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NEWSLETTER & CATALOG



## AZOM CHOTRUL PAYLO RINPOCHE And the Legacy of Chimphu



by Anne Klein

In eighth-century Tibet, Buddhism was dawning in the fertile Yarlung Valley, home to Tibet's earliest kings. Teachings whose time was not yet ripe, tradition tells us, were being hidden by the dakini Yeshe Tsogyal. Many of these were instructions she received from Padmasambhava when they did retreat in places to the east, like Terdrom, and above all in the caves of Chimphu above Samye, where the first monastery of Tibet had just been built.

Chimphu is formed around a high narrow valley, crested on three sides by rock formations studded with caves. Since the earliest days of Buddhism in Tibet, if not before, these caves have sheltered meditators in retreat. Many wonderful images can be seen in the rocks there; the sculpted forms of Buddhas and yogis are said to have emerged spontaneously through blessings brought by the great practitioners who came here.

Among other significant events that, according to Nyingma traditions, took place at Chimphu was the sudden death of the King Trisong Detsen's eight-year-old daughter, Lhacham Pemasel. As her mother swoons in the arms of Yeshe Tsogyal, Padmasambhava briefly revives the young girl and inscribes on her heart a vermilion letter HRI, telling her

stricken parents that because of this she will, many lifetimes from now, come to discover Padmasambhava's own heart essence teachings in a transmission that will become known as the Dakini Heart Essence teachings. Yeshe Tsogyal is instructed to hide these teachings away so that the Princess' future incarnation will be able to discover them. Until they are discovered, it will be another lineage, the Vimalamitra Heart Essence, which will flourish.

In the 13th century Pema Ledrel Tsel reveals two volumes known as The Dakini Heart Essence, Khadro Nying Tig, which include the tale of how this transmission was initially bestowed on the heart of the young princess, his former incarnation. This transmission is also held by the third Karmapa, Rangjung Dorje, and eventually by the great 14th century adept Longchenpa Rabjam who unifies this transmission with the earlier Heart Essence of Vimalamitra. When Longchenpa visited Chimphu he declared, "I would rather die here than be born somewhere else." And after doing retreat and giving teachings, he did die at Chimphu in 1363. One can still visit his stupa there.

In the 18th century, Jigme Lingpa, also recognized as a reincarnation of the young princess, did a three-year retreat at Chimphu. He spends some of this period in the sleeping cave of

Yeshe Tsogyal, travels by vision to the great stupa of Boudha, where with the support of many dakinis he receives through visionary encounter with Longchenpa the lineage now known as The Heart Essence of the Vast Expanse, Longchen Nying Thig. It gets its name, Khetsun Sangpo Rinpoche once said, because the dakinis hold this teaching as dear as a drop (essence) of blood in their own heart.

I began practice in this lineage under Khetsun Sangpo Rinpoche in 1974. As I was led, over the next two and half decades, through the stream of practices in this transmission, I began to plan a pilgrimage to Tibet that would center on places sacred to Yeshe Tsogyal, Padmasambhava, and this lineage. A few months before the pilgrimage began in May of 1996, I woke up from a strong dream of Longchenpa Rabjam and Jigme Lingpa, the first time I had ever dreamt of them. Perhaps it was not too surprising. In conversation with my friend Phyllis Pay, I had been dreaming the trip deeply for nearly a year, exploring various locations that we might visit.

Our trip began in Lhasa, and our first camping excursion was planned for Chimphu, which we approached by way of Samye. On the truck that

(Continued on page 2)

## Statement of HIS HOLINESS THE DALAI LAMA

### On the 39th Anniversary of Tibetan National Uprising Day

10 March 1998

On this 39th anniversary of Tibetan uprising day, we pay homage and prayers for the brave men and women who have died for the cause of Tibetan freedom.

Great changes are taking place all over the world at the dawn of a new millennium. While there are instances of new conflicts breaking out, it is encouraging that we are also able to witness the emergence of a spirit of dialogue and reconciliation in many troubled parts of the world. In some ways, this twentieth century could be called a century of war and bloodshed. It is my belief that humanity in general has drawn lessons from the experiences gained during this century. As a result, I believe the human community has become more mature. There is, therefore, hope that with determination and dedication

we can make the next century a century of dialogue and non-violent conflict resolution.

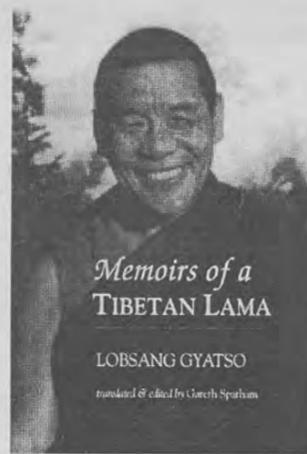
Today, as we commemorate the thirty-ninth anniversary of our freedom struggle, I wish to express my sincere appreciation and great respect for the resilience and patience shown by the Tibetan people in the face of tremendous odds. The current situation in Tibet and the lack of any substantive progress in resolving the Tibetan problem is no doubt causing an increasing sense of frustration among many Tibetans. I am concerned that some might feel compelled to look for avenues other than peaceful resolutions. While I understand their predicament, I wish to firmly reiterate once again the importance of abiding by the non-violent

(Continued on page 24)

## MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham, 380 pp., #METILA \$16.95 May

In 1995 Gareth Sparham suggested to Lobsang Gyatso, his long-time teacher and friend, that he record his life story. Lobsang Gyatso's life in Khan and central Tibet as he tells it is the story of an ordinary man going through what to him was an ordinary life, dealing openly with the pettiness and violence in the monasteries, the details of the economic system and the hopes and aspirations of a man trying to live up to higher ideals. It is also the story of the fall of Tibet seen through the eyes of a patriot and fearless author. Always outspoken, the problem with Tibetans, he writes, was



Memoirs of a  
TIBETAN LAMA

LOBSANG GYATSO

translated & edited by Gareth Sparham

their overblown belief in Buddhism and in the specialness of their country. Although he had only told his

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## THE JEWEL ORNAMENT OF LIBERATION The Wish-fulfilling Gem of the Noble Teachings

by Dharma Lord Gampopa, translated by Khenpo Konchog Gyaltsen Rinpoche, fore. by the Dalai Lama, edited by Ani K. Trinlay Chödrön. 520 pp., glossary, study guide, bibliography, notes, 6 x 9" #JEORLI \$19.95

The Jewel Ornament of Liberation is a master work of Tibetan Buddhism. For more than eight centuries, this text has provided a complete foundation for Buddhist study and practice—beginning with how to enter the path, and continuing through to the achievement of Buddhahood. It includes teachings on Buddha-nature, finding the spiritual master, impermanence, karma, the cultivation of bodhicitta, the development of the six perfections, the ten bodhisattva bhūmis, Buddhahood, and the activities of the Buddha.

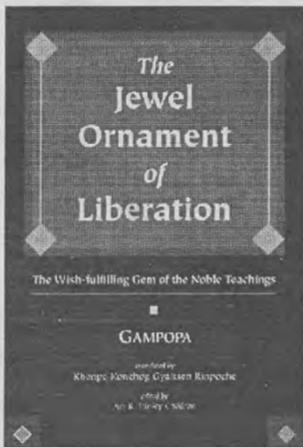
"Anyone who knows the Jewel Ornament well can say that they really understand Buddhism."  
—Khenpo Konchog Gyaltsen

Gampopa (1074-1153 C.E.) was fully accomplished in the teachings and practice of Buddhism. He was the principal student of Milarepa and his teachings were clear "like the sun." The Jewel Ornament of Liberation is the most significant of his many

texts. Gampopa said, "For anyone who wishes to see me, studying this [book] is the same as meeting me."

Venerable Khenpo Konchog Gyaltsen was born in Tsari, Tibet. After escaping from Chinese-controlled

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## His Holiness the Dalai Lama to Give the Kalachakra Initiation at the Tibetan Cultural Center in Bloomington, Indiana

**AZOM CHOTRUL PAYLO RINPOCHE & CHIMPHU**  
*Continued from page 1*

took us from Samye to Chimphu were a number of nuns from Shugseb, where Khetsun Sangpo Rinpoche had received transmission of the Heart Essence of the Great Expanse from the great female yogini, Ani Lochen. One young nun was wearing a button

with a Lama's face on it. I asked her about it. "This is a great Lama who is now visiting and giving teachings at Chimphu. We have all come to hear him." She assured me that we could meet him, and gave directions how to find him.

We pitched our tents on a green carpet of grass by a rushing stream—its waters probably mingling with a

spring higher up the mountain said to have emerged during Guru Rinpoche's first teachings there. It rained during the night, leaving a film of radiant snow on the high cliffs above us. After breakfast, we hiked up the rise behind our meadow.

Azom Rinpoche was staying in a small monastery about five hundred feet above where we had camped at

Chimphu, and perhaps 800 feet below the sleeping cave of Yeshe Tsogyal. He was teaching the higher practices contained in the Heart Essence of the Vast Expanse to 250 Tibetans who were practicing in upper Chimphu. These monks and nuns came down every other day for teachings, walking contentedly in twos and threes, chanting a beautifully haunting song, a call to the Lama, that floated through the clear air between the high cliffs before wafting down the valley. On alternate days newer students, staying in tents on the elevated flat areas near the monastery, received teachings on the foundational practices of the lineage. We eleven were the only non-Tibetans in the area.

We entered his room, eyes dilating after the brilliant light outside. He was attended by two monks and sat energetically at the foot of his wooden bed as he received our offering scarves. We bowed down and introduced ourselves. After mentioning the various connections each of us had with practice, I asked whether we might receive instructions on the mind-nature from him. These are especially precious teachings, usually given to relatively practiced students and potentially precipitating a significant turning point in understanding. His response was immediate: "Shall I speak to the whole group at once or to each of you individually?" "One by one please," we asked. "Yes, that's best," he said, "because everyone is different. How could I say the same thing to all of you?"

And so we began. My friend Michele Martin and I translated. This meant that, in addition to receiving our own teachings, we were able to see him work with the other women. He usually began by asking a question, and would respond to the answers in ways that led each person gently and quite directly, by a route unique to her situation, to the essence he wished to impart. He often closed by giving instructions on a simple meditation practice that he felt addressed the person's situation and invited her to return next day for further instructions.

Before the individual sessions began, however, and in response to our own introductions, Azom Rinpoche had also been introduced. His attendants took it upon themselves to read to us from an ornately phrased English biography which stated that three days after his birth Azom

Rinpoche began to speak "in so loving a manner that people were left in joy and astonishment," and at the age of one year he was recognized by the Abbot of Azom Monastery as an incarnation of Gyalsey Pema Wangyal, son of the previous Azom Rinpoche. The attendant then proceeded to read a short list of the other various personages incarnated in him. One is Trisong Daytsen, father of the young Princess who died at Chimphu. Another, the monk continued, was none other than Jigmay Lingpa.

Azom Rinpoche began his studies at the age of five. Clearly an extraordinary prodigy, he undertook full time retreat at eleven, began teaching at thirteen, and now at age of twenty-six has 10,000 Tibetan and Chinese followers. He is widely renowned for having left hand prints in rock in Kham, and has been photographed before a wooden staff he inserted into rock after a powerful ceremony.

He came to central Tibet in order to restore important retreat centers destroyed during the Cultural Revolution. In particular, he has commenced the rebuilding of Zha Lhakang on the border of Kham and Central Tibet. This was originally built only 35 years after Samye, Tibet's first monastery, and was famously rebuilt by Longchen Rabjam in the fourteenth century. In 1997, Azom Rinpoche commenced rebuilding Zha Lhakang on the anniversary of Longchen Rabjam's reconstruction. This place is considered very important because it is said to act as a barrier, protecting the Dharma of Tibet. In addition to this work, Azom Rinpoche supports several thousand monks and nuns. He asked me to help him raise money for these worthy projects, and after much thought it seemed best to invite him to this country so that people here could benefit from his powerful teachings, and also so that he could gather funds for his important work.

As a result of our fortuitous meeting, Dawn Mountain Tibetan Temple in Houston is organizing the first U.S. visit of Azom Rinpoche for next August-September.

Certainly, our encounter at Chimphu promises now to flower into a wonderful opportunity to support his vital activities in Tibet and to allow Western practitioners to make a connection with him and the ancient transmissions he holds. ■



Top left: Monk doing prostrations at Chimphu.

Top right: Azom Rinpoche at Chimphu with Anne Klein.

Middle left: Copper colored mountain, Chimphu.

Middle right: Statue of Jigmay Lingpa

Bottom: "Self-arisen image" from cave where Trisong Daytsen meditated at Chimphu.

Photo on page 1: Azom Rinpoche, behind him is staff he as placed in rock.



### EXTRAORDINARY EXPLORATORY IN WESTERN TIBET MT KAILAS & THE GUGE KINGDOM TREK THROUGH THE SUTLEJ GORGE

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Machig Labdrön, detail, 22 x 28, 1996

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## Two New Teachers at NAMGYAL MONASTERY INSTITUTE

Namgyal Monastery Institute of Tibetan Buddhist Studies in Ithaca, NY has two new teachers arriving from Dharamsala, India to join its staff. They are Geshe Ngawang Tashi and Ven. Tenzin Tongsong Deyshek. These two terrific teachers will be joining Ven. Tenzin Gephel, Ven. Salden Kunga, Ven. Tenzin Yignyen and Tibetan artist, teacher and translator Palden Choedak.

### Ven. Geshe Ngawang Tashi

Geshe Ngawang Tashi is a Lharampa Geshe of the highest degree. He was born in 1935 in Phari, Tibet and became a monk at the age of six. Three years later he joined Ganden Shartse Monastery where he began his formal study. After fleeing the Chinese occupation of Tibet in 1959 he continued his studies in India while receiving initiations and teachings from many great masters. In 1982 he completed the rigorous geshe training from Ganden Shartse Monastery and was awarded the Geshe Lharampa degree, the highest of the geshe degrees, finishing first of all of the candidates in this highest class. Subsequently he joined the Gyuto Tantric College, studying and practicing the generation and completion stages of highest yoga tantra until His Holiness the Dalai Lama requested him to come to Namgyal Monastery to teach the monks there. While at Gyuto he served as disciplinarian. He has been very active at Namgyal Monastery, teaching five classes per day on topics of both sutra and tantra while regularly visiting and giving special teachings to the meditator/yogis in retreat in the mountains above Dharamsala. Geshe-la is a great scholar and practitioner and Namgyal Monastery Institute in Ithaca is extremely excited about his joining its staff.

### Ven. Tenzin Tongsong Deyshek

Ven. Tenzin Deyshek is also a brilliant scholar and practitioner. He was

born in 1959 in Tibet near Mt. Kailash. He entered Namgyal Monastery at an early age. In 1986 after extensive study and the completion of many retreats, Ven. Deyshek earned the degree and title of "Master of Sutra and Tantra." Subsequently he became an assistant chant master for Kalachakra rituals. He has traveled as a member of the entourage of His Holiness the XIV Dalai Lama. In 1993 he was sent to Mongolia where he taught the Kalachakra tantric system to the monks of Ganden Monastery in Ulan Bator for three years. In June of 1998 he will join the faculty of Namgyal Institute in Ithaca, New York.



### Background History of Namgyal

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

At present, the monastery is re-established adjacent to His Holiness' residence in Dharamsala, India and has many young monks undergoing the streamlined sutra and tantra curriculum devised by H.H. the present Dalai Lama and the former Abbot,

Ven. Lobsang Nyima. The monks of Namgyal also continue the study and practice of sacred arts and engage in the traditional cycle of meditative retreats.

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

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

### Become a Student at Namgyal

Study and practice this coming year at Namgyal Institute of Buddhist Studies located in the beautiful Finger Lakes district of upstate New York. Students may enroll for full-time or part-time study.

Open to all qualified men and women, Namgyal has a unique program which enables serious students to follow a progressive and authentic program of study in Tibetan Buddhism. Students are able to study Tibetan language and the entire scope of Buddhist sutra and tantra. Namgyal is especially strong in Tibetan language studies.

The Fall 1998 semester runs 9/8 to 12/11. For application forms or further information regarding programs contact: Admissions Office, Namgyal Institute of Buddhist Studies, P.O. Box 127, Ithaca, NY 14851.

### If You Wish to Help

If you wish to help financially to build the North American seat of H.H. the Dalai Lama's personal monastery, your help will be much appreciated. You can use the form which accompanies this article. Our next goals are find or build a larger space for classes and meditation practice and also to develop guest facilities. ■



## Namgyal Monastery Offers Three Summer Retreats in 1998

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 as well as advanced students.



### 7th Annual "Get Acquainted with Namgyal" Retreat: An Introduction to Tibetan Buddhism

Aug. 2-9, 1998

This retreat is characterized by individual attention from the monks and a unique introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayana teachings, deity yoga, mandala theory, debate, and Tibetan language, and engage in hands-on art workshops on drawing Tibetan images and mandalas. 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. There will also be a demonstration of Tibetan sacred monastic dance and possibly an evening of Tibetan music by the lay Tibetans in the Ithaca area.

This popular summer retreat is Namgyal's main summer event and an excellent introduction to Tibetan Buddhism. The retreat is staffed by all of the Namgyal monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).



### Transforming the Three Poisons: The Meditation Practice of the Medicine Buddha

An Intermediate Level Retreat  
Aug. 9-16, 1998

This retreat, like the "Get Acquainted with Namgyal" Retreat, is characterized by individual attention from the monks of the Dalai Lama's own personal monastery. Geshe

Ngawang Tashi, the new senior teacher of Namgyal Monastery Institute, along with Ven. Tenzin Deyshek, Ven. Ven. Tenzin Gephel, Tenzin Yignyen, Ven. Salden Kunga and Palden Choedak will conduct this teaching and practice retreat. Geshe-la will bestow upon students the initiation of the Medicine Buddha. His teachings will then focus on the practical transformation of the three poisons (ignorance, desire and anger) and the techniques of the Medicine Buddha meditation. These teachings will be combined in alternation with actual meditation sessions of the Medicine Buddha practice. Students will also practice other daily prayers and meditations with the monks. The retreat is informal and the monks are accessible throughout the day and evening. After the last meditation and dinner each day, evenings will consist of discussion groups, slide lectures, and videos on Tibetan culture.

The retreat is also staffed by all of the Namgyal monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).

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

### Dzogchen Wisdom Retreat

Azom Rinpoche with Anne Klein  
August 23-30, 1998

Azom Rinpoche, a powerful Dzogchen master, will be making his first trip outside Tibet and fortunately will be giving this extraordinary Dzogchen retreat week sponsored in part by Namgyal Monastery. Azom Rinpoche currently has 10,000 Tibetan and Chinese followers. He is widely renowned for having left handprints in rock in Kham, and has been photographed before a wooden staff he inserted into rock after a powerful ceremony. This is a rare opportunity to meet with this authentic and powerful Dzogchen master.

Azom Rinpoche's retreat will be held at the Casowasco Conference Center, located on the western shore of Owasco Lake in the heart of New York's Finger Lakes Region. The Casowasco Center is 10 miles south of Auburn, NY and 30 miles from the nearest airport, in Syracuse, NY. The monastery will inform retreat registrants of others arriving at the airport so that they can choose to share rental cars. Cost for this retreat is \$595 which includes room and board.

### 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 P.O. 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 late June, registrants for the Get-Acquainted Retreat and Transforming the Three Poisons Retreat will receive a packet containing directions for getting to the retreat and a list of suggested items to bring. For those two retreats volunteers will be available to pick-up people from the bus station or airport to provide transportation to the retreat site. ■

## Sand Mandala Exhibitions

The Monks of Namgyal Monastery  
as Cultural Ambassadors



The monks of Namgyal Monastery, the personal monastery of H.H. the Dalai Lama, have become especially well known for the creation of exquisite sand mandala exhibitions in museums and galleries throughout the world, as well as for other sacred arts, lectures and religious activities. The monks of this monastery are especially trained and skilled in the sacred arts. The Namgyal monks have created sand mandalas at the Cleveland Museum of Art, the Nelson Atkins Gallery of Art, the Memorial Art Gallery of Rochester, the Museum of Natural History in New York City, The Asian Art Museum of San Francisco, the Frick Art Museum, the Virginia Museum of Fine Arts, the Herbert F. Johnson Museum of Art at Cornell University, Dickenson College, St. Lawrence College and Williams College Museums of Art and other well known museums and galleries, setting attendance records at nearly every location. Exhibitions are usually for a duration of three to six weeks.

Museums, galleries and other institutions may contact the Namgyal Monastery at P.O. Box 127, Ithaca, NY 14851 for information on how to arrange a sand mandala exhibition. ■



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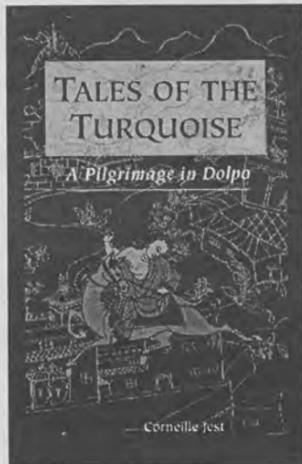
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## TALES OF THE TURQUOISE A Pilgrimage in Dolpo



by Corneille Jest

190 pp., line drawings, 2 maps #TATU  
\$12.95 July

In this journal narrative of a pilgrimage in Dolpo, an isolated Himalayan valley in northwest Nepal inhabited by people of Tibetan stock, Corneille Jest weaves together his own gentle observations of daily life and the lively tales told by his traveling companion.

In the early spring of 1960, Dr. Jest undertook a three-week circumambulation of the valley in the company of Tibetans, visiting temples, shrines



### Lama Yeshe Videos

Now available from the Lama Yeshe Wisdom Archive, the collected works of Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche.

**Three Principal Aspects of the Path**  
2 tapes. US\$39.95

During His Holiness the Dalai Lama's teachings at Institut Vajra Yogini, France, in 1982, Lama Yeshe was asked to "babysit" the audience for a couple of days, when His Holiness manifested illness. The result is this excellent two-part introduction to the path to enlightenment, in which Lama explains renunciation, bodhicitta and the right view of emptiness.

**Introduction to Tantra**  
2 tapes. US\$39.95

In 1980, in California, Lama Yeshe gave a commentary to the Avalokiteshvara (Chenrezig) yoga method. These two tapes are Lama's introduction to this series (the other six tapes are waiting for funds so that we can complete them...please help!) and constitute a wonderful explanation of the fundamentals of tantric practice.

**Offering Tsok to Heruka Vajrasattva**  
3 tapes. US\$49.95

Here Lama Yeshe offers a commentary to the tsok offering practice that he himself composed. It has been published in his book, *The Tantric Path of Purification*, Wisdom Publications, 1994. This series shows Lama at his dynamic best, less than a year before he passed away and the last time he taught on video.

Available in both NTSC and PAL formats. Please contact:

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and sacred mountains. His companion Karma, an elderly nomad from Western Tibet and a gifted story-teller, punctuated the journey with traditional tales and his own reflections.

*Tales of the Turquoise* is charmingly written, colorful and engaging—it transports the reader to the timeless world of the Tibetan spirit not readily accessible to outsiders.

Dr. Corneille Jest, Director of Research at the Centre National de la Recherche Scientifique in Paris, specializes in social and economic change among populations living in harsh climates. He is particularly interested in the conservation of cultural heritage in the Himalayan and Central Asian regions.

Following is an excerpt from *Tales of the Turquoise*.

Long, long ago, in Tibet, there lived a family who possessed much wealth, and bore the name of Gyachugpo, "great richness". Their flock of sheep was looked after by a single shepherd, very pious. Before taking any food, he would always offer a little to his protective saint, Ugyen Rinpoche.

One day, a man dressed in white appeared to him: "Why have you not offered me a part of your food today?" he asked.

"I did not dare because I had only scraps left by my master's guests," was the shepherd's reply.

"I see that you are pious and good; offer me something every day, even if it is only scraps. It is the intention that counts. Now I would like to do something for you. What would you like?"

The shepherd, who loved nature and all the things of the earth, reflected, then said: "I would like to understand the language of animals."

"So be it," said Ugyen Rinpoche, for indeed it was he. "I give you this power."

When evening came, the shepherd returned home and put the flock in the enclosure. However, his master

decided to celebrate the festival of the Tenth Day by slaughtering a fat ewe, a mamu. The next day, the shepherd, led his animals to the pasture and as he could now understand the language of the animals, this is what he heard:

"Bee." (This was the word of the mother.)

"Mee." (This was the word of the lamb.)

"Tomorrow, don't walk at the front of the herd; don't be greedy and don't go up too high or the wolf will eat you," the mother warned. "And don't stay in the rear, the shepherd will throw stones at you with his sling."

"Mama, where will you go tomorrow?" asked the lamb.

"Tomorrow, the master will kill me and offer my flesh to his guests," said the mother. "This is the reason for which I give you this advice: don't walk ahead of the flock, nor at the rear."

The shepherd understood these words, and asked himself what to do? In the evening he returned, very sad. To save the life of the ewe, he fled, taking with him the mother and her lamb.

Along the road, he met a horseman followed by a colt. The horseman was speeding his mount.

"Mother, wait for me!" said the colt.

"Little tigi, go slowly, a needle wounds me in my side. It is concealed in the saddle carpet."

The shepherd understood these words and stopped the horseman.

"Stop and dismount from the saddle, you are wounding your horse," he said.

"You stop me at the time my father is about to die! I am on my way to look for a doctor and a lama."

"Inspect the seam of your saddle carpet before you continue on your way," the shepherd insisted.

The horseman looked and found there a needle that he had forgotten to take out and he thought to himself,

"This man is a lama or a magician!"

"Please come with me, you will know how to cure my father. Come!" he begged.

"I am not a lama, I haven't any power," the shepherd replied.

"You understand the language of the animals, so come!" again begged the horseman.

The shepherd was thus compelled to follow the horseman.

In the house, the shepherd said to himself, "How am I to convince this man that I am neither a lama nor a doctor?"

Now in this house, there was a cat and three kittens. The horseman had offered a plate of meat to the shepherd and the mother cat said to her kittens: "Wait a little, I am going to ask this lama for some of this meat."

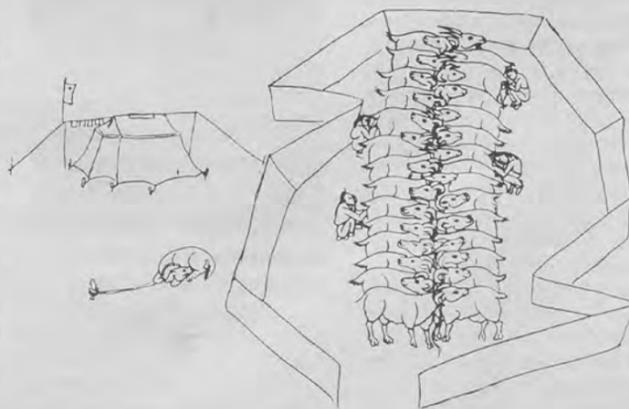
"This lama, what has he come to

done?" asked the second kitten, who was curious.

"It is necessary to gather the most beautiful flowers of the mountain; put them near the ear, sprinkle them with some water and some milk; then beat the little cymbals, tingsha, and in this way, the ants will think, "It's spring, the fragrance of the flowers is fresh and strong; it rains, the thunder growls," and the ants will come out of the ear."

The shepherd understood all this and in gratitude, gave the whole plate of meat to the mother cat. Then he went to gather the most beautiful flowers and followed the cat's words. He asked the master of the house for a vessel filled with some water, some milk, and for the little cymbals tingsha. Then, he murmured, "Mamoma, Mamamar," for he didn't know any prayer and he spoke as he would speak to his sheep.

The ants thought, "Well, it rains, the flowers are blooming; it's spring-time!" One of them came out



do here?" asked a kitten.

"Our master is ill. The lama has come to take care of him," the mother answered.

"What is our master suffering from?" asked the kitten.

"Our master suffers from this: he has some ants in his ear."

And the shepherd understood all these words!

"And to cure him, what must be

of the ear and called to the others.

The master of the house recovered immediately. "To say that I have spent so much money in ceremonies, appealing to the lamas and the pious for a cure that was so simple!" he said to himself and he gave his house, his field and his flock to the shepherd who understood the language of the animals. ■



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# FINDING OURSELVES THROUGH BUDDHISM

by Lama Thubten Yeshe  
Edited by Dr. Nicholas Ribush

When we study Buddhism, we are studying ourselves, the nature of our own minds. Instead of focusing on some supreme being, Buddhism emphasizes more practical matters, such as how to lead our lives, how to integrate our minds and how to keep our everyday lives peaceful and healthy. In other words, Buddhism always accentuates experiential knowledge-wisdom rather than some dogmatic view. In fact, we don't even consider Buddhism to be a religion in the usual sense of the term. From the lamas' point of view, Buddhist teachings are more in the realm of philosophy, science or psychology.

The human mind instinctively seeks happiness. East, West—there's no difference; everybody's doing the same thing. But if your search for happiness is causing you to grasp emotionally at the sense world, it can be very dangerous. You have no control.

Now, don't think that control is an Eastern thing, a Buddhist thing. We all need control, especially those of us caught up in the materialistic life; psychologically, emotionally, we're too involved in objects of attachment. From the Buddhist point of view, that's an unhealthy mind; the person is mentally ill.

Actually, you already know that scientific technological development alone cannot satisfy your desires or solve your other emotional problems. But what Lord Buddha's teaching shows you is the characteristic nature of human potential, the capacity of the human mind. When you study Buddhism, you learn what you are and how to develop further. Buddhist methods teach you to develop a deep understanding of yourself and all other phenomena.

However, whether you are religious or a materialist, a believer or an atheist, it is crucial that you know how your own mind works. If you don't, you'll go around thinking you're healthy, when in reality, the deep root of afflictive emotions, the true cause of all psychological disease is there growing within you. Because of that, all it takes is some tiny external thing changing, something insignificant going wrong, and within a few seconds you're completely upset. To me, that shows you're mentally ill. Why? Because you're obsessed with the sense world, blinded by attachment, and under the control of the fundamental cause of all problems, not knowing the nature of your own mind.

When Lord Buddha spoke about suffering, he wasn't referring simply to superficial problems like illness and injury, but to the fact that the dissatisfied nature of the mind *itself* is suffering. No matter how much of something you get, it never satisfies your desire for better or more. This unceasing desire is suffering; its nature is emotional frustration.

Buddhist psychology describes six

basic emotions that frustrate the human mind, making it restless and disturbing its peace: ignorance, attachment, anger, pride, deluded doubt and distorted views. These are mental attitudes—not external phenomena. Buddhism emphasizes that to overcome these delusions which are the root of all your suffering, belief and faith are not much help. You have to understand their nature.

If you do not investigate your own mind with introspective knowledge-wisdom, you will never see what's in there. Without checking, no matter how much you talk about your mind and your emotions, you'll never really understand that your basic emotion is egocentricity and that this is what's making you restless.

Now, to overcome your ego you don't have to give up all your possessions. Keep your possessions; they're

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- best of your ability, the
- result will be immediate,
- simultaneous with the
- action.

not what's making your life difficult. You're restless because you are clinging to your possessions with attachment; ego and attachment pollute your mind, making it unclear, ignorant and agitated, and prevent the light of wisdom from growing. The solution to this problem is meditation.

Meditation does not imply only the development of single-pointed concentration, sitting in some corner doing nothing. Meditation is an alert state of mind, the opposite of sluggishness; meditation is wisdom. You should remain aware every moment of your daily life, fully conscious of what you are doing, and why and how you are doing it.

We do almost everything unconsciously. We eat unconsciously; we drink unconsciously; we talk unconsciously. Although we claim to be conscious, we are completely unaware of the afflictions rampaging through our minds, influencing everything we do.

Check up for yourselves; experiment. I'm not being judgmental or putting you down. This is how Buddhism works. It gives you ideas that you can check out in your own experience to see if they're true or not. It's very down-to-earth; I'm not talking about something way up there in the sky. It's actually a very simple thing.

These days, people study and train to become psychologists. Lord

Buddha's idea is that everybody should become a psychologist. Each of us should know our own mind; you should become your own psychologist. This is definitely possible. Every human being has the ability to understand his or her own mind. When you understand your own mind, control follows naturally.

Don't think that control is just some Himalayan trip or that it must be easier for people who don't have many possessions. That's not necessarily true. Next time you are emotionally upset, check for yourself. Instead of busily doing something to distract yourself, relax and try to become aware of what you're doing. Ask yourself, "Why am I doing this? How am I doing it? What's the cause?" You will find this to be a wonderful experience. Your main problem is a lack of intuitive knowledge-wisdom, awareness, or consciousness, therefore, you will discover that through deepening your understanding, you can easily solve your problems.

To become your own psychologist, you don't have to learn some big philosophy. All you have to do is examine your own mind every day. You already examine material things every day—every morning you check out the food in your kitchen—but you never investigate your mind. Checking your mind is much more important.

Nevertheless, most people seem to believe the opposite. They seem to think that they can simply buy the solution to whatever problem they're facing. The materialistic attitude that money can buy whatever you need to be happy, that you can purchase a peaceful mind, is obviously not true, but even though you may not say the words, this is what you're thinking. It's a complete misconception.

Even people who consider themselves religious need to understand their own minds. Faith alone never stops problems; understanding knowledge-wisdom always does. Lord Buddha himself said that belief in Buddha was dangerous; that instead of just believing in something, people should use their minds to try to discover their own true nature. Belief based on understanding is fine; once you realize or are intellectually clear about something, belief follows automatically. However, if your faith is based on misconceptions it can easily be destroyed by what others say.

It is important to be conscious in your everyday life. The nature of conscious awareness and wisdom is peace and joy. You don't need to grasp at some future resultant joy. As long as you follow the path of right understanding and right action to the best of your ability, the result will be immediate, simultaneous with the action. You don't have to think, "If I spend my lifetime acting right, perhaps I'll get some good result in my next life." You don't need to obsess over the attainment of future realizations. As long as you act in the present with as much understanding as you possibly can, you'll realize everlasting peace in no time at all.

[This talk has been excerpted from a booklet, *Becoming Your Own Therapist*, by Lama Yeshe, distributed free by the Lama Yeshe Wisdom Archive. Please contact the Archive if you would like a copy.]

Lama Thubten Yeshe was born in Tibet in 1935. At the age of six, he entered the great Sera Monastic University, Lhasa, where he studied until 1959, when the Chinese invasion of Tibet forced him into exile in In-



dia. Lama Yeshe continued to study and meditate in India until 1967, when he went to Nepal with his chief disciple, Lama Thubten Zopa Rinpoche. Two years later he established Kopan Monastery, near Kathmandu, in order to teach Buddhism to Westerners. In 1974, the lamas began making annual teaching tours to the West, and as a result of these travels a worldwide network of Buddhist teaching and meditation centers—the Foundation for the Preservation of the Mahayana Tradition—began to develop. In 1984, after an intense decade of imparting a wide variety of incredible teachings and establishing one FPMT center after another, at the age of forty-nine, Lama Yeshe passed away. He was reborn as Osel Hita Torres in Spain in 1985, recognized as the incarnation of Lama Yeshe by His Holiness the Dalai Lama in 1986. Now, as the monk Lama Tenzin Osel Rinpoche, he is studying for his *geshe* degree at the reconstituted Sera Monastery in South India. He is thirteen years old. Lama's remarkable story is told in Vicki Mackenzie's book, *Reincarnation: The Boy Lama* (Wisdom Publications, 1996).

Some of Lama Yeshe's teachings have also been published by Wisdom. Books include *Wisdom Energy; Introduction to Tantra; The Tantric Path of Purification*; and *The Bliss of Inner Fire*. Transcripts in print are *Light of Dharma; Life, Death and After Death*; and *Transference of*

*Consciousness at the Time of Death*. These titles are available from this Snow Lion catalog.

Lama Yeshe on videotape: *Introduction to Tantra, The Three Principal Aspects of the Path, and Offering Tsok to Heruka Vajrasattva*. Available from the LAMA YESHE WISDOM ARCHIVE.

Dr. Nicholas Ribush, MB, BS, is a graduate of Melbourne University Medical School (1964) who first encountered Buddhism at Kopan Monastery in 1972. Since then he has been a student of Lamas Yeshe and Zopa Rinpoche and a full-time worker for the FPMT. He was a monk from 1974 to 1986. He established FPMT archiving and publishing activities at Kopan in 1973, and with Lama Yeshe founded Wisdom Publications in 1975. Between 1981 and 1996 he served as Wisdom's director, editorial director and director of development. Over the years he has edited and published many teachings by Lama Yeshe and Lama Zopa Rinpoche, and established and/or directed several other FPMT activities, including the International Mahayana Institute, Tushita Mahayana Meditation Centre, the Enlightened Experience Celebration, Mahayana Publications, Kurukulla Center for Tibetan Buddhist Studies and now the Lama Yeshe Wisdom Archive. He has been a member of the FPMT board of directors since its inception in 1983. ■

## The Lama Yeshe Wisdom Archive

The Lama Yeshe Wisdom Archive (LYWA) is the collected works of Lama Thubten Yeshe and Lama Thubten Zopa Rinpoche. The Archive was founded in 1996 by Lama Zopa Rinpoche, its spiritual director, to make available in various ways the teachings it contains. Distribution of free booklets of edited teachings is one of the ways.

Lama Yeshe and Lama Zopa Rinpoche began teaching at Kopan Monastery, Nepal, in 1970. Since then, their teachings have been recorded and transcribed. At present the LYWA contains about 5,000 cassette tapes and approximately 40,000 pages of transcribed teachings on computer disk. Some 3,000 tapes, mostly teachings by Lama Zopa Rinpoche, remain to be transcribed. As Rinpoche continues to teach, the number of tapes in the Archive increases accordingly. Most of the transcripts have been neither checked nor edited.

At the LYWA we are making every effort to organize the transcription of that which has not yet been transcribed, to edit that which has not yet been edited, and generally to do the many other tasks detailed below. In all this, we need your help. Please contact us for more information:

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# MOONBEAMS OF MAHAMUDRA

## The Direct Meditation on Mind

by Venerable Khenchen Thrangu, Rinpoche, translated by Ken McLeod. 120 pp. #MOMA \$12.95 August

*Moonbeams of Mahamudra* presents a direct meditation on the mind that has led thousands of practitioners to complete enlightenment in one lifetime. It begins with a detailed explanation of shamatha and vipashyana meditation and then shows how these basic meditations differ in the mahamudra practice. Shamatha meditation trains the mind to rest upon a single point whether the object is the breath or the mind itself. Vipashyana meditation in mahamudra is the realization of the true nature of reality which is emptiness of the individual and all phenomena. Thrangu Rinpoche explains the nature of emptiness in detail and describes how the meditator can arrive at this realization by "looking directly at mind." When this is done with repeated effort, the meditator sees through the mistaken appearances of mind and sees how mind really is luminous clarity. This is the essence of mahamudra meditation.

For a book to explain the profound philosophical issues of Buddhism as well as give deep insight into meditation, it requires an extraordinary author. *Thrangu Rinpoche* is such a person, being a practitioner of Mahamudra meditation for over forty years and such a great scholar that he was asked to establish the Kagyu monastic college in Rumtek for His Holiness the Karmapa, head of the Kagyu lineage of Tibetan Buddhism. Born in eastern Tibet in 1933, he was recognized as the reincarnation of the great Thrangu tulku. He received a traditional monastic education and achieved his geshe degree at age 35. Thrangu Rinpoche became the personal teacher of many important lamas. He has also engaged in over fifteen years of teaching Western students in seminars and retreats in over a dozen countries. He is well-known for taking complex teachings and making them understandable to the practitioner. This book came out of one such intensive seminar on mahamudra given in Big Bear, California.

Other books by the same author: *Buddha Nature, The Four Ordinary Foundations of Buddhist Practice, King of Samadhi, The Three Vehicles of Buddhist Practice, Uttara Tantra.*

Following is an excerpt from *Moonbeams of Mahamudra* entitled "What is Mahamudra?"

Mahamudra is a teaching, an instruction derived from Buddhist teachings based on the material which the Buddha taught in the sutras. It is also derived from the practice in the vajrayana tradition. In the vajrayana, the tantric tradition, we have the four levels of tantra, of which the highest, most sophisticated form of application is the supreme yoga tantra (Skt. *anuttarayoga tantra*), and the mahamudra approach is derived from the teachings of this particular section of the tantra. Finally, mahamudra is not only based on the sutras and tantras, it is the very essence, the pith of the sutras and tantras, which is all that the Buddha taught.

### The Term Mahamudra

The term "mahamudra" is a Sanskrit word composed of two syllables: *maha* meaning "great" and *mudra* which in this context means "seal" as in the seal a king puts on letters and proclamations. Mahamudra is explained in many different ways. One of the traditional ways describes mahamudra as ground, mahamudra as path, and mahamudra as fruition with the most important being mahamudra as ground referring to

the ground of our experience. Mahamudra in this context means the nature of mind, or how the mind is. The mind, in essence, is empty. There is nothing which is established as an object or as a thing having substantial nature. The natural expression of mind, however, is luminosity, often called clarity. So we have the clarity which has no substantial nature whatsoever. It is empty and arises unceasingly. These are the three traditional characteristics of mind: its essence being empty, its nature being clarity, and its manifestation being unceasing.

Mahamudra as ground refers to how the mind is. In understanding how the mind is, we understand also how all phenomena, the constituents of our experience, are. Phenomena also have no intrinsic reality and are empty. This is why the metaphor of a seal is used. When a monarch makes a proclamation, for that proclamation

- These are the three
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- of mind: its essence
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to have the full weight of the royal authority behind it, the king applies his seal. He doesn't need to apply his seal to each separate paragraph but simply to the end of the document. In the same way, phenomena are empty, luminous, and unceasing. Our mind is also empty, luminous, and unceasing. In understanding this, we understand everything. It is not necessary to understand that each particular dharma is empty because once we understand how our mind is empty, we understand everything or the nature of all phenomena. So this is why the term "mahamudra" or "great seal" is used.

Perhaps it will be helpful to look at the various philosophical perspectives of Buddhism very briefly to see how these positions fit with mahamudra. If we contrast the *Theravada* or *hinayana* view<sup>2</sup> and the *mahayana* view, the *hinayana* sees things in terms of truth. For instance, the goal to be achieved in the *hinayana* is understanding the Four Noble Truths. The basic *hinayana* perspective is the feeling that the world exists in some way and we need to discover the truth about the way the world exists. Part of this belief is the fact that we don't exist as a self.

In the *mahayana* view, however, the emphasis shifts considerably focusing not so much on realizing truth as on understanding the perspective that all phenomena lack intrinsic existence. This understanding needs to be developed experientially. So, rather than focusing on the understanding of the Four Noble Truths, we focus on the understanding of emptiness and hence the deceptive way in which phenomena appear to us. In the particular branch of *mahayana* known in Tibetan as *shentong*, we could say the role of emptiness is slightly de-emphasized and more emphasis is put on the idea of buddha nature. This idea is that while buddha nature is essentially empty, it carries the full potential of all of the magnificent qualities of a fully awakened Buddha with an emphasis on the unfolding of those qualities.

In the *vajrayana* the emphasis again shifts and the focus of attention turns much more inward to understanding how the mind actually is,

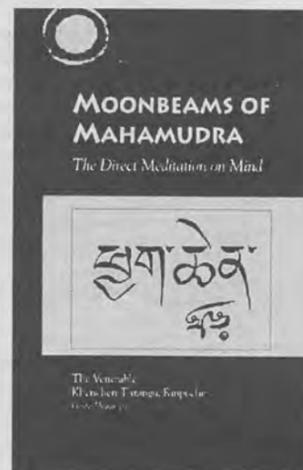
what the fundamental nature of mind is. With the experience and understanding of the fundamental nature of mind, one understands experientially the emptiness of all phenomena. This is essentially the focus of mahamudra.

### The Essence of Mahamudra

Very simply, the essence of mahamudra is mind as it is. How is the mind? We may try to associate mind with some kind of characteristic such as color, shape or form, but we cannot associate any real characteristic with it. We may even try to say mind exists. But the status of existence is very difficult to ascertain, as the Third Karmapa Rangjung Dorje says in his *Aspirations of Mahamudra*:

It is not existent—even the victorious ones have not seen it. It is not nonexistent—it is the basis of all samsara and nirvana. This is not a contradiction, but is the middle path of unity. May we realize the true nature of mind, which is free from extremes.

"It doesn't exist, even the buddhas have not seen it." There is simply nothing which can be experienced as an object, there is no basis for existence in this way. However, the mind is the basis for the totality of our experience. Everything that we experience arises from mind. Our whole experience of samsaric existence is an expression of mind. And the experience of *nirvana*, of freedom and liberation, is also mind. This is why Rangjung Dorje wrote in the next line of that prayer, "It is not nonexistent because it is the basis of all samsara and nirvana." Difficult as it may seem to reconcile these two, this is how the mind is. And that is why this prayer



internal meditational and external ritual, the union tantra (yogatantra) which emphasizes internal meditations, and the highest yoga tantra (anuttarayogatantra) which, in part, concentrates on examining mind directly.

2. The Tibetans traditionally divide the Buddha's teachings into three levels. The *hinayana* teachings which are primarily teachings on shamatha and vipashyana meditation with an emphasis on the Four Noble Truths. These practitioners are found predominately in Thailand, Burma, Sri Lanka and work for the goal of achieving complete control over self and their ideal is an arhat.

The second level, the *mahayana* practitioner places emphasis on compassion and liberating all sentient beings. The *mahayana* practitioners are found predominately in China, Japan, Korea and practice the six paramitas and have the bodhisattva as an ideal.

The third level, the *vajrayana* practitioner places an emphasis on practices of the tantra and the thorough study of mind. These practitioners are found primarily in Tibet and Mongolia.

Thrangu Rinpoche has always emphasized that these levels are not "higher" or "lower" in terms of their being better or worse. Rather everyone must begin with the fundamental *hinayana* practice and whether they go on to the *mahayana* or *vajrayana* depends entirely upon their inclination and diligence.

3. Rongtong and Shentong are two different schools in Tibet that disagree about how to interpret emptiness in the middle way or the *Madhyamaka*. Rongtong literally means "self emptiness" and advocates the inherent existence of all phenomena. This school bases its interpretation that absolutely all phenomena is empty and is based on Nagarjuna's *Stavakaya* treatise and

(Continued on page 7)

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#### MOONBEAMS OF MAHAMUDRA

Continued from page 6

this position was adopted by such great scholars as Tsong Khapa, the founder of the Gelug lineage of Tibetan Buddhism. Thrangu Rinpoche in this commentary usually takes the side of the Shentong school which bases its doctrine on emptiness on Nagarjuna's *Yuktikaya* treatise. The Shentong or literally "other emptiness" school believes that there is luminosity in emptiness.

Thrangu Rinpoche says, "In the Shentong school the greatest emphasis is put on buddha nature. Now some teachers in the past have regarded the teaching of buddha nature because it is present in everyone as being basically identical with the self or ego of an individual. They said this is an incorrect view and have refuted it. But their refutation is based on an incorrect understanding of the Rongtong position of buddha nature. The Rongtong position holds that when it's properly understood, buddha nature is itself empty. Without buddha nature being empty it does simply become another form of self which has all the problems that any concept of individual self has which has been refuted many times in all the schools. So most teachers find that this Rongtong position is a more powerful and more sophisticated view. But if it's not properly understood, then it's actually wrong. The Madhyamaka school clearly presents the concept of the egolessness of self. There's been a long tradition of debate and logical argument in the Tibetan tradition which has gone on for hundreds of years and it goes back to the Indian tradition. The purpose of this debate between various positions was to create a constant evolution, so that any problems in a particular view was uncovered and then could be corrected. The function of the debates between the various philosophical traditions is to sharpen the understanding of the participants and of the view that individuals expressed by that particular tradition. So it really comes down to that if

buddha nature is misunderstood as a self, then yes, it is quite incorrect. But if buddha nature is understood to be empty itself, then the perspective of Rongtong is generally regarded as more powerful. The understanding that everything is empty the same. The view of buddha nature just seems to be a bit more helpful than the view that there is nothing.

There are a lot of professors who have spent a great deal of time study-

ing the dharma and have written many learned commentaries on it. But very, very few of them have had any real practice, so none of them really knows what he or she is talking about. As a result, a lot of what they write is simply wrong, so take care concerning this."

4. The Shentong school believes that all sentient beings possess an essence called buddha nature (Skt. *tathatagarba*, Tib. *de shin shek pay nying po*). Because they have this essence, they all have the potential to

achieve Buddhahood.

5. To expand upon this, the Buddhist belief is that we as ordinary (unenlightened) beings don't see the world as it really is, but as an illusion. As already discussed in footnote 6 and footnote 8 our mind creates solid, real things, such as a hand, out of what is really something that is empty. Since it is our mind which creates this external delusion we call samsara, when we truly perceive and thoroughly understand how our mind works or is, then we finally see the

external world "as it really is" or *nalug?* in Tibetan. The world as it really is called *dharmadhatu* in Sanskrit with "dharma" in this context meaning phenomena as it truly is and "dhatu" meaning a "sphere" or "realm." So *dharmadhatu* or as it is often called *dharmata* can be translated as the "sphere of reality." This *dharmata* can only be perceived by an enlightened individual. In the next section this is described in more detail in terms of how things are and how things appear. ■

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5. Tibetan Medicine and Environmental Threats

6. The Spiritual Teachings of the Medicine Buddha

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Janice Whipple

# DEVELOPING BALANCED SENSITIVITY

## A Workbook of Practical Buddhist Exercises for Daily Life

by Alexander Berzin. 275 pp. #DE-BASE \$14.95 June

*Developing Balanced Sensitivity* presents a series of practical techniques for overcoming both insensitivity and hypersensitivity that can be practiced by people from all backgrounds. Deriving these techniques from traditional Buddhist sources, it presents them in non-traditional forms suitable for both sensitivity workshops and practice at home. The book indicates how to apply these methods to everyday difficult situations such as those that may arise in relating to partners, children, colleagues or parents.

The exercises are adapted primarily from the Gelug and Kagyu practices for gaining more balanced sensitivity toward ourselves and others. Topics include: accessing our mind's natural talents, recognizing the clear light nature of the mind, understanding the relation between mind, appearances, and feelings, deconstructing deceptive appearances, dispelling nervousness, insecurity, and low self-esteem, sorting out feelings, overcoming alienation, and making decisions.

Following is the preface to the book.

Buddha taught that life is difficult. Achieving emotional balance, for example, or maintaining healthy relationships is never easy. We make these challenges even more difficult than is necessary, however, for a variety of reasons. Among them are lacking sensitivity in certain situations and overreacting in others. Although Buddha taught many techniques for overcoming hardships in life, traditional Indian and Tibetan Buddhist texts do not explicitly address the topic of sensitivity. This is because the Sanskrit and Tibetan languages lack equivalent terms for insensitivity and hypersensitivity. This does not mean, however, that people from these cultures do not suffer from these two problems. Rather, they do not organize the various manifestations of them under two general terms. In adapting Buddha's methods for self-improvement to the modern Western context, however, it is necessary to address these issues as formulated in a Western idiom. This book attempts to meet this challenge.

Some people object to learning from ancient sources. They feel that modern times call for new solutions. However, the basic obstacles preventing more balanced sensitivity are universal. Some modern factors may contribute to the proliferation of our lack of sensitivity, such as overexposure to violence on television and isolating the elderly in institutions. Others, such as dramatic background music in movies, highlight and glamorize overreacting. These factors, however, merely aggravate the deeper causes that have always been the case—self-preoccupation, insecurity, fear, and confusion. Furthermore, throughout world history, people living through the horrors of war, famine or natural disasters have become immune to others' suffering. In many societies, only the strong and

healthy survive and are visible. And people have always overreacted to gain attention, as with toddlers crying for candy. It is cultural self-centeredness to think that we and our times are unique, and that we cannot learn from the past or other societies.

My main Buddhist teacher was Tsenzhab Serkong Rinpochey, the late Master Debate Partner and Assistant Tutor of His Holiness the Dalai Lama. I had the great privilege to

"Alex has given us a precise, thoughtful, and sophisticated book on the central question of human sensitivity. As one of Buddhism's most knowledgeable western teachers, he creatively combines analytical Buddhist psychology, trainings of the mind, intuitive heart practices and dozens of practical techniques to nurture a life of sensitivity."—Jack Kornfield

serve for nine years as his interpreter and secretary. Whenever Serkong Rinpochey would give initiations into practices of the highest class of tantra, he would explain that five types of deep awareness naturally endow our mind. He would illustrate this point with examples from daily life. For instance, we each have the deep awareness that is like a mirror: our mind takes in all the visual information we see. Normally, however, we do not pay full attention to the details. Receiving an empowerment stimulates such forms of awareness to grow. As a result, we attain the five types of Buddha-wisdom, such as the ability of a Buddha to be attentive to everything. During the years following Rinpochey's death, I reflected deeply on the significance of this point. Gradually I realized that it suggested a profound guideline for developing balanced sensitivity.

Serkong Rinpochey displayed great flexibility in his teaching style, always adapting it to his audience. Inspired by his example, I set about developing a set of meditative exercises for recognizing and enhancing the five types of deep awareness as a method for improving sensitivity skills. To make these exercises more accessible to Western audiences, I borrowed several approaches used in encounter groups for self-development. These techniques include having the participants sit in a circle and look at each other, and also having them work with a mirror. I began to teach these exercises in 1991 in various Buddhist centers around the world and refined the techniques based on experience and feedback. A transcript of one of these courses was published in German as *Fünf Weisheiten: im Aryatara Institut e. V., München (1993)* (Munich: Aryatara Institut, 1994).

Many people found these deep awareness practices helpful and requested me to write a book on the topic. I originally planned to use as the basis for this work a transcript of one of my courses. When I found the

material too short for a book, I began expanding the topic and formulating further exercises on other aspects of the issue. As my work progressed, it soon became apparent that these exercises could be organized in a logical progression to form a complete program for developing balanced sensitivity.

This workbook of exercises addresses primarily two audiences. The first consists of members of Buddhist centers of any denomination, either within or outside the Tibetan fold, who have reached a plateau in their practice and are looking for further material to stimulate their progress. Often people reach a plateau when they are unable to apply their meditation to daily life. To meet this need, this program weaves together facets of diverse traditional practices into new exercises. They are directed not only at their customary focus—people in our imagination—but also at other members of a group and finally at ourselves. These exercises can thus supplement the standard meditation practices of such centers, especially when these centers lack a resident teacher.

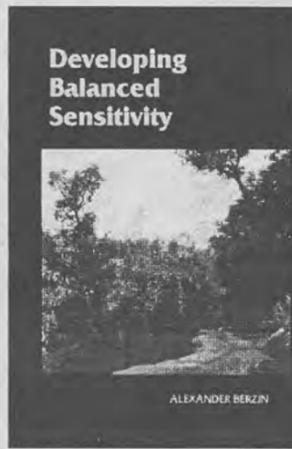
The second audience is anyone who is seeking techniques for overcoming sensitivity disorders. Although these exercises derive from Tibetan Buddhist sources, they have been especially designed for practice either at home or in sensitivity workshops independent of any Buddhist context. Although the book provides the Buddhist sources for each exercise, understanding or even being aware of this background material is not essential for undertaking the

training.

The first draft of this book was completed in Dharamsala and New Delhi, India, during the spring and summer of 1997. During the autumn of that year I taught this program in various Buddhist centers in Mexico, Holland, Germany, Switzerland, Poland, and the Ukraine. Based on the feedback, I modified the exercises and prepared the final draft of the text during the winter of 1997/98 in Munich, Germany. I wish to thank the organizers and participants of these courses, as well as Rajinder Kumar Dogra, Gary Goodnough, Steve Carlier, and my editors at Snow Lion for their invaluable suggestions, and the directors of Aryatara Institute Munich for their kindness in providing me the facilities for completing this book. I also wish to thank the Kapor Family Foundation for funding this project, and the Nama Rupa Foundation for administering the grant.

Alexander Berzin received a Ph.D. from Harvard University in 1972 from the Departments of Far Eastern Languages and Sanskrit and Indian Studies. A member of the Translation Bureau of the Library of Tibetan Works and Archives since 1972, he is the author of numerous books and articles. 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.

Other books by the author: *The*



### DEVELOPING BALANCED SENSITIVITY

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*Carol B. Simmons, Photographer*

## Spanish Nun Dies Under Bodhi Tree

by Bhikshuni Jampa Chokji

Among the western nuns who came to Bodh Gaya in February, 1998 for the full ordination ceremony organized by Fo Kwan Shan Chinese Monastery, there were eleven nuns from Sanye Ling Buddhist Centre in Scotland, accompanied by their teacher Lama Yeshe Losal, who had been asked to participate in the ceremonies. One of them was a Spanish nun, Patricia Baeza or Karma Chopel Dronma. Patricia had met the Dharma in 1978 in Ibiza, in a meditation course with Lama Thubten Yeshe and Lama Zopa Rinpoche. She was married and aged 23 or 24 at the time. She was a very intelligent and kind person who since childhood had a heart problem. Patricia became involved in helping the Nagarjuna center in Spain, together with her husband Jose Juan. Sometime later, during a course led by the Kargyu lama Akong Rinpoche in Madrid, her heart stopped and she practically died. She was brought back to life somehow, and a pacemaker was inserted in her body. After that, Patricia gave up her comfortable life and her husband. She went to Akong Rinpoche's center in Scotland and started the preliminary practices needed for engaging in a traditional three-year retreat. The retreat became a four-year retreat, during which Patricia took novice vows and became Karma Chopel Dronma. Afterwards she did another three-year retreat, followed by a solitary retreat on Dorje Phagmo, during which she kept total silence.

Patricia and I corresponded sometimes. I am a good friend of her mother Mary, but hadn't met Chopel Dronma since 1987. I always felt that she was a very special person, a good meditator with a great sense of renunciation and determination. I was very keen on meeting her at Bodh Gaya, but when I saw her, I had a strange feeling. She seemed very detached from everyone and everything. We met the day before the actual training started and took a walk to the village to make a phone call to her mother. When I asked her about her health she replied, "The bigger problems are getting better with meditation, but the smaller ones are worse," and she complained about how painful her legs were from sitting in meditation for so many years. I asked whether she took a walk or did some exercise when in retreat, and she replied: "When I'm in retreat, I never come out of my room. I try sometimes to do some yoga, but never keep it up. I don't like to waste time with meaningless things, I like to meditate."

Two days later I saw Patricia again. It was after lunch and she told me how tired she was from the strenuous schedule, beginning at 4:30 A.M. and finishing at 11:30 P.M. She had not told the organizers about her heart condition, but that evening she finally did.

The next morning, February 19th, the nuns were taken to the stupa to do some prayers. They started with Chinese prayers, followed by Pali verses and finally they began reciting the Twenty-One Praises to Tara, from the Tibetan tradition. The previous night Lama Yeshe had not slept well and unusually had decided to go to the stupa in the early morning. At 5:45, when the nuns were starting to walk around the stupa and the Bodhi Tree while reciting the Tara prayers, Chopel Dronma suddenly fell down and passed away. Lama Yeshe rushed to her and held her in his arms; there was no breath, no heart beating, no life. She died instantly, aged 44, right under the holy Bodhi Tree, without any suffering or pain. An Indian doctor was summoned but he could only certify her death.

Immediately, word spread around Bodh Gaya, and the bante (bhiksu) in charge of the Mahabodhi Temple

kindly offered his assistance. Chopel Dronma's body was taken to the receiving room of his office, laid on a wooden plank and covered with her 'chogu', the yellow robe. In the afternoon, Lama Yeshe, his nuns and some other monks and nuns performed a brief Chenrezig puja in front of her body.

A coffin was then brought in and filled with blocks of ice, and Chopel Dronma's body was laid inside. Her face was uncovered for all to see: the peaceful, smiling face of a sixteen-year-old maiden.

The next day in the afternoon, Patricia's sister and her husband arrived in Bodh Gaya, and the funeral was arranged for the following afternoon. On 21st February, the 25th in the Tibetan calendar, at three P.M., the lamas, monks and nuns from all the monasteries in Bodh Gaya, as well as a large crowd of lay people, gathered around Chopel Dronma's body. The Chinese chanted Amitabha's name, the Theravada monks sang Pali verses and the Sanye Ling nuns did Chenrezig prayers and mantra. Although she had died one day before the bhiksuni ordination ceremony, she was given posthumously the certificate of ordination, a copy of which was laid on her chest to be burned with her, in accordance with the Chinese tradition. The coffin was closed, covered with a yellow cloth and flowers and katas placed on it. A jeep carried it across the river Nairanjana to the cremation place. Her body was placed upon the pyre, covered with large logs, and ghee, incense, candles and katas were placed on it. Her sister lit the pyre and we all walked around it singing prayers and mantras.

The body burned with beautiful flames. The sun came out between the clouds, projecting a canopy of light rays over Bodh Gaya. Everyone was moved and amazed and commented that there are no records of anyone dying under the Bodhi Tree. There have been deaths at Bodh Gaya, but not right under the Tree. Many people come to that place wishing to end their life at such a blessed spot, but very few have their wish fulfilled. And now, a Spanish nun had made it. She must have a great amount of merit and bodhicitta, everyone commented. Her friends from Sanye Ling kept full control over their emotions and gave a very good example to everyone. This was the best ordination that nuns could have wished for.

The fire burned all night and in the morning the ashes were divided. Some were taken by the Taiwanese nuns, others were to be distributed in the holy places in India, and the rest were taken back to Spain for her family.

Patricia-Chopel Dronma has been such an inspiration to others, by her death and during her life. She did very strong meditation practice and was able to achieve some realizations. Her sister said she had always been very hardheaded, always did what she wanted and insisted in doing long retreats in spite of her poor health. Once she stopped eating and said she did not need food. Her teachers were getting worried and contacted her family. Her mother wrote to her and said that unless she started to eat, the family would take her away to a hospital. Patricia got very upset and replied: "You have no faith in me." She had given up attachment to this life and was living in a different world, a world that her family found difficult to understand. Before leaving for India, she had told a friend: "I will not come back to Scotland. I am going to die in Bodh Gaya." Karma Chopel Dronma achieved something we all wish to accomplish: She was able to benefit others immensely with her life and with her death. ■



by Ven. Thubten Chodron

The International Full Ordination Program in Bodhgaya, India, February 14-23, 1998, was organized by Master Hsing Yun and Fo Kuang Shan Temple in Taiwan. It drew 146 participants (132 of them women) and was remarkable in many ways. It was one of the first major steps to re-establish the bhikshuni (full ordination for women) ordination in countries such as Sri Lanka, where it had died out centuries ago, and to introduce this precious ordination in countries and traditions where it has not previously existed. Previously, only a few of us from traditions that lacked the bhikshuni ordination had gone to Taiwan, Hong Kong, or Korea to receive it, while two small ordinations were held in the USA and two in France in recent years. The bhikshuni ordination was given by both the bhikshuni and bhikshu sanghas, as is stipulated in the Vinaya, the code of monastic discipline.

The ordination program was truly international, with people from 22 countries. Four of the new bhikshus were from the Congo and are now studying Dharma in Taiwan. There were about 18 new Western bhikshunis, 20 Sri Lankans, 28 from Maharashtra (India), and about 8 Nepalese, as well as many others.

Also significant was that about nine well-respected Sri Lankan

## The International Full Ordination Ceremony in Bodhgaya

bhikshus participated in the ordination. Until now there has been strong resistance in the Theravada tradition to re-introducing the bhikshuni lineage, so their approval and participation was a major step. The bhikshuni lineage had spread from Sri Lanka to China in the 5th century, and died out in Sri Lanka in the 11th century due to the ravages of war. Now it has gone back from the Chinese to the Sri Lankans. In addition, a Burmese monk and Thai monk—both from traditions that also are resistant to introducing the bhikshuni ordination—took part in giving the ordination. One Tibetan monk was among those giving the ordination and His Holiness the Dalai Lama had sent a representative to observe the procedure. However, the absence of Tibetan nuns taking the ordination was sadly noticed: only two Tibetan nuns were there, all the others of the Tibetan tradition being from the West or from Ladakh. However, two Western bhikshunis from the Tibetan traditions—Ven. Karma Lekshe Tsomo and myself—had been invited to be witnessing acharyas among the bhikshunis who gave the vow.

The Maharashtra nuns were ex-untouchables who converted to Buddhism since the 1950s. Most were poor and under-educated. They follow the Theravada tradition, and their teacher, a monk also from Maharashtra, brought them to Bodhgaya for the ordination. They ranged in age from 20 to 80. The 20-year-old is now studying Dharma in Taiwan and has lots of potential. I met her mother, who was very supportive of her daughter's ordination. Initially the organizers were not going to allow the older women, who were

all novices already, to ordain. In Taiwan ordination of the elderly is discouraged because they don't want people joining the monastery simply to have place to live and others to care for them in their old age. But during the individual interview that each candidate did, the 80-year-old nun said she'd kill herself if they refused her. Needless to say, the master changed his mind! Everyone admired her determination. Although some of the other older nuns had trouble physically with the discipline, the 80-year-old bowed and knelt with everyone else, even though she had to use a cane to walk. She inspired everyone!

The Nepalese nuns, who are also Theravada, faced resistance from the Nepalese monks, but one who is supportive accompanied them here and participated in the ordination, and that too was a big step. They were young and eager to learn and practice.

For me it was a humbling privilege to be part of the 12-member bhikshuni sangha giving the ordination. As we walked into the hall, with the big drum beating and the large bell ringing, I thought, "If I were to die suddenly, now, while giving the ordination, I would be happy with my life." The longer I'm ordained, the more precious ordination is, the more I value the kindness of those who preserved it through the centuries, and the more I pray to be able to keep it purely, inspire others to receive and keep it, and pass it on to others. Practicing in a temple with other monastics brings a very special energy—a feeling of purity and noble aspiration—that I haven't experienced elsewhere. ■

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## Oops!

### LEARNING PRACTICAL TIBETAN

In the last issue of the Snow Lion, we made a goof. The Tibetan script lacked vowel markers due to a file transferring problem during typesetting. Sorry. Here is the excerpt again. Learn some phrases! Try them on your friends!

#### Tibetan Greetings

The following are common phrases used daily among Tibetans. Honorifics are found in phrases of greeting more than anywhere else. Don't worry if you can't immediately catch on to their use—since they are common, you'll have many opportunities to practice.

Hello.  
Tah-shi de-leh.

བུ་ཤི་ལེ་ལེ་ལེ་།

How are you?

Keh-rahng ku-su de-bo yin-peh?  
(you) (body) (well) (is it)

ལྟོ་ལྟོ་སྐྱུ་གཟུགས་བདེ་པོ་ཡིན་པས།

I'm fine.

La yin. Ngah sug-po de-bo yin.  
(yes) (I) (body) (well) (is)

ལགས་ཡིན། ང་གཟུགས་པོ་བདེ་པོ་ཡིན།

Note the honorific word for "body" (*ku-su*). The non-honorific form is used when speaking about oneself, thus *ku-su* changes to *sug-po* in the sentence "I'm fine."

Please sit down.

Shoo-ro-nahng. (*Shoo* is the honorific form of *deh*: sit.)  
(sit) (please)

བཞུགས་འགྲོ་གསལ་གནང་།

Another way of greeting is simply to ask someone where they are going:

Where are you going?

Keh-rahng kah-bah phe-geh?  
(you) (where) (are going)

ལྟོ་ལྟོ་ག་པར་ཐེབས་གས།

*Phe* is the honorific form of the verb "go" (*dro*). The use of *phe-geh* is the shortened version of the question form as mentioned the grammar section.

Goodbye.

Kah-leh phe. (said to the person leaving, or in the case that both of you are leaving)  
(carefully) (go)

ག་ལེར་ཐེབས།

Goodbye.

Kah-leh shoo. (said to the person remaining behind)  
(carefully) (stay)

ག་ལེར་བཞུགས།

See you later.

Jeh yong.  
(meet) (come)

མཇལ་ཡོང་།

See you tonight.

To-gong jeh yong.  
(tonight) (meet) (come)

དོ་དགོང་མཇལ་ཡོང་།

See you tomorrow.

Sahng-nyi jeh yong.  
(tomorrow) (meet) (come)

སང་ཉིན་མཇལ་ཡོང་།

Goodnight.

Sim-jah nahng-go.

གཟིམ་འཇག་གནང་དགོས།

Phrases like "I'm sorry" (*gong-dah*), and "thank you" (*thu-chi che*), are not commonly spoken. They should not be used as freely as they are here in the West, but should be reserved for extreme situations. ■

## Rare Opportunity to Meet A Tulku of Jigmay Lingpa, Adzom Paylo Rinpoche, on His First Trip Outside Tibet

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## LABRANG

A Tibetan Buddhist Monastery  
at the Crossroads of Four Civilizations



Photos from the Griebenow Archives, 1921-1949

by Paul Kocot Nietupski  
photos from the Griebenow  
Archives, 1921-1949

160 pp. 9 x 8" high, 20 color and 100  
b&w photos, illustrations, #LA \$24.95  
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*Labrang* stands out from the growing number of picture books on Tibet. Focusing on Labrang Monastery and its territories, this volume contains photographs taken over a twenty-five year period prior to the Chinese invasion that capture and preserve the life of this Tibetan monastery at its developmental peak. It includes narratives of people and events important in Labrang's early twentieth-century history and thus helps the reader enter into the life of one of the largest and most important centers of Tibetan culture.



This book is about the peoples and cultures that mingled at Labrang, but it is also about Blanche and Marion Griebenow, two young Christian missionaries, who against the advice of their families traveled to remote Tibet to spread the Christian message. They left the United States separately for what was then a region hostile to foreigners. They were married in Tibet and raised a family of four children. Their personal stories give a

fascinating first-hand account of Labrang as it was.

Paul Nietupski, Ph.D is a scholar of Asian religions and cultures currently working in the Department of Religious Studies at John Carroll University in Cleveland, Ohio. His wide-ranging interests include the transmissions of Buddhism in medieval Asia and the interfacing of Asian religions and cultures.

Following is an excerpt from a chapter entitled "Continuity and Change: Religious and Secular Education."

During the early decades of the twentieth century a number of unprecedented advances in education were attempted and realized at Labrang and in its territories. By no means did all Tibetan Buddhist mon-

asteries have effective infrastructures or curricula for public education, but the evidence confirms that Labrang was progressive with regard to religious and lay education.

Labrang Monastery, with its libraries, its famous lineages of teachers and their disciples and its practice of public debate, exemplified Tibetan monastic education at its best. Although not all monks were good scholars or self-motivated and self-

disciplined individuals (as in any educational institution), Labrang maintained rigorous courses of study.

The monastery was in effect a university divided into colleges, with different specialties and courses of study in each one, based on the classical Indian Buddhist model. The special fields were in all Buddhist sciences, the study and practice of Buddhist *sūtras* and *tantras*, and the entire range of associated meditations, medicine, arts and humanities. Most of these specialties were housed in their own buildings and facilities at Labrang. The curriculum included fully developed courses, debates, and ritual practices. All courses functioned on a strict lunar calendrical system, observing all major Buddhist festivals and commemorations throughout the year in addition to special events that required religious recognition. The specific content of the curriculum was broad-based, including memorization of and debate on major Buddhist *sūtras*, the teachings of the Buddhist "Middle Way" (*madhyamaka*), epistemology (*pramāṇa*), monasticism and ethics (*vinaya*), categories of selves, persons, and things, and the levels of consciousness (*abhidharma*), the wisdom literature (*prajñāpāramitā*), the entire system of Buddhist *tantras*, astrology, medicine, and other topics. There were regular classes, examinations, and degrees awarded in these subjects.

Though it had roots in the orthodox Gelukpa tradition of central Tibet, Labrang Monastery was not a strictly sectarian institution. In addition to the prominent central Tibetan Gelukpa systems, Labrang housed specialists in the older Tibetan Nyingma system and accommodated theories and techniques from all the Tibetan Buddhist lineages. The abbotship rotated every three years, a procedure designed to protect against the development of prejudiced interests in the monastic administration. Though pluralistic in its academic approach, monastic education was not available to everyone throughout the extended community.

