Offering Bowls #FASIOF $35
4" in diameter with silver like auspicious symbols.

KALACHAKRA PLAQUE
One left!
Lovely hand-carved, handpainted wooden Kalachakra symbol.

THE YELLOW HAT
#YEHA $20
Hand-crafted by a Namgyal monk, these miniature Tibetan yellow hats are really neat! Approx. 5" high. All the lineages use them.

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.

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MEDAL PLATES
MAPLA
We have available mandala plates for mandala offerings. The sizes are either large (7" approx.) or small (6" approx., in diameter). We recommend calling us for sizes and prices of available stock. The type of metal(s) in these plates vary considerably. We have set of copper and a set of silvery (an alloy) in large and small for:

Large $80
Small $70

We also have two higher grades in the small size:

Silver & copper (alloys) $100
Gold & silver (alloys) $150

MECHAS
Bows concave circular ritual mirrors.

Small Melong, 2 3/4" #MES $14
Large Melong, 4" #MEL $18

MELONGS
Brass concave circular ritual mirrors.

Small Melong, 3 1/4" #MEL2 $14
Large Melong, 4 1/4" #MEL2L $18

MEDITATION BELL & CUSHION
#MEBECU $45
This is a finely crafted Japanese meditation bell is nearly 2" high and 3" in diameter. It produces a long, multi-toned pulsating ring when struck and with the proper striker, can be used as a singing bowl. It sits on a purple and white cushion and comes with a 5 1/4" black striker.

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PECHA COVERS
Used to cover sacred texts.

Standard
Two sizes of traditional book covers:

Red cloth with yellow square and cord.

22" sq. #PEWR $15
30" sq. #PEWRL $12

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

PECHA HOLDERS
A wooden frame with red back—embroidered with Double Dorjes, Wheel of Dharma and Om Ah Hung mantra. Comes in two sizes with cord.

Regular, 15 x 3 3/4" #PEHOL $30
Large, 17 x 4" #PEHOL $35

ORDERS: 1-800-950-0313

SNOW LION 69
These two stupas were designed by Andy Weber, a long-time Tibetan Buddhist and artist. They are plated in gold and silver respectively and measure 2” high. They are jewels.

**GOLD STUPA #GOST $45**

**SILVER STUPA #SIST $40**

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.

**BRONZE STUPA #STBR $55**

This enlightenment stupa is made with the same care and quality materials as our statues. It is a heavy bronze with gold plating, inlaid stones and an opening for a small photo of your lama to be displayed.

**FANCY BROCADE-TILDEN #FBRTI $25**

Lovely blue and red silk brocade cover for sadhana table.

**LARGE DRAGON ALTAR CLOTH**

30 x 30” #FABRTI $45

Quality brocaded design with dragons.

**On Sale, 25% off**

**CHEPHURS**

These are typically present in Tibetan monasteries hanging in the sides of the room. They are cylindrical and contain the 5 colors in beautifully alternating brocade pieces.

**LARGE CANOPY CHEPHUR**

#LACACH $95, now $71.25

5’ long and 1’ dia. canopies are in the five colors and are made of silk and brocade.

**Traditional Lapis Earrings #TUEA $36**

Contains a circle of turquoise pieces and red coral embellishments. 2” long excluding hooks.

**Traditional Turquoise Earrings #TTUEA $35**

Contains a circle of turquoise pieces and red coral embellishments. 2” long excluding hooks.

**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 CANOPY CHEPHUR**

#LACACH $95, now $71.25

5’ long and 1’ dia. canopies are in the five colors and are made of silk and brocade.

**TIBETAN JEWELRY**

**BRACELETS**

OM BRACELET with stones #SOOMBR $15

This features the OM MANI PRADEGUM in Tibetan letters and has small coral or turquoise stones and filigree silver work.

**YAK BONE BRACELET #YABOB $10**

This bracelet features six oval panels with auspicious symbols.

**YAK BONE NECKLACE #YABON $10**

This necklace has eight panels and ties with a black cord.

**SILVER EARRINGS!**

**Phurba Earrings #PUEA $24**

The phurbas are 1 1/2” long.

**Auspicious Fish Earrings #AUFIEA $24**

Silver fish with turquoise stone; 1 1/4” long.

**Garuda Earrings #GAE $28**

The garuda protector holds a beautiful disc of turquoise. 1 1/4” long.

**Traditional Lapis Earrings #TLAUSA $36**

Contains a circle of lapis pieces and red coral embellishments. 2” long excluding hooks.