There were at least seven major religious festivals in the monastic calendar year during which the monastery and grounds were open to the public. Many thousands of Tibetans would come to Labrang for these festivals, camping on the banks of the river, prostrating themselves and

praying in the hundreds of temples and shrines, viewing the ceremonial monastic dances, and participating in the secular ones. Travel or pilgrimage to sacred sites was an important part of Tibetan Buddhist religion. The repertoire of religious practices at Labrang included a variety of local and borrowed beliefs and practices. At Labrang Monastery there were shamans and healers, Tibetan non-Buddhist Bon practitioners, propitiation of non-Buddhist deities, and beliefs in a wide range of myths. At the core of this array stood a Tibetanized model of an Indian Buddhist monastery. Thus, though the most esoteric rituals were reserved for monastic experts, some of the highlights were shown to the public to indicate the presence of the divine in their midst. These public rituals were considered by lay people to bestow good luck; by seeing the deities, pilgrims were in turn seen by and thus blessed by them.

Development of the monastic schools did not cease in the twentieth century. In 1939, the Fifth Jamyang Shaypa established the Upper Tantric College (*Gyuto*) at Labrang, after the Lhasa model. The Fifth Jamyang Shaypa also attempted to modernize the curriculum at Labrang by including secular studies imported from China. His incorporation of new ideas was an attempt to upgrade Labrang's curricula and practices. Additionally, the Fifth Jamyang Shaypa is known for his efforts to preserve Tibet's literary heritage by his continuing search for, collection and preservation of rare Tibetan Buddhist manuscripts in the large library at Labrang. His achievements were substantial in terms of his enthusiastic support of both the monastic curricula and lay education.

The monastery had an elaborate system for the dissemination of political and religious rules to the tribal groups and the peoples in the Labrang district, and to monasteries founded in faraway places under the auspices of Labrang. This system was obviously disrupted at times by warfare and chaos, yet Labrang Monastery developed into a major functioning educational institution rich in artistic treasures. It is indeed surprising that it survived almost unscathed during the turbulent years of the early twentieth century.

In the 1930s and 1940s Labrang not only maintained monastic education, but also pursued initiatives in public schooling. After the 1927 war period, Apa Alo and Jamyang Shaypa introduced a new secular school system at Labrang to promote unity among the different ethnic groups in Amdo. They started schools for the ethnic



chiefs and the local Chinese officials in which the participants would study Tibetan and Chinese languages, cultures, and histories.

One of the goals in the push to develop educational systems was to replace the use of the Chinese language with Tibetan in the local schools. Though the times were chaotic, there was a commitment to disseminating religious and secular information to the public, even though success was intermittent. It was this attitude that played a role in securing permission for the Griebenows to reside at Labrang. In this environment the Griebenows opened elementary literacy classes, which represented possible opportunities for access to Western information and technologies. Labrang, at least in the minds of the monastic and secular elite, was not a provincial institution without aspirations for development.

One of the academic innovators and an ally of the Tibetans was a Chinese, Xuan Xiafu. Xuan was active in promoting education in Labrang and Amdo, and was an especially loyal ally of the Alos. He was an early Na-

(Continued on page 26)



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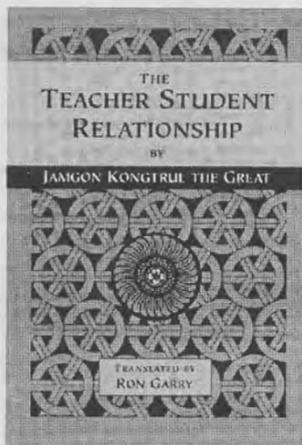
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by Jamgon Kongtrul Lodu Thaye, translation and commentary by Ron Garry, foreword by Lama Tharchin Rinpoche, introduction by Gyatrul Rinpoche. 263 pp. #TESTRE \$14.95 July

In the Tantric Buddhism of Tibet, it is an abiding principle that the root of all good qualities is devotion to a fully qualified "spiritual friend" (a teacher or guru). Nonetheless, in the few decades that Tibetan Buddhism has begun to blossom in the West, numerous problems have arisen between students and their teachers that seem to call into question what should be a relationship of mutual devotion, honesty, and respect.

The formidable challenge of finding the right teacher, and for teachers to find the right students, has actually been of major concern to Buddhists for many centuries, and the topic was never more thoroughly explored, and the answers more clearly delineated, than they were by the unsurpassed Tibetan teacher, Jamgon Kongtrul, in a chapter of his monumental Buddhist encyclopedia, *The Treasury of Knowledge*.

Translated by Dr. Ron Garry, this essential text lays out in clear terms the credentials and qualities that every student should look for in their teacher, why a teacher is necessary, and how the relationship between guru and disciple is to develop once it is established. With chapters such as *How to Seek the Spiritual Friend, Why is a Teacher Necessary, Categories and Qualifications of the Mas-*

*ter, and How the Student Should Choose a Teacher*, the translation of this authoritative work puts into the hands of every student all they need to know to undertake the most fundamental and important step on the path: finding a qualified spiritual teacher.

Dr. Garry's introductory commentary unpacks Kongtrul's text and elaborates many essential points, drawing especially on Gampopa's *Jewel Ornament of Liberation* and Buton's *Jewelry of Scripture*. This important volume is introduced by two of the most respected lamas teaching in America today, Lama Tharchin Rinpoche and Gyatrul Rinpoche.

*Jamgön Kongtrul Lodrö Tayé* (1813-1899), a pivotal figure in eastern Tibet's nonsectarian movement, was one of the most outstanding writers and teachers of his time. In his monumental *Encyclopedia of Buddhism (Treasury of Knowledge)* he presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism.

Other books by Jamgon Kongtrul: *Enthronement: The Recognition of the Reincarnate Masters of Tibet and the Himalayas*; *Jamgon Kongtrul's Retreat Manual*; *Myriad Worlds: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen*; *Buddhist Ethics*.

Following is an excerpt from *The Student-Teacher Relationship* entitled "How to Properly Follow the Teacher."

Kongtrul states that the teacher-student relationship is created and nurtured in two steps. First there should be a careful, mutual examination by the teacher and the student, then they should enter into a relationship. Through it, the student attains enlightenment and the teacher fulfills his commitment to guide sentient beings to enlightenment; thus it is very important for the relationship to be pure, uncontaminated with negativity, and unbroken.

He explains that examining the relationship is important, because if a relationship is begun with an unquali-

fied teacher or student, both will break their samaya and they will have many problems. Kongtrul quotes from the *Fifty Stanzas on Guru Devotion* to emphasize the importance of a good relationship between the teacher and the student:

Because the lama and his students will fail together in the samaya, in the beginning, the warrior should examine the relationship of the master and the student.

Kongtrul writes that if a lama gives empowerments to a student who can not keep the tantric commitments (*samaya*) the lama will experience problems such as taking progressively worse rebirths; the attainment of siddhis will be postponed for a long time; and numerous problems and obstacles occur.

He also enumerates the many problems the student will encounter if he receives empowerments from an unqualified lama: the student will be led down the wrong path; he will not be able to keep his samaya; he will not be able to attain the siddhis; his precious human rebirth will be squandered.

Thus, Kongtrul emphasizes that it is necessary for both the teacher and the student to examine each other before committing to a relationship. Many of us in the West, practicing on various spiritual paths, leap into the teacher-student relationship, then begin examining our teacher and find faults. Often the student becomes angry and leaves the relationship, feeling hurt and speaking negatively about the teacher. Had the student examined the teacher initially, this problematic situation might not have arisen. This tendency is not confined to Western students. In fourteenth century Tibet Kun Khayen Longchenpa wrote:

First, when the relationship is new, they recklessly get involved without

examination. They speak of each of the lama's noble qualities, but later on there is only recrimination. For some, whatever they do is mixed with deception and backbiting, and they dishearten the close circle [of disciples] around the lama; for them the result is the lowest hell itself.<sup>60</sup>

Thus, it is necessary for a Buddhist student in the Tibetan tradition to be familiar with the traditional lists given by Kongtrul of the qualities which characterize the qualified teacher.

- Although it is important
- to be generous with
- offerings and to pay
- respect to the spiritual
- friend, the best offering
- is to put his teachings
- into practice and
- thereby attain enlighten-
- ment for the benefit of
- all sentient beings.

After examining a teacher, the student may choose not to enter into a relationship for two primary reasons: the teacher is unqualified, as Kongtrul previously described; or, although he is qualified, his style or personality may not be suitable for that particular student. To determine whether or not the teacher is qualified, the student should refer to chapters three and four, above, in which Kongtrul describes the authentic teacher.

On the second point, although, in the present work, Kongtrul does not refer to the style or personality of the lama, it is frequently mentioned in the oral instructions given by lamas. Khenpo Tsultrim Gyamtso Rinpoche

illustrated this point with an example of an unharmonious match between a teacher who likes to focus upon logic and philosophy, and a student who prefers meditation practice.

Kongtrul states that after the student has examined the teacher and has decided he is both qualified and suitable, he should then fully rely upon that teacher as the necessary condition (*rkyaen*) for attaining enlightenment. Gampopa, in *An Ornament to Precious Liberation*, writes:

...although you may possess the most perfect support [*rten*, the precious human body], but are not urged on by spiritual friends as a condition [for attaining enlightenment], it is difficult to set out on the path towards enlightenment, because of the power of habitual tendencies (*bag-chags*) due to bad deeds committed repeatedly in former times.

In order to correctly rely upon the teacher, the student must have the proper attitude and then apply herself toward following the teacher. Kongtrul states that the proper attitude is to rely upon the spiritual friend in order to attain complete enlightenment. It is important that the student is not motivated to enter a relationship with a lama by the desire for personal gain; for example, the desire to gain respect by being associated with a great teacher.

Kongtrul writes that after having established the proper attitude, the student then follows the lama through action. He enumerates three principle methods for following the lama: giving material things and honor; paying respect; and following the lama by means of practicing his teachings. He explains that the student should be willing to offer the lama all his material possessions. The traditional texts state that an ad-

(Continued on page 13)

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### THE TEACHER-STUDENT RELATIONSHIP

*Continued from page 12*

vanced disciple, such as Naropa, Marpa, or Milarepa, would offer everything to his lama, including his wife, children, or his own body, speech, and mind. For most students today however, these types of offerings are not only not expected, but strongly discouraged.

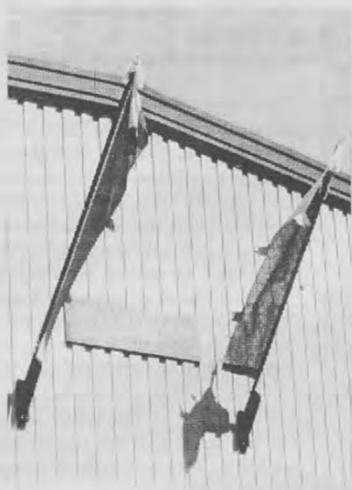
Honoring the lama means that the disciple is respectful. When the lama enters the room the student stands until the lama sits down, and then the student offers three prostrations. Also, upon entering a room where the lama is present the student should prostrate three times. Because the student treats his teacher as if he is the Buddha himself, he will not use the teacher's utensils, clothing, or sit on his teacher's cushion. In the teacher's presence, it is considered disrespectful for the student to lie down, yawn without covering his mouth, or to sit on the floor with his feet pointing towards the teacher.

Paying respect includes the various things a student can do for the teacher. In Tibet, for example, a student might have the opportunity of bathing or massaging the teacher. In the West, paying respect may include running errands, doing chores, helping carry things for the teacher, and so forth.

Traditionally, the most important way of following the teacher is to carry out all his instructions and advice concerning dharma practice. To this effect Kongtrul states:

Cheerfully practicing all the commands (*bsgo-ba*) given by the lama, and assiduously practicing whatever possible in the way of listening (*thos*), contemplating (*bsam*), and

meditating (*sgom*) upon all the dharma teachings, is better worship (*bsnyen-bkur*) than the ways previ-



## PRAYER BANNERS

The custom of displaying prayer banners was born in Tibet in the 11th century, when the great Indian master Atisha was there. He taught his disciples how to print prayers and mantras on pieces of cloth from engraved woodblocks. Nailed to masts or bamboo, or hung from vertical lines, these prayer banners flew freely in the wind. This practice subsequently became widespread within the Tibetan Buddhist tradition. They can be seen everywhere: around monasteries and holy places, high mountain passes and private homes.

To display sacred symbols and mantras on prayer banners with a pure intention becomes a source of positive energy which naturally brings benefits. Moreover, the wind which touches these banners covered with sacred characters and syllables also touches everything else—spreading wishes for the temporal and ultimate happiness of all beings, thus creating a vast positive field.

Check the section of the catalog on "Dharma Items" for some traditional deity prayer banners. ■

### Days Not to Hang Banners or Prayer Flags

We have received many requests for continued information about the astrological dates to avoid when hanging banners or prayer flags. When you put these up to bring success on the wrong astrological dates, you will continuously receive obstacles. For as long as the banners or prayer flags last, obstacles will continuously arise:

- 10th and 22nd of the first, fifth, and ninth (Tibetan) months
- 7th and 19th of the second, sixth and tenth months
- 4th and 16th of the third, seventh and eleventh months
- 1st and 13th of the fourth, eighth and twelfth months

The inauspicious days are converted to the Western Calendar for 1998 until the end of the current Tibetan year in the chart to the right. Please note that the Tibetan calendar has, to our way of thinking, certain peculiarities—months and days can repeat and days can be skipped.

This calculation is easy to do if you have a Tibetan calendar (available at the time of the Tibetan New Year), and save the formula of the months given here. Just look up the date of the Tibetan month and see the corresponding Julian calendar date. You may wish to save this information, as we may not print it again. ■

1	10th:	Mar. 7, 1998
	22nd:	Mar. 20
2	7th:	Apr. 3
	19th:	Apr. 15, 16
3	4th:	Apr. 30
	16th:	May 12
4	1st:	May 26
	13th:	June 7
5	10th:	July 4
	22nd:	July 16
6	7th:	July 30
	19th:	Aug. 11
7	4th:	Aug. 26
	16th:	Sept. 7
8	1st:	Sept. 21
	13th:	skipped
9	10th:	Oct. 30
	22nd:	Nov. 10
10	7th:	Nov. 26
	19th:	Dec. 7
11	4th:	Dec. 22
	16th:	Jan. 2, 1999
12	1st:	Jan. 18
	13th:	Jan. 29

ously mentioned, because the true spiritual friend is to be pleased by the offering of practice, and not by goods and so forth.

Patrul Rinpoche, in *The Oral Instructions of My Excellent Lama*, reiterates that the best offering is one of practice:

Although the lama is pleased by

three types of service, it is said that the supreme type is the offering of practice. This means persevering in the practice of all the teachings taught by the lama and enduring all hardships. The intermediate way of rendering service is serving your lama by doing whatever he wants you to do with your body, speech, and mind. The lowest way to please

your lama is by making generous offerings of material things such as food and wealth.<sup>71</sup>

Therefore, we are shown that although it is important to be generous with offerings and to pay respect to the spiritual friend, the best offering is to put his teachings into practice and thereby attain enlightenment for the benefit of all sentient beings. ■

*"When the truth fills our body and mind, we realize that something is missing." —Zen Master Dogen*

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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.

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

**Human Rights Update** (monthly, \$10/yr. suggested donation) Tibetan Centre for Human Rights and Democracy, Narthang Building, 1st Floor, Gangchen Kyishong, Dharamsala 176215, H.P., India. A good publication for finding out about human rights violations in Tibet.

**News Tibet** (quarterly, \$15/yr. suggested donation) and the **US Tibet Committee Newsletter**. Office of Tibet, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). 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 6483, Ithaca, New York 14851. tel: 607-273-8506. This is the paper you are presently reading. It is available to anyone on request and sent for free. We are also on the World Wide Web: <http://www.snowlionpub.com>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

**Tashi Delek** (Contains Tibet news—3 times per year, free, donation to support the publication greatly appreciated) Tibetan Alliance of Chicago, 4750 N. Sheridan Road, Suite #419, Chicago, IL 60640. 773-275-7454, fax 773-275-9171.

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

**Tibetan Environment & Development News** (periodic) From the International Campaign for Tibet, 1825 K Street NW #520, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343, e-mail: [ict@peacetnet.org](mailto:ict@peacetnet.org)

**Tibet Information Network** (quarterly "News Reviews" \$90/year, urgent news "Updates" \$60/year). An independent research and information center with sources inside Tibet, T.I.N. publishes accurate and balanced information regarding the Tibetan situation. TIN/USA, PO Box 2270, Jackson Hole, WY 83001, e-mail: [tinusa@wyoming.com](mailto:tinusa@wyoming.com), Fax/phone: 307-733-4670

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

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**Tibet Brief** International Committee of Lawyers for Tibet (quarterly, free). A group of volunteer lawyers who, through legal channels, work to improve conditions in Tibet. For more information contact: ICLT, 2288 Fulton Street #312, Berkeley, CA 94704, 510-486-0588, fax# 510-548-3785, email [iclt@iga.apc.org](mailto:iclt@iga.apc.org)

**Tibet Press Watch** (bi-monthly, \$25) From the International Campaign for Tibet, 1825 K Street NW #520, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343. Reproduces news articles from world-wide sources.

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On the cultural side, we recommend **The Tibet House Drum**. Tibet House New York, 241 East 32nd Street, New York, NY 10016, 212-213-5592. Features Tibetan activities in the NYC area. ■

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## THE JEWEL ORNAMENT OF LIBERATION

Continued from page 1

Tibet, he received his Acharya degree at the Central Institute of Higher Tibetan Studies at Varanasi, India—a nine-year program. He then studied for years with highly realized masters of the different lineages. He did the traditional three-year retreat during which time he studied the Fivefold Profound Path of Mahamudra, the Six Yogas of Naropa and other teachings. In 1982, he came to the USA and established the Tibetan Meditation Center, now located in Frederick, Maryland. Since then he has devoted himself to establishing and teaching at various centers, writing and translating many texts.

Other books by Khenpo: *Prayer Flags, Garland of Mahamudra Practices, In Search of the Stainless Ambrosia, The Great Kagyu Masters*.

Following is an excerpt from *The Jewel Ornament of Liberation* titled "Training in Aspiration Bodhicitta."

**XII. Training.** After cultivating bodhicitta, there are two types of training:

A. training in aspiration bodhicitta, and

B. in action bodhicitta.

**A. Training in Aspiration Bodhicitta.** The summary:

Not forsaking sentient beings from one's heart,

Recollecting the beneficial effects of that mind,

Gathering the two accumulations, Practicing the enlightened mind repeatedly, and

Accepting the four virtues and rejecting the four nonvirtues— These five comprise the training in aspiration bodhicitta.

The first one is the method for not losing bodhicitta. The second one is the method by which bodhicitta does not weaken. The third one is the method for increasing the strength of bodhicitta. The fourth one is the method for deepening bodhicitta. The fifth one is the method for not forget-

ting bodhicitta.

**1. Not Forsaking Sentient Beings from One's Heart.** First, the training in not forsaking sentient beings from one's heart is the method for not losing bodhicitta. The *Naga King Anavatapta-Requested Sutra* says:

A bodhisattva who possesses one quality holds all the excellent qualities of the Buddhas. What is that one quality? A mind which does not forsake anyone from one's heart.

Suppose someone acts unfavorably toward you, and you adopt an attitude of distance from that person and have no concern for them. Even if there were a chance to help that person in the future, you would refuse to do it. Even if a time came to protect that person from harm, you would refuse to do it. That is called "forsaking sentient beings."

Furthermore, what is meant by "forsaking sentient beings"? Does it mean all sentient beings or just one? Even Hearers or Solitary Realizers will not forsake all sentient beings, neither will the hawk and wolf. Therefore, if one forsakes even one being and does not apply the antidote within a session, then bodhicitta is lost. It is completely unreasonable to forsake sentient beings from your heart while being called a bodhisattva and maintaining other training. For example, this is like killing one's only child and then accumulating wealth on his behalf.

Of course one will not give up this attitude toward those beings who are benefitting oneself, but there is a danger of giving it up regarding those who harm you. To them especially, one should cultivate compassion and make efforts to bring them benefit and happiness. This is the tradition of the Noble Ones. It is said:

When harm has been done in return for good deeds,

Even then it is to be answered by great compassion.

The excellent beings of this world Return a good deed for an evil one.

**2. Recollecting the Beneficial**

**Effects of Bodhicitta.** Second, the training in recollecting the beneficial effects of bodhicitta is the method by which bodhicitta cannot weaken. The *Lamp for the Path to Enlightenment* says:

The quality of cultivating The mind of aspiration Was explained by Maitreya

In the *Planting the Noble Stalk Sutra*.

Thus it says, and so forth.

In that sutra, the beneficial effects of bodhicitta are illustrated through about 230 similes. All these beneficial effects are abbreviated as four categories. Thus: "O one of noble family! Bodhicitta is like the seed of all the Buddhas' qualities," and "it dispels all poverty like Vaisravana," and so forth refer to the beneficial effects for oneself.

"It fully protects all migrators like a shelter," and "it supports all sentient beings so it is like ground," and so forth refer to its beneficial effects for others.

"Because it is victorious over all the enemies of afflicting emotions, it is like a spear," and "it completely cuts the tree of suffering like an axe," and so forth refer to its beneficial effect of cutting off all the unfavorable conditions.

"It accomplishes all aspirations like the noble vase," and "it accomplishes all wishes like the precious, wish-granting jewel," and so forth refer to its beneficial effect of establishing all the favorable conditions.

In this way when one recollects all these virtues, one will cherish this precious bodhicitta highly. In this way when one practices, one sustains this mind without weakening. Therefore, one should persistently recollect all these beneficial effects; at least, one should recollect them once every session.

**3. Gathering the Two Accumulations.** Third, the training in gathering the two accumulations is the

(Continued on page 15)

མི་འགྱུར་རྗེ་ཇི་མཛོད་ལྷགས་བཤད་སྐབ་སྟེང་།

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## TARA MANDALA

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## First North American Conference on Women and Buddhism

"Unity and Diversity" is the theme of this year's conference on women and Buddhism to be held June 3-7, 1998, at Claremont College in Claremont, California. This conference is an occasion for scholars and practitioners to engage in issues of importance for Buddhist women, such as ordination, political involvement, feminism, ecumenism, and spiritual well-being. Sponsored by Sakyadhita: International Association

of Buddhist Women and the Claremont Colleges. Plenary speakers: Anne Klein, Karma Lekshe Tsomo, Sensei Egyoku Nakao, Yolande van Ede. Registration \$65. Full room and board at the college is only \$142. Contact Karen Torjesen at 909-607-3214, or write to: Claremont Graduate University, Religion Dept., 150 E. 10th Street, Claremont, CA 91711. ■

### THE JEWEL ORNAMENT OF LIBERATION

*Continued from page 14*

method for increasing the strength of bodhicitta. The *Lamp for the Path to Enlightenment* says:

The accumulation of merit and wisdom  
Is the nature of the cause of perfection. And so forth.

The "accumulation of merit" refers to the ten virtuous activities, the four methods of gathering, and so forth, as related to skillful methods. The "accumulation of primordial wisdom" refers to these practices realized as being fully free from the three spheres and so forth, as relates to the perfect wisdom. In this way, gathering the two accumulations establishes the power of bodhicitta in one's mind. Therefore, persistently gather the two accumulations; even by reciting one short mantra one can gather the two accumulations, so this should be done at least once each session. The *Speech to an Assembly* says:

Today, how should I accumulate Merit and wisdom?  
How can I benefit sentient beings?  
Bodhisattvas constantly contemplate in this way.

**4. Practicing the Enlightened Mind.** Fourth, practicing the enlightened mind repeatedly is the method for deepening bodhicitta. The *Lamp for the Path to Enlightenment* says:

After developing aspiration bodhicitta,  
One should make a great effort to deepen it.

In this, there are three topics: practicing the mind of the cause of enlightenment, practicing the mind of actual enlightenment, and practicing the mind of the action of enlightenment. Practicing these three deepens bodhicitta.

For the first, persistently develop loving-kindness and compassion toward all beings at least once each session.

The practice of actual enlighten-

*(Continued on page 23)*

# INVOCATION



To all who can hear the precious sounds and words of Dharma: Please listen again to this Invocation to Guru Rinpoche.

Allow this special gift from Jetsunma

Ahkön Lhamo to inspire the spontaneous

increase in Bodhicitta (love and compassion) in your life. Always cultivate Bodhicitta. That is the purpose of your precious human life." —His Holiness Penor Rinpoche



The first Western woman to be recognized as a reincarnate lama, Jetsunma Ahkön Lhamo has been fully empowered as a lineage holder in the most ancient tradition of Tibetan Buddhism. She is recognized by His Holiness Penor Rinpoche, the Supreme Head of the Nyingma lineage, as a manifestation of White Tara, embodiment of the limitless compassion of a Wisdom Dakini. Jetsunma has appeared in fulfillment of the prophecies of Padmasambhava to teach the Dharma in such a way that the Western mind can understand and apply it.

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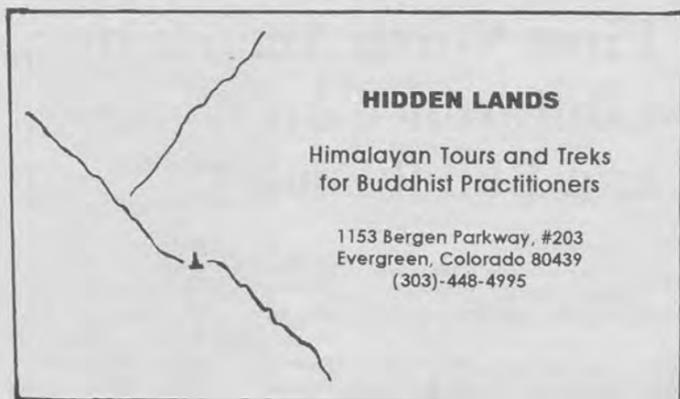
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### MEMOIRS OF A TIBETAN LAMA

*Continued from page 1*

story as far as 1962 before he was murdered in 1997, the book constitutes a moving statement against sectarianism and rigid conformity. It rings out as a plea for recognizing the unique culture and people of Tibet as they are, not as part of myth, and as a record of a life that embodied Buddhist truth.

Lobsang Gyatso was born in south-eastern Tibet in 1928. He studied and occupied a number of low-level administrative positions in Drepung monastery until fleeing as a refugee in 1959. Intellectually gifted, he became a teacher of Tibetan refugee children in a school in Mussorie, leaving there in the early 1970s to found the Institute Buddhist Dialectics. Under his direction the Institute Buddhist Dialectics grew into one of the foremost institutions of Tibetan culture in exile, adapting continually to the changing reality of Tibetan youth. His vision was of a school that retained what was good in monastic education while embracing parts of the secular.

Lobsang Gyatso was an unusual mix of the traditional and the modern. He was an unwavering follower of the Dalai Lama but scoffed at the posturing of incarnate lamas and never went to public tantric teachings. He was a product of Drepung monastery but was not loved by Gelukpa luminaries. He never learned English and had no interest in Dharma centers, yet founded an Institute which attracted a number of western practitioners and academics.

Lobsang Gyatso was murdered, in his room at the Buddhist Dialectic Institute with two of his students, in the late winter of 1997. The motive is thought to involve his unwavering support for the Dalai Lama's views.

Ven. Dr. Gareth Sparham received an honors degree in English literature from McGill University in 1970. After a brief period as a school teacher he began to study Buddhism in Nepal and India. He followed the traditional curriculum at the Buddhist Dialectic Institute in Dharamsala from 1974 until 1982 when he returned to Canada, receiving a doctorate in Asian Studies from the University of British Columbia in 1989. After teaching briefly he returned to the Buddhist Dialectic Institute in Dharamsala where he lived until 1997. He is presently a visiting lecturer at the University of Tasmania.

Ven. Dr. Sparham's published works, among others, include a translation of the Tibetan version of the Udanavarga and a study of Yogacara Buddhism in Tibet. He is presently engaged in translating a series of texts from Indian and Tibetan Perfection of Wisdom literature. Dr. Sparham has been a monk since 1974.

Following is the introduction to *Memoirs of a Tibetan Lama*.

The *Memoirs of a Tibetan Lama*, published here for the first time, is a Tibetan *namthar*—a life story as Buddhist teaching—written in the candid style of a tell-all autobiography by the famous Tibetan Buddhist teacher Lobsang Gyatso. Inevitably the life of Lobsang Gyatso will be seen through

the lens of his death. He was born in Kham, eastern Tibet, about seventy years ago. Called Drang-te (Beggar's Rubbish) as a boy, Nag-po-pa (Fleabag) or Choo-churwa (after his village in Kham) by his classmates, and Gen-la (a mix of comrade and teacher) by his students and friends, he was killed in the Buddhist Dialectic Institute in Dharamsala, India, next door to the Dalai Lama, in February 1997 along with two of his students.

Lobsang Gyatso (Ocean of Fine Thoughts, his monastic name) was recording these memoirs at the time of his death. A master raconteur with an eye for human foibles and a wicked sense of humor, he steps out of his remembrances as a roly-poly delinquent with a fierce sense of justice, a love of pork and beer, a dangerous temper, and a love of guns and knives. The *Memoirs* takes the reader up to Lobsang Gyatso's first years in India, ending in about 1963. Narrated in an unusually realistic style, his account of his early life as herder and *ben-chung* (young monk or lout) in the semi-nomadic community in eastern Tibet where he grew up, his journey to Lhasa, and his life as a monk in Drepung (at that time the largest monastery in the world) recreate what was special in old Tibet—the Shangri-la of western imagination—but with an openness and realism that is sometimes disturbing. He describes a country and a people as they really

*(Continued on page 26)*

## Introduction to Tibetan Buddhism

We often receive questions like: What are the different schools of Tibetan Buddhism? How is each school distinguished from others? How do their philosophic premises differ? What practices are emphasized by each school?

We recommend *Introduction to Tibetan Buddhism* by John Powers as the best source available on these matters. See section on Tibetan Buddhism. ■



## Vajrayana Foundation



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## H. E. NAMKHA DRIMED RINPOCHE

*Terton (Treasure Revealer) • Divination Master*

His Eminence Namkha Drimed Rabjam Rinpoche, Terton (treasure revealer) and divination master, will return to Southern California this August at the request of His Eminence Chagdud Tulku Rinpoche to lead the fourth annual T'hröma Retreat in Los Angeles. Rinpoche was born in 1938 in eastern Tibet, and from his early childhood displayed the unmistakable qualities of a compassionate bodhisattva. He was recognized as a terton by H. H. Dudjom Rinpoche and H. H. Dilgo Khyentse Rinpoche. During the Chinese Communist invasion in 1959, he led thousands to safety in India. His Eminence directs a monastery of the Nyingma lineage in Orissa on the east coast of India.

The practice of T'hröma is a wrathful means for cutting the ego and revealing the enlightened mind through the practice of generosity and compassion. Those unable to attend the events may wish to participate by sponsoring prayers on behalf of loved ones, especially during the healing ceremony and the ceremony for the deceased held as part of the T'hröma retreat.



### T'HRÖMA RETREAT

*The wrathful black Dakini*

LOS ANGELES, AUGUST 14-22  
Rinpoche will lead the fourth annual intensive drubchöd retreat, including T'hröma-empowerment, teachings and extensive practice. Two healing ceremonies and a ceremony for the deceased will be held in the evenings and will be open to non-retreatants.

### VAJRAKILAYA

*Empowerment and Teachings*

LOS ANGELES, AUGUST 10-11  
Vajrakilaya is a very wrathful practice for overcoming obstacles on the path. Following the Vajrakilaya empowerment, Rinpoche will conduct extensive teachings on the practice. *Please call about other events to be held in San Diego and Santa Barbara.*

### DIVINATIONS

*By a Divination Master*

Rinpoche is renowned for the accuracy of his divinations concerning future events. Divinations may be requested by letter or fax. Rinpoche will hold a limited number of personal interviews for divination results. Rinpoche will be in Southern California August 7-23, 1998.

FOR MORE INFORMATION ON ALL EVENTS, INCLUDING PRICES AND LOCATIONS, PLEASE CONTACT CHAGDUD GONPA T'HONDUP LING AT 213/953-0755, FAX 213/953-4859. THOSE REGISTERING BY 7/17 WILL RECEIVE A DISCOUNT.

## World Artists for Tibet

The European Parliament and over 3,000 artists from 45 countries are joining to draw global attention to the plight of the Tibetan people. The goal is to raise people's consciousness about the human rights violations that are being perpetrated against the Tibetan people.

They are asking artists and cultural organizations to exhibit or perform their artistic works during July and August 1998 and dedicate their works to the Tibetan cause and the promotion of freedom and peace for all sentient beings.

Some of the artists who have agreed to join include: Francesco Clemente, Leon Golub, Robert Longo, Peter Nagy, Leslie Dill, Claus Kertess, Anthony Minghella, Yoko Ono, Sean Lennon, Richard, Rosie O'Donnell, Peter Yarrow, Baba Olatunji, Arto Lindsay, Oscar Hijuelos, Elliot Gould and Lucy Lippard.

For more information, visit their website at: [www.art4tibet1998.org](http://www.art4tibet1998.org); email: [art4tibet@aol.com](mailto:art4tibet@aol.com); fax 718-206-1851. ■

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MEMORIAL ON SACRED LAND: Kunzang Palyul Choling, a Buddhist meditation center of the Nyingma tradition in Poolesville, MD, invites your participation to preserve its 65 acre meditation park. Fourteen stupas, including the 35 ft. Migyur Dorje stupa recently consecrated by H.H. Pedma Norbu Rinpoche, are in jeopardy until the land mortgage is retired. Adopt an acre @ \$6500 and dedicate a 400 lb. granite bench to your special intention. 27 acres already adopted. Challenge grants and group participation welcome. For more information call Bob Colacurcio 301-428-9150 or email [rccola104@aol.com](mailto:rccola104@aol.com).

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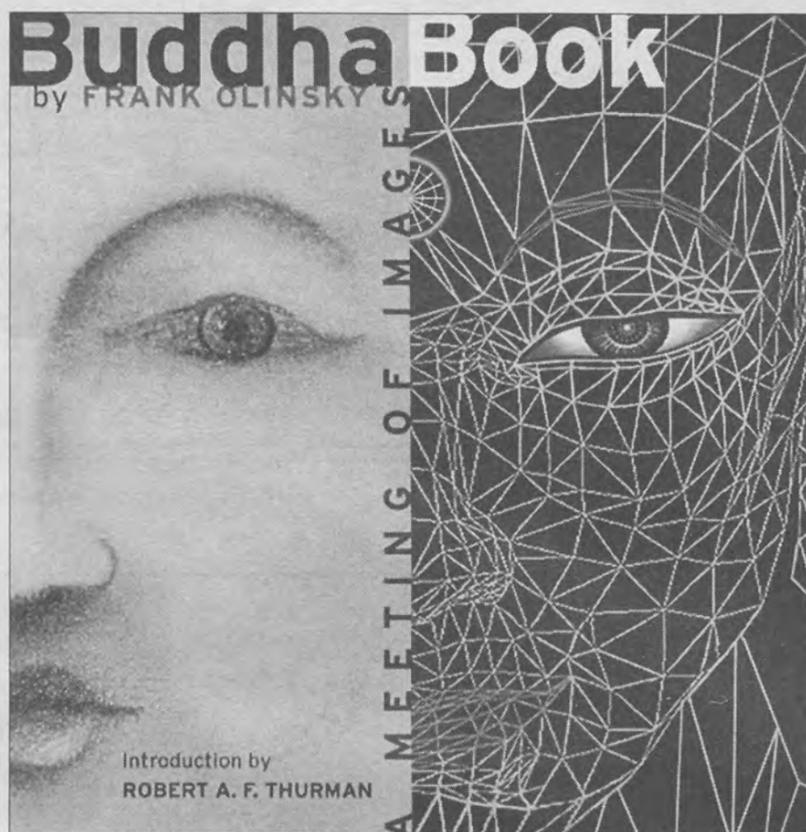
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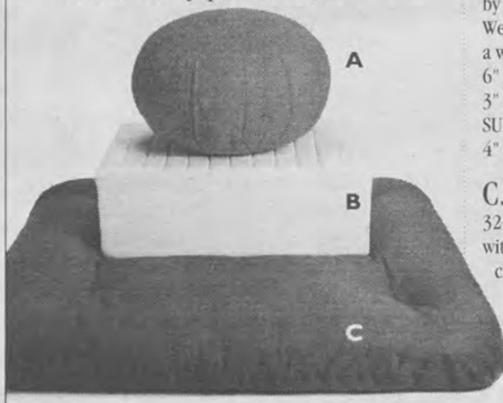
Snow Lion periodically sells (for one-time use) its maillist to companies offering services, products, or magazines that we think are compatible with our goals. If you do not wish to receive any of these, please let us know. ■

## Snow Lion News for the Visually Impaired

One of our readers, Patrice McDonald, has kindly volunteered to tape the news section of our newsletter for people who cannot read it. We may be able to supply you a copy of the tape if you need one. Please contact us for availability. ■

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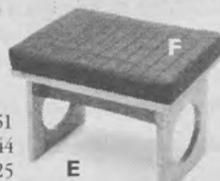
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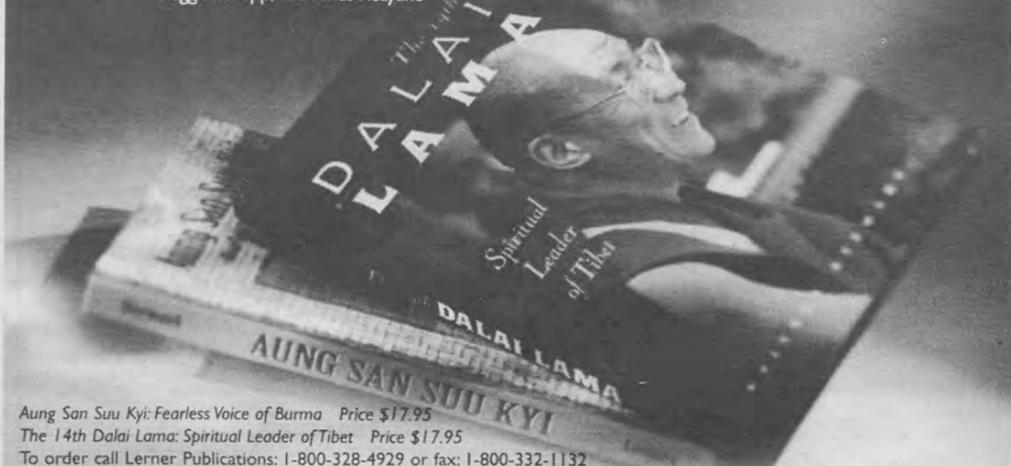
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### On the Hunger Strike unto Death and Self-Immolation

28 April 1998

Recently, six Tibetans undertook a hunger strike unto death, organized by the Tibetan Youth Congress. When I visited the hunger strikers at the beginning of this month, I told them I was against any form of violence, including hunger to the death.

Yesterday, we witnessed the most unfortunate incident of a Tibetan man

burning himself alive. I am deeply saddened by this. For many years, I have been able to persuade the Tibetan people to eschew violence in our freedom struggle. Today, it is clear that a sense of frustration and urgency is building up among many Tibetans, as evidenced by the unto-death hunger strike and the tragic incident of yesterday.

This frustration stems from the fact that the Tibetan people, with their unique cultural heritage, are being wiped out from the face of the earth. This is a tragedy for the whole world as the Tibetan culture has tremendous potential to benefit the world, most of all millions of Chinese brothers and sisters.

Although I disagree with their method, I do admire the motivation and determination of these Tibetans. They were prepared to die not for their selfish ends, but for the rights of six million Tibetans and the survival of their culture.

I request the international community to enhance its support to the cause of Tibet in a more substantial way. I request the governments and international fora to make earnest efforts to resolve the problem of Tibet peacefully. ■

## Second Hunger Strike Begun

On April 27, 1998, the Tibetan Youth Congress (TYC) announced that six Tibetans began a second unto-death hunger strike to take the place of the first group which had been arrested. The participants in the second strike are all males ranging in age from 23 to 60.

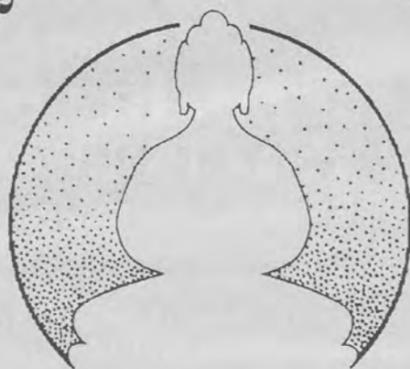
The TYC said that it had "realized that we Tibetans have no political allies. Therefore we will continue this movement till the demands are met."

UN High Commissioner Mary Robinson appealed to the six unto-death hunger strikers to end the strike and assured them that the UN is concerned about the Tibet issue and that the situation of the people of Tibet is not being ignored.

TYC President Tsetan Norbu thanked UNHCHR for its concern, but because no commitment had been made, the unto-death hunger strike would continue.

On April 26, five to six hundred people gathered in Paris to express their solidarity with the hunger strikers. They signed petitions to the French government asking it to take the initiative to introduce the Tibetan issue to the UNO and to demand the release of the Panchen Lama. Many people enrolled to participate in a national solidarity fast to be held May 5 to 10. Solidarity fasts were also organized in Lyon, Marseille, Nice, and Grenoble. ■

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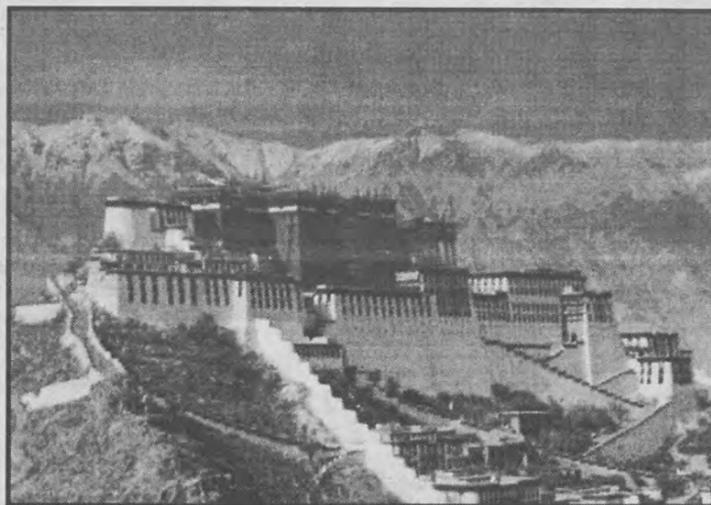
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### THE JEWEL ORNAMENT OF LIBERATION

Continued from page 15

ment is the desire to obtain enlightenment for the benefit of sentient beings. Contemplate this three times in the daytime and three times at night. Use the detailed ceremony for cultivation of bodhicitta or at least repeat the following once each session:

I take refuge in the Buddha, the Dharma, and the Sangha until I achieve enlightenment. By the merit of generosity and other good deeds, may I attain enlightenment for the benefit of all beings.

There are two subdivisions in the mind of the action of enlightenment: practicing the attitude of benefitting others and practicing purification of one's own mind. First, cultivate the mind to dedicate and give your body, wealth, and all the virtues of the three times for others' benefit and happiness. Second, practice purifying your own mind. Always watch your moral ethics and abstain from evil deeds and afflictive emotions.

5. Rejection of the Four Unwholesome Deeds and Acceptance of the Four Wholesome Deeds. Fifth, training in rejection of the four unwholesome deeds and acceptance of the four wholesome deeds is the method of not forgetting bodhicitta. The *Lamp for the Path to Enlightenment* says:

One should fully protect the training as it is explained. In order to recollect this bodhicitta even in other lifetimes.

Where is this training explained? The *Kashyapa-Requested Sutra* says:

The four unwholesome deeds are stated. Kashyapa, the bodhi-sattva who possesses four qualities will forget bodhicitta. What are these four? These are: ...and so forth. Abbreviated, these are: deceiving the lama and those worthy of worship; causing remorse in others when remorse is not appropriate; through aversion, saying improper words about a bodhisattva who has cultivated bodhicitta; and behaving deceitfully toward sentient beings.

The four wholesome deeds are also explained this way:

Kashyapa, the bodhisattva who possesses four qualities will remember bodhicitta immediately upon birth in all other lifetimes until he obtains the heart of enlightenment. Which are these four? These are: ...and so forth. Abbreviated, these are: not telling lies consciously even at the risk of one's own life; generally establishing all sentient beings in virtue, particularly in the virtues of the Mahayana; seeing bodhisattvas who have cultivated bodhicitta as Buddhas and proclaiming their qualities in all the ten directions; and sincerely maintaining the altruistic attitude toward all sentient beings.

*Explanation of the first unwholesome deed.* When one deceives the spiritual master, abbot, master, or one worthy of offerings by telling a lie with an insincere mind, your bodhicitta is lost if the antidote is not applied within a session whether they are aware of the lie or not, whether they are pleased or not, whether they are deceived or not. The first wholesome deed is its antidote. Desist from consciously telling lies, even at the risk of your life.

*Explanation of the second unwholesome deed.* When someone performs virtuous deeds and you intend to make them regret it, your bodhicitta is lost if the antidote is not applied within a session whether they actually feel remorse or not. The second wholesome deed is its antidote. Establish all sentient beings in virtue, particularly in the virtues of the Mahayana. (Note: Chen-ngawa and Chayulwa specified virtuous Mahayana actions. Gyayondak said either Mahayana or Hinayana actions. Take, for example, the practice of generosity. The way of giving is virtuous, but if you get hungry tomorrow and have to go begging and so forth this can cause regret.)

*Explanation of the third unwholesome deed.* When, with hatred, you use improper words with a person who has cultivated bodhicitta, bodhicitta is lost if the antidote is not applied within a session whether you expressed ordinary faults or faults of the Dharma, whether directly or indirectly, whether specific or not, whether gently or harshly, whether they heard it or not, or whether they were pleased or not. The third wholesome deed is its antidote. See bodhisattvas who have cultivated bodhicitta as Buddhas and make efforts to proclaim their virtues in all the ten directions.

*Explanation of the fourth unwholesome deed.* When, with deceit, you commit fraud toward any sentient being, bodhicitta is lost if the antidote is not applied within a session whether he was aware of it or not or whether it caused harm or not. The fourth wholesome deed is its antidote. Maintain the altruistic attitude toward all sentient beings and wish to benefit others without considering your own profit. ■

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Sincerely,

### HIS HOLINESS' STATEMENT ON THE 39th ANNIVERSARY

Continued from page 1

course of our freedom struggle. The path of non-violence must remain a matter of principle in our long and difficult quest for freedom. It is my firm belief that this approach is the most beneficial and practical course in the long run. Our peaceful struggle until now has gained us the sympathy and admiration of the international community. Through our non-violent freedom struggle we are also setting an example and thus contributing to the promotion of a global political culture of non-violence and dialogue.

The sweeping changes across the globe have also embraced China. The reforms, initiated by Deng Xiaoping, have altered not only the Chinese economy, but also the political system, making it less ideological, less reliant on mass mobilisation, less coercive, and less stifling for the average citizen. The government is also notably far less centralised. Moreover, the post-Deng Xiaoping leadership in China seems to have become more flexible in its international policy. One indication of this is China's greater participation in international fora and cooperation with international organizations and agencies. A remarkable development and achievement has been the smooth transfer of Hong Kong to Chinese sovereignty last year and Beijing's subsequent pragmatic and flexible handling of issues concerning Hong Kong. Also recent statements from Beijing on restarting cross-strait negotiations with Taiwan reflect apparent flexibility and softening of its stance. In short, there is no doubt that China today is a better place to live in than 15 or 20 years ago. These are historic changes that are commendable. However, China continues to face grave human rights problems and other formidable challenges. It is my hope that the new leadership in China, with this renewed confidence, will have the foresight and courage

to provide greater freedom to the Chinese people. History teaches us that material progress and comfort alone are not the full answer to the needs and yearnings of any human society.

In stark contrast to these positive aspects of the development in China proper, the situation in Tibet has sadly worsened in recent years. Of late, it has become apparent that Beijing is carrying out what amounts to a deliberate policy of cultural genocide in Tibet. The infamous "strike hard" campaign against Tibetan religion and nationalism has intensified with each passing year. This campaign of repression—initially confined to monasteries and nunneries—has now been extended to cover all parts of the Tibetan society. In some spheres of life in Tibet, we are witnessing the return of an atmosphere of intimidation, coercion and fear, reminiscent of the days of the Cultural Revolution.

In Tibet human rights violations continue to be wide-spread. These abuses of rights have a distinct character, and are aimed at preventing Tibetans as a people from asserting their own identity and culture and their wish to preserve it. This Buddhist culture inspires the Tibetan

people with values and concepts of love and compassion that are of practical benefit and relevance in daily life and hence the wish to preserve it. Thus, human rights violations in Tibet are often the result of policies of racial and cultural discrimination and are only the symptoms and consequence of a deeper problem. Therefore, despite some economic progress in Tibet, the human rights situation has not improved. It is only by addressing the fundamental issue of Tibet that the human rights problems can be overcome.

It is an obvious fact that the sad state of affairs in Tibet is of no benefit at all either to Tibet or to China. To continue along the present path does nothing to alleviate the suffering of the Tibetan people, nor does it bring stability and unity to China, which are of overriding importance to the leadership in Beijing. Also, one of the main concerns of the Chinese leadership has been to improve its international image and standing. However, its inability to resolve the Tibetan problem peacefully has been tarnishing the international image and reputation of China. I believe a solution to the Tibetan issue would have far-reaching positive implica-

tions for China's image in the world, including in its dealings with Hong Kong and Taiwan.

With regard to a mutually acceptable solution to the issue of Tibet, my position is very straightforward. I am not seeking independence. As I have said many times before, what I am seeking is for the Tibetan people to be given the opportunity to have genuine self-rule in order to preserve their civilisation and for the unique Tibetan culture, religion, language and way of life to grow and thrive. My main concern is to ensure the survival of the Tibetan people with their own unique Buddhist cultural heritage. For this, it is essential, as the past decades have shown clearly, that the Tibetans be able to handle all their domestic affairs and to freely determine their social, economic and cultural development. I do not believe that the Chinese leadership would have any fundamental objections to this. Successive Chinese leaderships have always assured that the Chinese presence in Tibet is to work for the welfare of the Tibetans and to "help develop" Tibet. Therefore, given a political will, there is no reason why the Chinese leadership can-

not start addressing the issue of Tibet by entering into a dialogue with us. This is the only proper way to ensure stability and unity, which the Chinese leadership asserts are their primary concern.

I take this opportunity to once again urge the Chinese leadership to give serious and substantive consideration to my suggestions. It is my firm belief that dialogue and a willingness to look with honesty and clarity at the reality of Tibet can lead us to a viable solution. It is time for all of us to "seek truth from facts" and to learn lessons derived from a calm and objective study of the past and to act with courage, vision and wisdom.

The negotiations must aim to establish a relationship between the Tibetan and Chinese peoples based on friendship and mutual benefit; to ensure stability and unity; and to empower the Tibetan people to exercise genuine self-rule with freedom and democracy thus allowing them to preserve and cultivate their unique culture as well as to protect the delicate environment of the Tibetan pla-

(Continued on page 25)

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**HIS HOLINESS' STATEMENT ON THE 39th ANNIVERSARY**

Continued from page 1

teau. These are the principal issues. However, the Chinese government is making consistent efforts to confuse the real issues at stake. They allege that our efforts are aimed at the restoration of Tibet's old social system and the status and privileges of the Dalai Lama. As far as the institution of the Dalai Lama is concerned, I stated publicly as early as 1969 that it is for the people of Tibet to decide whether this institution is to continue or not. In my own case, I made it clear in a formal policy in 1992 that when we return to Tibet, I will hold no positions in any future Tibetan government. Moreover, no Tibetan, whether in exile or within Tibet, has a desire of restoring Tibet's old social order. It is, therefore, disappointing that the Chinese government continues to indulge in such baseless and distorted propaganda. This is not helpful in creating a conducive atmosphere for dialogue, and I hope that Beijing will refrain from making such allegations.

I also would like to express my sincere appreciation and gratitude to the many governments, parliaments, non-governmental organisations, Tibet support groups and individuals, who continue to be deeply concerned with the repression in Tibet and urge to resolve the question of Tibet through peaceful negotiations. The United States has set a precedence of appointing a Special Coordinator for Tibetan Affairs in order to facilitate dialogue between us Tibetans and the Chinese government. The European and Australian parliaments have recommended similar initiatives.

Last December, the International Commission of Jurists issued its third report on Tibet, entitled *Tibet. Human Rights and the Rule of Law*. These are timely initiatives and most encouraging developments. Moreover, the growing empathy, support and solidarity from our Chinese brothers and sisters in China as well as those overseas for the fundamental rights of the Tibetan people and for my "Middle-Way Approach" are of particular inspiration and a source of great encouragement for us Tibetans.

Furthermore, on this occasion of the fiftieth anniversary of India's independence I wish to express on behalf of the Tibetan people our heart-felt congratulations and reiterate our immense appreciation and gratitude to the people and government of India, which has become a second home to the majority of the Tibetans in exile. India represents not only a safe haven for us Tibetan refugees, but is also for us a country whose ancient philosophy of Ahimsa and deep-rooted democratic tradition have inspired and shaped our values and aspirations. Moreover, I believe India can and should play a constructive and influential role in resolving the Tibetan problem peacefully. My "Middle-Way Approach" is in line with the basic Indian policy vis-a-vis Tibet and China. There is no reason why India should not be actively engaged in encouraging and promoting dialogues between Tibetans and the Chinese government. It is clear that without peace and stability on the Tibetan plateau, it is unrealistic to believe that genuine trust and confidence can be restored in the Sino-Indian relationship.

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Last year we conducted an opinion poll of the Tibetans in exile and collected suggestions from Tibet wherever possible on the proposed referendum, by which the Tibetan people were to determine the future course of our freedom struggle to their full satisfaction. Based on the outcome of this poll and suggestions from Tibet, the Assembly of Tibetan People's Deputies, our parliament in exile, passed a resolution empowering me to continue to use my discretion on the matter without seeking recourse to a referendum. I wish to thank the people of Tibet for the tremendous trust, confidence and hope they place in me. I continue to believe that my "Middle-Way Approach" is the most realistic and pragmatic course to resolve the issue of Tibet peacefully. This approach meets the vital needs of the Tibetan people while ensuring the unity and stability of the People's Republic of China. I will, therefore, continue to pursue this course of approach with full commitment and make earnest efforts to reach out to the Chinese leadership.

With my homage to the brave men and women of Tibet, who have died for the cause of our freedom, I pray for an early end to the suffering of our people and for the peace and welfare of all sentient beings. ■

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## MEMOIRS OF A TIBETAN LAMA

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were, and he describes himself honestly as an ordinary man, with all his failings, caught between the pull of the world and the tranquility of spiritual life.

Lobsang Gyatso left his homeland in Kham to study in central Tibet at about the age of seventeen, entering Phukhang house, in the Loseling section of Drepung monastery in 1945. He was at first little more than a debt

collector for the house guru, but finally was taken in hand by the saintly Gen Yaro who for seven years led him through the traditional monastic curriculum. He became well known in Drepung as a capable debater and he spent long periods, during study sessions, in the caves above Drepung in retreat. Later he would say that whatever personal and intellectual honesty he had stemmed from his spiritual training during this period. In 1954 Lobsang Gyatso became the

Phukhang house guru and demonstrated a talent for administration and financial matters; in 1956 he became the house grainkeeper, a position he held until he fled as a refugee to India in 1959.

In 1974 the Dalai Lama and Lobsang Gyatso founded the Buddhist Dialectic Institute in Dharamsala. After some difficult early years it established itself as one of the success stories of the Tibetan exile community. The founding of the

Buddhist Dialectic Institute is the work for which Lobsang Gyatso will be best remembered. Unencumbered by past history and unfettered by formal ties, it evolved under the guidance of Lobsang Gyatso into a diverse institution defined only by the wish to properly educate Tibetan youth in exile.

That Lobsang Gyatso was a deeply spiritual man is obvious from these memoirs. His description of his Red Uncle (his first guru), and the gratitude he feels to Gen Yaro (the guru who began to develop his prodigious intellectual talents) evoke memories of famous gurus of the past. And his love for his home monastery Dondupling in Kham, and for Drepung Loseling in Lhasa is unmistakable. But Lobsang Gyatso writes obliquely. He details his own shortcomings and sillinesses rather than openly describing the excellence of his gurus, and he is confident that the grubbiness and even horrors in the monasteries he describes will gently lead the reader to find for him or herself the noble sense of community that was there as well.

Of particular interest is Lobsang Gyatso's detailed description of the Tibetan economy before the Chinese occupation. His eyewitness account of Tibet's market-oriented economy, based on the monasteries as banks,

will do much to put to rest once and for all the self-serving myth of Tibet as a feudal land where peasants toiled and the rich lived off the fruits of their labor.

Lobsang Gyatso's memoirs take their place alongside the other records of pre-1959 Tibetan society, the best known of which is the Dalai Lama's *My Land and My People*. But Lobsang Gyatso's memoirs are unique for a narrative style strongly influenced by realism, and for the perspective he brings to his description: that of an ordinary Tibetan. His tragic death at the hands of sectarian fanatics and his willingness to embrace controversial issues head on will ensure his memoirs a lasting place in Tibetan literature.

Lobsang Gyatso's memoirs are characterized by the same humor and fearlessness that he showed in his life. More than anything else, he valued authentic spiritual endeavor, free from hypocrisy and unfettered by mere conformity to rules and ritual, and he was supremely confident that what was authentically good in Tibet and Tibetans, embodied in the Dalai Lama, would prevail. His outspokenness and love of his country and Buddhism are summed up in his memorable line: "too much hope in Buddhism and too much hope in the specialness of Tibet." ■

## NOW IS THE TIME TO ACT!

With the advent of several movies on Tibet, interest in the Tibetan cause is reaching a new high—public awareness and outrage is building. Grass-roots support is very important and there are several things you can do to influence the situation:

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2. Boycott goods made in China.
3. Organize events and programs in your area supporting Tibet or write about Tibet for the local media. Information can be obtained from the International Campaign for Tibet or from [www.savetibet.org](http://www.savetibet.org)
4. Join the International Campaign for Tibet, 1825 K Street NW #520, Washington, D.C. 20006, tel: 202-785-1515. They have several projects that you could act on in your area.
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#### LABRANG

Continued from page 11

tionalist Party member who later became a member of the Chinese Communist Party; in the late 1920s he also

worked for Feng Yuxiang. In the late 1920s Xuan Xiafu used his influence to get Apa Alo membership first in Nationalist Party's Youth Corp, and then in the Lanzhou branch of the Party Committee.

The Nationalist Youth Corp, members of which were all in their early twenties, actively promoted unity, national pride and political reform. With the Hui occupying Labrang, this movement was very attractive to Apa Alo. At Labrang, unity and national pride meant something different than it did in China; it meant pride in the identity of Labrang as a center of Tibetan culture. The Youth Corp branch at Labrang promoted education, including Tibetan folk music and dance. The branch published a regular bulletin in which Apa Alo once introduced a proposal for Tibetan nomad grasslands region crossing the boundaries of the Chinese provinces into which it had been divided—Gansu, Qinghai, and Sichuan. He argued that the Tibetan grasslands already represented a real political unit and deserved official recognition.

In 1928 two new schools were established in Golok territories, and the area's first girls' school was opened in 1940. There were only about twenty students at first, and never a large number, but enrollment gradually increased with several Tibetan, Chinese and Hui students. Schooling was open to all, young and old, male and female, and of any religious affiliation.

The accounts of the Tibetan educational initiatives sound nearly too good to be true, and there is no doubt that they were historically recent, prototype-style programs. The interesting point is, however, that they did happen, they were innovative, and they reveal a genuine interest in educational development on the part of the ruling elite at Labrang. ■

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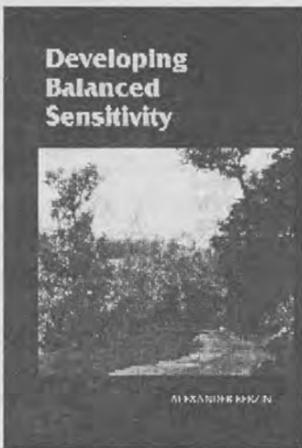
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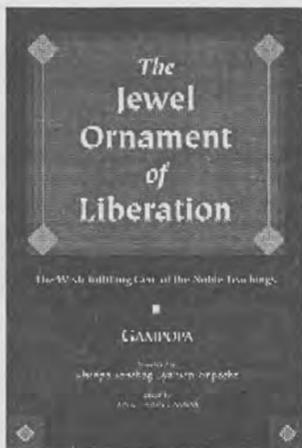
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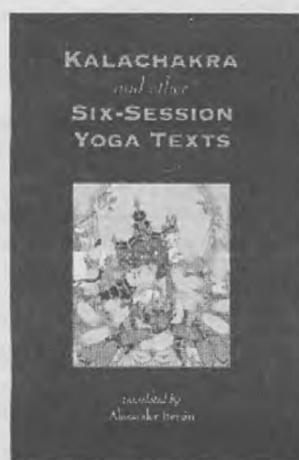
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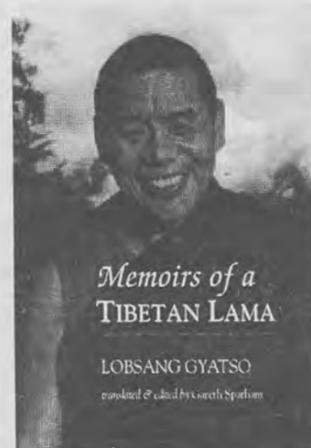
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"Anne Klein presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins

Buddhist philosophy is concerned with defining and overcoming the limitations and errors of perception. To do this is essential to Buddhism's purpose of establishing a method for attaining liberation. Conceptual thought, in this view, can lead to a liberating understanding, a transformative religious experience.

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

The Gelukba interpretation of Dignaga and Dharmakirti is greatly at variance with virtually all other scholarship concerning these seminal Buddhist logicians. The author clarifies these differences, considering both traditional Buddhist and modern scholarship, thus establishing what is unique to the Gelukba presentation and, in this light, examining reasons for the validity of this school's interpretation.



**MEMOIRS OF A TIBETAN LAMA**

by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham, 380 pp., #METILA \$16.95 June

In 1995 Gareth Sparham suggested to Lobsang Gyatso, his long-time teacher and friend, that he record his life story. Lobsang Gyatso's life in Kham and central Tibet as he tells it is the story of an ordinary man going through what to him was an ordinary life, dealing openly with the pettiness and violence in the monasteries, the details of the economic system and the hopes and aspirations of a man trying to live up to higher ideals. It is also the story of the fall of Tibet seen through the eyes of a patriot and fearless author. Always outspoken, the problem with Tibetans, he writes, was their overblown belief in Buddhism and in the specialness of their country. Although he had only told his story as far as 1962 before he was murdered in 1997, the book constitutes a moving statement against sectarianism and rigid conformity. It rings out as a plea for recognizing the unique culture and people of Tibet as they are, not as part of myth, and as a record of a life that embodied Buddhist truth.

Lobsang Gyatso was born in south-eastern Tibet in 1928. He studied and occupied a number of low-level administrative positions in Drepung Monastery until fleeing as a refugee in 1959. Intellectually gifted, he became a teacher of Tibetan refugee children in a school in Mussorie, leaving there in the early 1970s to found the Institute of Buddhist Dialectics. Under his direction the Institute of Buddhist Dialectics grew into one of the foremost institutions of Tibetan culture in exile, adapting continually to the changing reality of Tibetan youth. His vision was of a school that retained what was good in monastic education while embracing parts of the secular.

Lobsang Gyatso was an unusual mix of the traditional and the modern. He was an unswerving follower of the Dalai Lama but scoffed at the posturing of incarnate lamas and never went to public tantric teachings. He was a product of Drepung Monastery but was not loved by Gelukpa luminaries. He never learned English and had no interest in Dharma centers yet founded an Institute which attracted a number of Western practitioners and academics.

Lobsang Gyatso was murdered, in his room at the Buddhist Dialectic Institute with two of his students, in the late winter of 1997. The motive is thought to involve his unwavering support for the Dalai Lama's views.



**LABRANG**

A Tibetan Buddhist Monastery at the Crossroads of Four Civilizations



**LABRANG**  
A Tibetan Buddhist Monastery at the Crossroads of Four Civilizations

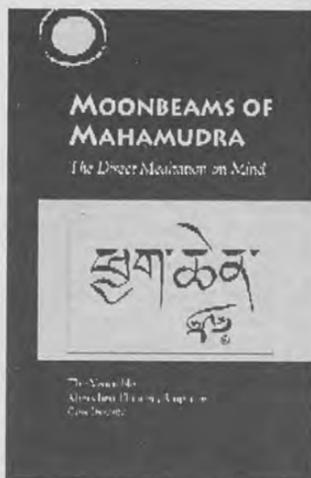
by Paul Kocot Nietupski, photos from the Griebenow Archives, 1921-1949, 160 pp. 9 x 8" high, 20 color and 100 b&w photos, illustrations, #LA \$24.95 July

*Labrang* stands out from the growing number of picture books on Tibet. Focusing on Labrang Monastery and its territories, this volume contains photographs taken over a twenty-five year period prior to the Chinese invasion that capture and preserve the life of this Tibetan monastery at its developmental peak. It includes narratives of people and events important in Labrang's early twentieth-century history and thus helps the reader enter into the life of one of the largest and most important centers of Tibetan culture.

This book is about the peoples and cultures that mingled at Labrang, but it is also about Blanche and Marion Griebenow, two young Christian missionaries, who against the advice of their families traveled to remote Tibet to spread the Christian message. They left the United States separately for what was then a region hostile to foreigners. They were married in Tibet and raised a family of four children. Their personal stories give a fascinating first-hand account of Labrang as it was.

Paul Nietupski, Ph.D is a scholar of Asian religions and cultures currently working in the Department of Religious Studies at John Carroll University in Cleveland, Ohio. His wide-ranging interests include the transmissions of Buddhism in medieval Asia and the interfacing of Asian religions and cultures.





**MOONBEAMS OF MAHAMUDRA:**  
The Direct Meditation on Mind

by Venerable Khenchen Thrangu Rinpoche, translated by Ken McLeod. 120 pp. #MOMA \$12.95 August

*Moonbeams of Mahamudra* presents a direct meditation on the mind that has led thousands of practitioners to complete enlightenment in one lifetime. It begins with a detailed explanation of shamatha and vipashyana meditation and then shows how these basic meditations differ in the mahamudra practice. Shamatha meditation trains the mind to rest upon a single point whether the object is the breath or the mind itself. Vipashyana meditation in mahamudra is the realization of the true nature of reality which is emptiness of the individual and all phenomena. Thrangu Rinpoche explains the nature of emptiness in detail and describes how the meditator can arrive at this realization by "looking directly at mind." When this is done with repeated effort, the meditator sees through the mistaken appearances of mind and sees how mind really is luminous clarity. This is the essence of mahamudra meditation.

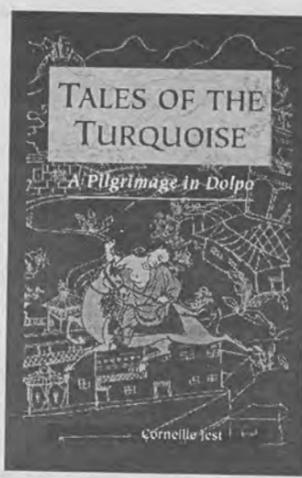
**TALES OF THE TURQUOISE**  
A Pilgrimage in Dolpo

by Corneille Jest. 190 pp., line drawings, 2 maps #TATU \$12.95 July

In this journal narrative of a pilgrimage in Dolpo, an isolated Himalayan valley in northwest Nepal inhabited by people of Tibetan stock, Corneille Jest weaves together his own gentle observations of daily life and the lively tales told by his traveling companion.

In the early spring of 1960, Dr. Jest undertook a three-week circumambulation of the valley in the company of Tibetans, visiting temples, shrines and sacred mountains. His companion Karma, an elderly nomad from Western Tibet and a gifted story-teller, punctuated the journey with traditional tales and his own reflections.

*Tales of the Turquoise* is charmingly written, colorful and engaging—it transports the reader to the timeless world of the Tibetan spirit in ways not readily accessible to outsiders.



Finally, back in print

**TIBETAN THANGKA PAINTING**  
Methods & Materials

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, 8 1/4 x 11 3/4", #TITHPA \$40 June!

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

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

*Tibetan Thangka Painting* is the only detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. It is the distillation of the authors' research carried out over a period of ten years, during which they made five journeys to Nepal and India and learned from some twenty traditional painters.



This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure. It includes a description

**THE TEACHER-STUDENT RELATIONSHIP**

by Jamgon Kongtrul Lodu Thaye, translation and commentary by Ron Garry, foreword by Lama Tharchin Rinpoche, introduction by Gyatrul Rinpoche. 263 pp. #TESTRE \$14.95 July

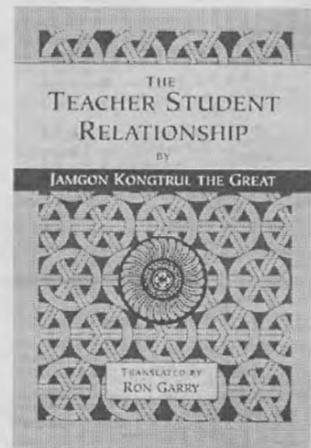
In the Tantric Buddhism of Tibet, it is an abiding principle that the root of all good qualities is devotion to a fully qualified "spiritual friend" (a teacher or guru). Nonetheless, in the few decades that Tibetan Buddhism has begun to blossom in the West, numerous problems have arisen between students and their teachers that seem to call into question what should be a relationship of mutual devotion, honesty, and respect.

The formidable challenge of finding the right teacher, and for teachers to find the right students, has actually been of major concern to Buddhism for many centuries, and the topic was never more thoroughly explored, and the answers more clearly delineated, than they were by the unsurpassed Tibetan teacher, Jamgon Kongtrul, in a chapter of his monumental Buddhist encyclopedia, *The Treasury of Knowledge*.

Translated by Dr. Ron Garry, this essential text lays out in clear terms the credentials and qualities that every student should look for in their teacher, why a teacher is necessary, and how the relationship between guru and disciple is to develop once it is established. With chapters such as *How to Seek the Spiritual Friend*, *Why is a Teacher Necessary*, *Categories and Qualifications of the Master*, and *How the Student Should Choose a Teacher*, the translation of this authoritative work puts into the hands of every student all they need to know to undertake the most fundamental and important step on the path: finding a qualified spiritual teacher.

Dr. Garry's introductory commentary unpacks Kongtrul's text and elaborates many essential points, drawing especially on Gampopa's *Jewel Ornament of Liberation* and Buton's *Jewelry of Scripture*. This important volume is introduced by two of the most respected lamas teaching in America today, Lama Tharchin Rinpoche and Gyatrul Rinpoche.

This extraordinary handbook for artists, art historians, and Buddhists also includes a unique section of valuable guidelines for thangka painting using modern techniques and materials.



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

OTHER NEW BOOKS



**ANCIENT WISDOM, LIVING TRADITIONS: Himalayan Spirit in Verse & Image**

by Marcia Keegan, ed. & trans. by Lobsang Lhalungpa. 112 pp., 10 x 12, 88 color photographs, #ANWILL \$34.95

This book expresses the wisdom and cultural/spiritual traditions of Tibet, Bhutan, Nepal, Sikkim, and Ladakh. Marcia's sensitive photographs of the people and landscapes of the Himalayan Buddhist countries display the unique qualities of these traditional cultures.