**Traditional Turquoise Earrings #TTUEA $35**

Contains a circle of turquoise pieces and red coral embellishments. 2” long excluding hooks.

**Snow Lion Earrings #SNLIEA $12**

Silver snow lions with semi-precious stone.

**LARGE CANOPY CHEPHUR #LACACH $95, now $71.25**

5’ long and 1’ dia. canopies are in the five colors and are made of silk and brocade.

**SMALLEST CHEPHUR**

2’ long and 6 1/2” in dia. #SMCH $45, now $33.75

**Large Chephur**

over 6 feet long. #LACHE $150, now $112.50

**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 Tibetan Fund.
CARPETS

TIBETAN MEDITATION CARPET (small)
29" square, #TIMECS $150
Now we have a second double dorje meditation carpet, as traditional as before but smaller. It is a size typically used by monks. The floor side has been backed with maroon cloth so that the fringe does not show. Now made by Tibetans from wool.

TIBETAN MEDITATION CARPET (large)
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 meditator 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.

KALACHAKRA WATCH
#KAWA $120
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.

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 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 India.

PENDANTS

Curved Knife
#CRKNPE $20
Silver knife 1.5" long.

Purpa Pendant
#PUPE $14
Silver purpa 1.5" long—looks great!

Chenrezig
#SMCHSI $12

Buddha
#SIBUPE $15

Prayer Wheel
#PRWHPE $30
Lovely pendant with gold and silver plating. Has Om Mani Padme Hum mantra on it and it spins!

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.

FANCY ETERNAL KNOT EARRINGS

Marie Silver Eternal Knot Earrings with turquoise bead #MASIEA $20
Gold Eternal Knot Earrings wired glass bead #MAUSA $20

TIBETAN MEDICINE BRACELET

SHERPAS ROPE, a finely crafted three-metal medicine bracelet by Servyo Lobsang Sherpa $25
This finely crafted silver, copper and brass Tibetan medicine bracelet was hand-crafted by Servyo Lobsang, a westerner who learned from the Tibetans how to make these bands and has refined the technique to a high degree. They are gorgeous!

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. Measures 2 x 2.5.

LARGE GAU
#LAGA $18
Made from copper with brass cover. This "ga" will hold many precious objects.

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OM MANI PADME HUM RINGS
#OMRI $17
Women and men’s styles; adjustable. (Photo shows design on ring if flattened out.)
WEARABLES & OTHER THINGS

TIBETAN BACKPACK
#BAC #35
This sturdy, attractive cotton backpack is well-designed and washable. The main compartment measures 15" high, 14" deep and 12" wide and has other pockets inside, including an 8" one with zipper. Loop at top makes it easy to hang. Cloth design is Tibetan and pack is made by Tibetans in Dharamsala.

TIBETAN BAG
#TIBA #85
Maroon and black with brightly colored trim, this woven bag has three pockets for holding valuables. Two pockets have wooden buttons.

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.

BROCADE BAG
#BRBA #8
Made by Tibetans, this bag has two zippered and one additional pocket for holding many small items. It comes with a shoulder cord.

TIBETAN MONEY POUCH
#CHSIP #6
This pouch will easily hold money and credit cards.

TIBETAN WALLET
#TIBA #8
Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Pockets in cloth with velcro closures.

TIGER SILK SCARF
#SISCT #50
Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.

TIBETAN WOOL SCARF
#WOSC #20
Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide.

TIBETAN FREEDOM BANDS
#BLWHFR #4
In Tibet 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 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.

T-SHIRTS!
All shirts are high quality cotton.

TIBETAN FLAG SHIRT
#TIFLTL (large), #TIFLTX (extra large) $15
The Tibetan Flag is on yellow and says "freedom" in Tibetan script.

OM MANI PADME HUM SHIRT
#OMTL (large), #OMTX (extra large) $15
This has a gold mantra circle on navy blue.

DOUBLE DORJE SHIRT
#DODOTL (large), #DODOTX (extra large) $15
Gold double dorje on red.

ETERNAL KNOT T-SHIRT
#WHKNSL, #WHKNSX (extra large) $15
This comes in black with red and white designs, or white with black and red designs.

NAMGYAL T-SHIRT
#NATL (large), #NATX (extra large) $18
Golden mandala on black. The Dalai Lama’s Ithaca branch of Namgyal Monastery is benefiting from the sale.
DHARMA ITEMS

BOycOTT CHINESE GOODS

"BOycOTT CHINESE GOODS" #BCCG09 $1.50
Yellow letter on strong red background. Show your support for human rights and Tibet and encourage others to do the same.

"COMMIT RANDOM ACTS OF KINDNESS"

"COMMIT RANDOM ACTS OF KINDNESS" #CCRA09 $1.50
Red letters on yellow background.

I#L ST TIBET

"I (HEART) TIBET" #HE09 $1.50
Blue letters, red heart and yellow background.

FREE TIBET!

"FREE TIBET" #FS09 $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.

TIBET FOREVER

"TIBET FOREVER" BUMPER STICKER #TIBM09 $1.50
With endless knot design.

"FREE TIBET" Buttons

2 1/2" Diameter. $1
Yellow letters on red. Call for the information on wholesale pricing & quantities.

METAL DOOR MANTRA: Om Mani Padme Hum
MEDOMA 810
This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

DOOR MANTRA #DMDG09 $2.50

OTHER DHARMA ITEMS AVAILABLE ON REQUEST

THANGKAS

Here is a list of quality thangkas. In addition, we are expecting two dozen thangkas by one of the finest Tibetan artists to arrive by the end of April.

Size Codes:
M: (image 16x30, overall 20x36) approx.
L: (image 22x32, overall 26x42) approx.
XL: (image 26x36, overall 30x48) approx.

Special Codes:
B = special brocade, also larger by 6-12”
X = extra special brocade, also larger by 6-12”
K = has bottom rod with metal knobs

BUDDHA SHAKYAMUNI
#10-$495M with two white.
#45-$495M B
#94-$495M B

CHAKRASAMVARA
#93-$495M
#116-$495M
#114-$495M B

BUDHOM LINEAGE
#36-$495M
#79-$350 M

GREEN TARA
#8-$325M five additional figures
#9-$325 M

GUHYASAMAJA
#114-$850 M, B consecrated

KARMAPA
#3-$325M with two arhats

MEDICINE BUDDHA
#118-$700XL K with 46 additional figures

PADMASAMBHAVA (Guru Rinpoche)
#66-$405M B standing
#502-$435M
#503-$395M

PALEN LHAMO (Protector deity of Tibet)
#57-$600XL approx.

PEHAR (The Nechung Deity, see the video "Lord of the Dance")
#52-$435M

TSONGKAPA
#115-$395M

VAJRAYOGINI
#90-$425M

WHITE TARA
#117-$545M
#119-$545M

MEDICINE BUDDHA
#3-$325M five additional figures
#9-$325 M

CONSECRATION OF STATUES AND THANGKAS!

When you purchase a statue or thangka from Snow Lion, you also have the option to have it consecrated. Snow Lion has made an arrangement with Namgyal Monastery to have this special empowerment ceremony performed for the pieces you purchase from us. In addition to the cost of materials, it requires several monks working for an entire day to consecrate a statue or a thangka. Although Namgyal does not have a set donation fee for consecration, Snow Lion recommends a minimum donation to the Monastery of $100 for statues and $50 for thangkas. This is tax-deductible and check should be made out to Namgyal Monastery (if ordering by phone, mail check directly to the monastery at PO Box 127, Ithaca, NY 14851). We will deliver your statue or thangka to them and send it to you after it is consecrated as part of the service we provide.

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Pilgrims, children, statues, landscapes—pay only $10!

Lion Images of Tibetan Culture

TIBETAN DEITY ART POSTERS
by Marianne Epstein $40

These outstanding images by Marianne are simply gorgeous. We were pleased that the chosen to make art posters of two of our best selling images—Four Armed Chenrezig and White Tara. The theme in particular contains profound love and compassion. Measuring 22" wide by 30" high, this is a limited edition. Each work includes large indoor and outdoor murals—she painted the life of the Buddha in eight scenes in Beno Shermensky monastery in Kathmandu. Marianne lives in Mani and her work is in galleries there.

FOUR-ARM CHENREZIG #FOARCH $4.50
This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

WHITE TARA #WHTAPO $40

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Imagery of the Potala Palace we've seen! At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector statues, Nobu Linga and 13th Dalai Lama.