**LAM RIM OUTLINES: A Beginners' Meditation Guide**

compiled by Karin Valham. 82 pp., #LARIOU \$9.95

This spiral-bound book is the Cliff Notes to the Lam Rim classics. A great review and general meditation guide, this book will be greatly appreciated by anyone wishing to establish a comprehensive lam rim practice.

**BHAVANAKRAMA OF KAMALASHILA**

translated by Parmananda Sharma. 125 pp., #BHKA \$14.00

This is perhaps the first Sanskrit Buddhist text actually composed in Tibet. Kamalashila, the great Indian scholar and student of Shantarakshita, visited Tibet during the reign of Trisong Detsen (742-798 CE). He defeated the Chinese monk Hoshang in the great Sanye debate over issues regarding "sudden" and "gradual" approaches to the attainment of enlightenment. The *Bhavanakrama* ("Stages of Meditation") is a distillation of Kamalashila's gradualist approach, and an overview of the meditator's path to a direct realization of emptiness. It is no doubt the most popular treatise on sutra meditation ever composed in Tibet. This complete translation was prepared by the Indian scholar Parmananda Sharma and it is based on Tibetan sources where the Sanskrit has been lost (e.g., chapter 2).

**BECOMING A CHILD OF THE BUDDHAS: A Simple Clarification of the Root Verses of Seven Point Mind Training**

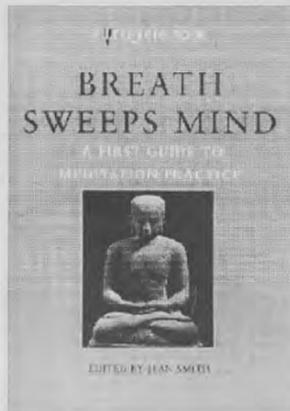
by Gomo Tulku. 112 pp. #BECHBU \$12.95 July

Contains a fresh translation of Seven Point Mind Training with commentary by Gomo Tulku. He explains how mind training can bring peace of mind in any circumstance.

**THE BLISS OF INNER FIRE: Heart Practice of the Six Yogas of Naropa**

by Lama Thubten Yeshe. 224 pp. #BLINFI \$16.95 June

Based on Lama Je Tsongkhapa's *Having the Three Convictions*, this book is a commentary on the Six Yogas of Naropa. Lama Yeshe focuses mainly on the practice of inner fire, or tummo, the first of the six yogas and the foundation stone of the path to Buddhist enlightenment. Through commentary, guided meditation, and practical advice, Lama Yeshe brings the reader a tantalizing taste of the blissful technology of tantra as well as its direct application to everyday living.



**BREATH SWEEPS MIND: A First Guide to Meditation Practice**

ed. by Jean Smith. 289 pp. #BRSWMI \$14

This insightful collection of teachings includes everything from the timeless philosophies of Buddha to the Zen simplicity of Thich Nhat Hanh. It captures the essence and principles behind the art. It is a brilliant display of history as well as a practical guide to applying meditation to your life. Contains many meditation pointers and exercises from some of the leading masters of the Buddhist tradition. How to meditate, posture, breathing, walking, driving, eating, using mantras, listening, visualization, feeling and metta, dealing with problems.

**ART OF EXILE: Paintings by Tibetan Children in India**

by Clare Harris, photos by Kitty Leaken, conceived by Friends of Tibetan Women's Association. 160 pp., 60 color plates, 100 color photographs, 12 x 7", #AREX \$29.95

The Tibetan Homes Foundation in Mussoorie, India, was established in 1962 to receive the many refugee children escaping persecution in Tibet. A painting club was established in 1995 to provide these children a creative way to share their stories of leaving Tibet, their remembrances of home, and to give new and colorful expression to their lives as exiles in India. *The Art of Exile* is a moving collection of interviews, photographs, and paintings from these children. Visually, it presents often remarkably accomplished works of art, many that derive from the ancient thangka tradition of Tibet.



**THE BODHISATTVAPITAKA: Its Doctrines, Practices and Their Position in Mahayana Literature**

by Ulrich Pagel. 478 pp., #BODOPR \$50.00 cloth

Ulrich Pagel presents an in-depth textual and contextual study of an important early Mahayana text which, as he claims in this book, might actually be a comprehensive formulation of the doctrines and practices inspired by a group of texts with the same name. The *Bodhisattvapitaka* outlines the path of the Bodhisattva emphasizing the practice of the six perfections. The author's analysis not only places the text in its historical context, it also provides a complete study of the development of early Mahayana thought. Also included is a translation of chapter 11, the chapter dealing extensively with the Bodhisattva's cultivation of meditative insight.



His Holiness  
BOKAR RINPOCHE

**THE DAY OF A BUDDHIST PRACTITIONER**

by Bokar Rinpoche., 95pp., #DABUPR \$8.95

For those who must juggle work, family, friends, and the corresponding emotional mayhem, a guideline for integrating one's spiritual practice into daily life is much needed. In this book, Bokar Rinpoche provides practical guidance for the worldly practitioner and advice for developing mindfulness and grounding one's spiritual practice in the ordinary routines of every day life.



**BUDDHISM IN CONTEMPORARY TIBET: Religious Revival and Cultural Identity**

ed. by Melvyn Goldstein & Matthew Kapstein. 235 pp., 37 b&w photos, #BUCOTI \$15.95 paper

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. They observed the revival of the Buddhist heritage in monastic communities and among lay persons at popular pilgrimages and festivals. Demonstrating how that revival must contend with tensions between the Chinese state and aspirations for greater Tibetan autonomy, the authors discuss ways that Tibetan Buddhists are restructuring their religion through a complex process of social, political, and economic adaptation. Contains—"The Revival of Monastic Life in Drebung Monastery" by Melvyn Goldstein; "Contemporary Tibetan Visionary Movements in the PRC" by David Germano; "The 1992 Celebration of the Drigung Powa Chenmo" by Matthew Kapstein; "Ritual, Ethnicity, and Generational Identity" by Lawrence Epstein and Peng Wenbin.

**THE CULT OF THE DEITY VAJRAKILA**

by Martin J. Boord. 271 pp., #CUDEVA \$40.00 cloth

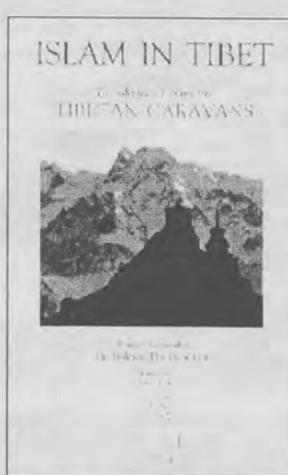
This book provides a comprehensive study of the origin and development of Vajrakila doctrines and practices from their alleged pre-Buddhist origins to the present. According to the author, the texts and practices of Vajrakila were first codified in the Nepal Valley by Padmasambhava, Vimalamitra, and Silamanju. These teachers collected an entire corpus of Vajrakila lore, both oral and written, harmonized it into a unitary system fitting the general scheme of Vajrayana Buddhism, and created a cult of Vajrakila where probably none existed before. The author devotes a good part of the text to an analysis of the doctrines and practices as found in the "Northern Treasure" literature, including rites of empowerment, rituals for gaining power to subdue mischievous spirits, and longevity practices.



**HIDDEN TREASURES AND SECRET LIVES**

by Michael Aris. 278 pp., #HITR \$19.95 cloth

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



**ISLAM IN TIBET & The Illustrated Narrative: TIBETAN CARAVANS**

by Abdul Wahid Radhu, Dr. William Stoddart, José Ignacio Cabezón, fore. by H.H. the Dalai Lama, preface by Marco Pallis, trans. by Jane Casewit, ed. by Gray Henry. 312 pp., 33 b&w photos, 2 maps, #ISTI \$24.95

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This is the first work in the English language to make this as yet little recognized aspect of Tibetan culture and society known through a narrative that is authentic. This work is also a stark reminder that religions as diverse as Islam and Buddhism lived in peace at the matrix of a traditional society such as that of Tibet."—Seyyed Hossein Nasr

Professor Cabezón writes on Islam in the "Tibetan Cultural Sphere", followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" by Abdul Wahid Radhu describes his family's centuries-old trading business between India, Central Asia and Tibet and focuses on the fascinating interplay between Islam and Buddhism.

**P'HOWA COMMENTARY: Instructions for the Practice of Consciousness Transference as Revealed by Rigdzin Longsal Nyingpo**

by Chagdud Khadro (Jane Tromge). 90 pp., #PHCO \$7

P'howa is a Vajrayana Buddhist method by which one's consciousness is intentionally transferred to a pure realm at the moment of death. P'howa training enables one to approach death as an opportunity for liberation from cyclic existence, rather than an experience of fear and uncertainty. Chagdud Khadro explains the process of dying and the steps involved in p'howa training based on the hidden treasure text of the Buddhist meditation master Rigdzin Longsal Nyingpo. Restricted to students who have received p'howa teachings.



**THE PRECIOUS TREASURY OF THE WAY OF ABIDING**

by Longchen Rabjam. 318 pp., #PRTR \$29 cloth

This is one of *The Seven Treasures* and is a treatise on the four great samayas of Dzogchen—ineffability, openness, spontaneous presence, and oneness. Longchen Rabjam quotes extensively from the Dzogchen tantras, as well as from Garab Dorje, Nagarjuna, Shri Singha, Padmasambhava and others.



**PRISONERS OF SHANGRI-LA: Tibetan Buddhism and the West**

by Donald S. Lopez., 283pp., #PRSH \$25.00 cloth

To the Western imagination, Tibet evokes the exotic, the spiritual, and, since its invasion by China, the political: a fabled land, sheltered from modernity, endowed with all that the West has lost, now threatened by extinction. In this timely book, Donald Lopez provides the first cultural history of the strange encounter between Tibetan Buddhism and the West. Prisoners of Shangri-La is a provocative analysis of the romance of Tibet, a romance that, even as it is invoked by Tibetan lamas living in exile, ultimately imprisons those who seek the goal of Tibetan independence from Chinese occupation. Lopez explores the mirror-lined cultural labyrinths that have been created by Tibetans, Tibetophiles, and Tibetologists—labyrinths that we may map but in which we also must wander.



**EMPTY BLUE PLANET**

by Charlie Singer. 39 pp., #EMBL \$6

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Four Noble Truths, bodhicitta, emptiness, the nature of mind, and Dzogchen. Charlie Singer, a blues musician and long time student of Tibetan Buddhism, writes in a way that is clear and engaging without being popish or overly academic.



**INNER REVOLUTION: Life, Liberty, and the Pursuit of Real Happiness**

by Robert Thurman. 322 pp., #INRE \$24.95 cloth

While the rest of the world turned to outer technology, to science and industry, places such as Tibet and, much earlier, India were establishing "enlightenment factories," institutions devoted to helping the individual reach total happiness and fulfillment as part of the backbone of government and community. *Inner Revolution* reveals the principles of the movement to celebrate individual happiness, which the Buddha initiated 2,500 years ago, and shows how to continue it. This is an intelligent primer on practical Buddhism, written in the context of a completely original understanding of the history of civilization. Of the recent surge of introductory Buddhism titles, this is perhaps of the most unique and most ambitious of them all.

Now in paper!



**THE GOOD HEART: A Buddhist Perspective on the Teachings of Jesus**

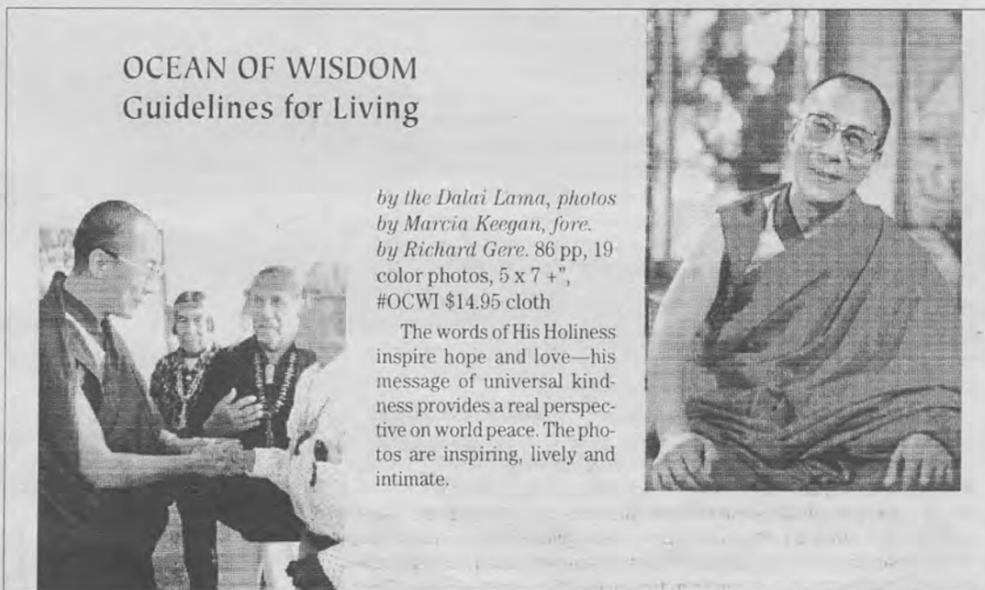
by the Dalai Lama. 224 pp., 2 photos, 4 illus., #GOHE \$14.95 paper

At an historic interfaith encounter, His Holiness commented on passages from the four Gospels, providing a unique reading of these familiar sources of faith—the Sermon on the Mount, the Beatitudes, the parable of the mustard seed, the Resurrection, etc. Throughout his commentary, the Dalai Lama opens windows of understanding and transformation for seekers of any faith.

**OCEAN OF WISDOM Guidelines for Living**

by the Dalai Lama, photos by Marcia Keegan, fore. by Richard Gere. 86 pp., 19 color photos, 5 x 7 +", #OCWI \$14.95 cloth

The words of His Holiness inspire hope and love—his message of universal kindness provides a real perspective on world peace. The photos are inspiring, lively and intimate.



Children's Book



**THE DALAI LAMA**  
A Biography of the Tibetan Spiritual and Political Leader

by Demi, fore. by H.H. the Dalai Lama. 32 pp., 10 x 10" #DALADE \$16.95 cloth

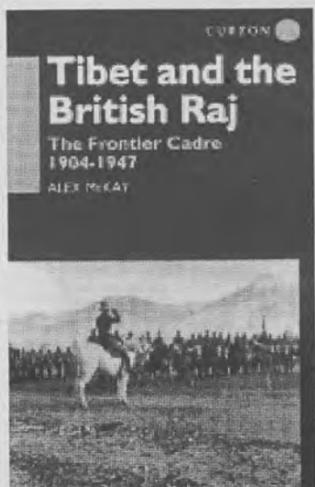
In simple language and great color illustrations, Demi has paid tribute to the Dalai Lama's remarkable life. She has captured the beauty of Tibetan culture, as well as the charm, wisdom, and vision of one of the world's best-known spiritual figures.



**TIBET AND THE BRITISH RAJ: The Frontier Cadre 1904-1947**

by Alex McKay. 293 pp. #TIBR \$49.00 cloth

Despite the popular image of Tibet as a remote and inaccessible land to which few Europeans ventured, more than one hundred British-Indian officials lived and worked there during the years 1904-1947. Following Colonel Younghusband's 1903-1904 mission to Lhasa, these officers and their supporting staff were posted in central and southern Tibet, and, after 1936-1937, at the British Mission in Lhasa. Among those who rose to the senior positions were such famous frontiersmen as Colonel F.M. Bailey, Sir Charles Bell, and Hugh Richardson. This ground-breaking work draws on previously unpublished sources, both oral and written, to examine the character, role, and influence of these officers. It concentrates on those who formed a small, distinct, group of Tibetan specialists:



'the Tibet cadre'. These men were diplomatic representatives of the Raj, but they were also scholars, spies, and empire-builders, who not only influenced events in Tibet but also shaped our modern understanding of that land. This is, no doubt, an important contribution to the study of Anglo-Tibetan relations.



**THE SACRED LIFE OF TIBET**

by Keith Dowman. #SALITI \$22

Tibet is a country imbued with spiritual significance. Despite the many hardships—distrustful authorities, the severe altitude, the climate, the physical exhaustion these cause—pilgrimage in sacred Tibet is a quest which no external factor can frustrate. This book offers both visionary and historical perspectives on the sacred realm, and includes a gazetteer describing the highlights of a tour of Tibet, with detailed informed descriptions of the power places, mountains and lakes, caves, monasteries and temples.



**TABO: A Lamp for the Kingdom**

by Deborah E. Klimburg-Salter. 256 pp., 225 illustrations, 150 in color, 9 + x 11", #TALAKI \$75

The monastery of Tabo in northern India is in the secluded Spiti valley, which was part of the ancient kingdom of Western Tibet. The oldest continuously operating Buddhist enclave in India and the Himalayas, Tabo's historical role as an intermediary between India and Tibet and the extraordinary beauty of its frescoes make it a special place.

Deborah Klimburg-Salter describes the art, iconography, and contemporary rituals of Tabo with the aid of photographs, plans, and diagrams. The color photos show Tabo's hidden glories and remarkable Buddhist history.

**TAKING THE BODHISATTVA VOW**

by Bokar Rinpoche., 127pp. #TABOVO \$9.95

In this book, Bokar Rinpoche presents and explanation of the Bodhisattva vow, its nature, and its implications for the practitioner. He explains the distinction between aspiring and realizing Bodhicitta, and the elucidates the various stages of the Bodhisattvas and their activity. Bokar Rinpoche explains how to take the vow, the commitments, the precepts, and how to purify oneself if a vow is broken.

**TEARS OF THE LOTUS: Accounts of Tibetan Resistance to the Chinese Invasion, 1950-62**

by Roger E. McCarthy. 312 pp., 14 b&w photos, 3 maps, #TELOT \$48.50 cloth

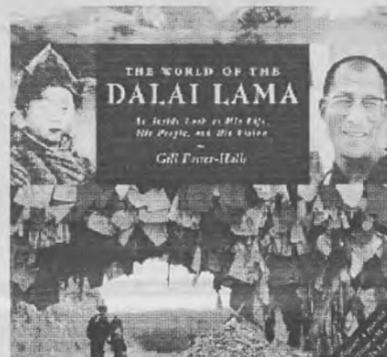
As a CIA officer, Roger McCarthy trained members of the Tibetan resistance in the late 1950s. Roger tells the story of the Tibetan resistance, the role of Tibetans who collaborated with the Chinese invaders, the unforgivable Chinese brutalities, excesses, and deceptions, and the sorry role of the Free World—the United Nations and that of Prime Minister Nehru—when Tibet desperately needed help. Once the Tibetans realized the ill intentions of the Chinese and that their religion and freedom were at stake, the people rose up, but at great cost—over one million dead.



**TIMELY RAIN: Selected Poetry of Chogyam Trungpa**

ed. by David Rome, fore. by Allen Ginsberg. 144 pp. #TIRA \$12

This is the definitive edition of poems and sacred songs. They combine Trungpa Rinpoche's background in classical Tibetan poetry with his intuitive insight into the spirit of America.



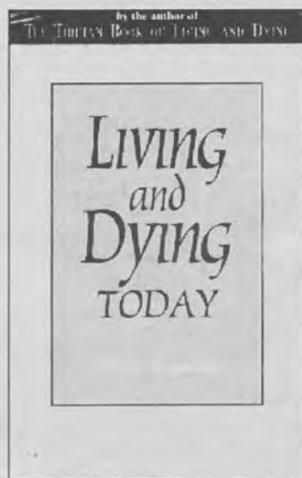
**THE WORLD OF THE DALAI LAMA: An Inside Look at His Life, His People, and His Vision**

by Gill Farrer-Halls. 160 pp., 158 color, 27 b&w photographs, 9 + square, #WODALA \$29.95 cloth

This great photo book has an overview of Tibetan history, the life and role of the Dalai Lama, a survey of Tibetan Buddhism and the four schools of practice as well as an exclusive interview with the Dalai Lama and an in-depth examination of some of his more significant writings and teachings on non-violence and compassion. There is a wonderful mix of old and new photos (many never before published) that gives a sense of the history of Tibet and Tibetan Buddhism as well as the current situation of both.

*The World of the Dalai Lama* gives an easily accessible yet very intimate portrait of this great man and his spiritual calling. A enjoyable book to see and read!

NEW TAPES & CDS



**LIVING AND DYING TODAY**  
by Sogyal Rinpoche. 4 cassettes, 4 1/2 hrs. #LIDYTO \$26

In this series, Rinpoche deepens the main themes of *Tibetan Book of Living and Dying*—the nature of mind, reflections on impermanence, meditation, compassion, devotion, understanding death and helping the dying. By following these teachings, you will be able to heal wounds and cope with difficulties. Rinpoche helps us to awaken courage, fearlessness, daring gentleness and joy.



Book on tape

**SHAMBHALA: The Sacred Path of the Warrior**

by Chogyam Trungpa Rinpoche. 2 hrs., 2 cassettes #SHSAT \$16.95

This guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet life's challenges with fearlessness and dignity. Warriorship means confidence in basic human goodness,

New CD

**HEALING MEDITATION: THE POWER OF SOUNDS**  
(soundtracks from the film *The Knowledge of Healing*)  
CD #POSO \$16

The prayers and mantras of the Tibetans have played a very important role in their medicine for centuries to heal the wind energy. In the healing context, these prayers and mantras accompany therapy. According to the Dalai Lama, for devout Buddhists these prayers reinforce the effects of medications by promoting self-healing. This CD collection contains prayers, mantras and ritual music used in healing.





**ENLIGHTENMENT STUPA**

#ENST \$165

The stupa represents the enlightened mind of the Buddha and is typically found on shrines with a statue (body) and dharma books (speech). This stupa is 9 inches high and is white with a gold spire. It is the nicest looking one we have seen that is not metal. It is handcrafted according to the proper text specifications and filled in the traditional manner with hand rolled auspicious prayers.

**New cards**



**H.H. Penor Rinpoche**

#HHPR \$1.50

Head of the Nyingma order, informal photo at a teaching.



**Guru Rinpoche**

#GURI \$1.50

Thangka image of Padmasambhava. On the back is the *Seven Line Prayer to Guru Rinpoche* in Tibetan and English.



**LIBERATION UPON SEEING Bumper Sticker, #LISEBU \$3**

Terma revelation by Tertön Migyur Dorje, written in dakini script (yellow letters outlined in orange on blue background).

"Those who see this script will not experience the three lower realms and will be liberated from the fear of falling into the lower realms; will be purified of the five poisons and freed from the results of one's karma; will be freed from the fear of remaining in samsara."—terma revelation of Tertön Migyur Dorje.

**LIBERATION UPON SEEING Clear Acetate Decal, #LISEDE \$3**

The same terma as above but with letters on clear acetate decal that clings by static electricity to smooth surfaces such as glass.

**LIBERATION UPON SEEING Terma Stone #LISEST \$27**

The same terma as above but made of a natural casting material to look like natural white stone. It has a felt layer on its flat bottom so that it will stand up on and protect the surface of your shrine. It is 6 1/4" wide x 2 1/4" high.

**N**EW MUSIC & CHANTS

**MUSICAL HIGHLIGHTS FROM KEN LOB CHO SUM (The Story of Buddhist Tibet Through the Lives of Padmasambhava, Shantarakshita and King Trison Detsen)**

by Ngagyur Nyingma Institute and Palyul Namdroling Monastery. Cassette #MUHI \$10

This is a wonderful tape with mostly clear solo vocal singing (in Tibetan) the songs of the lives of Padmasambhava, Shantarakshita, and King Trison Detsen. Some selections: "Guru Rinpoche to King Trison Detsen at Their First Meeting, Describing His Qualifications and Why He Has Come to Tibet," "Praise to the Three Kayas of the Root Guru," and "The Celebration of Queen Yeshe

Musical highlights from **KHEN LOB CHU SUM\***



Performed by the monks of Ngagyur Nyingma Institute and Palyul Namdroling Monastery. Tsogyal at Her Marriage to King Trison Detsen."

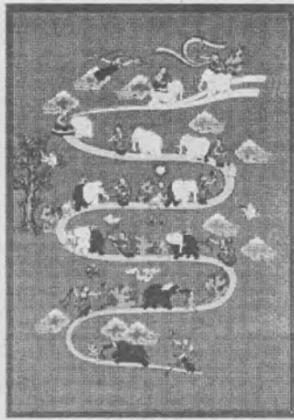
**CHOD: CUTTING THROUGH DUALISM**

by Chogyal Namkhai Norbu Rinpoche. CD #CHUCD \$16

This is an excellent recording of Chogyal Namkhai Norbu Rinpoche chanting the Chod ritual. Also included is *The Long Life Practice of Mandarava* and *The Song of the Vajra*.

**NEW CARDS FROM ANDY WEBER**

4 X 6" \$1 ea.



**WDC15 Samatha Meditation**

Depicts the meditator's progress from the initial stages of mind control to the highest stage.



**WDC16 Inner Offering**

According to the traditions of Heruka and Vajrayogini tantras—mixing of five meats and nectars.



**WDC17 Eight Precious Offerings**

**TSA-TSAS**

Two inches high in white ceramic and \$12 each unless otherwise mentioned. Some are gold painted. They stand up unless otherwise mentioned:

**Chenrezig #CHTSA**

Chenrezig (gold) #CHTSAG

Chenrezig (for hanging, with cord) #CHTSAC

Green Tara 1" (gold) #TATSA \$9

Green Tara w/ pendant ring 1" #GRTSA \$10

Guru Rinpoche (gold) #GUTSA

Vajrakilaya 3 1/2" high (gold on black) #VATSA \$16

Vajrapani (gold) #VATSA

**SHAKYAMUNI BUDDHA TSA-TSA with teaching mudra**

#SHTSAT \$16

A four-inch high standing tsa-tsa in white ceramic of the Buddha.



Chenrezig (gold) #CHTSAG \$12



Green Tara 1" (gold) #TATSA \$9



Vajrakilaya 3 1/2" high (gold on black) #VATSA \$16



Vajrapani (gold) #VATSA \$12

**New design!**

**TIBETAN FLAG MUG**

#TIFLMU \$12

The Tibetan National Flag on a white mug. Printed in four colors. The word "Tibet" in both English and Tibetan is on the opposite side. This mug is made in the USA and is a little more costly for this reason.



Shakyamuni Buddha with teaching mudra #SHTSAT \$16

**Win a Guided Tour to TIBET and NEPAL in May 1999**

Tour leader: Glenn H. Mullin

Snow Lion Publications is offering its fourth trip to Asia to a lucky customer. We have arranged with Mystical Journeys to award one of our customers the opportunity to travel with Glenn Mullin on an 18 day adventure to Nepal and Tibet. Glenn lived in the Himalayas from 1972-1982 where he studied Tibetan Buddhism, language, literature, and yoga with many of the greatest teachers from Tibet. He is the author of over a dozen books and has taught throughout the world. He has led several world tours of the monks from Drepung Loseling Monastery.

**Here's how you can win:** Every time that you order from us, we will enter your name in our drawing. Just let us know when you order by mail, phone, or fax that you would like to be considered for the trip. We will have our drawing on December 31, 1998 and will let the winner know.

Please check the full page ad on page 21 to see what is and is not included in the trip. Also, the tour company is completely responsible for every aspect of the trip, so please contact them for any information that you need.

THE ALLURING TARGET



**ALLURING TARGET:**  
In Search of the Secrets of Central Asia

by Kenneth Wimmel. 256 pp., 57 photos and illus., #ALTA \$16.95

Daring expeditions on camel and yak; biplanes buffeted by gales in the Himalayas; shootouts with bandits as paleontologists race across the Mongolian steppes; lost cities beneath desert dunes, priceless art treasures and manuscripts along the ancient Silk Road—here are real-life stories of famous adventurers and explorers in the great uncharted Central Asia during the period from 1890 to 1935.

**ALTAR OF THE EARTH**

by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95

*Altar of the Earth* goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike. Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

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



**AMONG WARRIORS:**  
A Martial Artist in Tibet

by Pamela Logan. 264 pp., 16 color photographs, 5 maps, #AMWA \$23.95

Dr. Pamela Logan, an aerospace scientist and third-degree black belt in karate, embarked on a rare journey to investigate warrior tribes in Kham in eastern Tibet. From her initial stopping-off post, the monastery of Kumbum, to her final destination Logan details the challenges and rewards of her trek as she travels across Tibet by mountain bike, train, truck, horseback and foot. She uses all of her resources to gain entrance to both the physical and spiritual Tibet.

**THE ASIAN JOURNAL OF THOMAS MERTON**

445 pp., many photos #ASJOTH \$15.95

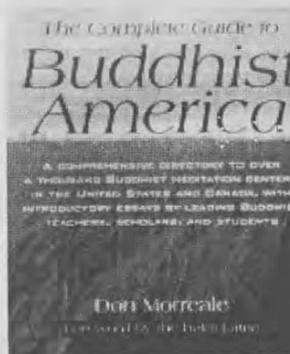
Merton's 1968 trip to Asia is a remarkable account of spiritual life in the East. He met many prominent people—The Dalai Lama, Kalu Rinpoche, Nyanaponika Thera, Trungpa Rinpoche, Lobsang Lhalungpa—and writes candidly of them and of his adventures in India, Ceylon and Bangkok.



**BUDDHIST HIMALAYA:**  
Travels and Studies in quest of the Origins and Nature of Tibetan Religion.

by David Snellgrove. 344 pp., 86 illus., map, #BUHI \$20

Snellgrove explains well the history of Tibetan Buddhism from the earliest period until now. While the substance of such an account must be sound research, the inspiration has been provided by the author's own travels in these remote areas. In the present case he refers to his early travels in Spiti and Lahul, once an old part of Western Tibet, also in the district of Solu-Kumbu in eastern Nepal and in the Nepal Valley itself. He discusses Tantric Buddhism, the kings and religious teachers of Tibet, Tibetan ceremonies and Buddhism in Nepal.



**THE COMPLETE GUIDE TO BUDDHIST AMERICA**

by Don Morreale, fore. by H.H. the Dalai Lama. 464 pp. 136 illus., 8 x 9, #COGU \$19.95

This is a completely revised and vastly expanded edition of *Buddhist America*. In addition to being thoroughly updated, this new edition contains more than twice the number of listings and articles.



**MAGIC AND MYSTERY IN TIBET**

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$8.95

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

**Seventh Edition!**

**INDIA: A Travel Survival Kit**  
by Crowther, Raj and Wheeler. 1139 pp., 205 maps, 224 color photos #INTRSU \$25.95

The best and most popular guide to India—winner of the Thomas Cook Guidebook of the Year award—just got better. Want to find a houseboat in Kashmir or a palace in Rajasthan—or your way around Dharamsala? The facts are all in this definitive guide.

**MONGOLIA: Travel Survival Kit**

by Robert Storey. 232 pp., 16 pp. color #MON \$16.95

A comprehensive, reliable travel guide to Mongolia: how to get there, where to stay and eat, and what to do is provided for the bustling capital, Ulaan Bataar, and the arid Gobi desert, and many other places.



**SKY BURIAL**

by Blake Kerr, photos by John Ackerly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp. #SKBU \$12.95

This a riveting, first-hand account by Blake Kerr, an American doctor who inadvertently walked into one of the grimmest scenes of political oppression in the world. Blake Kerr had just graduated from medical school and was visiting Tibet with his old college friend, John Ackerly. They were enjoying the sights and sounds of Lhasa, the capital of Tibet, and hitch-hiking to Everest, where they "humped loads" for an American expedition assaulting the mountain.

Upon returning to Lhasa, Kerr and Ackerly swiftly became aware of the oppressive character of the Chinese occupying forces and their efforts to eradicate Tibetan culture. A series of demonstrations by Tibetan monks exploded into pro-independence protests greater than anything witnessed by foreigners since China entered Tibet in 1949.

Kerr and Ackerly attempted to aid the rebels, but were arrested and endured a brief, harrowing imprisonment. Their efforts to alert the international media met with success. After their forced departure from the country both Kerr and Ackerly became activists committed to ending China's oppression.

"*Sky Burial* is the distilled truth—alternately tragic, hilarious, and rousing—of two young Americans' exposure to the joyous spirit of the Tibetan people and their courageous struggle to survive under the brutal subjugation of Chinese communist rule. It is a vivid portrait of a critical moment in Tibet's modern history. An evocative, endearing, and invaluable book."—John Avedon, author of *In Exile from the Land of Snows*

"This is the best account of the 1987 Tibetan uprising against Chinese police control in Lhasa and the subsequent crackdown on dissent. Blake Kerr captures the beauty, terror, and tragedy of Tibet."—*Washington Post*

**MEETING THE BUDDHA: On Pilgrimage in Buddhist India**

Ed. by Molly Emma Aitken. 370 pp., 38 photos and maps. #MEBUPI \$12

"*Meeting the Buddha* will stimulate a renewal of faith in all who have made the Buddhist pilgrimage, and will immerse all who want to set out in the love and wisdom of the sages. This rare and rich collection of pilgrims' voices from the origins of Buddhist India to the present redefines what great anthologies are all about."—Andrew Harvey

The eight places of Buddhist pilgrimage seen through the eyes of these marvelous writers opens us to the special qualities of Buddha's life that live on in the land and his doctrine.

**Finally in paper!**



**TALE OF THE INCOMPARABLE PRINCE**

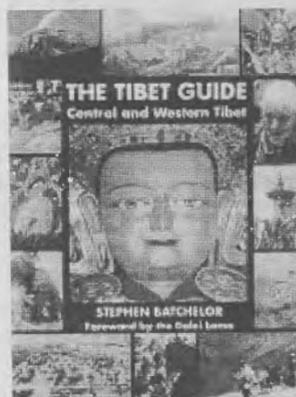
by Tshe-ring-dbang-rygal, trans. by Beth Newman. 240 pp. #TAINPR \$14

This is a sweeping epic of intrigue, passion, war and religion set in the context of a traditional Buddhist world-view. This is Tibet's only novel. The story tells the life of a prince from the realm of Kumaradivitiya, who, after a series of adventures that teach life lessons, goes into self-imposed exile and arrives at the bodhisattva state of selflessness. Because his life story mirrors that of the Buddha, *The Tale of the Incomparable Prince* is an elucidation of Buddhism as well as an extraordinary work of literature.

**TIBET: Travel Survival Kit**

by Chris Taylor. 241 pp., 108 illus., maps and color photos. #TITRSU \$14.95

This is another edition (3rd) of the excellent guide to Tibet. It has been completely rewritten, with 29 new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.



**TIBET GUIDE**

by Stephen Batchelor. 372 pp., 97 color plates, 43 line drawings, 25 b&w photos, 22 maps & diagrams, 3 tables, #TIGU \$24.95

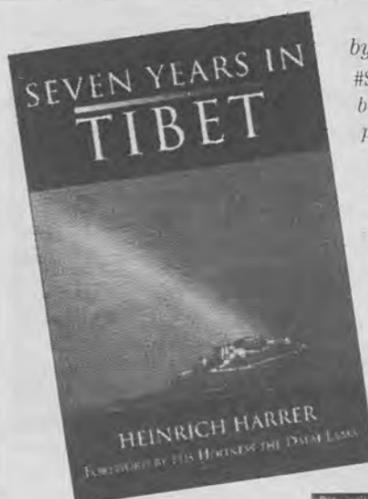
This completely revised and updated edition of the award-winning *Tibet Guide* contains an illustrated iconography guide, a phrase book, and a glossary of terms. Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet. A treasure for actual and armchair travelers alike, this definitive guide to Tibet, past and present, supplies detailed, practical advice on how to get the most out of trips to Tibet.

"This is the one—a truly important, fascinating, and utterly indispensable guidebook of Tibet..."—Richard Gere

"Traveling in Tibet, I found *The Tibet Guide* indispensable. It is informative, exhaustive, and clearly written—both practically and scholarly."—Paul Theroux



**SEVEN YEARS IN TIBET**



by Heinrich Harrer  
#SEYETI \$13.95 Order before April 15 and purchase it for \$11.85!

This exciting and enjoyable classic work of travel and brilliant observation is now reissued with 15 photographs. During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.



Now a major motion picture!



**TIBET HANDBOOK:  
A Pilgrimage Guide**

by Victor Chan. 1099 pp., 250 maps, #TIHA \$29.95

"The most detailed guide to Tibet ever to appear in a Western language."—Dr. Michael Aris, St. Anthony's College, Oxford



**TIBET HANDBOOK with  
Bhutan**

ed. by Gyurme Dorje. 768 pp., over 200 maps and plans, #TIHABH \$21.95

This new handbook has authoritative details of the entire country, county by county, including the far west, north and the eastern provinces of Kham and Amdo—not previously covered in any other guidebook. Informative details on monasteries and sacred sites, accommodations, culture, history, places to eat, transportation, festivals, staying healthy, money, documents, trekking, adventure travel, etc. Gyurme Dorje has travelled to Tibet over 30 times since 1985, on family visits, academic research projects and as tour guide. He has a Ph.D. in Tibetan Studies.

**TIBETAN PILGRIMAGE**

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

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

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

Only six left!

**TO LHASA AND BEYOND**

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

"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

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



**VEGETARIAN ASIA:  
A Travel Guide**

by Teresa Bergen. 112 pp., travel size, #VEAS \$9.95

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

**THE YOGINS OF LADAKH:**

**A Pilgrimage Among the  
Hermits of the Buddhist  
Himalayas**

by John Crook & James Low. 420pp. 75 b&w photos. #YOLA \$25.00

When John Crook of Bristol University began research in the Zangskar valley of Ladakh in 1977, his prime intention was to investigate the social anthropology of the area through studies of village life. In 1986 Crook returned to Ladakh with Tibetologist James Low to inquire into the social organization, history, meditational practices and philosophy of the yogins who still lived and practiced in the remote parts of the area. This book is a record of the authors' adventurous journeys to meet these remarkable practitioners—an informative and enjoyable read.

**MAPS**

**MAP AND INDEX OF LHASA  
CITY**

by Amnye Machen Institute, Centre for Occupied Tibet Studies. #MPINLH \$20

This is the most detailed map of Lhasa city—with over 590 names, located by grid and numbered references, the map provides the correct names and exact locations of all monuments, temples, monasteries, schools, hospitals, hotels, shopping centres, various offices of the Chinese Communist occupation administration, etc. In addition to road, street, lane and place names, all the mountains surrounding Lhasa have been identified and delineated with precise contour lines. A separate main index in both Tibetan and English includes a historical survey of Lhasa and a recollection of the old city by the eminent Tibetan historian, the late W.D. Shakabpa.

**MONGOLIA Travel Map**

#MOMA \$7.95  
This is a road map of Mongolia with city plan for Ulaan Baatar.

**ON THIS SPOT:  
An Unconventional Map  
and Guide to Lhasa**

by International Campaign for Tibet. 20 x 24" #SP \$6.95

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

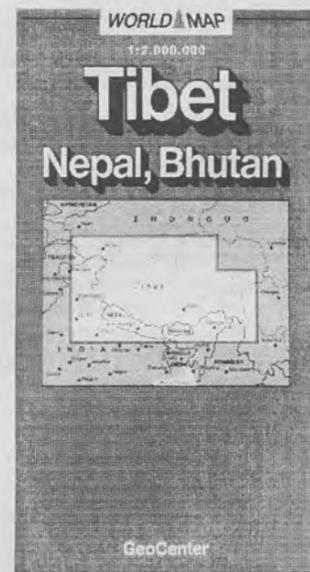
**THE EASTERN REGIONS OF  
TIBET**

by Academia Tibetica, 24 x 29", #EARETI \$13.50

This has a full-size map on one side and 5 historical maps on the reverse with essays examining the diffusion and settlement of the Tibetan peoples and Tibetan Buddhism in the eastern borderlands of Kham and Amdo.

**TIBET: Road Map**

19 x 26" #TIROMA \$9.95  
This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, not just central Tibet. There is a good detail of Lhasa. The map indicates places of interest to Tibetan Buddhists.



**TIBET, NEPAL, BHUTAN**

#TINEBH \$11.95  
This is a road map with topography pictured and scale of 1:2mil. These are two excellent country maps with a lot of detail:

**INDIA #MAIN \$11.95**

**NEPAL #MANE \$8.95**

Includes detailed maps of Kathmandu.

**ART & PHOTOGRAPHY**

**ART OF TIBET**

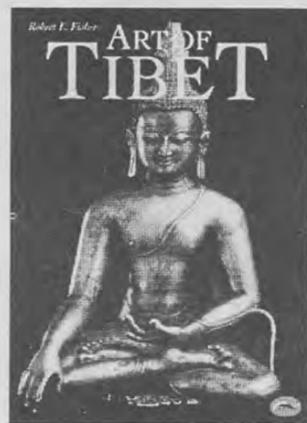
by Pratapaditya Pal. 343 pp, 9 x 12", 277 illus. including 56 in color. #ARTI \$60

The Tibetan art collection of the Los Angeles County Museum of Art is one of the most significant and comprehensive. Tibetan culture is introduced followed by numerous beautiful images of Tibetan painting, sculpture and ritual objects are presented with expert descriptions of iconography. Remarkable for its clarity and breadth.

**THE BON RELIGION OF  
TIBET: The Iconography of a  
Living Tradition**

by Per Kvaerne. 155 pp., 8 1/2 x 12", 79 color plates, #BORETI \$55

Although conforming to the stylistic conventions of Tibetan Buddhist art, an entire and unique pantheon of deities is revealed by this pioneering study which introduces the main characteristics and doctrines of Bon, as well as its monastic life and its meditational and ritual practices. The iconography of the Bon tradition is presented through a series of thangkas, miniatures and bronzes. The peaceful, tutelary, protector and local deities as well as the Bon siddhas, lamas and dakinis are identified and fully described.



**ART OF TIBET**

by Robert E. Fisher. 224 pp., 180 illustrations, 93 in color, #ARTIFI \$14.95

This is a great book for the price. It covers the entire history of Tibetan art, focusing on the relationship between the art and spiritual life it represents. From the Potala in Lhasa to painting, sculpture, manuscripts, silk embroidery and a highly developed tradition of portraiture and ritual objects, Tibet's unique artistic culture is vividly presented in this compelling study.



**BHUTAN: Mountain Fortress  
of the Gods**

ed. by Christian Schicklgruber and Francoise Pommaret. 280 pp., 204 color photos, 9 x 12", #BHMFOFO \$75 cloth

Bhutan is the only country in the world where Tibetan Buddhism is the state religion. *Bhutan* provides a stunning portrait of the land, people and religion of this real-life fairy-tale kingdom. Traditional arts, crafts, and architecture, topography, flora, fauna, as well as its rich ethnic and linguistic diversity are explored in word and image.

**BUDDHISM: Flammarion  
Iconographic Guides**

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

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



**CEREMONIES OF THE  
LHASA YEAR**

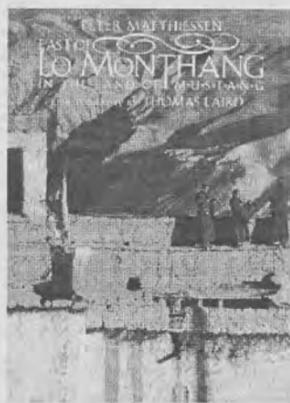
by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELHYE \$24.95

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

**DHARMA ART**

by Chogyam Trungpa. 192 pp., 20 photos, 8 x 9", #DHAR \$17

Presents Trungpa Rinpoche's teachings about the power of art to awaken and liberate. Dharma art is art that springs from the meditative state—a condition of directness, unselfconsciousness and nonaggression. It provides a vehicle to appreciate the nature of things as they are and express this without any desire to achieve. Art was a primary means of expression for Chogyam Trungpa during his twenty years of teaching Buddhism—particularly calligraphy, poetry, and photography.



**EAST OF LO MONTHANG:  
In the Land of Mustang**

by Peter Matthiessen, photos by Thomas Laird. 192 pp., 9 x 12", 160 color photos, #EALOMO \$25

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

**GOLD JEWELRY FROM  
TIBET AND NEPAL**

by Jane Casey Singer. 144 pp., 10 x 9", 110 color photos, 20 illus., #GOJE \$35

In Tibet and Nepal, jewelry reflected the owner's personal wealth and social status. Gold was ready cash and a woman's jewelry collection, frequently worn in its entirety on her body, served as a kind of personal financial portfolio. In Buddhism gems connote preciousness, rarity, and supreme refinement, serving as metaphors for the ideals of the tradition, and Tibet's deities were adorned with jewels and gold. Some of the finest examples of gold jewelry are represented here—earrings, ornate jewelry ensembles, and gem-encrusted amulet boxes.

**THE GREAT STUPA OF  
GYANTSE: A Complete  
Tibetan Pantheon of the  
Fifteenth Century**

by Franco Ricca & Erberto Lo Buc. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$90

The great stupa of Gyantse, about 100 miles southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Within its 75 chapels and temples is nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The author explains the structure of the stupa, the iconography of the paintings and statues, and provides a thorough survey of the 75 chapels and temples. This book is very well-organized, beautifully illustrated and constructed.

**THE HIDDEN TRADITION:  
Life Inside the Great Tibetan  
Monastery, Tashilhunpo**

published by the Foreign Languages Press, Beijing. 176 pp., 200 color photos, 9 x 12.5" #HITRA \$69.95

Tashilhunpo, located in Shigatse, the second largest city in Tibet, is one of the four great monasteries of the Gelugpa order. Constructed in the 15th century, it has been the permanent residence of seven Panchen Lamas. These great photos record the life of the monastery and show the magnificence of its architecture, murals, and sculptures. This book was published in China and the text is biased in that direction.

**A HISTORY OF TIBETAN  
PAINTING**

by David Jackson. 432 pp., 60 color plates, 190 b&w, 2 maps, #HITIPA \$150

This richly illustrated work explores the sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of both the surviving masterpieces and the extensive written sources that survive in Tibetan language. The study identifies the great founders of the main schools of Tibetan painting and locates references to their surviving works of sacred art. It also includes a survey of the main Tibetan sources and studies, both traditional and modern, a detailed summary of previous Western research on this subject, and a survey of the Tibetan sources and studies (traditional and modern). This is an indispensable guide and reference from the author of *Tibetan Thangka Painting*.

**IMAGES OF ENLIGHTENMENT:  
Tibetan Art in  
Practice**

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95 (see Religion & Philosophy)

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

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

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

**JOURNEY TO ENLIGHTENMENT:  
The Life and World of  
Khyentse Rinpoche, Spiritual  
Teacher from Tibet**

Text selections & photos by Matthieu Richard. 152 pp., 11 x 9 +", 130 color photos, #JOEN \$45 cloth

Matthieu Richard's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's own writings comprise this personal study of one of the most significant teachers of Tibetan Buddhism, his world, and its spirit. Matthieu Richard spent fourteen years as Khyentse Rinpoche's personal assistant and is highly regarded for his scholarship and knowledge of Tibetan religion and culture as well as his outstanding photography.

**Closeout Sale!**

**LHASA: Tibet's Forbidden  
City**

by Christine & Frank Brignoli. 107 pp., 11 x 11+", 79 color photos, #LHTIFO was \$29.95, now \$15.95!

The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this large book of photos. The daily life of the Tibetans in and about Lhasa is well-documented with special emphasis on the Potala Palace, Barkhor, sacred Jokhang temple, Norbulinka Summer Palace of the Dalai Lama and the massive Drepung and Sera monasteries.



**THE LAST FORBIDDEN  
KINGDOM: Mustang, Land of  
Tibetan Buddhism.**

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



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

**MANDALA**

**The Architecture of Enlightenment**

by Robert Thurman and Denise Patry Leidy. 144pp. 70 color/30 b&w photographs. #MAAREN \$25

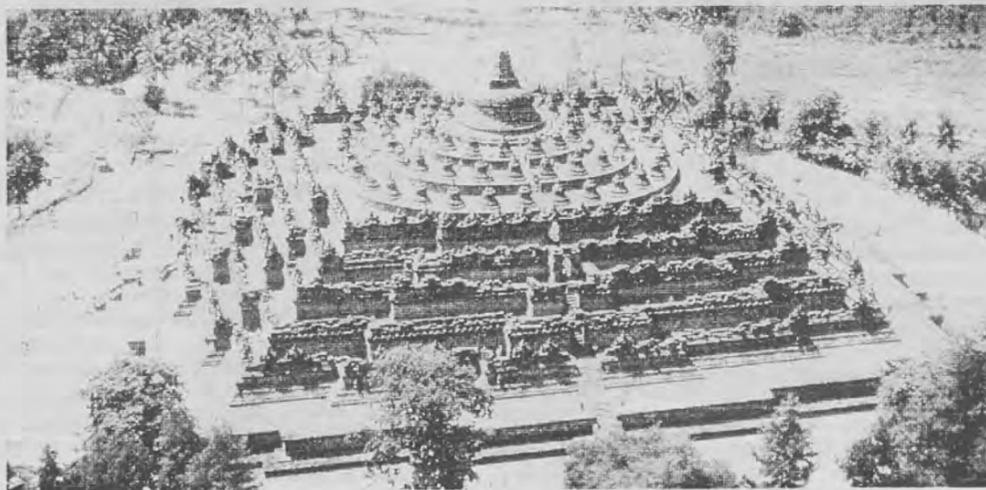
This book is based on an exhibition sponsored by Tibet House and the Asia Society that opened in New York in September 1997. It presents the art and philosophy of the mandala with over one hundred photographs. The text consists of a history and overview of mandala art by the Asia Society Curator, Denise Leidy, and an essay on the uses of the mandala in tantric visualization practice by Robert Thurman.

**THE MANDALA**

**Sacred Circles in Tantric Buddhism**

by Martin Brauen, foreword by H.H. the Dalai Lama. 152 pp., 9 x 12", 49 color & 62 b&w photos, #MASAP \$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 aspects of the form itself—the significance of the outer circle, the four gates and their qualities, the many details such as vases, sculptures and architectural models, all representations of the principles of the mandala. There are also photos of the Dalai Lama performing the Kalachakra Initiation.



**Winner,  
National Press Photographers Assoc.  
1995 Award of Excellence!**

**LIVING TIBET: The Dalai Lama in Dharamsala**

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

"Bill Warren's photographs wonderfully evoke the true spirit of Dharamsala, a place where Tibetan culture is more complete and can be better observed, than in Tibet itself."—Galen Rowell

*Living Tibet* is an engaging and dramatic exploration of Tibet's rich artistic and cultural heritage as preserved in one of the most successful refugee communities in history. Sheltered by the Himalayas of northern India, Dharamsala has been the home of H.H. the Dalai Lama and the government and cultural headquarters for the Tibetan people since 1960. Photojournalist Bill Warren and writer Nanci Rose take us on a colorful and informative journey through the winding streets and behind the scenes of this unusual place—revealing the rich tapestry of life in Dharamsala. Contains exclusive sections on the Dalai Lama and the Nechung Oracle as well as helpful travel information.

"*Living Tibet* is a glorious tribute to the magnificent culture of Tibet, but the real magic is in the overwhelmingly wonderful photographs throughout."—*New Age Retailer*

**LIVING BUDDHISM**

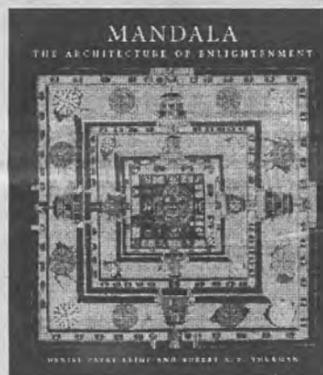
by Andrew Powell, photos by Graham Harrison. 200 pp., 150 color plates, 8 1/2 x 11", #LIBUD \$24.95

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

**MANDALA**

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

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



**Now in a paperback edition!**

**LOST LHASA: Heinrich Harrer's Tibet**

text and photographs by Heinrich Harrer. 224pp. 200 b&w photographs, #LOLH \$24.95

*Lost Lhasa* is the visual sequel to Heinrich Harrer's classic *Seven Years in Tibet*.

Its 200 photographs provide a unique record of life in and around Lhasa before the Chinese occupation when Tibetan society was still relatively isolated from the outside world. During his seven years in Lhasa, Harrer became a government official and tutor to the young Dalai Lama. Between 1944 and 1950, when the Chinese occupation forced him to flee, he took thousands of photographs that provide the world with a last glimpse of life in "old" Tibet.

**MONGOLIA: The Legacy of Chinggis Khan**

by Patricia Berger & Terese Se Bartholomew. 339 pp., 320 illustrations, 237 in color, 9 x 12", #MOLECH \$60 cloth

Spanning the late seventeenth to the early twentieth centuries, the Mongolian renaissance produced marvelous art and culture. Drawn from Mongolia's national museums and library, this collection is outstanding! It provides a unique view of Mongolian Tibetan Buddhist life in symbol-rich art forms that reveal the country's spiritual, political, and social beliefs: opulent headdresses; radiant bronze sculptures by the brilliant artist Zanabazar; colorful, exotic ritual masks used in the tsam dance; richly decorated manuscripts and book covers; thangkas; and the spun-gold robe of the Bogdo Khan.

**THE MYSTICAL ART OF TIBET: Featuring Personal Sacred Objects of the Dalai Lama**

by Glenn H. Mullin & Andrew Weber, with a foreword by H.H. the Dalai Lama. 176 pp., 8 x 10", #MYARTI \$16.95

"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 reflected in its artwork."—Glenn Mullin

Presents religious and secular arts, including thangka paintings, bronze and silver statues, temple musical instruments, ritual objects, etc. The book has three parts: twenty-one personal items of H.H. the Dalai Lama; ancient pieces from the surviving collection of Drepung Loseling Monastery in India; and a selection of contemporary pieces made by the Tibetan refugees in India and Nepal. Text and art are great.

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

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

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

**MY TIBET**

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

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Rowell's photos of Tibet are remarkable in quality and composition. His Holiness has written the captions for the photos and also essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

**NOMADS OF WESTERN TIBET: The Survival of a Way of Life**

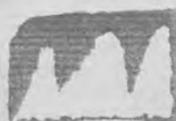
By Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$21.95

For 16 months between 1986-88, Melvyn Goldstein and Cynthia Beall lived and studied in a community of roughly 300 western Tibetan nomads. This copiously illustrated book is an intimate and fascinating account of these remarkable people, of their tradition and struggle for cultural survival.

**PILGRIM: Photographs by Richard Gere**

with a foreword by H.H. the Dalai Lama, an intro. by Richard Gere and a poem by Patti Smith. 144 pp., 12 x 13", 64 b&w photos, map, #PI \$75 cloth

Richard Gere has for many years been one of the most outspoken defenders of the Tibetan people. As a student and friend of the Dalai Lama, he has made numerous journeys throughout India, Nepal, Zaskar, and Tibet. He is also a committed photographer who has worked extensively within these regions. He has begun showing his photographs in museums and galleries around the world to universal acclaim. Gere's photographs are striking and atmospheric. Reproduced on luxurious, uncoated stock, in an oversized format, Pilgrim draws the viewer within the aura of this spiritually vital world through Gere's personal vision.



**THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas**

by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2", #SAMOTI \$24.95

Spectacular photography and narrative provide a journey through Himalayan scenery to Kailas, Asia's most sacred mountain. Sublime, this snow-clad pyramid has been a place of pilgrimage for over a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape traversed by vital and determined pilgrims.

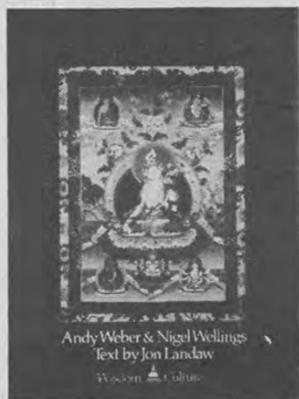


**SACRED MOUNTAINS OF ASIA**

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

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

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



**TARA'S COLORING BOOK**

by Andy Weber & Nigel Wellings. 12 line drawings, oversized, #TACOBO \$9.95

A book of twelve exquisite line drawings of famous Tibetan icons—Buddha, Chenrezig, Tara, Manjushri and others with instructions on how to color the drawings.

**THE STUPA: Sacred Symbol of Enlightenment**

Crystal Mirror Series Vol. 12, ed. by Elizabeth Cook. 437 pp., 218 photos, 140 in color, 7 x 10" #STSASY \$35

The book on stupas! Traditional texts and prayers, historical anecdotes, architectural sketches, and an in-depth exploration of the eight great stupa forms with over 200 photographs of stupas from around the world present the vast and rich tradition of knowledge associated with the stupa.



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

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

Tibetan rugs in this photo book are significant not only for their rarity but also for the unique role they performed as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color.

**THE SAND MANDALA OF VAJRABHAIKAVA**

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

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



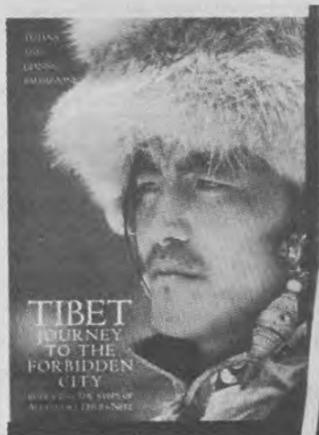
**Closeout sale!**

**TIBET**

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

"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book."—H. H. the Dalai Lama

Pietro Francesco Mele was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci in the 40s. In his introduction, Michael van Walt, Dutch expert in international law, updates the reader on the major events in Tibet that have occurred since Mele traveled there making this book historically valuable as well as artistically beautiful.



**TIBET: Journey to the Forbidden City (Retracing the Steps of Alexandra David-Neel)**

by Tiziana and Gianni Baldizzone. 160 pp. 148 photos, 133 in color, 10 x 14", #TIJFO \$40.00

The photos in this book are excellent! Photographers Tiziana and Gianni Baldizzone traveled to places in Tibet visited by Alexandra David-Neel seventy-plus years before to "give color" to the places that have inspired her work. With more than 145 illustrations, their book is a celebration of color, showing in great detail the panoramic landscapes, the faces and expressions of individual people, and the brilliant dress styles of the people of Kham and Amdo.



**Only three left!**

**TIBET LAND OF MYSTERY**

**TIBET: Land of Mystery**

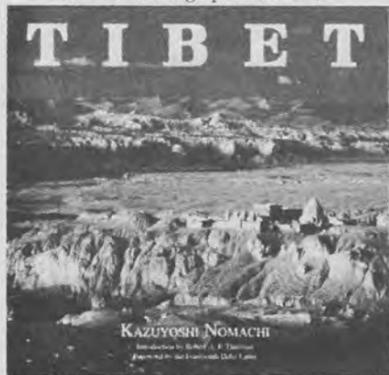
ed. by Sun Jie. 160 pp., full color, 11 x 13", #TILAMY \$60 cloth

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

**TIBET: Photographs by Kazuyoshi Nomachi**

intro. by Robert Thurman.  
approx. 150pp. color photos #TIP  
\$55 cloth

This book contains spectacular color photographs of the landscapes, people and customs of Tibet, with an introduction by Robert Thurman and a brief foreword by the Dalai Lama. The photographs were taken over the course of several years and include images of Kham, Amdo, Central and Western Tibet. Nomachi is well known for his exhaustive research and field work, and has been awarded the "Best Photographers Award."



**TIBET: THE SACRED REALM**

text by Lobsang Lhalungpa.  
159pp. 140 b&w photos, 40 illus.,  
11 x 9", #TISARE \$27.50

*Tibet: The Sacred Realm* is a handsome and outstanding collection of rare photographs of pre-invasion Tibet taken by European travelers and explorers around the turn of the century. This book comprises the best assortment of such images available in a single volume. It is chronicled by Lobsang Lhalungpa and contains a brief preface by the Dalai Lama. It is highly recommended.

**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 cloth

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 cave drawings. 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!

**TIBETAN BUDDHIST ALTAR**

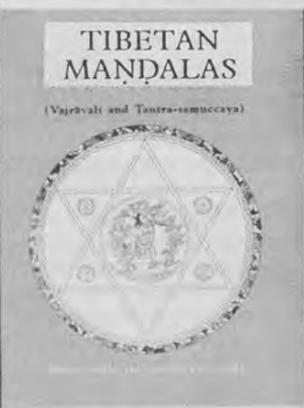
by Valrae Reynolds. 32 pp., 8 1/2 x 11", 36 photos, most in color, #TIBUAL \$8

This unusual museum catalog records the construction, decoration and consecration (by the Dalai Lama) of the Tibetan Altar at the Newark Museum. The contents of this elaborate shrine are extensively described—it was traditionally constructed and contains the requisite items for practice.

**TIBETAN COLLECTION: Sculpture and Painting**

by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATIC33 \$20

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



**TIBETAN MANDALAS**

by Prof. Raghu Vira and Lokesh Chandra. 270 pp., 8 1/2 x 11", #TIMAN \$55 cloth

This is a fascinating collection of 158 mandalas of major and minor tantric deities—actually it is comprised of two famous collections of large line drawings. The first is the *Vajravali* by Abhayakaragupta and containing 26 mandalas such as Manjuvajra, Akshobhya, Vajrasattva, Heruka, Hevajra, and Ushnisasitapatra. The second collection is the *Tantra-samuccaya* and contains 132 mandalas of major and minor deities divided into the four tantras and other classes with special emphasis on the Anuttara Yogini Tantras.



**TIBETAN NOMADS**

by Schuyler Jones. 463 pp., over 200 illus., 100 in color, 9 x 11", #TINO \$50 cloth

This is the first book to place the material culture of the Tibetan people in a cultural and environmental context and examines Tibetan nomadism and the trade networks throughout Asia. The National Museum of Denmark has an outstanding collection of everyday objects: clothing, jewelry, weapons, musical instruments, tools, armor, religious objects, agricultural implements, horse and yak trappings—these plus photos of nomadic life give a view into the lives of these peoples.

**TIBETAN PORTRAIT: The Power of Compassion**

photos by Phil Borges, text by the Dalai Lama. 41 photos, 98 pp., 9" sq., #TIPOR \$27.50 cloth

This collection of riveting portraits paired with the words of the Dalai Lama provides a unique understanding of the Tibetan people and the Buddhist teaching of non-violence and compassion. An exhibit of the photos opened in the Capitol Rotunda in Washington, D.C. and is appearing in major galleries in the US, Canada and London. Phil Borges' work has received numerous awards.

**TIBETAN THANGKA PAINTING: Methods & Materials**

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, 8 1/4 x 11 3/4", #TITHPA \$40 June! (see New Books)

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

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

*Tibetan Thangka Painting* is the only detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. It is the distillation of the authors' research carried out over a period of ten years, during which they made five journeys to Nepal and India and learned from some twenty traditional painters.

**TIBETAN VOICES: A Traditional Memoir**

photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Iain Marrs, George Koller. 8 3/4" x 11" wide, 150 pp., 50 photos, #TIVO \$31.95

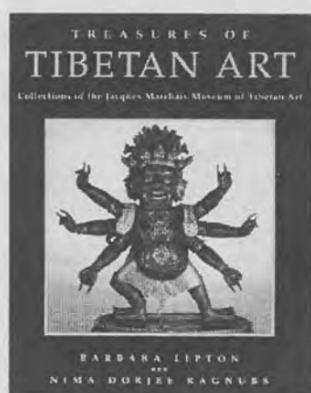
Brian Harris has combined images of Himalayan Buddhist culture with memoir-style accounts of Tibetan elders in India and the West—the photos and text are rich and moving. Royalties are being donated to Seva Service Society, The Tibetan Health Education Organisation, The Nuns Project and Delek Hospital Aid Foundation. Great book!



**TIBET'S HIDDEN WILDERNESS: Wildlife and Nomads of the Chang Tang Reserve**

text and photographs by George B. Schaller. 168pp., 134 color photographs, #TIHIWI \$45 cloth

George Schaller is one of the world's foremost field biologists and has contributed greatly to shaping international efforts to protect endangered wildlife. Schaller, currently the director of international programs for the Wildlife Conservation Society in New York, has longed to explore Chang Tang—Tibet's great "northern plain"—and in 1988 became the first Westerner permitted to enter this uninhabited region. He sought to chronicle and study the many rare and elusive animals that inhabit this remote and arid region in north-central Tibet, and *Tibet's Hidden Wilderness* is a veritable journal of his experiences and observations there. It introduces the Chang Tang's extraordinary landscape, wildlife, and nomadic peoples and concludes with a conservational plan that supports the harmonious interaction of Chang Tang's indigenous peoples and wildlife. Largely as a result of Schaller's work, the Chinese government recently set aside more than 125,000 square miles of this high-altitude terrain as a reserve—the second largest in the world.



**TREASURES OF TIBETAN ART: The Collections of the Jacques Marchais Museum of Tibetan Art**

by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8.5 x 11", #TRTIAR \$29.95

The most important works from the renowned collection are beautifully illustrated and described in this monumental volume of Tibetan art from Tibet, China, Mongolia and Nepal. They include sculptures and thangkhas depicting the Buddha, arhats, lamas, meditational deities, bodhisattvas, protector and guardian deities, ritual objects, musical instruments, jewelry, and decorative objects. The essays contribute new information on Tibetan culture, iconography, history, and folklore. Barbara Lipton has been director and curator of the Jacques Marchais Museum of Tibetan Art since 1985. She is an art historian and author.

**New expanded cloth edition!**

**WISDOM AND COMPASSION: The Sacred Art of Tibet**

by Marylin Rhie & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12", #WICO \$75 cloth

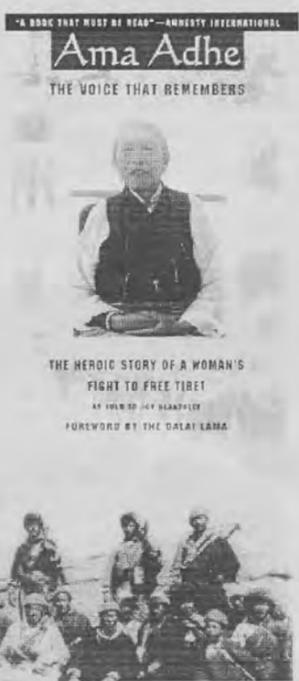
This landmark volume illustrates, explains, and celebrates hundreds of the finest and most beautiful examples of Tibetan sacred art spanning 1,000 years and drawn from museums and private collections around the world. The text offers insights into the significance, iconography, and aesthetics of the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

**BIOGRAPHY**

**AMA ADHE: THE VOICE THAT REMEMBERS (The Heroic Story of a Woman's Fight to Free Tibet)**

by Adhe Tapuntsang and Joy Blakeslee. 272 pp. 6 b&w photos, #AMAD \$19.95

This is the story of Ama Adhe who was imprisoned for 27 years in Chinese labor camps for participating in the resistance to China's occupation of Tibet during the 1950's. As the first full-length testimony of a Tibetan woman's prison camp experience, Ama Adhe is "the voice that remembers" for those who can no longer speak. Her personal story speaks powerfully of modern Tibet's tragic saga of occupation, genocide, and cultural destruction.



**ATISHA AND TIBET: Life and Works of Dipamkara Srijnana in relation to the History and Religion of Tibet with Tibetan Sources**

by Alaka Chattopadhyaya, trans. under Prof. Lama Chimpa. 593 pp. #ATTI \$23.95 cloth

Here is a comprehensive account of the baffling personality of the great Bengali Pandit Atisha also known as Dipamkara Srijnana, the great teacher and reformer of Tibetan Buddhism. After telling his life story, the author presents the Tibetan account of their own history and the place of Atisha in it. This is followed by a presentation of biographical material on Atisha from Tibetan sources such as Brom-ston-pa, and selected teachings of Atisha that are available in English and a listing of those only available in Tibetan.





**APPARITIONS OF THE SELF: The Secret Autobiographies of a Tibetan Visionary**

by Janet Gyatso. 384pp. #APSE \$39.50 cloth

In this volume, Janet Gyatso focuses on the two secret autobiographies of the visionary Jigme Lingpa (1730-1798), whose poetic and self-conscious writings are as much about the nature of his own identity, memory, and the variability of autobiographical truth as they are narrations of the actual content of his experiences. Gyatso places the Tibetan autobiography in a dialog with Western literary theory, explores Jigme Lingpa's historical milieu, his visions, his meditative practices, and also investigates the unsettling role of the "dakini" for the autobiographical subject in Tibetan religious literature.

**THE AUTOBIOGRAPHY OF A TIBETAN MONK**

by Palden Gyatso with Tsering Shakya, fore. by the Dalai Lama. 272 pp., 11 b&w illus., #AUTIMO \$24 cloth

Born in 1933, Palden Gyatso was ordained as a Buddhist monk at the age of eighteen. Through sheer determination, he won a place as a student at Drepung Monastery, one of Tibet's "Three Greats," where he came to spiritual and intellectual maturity. After the Chinese invaded in 1950, Tibet's culture was systematically destroyed. The religious orders were denounced as exploitative and monks were forced to attend pro-socialist study sessions in place of study and worship. In 1959, along with thousands of other monks, Palden Gyatso was forced into labor camps and prisons. He would spend the next thirty-three years of his life being tortured, interrogated, and persecuted simply for being a monk.

After his release from prison in 1992, Palden Gyatso escaped across the Himalayas to India, smuggling with him the instruments of his torture. Since then, he has devoted himself to revealing the extent of Chinese oppression in Tibet and the atrocities he endured.



**THE BOOK OF TIBETAN ELDERS: Life Stories and Wisdom of the Great Spiritual Masters of Tibet**

by Sandy Johnson. 288 pp., b&w photos, 6 x 8", #BOTIEL \$23.95

Sandy Johnson travelled to gather the wisdom of spiritual masters of Tibet. Incarnate teachers tell their stories, Tibetan doctors share their secrets, oracles talk about what it is like to be possessed—a rare documentation of a special group of teachers.

**Forthcoming**

**BUDDHIST MASTERS OF ENCHANTMENT: The Lives and Legends of the Mahasiddhas**

trans. by Keith Dowman, illus. by Robert Beer. 208 pp., 6.5 x 9", 30 color plates, 26 line drawings, #BUMAEN \$20 cloth May

These beautifully illustrated stories of the Mahasiddhas, men and women who attained enlightenment and magical powers by both disregarding convention and penetrating to the core of life, reveal a way through human suffering into a spontaneous and free state of oneness with the divine.



**BORN IN TIBET**

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

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



**THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche**

by Ken McLeod. 101 pp., 91 photos & illustrations. #CHTRPA \$18.75

This exquisite book contains the autobiography, photo reminiscences, and writings of one of the most outstanding lamas of this century.

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

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

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

These are the personal accounts of twenty Tibetans who survived the trials and tribulations of growing up outside their homeland. They are the first generation raised in exile and living around the world. Their lives have been extraordinary in terms of the extremes of hardship they have undergone, and they have lived with a sense of the unremitting tragedy imposed upon their nation by the Chinese occupation. Their stories are full of humor and sadness and reflect their enduring faith and their love and respect for the Dalai Lama.



**DILGO KHYENTSE RINPOCHE**

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

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



**ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition**

compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18. Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many siddhas and Jan Willis has meticulously presented the liberation life stories of the first six lineage holders of the Ganden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

**FINDING FREEDOM: WRITINGS FROM DEATH ROW**

by Jarvis Jay Masters. 179pp. #FIFR \$12.00

*Finding Freedom* is a critically acclaimed collection of prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer. The reader is shown Jarvis' daily life, a world where he meditates among chaos and squalor, creates a mala out of trouser thread and Tylenol tablets, and practices non-violence against all odds.

"It is a privilege and joy to read Jarvis Masters' account of his spiritual struggle to find freedom at the edge of life. **Everyone should read this book.**"—Robert Thurman

**FOREST RECOLLECTIONS: Wandering Monks in Twentieth-Century Thailand**

by Kamala Tiyavanich. 410 pp., 8 maps and charts #FORE \$29.95

During the first half of this century the forests of Thailand were home to wandering ascetic monks. They were Buddhists, but their brand of Buddhism found expression in living in the forest and in contending with the mental and physical challenges of hunger, pain, fear, and desire. Combining interviews and biographies with an exhaustive knowledge of archival materials and modern resources, the author documents the monastic lives of three generations of forest-dwelling ascetics.

**FOUR LAMAS OF DOLPO: Autobiographies of Four Tibetan Lamas**

ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21.

This unusual volume presents the autobiographies of four Tibetan lamas in the land of Dolpo, which was part of Western Tibet. Three of them were born in the 16th century, and one in the 17th. These life stories were dictated by the lamas themselves in response to the disciples' requests and one hand-written copy was preserved. Snellgrove's introduction describes religious practices in Dolpo—which are practically unchanged for a thousand years.

**A GARLAND OF IMMORTAL WISH-FULFILLING TREES**

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

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

**IN SEARCH OF THE DHARMA:**

**Memoirs of a Modern Chinese Buddhist Pilgrim**

by Chen-Hua. 292 pp., 10 illus. #SEDH \$16.95

This is the only book in English on modern Chinese Buddhism written by a practicing Chinese monk. It provides a rare eyewitness account of Chinese monastic life and Buddhist practices before they were changed forever by the Communist revolution. He made pilgrimages to major monasteries and holy sites, and sought instruction from many famous masters.

**THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy**

by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95 October

In this book, twenty-four of the Buddha's most distinguished disciples are brought to life in ten chapters of rich narration. Drawn from a wide range of Pali sources, the material in these stories has never before been assembled in a single volume. Through these engaging tales, we meet all manner of human beings—rich, poor, women, men, young and old—whose unique stories are told with an eye to the details of ordinary human concerns. If read with careful attention, these stories can sharpen our understanding of the Buddhist path by allowing us to contemplate the living portraits of the people who fulfilled the early Buddhist ideals of human perfection.

**THE GREAT KAGYU MASTERS**

trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Hucklepaulder. 240 pp. #GRKAMA \$14.95

"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche.

**HOUSE OF THE TURQUOISE ROOF**

by Dorje Yuthok, trans. & edited by Michael Hartin, foreword by Heinrich Harrer. 330 pp., photos #HOTURO \$16.95

"...a superior book."—*The Tibet Journal*

Mrs. Dorje Yuthok offers readers a fascinating account of life in upper-class Lhasa. This frank autobiography of a noblewoman describes life in Lhasa before the Chinese occupation. It is also a quiet, dignified description of women's status in the family and the community. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

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

**SOLD OUT!**

**HIS HOLINESS THE XVII GYALWANG KARMAPA**

18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the discovery and enthronement of the 17th Gyalwang Karmapa. It contains large, beautiful photos of His Holiness plus many other lamas, the previous Karmapa and H.H. the Dalai Lama.

**JOURNEY TO ENLIGHTENMENT: The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet**

text selections & photos by Matthieu Ricard. 152 pp., 11 x 9.5", 130 color photos, #JOEN \$45 cloth (see Art & Photography)



**KARMAPA: Ugyen Trinley Dorje**

by Ken Holmes. 152 pp., 18 color plates, 38 b&w photos and line drawings, 7 x 9" #KAURTR \$22.95

Drawing on twenty-five years of experience close to the senior lamas of the Kagyu tradition, Ken Holmes presents extremely useful and not always widely available information on topics such as the Karmapa's lineage, reincarnation, Tibet and Tibetan Buddhism. Contains photos of the new incarnation, the 16th Karmapa and other lamas.

**KUNDUN: A Biography of the Family of the Dalai Lama**

by Mary Craig. 392 pp., 19 b&w photos, #KUN \$26 cloth

Mary Craig's portrayal is the first to focus on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable and informative read—and it is not at all related to the feature length film with the same name.

**LIFE OF THE MAHASIDDHA TILOPA**

86 pp. #LIMATI \$9.95

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

**LIFE OF MARPA THE TRANSLATOR**

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

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

**THE LIFE OF MILAREPA**

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

Milarepa's life is one of the greatest source books for contemplative life in all of the world's literature. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.

**THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi**

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

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

**THE LITTLE LAMA OF TIBET**

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

This most impressive book on the present life of a prominent Tibetan tulku is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. However, it is an inspiration for Tibetan Buddhists of any age—a fascinating look at the bright young boy who represents hope for the future of Tibet.

**LORD OF THE DANCE, The Autobiography of Chagdud Tulku.**

246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. This account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, tells of his training as a tulku. His life is a rich weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.

**THE LOTUS-BORN: The Life Story of Padmasambhava**

by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$20

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



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

by Keith Dowman. 454 pp. #MAMA \$21.95

These eighty-four masters who led unconventional lives include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman translated their songs of realization and the legends about them and gives a commentary on each of the Great Adepts.

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

by Tulku Thondup. 478 pp. #MAMEMI \$35 cloth

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

**MY LIFE AND LIVES: The Story of a Tibetan Incarnation**

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

Never before has there been a book by a Tibetan to describe with such care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, elder monks of the Gelugpa sect divined that a five-year-old boy was the reincarnation of the ninth Khyongla of Tibet. On his sixth birthday, monks took him to Rato monastery some distance away to be installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Chinese invasion. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the New York.

**OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha**

by Thich Nhat Hanh. 600 pp., 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitable and beautiful style. It traces the Buddha's life, slowly and gently over the course of 80 years and 600 pages, partly through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and partly through the eyes of the Buddha himself. It brings to life the story of the Buddha in a most vibrant way.

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

by Sir Charles Bell. 460 pp. #PODALA \$22.95

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

**THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche**

by Marsha Woolf & Karen Blanc. 106 pp., 19 color photos plus other illustrations, #RA \$16.95

This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain. In Tibet, he meditated in caves and remote places and was dependent on the support of local people who he helped by summoning and preventing rain—very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.

**REBORN IN THE WEST: The Reincarnation Masters**

by Vicki Mackenzie. 213 pp. #REWE \$13.95

Among the wealth of information that currently fuels the reincarnation debate, there is one story that towers above the rest. For the first time "reincarnation masters" (tulkus) are appearing in the West. Vicki Mackenzie seeks them out and tells their stories—how they were identified and what their mission is. Nine western tulkus are presented.

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

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

Tells the extraordinary story of an apparently ordinary Spanish child who, at the age of 14 months, was recognized by the Dalai Lama as the reincarnation of Lama Yeshe, who founded many Buddhist centers in the West. Osel Hita Torres is destined to become one of the most important and unusual spiritual leaders of our time. It is also a riveting account of reincarnation and Tibetan Buddhism.

**THE TEACHER: Eleven Aspects of Guru Rinpoche**

23 pp. #TE \$2.95

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

**Lungta #10: THE LIVES OF THE PANCHEN LAMAS**

35 pp. b&w photographs, magazine format #LUN \$7.95

This magazine, published by the Amne Machen Institute, is a forum devoted to articles and essays that contribute to the study and preservation of Tibetan secular and religious culture—and provides a wide range of views and opinions. This issue includes biographies on the lives of the Panchen Lamas (especially the last two), the relationship between the Panchen Lamas and the British and Chinese, the story of the persecution of the last Panchen Lama, and an article by Wei Jingsheng on China's top political prison—the infamous Qincheng No.1.



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

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

**TIBET: MY STORY**  
*by Jetsun Pema.* 304pp. #TIMYST \$24.95 cloth

In *Tibet: My Story*, Jetsun Pema, younger sister of H.H. the Dalai Lama, presents an autobiographical account of Tibet before the Chinese occupation. She presents her story from her childhood, growing up with her brother in pre-invasion Tibet, to her work today as a minister in the Tibetan government. Her account reveals both day-to-day and monastic life as well as popular traditions and practical Buddhist wisdom. She provides a first-hand account of some of the most turbulent years in her country's history as well as documenting the ongoing work for a free Tibet.

• "Jetsun Pema is perhaps the most admirable woman I have had the privilege of meeting."—Jean-Jaques Annaud, director

**THE TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion**  
*trans. by Sangye Tandar, ed. by Richard Guard.* #TWDE \$5

Tonpa Shenrab, the founder of Bon, was the first Buddha to appear in the Kaliyuga with the express purpose of relieving the sufferings of sentient beings. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.

**THE WARRIOR SONG OF KING GESAR**  
*by Douglas Penick, foreword by Sakyong Mipham Rinpoche, intro. by Tulku Thondup Rinpoche.* 176 pp., 6 illus., #WASOKI \$16.95

This is the epic tale in verse and prose of the legendary Tibetan warrior king, Gesar of Ling. Born into harsh circumstances at a time of decline, Gesar succeeded in becoming ruler of Ling. Embodying the Buddhist teachings, he subdued demonic lords who sought to undermine and enslave people's minds.

COOKBOOKS

**Liberate Your Senses!—  
Now with Tibetan Fire Sauce!!!**

**KHATSA! Tibetan Hot Sauce, Tibetan Fire Sauce and Nettle Salsa**

*by Khatsa & Co.* Three 9-oz. jars, #KHHOSA \$18.95 (outside N. America, please allow \$15 for shipping by surface)

Khatsa means "hot mouth" and these three Tibetan sauces come from Dachen Kyaping's father who was able to leave Tibet after 21 years as a political prisoner. Khatsa is a family business and Dachen and her father oversee the production of each batch of sauce. These sauces are not only authentic but they taste fabulous—spicy but not too hot for most people—we are enthusiastically recommending that you try them. The Fire Sauce is called Kuptsa which translates "hot butt"—hot going in, hot going out! The ingredients are vegetarian and are packaged in a gift box made from recycled cardboard. The nettles come from Milarepa's cave! Seven 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. It received the Award of Excellence from the American Tasting Institute.

\*Businesses in the food industry that would like to order Khatsa wholesale, the minimum order is \$100. Contact Khatsa & Co. 206-649-5508.



**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 nature. A terrific addition to any kitchen bookshelf!"—*Midwest 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 influenced 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. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained.

"Compendium of family recipes...a unique resource."—*Library Journal*

"...a first major source of information on Nepali recipes."—*Asian Foodbookery*

"These recipes are hearty and full-flavored without being overly fussy or hard to prepare. There's a wealth of vegetarian recipes."—*Ithaca Times*

CHILDREN'S CORNER



**A DOG'S TOOTH**  
*by W.W. Rowe, illus. by Chris Banigan.* 32 pp., 31 color illustrations, 8 x 11" #DOTO \$12.95 cloth, for children ages 5-13

In this adventurous retelling of the classic Tibetan tale of the power of faith, a young man is asked by his dying mother to obtain a sacred relic to help her. He fails to do this and instead deceptively brings her a tooth from the skeleton of a dog. He tells her it is the Buddha's tooth.

This version humorously recreates the wily son's schemes. It movingly conveys how the mother's strong faith has the power to fulfill her dreams in spite of the son's deceit. The result is a suspenseful story that captivates and inspires readers of all ages. The illustrations, which transport the reader to Tibet and India, are a miracle of lively imagination in themselves. Highly recommended.

**BUDDHA**  
*by Demi.* 44 pp., 40 color illustrations, 10 x 10", #BUD \$18.95 cloth

This is the 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.

**AMY AND GULLY IN RAINBOWLAND**  
*by W. W. Rowe, illus. by Adam Chow.* Ages 5-10, 96 pp., illus., #AMGU \$5.95

"This captivating book reads like a thriller. Amy and Gully (brother and sister) are playing in a dusty attic when a sudden, fierce wind transports them to a grassy hillside in Rainbowland. There they meet a magical monk dressed in Buddhist robes who sends them on a quest for the wishing stone that was stolen by Wogda, the witch. The children discover special qualities within themselves that are needed to overcome threatening situations. They learn to be courageous, nonviolent, and to practice loving kindness."—*Mindful Parenting (for the Spiritual Enrichment of Children and Parents)*



**THE BOY WHO HAD A DREAM**  
*by Ringu Tulku Rinpoche, illus. by Pankaj Thapa.* 32 pages, 9 x 11", full color #BOWHHA \$12.95

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up. Royalties help provide education and health-care for the author's home in Eastern Tibet.

**BUDDHA STORIES**  
*by Demi.* 28 pp., gold line drawings and text on cobalt blue paper, 10 1/4" square, #BUST \$16.95

Eleven Jataka tales, each illumined with golden illustrations make this an excellent book for kids and adults.

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

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences. Jataka Tales, or past-life stories of the Buddha, teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

"The Buddha's Question has been a nightly favorite. We read it at bedtime over and over. I marvel at its beauty and heart-wrenching message. It is so well done."—A Customer

**EXPLORE TIBET**  
*by the Junior Museum Staff of the Newark Museum.* 32 pp., 9 x 12", #EXTI \$9.95

This is an activity book that was developed 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, construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more! Ages 3-10.



**THE GOLDEN GOOSE KING: A Tale Told by the Buddha**  
*by Judith Ernst.* 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose, king of 94,000 geese dwelling near Benares. The goose was the Buddha in a past life—and his wise teachings serve to guide a king, his wife and the readers of this lovely story. Excellent illustrations. For ages 6-12 and their parents.

Winner of the 1996 *Skipping Stones Book Award*.

**DHARMA FAMILY TREASURES: Sharing Mindfulness with Children**  
*ed. by Sandy Eastoak.* 240 pp. #DHFA \$16.95

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



**THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet**  
*by Whitney Stewart.* 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$17.95 cloth (see Biography)

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

**INDEPENDENCE TO EXILE**  
*by Christopher Gibb.* 94 pp., many illustrations and photos, #INEX \$7.95

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



**HER FATHER'S GARDEN**  
by Janet Brooke. 40 pp., 8.5 x 11", 20 color illus., #HEFAGA \$12.95

In a village high above the clouds where people are unhappy and nothing grows, a little girl dreams of a garden behind her father's house. The skeptical villagers mock her gardening efforts, but the garden flourishes and in the end the villagers are transformed and renewed.



**THE GIFT: A Magical Story about Caring for the Earth**  
story and illus. by Isia Osuchowska. 32 pp., 8" sq., 30 color illus., #GI \$14.95 cloth

Ananda, the Buddha's principal disciple, teaches a small-minded king the importance of sharing—not only personal wealth but also the resources of the Earth. For children 4-10.

**AMBROSIA HEART TANTRA: The Secret Oral Teachings on the Eight Branches of the Science of Healing**

annotated by Dr. Yeshi Dhonden, trans. by Jhampa Kelsang. 128 pp. #AMHETA \$11

Back in print, this is the first volume of a key medical treatise known as *The Four Secret Oral Teachings on the Eight Branches of the Science of Healing*—the body, pediatrics, gynecology, disorders of wounds, toxicology, geriatrics, fertility and reproductivity.

**ANNOTATED BIBLIOGRAPHY OF TIBETAN MEDICINE (1789-1995)**

by Jürgen Aschoff. 426 pp. #ANBITI \$86 cloth

Jürgen Aschoff has collected and annotated more than 1700 written sources on Tibetan medicine from all over the world. This annotated bibliography offers a great amount of information on Tibetan medicine. The author has also included shamanistic as well as the religious and philosophically based healing rituals. A rich resource for the person deeply interested in Tibetan forms of healing—published in Switzerland and hence the price. 20% of the entries are in German.

**THE LAND OF SNOWS**

by Christopher Gibb. 93 pp., many illustrations and photos, #LASN \$7.95

This history of Tibet, written for children up to 15 years old, is a concise, colorful and lively introduction to the history and daily life of the Tibetan people. The Tibetan Children's Village published this book. Ages 8-14.

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

by Karen Pandell with Barry Bryant, foreword by Richard Gere. #LEDALA \$16.99 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 lesson, and spiritual primer all in one—this book teaches through the ceremony of Kalachakra and its sand mandala.

**THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha**

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

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

**MEDITATING WITH CHILDREN: The Art of Concentration and Centering**  
by Deborah Rozman. 160 pp. #MEWICH \$14.95

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

**PRINCE SIDDHARTHA**

by Landaw & Brooke. 144 pp. 8 x 10", 63 color illus., #PRSI \$16.95

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

**ANCIENT SECRET OF THE FOUNTAIN OF YOUTH**

by Peter Kelder. 64 pp. #ANSE \$5.95

Five exercises purported to be Tibetan hold the key to rejuvenation, health and vitality. Requiring little time to practice, yet many people have reported remarkable changes in their health conditions. The exercises appear to stimulate the core chakra energies to keep them moving in their youthful way.

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

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

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

**PRINCE SIDDHARTHA COLORING BOOK**

by Jonathan Landaw, line drawings by Janet and Lara Brooke. 48 pp., 8 x 11", 62 images, #PRSCO \$6.95

Children can make the story of the Buddha come alive by coloring the images from his life. A brief narrative accompanies and explains each drawing.



**THE RABBIT & THE TIGERDILE**

by W.W. Rowe, illus. by Chris Banigan. Ages 4-10, 32 pp., 8 x 10", #RATI \$8.95

This past-life story of the Buddha explains why we can see the image of a rabbit on the face of the moon. When the god Sakra tested four animals, only the rabbit showed true compassion and selfless generosity. In this exciting adaptation of the tale, Sakra assumes a frightening form—half tiger, half crocodile. During their jungle adventures, the selfish failings of the fox, monkey, and weasel are humorously revealed.

Beautiful full-color illustrations bring the story magically to life. It is delightful to read aloud: the animals can be identified by characteristic noises or sounds.

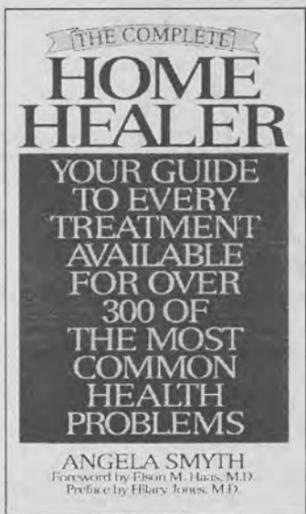
"An endearing tale of trust and generosity."—NAPRA ReView

**THE STORY OF PEMA WOEBAR: A Traditional Tibetan Tale**

50 pp., 37 b&w illustrations, ages 5 to 12, #STPEWO \$12.95

Published by Tibetans at the Norbulinka Institute in India, this is the exciting folktale of Pema Woobar, child of Padmasambhava who overthrows an evil king through his courage and insight.

**HEALTH & FITNESS**



**EASTERN BODY, WESTERN MIND: Psychology and the Chakra System**

by Anodea Judith. 416 pp., #EABOWE \$18.95

Anodea Judith's latest book on chakras explains the system through Western psychology. The developmental tasks associated with each chakra are presented, followed by detailed explanations of balancing characteristics, traumas and abuses, and physical malfunctions. There are sections on healing practices, body types and pathologies.

**TARA'S COLORING BOOK**

by Andy Weber & Nigel Wellings. 12 line drawings, 10 x 13", #TACOBO \$9.95

A book of twelve exquisite line drawings of famous Tibetan icons. Buddha, Chenrezig, Tara, Manjushri and others with instructions on how to color the drawings.



**THE THREE SILVER COINS: A Story from Tibet**

by Veronica Leo & Tashi Dakneva. 32 pp., fully illustrated, 8 x 10" #THSICO \$12.95

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

Once there was a poor boy named Jinpa who lived in the high mountains of Tibet. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So into the world Jinpa went, carrying his three silver coins, to seek his fortune... This is one of our very best books for young readers! Ages 4 and up.

**TINTIN IN TIBET**

by Hergé. 62 pp. #TITI \$9.95

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

**TWENTY JATAKA TALES**

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

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations. Ages 5 and up.



**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.

**THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power**

by Christopher Kilham. 84 pp., 15 photos, #FITI \$9.95

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

**HEALTH FOR LIFE: Secrets of Tibetan Ayurveda**

by Robert Sachs, foreword by Dr. Lobsang Raggay. 240 pp., 34 illus. #HEFOLI \$14.95

This is a comprehensive guide containing a wealth of traditional Tibetan health practices, a preventive health manual containing guidelines on nutrition, exercise, relaxation, rejuvenation, detoxification, meditation and spiritual practices, as well as activities for creating strength, vitality, and mental clarity. A self-profile test helps readers determine their physical/personality type according to the Tibetan system.

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

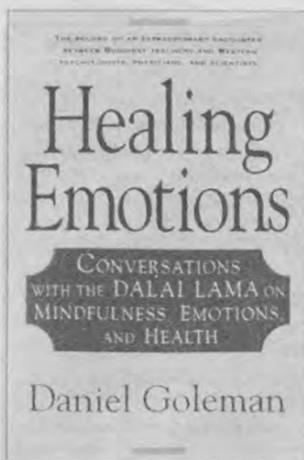
by Angela Smyth. 534 pp., illus. #COHOHE \$5.99

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

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

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

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



**HEALING EMOTIONS:**  
Conversations with the Dalai Lama on Mindfulness, Emotions, and Health  
edited by Daniel Goleman. 208 pp. #HEEM \$14.00

This book is a record of the Mind and Life Conference, a meeting that took place in 1991 in Dharamsala to discuss such topics as the relationship between the brain, immune system and emotions; death and the nature of mind; the effect of a positive and negative self image on body and mind; and the possibilities and methods for using the mind to heal the body.

**HEALING INTO LIFE AND DEATH**  
by Stephen Levine. 294 pp. #HELIDE \$9.95

Stephen Levine is a Buddhist teacher who is experienced in working with both mental and physical illness. He knows the roots of suffering intimately. In this book he explores the healing process and offers original techniques for working with pain and grief including sixteen guided meditations and merciful awareness.

**HEALING LOVE THROUGH THE TAO: Cultivating Female Sexual Energy**  
by Mantak Chia & Maneewan Chia. 298 pp. #HELO \$14.95

The companion volume to the ever-popular *Taoist Secrets of Love: Cultivating Male Sexual Energy*, this book is a veritable treasure trove of Taoist love lore. With lots of exercises and diagrams, the Chias provide the guidelines for ultimate lovemaking, long life, and overall good health. From a tradition of practitioners previously sworn to silence, Mantak and Maneewan Chia feel that now is the time to share this knowledge with the world.

**HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine**  
by Dr. Yeshi Donden, ed. & trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

"I think this book is the best work on Tibetan medicine ever to appear in English."—Dr. Barry Clark

"Health Through Balance represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—*East-West Journal*

Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments including diet, behavior modification, and the use of medicine and accessory therapy. Tibetan medicine is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are clearly explained in this book.

**LECTURES ON TIBETAN MEDICINE**

by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. This excellent book contains her lectures on Tibetan medicine and answers to numerous questions. She discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

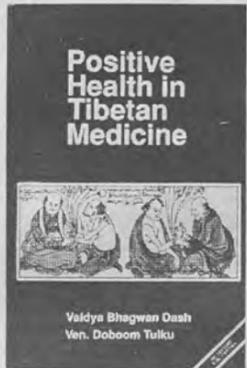


**THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE**

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

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

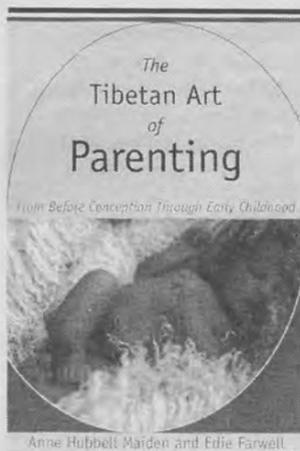
*Quintessence Tantras of Tibetan Medicine* is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.



**POSITIVE HEALTH IN TIBETAN MEDICINE**

by Vaidya Bhagwan Dash & Ven. Doboorn Tulku. 115 pp. #POHETT \$14.95 cloth

In Tibetan medicine emphasis is placed on food, drinks, life style and conduct for the preservation and promotion of positive health—one of the eight special branches of traditional medicine. Food and regimens for different parts of the day, night and seasons form the basis of this branch. This work deals with all the different aspects of positive health, conveyed through excerpts translated and commented on from Tibetan and Ayurvedic medical works.



**TIBETAN ART OF PARENTING: From Before Conception Through Early Childhood**

by Anne Hubbell Maiden and Edie Farwell. 224 pp. #TIARPA \$16.95

An invaluable guide for parents, those interested in holistic health care, and those interested in the myths, legends, and child-rearing practices of the Tibetan people. Contains an interesting compilation of real child care practices. The authors draw on Tibetan texts and interviews with women, midwives, traditional doctors and Buddhist scholars.

**THE SIMPLE PATH TO HEALTH: A Guide to Oriental Nutrition & Well-Being**

by Kim Le, Ph.D. 230 pp., 20 illus., 10 charts, 70 recipes, #SIPAHE \$12.95

This is a useful guide to Oriental nutrition and healing by a Vietnamese Tibetan Buddhist nun. Kim Le shows how mental and emotional imbalances appear physically and that food intake is directly related to a person's psychological and physical health. She clearly explains the five elements, the seven universal principles of health, cooking and preserving methods, categories of harmful foods, recipes and food plans for vegetarians and meat eaters, and how to lose weight and improve health and vitality.

**STUDIES IN TIBETAN MEDICINE**

by Elisabeth Finckh. 90 pp. #STTIME \$9.95, now \$7.95!

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

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

**TAOIST SECRETS OF LOVE: Cultivating Male Sexual Energy**

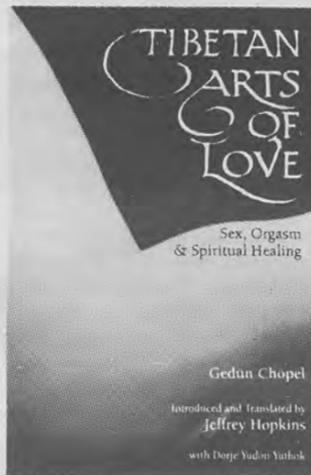
by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

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

**THE TIBETAN ART OF HEALING**

paintings by Romio Shrestha, text by Ian Baker, fore. by H.H. the Dalai Lama. 192 pp. 9 x 12," color illustrations throughout, #TIARHE \$29.95

Delves into the powerful Tibetan philosophy of health and healing. This medical system, based on Buddhist beliefs, Ayurvedic healing practices, and ancient shamanic traditions, has been communicated through the centuries by intricate paintings of mandalas featuring plants, animals, deities, and mythical characters. Romio Shrestha, a Nepali master and innovator of the traditional Tibetan thangka style created these brilliantly complex images. Tibetan scholar Ian Baker explains the artistic, spiritual and curative aspects of the paintings.



**TIBETAN ARTS OF LOVE**

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon

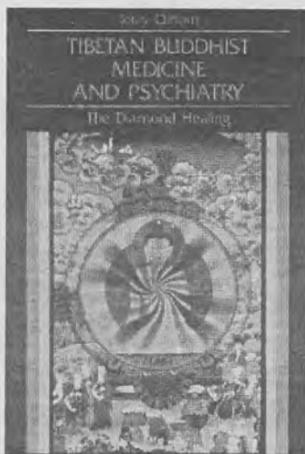
*Tibetan Arts of Love* presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of lovemaking. It includes a complete translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost intellect of the twentieth century. He gives titillating advice to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.



**THE TIBETAN BOOK OF HEALING**

by Dr. Lobsang Rapgay. 203 pp., 11 line drawings, #TIBOHE \$12.95

This is a comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rapgay has presented the preventive health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that accords with body/mind types and which people of all traditions can heartily embrace.



**TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY**

by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95

Here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.

"A well-organized and exceptionally clear introduction."—*Yoga Journal*

**TIBETAN MEDICAL PAINTINGS**

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

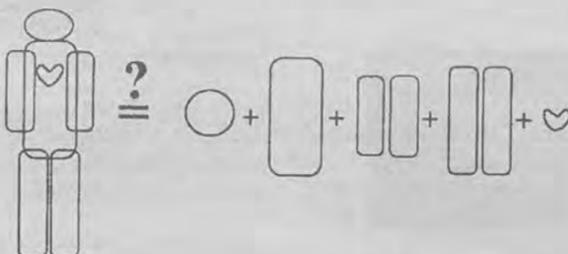
Sangye Gyamtso, regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa created *The Blue Beryl* treatise which integrates Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge visually presented in 76 brilliant paintings. A foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates put the facsimiles in context.



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

by Tom Dummer. 308 pp. #TIME \$19.95

Westerners will appreciate this well-researched contribution to Tibetan medicine. The author makes Tibetan medical philosophy understandable: the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras and psychic channels and energies; the causes of disease and types of illnesses and diagnosis; mind and mental disorders; diet and treatments. Then he shows how Tibetan and Western holistic medicine can be practiced together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhadharma as a basis for counseling therapy.



**TIBETAN MEDICINE: East Meets West/West Meets East**

edited by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

*Tibetan Medicine* presents a summary of a symposium organized by Jurgen Aschoff in July 1996 at the University of Ulm. It includes a collection of nine papers, an introduction by Fernand Meyer, and concluding remarks by Barry Clark. Part I addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. Part II focuses on institutional issues and the problems experienced in the cross-cultural transfer of Tibetan medicine to the West and vice versa. This book will appeal to anyone interested in current scholarship in the field of Tibetan Medicine or the issues surrounding the transfer of culturally different medical systems.

**TIBETAN MASSAGE CHART**

by Dr. Rapgay, 18" x 24" #TIMAAC \$6.95

Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Clear and easy to follow.



**TRADITIONAL CHINESE MEDICINE**

by Sheila McNamara. 274 pp. #TRCHME \$14

Traditional Chinese medicine has proven effective in easing a wide range of conditions using herbs, nutritional balance, acupuncture and other methods. With an A-Z list of conditions and their remedies, this comprehensive manual tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the foundational system of mental and physical discipline.

**LANGUAGE**

**A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook**

by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences and not in the abstract. A good book!

**THE CLASSICAL TIBETAN LANGUAGE**

by Stephan Beyer. 503 pp. #CLTILA \$24.50

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language. It treats the classical language on its own terms rather than by categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with linguistic phenomena encountered in the classical texts.

**ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN**

by Melvyn Goldstein. 486 pp., #ENTIDI \$60 cloth

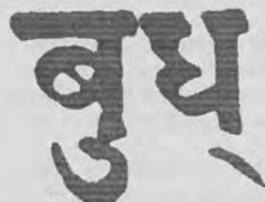
The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. With its 16,000 main entries and 29,000 sub-entries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.



**DICTIONARIES FROM LHASA!**

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

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



**A SANSKRIT-ENGLISH DICTIONARY**

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

This is the classic Sanskrit dictionary and is an excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.

**TIBETAN-CHINESE DICTIONARY**

3294 pp., 2 volumes, #TICHD \$120

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

**TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY**

Tsepak Rigzin. 479 pp. #TIENDI \$40 cloth

Based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—a Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, and supplemented from works of Tibetan lamas. 6,000 main entries and over 8,000 sub-entries, with Sanskrit equivalents where possible. New edition—revised and enlarged 40%.

**A TIBETAN-ENGLISH DICTIONARY (compact edition)**

Sarat Chandra Das. 1353, #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.

**TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN**

by Melvyn Goldstein. 1234 pp., #MOTIDI \$64 cloth

Because of rapid changes in contemporary Tibetan culture, modern literary Tibetan is extremely difficult for non-Tibetans to read. Scholars who are able to read lofty Buddhist texts in Tibetan have difficulty with a simple newspaper story. Melvyn Goldstein has compiled between 35-40,000 entries including items from modern sources. This dictionary comes from India.

**TIBETAN PHRASEBOOK**

by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

The *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

*Tibetan Phrasebook* begins by introducing a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and Tibetan customs and etiquette. Appendices include helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

Two 90-minute cassette tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native.

**TIBETAN FONTS FOR THE MACINTOSH**

by Pierre Robillard. #TIFOMA \$70

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

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

**Best language package!**

**FLUENT TIBETAN: A Proficiency-Oriented Learning System. Novice and Intermediate Levels**

by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Thondup Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger. 1010 page, 4-vol. text, 8 1/2 x 11," 18 cassettes (26 hours), #FLTI \$250 (outside N. America, allow \$35 for shipping)

"*Fluent Tibetan* is a significant and unmatched achievement in the field of teaching colloquial Tibetan."—*The Tibet Journal*

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

*Fluent Tibetan* is based upon courses developed by the U.S. State Department's Foreign Service Institute.

tute (FSI) for diplomats needing to learn a language quickly—a model unsurpassed in its effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling the quick mastery of increasingly complex structures, and thereby promoting rapid progress in speaking the language. *Fluent Tibetan* is the best course available anywhere for learning on your own.

The package consists of textbooks and tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts thereby teaching how to use the language creatively. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan.

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

**Now runs on  
Windows 95!**

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

Now it's possible to use Tibetan in the popular Microsoft Window environment for IBM compatible computers at a very reasonable cost! Tibetan For Windows makes entering and editing Tibetan easy. You see Tibetan script on the screen as you type with Wylie or other input modes. Tibetan text can be easily cut and pasted between different Windows programs. The program runs under Windows 3.1 or Windows 95, using either Word for Windows 6.0 or WordPerfect for Windows 5.2 and up. (If you are using Windows 3.1, you can also use the Write editor included free with Windows).

You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the Tibetan File Converter to translate between Wylie, ACIP, Macintosh Tibetan and phonetic formats. This version also includes the Lmantra font for expanded Tibetanized Sanskrit stacks.

**TRANSLATING BUDDHISM FROM TIBETAN TAPE**

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

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

**TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS**

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

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.

**TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan**

by Joe Wilson, Jr. 810 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook.

This complete textbook on classical Tibetan has 19 chapters suitable for beginning or intermediate students. *Translating Buddhism from Tibetan* begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns seen in the formation of words, and into the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference.

*Translating Buddhism from Tibetan* balances traditional Tibetan grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, serving as an introduction to reading and translating and to Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and is the standard text in universities and Buddhist centers.

Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

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



**LEARNING PRACTICAL TIBETAN**

by Andrew Bloomfield & Yanki Tshering. 175 pp. #LEPRTI \$16.95. Optional: two 90 min. cassette tapes #TIPHT \$14.95

*Learning Practical Tibetan* is a revised version of the *Tibetan Phrasebook*, which was published in 1987 by Snow Lion Publications. Many students of Tibetan language have expressed to Snow Lion that this book is a wonderful language tool and much more than a phrasebook. Not only that, but it is accompanied by two fantastic 90 minute tapes. This combination is extremely useful for students of Tibetan except that the book relied only on a phonetic system and did not include the Tibetan script.

So, Snow Lion has expanded the *Tibetan Phrasebook* into a larger format and included the Tibetan script in addition to the phonetic system so as to be most useful as a practical Ti-



betan language study tool. The new book is titled *Learning Practical Tibetan* and was designed to accompany the original excellent tapes.

*Learning Practical Tibetan* begins by introducing both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

The clear and simple form of romanization, along with the cassette tapes, ensures that the student will be understood when speaking. The accompanying tapes are exceptionally clear and can be purchased from Snow Lion.

brung kye (v)	བྱུང་ཀྱེ་(བ)
brunin chahma	བྱུང་བའི་ཚམས་མ་
brunin gyah-mo	བྱུང་བའི་རྒྱལ་མོ་
Buddha sahnng-gye	འཇམ་མཉམས་ཀྱི་
buul-ta so (v) / becomes sa in past tense	བུལ་ཏེ་(བ) / བུལ་ཏེ་སྐོར་པའི་ཤེས་པ་
buul-ta tsom khang-pa gyahp (v)	བུལ་ཏེ་ཐོས་མཆོག་ཀྱི་རྒྱལ་པོ་(བ)
hungry bah-ree bu-ree	འཇམ་མཉམས་ཀྱི་འཇམ་མཉམས་ཀྱི་
burnt tsé (v)	བུལ་ཏེ་(བ)
but yin-neh / yin-nah yabng	བུལ་ཏེ་མཉམས་ཀྱི་འཇམ་མཉམས་ཀྱི་
bu-yi (v) / becomes nyi in past tense	བུལ་ཏེ་(བ) / བུལ་ཏེ་སྐོར་པའི་ཤེས་པ་
call keb tahng (v)	འཇམ་མཉམས་ཀྱི་འཇམ་མཉམས་ཀྱི་
carry kye (v)	བུལ་ཏེ་(བ)
ca shi-mee	འཇམ་མཉམས་ཀྱི་

**SOCIAL ACTION, HISTORY, & POLITICS**



**BITTER WINDS: A Memoir of My Years in China's Gulag**  
by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$14.95

In 1960, Harry Wu, a senior at Beijing's Geology Institute, was arrested by Chinese authorities and, without ever being formally charged or tried, spent the next nineteen years in hellish prison labor camps. Released in 1979, he came to the US. Determined to expose the truth of the gulag, he returned to China in 1991 with a "60 Minutes" news crew. Posing as a US businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film haunting images of life behind those forbidding walls.

**BUDDHIST ECONOMICS: A Middle Way for the Marketplace**

by Prayudh A. Payutto. 102 pp. #BUEC \$14.95

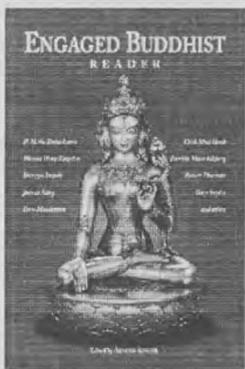
P.A. Payutto, one of Thailand's foremost Buddhist scholars, challenges the misconception that Buddhism is only for renunciants by outlining an ethically Buddhist approach to economics. For Payutto, economic activity should be a means to a good and noble life. Production, consumption and other economic activities are not to be treated as ends in themselves but as means to the ultimate development of individual and social well-being. In the tradition of E.F. Schumacher's *Small is Beautiful*, *Buddhist Economics* provides guidelines for ethically responsible money-making.

"...confronts the ethics of making money in a way that is practical without being preachy."—*Far Eastern Economic Review*

**DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows**

by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.50 cloth

An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.



**ENGAGED BUDDHIST READER**

ed. by Arnold Kotler. 264 pp. #ENBURE \$18

When Parallax Press was founded in 1986, there were few books on engaged Buddhism—a term coined by Thich Nhat Hanh in the 1950s to mean Buddhism which pervades our everyday lives and concerns. Parallax Press has since published sixty books on this subject, and a worldwide movement is underway. *Engaged Buddhist Reader* represents the "cream" of these sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

**FESTIVALS OF TIBET**

by Tsepak Rigzin. 70 pp. #FETI \$8.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.

**THE GOLDEN YOKE: The Legal Cosmology of Buddhist Tibet**

by Rebecca French. 528 pp, 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$37.50 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. Rebecca French reconstructs the Tibetan legal system as a series of layered narratives from the people who participated in the daily operation of law in Tibet prior to 1959. The practice of law in this unique legal world ranged from the fantastic use of oracles in the search for evidence to the more mundane presentation of cases in court.



**A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State**

by Melvyn Goldstein. 898 pp. #HIMOTI \$32.50

This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet. It is well-researched even though it has been criticized for its viewpoint on the events it documents.

"Brilliant...the only complete picture of what occurred in Tibet in the last century. Unlike Tibetan writings on the subject (an exception being *A Political History of Tibet*, it does not gloss over the failure of the Tibetans to comprehend the situation into which they walked, Step-by-step, that culminated in the loss of Tibet in the 1950s."—Glenn H. Mullin

**IN EXILE FROM THE LAND OF SNOWS**

by John Avedon. 391 pp. #EXLASN \$16



This new edition has the extensive "An Interview with The Dalai Lama" by John Avedon.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*

**HISTORY OF THE "WHITE CRYSTAL" (Shel dkar chos 'byung): Religion and Politics of Southern La Stod**

translated by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 by 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

The *Shel dkar chos 'byung* presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions of the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La stod. The author collected the sources available to him and tried to outline the history of the area of southern La stod, of its lords, and of the monastery, whose early abbots adhered to the Sakya tradition.



**THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995**

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

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGOs, etc.

**IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba**

by Sumner Carnahan with Lama Kunga Rinpoche, intro. by R. Thurman. 236 pp., 46 photos #INPREN \$14.95

After his release from Chinese prison in 1980, Tsipon Shuguba was instructed by the Dalai Lama to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. His recollections offer intimate views of a unique traditional society that is now all but extinct. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter, and his own nineteen-year imprisonment.

**THE KINGDOMS OF GU GE PU HRANG (According to mNga' ris rgyal rabs by Gu ge mkhan chen Ngag dbang grags pa)**

by Roberto Vitali. 642 pp. Tibetan text included, #KIGUGE \$35.00

This study of the kingdoms of Gu ge Pu hrang in western Tibet is based on a rare manuscript written by one of Tsong kha pa's direct disciples, Ngag dbang grags pa. The manuscript contains some general historical information (e.g., a history of the Yar lung kings) but its strength lies in its detailing the history of a large region in western Tibet of which little is known—the region of Tibet visited by Atisha in the eleventh-century. The book is arranged in two parts: the manuscript and its context, and Vitali's study of its contribution to understanding the history of Gu ge Pu hrang. Entire genealogies of dynasties, political and religious events, the foundation of temples, codes of lay and religious laws issued by rulers, and narrative accounts are presented. We feel that this book will make a great contribution to the study of Tibetan history, and should appeal to the historian and serious enthusiast alike.

**A SEASON TO PURGE: Religious Repression in Tibet**

A Report by the International Campaign for Tibet. 102 pp. #SEPU \$5

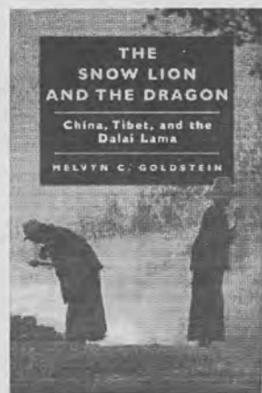
This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.

**SEEDS OF PEACE: A Buddhist Vision for Renewing Society**

by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12

"Sulak Sivaraksa is one of the heroes of our time. To the soul and Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

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



**THE SNOW LION AND THE DRAGON: China, Tibet, and the Dalai Lama**

by Melvyn C. Goldstein. 130pp. #SNLIDR \$19.95 cloth

With the death of Deng Xiaoping, the future of Tibet is more uncertain than ever, and Goldstein argues that the conflict could easily erupt into violence. Drawing upon his deep knowledge of the Tibetan culture and people, Goldstein takes us through the history of Tibet, concentrating on the political and cultural negotiations over the status of Tibet from the turn of the century to the present. He describes the role of Tibet in Chinese politics, the feeble and conflicting responses of foreign governments, overturns and rebuffs on both sides, and the nationalistic emotions that are inextricably entwined in the political debate. Ultimately, he presents a plan for a reasoned compromise, identifying key aspects of the conflict and appealing to the United States to play an active diplomatic role. Clearly written and carefully argued, this book is an excellent source for anyone seeking an understanding of the Tibet Question during this turning point in its turbulent history.

**SKY BURIAL**

by Blake Kerr, photos by John Ackerly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp. #SKBU \$12.95 (See "Adventure and Travel")

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

by Michael C. van Walt van Praag. 450 pp. #STTI \$26.95 cloth

This study reviews the history of Tibet from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides the basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.

**A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)**

by Wolfgang Bertsch. 93pp. Color plates/b&w photos #STTIPA \$10.95

Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This study focuses on the numismatic aspect of Tibetan paper money rather than the social and economic impact of paper currency on the Tibetan state. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.



**TIBET: A Political History**

by Tsepon W. D. Shakabpa. 369 pp. #TIPOHI \$15.00

Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959. An abridgement of the two-volume work.

**TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights**

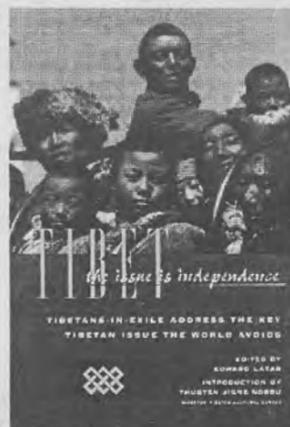
384 pp., 17 photos and illus. #TIFA \$10.50

This is an unbiased and powerful account of China's invasion and occupation of Tibet, and China's continuing campaign to obliterate Tibetan religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.

**TIBET: The Position in International Law**

ed. by Robert McCorquodale & Nicholas Orosz. 238 pp., #TIPOIN \$25

In 1993 a conference of leading international lawyers from 14 countries was held in London to consider claims for self-determination and for an independent Tibet. Two Committees on evidence examined the material evidence, including submissions by the Chinese government. The discussions were lively, constructive, and conclusions were reached about Tibetan people's rights. This conference report will assist governments, the international community, international lawyers and all concerned about human rights.



**TIBET: The Issue Is Independence**

ed. by Edward Lazar. 80 pp. #TIISIS \$9.50

Eight Tibetans confront both the weakness of international response to the occupation of Tibet and the lack of direction of many supporters of Tibet. They focus on the central issue for Tibet—the issue of independence. They counter the complacency and defeatism which has allowed the Chinese occupation to continue without persistent challenge.

**TIBET: Survival in Question**

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

This excellent book explains the changing political strategy pursued by the Chinese—brought to an abrupt and brutal halt with the popular explosion of 1987 and the declaration of martial law. The underdevelopment of the Tibetan economy, continuing assault on Tibetan society and environment, violations of human rights, events since 1987 and role of the Panchen Lama in Tibetan politics are discussed. The author had access to both the Chinese and Tibetan leaderships—he tells of the confidential negotiations between them, and delineates the political prospects for the future.

**THE TIBETAN EMPIRE IN CENTRAL ASIA**

by Christopher Beckwith. 290 pp. #TIEMAS \$18.95

This narrative history of the Tibetan Empire in Central Asia from about 600-866 AD depicts the struggles of the great Tibetan, Turkic, Arab, and Chinese powers for dominance over the Silk Road lands that connected Europe and East Asia. It elucidates Tibet's role in the conflict over Central Asia.



**TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations**

by Warren W. Smith, Jr. 733 pp. #TINA \$79.95 cloth, now \$59.95.

"A monumental one-volume political history of Tibet, which is particularly comprehensive and up-to-date on Tibet's modern period. Dr. Smith's skillful reading of Chinese propaganda material, uncovering the process of Chinese Communist takeover of Tibet and the nature of its rule, is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers the most comprehensive account available of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Warren Smith explores Tibet's ethnic and national origins, the birth of the Tibetan state, the Buddhist state and its relations with China, Tibet's quest for independence, and the Chinese takeover of Tibet after 1950. Focusing especially on post-1950 Tibet under Chinese Communist rule, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism. Concluding that the essence of the Tibetan issue is self-determination, Smith bolsters his argument with a comprehensive analysis of modern Tibetan and Chinese political histories.



**TIBETAN HISTORIES: A Bibliography of Tibetan Language Historical Works**

by Dan Martin. 295 pp. #TIHI \$45.00 cloth

This bibliography, over ten years in the making and numbering over seven hundred items, attempts to provide for the first time a comprehensive listing in chronological sequence of Tibetan language works belonging to the typical historical genres that have evolved between the 11th century and the present. Included are not only the dates and details of composition or publication, authorship and title, but also references to the burgeoning secondary literature in other languages. Although the work is aimed primarily at specialists in Tibetan studies for whom it should quickly become indispensable, a conscious effort has been made to accommodate the needs of librarians, historians of neighboring cultures, and interested lay persons. An extensive index of proper names, titles and subjects in English alphabetical order maximizes the value of the bibliography as a tool for easy reference.

**TIBETAN NATIONAL FLAG**

Authorized by the Kashag of H.H. the Dalai Lama. 12 pp. #TINAFL \$2

The origin and symbolism of the Tibetan National Flag, designed by the 13th Dalai Lama, are explained in this brief but very informative booklet. The design of the Tibetan National Flag clearly indicates all aspects of Tibetan culture. A two-sided color page of the Flag and Tibetan text are included.

**A STRANGE LIBERATION Tibetan Lives in Chinese Hands**

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

David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities and recalls the events that followed.

Tempa Soepa was a government official intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the fall of Tibet.



"Her story is incredible."—*Buddhism Now*

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

**TIBET THROUGH DISSIDENT CHINESE EYES: Essays on Self-Determination**

ed. by Changqing Cao & James Seymour. 160 pp. #TITHDI \$48.95 cloth

The world has not heard many Chinese voices supporting Tibetan self-determination. These essays by famous Chinese writers and activists will contribute towards changing the overall attitude to the issue of Tibet (especially that of the Chinese). It also demonstrates to the world the nature of the Chinese propaganda machine.



**TRIGG IN TIBET**

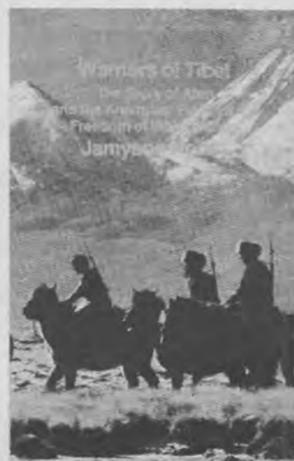
64 pp. #TRTIB \$6.95.

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

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

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

This is a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese invasion. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.



**TIBETAN BUDDHISM**

The editors at Snow Lion offer you this large selection of books on Tibetan Buddhism. Many of you will probably notice that we have restructured what in the past was the "Religion and Philosophy" section. A dozen separate divisions have been created in order to make finding books by subject easier. (See the list to the right.) The first section under the "Tibetan Buddhism" category, "General Tibetan Buddhism," contains titles that did not fit into the other sub-categories.

A complete alphabetical listing of titles is found in the summer and winter issues—please keep these for easy reference.

**Tibetan Buddhism**

- General Tibetan Buddhism
- The Dalai Lama
- Death & Dying
- Dzogchen
- Buddhist Ethics
- Kalachakra Teachings
- Lojong Teachings

**Ngondro Practice**

- Tibetan Buddhism & Psychology/Science
- Sadhanas & Commentaries

**Women & Buddhism**

- Other Buddhist Traditions
- Comparative Religion
- Other Traditions

**GENERAL TIBETAN BUDDHISM**

**ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples**

intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18.

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

**Atisha's LAMP FOR THE PATH TO ENLIGHTENMENT**



Commentary by Geshe Sonam Rinchen Translated and Edited by Ruth Sonam

**ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT**

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wö, and his nephew Jangchub Wö. His coming initiated the period of the "second transmission" of Buddhism to Tibet, the revival which followed the persecution of Buddhism by the Tibetan king Langdarma in the ninth century, formative for 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 Jangchub Wö. It sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the *lamrim* tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

Geshe Sonam Rinchen's lucid and engaging commentary draws out Atisha's meaning for today's practitioners with warmth and wit, bringing the light of this age-old wisdom into the modern world.

དུས་གསུམ་རྒྱུ་བཅས་ཅད་དག་དང་དེའི་ཚེས་དང་།  
དགེ་འདུན་རྣམས་ལ་གུས་པ་ཚེས་པོ་ལ་ཕྱག་ལུགས་ཏེ།  
སྤོངས་བཟང་པོ་བྱུང་རྒྱུ་ལོ་དེ་གྱིས་བསྐྱེད་ཀྱི་ལྷ་ལྷོ་ལས།  
བྱུང་རྒྱུ་ལས་བྱུ་སྤྱོད་མ་རབ་དུ་གསལ་བར་བྱ།

**AWAKENING THE MIND: Explanations of Basic Buddhist Meditation**

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

Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on Tsong Khapa's teachings, he shows how to develop ourselves.



**BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands**

by Norma Levine, foreword by The Twelfth Tai Situpa. 155 pp., b&w photos, #BLPOBU #15.95

Discusses the significance and power contained in Buddhist sacred objects. Levine explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas—she spent five years at Tai Situpa's monastery. Along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas—a powerful story of spiritual quest and adventure.

**AWAKENING THE SLEEPING BUDDHA**

by The Twelfth Tai Situpa. 160 pp., 10 calligraphies, #AWSLBU \$15

With a simple and direct approach, Tai Situ discusses enlightenment, reincarnation, and karma, and interprets cosmological principles in commonsense terms with practical examples.

**THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS**

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

Virupa, one of the 84 Mahasiddhas, was known for his miraculous powers and unseemly conduct. He sang of himself, "Ugly one, ugly one, that's what people mock me as. But what I have is what they all wish for." The happiness and peace of unconditioned freedom is what he had achieved, and he displayed it in his unconventional attitude and behavior in the world.

The liberating meditations and methods Virupa employed were revealed by him in a teaching known as the Vajra Verses. These were later expanded into a systematic teaching known as the *Lam Dre*, the first part of which is a meditation manual known as *The Beautiful Ornament of the Three Visions*. These visions represent stages of mental clarity starting with the vision of suffering and ending with the pure vision of peace and enlightened activities.

**THE BODHICARYAVATARA**

by Shantideva, trans. by Kate Crosby & Andrew Skilton. 191 pp. #BO \$9.95

A new translation of Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.

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

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

This is a compact overview of the iconography of Tibet illustrating and describing the popular images, positions and symbols of Mahayana and Tantrayana Buddhism. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

**ALTRUISM AND REALITY**

by Paul Williams. 288 pp. #ALRE \$48 cloth

Paul Williams interprets selected verses from the eighth and ninth chapters of the Bodhicaryavatara. Nearly half the book consists of a new essay, "The Absence of Self and the Removal of Pain: How Santideva Destroyed the Bodhisattva Path." Williams seeks to engage in a critical way with central issues of Buddhist thought relating to the coherence of a reductionist model of the person. He also shows how the Bodhicaryavatara comes to be used by the different Tibetan traditions according to their differing overall religious and philosophical agendas.

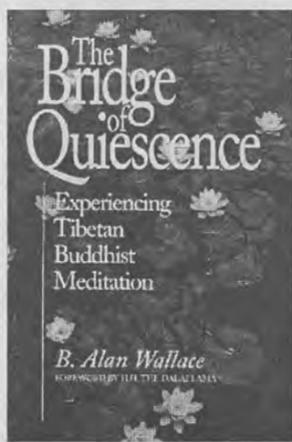
**AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World**

by Lama Surya Das. 414 pp. #AWBUWI \$26.00 cloth

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awakening the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppared with anecdotes and stories from the author's own experience, this book can serve as a manual for applying some basic Buddhist principles to everyday life, not to mention an enjoyable and informative read.



In 1973, 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. He was above all a meditation master who lived his life according to the Buddhist philosophy of wisdom and compassion.



**THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation**  
by B. Alan Wallace. 288pp.  
#BRQU \$18.95

Providing valuable material for the practice of meditation, this book includes excerpts from the works of Tsong Khapa, and affords a bridge from Eastern meditative practice to Western philosophy, science, and religion. Wallace's discussion draws upon his knowledge of experimental psychology, such as the sensory deprivation studies, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, *The Bridge of Quiescence* offers a unique well-rounded and culturally sensitive discussion of Tibetan meditation that will be of great interest to practitioners and enthusiasts alike.

**BUDDHAHOOD EMBODIED: Sources of Controversy in India and Tibet**

by John J. Makransky. 544 pp.  
#BUEM \$24.95

This book addresses those issues around which Indians and Tibetans read very different perspectives on buddhahood into Maitreya's *Abhisamayalamkara* (*Ornament for Clear Realizations*). The author shows how these perspectives provide alternative ways to resolve a logical tension at the heart of Mahayana thought, revealed in the doctrine that buddhahood paradoxically transcends and engages the world simultaneously.



**BUDDHA NATURE: The Seed of Happiness**

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

*Buddha Nature* explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

**THE BUDDHA WITHIN**

by S.K. Hookham. 422 pp. #BUWI \$23.95

Central to understanding Mahamudra and Dzogchen is insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. An excellent presentation of Kagyu views on liberation and a good starting place for dialogue with other lineages.



**BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism**

by José Cabezón. 300 pp. #BULAN \$21.95

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

**BUDDHIST ADVICE for Living & Liberation**



**BUDDHIST ADVICE FOR LIVING AND LIBERATION: Nagarjuna's Precious Garland**

by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 285 pp. including Tibetan text, 9" x 8", #BUAD \$19.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that *Shantideva's Guide to the Bodhisattva Way of Life* and *Nagarjuna's Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

Nagarjuna is renowned for his penetrating analysis of reality. In the *Precious Garland*, he offers intimate counsel on how to conduct one's life and how to construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life as well as the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.

In his advice on social and governmental policy, Nagarjuna emphasizes education, compassionate care for all living beings, not using the death penalty but reforming criminals, and charity for the. Calling for the appointment of government figures who are not out after profit or fame, he advises that a selfish motivation will lead to misfortune.

The book includes a detailed analysis of attachment to sensual objects as a preparation for realization of the profound truth that, when realized, makes attachment impossible.

**THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice**

by Lama Daboom Tulku. 183 pp.  
#BUPAEN \$14.95

Lama Daboom Tulku is a respected Buddhist scholar and leader in the engagement of Buddhist ideals. He discusses the Buddha Nature, Nirvana and the path to enlightenment; aspects of tantra and the meaning of mandalas as well as world peace, green Buddhism and Buddhist principles for a just society. He is director of Tibet House in New Delhi.

**CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra**

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEECGR \$15

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.

**THE CENTRAL PHILOSOPHY OF TIBET**

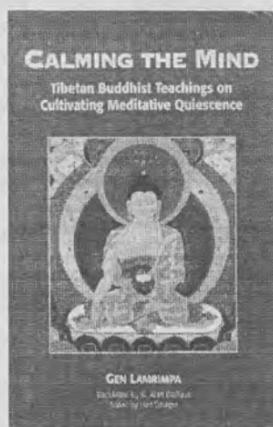
by Robert A. F. Thurman. 442 pp. #CEPHTI \$19.95

This is the first full study of Tsong Khapa's *Essence of True Eloquence*—a study of Vijnanavada and Prasangika Madhyamika. This translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal how the Prasangika is a rigorous, critical philosophy relevant to our own time.

**CHENREZIG, LORD OF LOVE**

by Bokar Rinpoche. 110 pp.  
#CHLOLO \$11.95

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



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

by Gen Lamrimpa, translated by B. Alan Wallace, edited by Hart Sprager. 148 pp. #CAMI \$12.95, A Namgyal Institute Textbook.

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

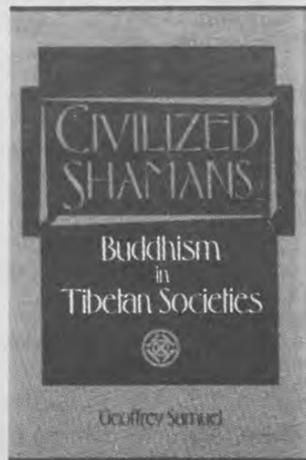
"...a step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

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

"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*

Previously titled *Shamatha Meditation*.

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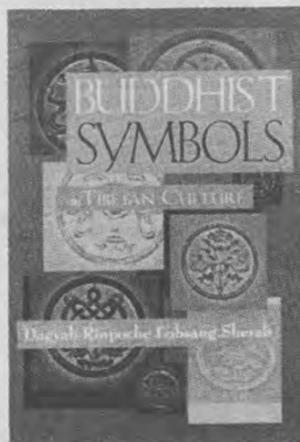
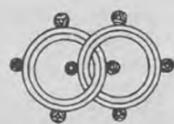
**CIVILIZED SHAMANS: Buddhism in Tibetan Societies**

by Geoffrey Samuel. 640 pp., 7 maps, #CISH \$66 cloth, CISHP \$24.95 paper

"*Civilized Shamans* is an astonishing work...and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Geoffrey Samuel explores the relationship between Tibet's social and political institutions and the emergence of new modes of consciousness that characterize Tibetan Buddhist spirituality. Samuel identifies the two main orientations of this religion as monastic and shamanic (associated with tantric yoga). The form Tibetan Buddhism has taken is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of the Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

"...comprehensive, a solid reference for the scholar."—*Library Journal*



**BUDDHIST SYMBOLS IN TIBETAN CULTURE**

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

Rinpoche presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment.





**THE CLEAR MIRROR:  
A Traditional Account of  
Tibet's Golden Age**

by *Sakyapa Sonam Gyaltzen*, translated by *McComas Taylor and Lama Choedak Yuthok*. 315 pp., 16 line drawings, 2 maps, #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the oft-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories and a rich oral tradition, the text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltzen, narrates the traditional accounts in an engaging and highly readable style, in his words, "to give pleasure to the faithful and to those who desire a history of the propagation of the Teachings". Written to inform and entertain, the book has a preeminent position in Tibetan society and is popularly read today.

**CONCEALED ESSENCE OF  
THE HEVAJRA TANTRA**

trans. by *G.W. Farrow and I. Menon*. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogarajamala*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the uninhibited Indian classic period.

**A COMPENDIUM OF WAYS  
OF KNOWING**

by *Akya Yongdzin Yangchen Gawai Lodro*, comm. by Geshe Dhargvey. 67 pp. #COWAKN \$7.95

A compendium on the nature of mind and the ways in which it knows. It is traditionally memorized for debate. Of the seven ways of knowing, two are considered valid. Understanding the nature of knowing and the known forms the basis of properly understanding emptiness.

**CONSTRUCTING TIBETAN  
CULTURE**

edited by *Frank J. Korom*. 256pp. #COTICU \$19.95

This book explores the ways in which Tibet has been represented to the world in the past and present and attempts to move away from the earlier colonial and romantic descriptions of Tibet as either a utopia or a degenerated wasteland. This book unravels such limited representations in both historical and contemporary ethnographic contexts and focuses on Tibetan culture as a dynamic process involving the interplay of different cultural groups, both indigenous and foreign. Through an examination of a wide variety of themes, *Constructing Tibetan Culture* attempts to relocate modern Tibetan studies squarely within the realms of anthropology and cultural studies. Contributors include Mary Van Dyke, Peter Bishop, Frank Korom, Steven Venturino, Keila Diehl, Clare Harris, and Donald Lopez.

**CRAZY WISDOM**

by *Chogyam Trungpa*. 160 pp. #CRWI \$19

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



**CREATION AND  
COMPLETION: Essential  
Points of Tantric Meditation**

by *Jamgon Kongtrul*, trans. by *Sarah Harding*. 128 pp. #CRCO \$14.95

An excellent guide to tantric Buddhist meditation practice. It leads the way along a clear path of meditative self-transformation; from visualization of oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangun Rinpoche

**THE CREATIVE VISION:  
The Developing Phase of  
Tibetan Tantra**

by *Herbert Guenther*. 192 pp. #CRVI \$15

This pioneering work makes tantric symbolism practical. Life, according to *The Creative Vision*, evolves by recreating and re-envisioning experience. This book decodes the real-life meaning of the complex array of symbols developed by Tibetans to express their insight into life.

**THE CULT OF TARA: Magic  
and Ritual in Tibet**

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

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

**CURATORS OF THE  
BUDDHA: The Study of  
Buddhism under Colonialism**

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

This is a critical history of western Buddhist study. Chronicling the emergence of Buddhist academic study in Europe and America in the context of the ideologies of empire, this volume begins with the nineteenth century origins of Buddhist studies and then focuses on Aurel Stein, D.T. Suzuki, Carl Jung and others who played a significant role in disseminating knowledge about Buddhism. The essays discuss social, political, and cultural conditions that have shaped Buddhist studies.

**CUTTING THROUGH  
APPEARANCES: Practice  
and Theory of Tibetan  
Buddhism**

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

An authentic presentation of the practice and theory of Tibetan Buddhism, set down in a beautiful text. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path.

Next is the *Presentation of Tenets*, written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

SHAMBHALA DRAGON EDITIONS

**CUTTING THROUGH  
SPIRITUAL  
MATERIALISM**



Chogyam Trungpa

**CUTTING THROUGH  
SPIRITUAL MATERIALISM**

by *Chogyam Trungpa*. 250 pp. #CUTHSP \$14

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

**DAKINI TEACHINGS:  
Padmasambhava's Oral  
Instructions to Lady Tsogyal**

by *Erik Pema Kunsang*. 200 pp., #DATE \$18

This is a terma text-of teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until years later. The teachings translated here are instructions on the three levels of Buddhist practice.



**DEPENDENT-ARISING AND  
EMPTINESS**

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

This lucid presentation of the Gelugpa view of the ultimate and conventional natures of phenomena shows how the Madhyamika completely denies any concrete, solid status to the world and yet maintains a valid presentation of that world based on ethical principles. Based on Tsongkhapa's *Lamrim Chen mo*, it includes a critical review of contemporary Western interpretations of Madhyamika.

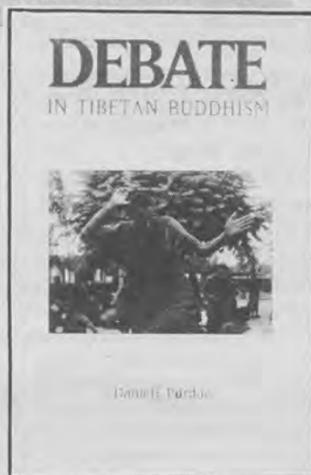


**DEBATE IN  
TIBETAN BUDDHISM**

by *Daniel E. Perdue*. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Namgyal Institute Textbook.

The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. An essential prerequisite in Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach Buddhist philosophy by sharpening analytical capacities. Since the Tibetan commentarial tradition incorporates the debate style as the means of conveying philosophical concepts, to understand the various philosophical stances in Tibetan studies it is essential to master the procedure of debate.

Using a debate manual by Pur-bu-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue cov-

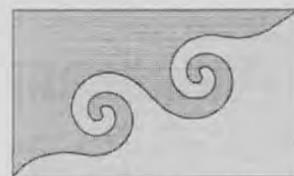


ers the form and substance of elementary debate and demonstrates the application of debate to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.

**THE DHARMA that Benefits  
All Beings Impartially Like  
the Light of the Sun and  
Moon**

by *Kalu Rinpoche*. 222 pp. #DHILAL \$18.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.



**DHARMA PATHS**

by *Khenpo Karthar Rinpoche*, ed. by *Laura Roth*. 270 pp. #DHPA \$14.95

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharma-chakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States. In *Dharma Paths*, Rinpoche tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

**THE DIRECT AND  
UNMISTAKEN METHOD OF  
PURIFYING YOURSELF AND  
PROTECTING YOURSELF,  
ETC.: The Practice and  
Benefits of the Eight  
Mahayana Precepts**

Compiled by *Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa*. 40 pp. #DIUNME \$3.95

**THE DOOR OF LIBERATION**

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

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. Robert Thurman and Jeffrey Hopkins are two of his most prominent students.

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



**DOOR TO INCONCEIVABLE  
WISDOM AND COMPASSION**

by *Khenpo Palden Sherab Rinpoche*, trans. by *Khenpo Tsewang Dongyal Rinpoche*. 176 pp. #DOINWI \$17.00

Bodhicitta refers to the union of loving-kindness, compassion, and wisdom of ultimate reality. Khenpo Palden Serab Rinpoche skillfully presents a full spectrum of teachings and everyday applications regarding this powerful, immediate and practical means of spiritual transformation and realization.

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

by José Cabezón. 590 pp. #DOEM  
\$29.95 cloth at the paper price!

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

**THE DOUBLE MIRROR: A  
Skeptical Journey Into  
Buddhist Tantra**

by Stephen Butterfield. 250 pp.  
#DOMI \$14.95

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

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

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

Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers through his songs of liberation.

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

by Namkhai Norbu Rinpoche.  
348 pp. #DRDEBO \$21.95

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

**ECHOES OF VOIDNESS**

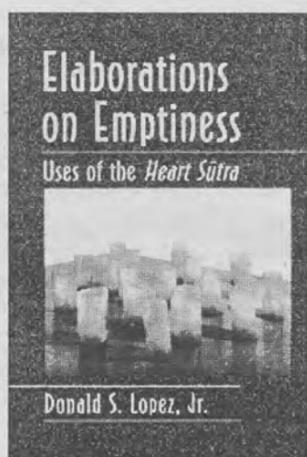
by Geshe Rabten. 148 pp. #ECVO  
\$8.95

Voidness—the emptiness of inherent existence—is central to Buddhist thought and practice. *Echoes* makes understanding voidness easier by presenting it from three different perspectives: devotional, logical and experiential.

**ECSTATIC SPONTANEITY:**  
Saraha's Three Cycles of  
Doha

by Herbert Guenther. 241 pp.  
#ECSP was \$25, available now  
for \$18!

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material has been supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.



**ELABORATIONS ON  
EMPTINESS: Uses of the  
Heart Sutra**

by Donald S. Lopez, Jr. 320 pp.  
#ELEM \$39.50

The *Heart Sutra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom with more commentaries than any other sutra. Donald Lopez, Jr. explores the *Heart Sutra's* elaborate philosophical and ritual uses in India, Tibet, and the West.

**EMPOWERMENT**

by Tsele Natsok Rangdrol. 128 pp.  
#EM \$14

The empowerment ritual is the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. *Empowerment* contains a wealth of instructions on Buddhist training, particularly Mahamudra and Dzogchen.

**THE EMPTINESS OF  
EMPTINESS: An  
Introduction to Early  
Indian Madhyamika**

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

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

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

**EMPTINESS YOGA: The  
Tibetan Middle Way**

by Jeffrey Hopkins. 504 pp.,  
#EMYOP \$22.95, #EMYO \$39.95  
cloth, A Namgyal Institute  
Textbook.

"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargyay, *Religious Studies Review*

An absorbing, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Professor Jeffrey Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism.

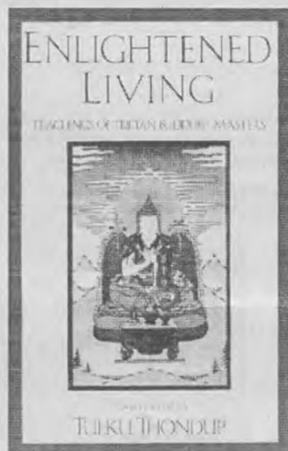
His personal and accessible presentation is based on Jang-gya's famous work which was studied in Tibet's largest monasteries. The original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are presented in the context of meditative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

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

**ENLIGHTENED JOURNEY:**  
The Practice of Buddhism as  
Daily Life

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

A manual showing how to transmute life's situations into spiritual disciplines and experiences. Tulku Thondup, a Nyingma teacher, explains how suffering can be a more powerful tool than happiness for achieving enlightenment and how meditation can arouse compassion. He discusses the symbolism of holy places, temples, and statues, and how Tibetan art is a source of teaching, inspiration, and power. He explains the experience of dying, the after-death state, and the Longchen Nyingthig ngondro practices.



**ENLIGHTENED LIVING:**  
TEACHINGS OF TIBETAN  
BUDDHIST MASTERS

by Tulku Thondup. approx 140pp.  
#ENLI \$15.00

*Enlightened Living* is a short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.



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

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

This is a detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th-century Sakya Pandita. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual factor or insight? This question arose again in Tibet with certain masters' teachings about Mahamudra.

To clarify the positions of masters representing the "simultaneous" or "all-at-once" doctrine, Jackson has presented the references in Gampopa's and Lama Ahang's writings. On the other side, Sakya Pandita criticized the notion that any single teaching or spiritual factor was sufficient, including meditative stoppage of conceptual processes known as "seeing the nature of mind."

Links between these masters' teachings and earlier Ch'an-influenced Tibetan traditions were discovered in addition to parallels to certain Indian siddhas' teachings. This book will interest anyone practicing Mahamudra, tantra or Dzogchen.

**ENTHRONEMENT: The Recognition of the Reincarnate  
Masters of Tibet and the Himalayas**

by Jamgon Kongtrul Lodrö Tayé, translated and introduced by  
Ngawang Zangpo. 190 pp. #EN \$14.95

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. In a tradition that is both uniquely Tibetan and genuinely Buddhist, past masters are identified as small children, installed in their predecessor's monastery in a ceremony called *enthronement*, and educated to continue the work of their former incarnation. This custom has provided a principal source of spiritual renewal for Himalayan Buddhists for the past thousand years.