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TRANSFORMATIVE ART NOTECARD SET

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BDC1</td>
<td>White Syllable AH</td>
<td>4 x 6&quot; $1 ea.</td>
<td>ROBERT BEER! NEW DEITY CARDS FROM TUSHITA.</td>
</tr>
</tbody>
</table>
**SHIPPING & HANDLING**

We ship by the most economical or customer-preferred method in order to minimize shipping costs. Orders may be shipped in two or more packages and these may not arrive simultaneously. We process and ship your order within one to three days of receiving it, but the US Postal Service and UPS can take up to two weeks to deliver in the continental US (especially with book post).

**Please Note:**

Orders consisting of only books can be folded and mailed as one newsgroup does not fax well, please photocopy it first.

Orders consisting of only books can be folded and mailed as one.

**Amount of Order:**

Shipping and handling is calculated according to the chart for the cost of the entire order, and you will not be charged any additional shipping with the backorder when it is sent by bookpost or UPS ground.

If you would like your backorders handled differently, please let us know.

**Special Shipping:** UPS Air, FedEx, Express Mail, etc. is available for credit card customers; it is best to phone with your request. If you are not paying for the rush charge ($5—see below), please add $2 for handling. UPS and FedEx do not deliver to PO Box 6483 (please provide a street address). If UPS delivers to your rural PO Box, include the name of the nearest highway intersection.

**Rush Orders** are immediately processed and shipped within 24 hours for a $5 surcharge. We add this charge to the freight charge of your specified carrier when the charge is more than the standard shipping scale. Otherwise we add it to the standard scale. If you need to have an order rushed or have a deadline to delivery in mind, please phone with your order.

**Outside U.S., please include $1 (in addition to the USA rates listed above).** For non-book items, please add 15% of the total for goods. On order over $100, please include an extra $4.40 to register the package. Shipping charges are mailed via UPS or can be mailed within 24 hours, please consider air shipping—although it is more expensive. We can only accept checks drawn on a U.S. bank. International orders or credit cards are accepted.

**NY State Customers** please add sales tax at your local rate.

**Gift Certificates & Gift Wrapping:**

Gift certificates are available. Certificates are processed for free—contact us for details. Gift wrapping is $3 and includes a gift card.

**Returns:**

Returns are accepted if you contact us within 30 days of receipt. Returns are not to be sent to our PO Box, or if UPS, send to: 605 W State Street, Ithaca, NY 14850-3307.

**Backorder Policy:**

Our goal is to assure quick fulfillment of your orders, but occasionally it is necessary to backorder items if an item is unavailable, we will notify you on your invoice (or when you call) and ship it as soon as possible. Shipping is calculated according to the chart for the cost of the entire order, and you will not be charged any additional shipping with the backorder when it is sent by bookpost or UPS ground.

If you would like your backorders handled differently, please let us know.

**Pricing Changes & Delays** can occur. We publish current prices at the time of printing this newsletter and sometimes publishers raise their prices before we can inform you of the change. Forthcoming books are also subject to delays for many reasons. We are sorry about this. We receive new books as early as anyone and we will fill your backorder promptly.

**Our Suppliers:**

We intend to ship more than ever in excellent condition. It is easy for us to ensure the quality of Snow Lion's own products. However, there are publications which consider books that are imperfect to be completely unreliable and make it difficult for us to maintain our standards. Except for damage that happens occasionally in shipping, your books, etc. can be assured to be in good condition as possible. Books manufactured in India often look slightly damaged. This is unavoidable even for them because of their valuable contents.

**Problems?**

Please notify us immediately by mail or phone if there is any problem with your order.

**Planning to Move?**

Please notify us when you move—this newsletter will not be forwarded by the Postal Service.

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**Snow Lion Order Form**

**ORDER FORM & INFORMATION**

**NAME AND ADDRESS:**

**SHIP TO:**

**Daytime Phone #**

**N/A**

**QTY**

**ITEM NO.**

**TITLE**

**PRICE**

**TOTAL**

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**□ I would like to remain on the Snow Lion mailing list.**

**□ Check drawn on a U.S. bank or Money Order enclosed.**

**□ Visa**

**□ Master Card**

**□ American Express**

**Expiration Date:**

**□ Card Number**

**Order by telephone:** 800-950-0313 or 607-273-8508

**Please send future newsletters and catalogs to:**

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**The Snow Lion Newsletter & Catalog is available for free for a period of time upon request.**

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**SNOW LION RETAIL STORE contains all our mail order items. We are open weekdays and some weekends, so if you plan to visit Ithaca, give us a call at 607-273-8519. The store is located in the Westgate Plaza, 605 W State Street (Green Street entrance).**