The introduction places the subject of reincarnate meditation masters within two major contexts—in the activity of bodhisattvas, those highly realized beings who vow to return to the world in order to help others; and in modern Tibetan society, where the reappearance of past masters is both perfectly natural and profoundly moving.

Part One contains an interview with Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage of Tibetan Buddhism, who is often requested to find and recognize other reincarnate masters. He describes the fascinating process of recognizing reincarnations.

Part Two contains a translation of a text by Jamgon Kongtrul Lodrö Tayé, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthronement of reincarnate masters.

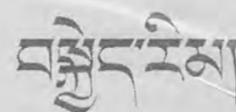
"A sort of: What You Always Wanted to Know About Reincarnation but Were Afraid to Ask."—*Publishers Weekly*



**THE ENTRANCE GATE FOR  
THE WISE: Saskya Pandita  
on Indian and Tibetan  
Traditions of Pramana and  
Philosophical Debate**

by David P. Jackson. 2 vols.,  
299pp. & 319 pp., #ENGAWI \$79

Contains the life and thought of Sakya Pandita (Sa-pan), one of Tibet's most influential translators and interpreters of Indian Buddhist philosophy, particularly known for propagating Dharmakirti's "pramana" tradition in Tibet. This is an extensive study of Sakya Pandita's treatise *The Entrance Gate for the Wise (Mkhas pa rnam's jug pa'i sgo)*, which delineates the three main activities of the traditional Buddhist scholar: composition, exposition, and debate.



**ESSENTIAL TIBETAN  
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by Robert A.F. Thurman. 272 pp.,  
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by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY  
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"The Fine Arts is a skillful blend of time-proven antidotes to the stress of modern life."—Dan Goleman, author & psychology writer, *New York Times*

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Kalu Rinpoche covers the essentials of Buddhist practice by offering active meditations on topics that must be deeply realized to propel spiritual practice to the goal.

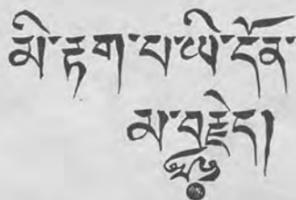
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by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 96 pp. #FONOTR \$9.95

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The late Ven. Lobsang Gyatso was the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy.



**THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE**

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by Geshe Acharya Thubten Loden. 312 pp., 15 illustrations, #FUPOEN \$27.00

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

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H.H. Dudjom Rinpoche selected Ven. Gyatrul Rinpoche to be his spiritual representative at the Pacific Region Yeshe Nyingpo centers. During his twenty-one years of teaching westerners, Gyatrul Rinpoche established seven centers and developed an unusual ability to communicate the Tibetan Buddhist path. He is a master of the Palyul tradition, which contains teachings from the Nyingma and Kagyu schools.

*Generating the Deity* is an exceptionally clear and accessible presentation of generation stage practices of deity yoga. Gyatrul Rinpoche explains the state of mind needed to begin practice, the details of visualization sequences, three types of offerings and proper mantra recitation, and information on mudras, tormas and malas. Practitioners from all lineages will find these teachings enhance their understanding of sadhana practice. Rinpoche's detailed explanations make it possible to practice these meditations as they were practiced in Tibet.

**GENEROUS WISDOM: Commentaries by H.H. the Dalai Lama XIV on the Jatakamala**

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**GENTLY WHISPERED: Oral Teachings by the Very Venerable Kalu Rinpoche**

compiled, ed. and annotated by Elizabeth Selandia, foreword by H. E. Tai Situpa. 294 pp. #GEWH \$16.95

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Includes original meditations offering clear and enlightening advice on applying timeless wisdom to daily concerns. There is a wealth of ideas—a perfect companion to anyone's spiritual practice.

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

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

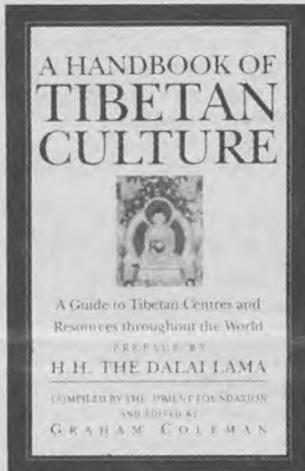
This book is highly recommended as a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.



**THE GUARDIAN DEITIES OF TIBET**

by Ladrang Kalsang. 133 pp. #GUDETI \$12.95

The propitiation of Dharma Protectors is a common practice in traditional Tibetan religious life. There are thousands of deities worshipped by different sects, groups and individuals and this book presents the principal protectors in Tibet. Presented are 22 major deities: 4 & 6 arm Mahakala, Palden Lhamo, Dharmaraja, Nechung, Nam-Sey, Bhagte, Four Directional Protectors, etc.



**A HANDBOOK OF TIBETAN CULTURE: A Guide to Tibetan Centres and Resources Throughout the World**

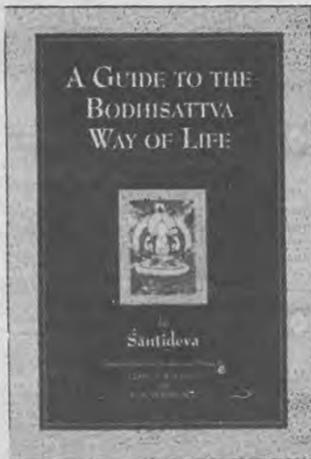
compiled and edited by The Orient Foundation & Graham Coleman. 431 pp. #HATICU \$18

A comprehensive directory with biographies of lamas and scholars, academic organizations, cultural organizations, libraries, monasteries, museums, publishers, retreat centers, and teaching centers, a historical overview of the five lineages and a glossary of key Tibetan and Sanskrit terms.



**A GUIDE TO THE BODHISATTVA WAY OF LIFE**

by Vesna A. Wallace & B. Alan Wallace. 175 pages, #GUBOSL \$12.95



In the whole of the Tibetan Buddhist tradition there is no single treatise more deeply revered or widely practiced than *A Guide to the Bodhisattva Way of Life*. Composed in the eighth century by the Indian Bodhisattva Santideva, it became an instant classic in the curricula of the Buddhist monastic universities of India, and its renown has grown ever since.

Santideva's presentation of the methods to harmonize one's own way of life with the Bodhisattva ideal begins with a praise of the spirit of awakening, the Bodhisattva's altruistic aspiration to achieve enlightenment for the sake of all beings. In the chapters that follow, Santideva inspires the reader to cultivate each of the six perfections that provide the basis for the Bodhisattva way of life—generosity, ethics, patience, zeal, meditative concentration and wisdom.

This authoritative translation by Vesna A. Wallace and B. Alan Wallace is the first English rendering of the original Sanskrit that also takes into account the canonical Tibetan translation.

"The Wallaces have produced a concise, literal, and elegant translation. The extant Sanskrit edition frequently differs from the one used in Tibet a millennium ago, and the Wallaces have noted these differences in copious footnotes. These features make their translation both highly readable and an excellent source for scholars of the original languages."—*Tricycle: The Buddhist Review*

"This new translation is a faithful representation of Santideva's teachings. The Wallace and Wallace edition will thus stand for many years as the standard English translation of this key Tibetan Buddhist text."—*Publishers Weekly*

"Offers insight upon insight as to the way a life should be led."—*Library Journal*

"Although the work has been translated many times, this translation will be of use to undergraduates as a textbook and also to advanced scholars for the way in which it highlights divergences between Tibetan and Sanskrit editions. Wallace and Wallace succeed with admirable eloquence where some earlier translations (such as S. Batchelor's) founder under the weight of the scholarly apparatus used to represent the voices in the text."—Liz Wilson, *Religious Studies Review*

**GATEWAY TO KNOWLEDGE**

by Jamgon Mipham Rinpoche approx 140 pp., #GAKN \$16

*The Gateway to Knowledge* is a condensation of the Tripitaka and its accompanying commentaries. This distillation embodies the basics of Abhidharma, Prajnaparamita and Madhyamika from both the Mahayana and "Hinayana" perspectives. It is authored by the learned Tibetan master Jamgon Mipham Rinpoche (1846-1912), and contains explanations of the five aggregates, the elements, the sense-sources, interdependence, valid and non-valid cognition, the sense faculties, and time. This is the first of four volumes and includes the Tibetan text.

མཁས་པའི་ཚུལ་  
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**THE HARMONY OF  
EMPTINESS AND  
DEPENDENT-ARISING**

by Ven. Lobsang Gyatso. 156 pp.  
#HAEMDE \$10.95

Ven. Lobsang Gyatso skilfully explains the different Buddhist schools' views on the relationship of emptiness and dependent-arising in this commentary to Tsongkhapa's *Praise of Dependent Arising*.

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by William Stablein. 274 pp. 37 color plates, 4 line drawings,  
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*Now in paper*

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**THE HEART  
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Chögyam Trungpa

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MATTER**

by Tsele Natsok Rangdrol. 108 pp.  
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Kyabje Pabongka Rinpoche,  
trans. by Lama Zopa Rinpoche &  
Jampa Gendun. 16 pp. #HESP \$4

A prayer of essential advice by the great lama Pabongka Rinpoche to hold the teachings dear and develop realizations in this lifetime. "Who's the faster: Yama, the Lord of Death, or you in your practice of realizing the essence of your eternal dream?"

**THE HEART SUTRA  
EXPLAINED: Indian and  
Tibetan Commentaries**

by Donald S. Lopez, Jr. 230 pp.  
#HESUEX \$21.95

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"It makes a major contribution to Buddhist studies...in a manner that is both scholarly and readable."  
—Anne C. Klein

**HIDDEN TEACHINGS OF  
TIBET: An Explanation of  
the Terma Tradition of  
Tibetan Buddhism**

by Tulku Thondup Rinpoche, ed.  
by Harold Talbot. 304 pp.  
#HITETI \$18.95

Throughout the world, sacred texts and material objects have appeared miraculously to sages and saints. The terma tradition of Tibet refers to treasures of knowledge and realization hidden throughout the landscape by buddhas to be discovered at the appropriate moment by realized masters. Tulku Thondup tells the story of the special terma tradition initiated by Padmasambhava.

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"This book is an extremely lucid overview of the generation and completion stages of Highest Yoga Tantra."—*The Middle Way*

This discussion of Highest Yoga Tantra is based on "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets" by Ngawang Belden, and is explained by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary. The text includes practices common to sutra and tantra, generation stage and completion stage yogas, and compares the Kalachakra and Guhyasamaja completion stages.

**HOW TO DEVELOP  
LOVING COMPASSION:**

**A Commentary on the  
Practice of Thought  
Transformation and  
Bodhicitta in Everyday Life**

by Lama Zopa Rinpoche. 80 pp.  
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A personal teaching on the generation of compassion and the realization of emptiness given during the course of a meditation retreat.



**HOW TO MEDITATE**

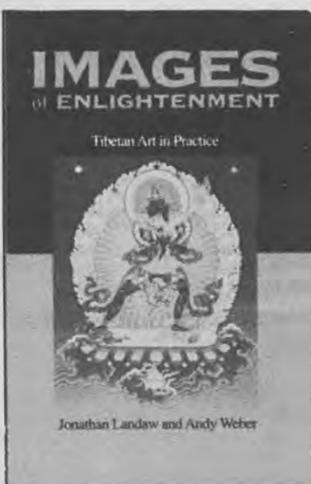
by Kathleen MacDonald. 216 pp.  
#HOME \$12.95

Contains a wealth of advice on many proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in one book!

**ILLUMINATIONS: An  
Introduction to the Practices  
of Mahayana Buddhism**

by Sakya Pandita. 192 pp. #IL  
\$14.00

Sakya Pandita presents a complete Buddhist guide giving specific practices for the stages of spiritual development.



**IMAGES OF  
ENLIGHTENMENT:  
Tibetan Art in Practice**

by Jonathan Landaw & Andy  
Weber. 305 pp., 32 color plates., 13  
line drawings, 6 tables, #IMENL  
\$24.95

*Images of Enlightenment* answers the need for a clear and straight forward guide to the inner world of Tibetan Buddhist sacred art. Focusing on many of its most important and representative figures, this richly illustrated book introduces the tradition of spiritual self-transformation embodied in these depictions of enlightened energy through clear iconographic representations and descriptions.

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

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

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

"Clearly written and well-organized, with interesting material presented in a personal manner."—*The Tibet Journal*

**IMMORTALITY AND  
ILLUSION'S GAME: The Life  
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by Chogyam Trungpa. 136 pp.  
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The path to enlightenment is a radical process of unlearning that draws us from the comfort of conventional expectations to a naked encounter with reality. Trungpa shows the modern relevance of Naropa's extraordinary journey and the levels of development required before meeting the Buddha's mind.

**REINCARNATION: Wisdom  
from the Forbidden Journey**

by Alexandra David-Neel. 176 pp.  
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A classic from the famed traveler Alexandra David-Neel, this book examines Taoist, Tibetan, and Hindu notions of life after death. The author gained knowledge of these beliefs and the practices they engendered in the course of her travels at the beginning of the century. Like her other works—*Magic and Mystery in Tibet*, *My Journey to Lhasa*, and *Secret Oral Teachings*—this book is an accessible and fascinating read.

**INDISPUTABLE TRUTH**

by Chokyi Nyima Rinpoche. 208  
pp. #INTR \$18

Latest teaching by Chokyi Nyima Rinpoche: it contains fresh clarifications on the trademark of all buddhas, the four basic principles that mark the teachings of all enlightened beings—impermanence, suffering, egolessness, and peace—and unveils reality as it is.

Alexandra David-Neel



**INITIATIONS  
AND INITIATES  
IN TIBET**

**INITIATIONS AND  
INITIATES IN TIBET**

by Alexandra David-Neel. 240  
pp., 27 photos, #ININ \$5.95

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the psychic training methods employed. Examined in detail are the various kinds of initiations, the spiritual guide's role and the choice of a master, oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.

**IN PRAISE OF TARA: Songs  
to the Saviouress**

by Martin Willson. 496 pp., 8  
color plates, #INPRTA \$24.95

"This book is an outstanding collection of Tibetan and Indian praises and contemplations centered on Tara."—Anne C. Klein

Tara is the embodiment of enlightened virtuous activity, the archetype of the fully evolved spiritual person in female form. This comprehensive collection of literature inspired by Tara includes a history of the origin of the Tara Tantra, canonical texts, sadhanas for practice, and lyrical praises to Tara.

**THE INSTRUCTIONS OF  
GAMPOPA: A Precious  
Garland of the Supreme Path**

commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso, ed. by Laura Roth & David McCarthy. 213 pp.  
#INGA \$14.95

Khenpo Karthar Rinpoche came to the United States at the request of H.H. the Sixteenth Karmapa to establish the N. American seat of the Karma Kagyu lineage. Under Rinpoche's guidance over twenty-five affiliated centers have formed, and the magnificent Karma Triyana Dharmachakra Monastery in Woodstock, New York was constructed.

Rinpoche delivers profound insights in direct and inspiring language. In this commentary on the *Precious Garland*, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He instructs on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice.

Gampopa (1070-1153) was the father of the Kagyu tradition and foremost student of Milarepa.

"For those with faith in Gampopa, studying this text can be exactly the same as receiving teachings directly from him."—Khenpo Karthar Rinpoche

"Specific and pragmatic, they are applicable to every state of practice."—*Booklist*, American Library Association

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

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

This is a study of the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, dharani practice, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.

**INTRODUCTION TO TANTRA: A Vision of Totality**  
by Lama Yeshe. 176 pp. #INTA \$14.95

Explains how to use desire skillfully to break down our distorted and deeply entrenched way of seeing things. By learning to use pleasure correctly, we awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

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

"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Power's substantial *Introduction to Tibetan Buddhism*."—*Booklist*, the American Library Association

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation."—Lobsang Lhalungpa

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. Beginning with a summary of its Indian origins and how it was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for transformation involving visualization, ritual and meditation. *The tantric systems of the four main lineages are explored impartially and in depth.* A comprehensive and invaluable book list accompanies each chapter. This systematic and clear presentation of Tibetan Buddhism will delight new readers as well as those already knowledgeable of the subject. We highly recommend it.

**THE JEWELLED STAIRCASE**  
by Geshe Wangyal. 176 pp. #JEST \$10.95

"...explores subtle points of Buddhist philosophy with rare lightness and agility...we are presented with a series of living insights, an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

During the 28 years that Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. At the end of his life, Geshe-la wrote this book which presents clearly and precisely the essential topics for western Buddhists—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

*The Jewelled Staircase* is a delightful volume, a quintessential map of the overall structure of Buddhist meditation and a fitting tribute to its late author."—*Vajradhatu Sun*

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

In the Kagyu and Nyingma traditions, a three-year, three-month meditation retreat must be completed before a person is considered a lama (teacher). *Jamgon Kongtrul's Retreat Manual* was written for individuals wanting this rigorous training. Its program consists of those spiritual practices Kongtrul considered most essential—he guides students in preparing for retreat, provides full details of the meditation program and offers advice for re-entry into the world.



**IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and rGyal tshab rje on Knowledge, Rebirth, No-Self and Liberation**  
by Roger Jackson. 576 pp. #ENPOC \$45 cloth

Explores the most sustained and sophisticated argument for the truth of the Buddhist world-view. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from body, mind's nature is such that enlightenment is possible, and enlightenment requires realization of the Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them interesting to anyone concerned with the problems of religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

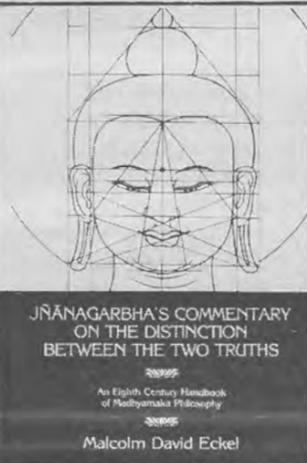
"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—*The Reader's Review*

**JEWEL TREASURY OF ADVICE: One Hundred Teachings from the Heart**  
by Drikung Dharmaradza, trans. by Khenpo Konchog Gyaltsen Rinpoche & Rick Finney. 100 pp. #JETRAD \$9.95

Drikung Bhande Dharmaradza was the reincarnation of the first Drikung Kyabgon Chungtsang Rinpoche. Dharmaradza presents in verse the entire structure of the Buddhist path. The teaching begins with impermanence and covers many topics including the nature of mind, meditation and how the disciplines and vows of the three yantras may be practiced without contradiction.

**THE JEW IN THE LOTUS**  
by Rodger Kamenetz. 225 pp. #JELO \$12

"With humor, compassion, and unflinching honesty, Rodger Kamenetz tells of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz deepens his understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists."—Jane Hirshfield, author

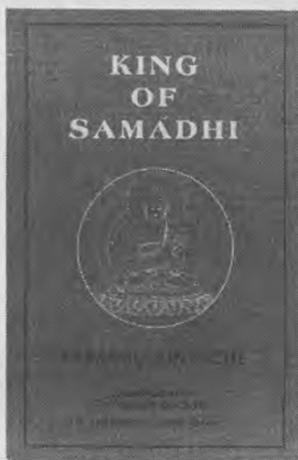


**JÑANAGARBHA'S COMMENTARY ON THE DISTINCTION BETWEEN THE TWO TRUTHS: An Eighth Century Handbook of Madhyamaka Philosophy**  
by Malcolm David Eckel. 220 pp. #JNCODI \$21.95 cloth

A lucid introduction to the issues and personalities that dominated Indian Madhyamaka thought on the eve of its introduction to Tibet. In the search for truth, Jnanagarbha shows how the commitment to reason shaped the dialogue between Madhyamaka thinkers and members of other Buddhist schools.

**THE KINDNESS OF THE GURU**  
by Lama Zopa Rinpoche. 55 pp. #KIGU \$6

Lama Zopa remembers his own kind guru and offers advice on how to show proper devotion.



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

The *Samadhi Raja Sutra* links the mahayana bodhisattva training and the profound tradition of mahamudra practice.

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



**King Udrayana and THE WHEEL OF LIFE**  
by Sermei Geshe Lobsang Tharchin. 248 pp., line drawings, #KIUDWH \$9.50

Geshe Tharchin presents texts on *The Wheel of Life* that explain in detail the many symbolism contained in this picture of samsara. Includes Tibetan text.



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

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

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

The systematization of Sautrantika assertions has interested generations of Tibetan scholars to the present. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatments of single important issues.

Klein annotates translations of outstanding texts in these categories and supplements them with commentary from Tibetan yogi/scholars. This is a challenging book on the nitty-gritty issues of Sautrantika philosophy.



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

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

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**KNOWLEDGE & LIBERATION**

by Anne Klein. 283 pp. #KNLIC \$18.95, A Namgyal Institute Textbook.

Buddhist philosophy is concerned with defining and overcoming the limitations and errors of perception, essential to Buddhism's purpose of establishing a method for attaining liberation. Conceptual thought, in this view, can lead to a liberating understanding, a transformative religious experience.

"Anne Klein presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins

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by Tsele Natsok Rangdrol. approx 130pp. #LAMA \$14

This is a meditation manual on one of the most advanced practices of the Tibetan Buddhist tradition that describes the entire path of meditation leading to the ultimate enlightenment of Buddhahood. *Lamp of Mahamudra* also includes advice from Kyabje Dilgo Khyentse Rinpoche and Kyabje Tulku Urgyen Rinpoche.

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by Joanna Ross. 130 pp. #LHOPRO \$12

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Translated by Herbert Guenther. 312 pp. #LITENA \$17

In addition to Naropa's inspired biography, this book contains a detailed analysis of his teachings and Guenther's philosophical commentary relating Buddhist concepts to Western analytic philosophy, psychiatry, and depth psychology.

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**LIGHT OF WISDOM**

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

Contains *The Gradual Path of the Wisdom Essence*, a term record of oral teachings of Padmasambhava recorded by Yeshe Tsogyal, and *The Light of Wisdom*, a commentary on this text by Jamgon Kongtrul.



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by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$9.95

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**MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS**

by the Eighth Situpa Tenpa'i Nyinchay, H.H. the Third Gyahwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

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

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**MEDITATIONS ON THE LOWER TANTRAS**

compiled and edited by Glenn Mullin. 137pp. #MELOTA \$11.95 November

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**MEDITATIVE STATES IN TIBETAN BUDDHISM**

by Lati Rinbochay and Denma Locho Rinbochay, ed., trans. & annot. by Leah Zahler, co-trans. by Jeffrey Hopkins. 208 pp., charts, #MEST \$15.95

Here is a detailed description of meditative practices for developing a calm mind that is alert, powerful, and capable of gaining insight into reality. Lati Rinbochay and Denma Locho Rinbochay lead the practitioner through the preliminary process of freeing the mind from habitual patterns culminating in the four concentrations and four formless meditative absorptions.

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Fundamentals of Spiritual Practice

by Kalu Rinpoche, foreword by H.H. the Dalai Lama, pref. by Lama Denis Tondrup, trans. by Maria Montenegro. 320 pp., 15 illus., #LUMI \$18.95

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**MIND AND ITS FUNCTIONS**

by Geshe Rabten. 189 pp. #MIFU \$25

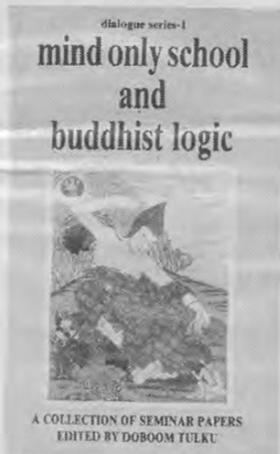
The structure and function of the mind in Tibetan Buddhism is presented in two parts—epistemology, and the psychology of Abhidharma. Oral commentary is provided by Geshe Rabten, who authored many books and taught westerners the dharma for 20 years.

**MIND IN TIBETAN BUDDHISM**

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

In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. Through understanding the nature of the mind and the process of cognition, inner peace can be attained. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper gives an overview of the principal divisions of consciousness and mind.

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



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by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cuttillo. 232 pp. #MIJO \$14.95

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**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen**

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95

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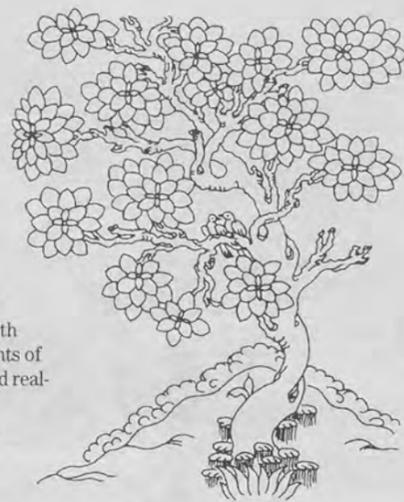
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by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 38 pp. #NOSE \$5

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**THE NYINGMA SCHOOL OF TIBETAN BUDDHISM**

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



**NYUNG NA: The Means of Achievement of the Eleven-Faced Great Compassionate One, Avalokiteshvara**

by The Seventh Dalai Lama, trans. by Lama Thubten Zopa Rinpoche and George Churinoff. 208 pp., #NYNA \$16

Nyung Na is a powerful two-day fasting retreat based on Avalokiteshvara used for purification and the accumulation of positive energy. It involves maintaining the eight Mahayana precepts and, on the second day, fasting and not talking. The meditation sessions include praises, prostrations, and mantra recitation.

**OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind**

by Gareth Sparham. 260 pp. #OCEL \$16.95

Although the Madhyamika school flourished in Tibet, Yogacara doctrines were also studied and practiced. The former stresses the inexpressible ultimate, the latter, the natural luminosity of mind. This remarkable study of the eight consciousness systems of Yogacara explains how a person trapped in a deluded personality can attain liberation. Tsongkhapa offers profound insights on the transformation process.

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by the Ninth Karmapa, Tibetan text and English trans. by Bokar Rinpoche. 62 pp., glossary, #OPDOCE \$9.95

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

This definitive study of Tibetan protector deities reveals much about the early shamanistic stratum from which the Bon religion developed. The secrecy with which Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking, was overcome by the author and he received instruction on these topics. He classifies the protective deities, details their appearance and attributes, and describes sacrificial objects, offerings, ceremonies, and oracles—their trances, ceremonies and attire.

**ORIGIN OF THE TARA TANTRA**  
by Jonang Taranatha, trans. & ed. By David Templeman. 104 pp., extensive bibliography #ORTATA \$8.95

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

**OVERVIEW OF BUDDHIST TANTRA: General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate Ones**  
by Panchen Sonam Dragpa. 159 pp. #OVBUTA \$15

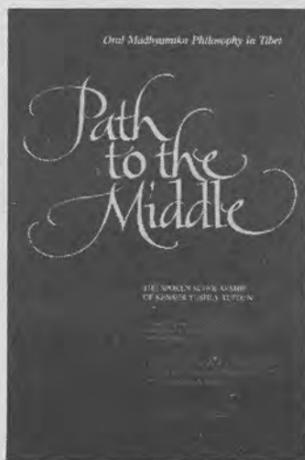
This is an outstanding sourcebook for information on the tantric grounds and paths. The process of empowerment—the role of the teacher, the student, the steps involved—is detailed and the bodhisattva and tantric vows and commitments are discussed. Mandala theory, the classes of tantra and tantric terminology are discussed. This is a must read for all students of tantra. From the Library of Tibetan Works and Archives.

**PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism**  
by Miranda Shaw. 312 pp., 18 illus. #PAENL \$15.95

The crowning cultural achievement of medieval India, Tantric Buddhism is known in the West primarily for its sexual practices which transform erotic passion into spiritual ecstasy. Historians of religion have held that the enlightenment thus attempted was for men only, and that women in the movement were subordinate and at worst degraded and exploited. Miranda Shaw presents extensive new evidence of outspoken and independent female founders of the Tantric movement and their creative role in shaping sacred sexuality. In her view, the Tantric theory of this period promotes cooperative, mutually liberative relationships that rely on women as a source of spiritual insight and power.

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A classic Tibetan text on the four yogas of Mahamudra.

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by Lama Zopa Rinpoche. 70 pp. #PRGOHE \$5

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**PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon**  
by Khenpo Konchog Gyaltshen. 96 pp. #PRFL \$6.95

"Followers of the Kagyu tradition and others whose dispositions incline them towards the kind of approach Mahamudra offers will be inspired."—*Buddhist Studies Review*

The great Jigten Sumgon, fountainhead of the Drikung Kagyu School, was widely lauded as a bodhisattva and extraordinary master. *Prayer Flags* includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

**PREPARING FOR TANTRA**  
by Je Tsongkapa, comm. by Pabongka Rinpoche, trans. by Khen Rinpoche Geshe Lobsang Tharchin with Michael Roach. 172 pp. #PRTA \$6.95

In 1402, Je Tsongkapa made direct visionary contact with the Lamas of the lineage by using the text of the *Mountain of Blessings*, a work which has been utilized by teachers ever since to prepare students for tantric initiation. Included is a rare commentary by Pabongka Rinpoche and an introduction by Geshe Tharchin, former abbot of Sera Mey Monastery.

**PRAJNAPARAMITA: The Six Perfections**

Venerable Khenpo Palden Sherab Rinpoche  
Translated by  
Venerable Khazuo Tsewang Dongyal Rinpoche



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

Khenpo presents the six perfections necessary in training the mind of enlightenment: the practice of generosity, self-discipline, tolerance or patience, joyful effort, concentration and wisdom.

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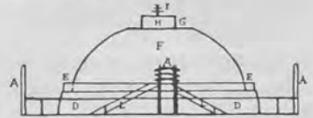
**REASONING INTO REALITY: A System-Cybernetics Model and Therapeutic Interpretation of Buddhist Middle Path Analysis**

by Dr. Peter Fenner. 260 pp., diagrams, #RERE \$18

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

**PSYCHO-COSMIC SYMBOLISM OF THE BUDDHIST STUPA**  
by Lama Govinda. 120 pp. #PSSYBU \$10.95

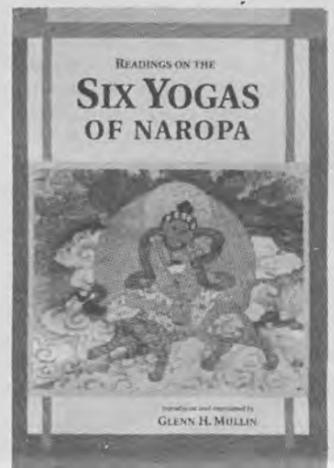
The origins, history, forms, proportions, and power of the stupa, the channel for enlightened knowledge and a force for spiritual renewal. Includes photos of famous stupas and line drawings of its components and major forms.



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An excellent manual on refuge, generating the bodhimind, the six perfections, the guru-disciple relationship, emptiness and the tantric path.



**READINGS ON THE SIX YOGAS OF NAROPA**  
translated, edited and introduced by Glenn H. Mullin, 200 pp. #RESIYO \$16.95

The Tibetan tradition known as the Six Yogas of Naropa is one of the most popular tantric systems with all schools of Tibetan Buddhism. Structured and arranged by the eleventh-century Indian masters Tilopa and Naropa from various Buddhist tantric legacies, this system of yogic practice was carried to Tibet by Marpa the Translator a generation later. These "six yogas"—inner heat, illusory body, clear light, consciousness transference, forceful projection and bardo yoga—continue to be one of the most important living meditation traditions in the Land of Snows.

This collection of readings on the six yogas contains important texts on this esoteric doctrine, including original Indian works by Tilopa and Naropa, and Tibetan writings by Tsongkhapa the Great, Gyalwa Wensapa, the First Panchen Lama and Lama Jey Sherab Gyatso. *Readings* discusses the practices, their context and the historical continuity of this most important tradition, which is said to bring full enlightenment in one lifetime. (This book of teachings on the Six Yogas complements *Tsongkhapa's Six Yogas of Naropa*.)



**REFLECTIONS OF THE MOUNTAIN: Essays on the History and Social Meaning of the Mountain Cult in Tibet and the Himalaya**

edited by Anne-Marie Blondeau & Ernst Steinkellner. 262 pp., 8.5 by 12", b&w photos, maps, #REMO \$58

The articles collected here were presented at a round-table meeting held in Paris in 1994 at the Institute d'Extreme-Orient du College de France, and are the first results of a collaboration on this theme between Austrian and French anthropologists and Tibetologists. This volume incorporates systematic and historic studies as well as new field data from different Tibetan and Tibeto-Burmese populations in a discussion on the theme of sacred mountains and their cults. The mountain cults prove to be a phenomenon of extraordinary continuity, rooted in prehistory, which nevertheless have preserved their identity throughout the various processes of Buddhification.

**RECOGNIZING REALITY: Dharmakirti's Philosophy and Its Tibetan Interpretations**

by Georges B.J. Dreyfus. 622 pp. #RECRE \$22.95

Georges Dreyfus is a Tibetan geshe and also very knowledgeable of Western philosophy, Indian thought and other Tibetan schools—so he is able to adopt a fully critical approach and does not shy away from criticisms of the Gelug material. This makes him a scholar most qualified to write on the central ideas of Dharmakirti and their reception by Tibetan thinkers. Dreyfus presents a detailed picture of this tradition of thought and its relevance to the history of human ideas.

**THE REFLEXIVE NATURE OF AWARENESS (Rang Rig): A Tibetan Madhyamaka Defense**

by Paul Williams. 288 pp. #RENAAW \$48 cloth

According to Tsongkhapa, one of the difficult points in understanding Madhyamaka philosophy is the way in which Prasangika Madhyamaka does not accept even conventionally that reflexivity is an essential quality of awareness—that in being aware there is also an awareness of aware. One of the most systematic refutations of Tsongkhapa's approach to this issue can be found in the commentary to the ninth chapter of the Bodhicaryavatara by the Nyingma lama Mipham, together with Mipham's own replies to his subsequent critics. Paul Williams examines these conflicting views in their Indian and Tibetan context.

**THE RELIGIONS OF TIBET**

by Giuseppe Tucci. 352 pp. #RETI \$15

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

**RELIGIONS OF TIBET IN PRACTICE**

ed. By Donald S. Lopez, Jr. 560 pp. #RETIPR \$19.95

The thirty-six chapters in this landmark volume display the vast scope of religious practice in the Tibetan world and offers works unknown until now. The chapters are organized under five headings: Accounts of Time and Place, Remarkable Lives, Rites and Techniques, Prayers and Sermons, and Dealing with Death and Other Demons. This is the largest sourcebook on Tibetan religions ever assembled—hagiographies, pilgrimage guides, prayers, accounts of visits to hell, epics, consecration manuals, sermons, and exorcism texts.



**REPEATING THE WORDS OF THE BUDDHA**

by Tulku Urygen Rinpoche. 112 pp. #REWOBU \$12.95

Tulku Urygen unfolds the path to enlightenment with the benevolence and brilliance of a realized being. He illustrates essential points of practice, inseparable from everyday life. Tulku Urygen was regarded by the late Karmapa as his last living teacher.

**THE RULINGS OF THE NIGHT: An Ethnography of Nepalese Shaman Oral Texts**

by Gregory Maskarinec. 276 pp., 13 photos and drawings, #RUNI \$22.95

A first-rate account of shamanic practice in Western Nepal. The chants of the shamans are imbued with meaning, constituting a coherent cosmological system—Gregory Maskarinec is a faithful recorder of shamanic chants. He studied with fifteen shamans and they revealed the shamanic world and their life course within it.



**SECRET BUDDHISM: Vajrayana Practices**

by Kalu Rinpoche. 224 pp. #SEBU \$15.95

Discusses the essentials of Vajrayana, mantras, empowerments, the six yogas of Naropa, chod, Pure Land, the six bardos, history of the Kagyupa and Shangpa lineages, and some Tibetan medicine.

**SHAMBHALA: Behind the Myth of the Fabled Himalayan Kingdom**

by Victoria LePage. 304 pp. #SHBEMY \$16

In this fascinating look behind the myth, Victoria LePage traces the links between this legendary Utopia and the mythologies of the world. She argues that Shambhala is real and may be becoming more available as humans learn to perceive other dimensions of reality.



**A SCRIPTURE OF THE ANCIENT TANTRA COLLECTION: The Phur-pa bcu-gnyis**

by Robert Mayer. 468 pp. #SCANTA \$30.00

Based partly on fieldwork research done over a six-month period at Dilgo Khyentse's monastery in Nepal, and partly on extensive research at Oxford and Leiden, this book is an excellent and in-depth study of a significant tantric text of the rNying-ma-pa school of Tibetan Buddhism that will appeal to the scholar and serious enthusiast alike. The book is in two parts: the first includes a detailed discussion of issues of authenticity, canonicity, vision and revelation. Analyzing his historical findings partly in the light of Geoffrey Samuel's "clerical" and "shamanic" distinction for classifying the textual/contextual influences that have shaped Tibetan Buddhism, Prof. Mayer outlines traditional debates over what constitutes a canonical text, along with presenting new evidence on the processes of Buddhist ongoing scriptural revelation with regard to Buddhist intertextuality with non-Buddhist traditions. Finding both Indic and Tibetan Buddhist influences in the text, he points out apparent problems with ready-made categories of canonicity and suggests that the *Phur-pa bcu-gnyis* challenges such black-and-white-classification schemes. The second part is the first comprehensive attempt at textual criticism of a rNying-ma'i rgud-bum scripture, including summaries of the translated chapters, and an essay on the problems faced by translators and text-editors of the rNing-ma-pa tantras.

"An outstanding piece of work. I have no hesitation whatsoever to give it my highest possible recommendation."—Prof. Leonard van der Kuijp, Harvard University

**THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN**

by Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn. 280 pp., #SHDI \$20

Over 1500 entries in this compact reference to Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are covered.

**SHAMBHALA: The Sacred Path of the Warrior**

by Chogyam Trungpa Rinpoche. 216 pp. #SHSAPA \$13

This guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet life's challenges with fearlessness and dignity. Warriorship means confidence in basic human goodness, which uplifts our lives and creates an enlightened society.

**THE SIX PERFECTIONS**

by Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam. 185 pp. #SIPE \$14.95

The Six Perfections of generosity, ethical discipline, patience, enthusiastic effort, concentration, and wisdom are practiced by Bodhisattvas who have the supreme intention of attaining enlightenment for the sake of all living beings. These six are called perfections because they give rise to complete enlightenment—the liberation from disturbing attitudes and emotions and the removal of the obstructions to complete knowledge of all phenomena.

Practice of the six perfections insures the attainment of an excellent body and mind in the future and even more favorable conditions for effective practice than those we enjoy at present. Generosity leads to the enjoyment of ample resources, ethical discipline gives a good rebirth, patience leads to an attractive appearance and supportive companions, enthusiastic effort endows the ability to complete what is undertaken, fostering concentration makes the mind invulnerable to distraction, and wisdom discriminates between what needs to be cultivated and what must be discarded and leads to greater wisdom in the future. These six incorporate all of the advice that the Buddha gave on the Bodhisattva way of life, i.e., every practice needed to fully develop and enlighten oneself and others.

**THE SMALL GOLDEN KEY**

by Thinley Norbu. 120 pp. #SMGOKE \$11

The origins of Buddhism, the important lineages of Tibetan Buddhism with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings.



**SONG OF KARMAPA**

by Chokyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals. It clearly states the key points of Mahamudra, Madhyamika and Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi Nyima gives instructions for the practice of these teachings.

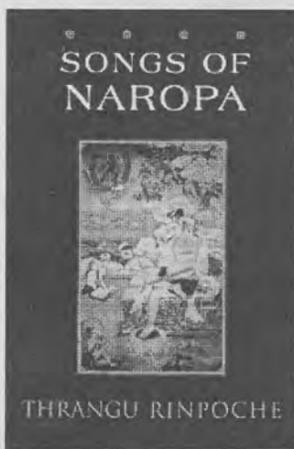


**THE SNOW LION'S TURQUOISE MANE**

Wisdom Tales from Tibet by Surya Das. 255pp. #SNLITU \$18

A popular collection of over 150 short narratives and teachings from the Buddhist traditions of Tibet, this book includes many stories never before translated into English. Most of the stories contained in this volume are short wisdom tales passed from teacher to student. Included are tales from the lives of Ashoka, Nagarjuna, Shantideva, Milarepa and many others.





**SONGS OF NAROPA**  
by Thrangu Rinpoche. approx. 200pp. #SONA \$18

In *Songs of Naropa*, Thrangu Rinpoche gives an in-depth commentary on two songs by the great Indian master Naropa. The songs, *The View*, *Concisely Put* and *A Summary of Mahamudra* provide a wealth of information on the practice of Mahamudra, and Thrangu Rinpoche's commentaries make this most profound practice clear and accessible. A great read!

**THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA**

by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$19.95

A translation of the eighth-century *Kun byed rgyal po'i mdo* that presents *being* as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses how to achieve a holistic world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of individual and universe. When the world is seen to be beatific and intelligible, then the innate purity of the intelligent potency, *the Motherly Buddha*, will be experienced.

**A STUDY OF SVATANTRIKA**  
by Donald S. Lopez, Jr. 450 pp. #STSVP \$19.95, #STSVC \$35 cloth, A Namgyal Institute Textbook

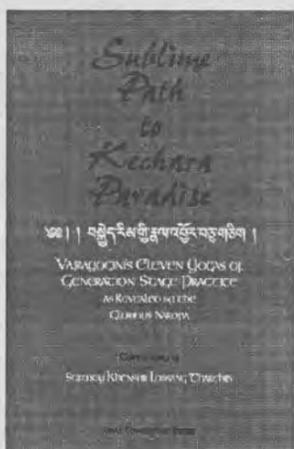
"Lopez's book is a very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular.—Paul Williams, *The Middle Way*

This study presents a clear and extensive picture of Svatantrika Madhyamika through analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

**STUPA AND ITS TECHNOLOGY: A Tibeto-Buddhist Perspective**

by Pema Dorjee. 189 pp., 60 b&w photos and line drawings, #STTE \$26 cloth

An in-depth study of the Tibetan stupa that focuses on important texts that explain stupa architecture. Various ritual activities associated with the construction of the stupa are described along with the eight fundamental types of Tibeto-Buddhist stupas and their main structural components.



**SUBLIME PATH TO KECHARA PARADISE: Vajrayogini's Eleven Yogas of Generation Stage Practice**  
commentary by Sermei Khensur Lobsang Tharchin. 351 pp. #SUPAKE \$15.00

Oral instructions on the Highest Yoga Tantra practice of Vajrayogini. These teachings are based on Kyabje Pabongka Rinpoche's extensive Vajrayogini sadhana entitled the *Short Path to Great Bliss*. Each section contains romanized Tibetan with an English translation and word-by-word explanations of the entire Tibetan text. Detailed instructions are given for all the meditations and visualizations in the eleven yogas of Vajrayogini's generation stage practice. These teachings were first established by Naropa and handed down through an unbroken lineage of realized masters, most recently Kyabje Pabongka Rinpoche and his disciple Kyabje Trijang Rinpoche. This book is not intended for the general reader and should only be purchased by practitioners who have received the initiation of this lineage.

**TAMING THE MONKEY MIND**

by Thubten Chodron. 189 pp. #TAMOMI \$12.95

"Shows how to find peace through a practical application of the teachings of the compassionate Buddha. Ven. Thubten Chodron has chosen a variety of situations and explained how to deal with them from a Buddhist viewpoint. She has made a valuable contribution to peace and human understanding."—The Dalai Lama

**TAMING THE TIGER: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion**

by Akong Tulku Rinpoche. 208 pp. #TATIG \$12.95

With his wit and wisdom, Akong Tulku teaches how to subdue the ceaseless mental chatter within. Peace can be achieved through a practical program for cultivating awareness—he provides a series of potent exercises to do so.

**THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva**

by Lama Yeshe, compiled & ed. by Nicholas Ribush. 280 pp. #TAPAPU \$15

Lama Yeshe explains why purification is essential for spiritual advancement and how to accomplish purification with the practice of Vajrasattva (including retreat instructions). Vajrasattva is a manifestation of the purity of enlightenment. Vajrasattva purification practice overcomes negative karma.

**TARA THE LIBERATOR**

by Lama Zopa Rinpoche. 26 pp. #TALI \$4

Describes the qualities of Tara and how to engage in her practice.

**THE THREE LEVELS OF SPIRITUAL PERCEPTION**

by Deshung Rinpoche, trans. by Jared Rhoton. 553 pp., 10 photos. #THLESP \$24.95

Deshung Rinpoche explains the Lam-dre, or "Path with Its Result" system of meditation, special to the Sakya lineage for over a thousand years. Discussed are the three levels of perception of beings on the path—ordinary beings, beings who meditate, and the pure vision of enlightened beings. Contains an excellent biography of Deshung Rinpoche.



**THE THREE VEHICLES OF BUDDHIST PRACTICE**

by Ven. Khenchen Thrangu. 116 pp. #THVEBU \$12 cloth

Thrangu Rinpoche, abbot of Rumtek Monastery, discusses the three paths—Theravada, with its emphasis on the four noble truths and certain types of meditation; the Mahayana path of the bodhisattva, where he discusses the nature of emptiness; and Buddhist. All three were practiced in Tibet according to the aspirants' natural inclinations.



**TIBETAN ASTROLOGY**

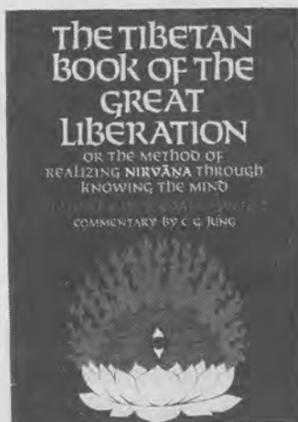
by Philippe Cornu. 368 pp. #TIAS \$35

This comprehensive introduction includes discussions of the historical roots of Tibetan astrology; the two main branches of astrology as derived from Chinese and Indian sources; a detailed description of the twelve- and sixty-year cycles, and the animals and elements associated with them; numerological calculations for auspicious days and years; references to the Yi Jing (I Ching); directions on determining the auspicious times for particular activities; and instructions on how to cast and interpret a Tibetan horoscope. Also included are numerous diagrams and charts that are indispensable to the practice of Tibetan astrology, such as tables for converting Western dates to dates on the Tibetan calendar.

**TIBETAN ASTRONOMY & ASTROLOGY**

by the Astro. Dept. of the Tibetan Medical and Astro. Institute. 65 pp. #TIASAS \$6.95

This brief introduction discusses the importance of astrology in medical science and the traditional role of the astrologer in Tibetan society. The structure of the Tibetan horoscope and cosmological rSipa-Ho are presented and commonly asked questions are answered.



**TIBETAN BOOK OF THE GREAT LIBERATION: Or the Method of Realizing Nirvana Through Knowing the Mind**

ed. by Evans-Wentz. 307 pp. #TIBOGR \$13.95

Presents the life and teachings of Tibet's great guru Padmasambhava. It includes the famous Dzogchen text *The Yoga of Knowing the Mind, the Seeing of Reality, Called Self-Liberation*, also known as *The Yoga of Knowing the Mind in Its Nakedness*.

**TIBETAN BUDDHISM: From the Ground Up**

by B. Alan Wallace. 214 pp. #TIBUGR \$14

This fascinating book challenges us to question and investigate life's issues for ourselves in the light of an effective approach to the human condition. This is an overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of Tantra.

**THE TIBETAN DHAMMAPADA:**

*Sayings of the Buddha*  
by Gareth Sparham. 240 pp. #TIDH \$14.95

The *Dhammapada* is considered an important source for ethical guidance—the basis for a calm and happy mind.

"Known among Tibetans for its poetic beauty and the universality of its message, there is no Buddhist for whom this teaching is irrelevant."—the Dalai Lama.

**TIBETAN LITERATURE: Studies in Genre**

ed. by José Cabezón and Roger R. Jackson. 530 pp. #TILI \$29.95, #TILIC \$45 cloth

"An outstanding introduction to the panorama of the literary arts in Tibet. Everyone with interest in this civilization should study these essays, which range from religion to history, from law to poetry. The true wealth of Tibetan intellectual life becomes clear in the pages of this work. An excellent contribution to the field."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

*Tibetan Literature* is the first book to address the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet, and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

**TIBETAN RELIGIOUS DANCES**

Tibetan Text and Annotated Translation of the *Chams Yig*  
by Rene de Nebesky-Wojtkowitz, #TIREDA \$30

Here is a new book from Paljor in India. The author, an expert on Tibetan iconography and ritual, discusses Tibetan Sacred Dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and the persistence of an unchanging tradition over long periods.

**TIBETAN YOGA AND SECRET DOCTRINES**

ed. by Evans-Wentz. 433 pp. #TIYOSE \$14.95

This book contains seven pivotal Tibetan texts. It begins with Gampopa's famous *Precious Rosary*; the *Epitome of the Great Seal* by Padma-Karpo; the *Six Yogas of Naropa*; the *Yoga of Consciousness-Transference* (Phowa); the *Path of the Mystic Sacrifice: the Yoga of Subduing the Lower Self* (Chod); the *Path of the Five Wisdoms: the Yoga of the Long HUM*; and the *Yoga of the Voidness* (Heart Sutra).

**THE TRANSFORMATION OF SUFFERING: A Handbook for Practitioners**

by Khenpo Konchog Gyaltsen Rinpoche. #TRSU \$15.95 (Spring)

**TSONGKHAPA'S SIX YOGAS OF NAROPA**

translated., ed. and intro. by Glenn H. Mullin. 276 pp. #TSSYO \$18.95

Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the *Six Yogas of Naropa*. These six yogas represent one of the most popular Tibetan Buddhist presentations of yogic technology. Given by the Indian sage Naropa to Marpa, these teachings gradually pervaded thousands of monasteries and hermitages throughout Central Asia regardless of sect. Tsongkhapa's discussion of the Six Yogas is regarded as one of the finest on the subject to come out of Tibet. His treatise has served as the fundamental guide to the system as practiced in the more than three thousand Gelukpa monasteries, nunneries and hermitages across Central Asia over the past five-and-a-half centuries. "...offers as clear an explanation as possible."—*Booklist*, published by the American Library Association

**THE TWO TRUTHS**

by Guy Newland. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series

"...a challenging, and worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (sunyata).

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality and thus to build a Madhyamika system that is both ethically salutary and rationally coherent.

**TRANSCENDING MADNESS: The Experience of the Six Bardos**

by Chogyam Trungpa Rinpoche. 288 pp. #TRMA \$20

Trungpa Rinpoche discusses bardo experience as it relates to everyday life—how our every moment is colored by the bardo states. He presents the six psychological conditions that correspond to the six bardos and shows how to transmute daily experience into freedom.



**UNIQUE TENETS OF THE MIDDLE WAY CONSEQUENCE SCHOOL**

by Daniel Cozart, Ph.D. 632 pp., Tibetan text, glossaries, bibliography, index, 6 x 9" #UNTEMI, \$29.95 paper, #UNTEC \$45 cloth

According to Tibetan traditions, the Indian Buddhist Prasangika-Madhyamika school is the one that represents the final, literally true thought of the Buddha. *Unique Tenets of the Middle Way Consequence School* presents and analyzes the issues that separate that school from the other principal schools of Buddhism—issues such as the existence (or non-existence) of an external world, the way in which karma and reincarnation operate, the nature of consciousness, the nature of time, and the status of Arhats (enlightened, but not omniscient, beings). Parts Two and Three of the book are annotated translations of Tibetan texts that are used as source books in monastic education. Also included are a trilingual glossary and an extensive bibliography.

**THE UTTARA TANTRA: A Treatise on Buddha Nature**

Commentary by Ven. Khenchen Thrangu Rinpoche. 200 pp., #UTT \$20 cloth

One of the most studied texts on the Buddha nature. It answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the *Uttara Tantra* by Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.



**WHAT COLOR IS YOUR MIND?**

by Thubten Chodron. 192 pp. #WHCOMI \$12.95

"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

The first section of the book responds to questions people often ask about Buddhism: What is rebirth? How is Buddhism helpful in working with emotions? How can we practice in daily life? The second section, *Working with Anger*, describes practical techniques for dealing with anger. The approach presented here emerges from the author's discussions with mental health professionals, people in therapy, and conflict mediators, and is based upon the Buddha's unique prescription for transforming anger.

"An excellent introduction to Buddhism, and has much to offer experienced Buddhists as well."—*Midwest Book Review*

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."—Karma Lekshe Tsomo, author

**Wisdom Energy 2**



**WISDOM ENERGY 2**

by Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the "I," non-duality, and the complete path.



**WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition**

by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series.

An intimate and detailed picture of the intricacies of meditation. Geshe Gendun presents the landscape of mental development, revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The false sense of solidity of inner distortions and outer world prevents the unfolding of the mind's potential. The title also refers to an extraordinary feat of non-solidity that can be attained in various ways. In Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.

**WHEN THINGS FALL APART: Heart Advice for Difficult Times**

by Pema Chodron. 148 pp. #WHTHEFA \$18 cloth

Pema Chodron's radical advice for what to do when things fall apart goes against the grain of our usual habits but throws us into the center of Buddhist wisdom. It is in the midst of chaos that we can discover the truth and love that are indestructible. This is a good read and a great practice.

**WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems**

by Thinley Norbu. 205 pp. #WWSA \$15

Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken innate wisdom.

**WISDOM ENERGY**

by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landau with Alexander Berzin. 152 pp. #WIEN \$10

This compelling introduction discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.

**WORKING WITH THE EMOTIONS & A CHANGE OF EXPRESSION**

by Lama Gendun Rinpoche & Shamar Rinpoche. 122 pp. #WOEM \$17.95

*Working with the Emotions* is an insightful teaching on how to abandon, remedy, transform and see into the true nature of the emotions. Lama Gendun Rinpoche finishes by showing how to use the emotions as a spiritual path. *A Change of Expression* is a teaching on how to differentiate between ordinary consciousness and original awareness.

**WISDOM: TWO BUDDHIST COMMENTARIES**

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries on the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* are written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

**WISDOM OF NO ESCAPE and the Path of Loving-Kindness**

by Pema Chodron. 110 pp. #WINO \$10

This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks us to wake up wholeheartedly to everything and to use the abundant, richly textured fabric of everyday life as our primary spiritual teacher and guide. Pema Chodron is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

**WRITINGS OF KALU RINPOCHE**

by Kenneth McLeod. 71 pp. #WRKARI \$9.95

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

**YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred**

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp., #YODEBO \$24.95, #YODEBC \$40.

*Aryadeva's Four Hundred Stanzas* was written to explain how the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths.

Mahayana practitioners must eliminate not only obstructions to liberation but also obstructions to the perfect knowledge of all phenomena. This requires a powerful understanding of selflessness coupled with a vast accumulation of merit or positive energy resulting from the kind of love, compassion and altruistic intention cultivated by bodhisattvas. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness.

Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue. In addition, Geshe Sonam Rinchen, instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

## Buddhist ETHICS

JAMGON KONGTRUL LODRÖ TAYÉ



Translated & Edited by  
The International Translation Committee  
Founded by the V.V. Kalu Rinpoché

**New!**

### BUDDHIST ETHICS

by Jamgon Kongtrul Lodro Tayé, trans. and ed. by the International Translation Committee founded by the V.V. Kalu Rinpoché. 564 pp. #BUETSLS \$22.95

Jamgon Kongtrul's monumental *Encyclopedia of Buddhism (Treasury of Knowledge)* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Buddhist Ethics* is the fifth part of that work and considered by many scholars to be its heart.

"These three vows, or systems of ethics, are essentially identical to the three forms of training on the Buddhist path: the development of morality, meditation, and wisdom...and embrace all forms of spiritual practice set forth in the Buddhist doctrine."—from the preface by His Holiness Sakya Trizin

Spiritual growth in a Buddhist context is a process of discovering a perfect quality that is already within ourselves. Ethical discipline—the essence of which is the commitment to a life of nonviolence and service to others—is regarded as the indispensable foundation for this process. Buddhist ethics are not regarded as prohibitory rules, but rather the source of freedom.

This text presents the three major systems of ethics found in the Tibetan tradition. Widely known simply as the "three vows," these are the vows of personal liberation (*pratimoksha*), universal liberation (*bodhisattva*), and secret mantra (*tantra*). Jamgon Kongtrul explains the need for and nature of an authentic teacher-student relationship as the support for one's training in each system. He then provides the complete code of personal liberation as it applies to both monastic and lay persons; the precepts for those aspiring to the life of a bodhisattva; and the exceptional pledges for practitioners on the tantric path of pure perception.

### LAMA MIPAM'S COMMENTARY TO NAGARJUNA'S STANZAS FOR A NOVICE MONK (With Tsong Khapa's Essence of the Ocean of Vinaya)

translated by Glenn Mullin and Lobsang Rabgay. 67pp. #LAMICO \$8.95

This small volume contains two works on the Vinaya, or system of self-discipline, which are well known within all the Dharma traditions of Tibet. These texts focus on the Vinaya as it is taught to young monks. The first is Nagarjuna's *Stanzas for a Novice Monk*, presented with a commentary by Jamyang Mipam Rinpoche. The second work in this volume is the *Essence of the Ocean of Vinaya*, composed by Je Tsong Khapa, which addresses the eight fundamental categories of the pratimoksha vows. Although both of these texts were primarily composed for ordained members of the Sangha, they contain wisdom and advice of benefit to all those interested in Buddhism and Tibetan culture.

### LIVING THE SKILLFUL LIFE: An Introduction to Buddhist Ethics

by Abhaya. 46 pp. #LISKLI \$5.95

Abaya begins by suggesting that Buddhist ethics challenges the general "authoritarian view of ethics" by not appealing to an imposed set of moral laws but instead to the motivation of the person performing the action. The underlying principle of Buddhist ethics is *pratitya-samutpada*, or "conditioned co-production,"—the way in which everything in the universe is determined by causes and conditions. The fundamental sanction of Buddhist ethics is quite simply the truth of the interconnectedness of all life—a truth that, if we were to realize it, would naturally and spontaneously give rise to a life in harmony with that realization. In this booklet Abhaya outlines a commonly practiced set of five precepts, presenting them in a way that is not about forsaking things that are forbidden, but about embracing a positive and joyful way of living.



### PERFECT CONDUCT: Ascertaining the Three Vows

by Ngari Panchen, comm. by H.H. Dudjom Rinpoche, trans. and annotated by Khenpo Gyurme Samdrub and Sangye Khadro. 192 pp., #PECON \$18

A detailed exposition of Tibetan Buddhist moral codes—the vows of individual liberation, bodhisattva, and tantra—and how to maintain these vows.

### THE TIBETAN VINAYA: Guide to Buddhist Conduct

by Ven. Khenchen Thrangu Rinpoche, trans. by Sonam Palden & Chojar Radha. 132 pp. #TIVI \$15 cloth

The Buddha taught the Vinaya to monks and nuns so that they had a set of rules allowing them to devote their complete energy to reaching enlightenment. The Buddha did not simply give these rules all at once—he gave them in response to particular situations. In his discussion of vows, Thrangu Rinpoche explains how and why vows have changed over time in different Buddhist cultures.

### BUDDHIST ETHICS

by Hammalawa Saddhatissa. 224 pp. #BUET \$14.95

Beginning with an examination of Western notions of ethics, from Greece until now, Saddhatissa goes on to show us how the study of morality is crucial to a clear understanding of the Buddhist tradition. He explains the development and position of Buddhist precepts from a traditional perspective and how to live the moral life of a lay Buddhist practitioner.

### THE DALAI LAMA

### ARYASURA'S ASPIRATION & A MEDITATION ON COMPASSION

by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$10.95

Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. This translation has a commentary by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* was composed by the present Dalai Lama.

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

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

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

### BEYOND DOGMA: Dialogues & Discourses

by H.H. the Dalai Lama. 230 pp., #BEDO \$14.95

During his meetings with many different groups in France during his 1993 visit, His Holiness responded to a wide range of contemporary social, political and religious issues. The discussions can be grouped in five areas: reflections on the millennium, spirituality and politics, nonviolence, beyond dogma, interdependence and emptiness. His Holiness provides us with an astonishing variety of incisive reflections on the problems and possibilities facing humanity as we near the millennium.



H.H. the Dalai Lama  
The Bodhgaya Interviews  
Edited by Jose Ignacio Cabezon

### THE BODHGAYA INTERVIEWS 1981-85

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

"He reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

In these sparkling interviews, His Holiness the Dalai Lama covers a spectrum of religious and secular concerns in a most candid and stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, mantra, gurus, protector deities, and particle physics are some of the topics discussed—much of this information is unavailable elsewhere.

### CULTIVATING A DAILY MEDITATION

by the Dalai Lama. 137 pp., #CUDAME \$10.95

The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara.



**Best Selling!**

### THE DALAI LAMA: A POLICY OF KINDNESS

compiled & edited by Sidney Piburn. 152 pp., #POKI \$10.95

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

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

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

BOOK-OF-THE-MONTH CLUB SELECTION



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

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp., #DALAHA \$14.95

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

In 1981, His Holiness the Dalai Lama gave 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 Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.



### DALAI LAMA, The Nobel Peace Laureate, SPEAKS

by Vijay Kranti. 198 pp., 132 b&w photos, 8 3/4 x 11", #DALASP \$42 cloth

As long as space remains,  
As long as living beings' sufferings remain,  
I will be there to serve them,  
And to dispel their misery.  
—H.H. the Dalai Lama, quoting Shantideva

Fantastic photos by a senior correspondent for *India Today*—Vijay Kranti has been following His Holiness for over 17 years. He interviewed the Dalai Lama on at least three dozen occasions and also accompanied him twice during his journeys to the remote Himalayan regions of Zaskar, Kargil and Leh in Ladakh. The photos, combined with an excellent text and long personal interview with His Holiness, make this a book to own.



**DEITY YOGA in Action and Performance Tantras**

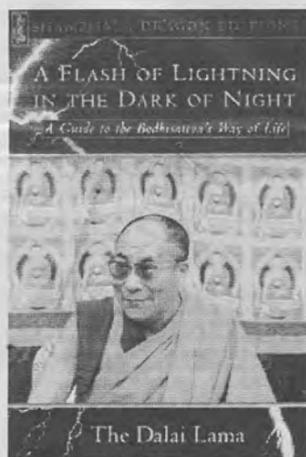
*H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp., many photos of mudras, #DEYO \$18.95*

*Deity Yoga* describes the profound process of meditation in Action and Performance Tantras. It is the basis of all higher tantric practices. This is an invaluable book for anyone who is practicing or interested in Buddhist tantra. Contains: a lucid exposition of the meditative rites of deity yoga—the distinctly tantric process in which yogis visualize themselves in the form of a Buddha's divine body as a manifestation of compassionate wisdom; *Parts 2 & 3 of the Great Exposition of Secret Mantra* by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated. This book is the sequel to *Tantra in Tibet*.

**ESSENTIAL TEACHINGS**

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

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



**A FLASH OF LIGHTNING IN THE DARK OF NIGHT**

*by Dalai Lama. 141 pp. #FLLIDA \$10*

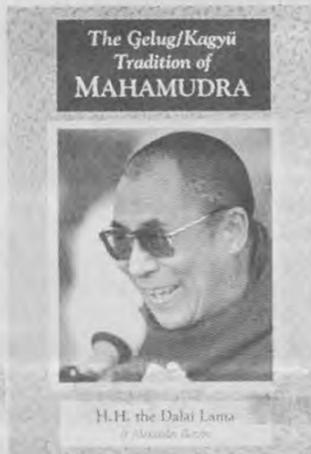
This is a commentary by the Dalai Lama on the *Guide to the Bodhisattva's Way of Life*. The theme is the development of compassion—the guiding principle of the bodhisattva. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom. The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



**FOUR ESSENTIAL BUDDHIST COMMENTARIES**

*by The Dalai Lama. 154 pp. #FOESBC \$9.95*

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



**THE GELUG/KAGYU TRADITION OF MAHAMUDRA**

*by H. H. the Dalai Lama and Alexander Berzin. 400 pp. #GEKATR 18.95*

Mahamudra, the great sealing nature, refers to systems of meditation on both the conventional and ultimate natures of the mind. These have been transmitted through the Kagyü, Sakya and Gelug traditions of Tibetan Buddhism. Within the Gelug, mahamudra teachings also occur in a combined Gelug/Kagyü tradition, exemplified in the First Panchen Lama's *Root Text for the Precious Gelug/Kagyü Tradition of Mahamudra*.

The work presented here contains two brilliant commentaries by the Dalai Lama. The first is a teaching based directly on the First Panchen Lama's root text. In the second, His Holiness bases his discussion on the First Panchen Lama's own commentary to this text. The book opens with an overview of mahamudra by Alexander Berzin that discusses the relation of mind, appearances and reality and offers practical techniques for overcoming problems due to excessive worry, anxiety and disturbing thought.

This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of mahamudra, and the compatibility of Dzogchen and anuttarayoga tantra.

**FREEDOM IN EXILE: The Autobiography of the Dalai Lama**

256 pp., 16 black & white photos, #FREX \$12

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion up to the present life in exile and re-establishment of his culture in India.

**THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet**

*by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to adult, #FODALA \$17.95 cloth*

Whitney Stewart recounts the Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989. He is a spiritual leader known and loved around the world.



**KINDNESS, CLARITY, AND INSIGHT**

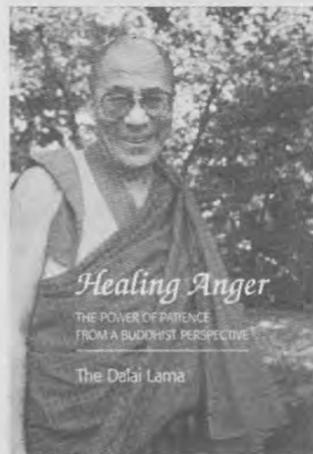
*by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95*

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

This best-selling book contains a collection of talks given by the Dalai Lama to Western audiences during his tours of North America. His Holiness covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception.

His talks are arranged so that they become progressively deeper, beginning with Religious Values and Human Society, he moves to topics such as: The Luminous Nature of the Mind, Altruism and the Six Perfections; Deities; Transforming the Mind Through Meditation; Eight Verses of Training the Mind; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views on Dying; Self and Selflessness; The Two Truths.

"This is an excellent book."—*Choice*



**HEALING ANGER: The Power of Patience from a Buddhist Perspective**

*by the Dalai Lama, trans. by Thupten Jinpa. 176 pp. #HEAN \$12.95*

All the world's major religions emphasize the importance of the practice of love, compassion and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred.

In this book the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva's Way of Life*, the classic work on the activities of Bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings.

His Holiness presents an overview of Buddhist thought, including the practice of the Six Perfections and the central role of bodhicitta. Beginning with one's present situation, he also discusses the twelve links of dependent origination, offering a clear roadmap for the practitioner to achieve the goal of liberation. The techniques and methods presented are relevant not only for Buddhist practitioners but for all who seek to improve themselves. Through these teachings and by his own example, the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world. This book is based on the 1993 Arizona teachings in Tucson.

"The Dalai Lama teaches with clear and forceful language. These teachings form an essential spiritual discourse."—*Publishers Weekly*

"The theme of healing anger has great relevance to our lives. It is what we all seek."—*Values & Virtues Magazine*

"These teachings help us practice the ideals of the Bodhisattva."—*NAPRA ReView*

**New edition!**

**MY LAND AND MY PEOPLE**

*by the Dalai Lama. 271 pp. #LAPE \$12.99*

This autobiography is the *only* life account written by the Dalai Lama himself. As a young man in exile, he wrote this dignified testament which re-creates the miraculous search that identified him as the reincarnated leader of his country. It paints a rare, intimate portrait of Tibetan Buddhism—a way of life that would end with a terrifying foreign invasion surpassing sanity and reason. It reveals the evolution of the Dalai Lama from a gentle monk to a world leader who is still struggling to this day to free his country—and in the process has touched many hearts with the goodness that makes him one of the most beloved men of our time.

**THE MEANING OF LIFE**

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

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



**LOVE, KINDNESS AND UNIVERSAL RESPONSIBILITY**

*by the Dalai Lama. 79pp. #LOKIUN \$7.95*

This book contains three separately published short essays by H.H. the Dalai Lama. The first, *A Human Approach to World Peace*, addresses the role of individuals in promoting world peace and presents ways that individuals can structure their lives to embody mutual understanding and compassion. The second, *Compassion and the Individual*, addresses in greater detail the role of compassion in the development of the individual within society, and also addresses the role that the responsible individual assumes in the evolution of one's social environment. The last essay, *The Global Community and the Need for Universal Responsibility*, assesses the prevalent attitudes of the global community, makes suggestions for better international relations among rival states, argues for a greater sense of universal responsibility among all people of all nations and elaborates on principles discussed in the first two essays.

**MYSTICAL VERSES OF A MAD DALAI LAMA**

*by Glenn Mullin. 270 pp. #MYVEMA \$14*

"The Second Dalai Lama's mystical poems and lyrical visions are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space'; sometimes, 'The Melodious Laughing Vajra'; but more often, 'The Mad Beggar' referring to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

**NOBEL PEACE PRIZE AND THE DALAI LAMA**

*compiled & ed. by Sidney Piburn. 72 pp. #NOPEPR \$4.50*

Here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award. Comprising a succinct statement of his personal and political philosophy, these addresses also show the great depth, warmth and humor of the Dalai Lama as a person and statesman.



**THE PATH TO ENLIGHTENMENT**

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

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

The Dalai Lama provides an extensive teaching on the path to enlightenment. His discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" and he speaks directly to the reader offering spiritual advice, personal reflections, and scriptural commentary. 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.

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

**PATH TO BLISS**

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

*Path to Bliss* presents a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. It does not presuppose any prior experience on the part of the beginner, while providing rich material for the more advanced practitioner. Beginning with practices that develop an effective mental outlook in one's life, this book guides the student to more advanced techniques for developing the mind's deepest potentials and happiness.

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

**TANTRA IN TIBET**

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 252 pp. #TATI \$14.95

"This is a most valuable book for the serious seeker."—*The Tibet Journal*

*Tantra in Tibet* contains *Essence of Tantra* which explains how tantra is a highly practical and compassionate system of spiritual development. His Holiness discusses refuge, the three paths, greatness of mantra, clear light and initiation; *Part 1 of the Great Exposition of Secret Mantra* by Tsong-ka-pa presents the paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras; Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

**THE POWER OF COMPASSION**

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

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



**Commentary on Shantideva**

**TRANSCENDENT WISDOM**

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

"*The Guide to the Bodhisattva Way of Life*" is one of the books most highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as a challenging and profound exposition of the Madhyamika philosophy. This extraordinarily clear exposition by the Dalai Lama with its precise elucidation of core issues of Tibetan Buddhism stands as a key work in Buddhist literature.

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

**THE UNION OF BLISS AND EMPTINESS**

H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

Guru yoga is an important aspect of tantric practice and the foundation for the whole tantric structure; it is the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends upon inspiration transmitted in an unbroken lineage through a living guru.

This book presents practical instructions which blend essential aspects of the sutra path together with profound tantric techniques that activate latent spiritual forces within. By laying the framework of the entire Buddhist path, it also sets down guidelines for a complete form of daily practice that is both inspiring and compelling.

**VIOLENCE & COMPASSION**

by H.H. The Dalai Lama and Jean-Claude Carrière. 248 pp., #VICO \$20.00

French film writer Jean-Claude Carrière's conversations with the Dalai Lama give readers a wonderful opportunity to understand his views and insightful guidance on a wide range of topics—issues and problems important to everyone. Women's rights, education, terrorism, the population explosion, environmental dangers, violence—the Dalai Lama cuts through to the essence of each issue and offers insightful guidance. Recommended. Jean-Claude Carrière was the screen writer of *The Return of Martin Guerre*, *The Unbearable Lightness of Being*, and *The Mahabharata*.

**MY TIBET**

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

**THE WAY TO FREEDOM: Core Teachings of Tibetan Buddhism**

by H.H. the Dalai Lama, ed. by Don Lopez. 144 pp. #WAFR \$16

*The Way to Freedom* contains teachings by His Holiness on the precious opportunity of human birth, importance of hearing and practicing the Dharma, Karma, the Bodhisattva, etc. Presented in easy-to-understand steps, this is the essential primer on Tibetan Buddhism for both non-practitioners and avid students.

**THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice**

by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$14.

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

His Holiness explains the Tibetan Buddhist path to enlightenment. This consists of a general overview of the basic theories and practices, a commentary on selected readings from Shantideva's *Bodhicaryavatara*, focus on the practice of love, kindness, and compassion, and lastly, a discussion of Vajrayana Buddhism and the path of tantra—we like this book!

**DEATH & DYING**

**Bardo Teachings**

The Way of Death and Rebirth



**BARDO TEACHINGS: The Way of Death and Rebirth**

by Ven. Lama Lodo, 73 pp., illustrations #BATE \$8.95

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra, a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—*San Francisco Chronicle*

**DEATH AND THE ART OF DYING in Tibetan Buddhism**

by Bokar Rinpoche. 144 pp. #DEARDY \$14.95

Bokar Rinpoche offers ways of helping the dying and dead based on his intimate knowledge and experience of caring for the dying. This guide through the stages of dying explains how to encounter death without fear and how to maintain constant awareness of impermanence and inevitability of death—to enrich our life and to prepare for death.

**THE BARDO GUIDEBOOK**

by Chokyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

Rinpoche offers new information on the four bardos in this commentary on *The Mirror of Mindfulness* and provides a guide for practitioners desiring liberation.

**DEATH AND DYING: The Tibetan Tradition**

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

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

"This one volume presents the Tibetan understanding of death as a whole."—Prof. Huston Smith

**DEATH, INTERMEDIATE STATE AND REBIRTH**

by Lati Rinbochay & Jeffrey Hopkins 86 pp., numerous charts, biblio., #DEINST \$9.95

This fascinating book unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness. Highest Yoga Tantra simulates processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them.

"The work forms an excellent companion volume to the 'Tibetan Books of the Dead,' and also to contemporary Western works on death and dying."—Prof. Janice Willis, *Religious Studies Review*



**DELOG: Journey to Realms Beyond Death**

by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche. 162 pp. #DELO \$13.95

"Delog" refers to one who has intentionally crossed the threshold of death and returned to tell about it. For Delog Dawa Drolma, a woman renowned as one of the great realization holders of Vajrayana Buddhism in this century and mother of Chagdud Tulku Rinpoche, being a delog meant that she lay in a death trance without any vital sign of breath, pulse, or warmth for five days. The link between her mind and body was released and she journeyed to other realms where she experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion.



**FACING DEATH AND FINDING HOPE: A Guide to the Emotional and Spiritual Care of the Dying**

by Christine Longaker. 263 pp. #FADE \$23.95 cloth

"*Facing Death and Finding Hope* is an ideal and much-needed guidebook for caregivers, friends, and family of the dying. I have known Christine Longaker for eighteen years, during which time she has studied the Buddhist teachings with me. The courses and training she gives, for which she now has a considerable reputation, are exceptional in that they blend her very real experience of hospice work with the insights she has gleaned from her study and practice of Tibetan Buddhism. There is no greater gift you can give than to help a person die well."—Sogyal Rinpoche

**GRACEFUL EXITS: How Great Beings Die**

by Sushila Blackman. 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, Janyang Khyentse Rinpoche, Dilgo Khyentse Rinpoche, Trijang Rinpoche, H.H. Gyalwa Karmapa, and Lama Yeshe are among those famous people whose stories are recounted here.

**REBIRTH INTO PURE LAND: A True Story of Birth, Death and Transformation**

by Robert Sachs. 108 pp. #REINPU \$10.95

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

**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., #JOLIDY \$16

The Dalai Lama offers teachings on death, dying and living a meaningful life. He combines lessons on living well through compassion, patience, wisdom and effort with teachings on impermanence, the acceptance of death, and the achievement of joy, peace, and spiritual wisdom.

**LIFE, DEATH AND AFTER DEATH**

by Lama Thubten Yeshe. 45 pp. #LIDEAF \$5

The various stages of the death process are explained in the context of the Buddhist attitude to life.

**THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos**

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

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

**THE TIBETAN BOOK OF LIVING AND DYING**

by *Sogyal Rinpoche*. 356 pp., photos, #TIBOLP \$17 paper, #TIBOLI \$24 cloth

Rinpoche examines the dramatic healing that is released when we view death as the beginning of another chapter of life. He teaches us to transform our experience of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, near-death experience, and caring for the dying. (Also available on tape.)

**THE TIBETAN BOOK OF THE DEAD**

by *Robert Thurman*. 278 pp., 8 color photos., #TIBO \$13.95

This authoritative new translation was prepared especially for Western readers. Its introduction to Buddhism, meditation instruction, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo**

trans. by *Francesca Fremantle and Chogyam Trungpa*. 119 pp. #TIBODD \$10

This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains what the text teaches us about human psychology.



**WHO DIES? An Investigation of Conscious Living and Conscious Dying**

by *Stephen Levine*. 317 pp., #WHDI? \$10.95

"The bible of the conscious dying movement."—*Harper's*

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

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

**TRANSFERENCE OF CONSCIOUSNESS at the Time of Death**

by *Lama Thubten Yeshe*. 42 pp. #TRCO \$5

An explanation of the phowa practice for achieving rebirth in the pure land at the time of one's death.

**DZOGCHEN**

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

by *Gyatral Rinpoche*. 150 pp., #ANWI \$14.95

"In *Ancient Wisdom*, Ven. Gyatral Rinpoche offers precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves—there is something here for all of us."—Robin Cooke, *The Mirror*

Includes: Dzogchen meditation practices of shamatha and vipassana written by H.H. Dudjom Rinpoche; one of the most direct and useful dream yoga accomplishment manuals; the third section, entitled *Transforming Felicity and Adversity into the Spiritual Path*, is a contemporary classic for improving the quality of daily life experiences.

**BUDDHAHOOD WITHOUT MEDITATION**

by *Dudjom Lingpa*, Tibetan text edited by H.H. Dudjom Rinpoche, trans. by *Richard Barron*. 254 pp. #BUWIME \$21.95

*Buddhahood Without Meditation*, widely known by its subtitle, *Nangjang (Refining Apparent Phenomena)*, presents the view of the Great Perfection through the approach known as t'hreg-chhod (cutting through solidity). From the short lineage of the nineteenth-century master Dudjom Lingpa, it is a direct transmission of Dzogchen so powerful that even hearing it read aloud ensures that the listener will escape the suffering of cyclic existence. Dudjom Lingpa received these teachings in visionary dialogue with fourteen enlightened beings, among them Avalokiteshvara, Vajrapani, Longchenpa, and Saraha. Includes the Tibetan text as edited by H.H. Dudjom Rinpoche and features a glossary that incorporates equivalent English terms of present-day teachers and translators of Dzogchen.

**THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen**

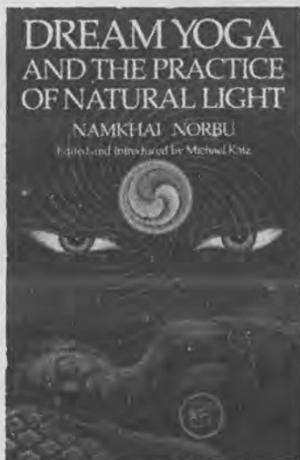
by *Chögyal Namkhai Norbu Rinpoche*, compiled and ed. by *John Shane*. 176 pp., 28 b&w photos, 23 line drawings, #CRWALI \$13.95

This popular book examines the spiritual path from the viewpoint of Dzogchen. Rinpoche interweaves his life story with Dzogchen teachings, making them accessible through his living example. He gives teachings on the base, path and fruit of Dzogchen practice, discusses his education and how he met his principal master who showed him the real meaning of "direct introduction to Dzogchen." Illustrated with line drawings and thangkhas of many Buddhist masters and well as with photos of meditation postures to enhance concentration.

**CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation**

by *Namkhai Norbu*. 128 pp. #CYDANI \$12.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.



**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**

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

"Filled with fascinating accounts."—*Yoga Journal*

Going beyond the practices of lucid dreaming that have been popularized in the West, this ground-breaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in the context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

**DZOGCHEN: INNERMOST ESSENCE**

by *Tulku Thondup*, ed. by *Brian Beresford*. 129 pp., Tibetan text, #DZINES \$8.95

This is one of the best presentations of the practice of Dzogchen meditation. It begins with the Prayer of the Preliminary Practice of Dzogpachenpo Longchen Nyingthig, then presents the common and uncommon preliminary practices, the actual path of guru yoga and the nine yantras.



**DZOGCHEN: The Self-Perfected State**

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

As Chogyal Namkhai Norbu explains in this very readable book, our natural condition is self-perfected from the very beginning. What is necessary is that we re-awaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the Self-Perfected State that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present, through all activities. Rinpoche begins by clearly explaining the Dzogchen teachings and then reveals, in a simple and non-intellectual manner, what is meant by the practice of Dzogchen.

"Rinpoche's explanations and analogies simply and convincingly map a path to the self-perfected."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

"A fine introduction to Dzogchen for the Western reader."—*The Tibet Journal*

**THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master**

trans. & ed. by *John Reynolds*; foreword by *Namkhai Norbu*. 389 pp. #GOLE \$18.95

According to the Nyingmapa school of Tibetan Buddhism, the teachings of Dzogchen were first expounded by the Buddhist master Garab Dorje in the country of Uddiyana. This tradition of Buddhist teaching, which directly introduces the practitioner to the Nature of Mind, was then transmitted to India and later to Tibet.

The essence of Garab Dorje's message is found in "The Three Statements that Strike the Essential Points." In the nineteenth century, the famous master Patrul Rinpoche wrote a brilliant commentary on these three statements together with the practices relating to them, entitled "The Special Teaching of the Wise and Glorious King." These important Dzogchen texts are here translated from the Tibetan; notes, commentaries, and glossary of terms are also included.

"In many ways the best guide to the Dzogchen teachings. Includes explanations of texts that were previously thought too secret to publish."—*Tricycle: The Buddhist Review*

"Contains clear translations and detailed commentaries. John Reynolds is exceptionally qualified to translate Dzogchen teachings. Careful study and practice of the knowledge revealed in *The Golden Letters* is indispensable."—*The Mirror*

"Many of the meditative practices this book introduces are among the most profound ever to appear in published form."—*Shambhala Sun*



**FOUR-THEMED PRECIOUS GARLAND**

by *H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche*. 44 pp. #FOTHRP \$7.95

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

**THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition**

by *Keith Dowman*. 225 pp. #FLGA \$15

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

**HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition**

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

"...an inspiring text that no doubt will help to vindicate Bon as an indispensable source of Dzogchen teachings."—*TRICYCLE: The Buddhist Review*

This complete Dzogchen meditation text comes from the ancient Bonpo tradition of Tibet which pre-dates the advent of Buddhism. Dzogchen is an ancient system for realizing the foundational nature of mind. Written as personal instruction from Shardza to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak that clarifies many points about the practice.

The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.





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

These three books are an inspiring introduction to Dzogchen by a leading master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

**KINDLY BENT TO EASE US II**

by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$12.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

**KINDLY BENT TO EASE US III**

by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by the warmth of felt knowledge and the rich imagery that derives from immediate experience.

**MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis**

by Thinley Norbu. 167 pp., #MADA \$14.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis.

**MEDITATION DIFFERENTLY**

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

*Meditation Differently* is a translation and commentary contrasting Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on four tuning-in phases introduces the Mahamudra approach to meditation. The Dzogchen understanding of reality is presented as well as a discussion of empowerments which serve as stepping stones to realization.

**THE MIRROR: Advice on the Presence of Awareness**

by Namkhai Norbu. 110 pp., Tibetan text, #MIADPR \$9.95

The principle of awareness in Dzogchen teachings is of central importance. Namkhai Norbu Rinpoche gives a detailed explanation of what awareness is and how to apply it. He also presents the quintessence of Dzogchen meditation—a sophisticated and refined, yet pristinely simple and direct path to spiritual attainment.



**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen**

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

**NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs**

by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95

This inspiring collection of Khenpo's teachings provides the deepest possible insight into how to understand and how to practice the Dzogchen path. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

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

"This book is wonderful—a treasure house of liberating Dharma."—Joseph Goldstein

"...a testament to the vibrancy of Dzogchen lineages, proof that the natural Great Perfection is alive and well."—*The Mirror*

**PRACTICE OF DZOGCHEN**

by Longchen Rabjampa, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbot, 482 pp. #PRDZ \$22.95

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

*The Practice of Dzogchen* contains the writings on Dzogchen by Longchen Rabjam (1308-1363), a celebrated adept of the Nyingma School of Tibetan Buddhism. Dzogchen is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself.

This book was originally published as *Buddha Mind*.



**RAINBOW PAINTING**

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

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

**THE SIX VAJRA VERSES (Rigbai Kujyug)**

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

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

**SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION**

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

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

**THE STAIRWAY TO LIBERATION:**

**Instructions on Ngondro**  
by Chogyal Namkhai Norbu. 70 pp. #STLIB \$15

In addition to the traditional preliminary practices, there are Ngondro practices unique to Dzogchen teachings and these are explained in this book.

**TANTRIC PRACTICE IN NYING-MA**

by Khetsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95 (see ngondro section)

**UNION OF MAHAMUDRA & DZOGCHEN**

by Tulku Chokyi Nyima Rinpoche. 240 pp. #UNMADZ \$18  
Second edition!

A commentary on two great vajrayana teachings based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master. Tulku Chokyi Nyima covers the essential teachings of all the stages of the path.

**A SPACIOUS PATH TO FREEDOM: Practical Instructions on the Union of Mahamudra and Atiyoga**

by Karma Chagmé, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace. 250 pp. #SPPAFR \$18.95.

This manual of Tibetan meditation simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice.

Karma Chagmé sets forth the stages of meditation practice including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga leading to perfect enlightenment in one lifetime. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single, integrated approach to realizing the

**WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet**

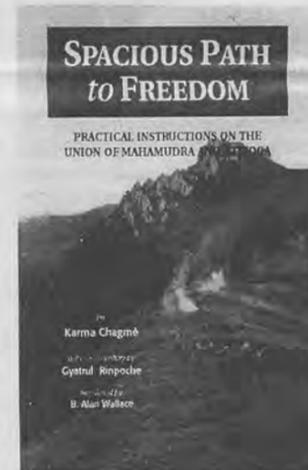
by Herbert Guenther. 128 pp. #WHLOWH \$12.95.

The quest of coming to know oneself directly is intimately intertwined with a phenomenological exploration of the dynamics of psychic life as it expresses itself in images as symbolic descriptions of itself. Guenther draws on the experiential vocabulary of phenomenology and hermeneutics to interpret two stories from the *Rigpa Rangshar*, (one of the oldest Dzogchen texts) making it highly relevant to contemporary currents of thought.

**WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet**

by Tenzin Wangyal, foreword by Lopen Tenzin Namdak. 256 pp. #WONAMI \$15.95

Tenzin Wangyal gives Dzogchen teachings, and takes the reader step-by-step through their practice. He covers both meditation and the visionary aspects of Dzogchen previously regarded as secret. Including examples from his own life, with drawings and photos, Wangyal explains the various kinds of energy and states of mind the reader is likely to experience on the path to enlightenment.



time nature of consciousness. Karma Chagmé was a major lineage-holder of the Karma Kagyü tradition of Tibetan Buddhism, and his writings have also become central to the Payül Nyingma order, making him an ideal figure to integrate two of the great meditation systems of Tibet: Mahamudra and Atiyoga.

**KALACHAKRA TEACHINGS**

**KALACHAKRA TANTRA**

by Geshe Ngawang Dhargyey. 180 pp., #KATA \$12.00

This book provides a sound explanation of the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

**THE PRACTICE OF KALACHAKRA**

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

The Kalachakra spiritual legacy is central to Tibetan Buddhism. This is a detailed and practical overview of the Kalachakra Tantra. Glenn Mullin discusses the tantric path to enlightenment, drawing on great teachers' writings. He outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama round out this excellent book.

**TAKING THE KALACHAKRA INITIATION**

by Alexander Berzin. 199 pp., #TAKAIN \$12.95

Kalachakra is a system of highest tantra practice for overcoming the limitations imposed by historical, astrological and biological cycles, so as to become a Buddha for the benefit of all. Many great Tibetan masters, have been conferring the initiation in India, Mongolia and the West, empowering prepared practitioners to engage in its meditations.

*Taking the Kalachakra Initiation* is an expansion of oral teachings that Alex Berzin has given during several Kalachakra initiations to help both participants and observers make their experience more meaningful. It explains on a practical level and in everyday language the theory of tantra, the vows, commitments and their implications, the factors to consider in deciding if one is ready to attend as an active participant, how to visualize, and the most important thoughts and feelings for participants and observers at each step of the empowerment. It presents the variations in the Kalachakra initiation procedures of the four lineages of Tibetan Buddhism, and discusses the relation between the Kalachakra teachings and karma, astrology, Tibetan medicine, and world peace. This book is helpful for those who have already attended the initiation to make more sense of their experience, and for those interested in tantra in general and the psychological implications of the initiation process.



**KALACHAKRA: RITE OF INITIATION**

by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIIN \$22.95

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

# TIBETAN BUDDHISM

## KALACHAKRA TEACHINGS



**THE WHEEL OF TIME:  
The Kalachakra in Context**  
by Geshe Lhundub Sopa, Roger Jackson, John Newman,  
foreword by H.H. the Dalai Lama. 158 pp., #WHTI \$12.95

The Kalachakra interweaves yoga, astrology, physiology, and mythology into a meditational system embracing the entire universe. The Kalachakra Initiation is frequently offered, but information on this complex system and practice is sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.



**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.

**TIBETAN SAND MANDALA  
JIGSAW PUZZLE**

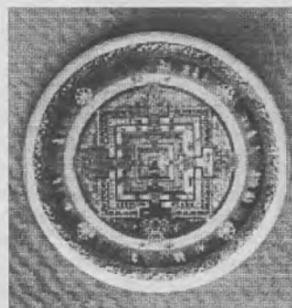
#TISAMA \$15

The complex Kalachakra Mandala in 440 pieces! It is a 20.5" diameter, full-color puzzle.

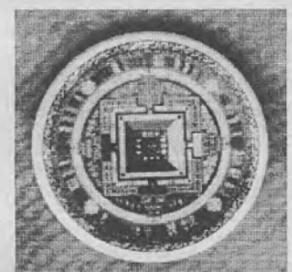
**Wheel of Time Mind Mandala  
button, 2 1/4" #WHTIBU \$3**

**Wheel of Time Mind Mandala  
magnet, 2 1/4" #WHTIMA \$3**

(See also the Dharma section for Kalachakra banners and prayer flags, and the card and poster section for more Kalachakra images.)



**Wheel of Time Mind Mandala  
button**  
2 1/4" #WHTIBU \$3



**Wheel of Time Mind Mandala  
magnet**  
2 1/4" #WHTIMA \$3

**PEACE MANDALA SCREEN SAVER**  
#PEAMASC \$40

Starting at the center of the Kalachakra Mandala, symbols representing the central deity and his consort appear. The mandala continues to grow until all the details are in place. System requirements: 386, 486, or Pentium based computer or higher. Microsoft Windows 3.1, Windows 95 or Windows NT. Super VGA compatible graphics card.

## LAMRIM TEACHINGS

The following books are part of the *lam rim* or "stages of the path to enlightenment" tradition of Tibetan Buddhism.

**AN ANTHOLOGY OF WELL-  
SPOKEN ADVICE on the  
Graded Paths of the Mind**  
by Geshe Ngawang Dhargyey,  
compiled and ed. by Alexander  
Berzin. 442 pp. #ANWESP \$14.95

A massive compendium of oral teachings based on Kyabje Phabongka's "A Personal Gift for Being Utterly Freed" (*Liberation in Our Hands*) and Tsongkhapa's "A Grand Presentation of the Graded Paths of the Mind." (*Lam Rim Chenmo*)—presenting the levels of spiritual training for overcoming obstacles to Buddhahood.

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

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

This is a teaching based on *Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment*, compiled by Lodro Gyaltzen, a fifteenth-century Tibetan yogi. Lama Zopa reveals the essential meaning of this text which he discovered in his Himalayan retreat cave. Only after he read this text did he understand the real meaning of Buddhist practice.

**GEMS OF DHARMA,  
JEWELS OF FREEDOM**

by Je Gampopa, trans. by Ken & Katia Holmes, pref. by Tai Situpa Rinpoche. 319 pp. #GEDH \$30.00

This is a new translation of Gampopa's classic text. It is the major handbook for many Tibetan Buddhists since it provides the quintessential meaning of hundreds of Buddhist scriptures. It lays out the entire path of bodhisattva practice leading to Buddhahood. The authors studied for years with distinguished Kagyu teachers.

**THE JEWEL LADDER: A  
Preliminary Nyingma Lamrim**

by Mingling Terchen Gyurme Dorjee, commentary by Garje Khamtrul Rinpoche, trans. & ed. by Tsepak Rigzin. 236 pp. #JELA \$12

A comprehensive Nyingma Lamrim by Terdak Lingpa, who was both a teacher and disciple of the Great Fifth Dalai Lama. The text explains the preliminaries required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma and the Four Noble Truths.

**ESSENCE OF NECTAR**

by Yeshe Tsöndu. 110 pp., notes, glossary, #ESNEC \$8.95

This is an extensive commentary/prayer on the Buddhist path presented in the *Great Exposition of the Graded Path (Lam-rim chenmo)* by Tsongkhapa.



**ESSENCE OF THE PATH TO  
ENLIGHTENMENT**

by Geshe Acharya Thubten Loden. 346 pp., 16 line drawings, 4 color plates, #ESPAEN \$25

A clear presentation of the Lam Rim teachings. It discusses the stages of spiritual development, leading the reader progressively through deeper levels of the path. A great introduction to Tibetan Buddhist practice.



**LIBERATION IN OUR  
HANDS: Part 1, The  
Preliminaries**

by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300 pp. #LIHA \$12.50

Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonetheless compassionate approach, gave a clear and elaborate explanation of the path to enlightenment based on Je Tsong Khapa. Throughout, he tells marvelous stories to bring his teachings alive. First of three volumes.



**OPENING OF THE LOTUS**  
Developing Clarity and Kindness

by Lama Sherab Gyaltzen Amipa  
175 pp., 2 line drawings, #OPLO \$12.95

The development of the stages of enlightenment involve building the correct foundation practices, meditation on bodhicitta, mind training, parting from the four attachments, meditation on the precious human body, karma and rebirth, the development of concentration and the perfections. Ngondro practices are also described—refuge, prostration, mandala offering, Vajrasattva meditation, guru yoga.



**ATISHA'S LAMP FOR THE  
PATH TO ENLIGHTENMENT**

by Geshe Sonam Rinchen,  
translated and edited by Ruth  
Sonam. 217 pp., includes Tibetan  
text, #ATLA \$12.95 (see Tibetan  
Buddhism section)

**THE ESSENTIAL NECTAR**

by Geshe Rabten, trans. & ed. by  
Martin Willson. 308 pp. #ESNE  
\$14

Teachings on the stages of the path are presented here as meditations to be practised; they are methods for investigating and transforming one's attitudes and behavior, leading to the complete eradication of negative mental states and the development of the qualities of the enlightened mind.

**LIBERATION IN OUR HANDS: Part 2: The Fundamentals**

by Pabonka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 404 pp. #LIHA2 \$12.50

Covers the initial Lamrim meditation topics: refuge, karma, serving a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principal focus is overcoming of attachment for this life and pursuing the causes of a favorable rebirth in future lives. Also included is Pabongka's *How to Meditate on the Stages of the Path to Enlightenment* that presents analytic meditation on each of the topics and the signs to look for when one has generated the appropriate realizations.

**Now available in Paperback!**

**LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Path to Enlightenment**

by Pabongka Rinpoche, edited by Trijang Rinpoche, and translated by Michael Richards. 980 pp. #LIPAHA \$24.95

This classic guide for the study, practice, and realization of Buddhist teachings is perhaps the most popular *Lam rim*, or "stages of the path" teaching available in translation. Pabongka Rinpoche, a legendary teacher who died in 1941, gave a twenty-four-day *Lam rim* teaching to a mass gathering of monks, nuns, and lay people in 1921 which is the basis for this text. This book is a translation of the notes from that teaching taken by Trijang Rinpoche, who became personal tutor to the current Dalai Lama.

**MEDITATIONS ON THE PATH TO ENLIGHTENMENT**

by Geshe Acharya Thubten Loden. 604 pp., 26 line drawings, #MEPAEN \$35

A condensed version of Geshe Loden's massive book *Path to Enlightenment*. Structured as a meditation guidebook, the subject matter of each stage of the path is presented with clear instructions on generating enlightened qualities through analytical and single-pointed meditation techniques. This is the best way to ground the teachings deeply in oneself and effect the desired transformation. Geshe Loden is a traditionally trained elder lama and head of the Tibetan Buddhist Society in Australia.

**THE PATH TO ENLIGHTENMENT**

by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95 (see Dalai Lama section)

**PATH TO ENLIGHTENMENT IN TIBETAN BUDDHISM**

by Geshe Acharya Thubten Loden. 1100 pp., color plates, line drawings, #PAENTI \$70 cloth

Drawing from the great Buddhist classics, this is a clear and massive presentation of the progressive stages of spiritual development. Richly endowed with translations from the original sutras of the Buddha, the essential points of the vast range of Buddhist philosophy are presented with practical advice on how to transform your life with a range of extraordinary meditation methods. Also contains a detailed explanation of the *lo jong* mind training techniques and an extensive glossary, index and subject outline, and translation of the root and branch bodhichitta vows.

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

**TIBETAN TRADITION OF MENTAL DEVELOPMENT**

by Geshe Dhargyey. 255 pp. #TITRME \$10.95

A comprehensive presentation of the graded path to enlightenment based on teachings he gave in the philosophy class at the Library of Tibetan Works and Archives.

**LOJONG TEACHINGS**

**ADVICE FROM A SPIRITUAL FRIEND**

by Geshe Rabten and Geshe Dhargyey. 180 pp., 14 photos and line drawings, #ADSPFR \$14.95

Like wise old friends, two Tibetan masters explain how to fill our lives with loving kindness, compassion, and wisdom. By learning to respond to difficulties with patience and joy, gradually changing our attitudes, we can enjoy peace of mind in every situation. Based on *The Seven Point Thought Transformation* and *The Jewel Rosary of the Awakening Warrior*.

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

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

**COMPASSION: THE KEY TO GREAT AWAKENING (Thought Training and the Bodhisattva Practices)**

by Geshe Tsultrim Gyeltsen. 160 pp. #COKEGR \$14.95

In this book, Geshe Gyeltsen draws on two classic Buddhist texts to present a range of techniques for transforming our minds. Arguing that one cannot attain awakening without the great key of compassion, the author provides practical advice on how to combat negative mental states and conditioning. Through the rigorous application of "thought training" and the cultivation of the bodhisattva's altruistic attitude, we can learn to transform both ourselves and the environment around us.



**THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training**

Jamgon Kongtrul, trans. by Ken McLeod. 100 pp. #GRPAAW \$12

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



**ENLIGHTENED COURAGE**

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

"This is a book to keep and reread, a book to jolt one out of oneself and back to one's senses."—*Tricycle: The Buddhist Review*

Kyabje Dilgo Khyentse Rinpoche, whose remarkable life ended in 1991, was one of the foremost poets, scholars, philosophers and meditation masters of the Mahayana, Mahamudra and Great Perfection traditions of Vajrayana Buddhism.

Rinpoche presents the Seven Point Mind Training which is the very core of the entire practice of Tibetan Buddhism. It condenses the compassionate path to Buddhahood into practical instructions which use the circumstances of everyday life. He speaks frankly from his heart, drawing on his own life-long experience.

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

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

**KEYS TO GREAT ENLIGHTENMENT**

by Geshe Tsultrim Gyeltsen. 176 pp. #KEGREN \$12.95

Contains a verse by verse exposition of *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*. (This book is now called *Compassion: Key to Great Awakening* and sells for \$14.95)



**MIND TRAINING LIKE THE RAYS OF THE SUN**

by Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell. 170 pp. #MTR \$10.95

The mind training teachings develop the altruistic mind of enlightenment, are directed towards the practitioner of great capacity, and concern the transformation of mental attitudes to turn adversity into advantage.



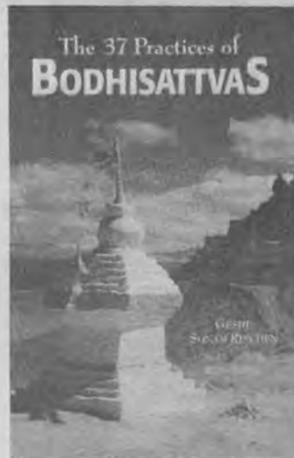
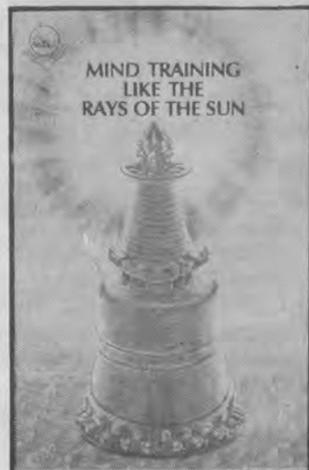
**A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World**

by B. Alan Wallace, ed. by Zara Houshmand. 120 pp. #PASO \$9.95

"I have found Alan's book by far the clearest, warmest, most practical introduction to the subject...my practice has become richer and deeper as a result of reading this book."—*Tad Davis*

In 1987, ending fourteen years as a Tibetan monk, Alan went into solitary retreat in the Sierra Nevada mountains. Drawing on this period, he shares his experience with anyone seeking to move from isolated self-centeredness to altruistic engagement with others. The approach presented here is a cherished practice among Tibetans and is of equal value for contemplatives and people actively involved in society. His alive and friendly discussion shows how to transform life's vicissitudes into occasions for spiritual growth.

"A user-friendly exposition of the Tibetan seven-point mind training..."—*Yoga Journal*



**THE 37 PRACTICES OF BODHISATTVAS**

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam. 112 pp. #THSEPR \$12.95

"Rinchen makes the meaning and the demanding character of the Bodhisattva ideal realistic for the contemporary reader. Offers insight upon insight as to 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 themselves to the path taught by the Buddha. Resisting disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding the nature of reality and the illusion-like nature of pleasure and pain, they overcome clinging attachment and aversion. In these ways Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all.

Gyelsay Togmay Sangpo wrote *The Thirty-seven Practices of Bodhisattvas* in the fourteenth century. His succinct and simple verses of advice summarize the quintessence of the Mahayana path to perfection. Geshe Sonam Rinchen's oral teachings elucidate these practices for the modern reader and show how we can transform our actions, feelings and ways of thinking to become Bodhisattvas ourselves.

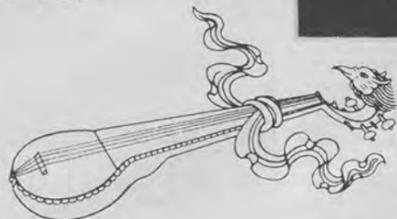
Geshe Sonam Rinchen was born in Tibet in 1933. He studied at Sera Je Monastery and in 1980 received the Lharampa Geshe degree. He is currently resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practice.

"...valuable for dealing with adverse circumstances in a spiritually productive manner."—*Yoga World*

### START WHERE YOU ARE: A Guide to Compassionate Living

by Pema Chodron. 208 pp.  
#STWHAR \$12

A handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron has us make friends with ourselves by "starting where we are"—by embracing the painful aspects of our lives. Then she guides us through self-reflection and meditations that develop the courage to work with our pain and experience joy.



### TRAINING THE MIND and Cultivating Loving-Kindness

Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.

### TRANSFORMING PROBLEMS: How To Be Happy When You're Not

by Lama Thubten Zopa Rinpoche. 110 pp., #TRPR \$11.95

We experience a flux of happiness and suffering. The hope and fear that ensue from both agitate our minds and cause suffering. Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.

### TRAINING THE MIND IN THE GREAT WAY

by the First Dalai Lama, trans. by Glenn H. Mullin, intro. by the Dalai Lama. 174 pp. #TRMIGR \$12.95

The attitude of self-cherishing and the habit of ego-grasping are considered by Buddhist teachers as the two greatest enemies to happiness and peace of mind. By practicing the mind training (lojong) methods for developing great compassion and the blissful wisdom of emptiness presented in this famous teaching by the First Dalai Lama, these two syndromes can be transformed and eventually overcome.

"For me, the lojong tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care that they deserve, and also how to transcend the limitations of conventional ego-grasping. Kindness is a universal need, and it is something that we all appreciate being shown."—The Dalai Lama

### THE WHEEL OF SHARP WEAPONS

by Geshe Dhargyey. #WHSWE \$7.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego.

## NGONDRO PRACTICE

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by H.H. Dilgo Khyentse Rinpoche. 140 pp. #EXPAEN \$12.95

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"To accomplish the good of others, we must first perfect ourselves, by purifying and transforming our minds. This is the aim of what we call the preliminary practices, which establish the foundations of all spiritual progress."

Dilgo Khyentse Rinpoche explains Jamyang Khyentse Wangpo's (1820-1892) text on Vajrayana preliminaries: taking refuge, generating the thought of achieving enlightenment for the sake of all beings, performing the meditation and recitation of Vajrasattva to remove hindrances on the path to enlightenment, offering the mandala to accumulate merit and wisdom, and developing proper reliance on a spiritual teacher. Included here are the Tibetan text as well as the mantras and prayers commonly recited in conjunction with these practices.

"A straightforward, heartfelt guide to being a bodhisattva"—*Tricycle: The Buddhist Review*

### THE HEART TREASURE OF THE ENLIGHTENED ONES: The Practice of View, Meditation, and Action

by Patrul Rinpoche with commentary by Dilgo Khyentse Rinpoche, foreword by the Dalai Lama. 240 pp. #HETREN \$15

"This teaching is like an elixir for reviving the dead."—from the Foreword by the Dalai Lama.

With his characteristic thoroughness and gentleness, Rinpoche gives extensive commentary on Patrul

Rinpoche's text. He has us reflect on our defects and on suffering, then gives essential practices and explains the freedom and harmony that result from this practice.

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

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

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

### THE PRELIMINARY PRACTICE OF THE NEW TREASURE OF DUDJOM

by H.H. Dudjom Rinpoche. 120 pp., color photos, #PRPR \$20 cloth

Contains: *Prayer to the Legendary Incarnations Called Crystal Pearls; Prayer of Calling the Lama from Afar; Concise Recitation and Practice of the New Treasure of Dudjom; Prayers for the Long Life of Teachers and the Spread of Teachings; Ngondro Practice: The Dzogchen View; Meaning of the 100-Syllable Mantra of Vajrasattva; Calling the Lama From Afar* by Shenphen Dawa Rinpoche.

### PRELIMINARY PRACTICES OF TIBETAN BUDDHISM

by Geshe Rabten. 83 pp. #PRPTI \$9.95

The ordinary and extraordinary practices for purification and generation of merit are profound teachings. Simple to understand, they are difficult and demanding to put into practice. Geshe Rabten illumines these practices with clear understanding.

### TANTRIC PRACTICE IN NYING-MA

by Khetsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95

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

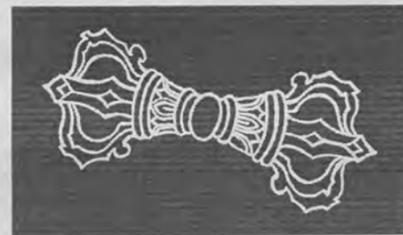
"...this text offers an all-encompassing presentation of Vajrayana philosophy and practice...the virtue of this work is its technical completeness. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*



### TORCH OF CERTAINTY

by Jamgon Kongtrul the Great. 161 pp. #TOCE \$12.

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



## SADHANAS & COMMENTARIES

### A DAILY MEDITATION PRACTICE: How to Meditate on the Graded Path to Enlightenment

by Lama Zopa Rinpoche. 22 pp. #DAMEPR \$4

Contains all the elements necessary for a successful and heartfelt daily practice—prostrations, offerings, refuge, bodhicitta, seven limbs, lam rim meditation, mantra recitation, dedication.

### THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig

trans. by Tulku Thondup. 146 pp. #ASVI \$12.95

Jigned Lingpa discovered this terma. It is a guru sadhana of Padmasambhava as the embodiment of all the Knowledge-holders. Included are instructions for the Tsog ceremony. The Tibetan, English transliteration, and translation are given line-by-line.

### GARDEN OF ALL JOY

by Jamgon Kongtrul Lodo Taye (The Great), trans. by Lama Lodo Rinpoche. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—an explanation of offering the body as a gift. It contains Machig Labdron's biography, a commentary on the "feasts," very valuable illustrations of the visualizations, and Tibetan text.

### THE HEALING BUDDHA: A Practice for the Prevention and Healing of Disease

composed & trans. by Lama Thubten Zopa Rinpoche. 24 pp. #HEBU \$4

This is a Medicine Buddha practice—meditation on an enlightened being who prevents and cures disease. Included is *The Prayer Liberating Sakya from Disease*, a powerful prayer that brings great blessings.

### THE GURU PUJA

67 pp. #GUPU \$5.95

This presentation of the offering to the spiritual masters includes the tsoq offering and Song of the Spring Queen and is accompanied by *The Hundred Deities of the Land of Joy*, a lam-rim dedication prayer, etc. In Tibetan phonetics and in English.

### MAHAKALA DAILY PRACTICE

by Bardor Tulku Rinpoche, Tenzin Chonyi, and the retreatants and students at Karma Triyana Dharmachakra Monastery. Cassette, 88 min. #MADAPR \$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.



### A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA

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

*Ganden Lha Gyema* "Hundred Deities of the Land of Joy" is the standard Tsongkhapa guru yoga. It guides the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin explains the text and gives instructions for practice.

The main way to achieve Buddhahood is by accumulating enlightening power, and mandala offering is a most effective practice for this purpose. Three forms of offering are described: outer mandala—the symbolic world; inner mandala—one's own body; secret mandala—for tantric practitioners.



### CHENREZIK

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

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

**THE QUEEN OF GREAT BLISS of the Long-Chen Nying-Thig**  
trans. by Tulku Thondup. 166 pp. #QUGRBP \$12.95

The sadhana of the wisdom dakini Yeshe Tsogyal is a root practice of the Longchen Nyingthig tradition. Through this Anu Yoga Tantra practice one understands the Dakini as embodying the three kayas. Includes texts for the performance of Tsog.

**RED TARA: An Open Door to Bliss and Ultimate Awareness**  
by Chagdud Gonpa. #RETA \$8

**RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara**  
by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

The lineage of Red Tara practice and commentary to the sadhana.

**SELF-INITIATION OF VAJRABHAIKAVA**  
trans. by Sharpa Tulku with Richard Guard. 62 pp., #SEINVA \$7.95

An intermediate-length sadhana and concise self-initiation ritual of the Solitary Hero Vajrabhairava. The self-initiation restores broken vows and tantric commitments. It can be used after one completes the retreat and ritual fire offering of peace.

**MEDITATION ON VAJRABHAIKAVA**  
by Kyatje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

A manual for initiates doing a short retreat on the Solitary Hero Vajrabhairava. Contains an annotated full-length sadhana supplemented with appendices, including a tsog offering and sadhana outline.

**VAJRAYOGINI SADHANA & COMMENTARY**  
by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for highest yoga initiates only. The text is a short sadhana of Vajrayogini and the commentary discusses the yogas composing the practice.

**MEDITATIONS ON THE LOWER TANTRAS**

edited by Glenn Mullin. (See p. 52)

**TIBETAN BUDDHISM & PSYCHOLOGY/SCIENCE**

**CHOOSING REALITY: A Buddhist View of Physics and the Mind**  
by B. Alan Wallace. 227 pp. #CHRE \$15.95

"A reflective philosophical analysis based on sound knowledge of physics and Buddhist thought."—Choice

"Choosing Reality shares the podium with *The Tao of Physics* and *The Dancing Wu Li Masters* and wears the gold medal. It is a triumphant commentary on the relationship between physics and mind, science and religion."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

Choosing Reality shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology.

How shall we understand the relationship between the way we experience reality and the way science describes it? In examining this question, Alan Wallace discusses two opposing views: the realist view, which argues that scientific theories represent objective reality, and the instrumentalist view, which states that concepts cannot describe what exists independently of them. Finding both of these philosophies of science inadequate, the author explores the Buddhist middle way view and the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

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

*The Embodied Mind* is a sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be complete. They develop a dialogue between cognitive science and Buddhist meditative psychology and relate it to phenomenology and psychoanalysis. Recommended as one of the very best treatments of Buddhism and cognitive science.

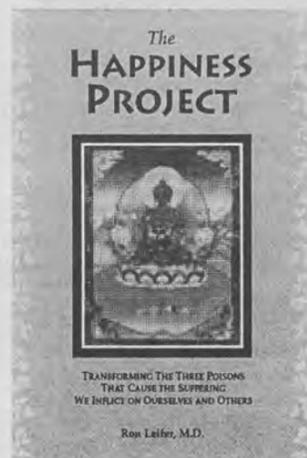


**JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM**  
by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

The author discusses the ideas and methods of Tibetan Buddhism and Jungian psychology. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deep yearnings for spiritual fulfillment and the demands of mundane life.

**THE EVOLVING MIND: Buddhism, Biology, & Consciousness**  
by Robin Cooper. 266 pp. #EVMI \$21.95

In *The Evolving Mind*, Robin Cooper discusses the distinctions and continuities between "lower evolution," culminating in self-reflective beings, and "higher evolution," which can include an effective "spiritual dimension," or program for raising one's consciousness beyond the average human level. This book is a good introduction to general Darwinian and post-Darwinian evolutionary theory, and places such theories in a conversation with Buddhism. This is a welcome addition to the corpus of books engaging Buddhism in dialog with contemporary science.

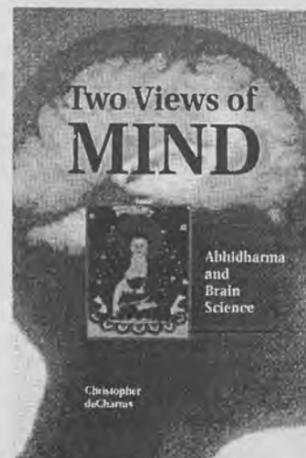


**THE HAPPINESS PROJECT: Transforming the Three Poisons that Cause the Suffering We Inflict on Ourselves and Others**  
by Ron Leifer, M.D. 313 pp. #HAPR \$14.95

"The Happiness Project" addresses the way we undermine our effort to achieve happiness. It refers to the ways we strive for future happiness through the fulfillment of our desires, through the way we try to avoid pain and unhappiness, and through our effort to create a self-identity. These three components of the "Happiness Project" are the same as the Buddhist "Three Poisons" which are the causes of the suffering we inflict on ourselves and others. In this book, Dr. Leifer presents a view of the three poisons, compatible with Western science, from the Buddha's foundational teaching on the Four Noble Truths. He then explores the themes of suffering, desire and self-identity (or ignorance) as they are woven through Western religion, mythology, history, philosophy, law and psychology. A view of self-identity is presented which is compatible with both Western science and Buddhism. Finally, he offers a meditation on the problems and prospects of seeking and finding lasting happiness.

"Recommended highly, as it is one that lay persons and scholars should likewise appreciate, and teachers of religious psychology or Buddhism should consider carefully for use as a class text."—John Tighe for *Explorations*

Ron Leifer, M.D. is a psychiatrist who trained under Dr. Thomas Szasz and the anthropologist Ernest Becker. He also has a Master's degree in philosophy and has taught in the sociology department at Syracuse University. He studied with various Buddhist teachers (including Chogyam Trungpa Rinpoche) during the seventies and in 1980 took refuge vows with Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra in Woodstock, New York. He helped organize the first KTD Buddhism and Psychotherapy Conference in New York City in 1987. Since 1992, he has been associated with Namgyal Monastery in Ithaca, New York as a student and teacher. Dr. Leifer has lectured widely, written two books and more than fifty articles on a wide variety of psychiatric issues, and is very cognizant of the interplay between Buddhism and psychotherapy.



**TWO VIEWS OF MIND: Abhidharma and Brain Science**  
by Christopher deCharms. 250 pp. #TWWIMI \$14.95

This book presents a clear and readily understandable overview of the understanding of perception, thought, and awareness in Tibetan Buddhist psychology and in Western neuroscience.

In this ground-breaking work, Christopher deCharms lays out the Buddhist theory of perception side-by-side with the scientific view arising from recent discoveries of Western neuroscience on the brain activity of human cognition. He discovers insights from each system that may suggest exciting new approaches to perennial problems that the other has not been able to resolve.

Directed to non-specialists, the approach is not to seek vague similarities between eastern and western ideas but to focus on the differences between the two traditions in methodology, assumptions, and purpose. The two systems are beautifully complementary in the different areas of mind that they place their major emphasis upon, and thus the conclusions that they are able to draw. It is precisely these differences which lead to the possibility of each tradition learning from the other, and bringing the insights from two major approaches to understanding the mind together.

"Two Views of Mind opens numerous fields of possibility as it sets the trend for an ongoing dialogue between science and Buddhism. In the world today where philosophy turns to science and science turns to philosophy in a quest to know the ultimate, this is a book which emerges at the forefront of such a quest."—John W. Tighe, Daemen College

Christopher deCharms is a cognitive neuroscientist at the Keck Center for Integrative Neuroscience at the University of California, San Francisco. His work focuses on how perceptions, thoughts, and subjective experiences can arise from the biological machinations of the brain. This question centers on what it is to be aware, both at the level of experience and at the level of the underlying neural processes. He has also investigated the understanding of mind arising from the traditions of Tibetan medicine and Tibetan psychology by working and studying with a number of Tibetan physicians and lamas.

**SLEEPING, DREAMING AND DYING**  
An Exploration of Consciousness with The Dalai Lama

ed. and narrated by Francisco J. Varela, Ph.D. 224 pp. #SLDRDY \$16.95

Whether to topic is lucid dreaming, near death experiences, or the very structure of consciousness itself, the participants in this unique dialog continually surprise us with their discoveries of convergences and divergences between their traditions. The discussion revolves around the three key moments of consciousness of sleep, dreams, and death—what neuroscientist Francisco Varela calls the ego's shadow zones. The Dalai Lama and leading western scientists discuss the significance that these transitional states offer to our understanding of the nature of mind.



**SYNCHRONICITY, SCIENCE, AND SOUL-MAKING**  
by Victor Mansfield. 328 pp. #SYSCSO \$17.95

"A masterful treatment...I liked the interspersed of powerful synchronicity stories throughout the text—it kept bringing the reader back to the mysterious and marvelous domain of synchronicity."—Dennis Merritt, Jungian analyst

"A brilliant book, engaging in style and sophisticated in argument, *Synchronicity, Science, and Soul-Making* synthesizes material from quantum physics, Jungian psychology and Buddhist philosophy—it is an accomplishment of altogether a new order."—Prof. John McRae, Indiana University

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

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

Chronicles the groundbreaking 1987 meeting between prominent Western scientists and the Dalai Lama on the interface of cognitive sciences and Buddhist psychology. Topics ranged widely over mind and brain, the self, perception, memory, evolution, artificial intelligence, and the sources of knowledge in science and Buddhism.





**BUDDHISM THROUGH AMERICAN WOMEN'S EYES**  
by Karma Lekshe Tsomo. 180 pp.  
#BUAMWO \$12.95

Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: *Bringing Dharma into Relationships, Dealing with Stress, Abortion, Buddhism and the Twelve Steps, Bodhisattva Peace Training, The Monastic Experience, and Forging a Kind Heart in an Age of Alienation*. Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging, so readable, and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University

**CHARMING CADAVERS: Horrific Figurations of the Feminine in Indian Buddhist Hagiographic Literature**  
by Liz Wilson. 258 pp. #CHCA \$19.95

In this study of sexuality, desire, the body, and women, Liz Wilson investigates first-millennium Buddhist notions of spirituality. She argues that despite the marginal role women played in monastic life, they occupied a very conspicuous place in Buddhist hagiographic literature. In narratives used for the edification of Buddhist monks, women's bodies in decay served as a central object for meditation, inspiring a salutary sense of revulsion and a deepened commitment to chastity. Taking up universal concerns connected with the representation of women, Wilson displays the pervasiveness of androcentrism in Buddhist literature and practice. This lively and readable study brings provocative new tools and insights to the study of women in religious life.

**BUDDHIST WOMEN ON THE EDGE: Contemporary Perspectives from the Western Frontier**

ed. by Marianne Dresser. 321 pp.  
#BUWO \$16.95

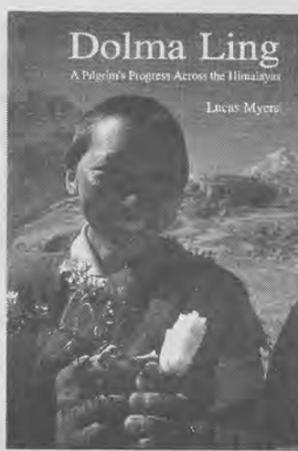
Brings together thirty ordained teachers, monastics, and longtime practitioners—these writings plunge into issues of gender, race, class and sexuality; lineage, tradition, and authority; teacher-student relationships; role of the emotions; how spiritual practice informs creativity; and more. Some of the writers: Tsultrim Allione, Pema Chodron, Barbara Gates, Jane Hirshfield, bell hooks, Anne C. Klein, Susan Moon, and others.

**FEMININE GROUND: Essays on Women and Tibet**

ed. by Janice D. Willis. 166 pp.  
#FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—*Pacific World*

Six western women scholars and practitioners explore issues of "women" and "the feminine" in Tibet. These critical and provocative essays discuss female role models, the nun's life, and gender and role identity as these manifested in Tibet. Contents: Jan Willis writes on *Dakini: Some Comments on its Nature and Meaning* and on *Tibetan Anis: The Nun's Life in Tibet*; Rita Gross on *Yeshe Tsogyel: Enlightened Consort*; Janet Gyatso on *Down with the Demoness*; Miranda Shaw on *An Ecstatic Song by Laksminkara*; Barbara Aziz on *Moving Towards a Sociology of Tibet*; and Karma Lekshe Tsomo on *Tibetan Nuns and Nunneries*.



**DOLMA LING: A Pilgrim's Progress Across the Himalayas**

by Lucas Myers. 202pp. #DOLLI \$8.95 November

*Dolma Ling* is a fictional account of a young girl's pilgrimage to Lhasa, a journey that makes her aware of what actually happened in Tibet prior to her birth, and what it means to live in perpetual fear. It presents a compelling and personal view of the life of Tibetans in occupied Tibet without a heavy political tone. This story was derived from interviews conducted with forty nuns and candidate nuns at their nunnery, Dolma Ling, in the Kangra Valley, Himachal Pradesh, India in the spring of 1994. It is an easy and informative read.

**HOUSE OF THE TURQUOISE ROOF**

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos  
#HOTURO \$16.95 (see biography section!)

"...a superior book."—Carebanu Cooper, *The Tibet Journal*



**MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self**

by Anne C. Klein. 288 pp.  
#MEGRBL \$14

"Klein presents literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

The Great Bliss Queen Yeshe Tsogyel embodies mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that Klein puts in conversation with contemporary feminist concerns, and especially with women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources and the writings of contemporary Western women.

**SISTERS IN SOLITUDE: Two Traditions of Buddhist Monastic Ethics for Women**

by Karma Lekshe Tsomo. 192 pp.  
#SISO \$19.95

Documents the earliest system of ethics formulated especially for women and presents the first translations of the original texts. An essential sourcebook for studies on women's religious history and feminist ethics, it details the monastic guidelines that link Buddhist nuns of the different traditions.

**SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel**

by Keith Dowman, illustrations by Eva van Dam. 400 pp. #SKDA \$18.95

Yeshe Tsogyel, consort of Padma Sambhava, is the most famous of the enlightened women of Tibet. Women have a special place in tantra but except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here, women are in an eminent position, and a path of practice is given for initiates to emulate. Tsogyel's experiences and detailed instructions are very relevant for today.

**TRAVELLER IN SPACE: In Search of Female Identity in Tibetan Buddhism**

by June Campbell. 225 pp. #TRSP \$27.50 cloth

Raises important questions concerning the secret sexual practices of Tibetan Tantra, and power issues as they relate to the subjectivity of women today. June Campbell approaches female identity through the historical context of archaic female images, and gives a psychoanalytic perspective on the dakini philosophy and the Tibetan patriarchal system. She discusses tantric rituals and sexual relations with high lamas, the identity of the dakini and the problems that arise through the Tibetan philosophy and iconography and its constrictions on women.

**WEAVERS OF WISDOM: Women Mystics of the Twentieth Century**

by Anne Bancroft. 177 pp. #WEWI \$10

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

**WOMEN OF WISDOM**

by Tsultrim Allione. 224 pp.  
#WOWI \$11.95

The Tibetan women in these biographies serve as role models and inspire others on the path.

GENERAL BUDDHISM

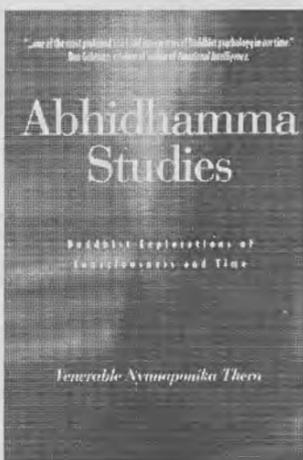
These books present material from Buddhist traditions other than Tibetan.



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

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

A beautifully written history of the encounters of Buddhism with the West during the past 2000 years—a chronicle of missed opportunities, cultural arrogance, political tragedy, and unfulfilled dreams. Since the time of Alexander the Great, European kings and popes longed for the power they would gain through the conquest of Asia, but their narrow-mindedness prevented them from learning much at all about Buddhism—until the last hundred years.



**ABHIDHAMMA STUDIES: Buddhist Explorations of Consciousness and Time**

by Nyanaponika Thera. 176 pp.  
#ABST \$16.95

The Abhidhamma maps out with remarkable rigor and precision the inner landscape of the mind to be crossed through the practical work of Buddhist meditation. The author penetrates the formidable face of Abhidhamma study by making its principles intelligible.

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

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

Ayya Khema gives meditations and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deep insight, a sense of calm well-being, and a greater capacity to love and feel loved.

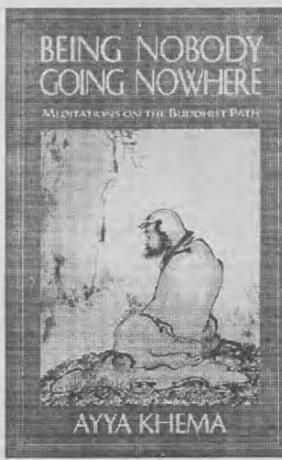
"A valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg

**BEING PEACE**

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

This is a book on meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace.

"If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment." Over 100,000 copies sold.



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

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

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

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

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

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

This study of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics presents their philosophical and physical basis. The practices of the North Chinese Chuan Movement Meditation Traditions and the South Chinese Esoteric School explained here are both secret traditions. These martial arts are a meditation mandala in action and complement other Buddhist practices.

**BONES, STONES, AND BUDDHIST MONKS: Collected Papers on the Archaeology, Epigraphy, and Texts of Monastic Buddhism in India**

by Gregory Schopen. 298 pp. #BOST \$31.95

This is a collection of Gregory Schopen's highly influential publications, many of which challenge popular stereotypes of Indian monastics. Professor Schopen problematizes many assumptions about the lay-monastic distinction by demonstrating that monks and nuns generally participated in a wide range of "popular" activities, such as the accumulation and transfer of merit, taking care of deceased relatives, serving as sponsors and donors rather than recipients of gifts, and perhaps even the coining of counterfeit currency.

"...the studies contained in this volume represent the basis for a new historiography of Buddhism..."—Donald S. Lopez, Jr.

**BUDDHADAMMA: Natural Laws and Values for Life**

by Phra Prajuddh Payutto. 302 pp. #BUNALA \$19.95

This is a major contribution that summarizes the Buddha's key teachings recorded in a large portion of the Pali Texts. Teachings on the five aggregates of existence, attachment, suffering, the twelve elements in the chain of causation, practicing the middle way and the eightfold path of proper understanding, action, speech, etc.

**BUDDHISM: An Outline of Its Teachings and Schools**

by Hans Wolfgang Schumann, trans. by Georg Feuerstein. 200 pp., 39 line drawings & photos, tables, index, #BUOUTE \$8.95

This is an excellent book—it is a systematic, reliable and accessible guide to Buddhist doctrine.

"Striking flashes of insight. In some ways comparable to Edward Conze's *Buddhism*."—*Choice Magazine*

**BUDDHISM IN PRACTICE**

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

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

**BUDDHISM, SEXUALITY, AND GENDER**

ed. by José Cabezón. 241 pp. #BUSEGE \$21.95

This book explores historical, textual, and social questions relating to the place of women and gay people in the Buddhist world in India, Tibet, Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality. The author offers new perspectives on the history of the attitudes toward women in Buddhist societies.



**BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening**

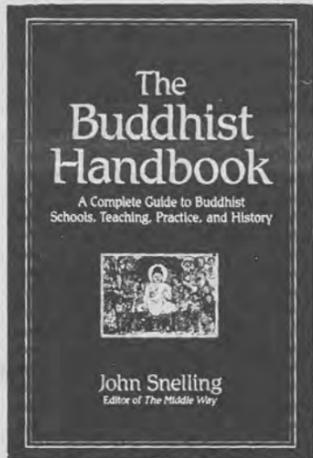
by Stephen Batchelor. 144 pp. #BUWIBE \$21.95 cloth

What the Buddha taught is not something to believe in but rather 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 of us. Each chapter of *Buddhism Without Beliefs* examines how to work toward awakening realistically, with the understanding that embarking on this path does not mean never deviating from it.

**BUDDHIST HERMENEUTICS**

ed. by Donald S. Lopez, Jr. 298 pp. #BUHE \$15.95

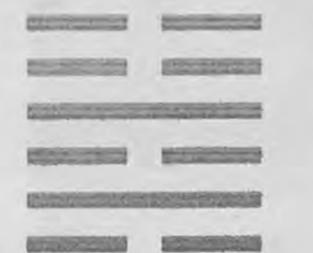
Conference publication containing essays on Buddhist hermeneutics presented at a Kuroda Institute for the Study of Buddhism and Human Values. Topics include: *On the Interpretation of the Mahayana Sutras* (Lopez); *Killing, Lying Stealing, and Adultery: A Problem of Interpretation in the Tantras* (Broido); *Vajra Hermeneutics* (Thurman); *Mipham's Theory of Interpretation* (Kapstein).



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

by John Snelling. 337 pp. #BUHA \$16.95

This is an illuminating guide to Buddhist teaching, practice, schools, and history. It provides a comprehensive, world-wide, and non-sectarian survey of traditions and their contemporary exponents.



**THE BUDDHIST I CHING**

trans. by Thomas Cleary. 240 pp. #BUIC \$16

For centuries the *I Ching* has been used as a map of conscious development. Chih-hsu Ou-e, a Chinese Buddhist meditation master, offers three levels of *I Ching* interpretation: social, Buddhist and meditational. He elucidates the text using the principles of concentration, calmness, insight, and levels of realization.

**BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values & Orientations**

by Reginald Ray. 508 pp. #BUSAIN \$52 cloth

A complicated problem in buddhology is the saint. This is the first comprehensive examination of Buddhist saints in various Indian Buddhist contexts. Reginald Ray, co-chair of Buddhist Studies at Naropa Institute, seeks to identify the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyekabuddha, arhant, and bodhisattva. Ray surveys the ascetic codes, conventions, and traditions of saints, and the cults of living saints and of those who have "passed beyond." He traces the role of the saints in Indian Buddhist history, particularly at the times of Buddhist origins and the formation of the Mahayana.

The American Academy of Religions has awarded an Honorable Mention in its Best First Book competition to the author for this book.



**THE BUDDHIST WORLD OF SOUTHEAST ASIA**

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

A remarkable in-depth presentation that balances scholarly interpretation and sensitive first-person portrayal of Southeast Asian Buddhism. Theravada Buddhism is a dynamic, complex system of thought and practice imbedded in the cultures, societies, and histories of Burma, Thailand, Laos, Cambodia, and Sri Lanka. The author discusses three aspects of this system: the popular tradition—paradigms of ideal action, rituals, festivals, and rites of passage; Buddhism as civil religion—King Asoka as the paradigmatic Buddhist monarch, cosmology and kingship, Buddhism and the modern nation state; modern transformations of the tradition—the changing roles of monk and laity, reform movements, and Buddhism in the West.

**CHANGE YOUR MIND: A Practical Guide to Buddhist Meditation**

by Paramananda (John Wilson). 184 pp. #CHMI \$16.95

This user-friendly introduction to basic Buddhist meditation provides the essentials for developing a realistic daily practice. This book focuses on two Buddhist meditation practices—mindfulness of breathing and loving-kindness, which gradually nurtures in us an unshakable confidence and a warm concern for the welfare of others. Colorfully illustrated with stories and tips from the author's experience as a meditator and teacher, it also offers refreshing inspiration to seasoned meditators.

**BUDDHIST HERMENEUTICS**

Edited by Donald S. Lopez, Jr.

**THE KURODA INSTITUTE FOR THE STUDY OF BUDDHISM AND HUMAN VALUES**

STUDIES IN EAST ASIAN BUDDHISM NO. 6

**THE BUDDHIST RELIGION: A Historical Introduction**

by Robinson and Johnson. 342 pp. (fourth edition) #BUREL \$28.95

This is the fourth and revised edition of perhaps the most comprehensive introduction to Buddhism available. This text traces Buddhism from its origins to its spread throughout Asia and the world. Combining historical narrative with textual analysis in a clear and engaging style, the authors present a full and balanced portrait of the Buddhist religion in terms of ritual, devotionism, institutions, doctrine, and meditation practice. Of special interest are the discussions of women's contributions to the Buddhist tradition and the portraits of current religious life, both lay and monastic, drawn from all the major living Buddhist cultures of Asia. This title is very popular as a textbook for introductory Buddhism courses.

**CHINNAMASTA: the Aweful Buddhist and Hindu Tantric Goddess**

by Elisabeth Benard. 162 pp. #CH \$14.95

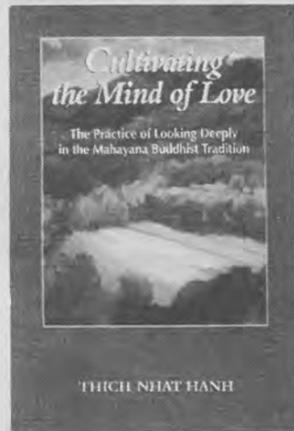
Three rare texts of tantric practice examine Chinnamasta, the awesome Buddhist and Hindu tantric goddess and offer a large amount of information about tantric practice. In Buddhism, Chinnamasta is the severed-head form of Vajravahni or Vajrayogini. This marvellous and frightening Goddess pushes us beyond dualities into the unconditioned.

**A CONCISE HISTORY OF BUDDHISM**

by Andrew Skilton. 264 pp., maps, index, bibliography, #COHIBU \$19.95

"...an excellent synopsis of current scholarship."—Alan Sponberg, Prof. of Asian Philosophy and Religion

Skilton sets the evolution of Buddhism's doctrines and schools within the context of the external events and institutions that influenced their development. An ideal introduction to the history of Buddhism.



**CULTIVATING THE MIND OF LOVE: The Practice of Looking Deeply in the Mahayana Buddhist Tradition**

by Thich Nhat Hanh, foreword by Natalie Goldberg. 126 pp. #CUMILO \$14

Thich Nhat Hanh shares heartfelt moments in his own formation—drinking the clear water of a hermit's well; seeing the Buddha on a magazine cover; becoming a monk to practice for his generation, his society, and the world; and falling in love. Interweaving these episodes with a close examination of the *Diamond Sutra*, *Lotus*, and *Avatamsaka Sutras*, he shows how to cultivate our "mind of love" and bring joy to ourselves and others.

**THE DOCTRINE OF AWAKENING: The Attainment of Self-Mastery according to the Earliest Buddhist Texts**

by Julius Evola. 246 pp. #DOAW \$16.95

Buddhist teachings offer a heroic spirituality that differs from the more passive forms of theistic religion based on faith and dogma. Evola is a Westerner who offers a sophisticated, highly readable analysis of Buddhism—he elucidates the central truths of the eightfold path and describes methods for transcendence of dualistic thinking. Especially impressive are his discussions of the consuming fire of samsaric consciousness and the destruction of the demon of dialectics. This book will appeal to practitioners with a will bent on freedom. Written in the 1930s in Italy, Evola was influenced by that political culture—we are offering this book to you because of his valuable Buddhist insights into the nature of samsaric life.

**THE ENCYCLOPEDIA OF EASTERN PHILOSOPHY AND RELIGION: Buddhism, Taoism, Zen, Hinduism**

468 pp. #ENEAPH \$25.00

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



**EPISTEMOLOGY AND SPIRITUAL AUTHORITY: The Development of Epistemology and Logic in the Old Nyaya and the Buddhist School of Epistemology with an Annotated Translation of Dharmakirti's Pramanavarttika**

by Vittorio A. van Bijlert. 191 pp. #EPSPAU \$31

An excellent resource for understanding "pramana" or "valid cognition," the foundation of Buddhist logic. It has a thorough explanation of pramana as presented by Dharmakirti in his *Pramanavarttika*. Included is a translation of relevant parts of Dharmakirti's text, along with its oldest commentary, the *Pramanavarttika-Panjika*, written by Dharmakirti's direct disciple, Devendrabuddha.

**THE EXPERIENCE OF BUDDHISM: Sources and Interpretations**

by Prof. John S. Strong. 367 pp., #EXBUD \$26

John Strong offers classic readings and significant but lesser-known works which trace the development and living expressions of the Buddhist religion throughout the world. Strong discusses the Buddha's life and its ramifications, the experience and development of the sangha, the teachings and perspectives of Hinayana, Mahayana and the Mahayana pantheon, and Tantric Buddhism. This is followed by a study of the Buddhist cultures and practices of Tibet, Sri Lanka and Southeast and East Asia—rituals, festivals, meditation, women and the sangha, mythical history, divisional issues, etc.

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

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

Here is a modern classic of unusually clear, practical meditation instruction: sitting and walking meditation and how one relates to the breath, feelings, thoughts, sensations, consciousness and everyday activities.

**THE FIRST DISCOURSE OF THE BUDDHA**

by the Ven. Dr. Rewata Dhamma, fore. by Ajahn Sumedho. 128 pp., #FIDIBU \$14.95

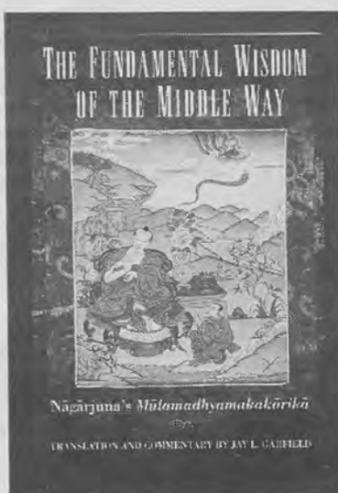
After his enlightenment, the Buddha delivered a discourse on the Four Noble Truths which forms the foundation of all his teachings. Dr. Dhamma is a Burmese monk and close friend of freedom fighter Aung San Suu Kyi. He includes a history of Buddha's life, background on Buddhism and a commentary on the Four Noble Truths.

**THE FOUR FOUNDATIONS OF MINDFULNESS**

by Ven. U Silananda. 232 pp. #FOFOMI \$15.95

"The *Maha Satipathana Sutta*, the *Great Discourse on the Foundations of Mindfulness*, is one of the key teachings of the Buddha, and Ven. U Silananda has written one of the most illuminating commentaries."—Sharon Salzberg, author

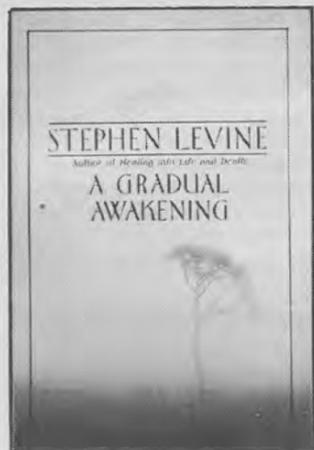
If you are practicing vipassana meditation, this is an excellent teaching.



**FUNDAMENTAL WISDOM OF THE MIDDLE WAY:**

Nagarjuna's *Mulamadhyamakakarika* trans. and commentary by Jay Garfield. 336 pp. #FUWIMI \$14.95

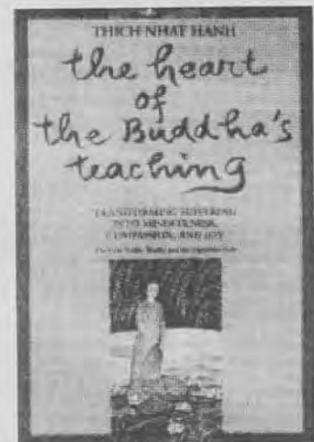
Nagarjuna's greatest philosophical work, the *Mulamadhyamakakarika*, is one of the most influential works on middle way philosophy. Jay Garfield offers this very accessible translation and commentary.



**A GRADUAL AWAKENING**

by Stephen Levine. 173 pp. #GRAW \$8.95

In thirty chapters, Stephen cuts to the core of life's issues and offers healing approaches in this close-to-the-earth Buddhist psychology. Some chapters: *Self Image and the Imagined Self*, *Judging Mind*, *The Sense of Unworthiness*, *The Hindrances*, *Watching from the Heart*, *A Guided Meditation on Energy in the Body*. This is a teaching text in meditation centers, hospitals, hospices, wellness groups, healing centers and cancer and AIDS support groups across the country.



**THE HEART OF THE BUDDHA'S TEACHING: The Four Noble Truths and the Eightfold Path**

by Thich Nhat Hanh. 225 pp. #HEBUTE \$20 cloth

A clear explanation of the basic teachings of Buddhism—the Four Noble Truths and the Eightfold Path. These teachings are a time-tested means to transform our suffering into mindfulness, compassion and joy.

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

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

The heart of Buddhist teachings is non-clinging—living devoid of feelings of self. Ajahn Buddhadasa's *Heartwood* teachings are about emptiness, and his forthrightness and teaching are renowned throughout Thailand.

"A great and compassionate treasure."—Jack Kornfield

**HOW THE SWANS CAME TO THE LAKE: A Narrative History of Buddhism in America**

by Rick Fields. 434 pp., third edition, revised and updated, 49 b&w photos, #HOSWCA \$28

"I found this book crammed with the sort of lively and accurate information which I had for years been longing to find assembled. The leading characters emerge with a quality of independence and individuation that certainly dispels any stereotype of the Buddhist practitioner, teacher, or layman."—Nancy Wilson Ross, *The Washington Post*

This new updated edition includes much new information about recent events in Buddhist groups in America and discusses such issues as spiritual authority, the role of women, and social action.

**INDIAN BUDDHISM**

by A.K. Warder. 627pp. #INBUD \$23

*Indian Buddhism* is a comprehensive and classic historical study of the development of Buddhism in India. A.K. Warder based his research on both primary and secondary source materials, and traces the evolution of Indian Buddhism(s) from the time of the historical Buddha to the later developments of Vajrayana. It is a relatively dry read, but is an essential resource for anyone interested in Indian Buddhism or Buddhist historiography.

**INDIAN BUDDHISM: A Survey**

by Hajime Nakamura. 423 pp. #INBUDD \$19.95

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

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

**LONG DISCOURSES OF THE BUDDHA:**

**A Translation of the Digha Nikaya**

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

Contains thirty-four longer length suttas from the Pali Canon. Includes the Buddha's teachings on mindfulness, morality, concentration, wisdom, dependent origination, the roots and causes of wrong views and a long description of Buddha's passing.

**THE LARGE SUTRA ON PERFECT WISDOM with the Divisions of the Abhisamayalankara**

trans. & ed. by Edward Conze. 679 pp. #LASUPE \$22

A full translation of the 100,000 line perfection of wisdom sutra. Buddha Shakyamuni explains the evolution of beings into bodhisattvas and buddhas. A major portion of the traditional training offered in Tibetan monasteries is based on this text.

**LIVING BUDDHA ZEN**

by Lex Hixon. 255 pp. #LIBUZE \$15.95

What really happens in the moment of awakening? What leads up to it? What follows? *Living Buddha Zen* inspires those who desire awakening. Here are breathtaking re-creations of 52 ineffable moments, 52 transmissions of the Light—from Buddha and continuously from master to successor through India and China to the flowering of Soto in Japan.

**LIVING DHARMA: Teachings of Twelve Buddhist Masters**

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

Kornfield presents the heart of Buddhist meditation practice as taught by twelve Buddhist masters from Thailand, Burma, and Laos. Here, renowned teachers such as Mahasi Sayadaw, U Ba Khin, Achaan Dhammaro, and Achaan Buddhadasa describe a rich variety of meditation techniques—practices that can lead to the dissolution of the limited sense of self, an awakening of insight and compassion and the realization of Nirvana.

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

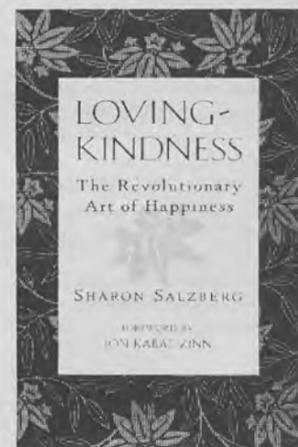
by Charles Tart. 252 pp. #LIMILI \$14

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

**LONG ROAD TURNS TO JOY: A Guide to Walking Meditation**

by Thich Nhat Hanh. 80 pp. #GUWAME \$8.00

Instruction in "walking not in order to arrive, walking just for walking"—enjoy each step, each breath, the blue sky, and the many sights and fragrances along the path. This practice brings a spirit of gentle mindfulness into our everyday live.



**LOVING-KINDNESS: The Revolutionary Art of Happiness**

by Sharon Salzberg. 193 pp. #LOKI \$12

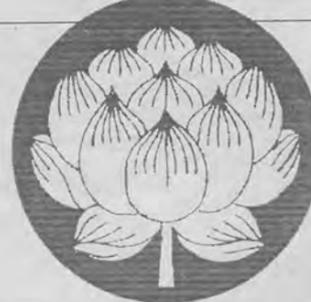
"From one of our finest meditation teachers comes the genuine article: the practice of the heart, of loving-kindness, by a heart made genuine through more than twenty years of committed practice."—Stephen Levine

Sharon Salzberg shows us how loving-kindness leads us to the radiant, joyful heart within. She offers twenty-three practices and moving stories that inspire understanding and compassion.

**MAHAYANA BUDDHISM: The Doctrinal Foundations**

by Paul Williams. 272 pp. #MABU, \$18.95

Discusses the principles of Mahayana Buddhism in its Indo-Tibetan and East Asian forms. It explores different Mahayana accounts of the ultimate nature then unfolds the path to perfect Buddhahood and the manifold ways Buddhas act for the benefit of suffering sentient beings.



**MOTHER OF THE BUDDHAS**  
Meditation on the Prajnaparamita Sutra



by Lex Hixon. 275 pp. #MOBU \$16

The *Prajnaparamita Sutra in 8,000 Lines*—the basic Mahayana scripture—sets forth the bodhisattva path in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

"Lex's translation of the *Prajna-paramita Sutra* is wonderful. Lex phrases the concepts in a way people can hear, with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilbur



**MEDITATION: The Buddhist Way of Tranquillity and Insight**

by Kamalashila. 276 pp., large format #ME \$25.95

A comprehensive guide to Buddhist meditation—it provides a complete introduction to the techniques, physical exercises for improving meditation, detailed advice for experienced meditators wanting to deepen their practice and understanding of the meditative process, and many useful diagrams. The author has taught in England for over seventeen years.

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

trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MILEDI \$60 cloth

This collection of 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfolds in fascinating scenarios that show the Buddha in living dialogue. Replete with drama, reasoned argument, and illuminating parables and similes, the Buddha displays the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.

**THE MIND AND THE WAY**

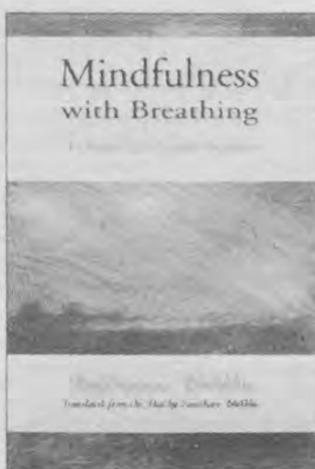
by Ajahn Sumedho. 304 pp. #MIWA \$16.95

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

**MINDFULNESS IN PLAIN ENGLISH**

by Venerable Henepola Gunaratana. 185 pp. #MIPLEN \$12.95

This guide to insight meditation is the culmination of 40 years of teaching students across the US. Questions about mindfulness practice are answered—the conversational style and examples from everyday life make this a refreshing presentation.



**MINDFULNESS WITH BREATHING: A Manual for Serious Beginners**

by Ajahn Buddhadasa Bhikkhu. trans. & ed. By Ven. Santikaro Bhikkhu. 160 pages, #MIBR \$14.95



**MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems**

by Joanna Macy. 236 pp. #MUCA \$21.95

Remarkable convergences appear between Buddhist teaching on dependent co-arising and the general systems view of reality arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, this book shows how the interdependence of all beings clarifies the role of meditative practice and provides guidelines for effective action.

**NAGARJUNIAN DISPUTATIONS: A Philosophical Journey through an Indian Looking-Glass**

by Thomas E. Wood. 409 pp. #NADI \$22

Disputations is Thomas Wood's defense of the original nihilist interpretation of the Madhyamaka and a cogent critique of recent non-nihilist views. Wood addresses the textual and epistemological arguments of the non-nihilist school and offers an interpretation of the Buddhist fourfold rejection or negation that is consistent with nihilism. Thomas Wood is adjunct professor at the California Institute of Integral Studies in San Francisco, where he teaches comparative philosophy and religion.

**NIRVANA AND OTHER BUDDHIST FELICITIES**

by Steven Collins. 655 pp. #NIBUFE \$75 cloth

What is nirvana? This book presents a new answer to the question. Part One distinguishes between systematic and narrative thought in the Pali texts of Theravada Buddhism, looking at the place of nirvana in both. Part Two explores other Buddhist utopias and relates Buddhist utopianism to studies of European and American utopian writing. Steven Collins discusses these issues in relation to textuality, world history, and ideology in pre-modern civilizations, aiming to contribute to a new vision of Buddhist history that integrates the inside and the outside of texts.



**PATH OF SERENITY AND INSIGHT**

by Henepola Gunaratana. 263 pp. #PASEIN \$16

A clear presentation of the eight stages of concentration: four realizations with form and the four formless absorptions. The process of attainment, the character of each realization, and the obstacles encountered are detailed. The successive concentrations bring increasing peace and bliss and lead to the development of higher faculties of knowledge, supernatural powers, and wisdom.

**STOPPING AND SEEING: A Comprehensive Course in Buddhist Meditation**

by Chih-i, trans. by Thomas Cleary. 208 pp. #STSE \$12

Stopping (shamatha) and seeing (vipashyana) refer to stopping delusion and seeing truth, the twin processes basic to Buddhist meditation. The Chinese Buddhist master Chih-i covers the principles, dynamics, and methods Buddhist meditation practices.

**THE PERFECTION OF WISDOM: The Career of the Predestined Buddhas, A Selection of Mahayana Scriptures**

trans. by E.J. Thomas. 90 pp. #PEWI \$12.95 cloth

This is a bodhisattva manual that contains selections of the Prajnaparamita sutras pertaining to the life, training and purpose of a bodhisattva—the bodhisattva's initiation, confession, duties, worship, etc.—as explained by the Buddha.

**QUEER DHARMA: Voices of Gay Buddhists**

ed. by Winston Leyland. 416 pp. #QUDH \$19.95

Over thirty-five writers and fifty separate works are featured in this ground-breaking book. Gay people write about their sexuality and spiritual life and how they've integrated the two. Topics are divided into six major sections: Buddhism and Homosexuality; Historical Essay; The Dharma and Gay Life: Personal Accounts; Interview with John Giorno; Essays on Contemporary Buddhism and Homosexuality; Gay Fiction on Buddhism Themes; Dharma Poetry, including work by Allen Ginsberg. This is a substantial text on the subject.



**SEEKING THE HEART OF WISDOM: The Path of Insight Meditation**

by Joseph Goldstein & Jack Kornfield. 195 pp. #SEHEWI \$13

A manual for those who want to practice insight meditation and make it relevant to daily life. In addition to many meditation exercises and practices, skillful methods to overcome hindrances are presented.

**SELFLESS PERSONS: Imagery and Thought in Theravada Buddhism**

by Steven Collins. 323 pp. #SEPE \$24.95

Carefully explains the Buddhist doctrine of 'not-self'—the denial of the existence of any self or enduring essence in human beings. The author relates this doctrine to its cultural and historical context, particularly to its Brahmanical background, and shows how the Theravada Buddhist tradition has constructed a philosophical and psychological account of personal identity and continuity on the apparently impossible basis of the denial of self.

"Steven Collins has produced a book that renders the fundamental tenets of Theravada Buddhism intelligible and interesting to the uninitiated and is unlikely to disappoint the academic specialist."—*Journal of the Royal Asiatic Society*

**SINGING BOWLS**

by Eva Rudy Jansen. 96 pp. #SIBO \$10.95

The Himalayan singing bowls, the special sounds they make, how they work, synchronization and inner massage, shamanism, and their use are explained in this book. Their is also a valuable section on Tibetan cymbals and on the bell and dorje.

**STUDIES IN ABHIDHARMA LITERATURE AND THE ORIGINS OF BUDDHIST PHILOSOPHICAL SYSTEMS**

by Erich Frauwallner, trans. by Sophie Francis Kidd. 247 pp. #STABLI \$14.95

This is a translation of Frauwallner's *Abhidharmastudien*. It analyzes the literary traditions, doctrinal tendencies, and structural methods of the Buddhist Abhidharma canon in order to expose the beginnings of systematic philosophical thought in Buddhism. Frauwallner offers insights on the path of meditation, the development of Buddhist psychology, and on causality and the problem of time. He explains the development of Buddhism from its early doctrinal beginning to some of the most complex philosophical edifices in history.

**TEACHINGS OF THE BUDDHA**

ed. by Jack Kornfield. 160 pp. #TEBU \$12

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers Buddha's instructions on sitting meditation, cultivating calm awareness and living with compassion, freedom and wisdom.

**TEACHINGS ON LOVE**

by Thich Nhat Hanh. 152 pp. #TELO \$18.00

Thich Nhat Hanh draws from many sources to present the Buddha's teachings on love in ways that are resonant for contemporary readers. He elaborates on the Four Immeasurables—love, compassion, joy, and equanimity—as concrete expressions of true love. Weaving together traditional anecdotes, and personal experiences, Thich Nhat Hanh offers step-by-step practices that foster the growth of understanding and intimacy in any relationship, even with those who have done us harm.

"True love always brings joy to ourselves and to the one we love. If our love does not bring joy to both of us, it is not true love."—Thich Nhat Hanh



**WAY TO BUDDHAHOOD: Instructions from a Modern Chinese Master**

by Venerable Yin-shun. 416 pp., #WABU \$19.95

Drawing especially on the Madhyamaka tradition of Nagarjuna, Candrakirti, and Tsongkhapa, the Ven. Yin-shun presents the essentials of Buddhist thought that embraces the modern world without severing its traditional roots. The author is considered by some to be the foremost living Chinese Buddhist authority.

**WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition**

by Sangharakshita. 295 pp. #WI \$17.95

*The Heart Sutra, The Diamond Sutra, and the Ratnaguna-Samcayagatha Sutra* are pivotal texts for understanding reality. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life.

**WHO IS MY SELF?: A Guide to Buddhist Meditation**

by Ayya Khema. 192 pp. #WHMYSE \$14.95

Ayya Khema, author of *Being Nobody, Going Nowhere*, uses one of the earliest Buddhist sutras to guide us along the path of a popular Theravada Buddhist meditation practice for understanding the nature of "self." Her thoughtful contemplation of the Buddha's radical understanding of "self" and her practical advice for achieving insight offer both beginning and advanced practitioners a warm and down-to-earth exposition of this important meditation practice.



**WISDOM OF BUDDHA: The Samdhinirmocana Mahayana Sutra—Essential Questions and Direct Answers for Realizing Enlightenment**

trans. by John Powers. 390 pp., 1 color plate, illus. #WIBU \$25

In this sutra, great Bodhisattvas question the Buddha about the nature of consciousness and the ultimate reality, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment.

**WHAT THE BUDDHA TAUGHT**

by Walpola Rahula. 151 pp. #WHBUTA \$11

This introduction to Buddhism focusses on the Four Noble Truths, selflessness and meditation. In addition, it contains texts from the Suttas and the *Dhammapada*. Dr. Rahula is a Buddhist monk and scholar.

**WORLD AS LOVER; WORLD AS SELF**

by Joanna Macy, foreword by Thich Nhat Hanh. 252 pp. #WOLO \$15

Dependent co-arising is a fundamental and complex concept of Buddhism. Joanna Macy provides many insights on applying this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken

**C**OMPARATIVE RELIGION



**CHAKRAS: Energy Centers of Transformation**

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

Harish Johari, Indian scholar and tantric practitioner, unfolds the mysteries of these subtle centers of transformation using techniques of visualization essential to tantric practice and realization. Beautiful illustrations provide images of each chakra, and meditation on these vitalizes the cerebrospinal centers and harmonizes the entire physical and psychic system.

**THE GETHSEMANI ENCOUNTER: A Dialogue on the Spiritual Life by Buddhist and Christian Monastics**

ed. by Donald W. Mitchell & James Wiseman, O.S.B., 306 pp. #GEEN \$29.95 cloth

In July 1996, at the request of His Holiness the Dalai Lama, an historic five-day meeting occurred at the Abbey of Gethsemani, in Trappist, Kentucky of close to fifty leading Buddhist and Christian nuns, monks and other practitioners from many traditions. The theme was the spiritual life in the Buddhist and Christian monastic traditions. The subjects range from the nature of ultimate reality and spirituality to prayer, meditation and spirituality and society. His Holiness spoke four times and real dialog occurred. The conference revealed much of the mystical life of both Christians and Buddhists and this book offers a wider audience the opportunity to participate in this rare event.



**KUNDALINI The Arousal of the Inner Energy**

by Ajit Mookerjee. 112 pp., 61 illus., #KU \$14.95

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



**LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna**

352 pp. #LIKU \$25

Gopi Krishna, an ordinary Indian householder, suddenly experienced the awakening of kundalini. His transformative experience, and his struggle to find balance amid the powerful physiological and psychic side effects, forms the core of this autobiography. With the help of his wife, he stabilized at a higher level of consciousness. This is a valuable classic of spiritual awakening.

**WELCOMING FLOWERS from across the Cleansed Threshold of Hope: An Answer to the Pope's Criticism of Buddhism**

by Thinley Norbu. 93 pp. #WEFL \$10

In the Pope's book, *Crossing the Threshold of Hope*, are serious misrepresentations of Buddhist doctrine which seemed to be based on misunderstandings. Thinley Norbu has identified and corrected these mistakes in order to dispel common misconceptions about Buddhism.

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

by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$14.95

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

**THE GOOD HEART: A Buddhist Perspective on the Teachings of Jesus**

by the Dalai Lama. 192 pp., 2 photos, 4 illus., #GOHE \$14.95 paper

**NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit**

by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10," #NATISA \$29.95

This book documents shared universal principles underlying the philosophies and practices of the Navajos and Tibetans. Peter Gold draws extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. His sensitive comparison shows us how to recover a sense of the sacred through our own cultural paradigms. Peter has lived many years in these two cultures and is uniquely prepared to bring this remarkable study to light.



**LIVING BUDDHA, LIVING CHRIST**

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

Thich Nhat Hanh has a deep appreciation for these two contemplative traditions, and brings to Christianity an appreciation of its beauty. In lucid, meditative prose, he explores the crossroads of compassion and holiness where the two traditions meet.

**O**THER TRADITIONS

**CREATING MANDALAS: For Insight, Healing, and Self-Expression**

by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$19.95

This is a guide to creating mandalas. After introducing the history and ritual use of mandalas in world cultures, Fincher discusses art materials, techniques and colors for creating personal mandalas and explains color symbolism, numbers, shapes, and motifs. Susanne Fincher is an art therapist and mandala workshops teacher.

**EMBRACING THE BELOVED: Relationship as a Path of Awakening**

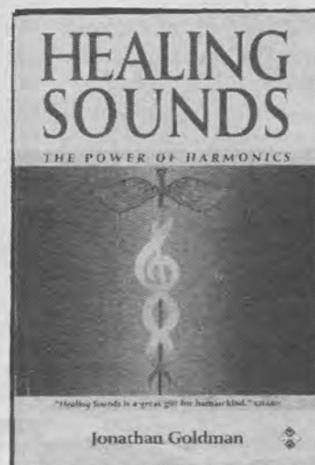
by Stephen and Ondrea Levine. 305 pp. #EMBE \$11

Relationship have enormous power for physical, spiritual and emotional healing. Stephen and Ondrea demonstrate through many exercises how relationships can heal and offer a path for spiritual renewal and merciful awareness of life.

**HEALING SOUNDS: The Power of Harmonics**

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

*Healing Sounds* explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone chanting of the Tibetan monks, relates sounds to the energy centers of the body, instructs how to produce and use these vocal harmonics, and offers information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.



**LIVING WISDOM: Revisiting the Philosophic Quest**

by Anthony Damiani. 269 pp. #LIWIS \$15.95

*Living Wisdom* is an edited transcript of a series of classes given by Anthony Damiani from 1982 until shortly before his passing in 1984. In these classes Anthony offered generous commentary and his own developments on notes in the "What is Philosophy?" section of Paul Brunton's *Notebooks*. Damiani develops Paul Brunton's idea of the philosopher as sage, one who not only knows and experiences insight into the ultimate "truth of things," but also expresses this insight in compassionate action amid the buzzing confusion of the everyday world.

**LOOKING INTO MIND**

by Anthony Damiani. 282 pp.  
#LOMI \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. It teaches meditation as a means to experience the mind directly, free of any images. From the side of reason, its clear analysis of everyday experience shows that the world and 'I' are thought into existence by the same creative mind. This combined approach is a direct way to intimate knowledge of one's own basic mind, a sure route to reliable spiritual independence.

**PASSIONS OF INNOCENCE:**

**Tantric Celibacy and Other Erotic Mysteries**

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

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

**PERSPECTIVES: The Timeless Way of Wisdom**

by Paul Brunton. 406 pp. #PE \$16.95

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 life's spiritual truths. Paul Brunton'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 East-West 'bridges' as Merton, Suzuki, Watts, and Radha-krishnan."—Choice

**PLOTINUS: The Enneads**

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

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

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

by Julius Evola. 240 pp. #YOPO \$16.95

Hindu Tantrism and Shaktism emphasize the path of action and mastery over secret energies latent in the body, practices which use human passions and the power of nature to conquer the world of the senses. Evola describes traditional methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.



**STANDING IN YOUR OWN WAY ■ TALKS ON THE NATURE OF EGO**

Anthony Damiani

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

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

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

What is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why is it there? When do we have it, and when does it have us?

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

**AUDIO TAPES**

Because of the difficulty of reselling returns, audio tapes and video tapes are not returnable unless defective.

**H.H. THE DALAI LAMA**

**COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATTVA**

by H.H. the Dalai Lama; translated by Thubten Jinpa and Jeffrey Hopkins. 8 cassettes, #COHSA \$49.95

This audio collection is based on teachings given by the Dalai Lama in July of 1989 at the Santa Monica Civic Auditorium prior to the Kalachakra Empowerment. *The Thirty-Seven Practices of the Bodhisattva* is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. His succinct and simple verses summarize the quintessence of the Mahayana path, and include sections on the six perfections and the ways to cultivate bodhicitta.



**THE PRECIOUS GARLAND: A commentary by His Holiness the Dalai Lama**

by H.H. the Dalai Lama; translated by Thubten Jinpa. 12 cassettes in vinyl case, prayer booklet included, #PRGATA \$79.95

This is a recording of the Dalai Lama's commentary on Nagarjuna's *Precious Garland, An Epistle to a King* given in Los Angeles in June of this year (1997). This is a high-quality recording that focuses mainly on the first chapter but includes overviews of the other four and elaborations on important sections. The tape set also includes a small booklet with translations of a popular praise to Nagarjuna, *The Light of Madhyamika, In Praise of the Glorious Protector Nagarjuna*, and a twenty-verse prayer from chapter five of the *Precious Garland*.

**TEACHINGS ON PATIENCE**

by the Dalai Lama. 8 tapes #TEPA \$100

An outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic. During each of the sessions, His Holiness combined his own personal experience with his extensive scholarship to explicate the text. This is an excellent teaching in which to immerse oneself.

**VAJRASATTVA**

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

Visualization & commentary.

**COMPASSION: THE HEART OF ENLIGHTENMENT**

95 min. #COHEEN \$10

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

**THE FOUR NOBLE TRUTHS**

4 cassettes, 6 hours, #FONOC \$35

In July, 1996, the Dalai Lama gave a wonderful teaching in London on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as being ultimate objects of refuge.

**HARVARD SEMINARS**

(12) #HASE \$84

Trans. by Jeffrey Hopkins—AIBS Program

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

**THE NOBEL PEACE PRIZE ADDRESS**

(1) #NOEVAD \$7

This is the Dalai Lama's Nobel Lecture given in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.

**THE NATURE OF MIND!**

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

**Bon Tradition: NATURE OF MIND**

by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein. (3) #BONAMI \$30

**Nyingma Tradition: DZOGCHEN**

by Ven. Trulshik Rinpoche, trans. Sogyal Rinpoche. (3) #NYDZ \$30

This set focuses primarily on the nine yantras.

**Kagyü Tradition: MAHAMUDRA**

by Ven. Tengü Rinpoche. (3) #KAMA \$30

**Sakya Tradition: INSEPARABILITY OF SAMARA & NIRVANA**

Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

**Gelug Tradition: UNION OF BLISS AND EMPTINESS**

Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30

**BUDDHA DHARMA IN THE WEST**

with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cuttillo et al. (4) #BUDHWE \$30

These four hours of recordings feature some of the leading Buddhists from around the world—an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.

**MAHAMUDRA: The Quintessence of Meditation**

by Thrangu Rinpoche. (14) #MAQUME \$90

This is the complete set of tapes from the 10 day 1995 Big Bear Mahamudra Seminar offered by Thrangu Rinpoche. During this retreat, Rinpoche revealed the essential inner teachings on Mahamudra practice, enabling us to gain deeper insight into the true nature of our minds

**LAMA SOGYAL RINPOCHE**

The following tapes are by Sogyal Rinpoche.

**LIVING WELL, DYING WELL**

1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

**RIGHT VIEW: Living Your Dying**

#RIVI \$9.95

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

**TAMING THE MIND**

#TAMI \$9.95

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

**TURNING SUFFERING INTO ENLIGHTENMENT**

#TUSUEN \$9.95

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

**GREAT WOMEN PRACTITIONERS**

by H.E. Chagdud Tulku Rinpoche. 2 cassettes, 180 min., #GRWOPR \$18

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, Delog Dawa Drolma. These accounts make clear for men and women alike, anyone who exerts enthusiastic and one-pointed effort can attain enlightenment.

**PSYCHOLOGY SEMINAR**

by Tara Tulku. (7) #PSSE \$49 Trans. Robert Thurman

The late Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice.

**SIX KEYS TO HAPPINESS**

by Lama Tsering Everest. 2 cassettes, 120 min., #SIKEHA \$16

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

TAPES BY PEMA CHODRON



Because of the enthusiastic response to the books by Pema Chodron, author of *When Things Fall Apart*, *Snow Lion* would like to offer the following teachings on tape:

**Noble Heart: A Self-Guided Retreat on Befriending Your Obstacles**

(6 tapes) #NOHE \$59.95

Structured so that you can create your own retreat at home or at your meditation center, this complete curriculum delivers key teachings on how to recognize and cultivate the "soft spot" that is the gateway to your own noble heart. Pema teaches the four great catalysts of awakening: love, compassion, joy, and equanimity and advises how to draw strength from them every day, in any situation. She also guides us to understand the six paramitas and how to connect with your innate "unlimited friendliness" which can grow to contain the whole world. With four complete meditations, unique heart teachings, and Ani Pema's trademark humor, *Noble Heart* invites you to discover your own true strength. Nine hours of teaching plus a study guide and binder.

**Be Grateful to Everyone**

(1) #BEGREV \$10

How to transform difficult people and circumstances into the path of awakening. A good summary of the lojong path, teachings which make every experience useful in the path.

**Meditation Is Not about Getting It Right**

(1) #MEISNO \$10

Encourages us not to give up on the spiritual path when we fail to achieve our self-improvement goals.

**AWAKENING COMPASSION**

by Pema Chodron. (6) #AWCO \$59.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by 59 written maxims—a treasury of practical wisdom that inspires everyday awakening. Pema Chodron show how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.

**WHEN THINGS FALL APART: Heart Advice for Difficult Times**

by Pema Chodron. 3 hours, 2 cassettes #WHTHTA \$18.95

This is an abridgement of her popular book by the same name. Included on the tape are ways to use painful emotions to cultivate wisdom, compassion and courage; ways to communicate that lead to openness and true intimacy with others; practices for reversing negative habitual patterns; methods for working with chaotic situations; and ways to cultivate compassionate, energetic social action. Pema Chodron has a way of transforming Buddhist teachings into a language that speaks directly and persuasively to the cultural experiences of Westerners.

**FEEDING THE DEMONS: Relaxing Dualism**

by Tsultrim Allione

(1) #FEDE \$10

Ignoring or attacking the demons within us only makes them grow larger. Paradoxically, acknowledging and feeding the parts of ourself that we are most afraid or ashamed of turns out to be the most effective way of disarming their power and reintegrating them back into the original wholeness from which they came. Allione explains the practice of chod and guides us in meditation.

**Generosity is Letting Go of Holding on to Yourself**

(1) #GEISLE \$10

**Facing the Monster**

(1) #FAMO \$10

Real peace of mind and stability do not come from denying the parts of ourself that we'd rather not look at—from labeling things good or bad and belittling ourselves for our continuing failures. If we instead learn to be compassionately aware of the many sides of our experience, the poisons we fear will slowly change into the virtues of patience and loving-kindness.

**The Love that Cannot Die**

(6 tapes) #LOCADI \$49

Chodron expands our capacity for maitri, compassion, joy and equanimity. What blocks joy and true self-love? Holding an ideal that is so high we can't possibly meet it, and then using that to beat ourselves up. She discusses the seven near and far enemies of joy and peace and gives powerful methods for healing the energy drain of false self-concept.

**The Paradox of the Cessation of Suffering**

(1) #PACESU \$10

**Three Kinds of Laziness**

(1) #THKILA \$10

How the paramitas of exertion and meditation are the perfect antidote for discouragement and depression.

**Working with Pain: How to Develop Inner Strength**

(5 tapes) #WOWIPA \$45

Pema Chodron teaches the methods of lojong and tonglen for transforming suffering.



**DHARMA WISDOM**

interview with Kalu Rinpoche.

(1) #DHWI \$9.95

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

**Tape Sets in Vinyl Cases**

**KHENPO KONCHOG GYALTSHEN RINPOCHE**

**GREEN TARA: Teachings and Practice**

3 90-min. cassettes #GRTAT \$30

Contains a commentary on a supplication to Tara, questions and answers on Tara practice, and a practice of Tara in Tibetan.

**HEART SUTRA & BODHICITTA: Teachings and Practice**

7 90-min. cassettes #HEBOT \$65

Combines the essential Heart Sutra teachings with the teachings on Bodhicitta, the single most important factor for attaining enlightenment. The Heart Sutra is chanted in Tibetan.

**ILLUSORY BODY TEACHINGS**

5 90-min. cassettes #ILBOTE \$50

The illusory body practice is one of the six Yogas of Naropa involving seeing all phenomena as lacking inherent existence. Khenpo unfolds the practice, step-by-step teaching the practices of the impure and pure illusory body.

**TONGLLEN: The Practice of Sending and Receiving**

4 90-min. cassettes #TOPRT \$40

Tonglen is a powerful practice for generating loving-kindness and unconditional compassion for all beings, a vital element in bodhisattva training. Included are guided meditations, visualizations and mantra practices.

**UNDERSTANDING DEATH and the Process of Dying**

4 90-min. cassettes #UNDET \$40

Four lectures: *Death Without Fear* by H.H. Chetsang Rinpoche; and *The Experience of Death, The Bardo States, Suffering, Death and Dying*, all by Khenpo Konchog Gyaltsen Rinpoche.

**COMPLETE NGONDRO TEACHINGS**

(9) #CONGTE \$90

A complete teaching on the preliminaries to tantra: refuge practice with prostration, Vajrasatta purification, mandala offering, guru yoga, bodhicitta generation.

**MEDICINE BUDDHA TEACHINGS**

(2) #MEBUTE \$22

Khenpo gives a teaching, commentary and practice on the Medicine Buddha sadhana.

TAPES BY ANI TENZIN PALMO

Ani Tenzin Palmo has been a nun for thirty years and has spent twelve years in retreat in a Himalayan cave. She is one of the most capable western Buddhist teachers. She has been travelling and teaching to share the dharma and to inform others about the plight of Tibetan Buddhist nuns in Asia. Many are fleeing persecution in Tibet and there is a lack of facilities for them in India and Nepal. We are offering these tapes to help Ani Tenzin raise money for the building of Tashi Choling Nunnery.

**THE SIX PERFECTIONS**

(1) #SIPETA \$14

**WOMEN AND BUDDHISM**

(2) #WOBUTA \$14

**MINDFULNESS**

(2) #MITA \$28

**BUDDHISM IN DAILY LIFE**

(1) #BUDATA \$14

**ANI TENZIN PALMO'S SPIRITUAL JOURNEY**

(2) #SPJOTA \$28

**INTEGRATING DHARMA IN EVERYDAY LIFE**

(2) #INDHTA \$28

**WOMEN AND THE BUDDHIST PATH**

(1) #WOBUPA \$14

**THE SIX REALMS**

(1) #SIRETA \$14

**MOTIVATION AND PRACTICE: Deepening Practice**

(3) #MOPRTA \$28

**DHARMA IN DAILY LIFE**

by Ani Tenzin Palmo. 4 cassettes, #DHDALI \$40

Ani Tenzin Palmo went to India in 1964 and became a nun under Khamtrul Rinpoche. She spent 14 years in retreat in Lahoul in the Himalayas and studied with great masters of the Drukpa Kagyu lineage. Topics: Women in Buddhism; Mindfulness in Everyday Life; Bringing Dharma into Daily Life; Retreat: Deepening Your Practice.

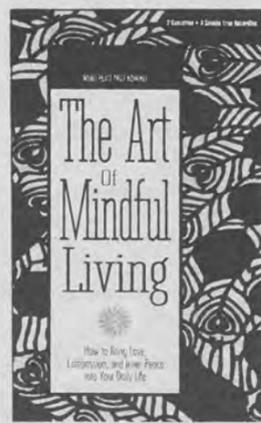


**FOUR YOGAS OF MAHAMUDRA**

by H. H. Drikung Kyabgon Chetsang Rinpoche. 2 90-min. cassettes #FOYO \$20

Teachings on Mahamudra based on Gampopa's advice on the different stages of Mahamudra meditation and how to work with difficulties that arise on the path. His Holiness describes the characteristics of a qualified teacher and student, the four different ways of falling off the path of Mahamudra, results of practice, the four different levels of yogic meditation, and the four levels of yogic attainment.

THICH NHAT HANH



**THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life**

by Thich Nhat Hanh. (2) 3 hrs. #ARMILI \$18.95

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

**PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY: Working with Anger, Nourishing Inner Peace**

by Thich Nhat Hanh. (2) 3 hrs. #PRMIPS \$17.95

Recorded live with a group of practicing psychotherapists.

**THE PRESENT MOMENT: A Retreat on the Practice of Mindfulness**

by Thich Nhat Hanh. 6 cassettes in vinyl case (7 1/2 hrs.), #PRMO \$59.95

The present moment contains the seeds of all things, including liberation from samsara. In this live retreat, Thich Nhat Hanh presents the traditional Buddhist practices designed to "touch the energy of mindfulness" carried within, and open to the joy that is always present and waiting to enter our lives.

**TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation**

by Thich Nhat Hanh with Sister Chan Khong. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer to divine creation and is designed to release anger and cultivate compassion.



**TWO TAPE SETS BY ROBERT THURMAN**

Robert Thurman gave a two week-end teaching on self-deconstruction and self-creation at the California Institute of Integral Studies.

**The Yoga of Identitylessness**

(8 tapes) #YOID \$49

Discusses the nature of emptiness and selflessness.

**The Yoga of Self-Creation**

(8 tapes) #YOSECR \$49

Discusses the generation stage of highest yoga tantra.

**BUDDHISM & PSYCHOTHERAPY**

**WHEN BUDDHA MEETS THE PSYCHOTHERAPIST: Cultural and Psychotherapeutic Issues in Buddhist Teachings**

by Harvey Aronson, Ph.D., LMSW. 4 tapes, #WHBUME \$34

This series explores how East/West issues of culture, psychology, and values lead to difficulties in Buddhist practice and suggests ways to resolve these. Harvey explains the cultural and spiritual values of Buddhism in juxtaposition to those Westerners unconsciously carry. He considers Buddhist prohibitions against anger and modern values of expression; he clarifies the confusion of Buddhist usage of "ego" and "self" as opposed to psychological use; he helps us to address the way childhood issues may adversely influence altruism. Harvey Aronson received his Ph.D. in Buddhist Studies from the Univ. of Wisconsin and an Masters in Social Work from Boston University. Since 1984 he has been a psychotherapist with a focus on spirituality and fulfilling relationships.

**1993 BUDDHISM & PSYCHOTHERAPY: An East/West Dialog**

5.25 hrs., (6) #BUPS \$35

This conference has a lot to offer people interested in the integration of Buddhism with western models for psychological growth. Speakers and topics: Dr. Lobsang Raggay: *Jungian Analysis & Tibetan Buddhism*; Ven. Thubten Chodron: *A Spiritual Teacher's Perspective on Therapy and Buddhism*; Judith Gordon, Ph.D.: *A Psychotherapist's Application of Buddhist Principles to Therapy*; Ryo Imamura, Ed.D.: *Buddhism & Psychotherapy—the Similarities and the Differences*; Geshe Janyang Tsaltrim: *Therapeutic Applications of Principle Buddhist Teachings*; Mark Hart, Ph.D.: *Buddhism & Psychotherapy—Beyond Concepts*; May Cl Lu, Ph.D.—*Counseling Buddhist Asian Immigrants*.

**INSIGHT MEDITATION: An In-depth Correspondence Course**

by Sharon Salzberg & Joseph Goldstein. 12 cassettes in vinyl case, 88 pp. illustrated workbook, correspondence packet included, #INME \$198

Based on the curriculum developed at the Insight Meditation Society's retreat center in Barre, Massachusetts, this correspondence course is presented by IMS founders Sharon Salzberg and Joseph Goldstein. Working directly with IMS qualified meditation instructors, students learn how to establish and sustain a daily meditation practice. *Insight Meditation* presents twelve sequential lessons (18 hours) of teachings, practices, and meditations; a workbook of interactive exercises, resources, and articles; and one-on-one guidance and ongoing support from an IMS staff instructor.

**INTRODUCTION TO DZOGCHEN**

by Lama Surya Das. Cassette #INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

**LIFE OF TIBETAN AND CHRISTIAN NUNS**

Bhikshuni Thupten Chodron and Sister Donald Concoran, O.S.B. 1 1/2 hrs. #LINU \$10

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

**JEFFREY HOPKINS**

**DEATH & DYING**

(4) #DEDT \$28

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

**JACK KORNFIELD**

**THE INNER ART OF MEDITATION**

(6) 8 1/2 hrs. #INAR \$49.95

A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowing and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.

**MEDITATIONS OF THE HEART**

Jack Kornfield. #MEHE \$10.95

Jack offers four essential meditations which take less than 10 minutes each to practice yet will take you to the heart of essential Buddhist teachings on awakening and freedom, opening to truth, the nature of suffering, forgiveness, and fearlessness.

**THE ROOTS OF BUDDHIST PSYCHOLOGY**

by Jack Kornfield. 6 cassettes in vinyl case, 9 hrs., #ROBUPS \$60

Buddhism has a rich, intricate psychology for healing the human predicament. Jack Kornfield offers practical ideas on the interior life and what brings awakening, freedom and happiness. Topics include turning unskillful states into root opposites, meditation, grasping, resisting and delusion, fear and separateness, skillful anger, liberation of the heart, vows of Bodhisattvas, happiness and connection, types of giving, liberation, compassion, the limits of intention, Buddha and the four heavenly messengers.

**BOOKS ON TAPE**

**A JOURNEY IN LADAKH**

written and read by Andrew Harvey, two cassettes, 3 hrs. #JOLA \$17.95

The mountains of Ladakh are bordered by Pakistan and Tibet. Andrew Harvey traveled there in sears of the old Tibetan traditions. Journey to Ladakh is a magical tale of travel, blending the sacred and the hilarious—one of Harvey's best stories.

**OPEN HEART, CLEAR MIND**

by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21

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

This best selling book is available on tape—Chodron discusses: working effectively with emotions, rebirth and karma, the path from confusion to enlightenment.

**SHAMBHALA WARRIOR TRAINING: How to Manifest Courage, Authenticity and Gentleness in Every Situation of Your Life**

by Cynthia Kneen. 6 cassettes, 8-page booklet, #SHWATR \$59.95

From the discovery of basic goodness—your innate human capacity for direct, personal experience through the rousing of windhorse energy—Kneen offers time-tested methods for meeting your moment-to-moment experience with a brave and open heart. You learn how to balance your physical and mental energies; how to break free of the cocoon that stifles your intrinsic richness; how to move beyond fear into fearlessness, how to overcome the obstacles to meditation, the relationship between fear and courage, why vulnerability makes the warrior strong, etc.

**THE THREE PILLARS OF ZEN:**

**Teaching, Practice, Enlightenment**

by Roshi Philip Kapleau. 2 tapes, #THPIZE \$16.95

This modern spiritual classic has had a profound influence on the development and understanding of Zen. Contains luminous essays and lectures by contemporary Zen masters, as well as personal accounts of the experience of enlightenment—providing listeners a vital introduction to the insights of Zen.

AUDIO LITERATURE PRESENTS



**THE TIBETAN BOOK OF LIVING AND DYING**

by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

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

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo**

trans. by Francesca Fremantle & Chogyam Trungpa, narrated by Richard Gere. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$15.95

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

MUSIC & CHANTS

**THE MUSIC OF NAWANG KHECHOG**



Born in Tibet, Nawang now lives in the USA. He has been a musician since 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 toured with the world-renowned artist Kitaro. Four recordings are available.

**KARUNA**

by Nawang Khechog. Cassette #KA \$12, CD #KACD \$18

"I rely on music to promote understanding and harmony between people and toward nature."

This is the latest offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture. We recommend this production as one of Nawang's best!

**SOUNDS OF PEACE:**

**Bamboo Flute & Didgeridoo** Cassette #SOPE \$10 CD #SOPECD \$16.95

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

**QUIET MIND: The Musical Journey of a Tibetan Nomad**

by Nawang Khechog. Cassette #QUMI \$9.95, CD #QUMICD \$15.98

Born of Tibetan nomads, Nawang Khechog discovered a deep affinity with the bamboo flute in early childhood. *Quiet Mind* reflects the far-reaching travels of this remarkable musician and his gift for drawing listeners into the interior journey. His gentle flute explorations are music as meditation.



**RHYTHM OF PEACE:**

**Bamboo Flute, Didgeridoo, and Harmonic Chanting** Cassette #RHPE \$10, CD #RHPECD \$16.95.

The meditative sounds of Nawang Khechog. This is an otherworldly masterpiece that uses soothing melodic textures to explore the inner stillness.



**DADON**

CD #DADC \$18

Dadon is a famous female singer from Tibet whose records sold millions in Asia. She sings in Tibetan, drawing from the rich traditions of her ancestors. "In Tibet, I used my music as a subversive language to inspire hope and pride in my fellow Tibetans. In 1992, I left Tibet determined to meet our exiled leader, His Holiness the Dalai Lama. I left Tibet so that I could contribute to his efforts to win international support for human rights in Tibet." Dadon is cherished by Tibetans for her soaring voice, engaging melodies, and bold nationalist lyrics. We hope you will like this CD as much as we do.

**ECHOES OF TIBET:**

**Traditional Tibetan Songs of Peace, Beauty and Freedom**

by Tsering Wangmo. Cassette #ECTI \$12

Beautiful folk songs from Amdo and Kham sung solo by Tsering Wangmo, trained as an opera and folk singer at the Tibetan Institute of Performing Arts. She co-founded the Chaksampa Dance and Opera Company.

**DHARMA SUNA**

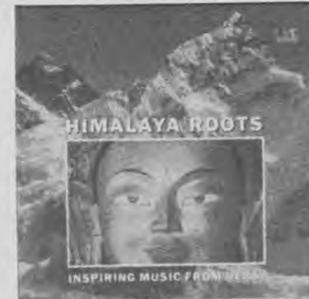
CD #DHSU \$16.95

This CD collection of Tibetan secular and sacred songs performed by the Tibetan Institute of Performing Arts offers a varied selection of both vocal and instrumental pieces, and includes music usually associated with holidays and performances within the palace of the Dalai Lama, folk songs, "aristocratic" courtly music, Tibetan opera, and ritual chanting. It is the first collection of Tibetan songs recorded using state-of-the-art digital technology—recorded at the legendary Lucas Skywalker Studios in San Francisco—and the best recording of Tibetan folk music we have ever heard.

**TIBET: An Odyssey in Sound**

by Peter Gold. Cassette #TIODTA \$12

A compelling montage of Tibetan sacred and secular music in a "soundscape" synthesis (as if one were literally traveling from one context to another) with readings from Peter Gold's books on the occasion of the Dalai Lama's visit to Australia in early 1997.



**HIMALAYA ROOTS:**

**Inspiring Music from Nepal** CD #HIRO \$18

Classical Nepali music featuring flute, sarangi, tabla, cymbal just like you hear in Kathmandu.

**YARLUNG: Tibetan Songs of Love & Freedom**

by Tcheng. Cassette #YATISO \$12

Tcheng's songs have a traditional folk flavor. They spring mainly from his inspiration but are rooted in several Tibetan styles. Tcheng trained for twelve years with the Tibetan Institute of Performing Arts in Dharamsala and subsequently founded Chaksam-pa Tibetan Dance and Opera Company of San Francisco. He is the artistic director of the company. Tcheng has a lovely voice and plays several instruments. We enjoyed this tape a lot.



TIBETAN CHANTS

**BUDDHIST CHANT I:**  
Nangyal Monastery,  
Dharamsala  
CD 63 min. #BUCH1\$20

This CD features 50 Tibetan Buddhist Monks of Nangyal Monastery performing the Goddess Palden Lhamo ritual—the sutra is recited in a low-toned voice beyond the reach of most trained singers. These voices plus huge five-meter long horns create an extraordinary atmosphere.

**BUDDHIST CHANT II:**  
Gyuto Monastery, Bomdile  
CD 53 min. #BUCH2 \$20

Recorded at the Gyuto Monastery in India, the many voices on this CD use their overtone chanting in the Sangwa Duepa ritual. They create a spiritual world through sound that results from their combined awakened vocal expression and visualization.



**BIG OM OF TIBET: Om**  
chants, prayers and mantras  
recording by Stefan Ackermann.  
62 min. CD #BIOM \$18

Recorded in monasteries in the Himalayas, this CD transports the listener to real life ceremonies in the actual monasteries and nunneries—not some LA recording studio. Traditional chants of Yamantaka, Mahakala, 1000 Buddhas, Offering the Mandala and others.

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

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

**THE GYUTO MONKS:**  
Tibetan Tantric Choir  
CD #GYMOTC \$16.95

This music invokes Tibetan Buddhist deities with its astoundingly rich and atmospheric tonal texture. Mickey Hart produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks in India.

**CHÖ**  
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 Urygen 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 Chö will go to purchase a solar heating system for Nagi Gompa's water supply.



**THE GYUTO MONKS:**  
Freedom Chants  
Cassette #GYMOFR \$12  
#GYFRCD \$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 chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro recorded live at the Cathedral of St. John the Divine in NYC.



**MAHAKALA CHANTS**  
by Bardor Tulku Rinpoche,  
Tenzin Chonyi, and the  
retreatants and students at  
Karma Triyana Dharmachakra  
Monastery. CD, 69 min. #MACH  
\$18

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



**OM MANI PADME HUM:**  
Tibetan Monk Chants  
by the Monks of Maitri Vihar  
Monastery. CD #OMCD \$18

These chants of Yamantaka 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.

**QUEEN OF GREAT BLISS—**  
DECHEN GYALMO PUJA  
by the Nuns of Nyingma Ozer  
Ling, Tibet (1) Cassette  
#QUGRBL \$10

Dechen Gyalmo is the deified form of Yeshe Tsoygal, the great female practitioner. Forty nuns from Nyingma Ozer Ling in Eastern Tibet made this recording.

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

"Listening to this musical program confers healing benefits. The compositions are sacred, significant parts of colorful, elaborate healing ceremonies which magically open up consciousness."—Lobsang Rapgay.

**SACRED MUSIC, SACRED**  
DANCE FOR PLANETARY  
HEALING  
Monks from Drepung Loseling.  
Text by Glenn H. Mullin and  
Damdul Nangyal. Cassette  
#SAMUSC \$12, CD #SAMUSA \$18

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

**SACRED TIBETAN CHANTS**  
FROM THE GREAT PRAYER  
FESTIVAL  
Monks from Drepung Loseling.  
Text by Glenn H. Mullin and  
Damdul Nangyal. Cassette  
#SATC \$12, CD #SATCD \$18

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

**THE SONGS OF MILAREPA**  
by the Mahayana Buddhist  
Nunnery, Tilokpur. #SOMI \$10  
cassette

Songs by the great master sung by Tilokpur nuns.

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

Famous for its haunting melodies, the Shitro Puja honors the 100 peaceful and wrathful deities (*Tibetan Book of the Dead*) that appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual helps the practitioner to realize the visions in the bardo as manifestations of mind, thereby effecting liberation of the consciousness from cyclic existence.



**SONGS OF LIBERATION**  
by Gaden Jangtse Monastic  
Choir. cassette, #SOLI \$10

The Gaden Jangtse monks have recorded these chants: *Musical Procession, Praise to Lord Buddha, Homage to Je Tsong Khapa, Offering to Guyasamaja, Invocation and Offering to 6-Armed Mahakala, Victory of Goodness and the Awakened Mind.* This is a fund-raiser for Tibetan schools. For information regarding this project, contact Thupten Dadak, Heart of Tibet, 612-822-3535.

**TIBETAN BUDDHISM:**  
Tantras of Gyuto  
recorded by David Lewiston, CD  
#TIBUCD \$18

The tantric chants of the Sangwa Dupa (Guyasamaja) and Mahakala are performed in Dalhousie, India by the monks of Gyuto Tantric College. The sound of the full monastery chanting is impressive.

**TIBET, TIBET**  
by Yungchen Lhamo. CD, #TI \$19

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. We recommend it.

**TIBETAN BUDDHIST**  
CHANTS OF NAMGYAL  
MONASTERY  
by the Monks of Namgyal  
Monastery. Cassette #TIBUCH  
\$10

This invocation and prayers to Palden Lhamo, the protector of Tibet, are very powerful, creating in sound and feeling an electric atmosphere—the long horns invite Palden Lhamo in thundering, dramatic tones to appear, and the monks supplicate the deity to perform virtuous actions. This tape was created by monks of Namgyal Monastery, Dharamsala, India, the monastery of the Dalai Lama. On the second side, the merit field assembly is invoked and prayers requesting teachings and blessings are chanted in the melodious Namgyal style.



**TIBET: The Heart of Dharma,**  
Buddha's Teachings and the  
Music They Inspired

produced and written by David Lewiston, Glenn H. Mullin, Cynthia Josaya, et al.; music by the monks of Loseling Dratsang of Drepung Monastery and Khampagar Monastery. 63 pp. book, 29 color photos and other illus. & CD #TIHECD \$19.95

A lovely package, and a wonderful gift—this book and CD contain the philosophy and music of Tibetan Buddhism. The major teachers and teachings of the four lineages are presented, the Dalai Lama is introduced as well as three meditational deities: Chenrezig, Tara, Kalachakra. The chants are *Ornament for Clear Realization, The Hundred Buddhas of Tushita, The Eastern Snowy Mountain, Splendid Knowledge, and Life Enhancement.*

**TIBETAN PRAYER: The**  
Singing Nuns at Chuchikjall  
CD #TIPRCD \$18

Moving prayers and pujas sung in hypnotic voices by the nuns of Chuchikjall.

**TIBETAN SACRED TEMPLE**  
MUSIC: Eight Lamas from  
Drepung  
Cassette #SATEDR \$10

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

**TIBET IS NEAR: Sacred**  
Music of Gaden Jangtse  
Cassette #TINE \$10

Founded in 1409 by Lama Tsong Khapa, Gaden Monastery was the first monastery of the Gelukpa tradition. In S. India where the monastery has been re-established, the monks carry on their practice and traditions. Selections include: *Homage to Tsong Khapa, Receiving the High Teacher, Purification, Mandala Offering, Invitation to Palden Lhamo, Offerings to Palden Lhamo, Praises to White Tara, and A Prayer for Peace.*

**TWO MANTRAS: The Vajra**  
Guru Mantra and the Mantra  
of the Buddha of Compassion  
#TWMA \$6

Produced by Sogyal Rinpoche's Rigpa center, these two mantras are helpful for meditation.

**VOICE OF TIBET**  
by Chagdud Tulku Rinpoche. CD  
#VOTICD \$12.95

This is a collection of aspirational songs and mantras chanted and sung by Chagdud Tulku Rinpoche. This recording includes three versions of the Vajra Guru mantra, the Vajrasattva mantra, an Avalokiteshvara prayer, the Prayer to the 21 Taras, the Seven-Limb Prayer, folk songs, and more. It is well recorded, and Chagdud Tulku Rinpoche has an exceptionally clear and strong voice.

MEDITATIVE MUSIC OF SINGING BOWLS

GOLDEN BOWLS

by Karma Moffett. CD #GOBO \$18

Thirteen Tibetan singing bowls create a meditative sound environment, easing the mind out of its chatter. Rich tones and harmonics unfold and dissolve into ever-changing patterns.

HIMALAYAN BOWLS I

by Karma Moffett. Cassette #HIBO1 \$10

Twenty-two singing bowls express the mystic feeling of the Himalayas.

HIMALAYAN BELLS II

by Karma Moffett. Cassette #HIBE \$10

This is a harmonic and meditative recording of Himalayan bowls and bells.



SINGING BOWL MEDITATION I

by Hans de Back. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch inviting listeners inward.

TURTLE ISLAND FLUTE

by Joe Salzano. Cassette #TUISFL \$10

The indigenous flute music of Turtle Island (N. American continent) has passed down the stories, songs and traditions of the Mother Earth, courtship and love. The practice of young men paying homage to the Earth's (or 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 Salzano. Cassette #WOFL \$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 rattle as well as nine different cedar, pine and cane flutes.

RANGZEN

by the Yak Band, Cassette #YABA \$12

Modern music written and performed by Tibetan refugees in Northern India. Pleasing pop rock, the songs are about love and the plight of the Tibetans—the title song means "Independence". You won't get western sound recording quality, but you'll get honest, straight-ahead Tibetan rock and roll.

SEEING NOTHING BUT THE SKY: The Songs of Tibetan Nuns Recorded in a Chinese Prison

by 14 imprisoned Tibetan nuns. 29 songs, approx. 1 hr., #SENOCD \$15 CD

In October 1993, 14 Tibetan nuns held in Drapchi prison recorded songs with a tape recorder that had been smuggled into the prison. They are serving sentences for participation in the 1989 pro-independence rally. Because of this recording, their sentences were doubled. The songs are patriotic and sung in folk style. The sale of this CD supports the Free Tibet Campaign.

SONGS OF THE JATAKA TALES

by Penny Nichols and members of the Karma Kagyu Institute. Cassette #SOJATA \$12 #SOJATC \$20 CD

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.



TIBET IS CALLING: Authentic Folksongs from Tibet

54 min. CD #TICA \$18

This CD recording of wonderful Tibetan folksongs contains songs with clear solo vocal. It is one of the best recordings we have heard—the melodies are moving. It has been produced to aid the Ganden Shartse Monastery.

THE TWENTY-ONE PRAISES OF TARA

by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTP (optional)

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

TIBETAN HORN

by Phil Thornton & Steven Cragg. Cassette #TIHOT \$12, #TIHOC \$16

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.



TRANCE TARA

by Jonathan Goldman. CD #TRTA \$17

This is a musical offering to Tara with Tibetan overtone chanting, mantric choral chanting, tribal drumming, Tibetan singing bowls and bells. "Tantric Tara" contains the mantra *Om Tara Tu Tare Ture Svaha* with males and female voices and instruments. "Dreamtime Tara" is a trance dance mix featuring dominant drumming. All sounds are acoustic and naturally created.

VIDEOS

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

Because of the difficulty of reselling returns, audio tapes and video tapes are not returnable unless defective.

ARISING FROM FLAMES: Overcoming Anger Through Patience

by The Dalai Lama. 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

THE ART OF DYING: A Window into the Tibetan Way of Life

by J. Casper Jensen & Majbritt Munck. 63 min. #ARDY \$29.95

This film could have been called the *Art of Living*—it is a wonderful view into the life of the people of Mustang and the words are entirely those of the people shown. It is the story of an ancient culture tucked away in the largest mountains in the world, and of joyful people who strive to sustain themselves under great odds. The slow moving scenes allow one to soak up the images, and the dialogue is presented through the people themselves: simple villagers, the king of a remote village of Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs, throughout the centuries. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds. This is an absorbing film.

CHANTS ENCOUNTER & GANDEN JANGTSE MONKS: Sacred Music and Dance

50 min. #CHEN \$29.95

This is a great film about overtone chanting—Tibetan monks, Gregorian Chanters and Mongolian overtone singers demonstrate the powerful healing and meditative qualities of ritual chanting and overtone harmonics. In a second part, the monks of Ganden Jangtse Monastery perform sacred dances and ritual overtone chanting and create a sand mandala.

COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATTVA

by H.H. the Dalai Lama; translated by Thubten Jinpa and Jeffrey Hopkins. 6 videos, 12 hours, #COTHSV \$79.95

This video collection is based on teachings given by the Dalai Lama in July of 1989 at the Santa Monica Civic Auditorium prior to the Kalachakra Empowerment. *The Thirty-Seven Practices of the Bodhisattva* is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. His succinct and simple verses summarize the quintessence of the Mahayana path, and include sections on the six perfections and the ways to cultivate bodhicitta.

COMPASSION IN EXILE: The Story of the 14th Dalai Lama

by Mickey Lemle. 60 min. #COEX \$40

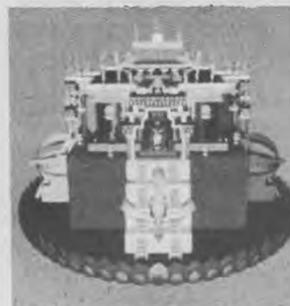
An intimate portrait of the Dalai Lama. Behind the story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day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



DAKINI WISDOM

by Lama Chagdud Tulku Rinpoche. 93 min. #DAWIVI \$35

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



EXPLORING THE MANDALA

by Pema Losang Chogyen. 10 min. #EXMA \$19.95

"an extraordinary visual aid."—*TRICYCLE: The Buddhist Review*  
This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala of Yamantaka) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the sequence of visualization, presenting a visual introduction to Tibetan mandalas.



THE FOUR NOBLE TRUTHS

by the Dalai Lama. 4 videos, 6 hours, #FONOV \$108

In July, 1996, the Dalai Lama gave a wonderful teaching in London on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as ultimate objects of refuge.

THE GOOD HEART: The 14th Dalai Lama Comments on the Four Christian Gospels

#GOHEV \$33

This video is a summary of the 1994 John Main Seminar held in London. His Holiness gave an extensive commentary of the Four Gospels: Matthew, Mark, Luke, and John for both Christians and Buddhists. He insists on the need to see the fundamental differences between Buddhism and Christianity—such as the idea of a Creator God. He also highlights the striking parallels between the lives of Jesus and Buddha, their teachings on non-violence and the progressive stages of spiritual development. "Both the life of Jesus Christ and of the Buddha show that it is only through effort, dedication, commitment and standing firm on one's principles that one can grow spiritually and achieve liberation."—The Dalai Lama

GUIDE TO THE BODHISATTVA'S WAY OF LIFE

by His Holiness, the Dalai Lama. Eight video tapes averaging two hours each. #GUBOV \$200

This outstanding teaching on the practice of patience was given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic work which focusses on the practices of bodhisattvas. His Holiness combined his own personal experience in the development of patience with his extensive scholarship to explicate the text. These sessions concluded with nearly an hour-long question and answer period and meditation practice. The eighth session started with a q&a period and ended with a detailed teachings of the 12 links of dependent arising. We highly recommend this boxed set of eight videos.

A GUIDE TO WALKING MEDITATION

by Thich Nhat Hanh. 30 min. #GUWAMV \$35

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

HARMONY IN DIVERSITY: How to Move from Conflict to Compassion

by H.H. the Dalai Lama. 50 min. #HADI \$19.95

In May, 1997, the Dalai Lama spoke in the Cathedral of St. John the Divine in New York. He shares his views on the value of diverse cultures, on the importance of balancing individual freedom with the needs of society as a whole, and on education, the environment, and the future.

**HEALING ORACLES OF LADAKH**

by *Elan Golomb*, with voice-over by *Joan Halifax*, author. 28 min. #HEORLA \$29.95

Western concepts of health and disease are not universally recognized and often are not as effective in promoting and maintaining well-being as they could be. Cultures that have practiced other types of healing and ritual recognize the effect of our "spirit" on our physical being. This film (on videotape) candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this video of an almost lost tradition.



**THE INNER ART OF MEDITATION**

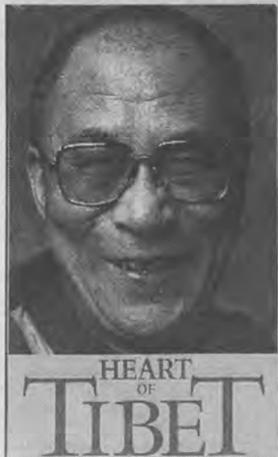
by *Jack Kornfield*. 90 min. video, #INARV \$19.95

This is a beginner's course on insight meditation that helps generate calm and awaken to truth. Meditations include: awareness of breath, body sensations, thoughts and feelings; practice of forgiveness and lovingkindness.

**LADAKH: In Harmony with the Spirit**

by *Clemens Kuby*. 86 min. #LAV \$29.95

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



**HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama**

60 min. #HETIV \$29.95

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

**HOME TO TIBET: The Story of Sonam Lama's Return to His Homeland**

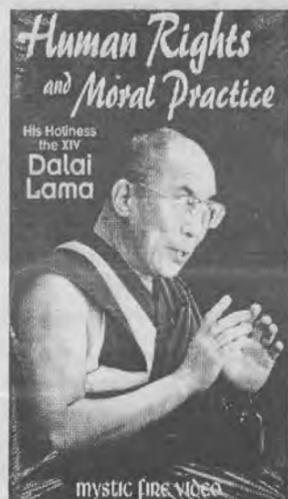
by *Alan Dater and Lisa Merton*. 55 min. #HOTI \$29.95

*Home to Tibet* documents the return of the Tibetan stone mason Sonam Lama to his homeland for the first time since his escape twelve years ago. His sister had asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dangerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people—very insightful.

**IN THE SPIRIT OF FREE INQUIRY: The Dalai Lama in Conversation with Western Buddhist Teachers**

by *H.H. the Dalai Lama, et al.* 107 min. video #INSPV \$35.00

This is the video recording of a historic meeting between the Dalai Lama and Western Buddhist teachers, including Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Stephen Bachelor, Surya Das, Robert Thurman and others, to discuss Buddhism in the West. Candid throughout, and many sensitive issues are touched upon—the teacher-student relationship with regard to choosing and leaving a teacher and dealing with power and sex issues, difficulties of monastic life, inequality of women in the sangha, and tantric initiations. We highly recommend that every western dharma student see this film.



**HUMAN RIGHTS AND MORAL PRACTICE**

by *H.H. the Dalai Lama*. 35 minute video #HURIV \$24.95

This video recording of a talk given by the Dalai Lama at the University of California at Berkeley addresses some of the most pressing social issues of our time with great insight and sensitivity. His Holiness urges the audience to consider intelligently those dilemmas which lie at the core of our society—questions of immediate concern to the future of humanity. He speaks on birth control, the arms trade, the global economy, and the recent Gulf War, and outlines ways to bring about a more peaceful world.

**KALACHAKRA, THE WHEEL OF TIME**

by *Bearfoot Productions*. 30 min. #KAWHTI \$29.95

Watching the creation of the Kalachakra sand mandala is one of the most beautiful and fascinating experiences. Four monks from Namgyal Monastery performed this ritual at the Douglas Hyde Gallery in Trinity College, Ireland. In addition to seeing the creation of the mandala from its innermost center outward, you see the monks perform some of the dancing and chanting of the Kalachakra ritual. This video offers many close-ups of sections of the mandala, offering a rare glimpse of the details of the mandala.



**Life, Death, Dreams, and Meditation**

Bardo Teaching of Tibetan Buddhism  
by *H.E. Chagdud Tulku Rinpoche*

**LIFE, DEATH, DREAMS AND MEDITATION: Bardo Teachings of Tibetan Buddhism**

by *Ven. Lama Chagdud Tulku Rinpoche*. 115 min. #LIDEDR \$39.95

The six bardos include this life, the moment of death, the dawning of true reality, the passing towards rebirth, dreaming and meditation. These experiences are filled with the potential for confusion, bewilderment and unskillfulness, as well as for realizing profound wisdom and all embracing compassion. Rinpoche explains how we can relate to these bardos as a path to personal fulfillment and great benefit for others.

**MAHAMUDRA**

by *Kalu Rinpoche*. #MAHAV \$33

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

**MANDALA: The Sacred Circle of Vajrabhairava**

featuring monks of *Namgyal Monastery*, written & produced by *Dan Cozart & Lonna Malmshiemer*. 55 min. #MASACI \$29.95

This is a fascinating look at the creation and profound inner meaning of the world's richest religious symbol, the Buddhist mandala, an intricate 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 Terrifier) by Tibetan monks of Namgyal Monastery, the Dalai Lama's personal monastery. It intimately shows the artistry of the Namgyal monks as they build the mandala grain by grain, stage by stage. It explains the detailed symbolism of the mandala, and presents a captivating introduction to Buddhism and tantra. *Mandala* is dedicated to the late Ven. Pema Losang Chogyen whose impressive 3-dimensional, computer-generated mandala is included in this video.

"The monks' commitment and quiet joy in their art is contagious as they perform this ancient ritual."—*NAPRA ReView*

**MEDITATION: Bringing the Mind Home**

by *Sogyal Rinpoche*. 90 min. #MEBRMI \$24.95

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



**THE MESSAGE OF THE TIBETANS**

by *Arnaud Desjardins*.

**Part 1: Buddhism**, 52 min. #METIBU \$29.95

**Part 2: Tantrism**, 52 min. #METITA \$29.95

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgye Kazi, the senior interpreter to the Dalai Lama at that time. There are many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chattral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.

"These portraits of the legendary Tibetan masters are not simply a unique historical record, not only a stunning and moving inspiration for now and for the future, but an extraordinary testimony, a treasure. I believe that it was not by chance that Arnaud Desjardins made his films."—*Sogyal Rinpoche*

**MUSTANG: The Hidden Kingdom**

*The Discovery Channel*. 1 1/2 hrs. #MUHIKI \$24.95

Nestled high in the Himalayas, a feudal kingdom lies suspended in time. Long closed to outsiders, it is the last outpost of pure Tibetan Buddhist culture. Journey with the Dalai Lama's personal envoy, Khamtrul Rinpoche, on a diplomatic mission to Mustang and experience an intimate view of this traditional way of life.

**NADIA STEPANOVA, BURYATIAN SHAMAN**

30 min. #NAST \$29.95

"It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror."

Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.



**NICHOLAS ROERICH: MESSENGER OF BEAUTY**

43 minutes., #ROMEBE \$24.95

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

**Best Selling!**

**OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama**

by *Trueheart Productions*. 90 min. #OVDIVI \$29.95

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

**REINCARNATION OF KHENSUR RINPOCHE**

62 min. #REKHRI \$29.95

This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.



**THE PRECIOUS GARLAND:**  
A commentary by His Holiness the Dalai Lama

by H.H. the Dalai Lama; translated by Thubten Jinpa. 6 video cassettes, #PRGATA \$119.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

This is the Dalai Lama's commentary on Nagarjuna's *Precious Garland, An Epistle to a King* given in Los Angeles in June of this year (1997). He focuses mainly on the first chapter but includes overviews of the other four and elaborations on important sections.

Nyaagyarjuna is renowned for his penetrating analysis of reality. In the *Precious Garland*, he offers intimate counsel on how to conduct one's life and how to construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life as well as the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.

**SAND PAINTING: Sacred Art of Tibetan Buddhism**

30 min. #SAPAVI \$34.95

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

**SECULAR MEDITATION**

by H.H. the Dalai Lama. 50 minute video, #SEMEV \$19.98

This video is from a talk given by the Dalai Lama addressing the benefits of mental peace. He stresses that a distinction must be made between religious subjects, such as faith, and what he calls "basic human good qualities," such as compassion, love, forgiveness, harmony and brother-and-sister-hood. Likewise, meditation should be approached not as a religious object but, rather, as a training of the mind to achieve a state of mental comfort. By way of example, the Dalai Lama explains the positive conclusions of a meditation on compassion, making clear the relevance of meditation to anyone's life, no matter what their religious persuasion.

**THE XVII KARMAPA'S RETURN TO TSURPHU**

by Tsurphu Foundation. 100 min. #KAREV \$39.95

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

**TANTRA OF GYUTO: Sacred Rituals of Tibet**

52 min. #TAGY \$29.95

Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is prefaced by an account of Tibetan history that uses footage from the 1920's.



**TIBET: A Moment in Time**

by William Bacon III. 55 min. #TIMOTI \$29.95

From its glacial peak of 25,436 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 sacred land that Tibetans believe to be the body of Vajrayogini, mother of all Buddhas. This is a photographically stunning journey among Tibetans living the life they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where yak-powered ploughs till the rich soil. The latter part of the film contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.

**The Tibetan Book of the Dead**



**Part I: A Way of Life**

**TIBETAN BOOK OF THE DEAD, Part 1**

narrated by Leonard Cohen. 46 min. #TIBOV1 \$29.95

Filmed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. Includes interviews with H.H. the Dalai Lama in which he speaks of his own view of life and death.

**TIBETAN BOOK OF THE DEAD, Part 2**

narrated by Leonard Cohen. 45 min. #TIBOV2 \$29.95

The Great Liberation presents a vividly detailed account of the contents of the Book of the Dead and of the traditional Buddhist teachings on compassion and the search for truth which are its foundations. The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

**TIBET: A Moment in Time**

by William Bacon III. 55 min. #TIMOTI \$29.95

From its glacial peak of 25,436 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 sacred land that Tibetans believe to be the body of Vajrayogini, mother of all Buddhas. This is a photographically stunning journey among Tibetans living the life they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where yak-powered ploughs till the rich soil. The latter part of the film contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.

**TIBET'S HOLY MOUNTAIN**

52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, the 11th-century capital of the old Tibetan kingdom of Guge, at Khojarnat, where a stately monastery remained open despite the Chinese Cultural Revolution, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.

**TIBETAN MEDICINE:**

**A Buddhist Approach to Healing**

29 min. #TIMEV \$29.95

Dr. Lopsang Dolma shows how medicines are made from animal, vegetable and mineral substances and how acupuncture and moxibustion is used during her daily rounds. The film explores the relationship of physical health to magnetic and other forces and shows how Tibetan medicine heals the body and mind by treating the patient rather than the disease.

**TIMELESS WISDOM: Being the Knowing**

Thubten Chodron & Ajahn Amaro. 1 hr. #TIWIBE \$29.95

Two western Buddhist monastics—Thubten Chodron is a Tibetan Buddhist nun and Ajahn Amaro is a member of the Thai Forest tradition—discuss these five major themes of spiritual life and practice with a large group of students in Seattle: embracing mystery, teaching approaches, Buddha nature, family challenges, Buddhist traditions. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.



**WE WILL MEET AGAIN IN THE LAND OF THE DAKINI**

30 min. #MEAG \$29.95

Now in her eighties, Doljin Kandro Suren is a Buddhist lama and spiritual guide for thousands who come to her from all over Mongolia and Russia. Through the terrible years of religious persecution in Mongolia, she survived finding the strength to overcome the despair that surrounded her people. After seventy years of Communism, she is the only remaining keeper of the Chod lineage in Mongolia. Tibetan master Namkhai Norbu Rinpoche, invited to give Dzogchen teachings, participates in a Chod ritual with her.

POSTERS



**THE DALAI LAMA**

8 1/4 x 11 3/4" #DALAPO \$4.50

A poster image of His Holiness—a beautiful close-up of his face and shoulders.

**Fine Art Print**

**H.H. THE XIV DALAI LAMA, TENZIN GYATSO**

Kalachakra Initiation, Bodhgaya, India 1974, photo by John Smart. 16 x 21" #DALAPR \$15

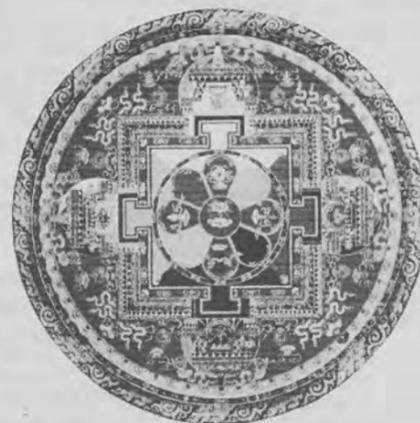
This is one of the most beautiful photographs of His Holiness that we have ever come across. It was taken by world-renowned photographer John Smart in 1974 when His Holiness was thirty-nine years of age and conducting the Kalachakra Initiation before an audience of three hundred and fifty thousand. There is remarkable presence in the photograph as the Dalai Lama's eyes meet the camera. The photographer used a Linhof large format 4 x 5" camera for incredible detail in creating this superb photograph. Then, in a supervised custom tri-tone printing, these poster-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.



**H.H. THE XIV DALAI LAMA, TENZIN GYATSO**

photograph by Don Farber, 16 x 21" #LADALA \$10

A classic full-color portrait of His Holiness, taken at the time of the 1989 Kalachakra in Los Angeles. It is an impressive full-color image with a black background.



**CHENREZIG SAND MANDALA POSTERS**

**Wheel of Compassion Sand Mandala Poster, 24 x 30", #WHCOPO \$15**

This is a full-color reproduction of the Chenrezig Sand Mandala. On a blue background.

**Wheel of Compassion (Explained) Sand Mandala Poster, 24 x 30", #WHCOEX \$18**

This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

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



**POTALA PALACE, #POPAPO \$9**

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

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

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



**NYUNG NA LINEAGE LAMAS**

Painted by Peter Iseli. #NYNAPPO \$5

1000-armed Avalokiteshvara and many other protectors and lineage lamas.

**DEITY POSTERS FROM ROBERT BEER!**

11 3/4 x 16 + " \$7.50 ea.

- BDP1 Four-Armed Avalokiteshvara
- BDP2 1000-Armed Avalokiteshvara
- BDP3 Green Tara
- BDP4 White Tara

**FOUR-ARM CHENREZIG**

by Marianna Rydvald \$40

This Four-arm Chenrezig is simply gorgeous. The face in particular communicates profound love and compassion. Measuring 23" wide by 31" high, this is a limited edition. Her work includes large indoor and outdoor murals—she painted the life of the Buddha in eight scenes in Bero Khyentse's monastery in Kathmandu. Marianna lives in Maui and her work is in galleries there.

**DALAI LAMA POSTERS**

16 1/2 x 23 1/2", \$12.95 ea.



**Dalai Lama, Visualize World Peace #VIWOPE**

**Dalai Lama of Tibet in Zanskar #ZOPE**

**LHASA MANDALA**

by Peter Gold, J. Jigme, T.G. Gangzey. 20 x 17", #LHMA \$5

This mandala of the region around Lhasa shows major Tibetan sacred sites, monasteries, nunneries, temples, hermitages and holy peaks.

**MEDICINE BUDDHA**

Painted by Robert Beer. #MEBUBE \$6

11 x 16" image of this deity—simple and penetrating.

**THE MEDICINE BUDDHA**

Painted by Peter Iseli. #MEBUPO \$5

From the cover of *The Healing Buddha* by Lama Thubten Zopa Rinpoche.

**KALACHAKRA DEITY POSTER**

19 x 27" #GAKADE \$9

This is the finest quality poster of Kalachakra and Consort that we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.

**KALACHAKRA SAND MANDALA POSTER**

24 x 24" #KASAP \$16

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

**VAJRADHARA POSTER**

24 x 36" #VAPO \$15

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



**THE KAGYU REFUGE TREE**

19" by 25" #KARETR \$25

A full color image of the Kagyu Lineage Refuge Tree.



**WHEEL OF LIFE POSTER**

23" by 33" #WHLIPO \$15.00

This is an excellent quality reproduction of a classical thangka depiction of the Wheel of Life—perhaps the best we've seen.

**ART PRINTS**

These are gold on black and red on gold thangka images by the artist Robert Beer. The colors are very striking and the images well-drawn. There are six different categories of size and color:

1. GOLD ON BLACK, 12 x 15" \$8 ea. Guhyasamaja #BEGUPO Vajrapani #BEVAPO Six-Armed Mahakala #BESLAR Vajrakila #BEVASI
2. GOLD ON BLACK, 18 x 23" \$14 ea. Kalachakra #BEKAPPO
3. RED ON GOLD, 9 x 11" \$5 ea. Milarepa #BEMIPPO Yeshe Tsogyal #BEYEP
4. RED ON GOLD, 12 x 15" \$8 ea. Green Tara #BEGTPR Nagarjuna #BENAPPO Padmasambhava #BEPAPPO White Tara #BEWHTA
5. GOLD ON RED, 12 x 16" \$8 ea. Sakayamuni Buddha #BESBPR
6. GREEN ON GOLD, 19 x 23" \$14 ea. Large Green Tara #BELAGR

CARDS

**SNOW LION DEITY CARDS**

Here are fifteen thangka images of popular deities that we selected for the quality of the paintings. These simple, yet very elegant images were painted in the traditional manner and measure 4 x 6". We consider them the best cards available for people wanting clear, iconographic representations of deities. *By the way, since these are reproductions of thangkas, we can have any of these images painted for you, should you desire a full sized thangka.* These cards are \$1 ea.

- DC1 Shakyamuni Buddha
- DC2 Avalokiteshvara (Chenrezig)
- DC3 Marjushri (Jampal-yang)
- DC4 Green Tara (Drol-jang)
- DC5 White Tara (Drol-kar)
- DC6 Vajrasattva (Dorje-sem-pa)
- DC7 Medicine Buddha (Sangye Men-la)
- DC8 Samantabhadra (Kuntuzangpo)
- DC9 Padmasambhava (Guru Rinpoche)
- DC10 Vajrakilya (Dorje Phurba)
- DC11 Vajrayogini (Dorje Phagmo Naro Khachoma)
- DC12 Vajrayogini (Dorje Phagmo)
- DC13 Vajrakilaya (Black Thangka Dorje Phurba)
- DC14 Yamantaka Vajrabhairava (Dorje Jigje)
- DC15 Machig Labdron

**SNOW LION TIBET CARDS**

**IMAGES OF TIBETAN CULTURE**

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4-1/4" x 6" and are .75 each.

**Special—Choose any 25 Snow Lion Images of Tibetan Culture and pay only \$10**

- CUCA1 Statue
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer
- CUCA13 Tibetan Man & Child
- CUCA14 Tibetan Monk in Prayer
- CUCA16 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA21 Red-Masked Dancer
- CUCA23 Tibetan Horseman
- CUCA24 Elderly Man with Prayer Wheel
- CUCA25 Bashful Khampa Girl
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa

- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels
- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
- CUCA47 Sakya Monastery
- CUCA48 Milarepa's Cave
- CUCA49 Drepung Monastery
- CUCA50 Kumbum Monastery
- CUCA51 Sera Monastery
- CUCA53 Maitreya Statue
- CUCA54 Woman with Headdress
- CUCA55 Lamayuru Monastery
- CUCA56 Woman Chanting
- CUCA59 Horseman
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- CUCA69 Golden Buddha

**HELP SUPPORT THE TIBETAN REFUGEES:**

To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of the price of every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.

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

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fifteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards.

Cards measure 4-1/4" x 6" and are .75 cents each.

**SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!**

**IMAGES OF LOST TIBET**

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

**FACES OF TIBET**

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

**GYUTO HIGHEST YOGA TANTRA DEITY CARDS**

- \$1.25 ea.
- These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.
- GY1 Chakrasamvara
- GY2 Chakrasamvara Mandala
- GY3 Sambhogakaya Buddha
- GY4 Guhyasamaja
- GY5 Guhyasamaja Mandala
- GY6 Six-Armed Mahakala
- GY7 Yamantaka (Vajrabhairava)
- GY8 Yamantaka Mandala
- GY9 Kalarupa

**YIDAMS OF MERIGAR GOMPA**

Ten cards, 5 x 7" in holder #YIMEGO \$20

These ten images are painted on the supporting beams of Chogyal Namkhai Norbu's Merigar Gompa. **Vajrapani, Guru Tragpo, Guhyajana, Vajrakilaya, Korwa Tongtrug, Green Tara, Ozer Chenma, Nondzog Gyalpo Yab-Yum, Amitayus Yab-Yum, and Simhamukha.**

**THE DALAI LAMA**

**H.H. THE FOURTEENTH DALAI LAMA PORTRAITS**

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

**DALAI LAMA POCKET PUJA #DALAPP \$2.50**

With long-life prayer and Shantdeva's bodhisattvas' aspirational prayer on the reverse side. Four-color photo of His Holiness printed in quality vinyl and measures 2 1/4 x 3 1/2".

**Four card images of His Holiness!**

Due to popular demand, we picked four of our favorite images of His Holiness to offer you. They are high-quality photos, measuring 4 x 6" and are \$1 ea. Quantity discounts are available.



**H.H. The Dalai Lama (in his garden) #DL1**

**H.H. The Dalai Lama (at a teaching) #DL2**

**H.H. The Dalai Lama (portrait) #DL3**

**H.H. The Dalai Lama (informal address) #DL4**

**The Dalai Lama in Arizona #DALMAR 8 x 10" \$15**

This is a lovely closeup photo of His Holiness standing next to saguaro cactus in Arizona at a recent public teaching.

**H.H. the Dalai Lama #REHCA \$1**

Postcard-size image, close-up of his face.

**TUSHITA POSTCARDS**

\$1 ea.

- TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche
- TU39 Dalai Lama: reading the news
- TU40 Dalai Lama: blessing the land
- TU41 Dalai Lama & H.H. XVI Karmapa
- TU42 Tanks in Lhasa
- TU43 Dalai Lama on Yak
- TU64 H.H. Sakya Trizin

**NEW DEITY CARDS FROM ROBERT BEER!**

4 x 6" \$1 ea.

- BDC1 White Syllable AH
- BDC2 Shakyamuni Buddha
- BDC3 Manjushri
- BDC4 Four-Armed Avalokitesvara
- BDC5 1000-Armed Avalokitesvara
- BDC6 Standing Avalokitesvara
- BDC7 Green Tara
- BDC8 White Tara
- BDC9 Face of White Tara
- BDC10 Vajrasattva
- BDC11 Padmasambhava
- BDC12 Vajra Varahi
- BDC13 Simhamukha
- BDC14 6-Arm Mahakala
- BDC15 Rahula
- BDC16 Vajrakila

**DZOGCHEN LINEAGE NOTECARDS**

eight notecards with envelopes, #DZNO \$15.95

These notecards were produced by The Shang-Shung Institute in Italy. They are reproductions of sacred images that were painted in Namkhai Norbu's Merigar Gonpa in Tuscany. The artists are Dugu Choegyal Rinpoche and Tsering Wangchuk from Tashi Jong.

**Kun-tu-bzang-po**

(Samantabhadra): the Primordial Buddha representing Dharmakaya.

**Tonpa Khyeu Wod Mitrugpa:** the second of the twelve Primordial Dzogchen Lineage Masters

**Tonpa Pel Jigpa Kyopei Yid:** the third Master of twelve.

**Mandarava:** the Nirmanakaya emanation of the Jnana Dakini & consort of Padmasambhava.

**Jomo Menmo:** Vajravahni gave her a teaching; later she disappeared into the sky.

**Khandroma Kunga Bumpa:** 14th century terton who realized the body of light.

**Dung-mtsho-ras-pa Phyi-ma:** terton of objects hidden by Gampopa.

**Mug nag rGyal mo** (the Maroon Queen): form of Ekajati.

**TRANSFORMATIVE ART NOTECARD SET**

12 cards w/envelopes, #TRARNO \$24

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

**ROBERT BEER POSTCARDS**

\$1 ea.

Robert is one of the very best Tibetan style painters. You'll like these images:

- #BEMEBU Medicine Buddha
- #BENGCA Nagarjuna
- #BENACA Naropa
- #BESHCA Shantideva
- #BETICA Tilopa
- #BEFAVA Face of Vajrasattva and consort

**MANTRA CARDS**

\$1 ea.

Andy Weber has created these cards to aid in mantra visualization.

- #BEAVMA Avalokitesvara
- #WEAMMA Amitayus
- #BEGRTA Green Tara



- #BEMAMA Manjushri
- #BEMBMA Medicine Buddha
- #BESHMA Shakyamuni

**CARDS FROM ANDY WEBER**

4 X 6" \$1 ea.

- WDC1 Long Life Thangka
- WDC2 Four Friends
- WDC3 Eyes of the Stupa
- WDC4 Eight Auspicious Symbols
- WDC5 Om Mani Padme Hung
- WDC6 Hri
- WDC7 Om Ah Hung
- WDC8 Double Dorje



- WDC9 Prajnaparamita
- WDC10 Samajavajra
- WDC11 Heruka Chakrasamvara
- WDC12 Mahakala
- WDC13 Mandala of Avalokitesvara
- WDC 14 Mandala of the Five Elements

**REHO CARDS**

\$1 ea.

Excellent images from thangkas, Dalai Lama, India and photos from Tibet.

- #REHCA H.H. the Dalai Lama
- #REGCA Gelugpa Assembly Tree
- #REWHCA Wheel of Life
- #RELOCA Lotus Pool-Bodh Gaya
- #REROCA Rock Paintings-Lhasa
- #REPACA Padmasambhava-in Jokhang
- #REMACA Maitreya-in Potala
- #REPOCA Potala Palace

**ROBERT BEER GREETING CARDS**

\$1.25 ea. with envelope. Fine line drawings of deities and lineage gurus:

- #BEGADO Garab Dorje
- #BEMANO Marpa
- #BEMINO Milarepa
- #BEPANO Padmasambhava
- #BESHBU Shakyamuni Buddha
- #BESAGR Samantabhadra
- #BESHGR Shantideva
- #BETSKH Tsongkhapa
- #BEVANO Vajradhara
- #BEYETS Yeshe Tsogyal

**MEDICINE BUDDHA**

Painted by Peter Iseli #WIMEBU \$1



**TWENTY-ONE TARAS CARD**

#WETWTA \$1

This is the well-known image of the 21 Taras painted by Andy Weber.

**THE TIBETAN PAINTINGS OF NICOLAS ROERICH**

12 postcards, #TIPANI \$9.95

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

**GARUDA POSTCARDS**

\$1 ea.

Traditional thangka images.

- GAC1 Gelugpa Guru Tree
- GAC2 Amitabha in Dewachen
- GAC5 Buddha with Discip.
- GAC6 Tsong-ka-pa on Lion
- GAC7 Avalokitesvara
- GAC8 Vajrayogini
- GAC9 Machig Labdron
- GAC11 35 Buddhas
- GAC12 Padmasambhava
- GAC13 White Tara
- GAC14 Cakrasamvara
- GAC111 Jambhala
- GAC113 Vairocana
- GAC114 Simhavaktra
- GAC115 White Mahakala
- GAC116 Vajrapani
- GAC118 Peaceful Bardo Deities
- GAC119 Wrathful Bardo Deities
- GAC124 Yamantaka
- GAC126 Ushnishavinijaya
- GAC127 White Tara Mandala
- GAC128 Depiction of Universe
- GAC130 Vajrasattva w/Consort
- GAC132 1st Karmapa
- GAC136 Manjushri
- GAC139 Vajrayogini
- GAC142 Green Tara & 21 Taras
- GAC148 Mandala with Simhanada-Avalokitesvara
- GAC149 Sitatapatra
- GAC150 Amitayus
- GAC151 Domtonpa

**PHOTOS OF H.H. the XVIIth KARMAPA**

\$15 ea.

Ward Holmes of Tsurphu Foundation is offering through us a number of photos of the new incarnation of H.H. the Karmapa. These photos are made from a CD and measure approx. 8 x 10". A portion of the proceeds from the sale of these photos goes to benefit Tsurphu Monastery in Tibet.



- #HHKA14 Wearing Circular Hat
- #HHKA17 Wearing Black Hat
- #HHKA21 With Tai Situ
- #HHKA49 Wearing Red Hat
- #HHKA59 Wearing Gampopa Hat
- #HHKA60 With Younger Brother

**H.H. DILGO KHYENTSE RINPOCHE**

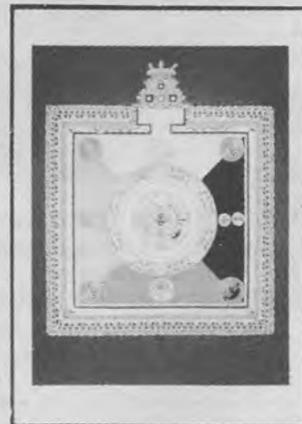
Photo, 5 1/2 x 5 1/2" #HHDI \$2

This is an impressive photo of His Holiness from the cover of *Enlightened Courage*.

**SAND MANDALA POST and NOTECARDS**

**Kalachakra Sand Mandala #KASAC \$1**

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



**Wheel of Time Fire Offering Sand Mandala notecard, 5 x 7" #WHTIFI \$2**

**Wheel of Time Mind Mandala notecard, 5 x 7" #WHTIMI \$2**

**Monks from Namgyal Monastery Creating a Vajrabhairava Sand Mandala, 4 x 6" #NACA1 \$1**

The monks from Namgyal Monastery, the personal monastery of H.H. the Dalai Lama, create a Vajrabhairava sand mandala in this lovely image.

**A Monk from Namgyal Monastery Creating a Kalachakra Sand Mandala, 4 x 6" #NACA2 \$1**

**Wheel of Compassion Sand Mandala Notecard, #WHCOSA \$2**

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.

**Wheel of Time Sand Mandala Notecard, #WHTICA \$2**

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.

**BUDDHA EYES BOOKMARK #BUEYBO \$1.50**

**BUDDHA EYES NOTECARD #BUEYNO \$2**

The "Buddha Eyes" is one of our favorite images.



**PAINTINGS OF DHAWA DHONDUP NGOCHETSANG**

6 x 8 +", color, \$3 ea.

**BUDDHA SHAKYAMUNI, #DDC1**

**GREEN TARA with Manjushri, Chenrezig, Vajrapani, #DDC2**

**MACHIG LABDRON, #DDC3**



You can select from this current list high quality statues of various deities. These are among the very best that we have seen and we highly recommend them to you. Statues are gilded bronze with gold-painted faces unless otherwise stated. Contact us for photos of the images that you want:

We have a number of fine new statues that have just arrived from India. Call/fax/e-mail/write for photos. Nearly any photo can be sent over the Internet as an email attachment. You always have 100% right of approval upon receipt of items!

**AMITYUS**  
8" #SPS3 \$295

**BUDDHA SHAKYAMUNI**  
3" #SSB-01 \$60

**DHARAMARAJA**  
8" #SPS3 \$135

**DORJE PHURBA**  
14" #FH2 \$975

**GREEN TARA**  
8" #T3 \$295

**JAMBHALA (DZAMBHALA)**  
6" #FH7 on Snow Lion \$320  
8" #SPS6 on Dragon \$295

**KARMAPA**  
8" #58 \$325 16th Karmapa

**MACHIG LABDRON**  
8" #1702-8 \$250  
8" #1703-8 \$275 painted hair and jewels

**MAHAKALA**  
14" #FH1 w/six arms \$1200  
9" #FH3 Mahakala \$750  
4 1/2" #FH4 w/two arms \$295  
4" #FH5 Bernochen Mahakala \$295

**MIPHAM**  
(one of the great Nyingma teachers, 1848-1912, in the lineage of Longchen Rapjampa)  
8" #72 \$295 bronze

**STUPA OF ENLIGHTENMENT**  
9" #100 \$360

**VAJRAKILAYA**  
14" #SPS1 \$925

**VAJRAPANI**  
8" #FH6 \$295

**WHITE TARA**  
12" #11A \$425

**YAMANTAKA**  
10" #SPS2 \$295



**MAHAKALA**  
14" #FH1 w/six arms \$1200



**DORJE PHURBA**  
14" #FH2 \$975



**VAJRAKILAYA**  
14" #SPS1 \$925



**CHENREZIG**  
8" C1 \$295



**MAHAKALA** 9" #FH3 Mahakala \$750



**VAJRASATTVA**  
8" VS 1 & 2 \$295



**MANJUSHRI**  
8" M1 \$295



**STUPA OF ENLIGHTENMENT**  
9" #100 \$360



**BUDDHA SHAKYAMUNI**  
12" #202B \$395



**MACHIG LABDRON**  
8" #1702-8 \$250

**BOYCOTT  
CHINESE  
GOODS**

Snow Lion offers *authentic* thangkas painted for religious practice by Tibetans. They are excellent in quality and are properly mounted and brocaded for hanging. Please be aware that cheaper imitations on the market have not been properly painted (iconographically and ritualistically). Our stock is always changing, what is listed below is our current stock as of January, 1998. We can always commission a special image for you—call us for information as to price and availability. Contact us for photos, which can be sent through the postal system or as an attachment to email.

**Size Codes:**

M (image 14x20, overall 25x36) approx.  
 L (image 17x22, overall 30x46) approx.  
 XL (image 24x36, overall 34x60) approx.

**Special Codes:**

B = special brocade, also longer by 6"-12"  
 XB = extra special brocade, also longer by 6"-12"  
 K = has bottom rod with metal knobs

**AMITABHA**

#DW6 \$450

**AMITAYUS**

#CT558 \$495

**BUDDHA SHAKYAMUNI**

#DW7 w/multiple figures \$850

#DW9 w/12 deeds \$1495

#SP3 \$420

#T-10 \$440 M

#35 \$495 MB

#59 \$495 M

**CHANG CHUB DORJE**

#CCD \$395 M

**CHENREZIG**

#CT865 w/standing Manj. & Vajrapani \$520

#CT552 \$450

#CT606 \$450

**DUDJOM LINEAGE**

#79 \$350 M

**DZAMBHALA**

#CT411 \$420

**EKAJATI**

#CT719 \$420

**GESAR OF LING**

#T-2 \$495 M

**GREEN TARA**

#T-4 \$495 M

#T-11 \$395 M

#T-18 \$495 M

#30 \$495 M five additional figures

#76 \$495 M B

#14 \$320 M

**HERUKA CHAKRASAMVARA**

#DW5 \$595

**HEVAJRA**

#CT36 \$450

**KALACHAKRA**

#T-19 \$440 M

#KS1 \$950 L, XB

#KS5 \$950 L, XB

#KS10 \$950 L, XB

#KS15 \$950 L, XB

#KS20 \$950 L, XB

**KARMAPA**

#53 \$325 M 16th Karmapa

**LION-FACED DAKINI**

#CT506 \$495

**MAHAKALA**

#TP2 Bernochen \$420

#DW3 White Mahakala \$595

**MAITREYA**

#M10 \$1100 L, XB

**MANJUSRI**

#T-6 \$495 M

#DW8 w/red background \$950

#SP5 \$495

**MEDICINE BUDDHA**

#T-25 \$395 M

#502 \$435 M

#CT318 \$450

**MILAREPA**

#TT1 \$395

**NAMGYALMA**

#N15 \$1100 L, XB

**PADMASAMBHAVA (GURU RINPOCHE)**

#T-2 \$495 M

#CT555 \$495

**SAMANTABHADRA**

#T-5 \$440 M

**VAJRADHARA**

#T-9 \$395 M

#93 \$495 M

**VAJRAKILAYA**

#CT840 \$495

#T-23 \$495 M dark background

#T-24 \$495 M

#S-1 \$495 M XB

#SP6 \$495

**VAJRASATTVA**

#T-17 \$440 M with consort

#T-26 \$495 M with consort

#CT874 \$435 with consort

**VAJRAYOGINI**

#SP2 \$495

#DW2 w/black background \$950

#DW4 \$495

#NK10 \$850 M, XB

#T-14 \$495 M

#T-22 \$495 M

#501 \$395 M

**WHITE TARA**

#CT562 \$520

#DW1 w/gold background \$1050

#DW10 \$495

#SP1 \$520

#T-7 \$495 M

#10 \$495 M B

#T-12 \$395 M

#44 \$495 M B

**YAMANTAKA**

#SP4 solitary hero \$395



**TSONGKAPA**  
#48 \$495M



**MANJUSRI**  
#T-6 \$495M



**GREEN TARA**  
#30 \$495M five additional figures



**GREEN TARA**  
#T-11 \$395M



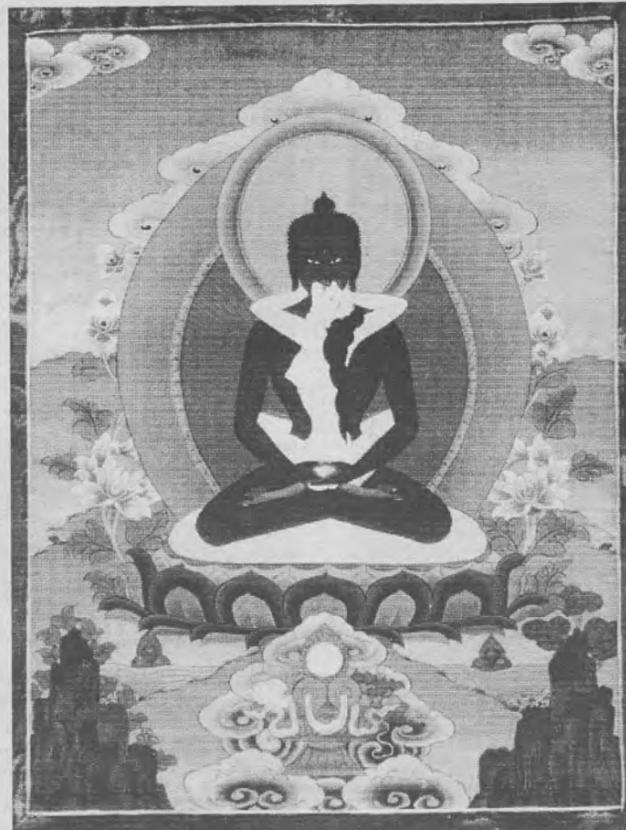
**MAITREYA**  
#M10 \$1100 L, XB



**CHENREZIG** #CT865 w/standing Manj. & Vajrapani \$520



**DZAMBHALA**  
#CT411 \$420



**SAMANTABHADRA**  
#T-5 \$440M



**EKAJATI**  
#CT719 \$420



**KALACHAKRA**  
#T-19 \$440M



**VAJRAKILAYA**  
#T-24 \$495M



**GESAR OF LING**  
#T-2 \$495M



**VAJRASATTVA**  
#T-26 \$495M with consort



**VAJRAYOGINI**  
#T-22 \$495M



**NAMGYALMA** #N15 \$1100 L, XB



**BUDDHA SHAKYAMUNI** #DW7 w/multiple figures \$850



**PADMASAMBHAVA (GURU RINPOCHE)**  
#T-20 \$495M



**BUDDHA SHAKYAMUNI** #DW9 w/12 deeds \$1495



**WHITE TARA**  
#CT562 \$520

### Regarding Thangkas

Over the years Snow Lion has been assisting Buddhist practitioners in obtaining thangkas and statues for their personal practice and inspiration.

Unfortunately, in the modern world, thangka painting is threatened by an influx of fake and quite often badly finished paintings. In many popular tourist areas such as Kathmandu and Delhi these pieces are offered to the unsuspecting buyer as being authentic thangkas. The deities and their colors, proportions and symbols have been assembled and incorporated with little or no regard to traditional religious guidelines. His Holiness the Dalai Lama has frequently pointed out when speaking of these cheap, inaccurate and mass-produced thangkas (created in thangka factories by young Nepali boys), that they do not benefit Tibetans, Tibetan art and culture, or sincere Western Buddhist practitioners. They have no religious value because of the lack of religious intent of the artist who painted them. Most of

these paintings are merely a haphazard mosaic of improperly painted Buddhist symbols and deities.

Obtaining quality thangkas is not easy. You have to know the artists, and to this end, Snow Lion buyers have made numerous trips to Asia to cultivate relationships with various traditional artists. Over the past two years, Snow Lion has made great effort to locate genuine traditional artists whose work is of superior quality and made it a policy not to deal in cheap factory-produced tourist thangkas (which can look authentic or even old to the untrained eye). We deal only in thangkas painted by good thangka painters who genuinely care about the quality of their work. Our thangkas roughly fall into two categories. We carry superior quality well-painted thangkas, properly mounted in nice brocades, which are generally priced from \$395 - \$500. We also carry exquisitely painted museum quality thangkas mounted in silk brocades that generally run \$850 - \$1500.

**BANNERS AND HANGINGS**



**AUSPICIOUS SYMBOL BANNER**

approx. 28" long and 4 1/2" wide, #AUBA \$16.

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.



**BUDDHA AUSPICIOUS SYMBOL BANNER**

5' long x 17" wide #BUAUBA \$60

Eight auspicious symbols on red or yellow background with brocade border and embroidered Buddha at the top.

**LARGE AUSPICIOUS SYMBOL BANNER**

5' long x 1' wide, #LAAUBA \$40

Embroidered auspicious symbols with brocade banner—long and beautiful!



**BUDDHA KADHEN BANNER**

5' long x 17" wide #BUKABA \$85

All brocade banner with the Buddha embroidered at the top.



**KALACHAKRA EMBLEM BANNER**

13 x 24" #KABRBA \$25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade.



**KALACHAKRA BANNER**

12 x 15" KABAWH \$45

A colorful Kalachakra mantra printed on white satin.



**MANI BANNER**

26" long x 4 1/2" wide, #MABANN \$16

Embroidered *Om Mani Padme Hum* mounted in brocade.



**LARGE MANI BANNER**

approx. 4 + long x 13" wide, #LAMABA \$40

Embroidered *Om Mani Padme Hum* mounted in brocade.



**EXTRA WIDE MANI BANNER**

approx. 5' long x 17" wide #EXWIMA \$60

Beautiful background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.

**TASHI TARING BANNER**

18 x 60" #TATAFL \$75

Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, long-life, and the fulfillment of various wholesome deeds or activities of spiritual masters. The five Buddhist colors represent the five families, wisdoms, bodies, and activities of Buddhas. A large version of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days!



**DEITY MANTRA BANNERS**

Vertical banners 6 x 36", brocade with embroidered mantras in Tibetan.

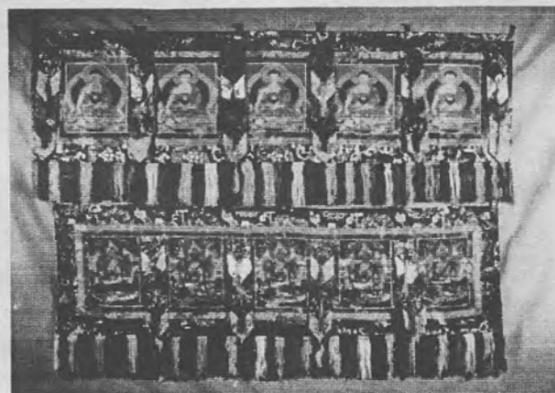
**BUDDHA MANTRA BANNER**, #BUMAMB \$22

**KALACHAKRA MANTRA BANNER**, #KAMABA \$22

**MANJUSHRI MANTRA BANNER**, #MAMABA \$22

**PADMASAMBHAVA MANTRA BANNER**, #PAMABA \$22

**TARA MANTRA BANNER**, #TAMABA \$22



**Closeout Sale, 25% off!**

**DEITY HANGINGS**

Fancy brocade borders with five embroidered deity images. 4 1/2' wide x 22" high.

**Green Tara Hanging** #GRTAHA was \$95, now \$70, only 5 left

**Padmasambhava Hanging** #PAHA was \$95, now \$70, only 5 left

**PRAYER FLAGS**



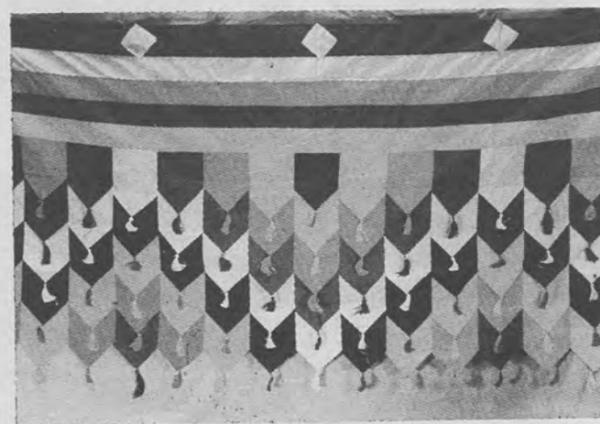
**Auspicious Wish Flag #AUWIFL \$20**

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -contracted flags with nylon cord.

**Windhorse Prayer Flags #SEPRFL \$14 for set of five.** Sales benefit Tibetan nuns.

This is a set of traditional prayer flags in the five colors with windhorse and other animals and mantras printed on them. In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig, Kalachakra, Mahakala and many others. Each flag measures 13" x 16".

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



**DEITY BANNERS FROM INDIA!**

These vertical banners are approx. six feet long and eighteen inches wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

**CHENREZIG BANNER #CHBA \$16**

**KALACHAKRA BANNER #KABA \$16**

**MAHAKALA BANNER #MABAN \$16**

**MANJUSHRI BANNER #MNBAN \$16**

**MILAREPA BANNER #MIBA \$16**

**PADMASAMBHAVA BANNER #PABA \$16**

**TARA BANNER #TABA \$16**

**WINDHORSE BANNER #WIBA \$16**

**VAJRAYOGINI BANNER #VABA \$16**

**RADIANT HEART PRAYER FLAGS**

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

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

**Eight Manifestations of Guru Rinpoche** 25 x 37", #EIMAGU \$16

**Gyaltzan Semo** 20 x 26" #GYSEPR \$8

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



**Kalachakra Monogram**, 9 x 16", #KAMOPR \$5

This symbol contains the seed syllables of the Kalachakra Heruka. It presents the essence of the teachings of the Kalachakra Tantra concerning the energy which transcends the relative concepts of time and space. These ten syllables of power represent the 84,000 teachings of enlightenment. Rainbow colored.

**Prayer to the Twenty-one Taras**, 20 x 26" #PRTWPR \$8

**Sampa Lhundrup**, 19 x 28" #SALUPR \$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.

**Small Wind Horse**, 13 x 16", #SMWIPR \$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, Amitabha, Amitayus, padmasambhava, The Peaceful Deities, the Wrathful Deities, Tara, Vajrakilaya, and Vajrasattva.

**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 existence. The entire Wheel of Life is in the grasp of Yama, Lord of Death. 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.



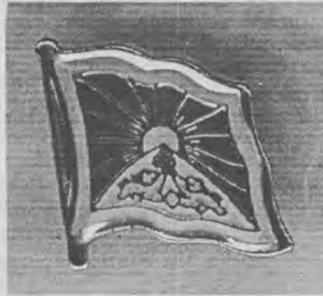
**Shakyamuni Buddha**, 14 x 20" #SHBUPR \$8



**Green Tara** 14 x 20" #GRTAPR \$8

**Turquoise Dragon**, 28 x 13", turquoise on white, #TUDR \$8

In heaven the Turquoise Dragon thunders, 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 FLAG PIN** #TIFLPI \$3

This is a great pin for people who like to show their interest in Tibet. It is 3/4" wide and high, full color with clear finish.



**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.

**TARA HEALING INCENSE GIFT PACK**

#TAINGI normally \$25, special offer \$20

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.

Tara Aromatic Centre of Tashi Choeling Monastery is supported by the Tibetan Refugee Self-help Fund (TRSHF). Its income is used for maintenance of monks at the Tashi Choeling Monastery.

**AGAR 31 HERBAL INCENSE**

made by Dr. Lobsang Choephel. #BLAG \$7.95

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

**NIRVANA BRAND**

#NIBRIN \$6

For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aroma-therapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.



**INCENSE BURNER**

#INBUWO \$70

This is a painted wood burner that measures 14" long x 4.25" wide and high. It has a carved front with snow lions and the three jewels. The burning incense is placed on top of sand or rice in a sliding drawer and the smoke flows through a slot on the top of the box.

**DEITY PRAYER FLAGS**

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. The five flag set measures 16 high x 22 wide



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

**KALACHAKRA PRAYER FLAG SET** #KAPRFL \$12

**MAHAKALA PRAYER FLAG SET** #MAPRFL \$12

**MANJUSHRI PRAYER FLAG SET** #MNPFRFL \$12

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

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

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

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



**FOUR ETERNAL KNOT DOOR CURTAIN**

#FOKNCU \$75

Four Eternal Knots, one in each panel, are sewn on this traditional door cover. Measures 6' long x 42" wide.



**ETERNAL KNOT DOOR CURTAIN**

#ETKND0 \$75

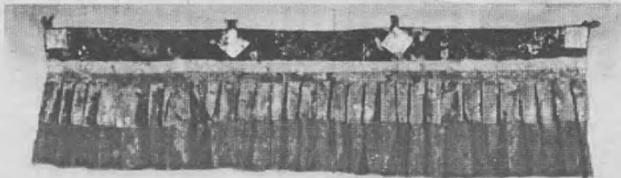
This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.



**EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN**

#EIAUDO \$125

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.



**On Sale! 25% off!**

**SILK WINDOW TRIM**

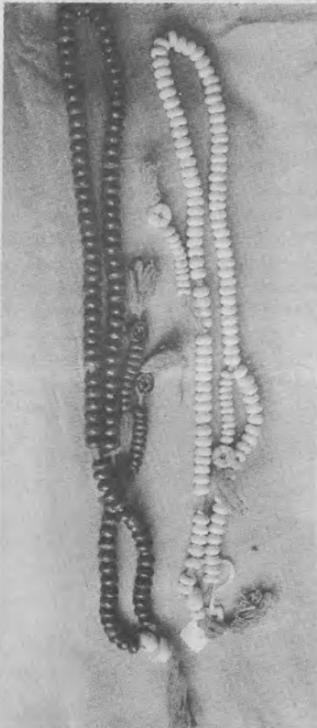
39" #WITR \$45, now \$33.75

Top of horizontal blue, yellow and red brocade, drape of green and red silk.

**MALAS**



**Bodhi seed #BOSEMA \$40**



**Bone Malas**

Strung on a red cord these malas have bone counters too!

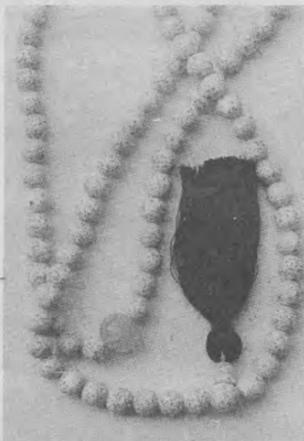
**White Bone Mala #WHBOMA \$20**

**Regular Bone Mala #BOMA \$20**  
Brown bone beads.



**Linden Nut Disc Mala, #LINUDI \$36**

This beautiful mala has abacus shaped beads that are chocolate color with tiny beige speckles from the Linden tree.

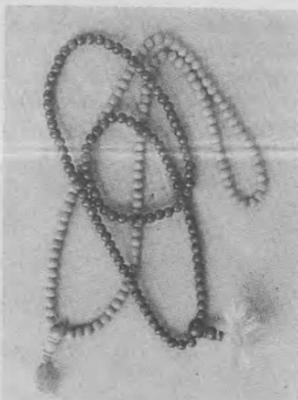


**Lotus Seed Mala, #LOSEMA \$24**

Mala has lotus seed guru bead and tassel.

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

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



**Sandalwood Malas \$14**

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

**Red Sandalwood #RESAMA**

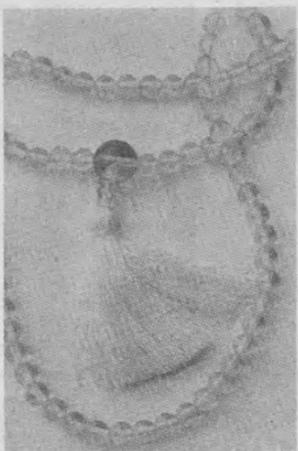
**Regular Sandalwood #RGSAMA**

**Wood #WOMA \$16**

**Yak Bone Mala, #YABOMA \$70**

Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see.

**SEMI-PRECIOUS STONE & CRYSTAL MALAS**



**Amber (Russian) Hand Mala 8mm #AMRUHA \$44**

**Amber (Baltic) 6mm #AMBAMA \$130**

**Cobalt Blue Glass Mala, #COMA \$30**

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

**Rock Crystal Mala #CRMA \$80**

**Rock Crystal Hand Mala #CRHAMA \$28**

**Red Crystal Mala #REMA \$30**

*The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery:*

**Amethyst #AMMA \$250**

**Amethyst Hand Mala #AMHAMA \$90**

**Aventurine 6mm. #AVMA \$50**

**Aventurine Hand Mala 6mm. #AVHAMA \$28**

**Black Onyx #BLONMA \$80**

**Black Onyx Hand Mala #BLHAMA \$28**



**Crystal Mala #CRMA \$80.00**

**Crystal Hand Mala #CRHAMA \$28.00**

**Hematite 6mm. #HEMA \$50**

**Lapis Lazuli #LALAMA \$270**

**Lapis Lazuli Hand Mala #LAHAMA \$90**

These excellent quality lapis malas contain lapis guru bead and blue tassels. Perfect for Medicine Buddha practice.

**Malachite 6mm. #MAMA \$120**

**Malachite Hand Mala #MAHAMA \$70**

**Mother of Pearl #MOPEMA \$50**

**Mother of Pearl Hand Mala #MOHAMA \$24**

**Rhodonite (pink with black) #RHMA \$120**

**Rose Quartz #ROQUMA \$60**

**Rose Quartz Hand Mala #ROHAMA \$28**

**Tiger Eye #TIEYMA \$100**

**MALA BAG**

#MABA \$8

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

**KATAS**

No Tibetan custom is as well-known as the offering of a kata or white scarf used in greeting. The kata is considered as an auspicious symbol. It lends a positive note to the start of any enterprise or relationship and indicates the good intentions of the person offering it. Katas are offered to religious images, such as statues of the Buddha, and to lamas. There are a number of types of katas, some of the most popular are listed below (white unless otherwise mentioned).

**Plain Offering Scarf, 4' long x 14" wide, #PLOFSC \$4**

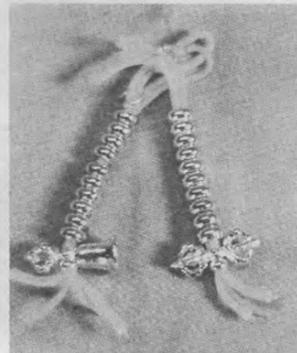
**Natural Golden Color Offering Scarf, 4' long x 14" wide, #GOOFSC \$5**

**Brocade Offering Scarf, 6' long x 16" wide, with auspicious symbols #BROFSC \$12**

**Fancy Brocade Offering Scarf (8' long) with auspicious symbols #FABROF \$25**

**MALA COUNTERS**

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



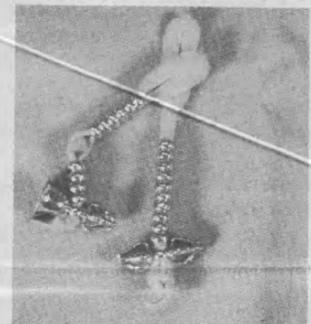
**Gold Counters #GOCO \$22**  
Gold plated bell & dorje.



**TIBETAN WINDCHIMES**

#TIWI \$50

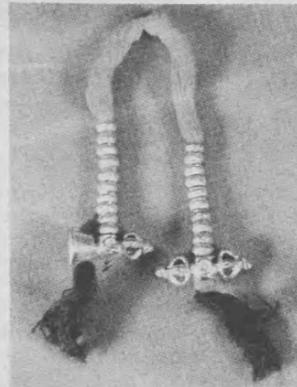
Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch will add delightful tones to the sound of the wind. Made by Tibetans in India.



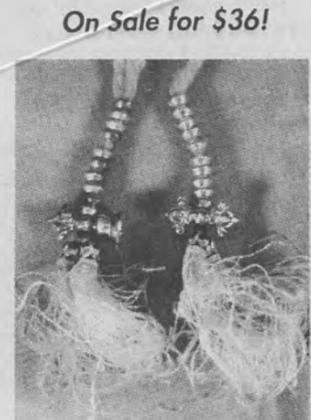
**Pewter Counters #PECO \$26**  
These look like silver, have red tassels, and the bell has a clapper.

**Wheel of Dharma Counters #WHDHCO \$40**

Silver Dharmachakras strung on red cord with multicolored tassels.



**White Metal Counters #WHMECO \$14**



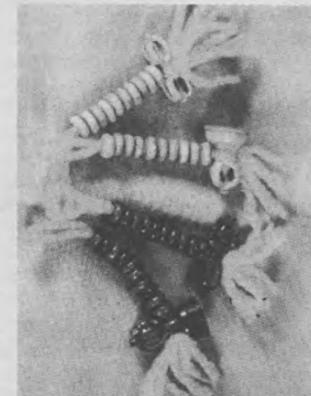
**Silver Counters #LASICO \$50**  
Counters on thick red cord with red and yellow tassels with bell & dorje.

**Sandalwood Counters**

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



**Turquoise Mala #TUMA \$80**



**Regular Sandalwood Counters #RGSACO \$10**

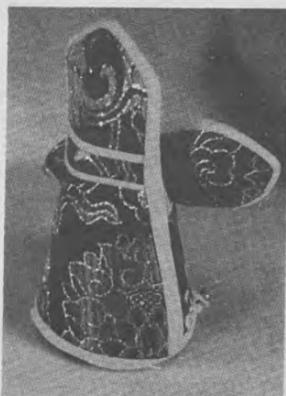
**Red Sandalwood Counters #RESACO \$10**

**RITUAL ITEMS**



**BELL & DORJE**  
#BEDO \$36

The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje is approx. 4.5" long, has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is approx. 6" high and composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.



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

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



**DOOR CURTAIN**  
#DOCU \$95

Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.

**BELLS & DORJES**

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



**BHUMPA**  
#BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is 7" high and used for blessed water.



**BHUMPA FEATHERS**  
#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa. Approx. 12" high.



**BUTTER LAMP**  
#BULA \$16

White metal, well-made, 3 1/2" high.



**BUTTER LAMPS**

4 1/4" high with auspicious symbols in silver-like metal.

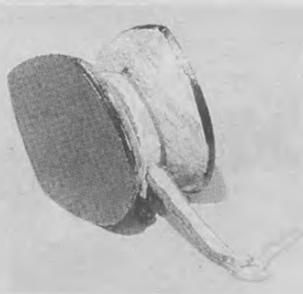
**Copper Butter Lamp, #COBULA**  
\$19

**Silver-like Butter Lamp, #SIBULA**  
\$19



**CHOD DRUM**  
#CHDR \$170

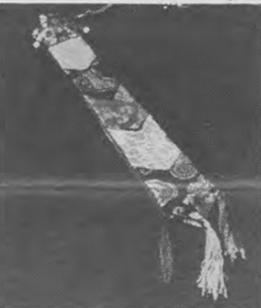
This is the authentic chod drum. It has a diameter of 9.75 inches and is 4.5 inches wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



**DAMARUS (wood)**

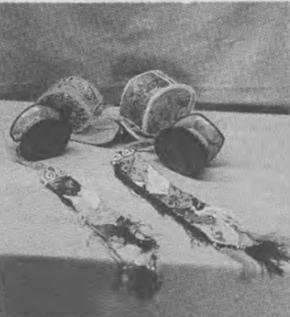
4" in diameter #DA was \$30, now \$20

This is the hand drum used in many tantric practices.



**DAMARU BANNERS**  
#DABA \$20

Beautiful brocade banners in 5 traditional colors. They are approx 22" long and attach to the Damaru to make a lovely tail.



**DAMARU, BANNER & BROCADE CASE SET**

4 1/2" at longest diameter #DASE \$45

5" at longest diameter #DASEL \$55



**DHARMAPALA OFFERING SETS (Serkyem)**

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

**White Metal Serkyem, #SEWH**  
\$28

**Brass Serkyem, #BRSE** \$26



**DINGSHA BELLS (cymbals)**  
#DI \$20

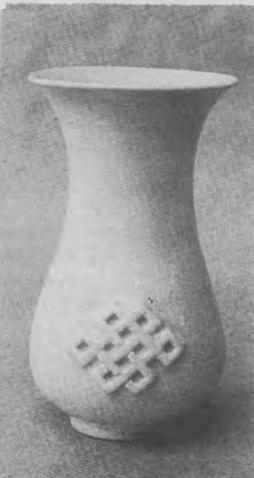
The sound of these bells is psychically cleansing.

**ETERNAL KNOT BOWL & VASE**

Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glaze interior as does the exterior of the vase. The exterior of the bowl is unglazed to reveal the soft luster of the porcelain.



**Bowl, 3" high & 5" in dia.**  
#ETKNBO \$30



**Vase, 7" high & 4" in dia.**  
#ETKNVA \$35

**Win a Guided Tour to TIBET and NEPAL in May 1999**

*Tour leader:*  
Glenn H. Mullin

Snow Lion Publications is offering its fourth trip to Asia to a lucky customer. We have arranged with Mystical Journeys to award one of our customers the opportunity to travel with Glenn Mullin on an 18 day adventure to Nepal and Tibet.

**Here's how you can win:** Every time that you order from us, we will enter your name in our drawing. Just let us know when you order by mail, phone, or fax that you would like to be considered for the trip. We will have our drawing on December 31, 1998 and will let the winner know.

Please check the full page ad on page 21.



**HIGHEST QUALITY HANDCRAFTED PURE SILVER RITUAL ITEMS**

Snow Lion is happy to announce a new arrangement with master silver-smiths 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, gau, 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 overall 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.

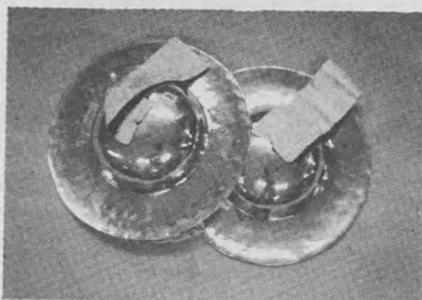
**Large gau (7" high x 5 + " wide)** \$594

**Large butter lamp with flat bottom (5" high x 3 3/4" dia.)** \$276

**Smaller, lighter-weight butter lamp with rounded bottom (4" high x 2 3/4" dia.)** \$84

**Set of silver offering bowls (3 3/4" dia. x 1 3/4" high)** \$534 (the cost is due to the quantity of silver)

**Grain vessel (4 3/4" high x 3" dia.)** \$96



**TIBETAN CYMBALS**  
#TICY \$100

Tibetan cymbals (11 inches in diameter).

**WIN A TRIP TO INDIA & NEPAL!**

See pages 21 and 31 for more information.



**KAPALAS** (skull cup)

It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

**Medium Brass Kapala**  
#MEBRKA \$20

**Fancy Gold and Silver Plated**  
#FASIKA \$40



**MANDALA 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 varies 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

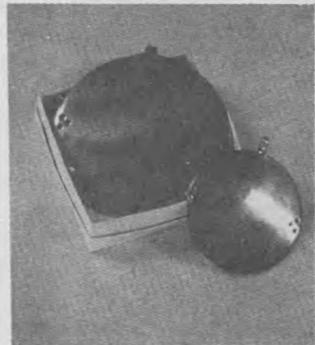
**Gold & silver** (alloys) \$150



**MEDITATION BELL & CUSHION**

#MEBECU \$45

This is a finely crafted Japanese meditation bell is nearly 2" high and 3+" in. 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.



**MELONGS**

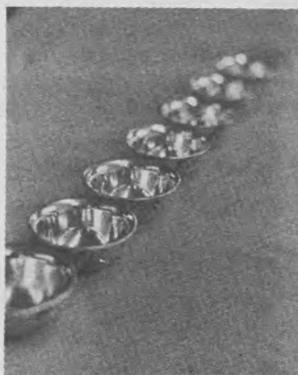
Brass concave circular ritual mirrors.

**Small Melong**, 2 3/4" #MES \$14

**Large Melong**, 4" #MEL \$18

**OFFERING BOWLS**

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items.



**Copper Offering Bowls** (set of 7) #COOFBO \$38

**Engraved Silvery Offering Bowls** #SIOFBO \$33 set of 7

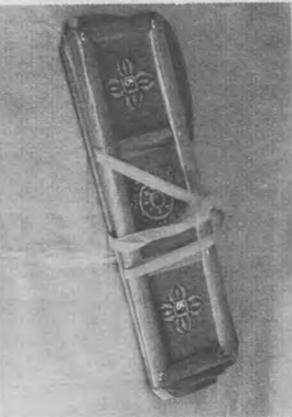
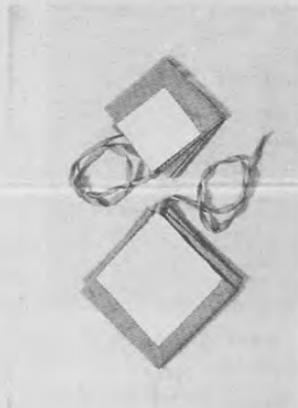
Silvery offering bowls that measure 3 1/4" dia.—lovely engraved pattern.



**Plain Silvery Offering Bowls**

#PLSIOF \$33 set of 7

Plain silvery offering bowls that measure 2 1/4" dia.—Elegant and perfect for smaller altars.



**PECHA HOLDERS**

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

**Regular**, 15 x 3 3/4" #PEHO \$30

**Large**, 17 x 4" #PEHOL \$35



**TIBETAN PICTURE FRAME**

#TIPIF \$15

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



**STUPAS**

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



**STUPA** #STBR \$55

This Tibetan Buddhist stupa is 7.5" 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.



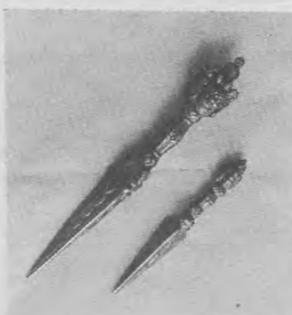
**BRONZE STUPA** 8 1/2" #BRST \$360

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.

**PRAYER WHEEL**

#PRWH was \$50, now \$40

Authentic Tibetan prayer wheel. It is approx. 10" long and contains the mani prayers of Chenrezig.



**PURBAS**

Tantric daggers made of iron used to expel negative forces.

9" #9PU \$30

5" #5PU \$12

**PECHA COVERS**

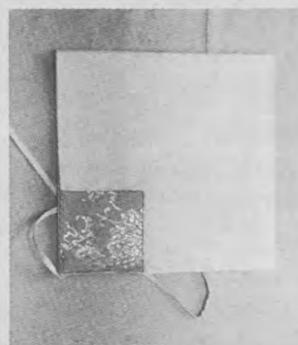
Used to cover sacred texts.

**Standard**

Two sizes of traditional book covers in red cloth with yellow square and cord.

22" sq. #PEWR \$15

30" sq. #PEWRL \$15



**Fancy**

Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

21" sq. #FAPE \$17

30" sq. #FAPEL \$20

**TIBETAN CHAKPUS**

#TICH \$160 a pair

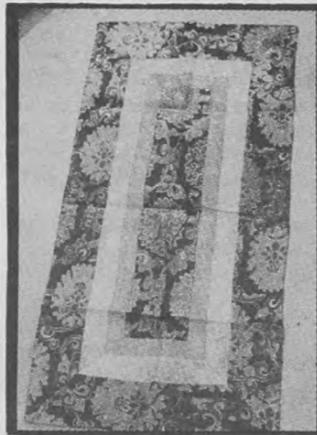
A pair of brass chakpus, made in the US for Namgyal Monastery, are now available to everyone who would like to try their hands at the ancient technique of sand painting. They are 10" long and have openings for sand dispersal of 1/16th and 1/32nd of an inch.



**TIBETAN-STYLE TILDEN**

#TITIL \$25

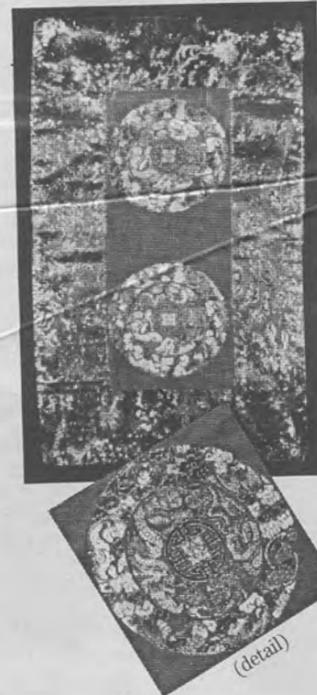
This brocade tilden has pieced triangle design in the middle. The brocade is the kind you find on many thanngkas. It measures 16" x 10."



**LARGE TIBETAN-STYLE TILDEN**

#LATIL \$40

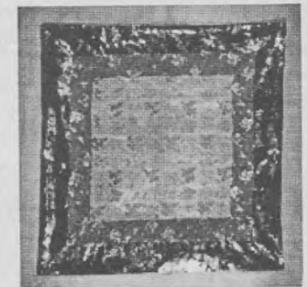
This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



**FANCY BROCADE-TILDEN**

#FABRTI \$25

Lovely blue and red silk brocade cover for sadhana table. It measures 11 x 18."



**LARGE DRAGON ALTAR CLOTH**

30 x 30" #DRALCL \$60

Quality brocade design with dragons.



**LARGE FANCY ALTAR CLOTH**

30 x 30" #ALCL \$45

All brocade piece with triangle pattern in the center.

**On Sale, 25% off**

**CHEPHUR**

This are typically present in Tibetan monasteries hanging around the sides of the room. They are cylindrical and contain the 5 colors in brocade pieces, beautifully alternating to give a dramatic effect.



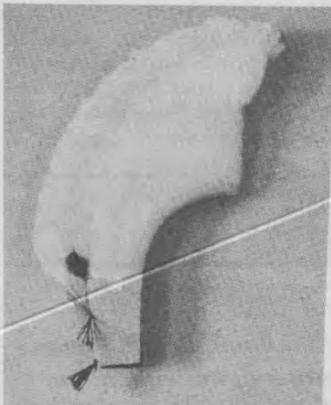
**Small Chephur**, 2' long and 6 1/2" in dia. #SMCH \$45, now \$33.75

**Large Chephur**, over 6 feet long. #LACH \$150, now \$112.50



**Large Canopy Chephur**, 5' long and 1' dia. canopies are in the five colors and are made of silk and brocade. #LACACH \$95

**On Sale! 25% off**

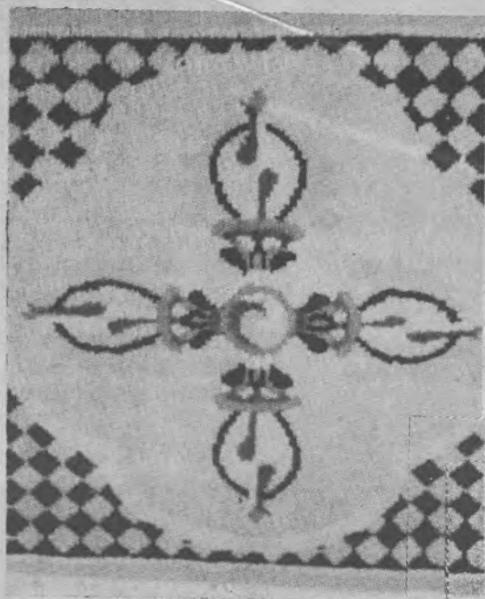


**THE YELLOW HAT**  
#YEHA \$20

Hand-crafted by a Namgyal monk, these miniature Tibetan yellow hats are really neat! Approx. 5" high. All the lineages use them.



**CANOPY**  
40" square #CA \$120, now \$90  
This is a standard brocade canopy that hangs over the lama's throne.



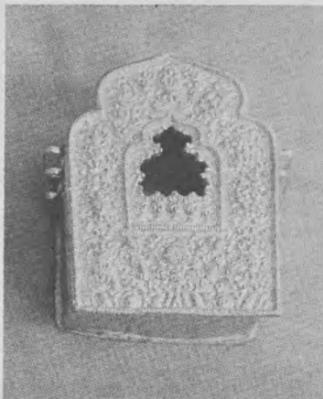
**TIBETAN MEDITATION CARPET** 3 x 3 feet, #TIMECA \$250

We are pleased to offer a custom-designed, traditional Tibetan style meditation carpet. The central image is the double dorje, which is often placed below the 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.

The following Kalachakra items are described in the Kalachakra section:

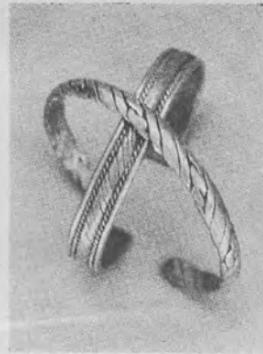
- KALACHAKRA WATCH**, #KAWA \$120
- PEACE MANDALA SCREEN SAVER** #PEAMASC \$40
- TIBETAN SAND MANDALA JIGSAW PUZZLE** #TISAMA \$15
- Wheel of Time Mind Mandala button, 2 1/4" #WHTIBU \$3
- Wheel of Time Mind Mandala magnet, 2 1/4" #WHTIMA \$3

**TIBETAN JEWELRY**



**LARGE GAU**  
#LAGA \$18

Made from copper with brass cover, this 4" gau will hold many precious objects.



**TIBETAN MEDICINE BRACELETS**

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

**Woven 3-metal band** #WOTHME \$6

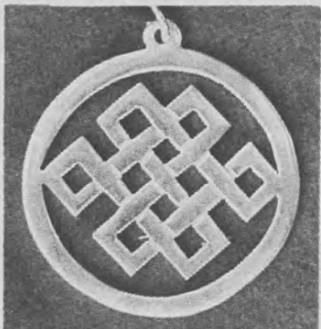
**3-metal design with beaded edge** #BEEDBR \$6

**ENDLESS KNOT EARRINGS & PENDANT**

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion—the Buddha Nature in all. Dedicated to a free Tibet and to the Tibet Resettlement Project, Marta Macbeth has designed and produced beautiful sterling silver pendants and earrings featuring the endless knot symbol. A percentage of the sale of Endless Knot purchases go to the Tibetan Resettlement Project in Ithaca.



**Endless Knot Earrings**, all silver, 1 1/4" long, #ENKNEA \$36



**Endless Knot Pendant**, silver w/ cord, 1 3/8" dia., #ENKNPE \$24

**OTHER BRACELETS**



**OM BRACELET with stones**  
#SAOMBR \$35.

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



**YAK BONE BRACELET**  
#YABOB \$10.

This bracelet features six oval panels with auspicious symbols.

**YAK BONE NECKLACE**  
#YABON \$10.

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

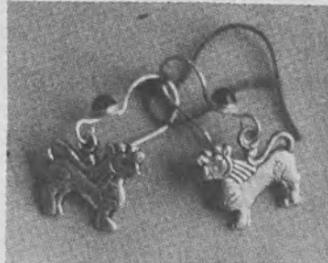
**SILVER EARRINGS**

**On Sale!**



**Phurba Earrings**, #PUEA \$24, now \$18

The phurbas are 1.5" long.



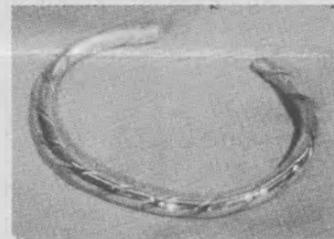
**Snow Lion Earrings**, #SNLIEA \$12

Silver snow lions with semi-precious stone.

**FINELY CRAFTED THREE-METAL MEDICINE BRACELETS**

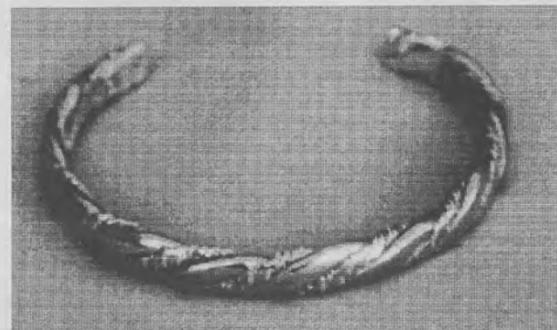
by Sergio Lub.

This finely crafted silver, copper and brass Tibetan medicine bracelets were hand-crafted by Sergio Lub, a westerner who learned from the Tibetans how to make these bands and has refined the technique to a high degree. They are gorgeous!



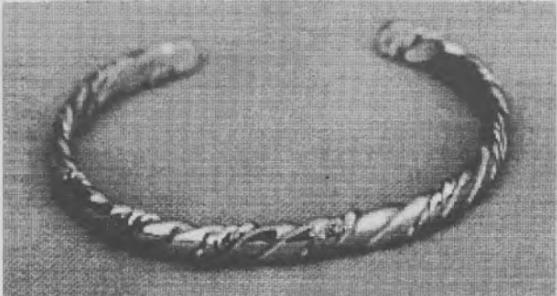
**SHERPA'S ROPE** #SHROBR \$25

This is a three-metal weave 3/16" wide



**SEVEN METAL BRACELET** #SEMEBR \$40

This is a seven-metal weave that is 5/16" wide.



**TIBETAN ROPE** #TIRO \$25

This is a three-metal weave that is 1/4" wide.

**OM MANI PADME HUM RINGS**

#OMRI \$17

Women and men's styles; adjustable.





**FANCY ETERNAL KNOT EARRINGS**

Matte Silver Eternal Knot Earrings w/turquoise bead #MASIEA \$20

Gold Eternal Knot Earrings w/ red carnelian bead #GOEA \$20

**MANDALA PENDANT AND EARRINGS**

These silver earrings and pendant are in the shape of mandalas and have a deep red garnet in the center. The pendant is 1 1/2" in diameter and the earrings are 7/8" in diameter.



Mandala Earrings #MAEA \$26



Mandala Pendant #MAPE \$26



**OM MANI PADME HUNG Pendant**

#OMPE \$9.95

1 3/8" in diameter, this pendant has a circular *Om Mani Padme Hung* mantra in Tibetan letters circling around the central Hrih. It is a silver alloy and has a ring for a chain or string.

**TIBETAN CAMERA CASE**

#TICACA \$36—now \$27!

This is a lovely cloth bag made by Tibetans for holding camera equipment. It can easily double as a hand bag for men or women. It measures 8" wide, 6" high and more than 2.5" deep with a zipper around the top and an adjustable shoulder strap. An additional zippered pouch on the front measures 4" high by 6" wide. Earth-tone colors are very attractive.

**DEITY PENDANTS**

Fine pendants with real silver finish from Nepal. The small ones are 1 1/4" high and are \$12.



Buddha #SIBUPE \$15



Chenrezig #SMCHSI \$15

Padmasambhava #SMPASI \$15



Tara #SMTASI \$15

**WEARABLES & OTHER THINGS**



**TIBETAN BACKPACK**

#BAC \$35

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



**COTTON CHANGE POUCH**

#CHPO \$3

Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures approx. 5" wide by 4" high.



**TIBETAN BAG**

5 X 7 X 1.5" #TIBA \$8.50

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



**BROCADE BAG**

6.5 x 8" #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.

**Closeout sale, now \$25 ea.**



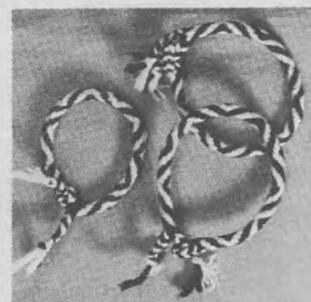
**TIBETAN BELT POUCHES AND SHOULDER BAGS**

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

Rectangular Pouch with belt, #LEPUHB 4.5 x 8"—one left

Rectangular Pouch with shoulder strap, #LEPUHS 4.5 x 8"—two left

Square Pouch with shoulder strap or belt attachment, #LEPUV 4.5 x 6"—three left



**TIBETAN FREEDOM BANDS**

#BLWHFR \$4

In Tibet where there is no freedom of expression, where the singing of the national anthem is prohibited and the national flag is banned, the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community-in-exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and are worn like friendship bands.



**TIBETAN WOOL BELT**

40" plus braided end cords, 1.25" wide, #TIWOBE \$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.



**TIBETAN WOOL SCARF**

#WOSC \$20

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



**ETERNAL KNOT KEY CHAIN**

#ETKNKE \$20

Great-looking sterling silver eternal knot is attached to key ring.

**BUMPER STICKERS!**

**BOYCOTT CHINESE GOODS**

"BOYCOTT CHINESE GOODS" #BOCHGO \$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" #CORAAC \$1.50

Red letters on yellow background.

**I ♥ TIBET**

"I (HEART) TIBET" #HEBUST \$1.50

Blue letters, red heart and yellow background.

**FREE TIBET!**

"FREE TIBET" #FRTIBU \$1.50

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

**TIBET FOREVER**  
ENDLESSLY CONNECTED

"TIBET FOREVER" BUMPER STICKER, #TIFOBU \$1.50

With endless knot design.



**TIBETAN NATIONAL FLAG**

5 x 3 ft. #LATIF \$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" ft. #SMTIFL \$35



**"FREE TIBET" Buttons**  
2 1/2" Diameter. \$1  
Yellow letters on red. Call us for information on wholesale pricing and quantities.



**DOOR MANTRA**  
#HECEDO \$2.50  
This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

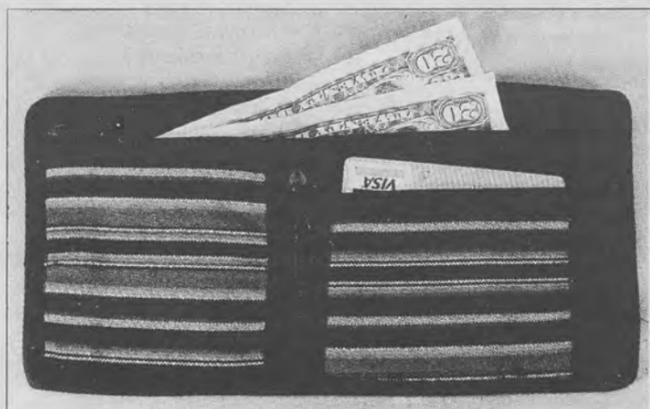


**METAL DOOR MANTRA:**  
**Om Mani Padme Hum**  
#MEDOMA \$10  
This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".



**TIBETAN STAMPS**  
#TIST \$5  
60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.

**WIN A TRIP TO INDIA & NEPAL!**  
See pages 21 and 31 for more information.



**TIBETAN WALLET**  
#TIWA \$8  
Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.

**T-SHIRTS**

All these shirts are good quality 100% cotton.

**TIBETAN FLAG SHIRT**  
#TIFLTL (large), #TIFLTX (x-tra large) \$15  
The Tibetan Flag is on white so that the flag colors are true.

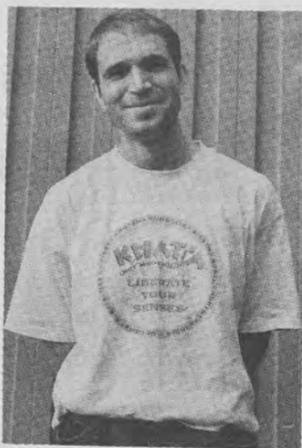
**OM MANI PADME HUM SHIRT**  
#OMTL (large), #OMTX (x-tra large) \$15  
The golden mantra on a blue shirt.

**DOUBLE DORJE SHIRT**  
#DODOTL (large), #DODOTX (x-tra large) \$15  
Gold double dorje on red.



**NAMGYAL T-SHIRT**  
#NABL (large), #NABXL (x-tra large) \$18  
Golden mandala on black. The Dalai Lama's Ithaca branch of Namgyal Monastery is benefiting from the sale.

**NAMGYAL T-SHIRT**  
#NAML (large), #NAMXL (x-tra large) \$18  
Golden mandala on maroon. The Dalai Lama's Ithaca branch of Namgyal Monastery is benefiting from the sale.



**KHATSA: The Shirt!**  
#KSHSL large or #KSHSX x-tra large \$15  
Here is wearable Tibetan hot sauce art. 100% cotton with lovely reddish letters on natural tan color fabric.



**ETERNAL KNOT T-SHIRT**  
white large #WHKNSL & x-tra large #WHKNSX; black large #BLKNSL & extra large #BLKNSX \$15  
"We are all connected" is the message of this great-looking shirt. It comes in black with red and white designs or white with black and red designs on 100% Fruit of the Loom cotton.

**MASKS from Bhutan!**

We have received a number of wooden masks that are hand-carved and brightly painted by skilled Bhutanese artisans. These Tibetan-style masks depict sacred animals. We only have one of each so please call for availability. There are two basic sizes, the larger ones are 6" wide, 6" high and 8" from back to front. The smaller ones are 4+ " wide, 5" high and 6" from back to front. The larger ones sell for \$250 and the smaller for \$150. Here's the selection:

- Large:** Dragon, Horse
- Small:** Deer, Horse, Boar, Snake, Monkey, Rat, Bull



**CONSECRATION OF STATUES AND THANGKAS!**

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

