Chagdud Gonpa T'hoodup Ling

To Construct First Shi-tro Mandala for Universal Peace in U.S.

by Veronica Miller

As part of His Eminence Chagdud Tulku Rinpoche's efforts to preserve the spiritual and cultural tradition of Tibetan Buddhism, Lama Nubpa Chodor Gyatso (Lama Gyatso), resident lama of Chagdud Gonpa T'hondup Ling in Los Angeles, has commissioned a rare three-dimensional mandala of the Peaceful and Wrathful Deities of the One Hundred Buddha Families ("Shi-Tro" in Tibetan).

The Shi-Tro Mandala for Universal Peace, the first of its kind to be commissioned in the United States, will be created by Tibetan artist Pema Lhadron, one of only a handful of artists in the world qualified to execute a cultural treasure of this import.

Though often made with sprinkled sand in two dimensions, all mandalas are actually three-dimensional, with sand mandalas only hinting at the top view of a dazzlingly elaborate creation intended to depict the precise proportions and structure of the divine realms. The initials of the Shi-Tro Mandala are expressions of enlightened qualities that have the power to transform negativity. Each aspect of the Mandala is highly symbolic and is intended to reveal qualities inherent within us that will further us on the path to enlightenment. Because of the large commitment of time, expertise, and funding needed to create such an intricate mandala, the Shi-Tro Mandala will not be dismantled upon completion. Rather, it will be available for exhibition in museums and other venues throughout the United States before being permanently installed at the Los Angeles center of Chagdud Gonpa T'hondup Ling.

Documenting the process of creating this cultural treasure, by video and other means, will help to preserve the sacred Tibetan culture, whose very existence continues to be threatened.

The Mandala project includes publication of the text of the One Hundred Peaceful and Wrathful Deities.

(Continued on page 2)

CONSCIOUSNESS AT THE CROSSROADS

Conversations with The Dalai Lama on BrainScience and Buddhism

This book addresses some of the most fundamental and troublesome questions that have driven a wedge between the realms of Western science and religion for centuries. Con sciousness at the Crossroads is the result of a series of meetings between the Dalai Lama and a group of eminent neuroscientists and psychologists. The Dalai Lama regularly dedicate several days out of his busy schedule to engage in these kinds of meetings, which have resulted in more than a decade of fruitful dialogue between Buddhism and Western science.

Is the mind nothing more than an ephemeral side-effect of the brain's physical processes? Are there forms of consciousness so subtle that science has not yet identified them? How does consciousness begin? How do we know what we know? Every question is discussed, with its emphasis on empirical observation of mental processes, offering insights into these theory questions, while the Dalai Lama's own views, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.

Born in Amdo, Tibet in 1935, Tr安排a Gyatso was recognized as the Fourteenth Dalai Lama, spiritual and temporal leader of Tibet. He has served as head of the Tibetan government-in-exile in Dharamsala, India, since the Chinese takeover of Tibet in 1959. Winner of the 1989 Nobel Peace Prize, today he is known the world over as a great spiritual teacher and a tireless worker for peace.

(Continued on page 16)

MEDITATIONS TO TRANSFORM THE MIND

The Seventh Dalai Lama is often considered to be one of the greatest of the early Dalai Lamas. He wrote extensive commentaries on the Tantras, and over a thousand mystical poems and prayers. His Meditations on Transforming the Mind is a highly valued collection of spiritual advice for taming and developing the mind. These inspired writings are an outpouring of Himalayan spirituality, a unique presentation that appeals to the heart as well as head.

The Seventh Dalai Lama's rich spiritual writings are direct and arresting, giving clear advice on the essence of Buddhist practice. In this book, Glenn Mullin provides valuable and fascinating introductions to each piece, making them even more accessible. Also included is a biography of the Seventh Dalai Lama.

Glenn H. Mullin is a member of the Library of Tibetan Works and Archives Research and Translation Bureau. He lived in the Himalayas from 1972 to 1984, where he studied tantric Buddhism under numerous Tibetan masters. A renowned author and Buddhist scholar, he has lectured and conducted workshops throughout the world, and has published over a dozen books on Tibetan Buddhism.

The following excerpt from the book is a song which the Seventh Dalai Lama wrote at the request of one of his disciples, Changkya Rinpochey, better known as the third incarnation of the Changku Thuk. An author Glenn Mullin points out in the introduction to this section, the song is "very tantric in nature, and therefore makes use of a specialized and esoteric language. I suspect that some of it will float over the heads of non-initiates. Nonetheless, as the Tibetan saying goes, 'If you don't understand, at least you can work on it with your guts. For those with a background in tantric literature it perhaps will be appreciated as one of the most profound and powerful pieces in the volume."

(Continued on page 14)
BOUNDLESS HEART

The Cultivation of the Four Immeasurables

by B. Alan Wallace
ed. by Zara Houshmand
308 pp. BBOHE $14.95

BOUNDLESS HEART presents a unique interesting of teachings on the Four Immeasurables and instruction on meditation, as illustrated in the Dalai Lama's teachings on these practices. The text is designed to help the reader develop the necessary meditations and live in a world where compassion is the norm and where one's own body, speech, and mind are fully operational.

The Dalai Lama discusses his next reincarnation

The Dalai Lama used the occasion of his 68th birthday to announce that he will not be reincarnated in Tibet, but in a free country outside China-controlled Tibet. The purpose of reincarnation is to carry (on) work started by the previous life which remains unfinished, the Dalai Lama was quoted as telling Press Trust of India. The Dalai Lama used the occasion of his 68th birthday to announce that he will not be reincarnated in Tibet, but in a free country outside China-controlled Tibet. The purpose of reincarnation is to carry (on) work started by the previous life which remains unfinished, the Dalai Lama was quoted as telling Press Trust of India. The Dalai Lama used the occasion of his 68th birthday to announce that he will not be reincarnated in Tibet, but in a free country outside China-controlled Tibet. The purpose of reincarnation is to carry (on) work started by the previous life which remains unfinished, the Dalai Lama was quoted as telling Press Trust of India.

The bond continues...

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The Dalai Lama Discusses His Next Reincarnation

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"The purpose of reincarnation is to carry (on) work started by the previous life which remains unfinished," the Dalai Lama was quoted as telling Press Trust of India. He also said that it was possible his successor would be chosen in a non-traditional manner, by voting among the senior monks or by seers.

Traditionally, a committee of high ranking monks search for a replacement.
Thus, a mandala contributes to the development of the full range of Buddhist teachings and wisdom, and is the ground of the state of primordial being. The tantra meditation, which is based on this secret mandala that benefits spiritual practitioners, one profound and skillful path of tantra, is a complete, perfect, without having to be deliberated created. The mandalas experienced in meditation are developed through the dynamic energy of the practitioner and occurs during the actual meditation. The so-called mandalas of the bardo is a symbolic expression of the source of the profoundly, blissful state of timeless awareness. And finally, there are very physical depictions of mandalas, which may be in two-dimensional paintings or designs in sand or three-dimensional constructions.

Our current project is the construction of special mandalas for very sacred methods to purify their consciousnesses and lead them further along the spiritual path. In brief, it is important that we take the two levels of obscurations as the spontaneous accomplishment of one's own mind and body, and not as the two hells themselves will be emptied of all breaking and impairing adventitious factors obscure this fact that ordinary beings remain caught in cyclical existence. When this three-dimensional mandala of the peaceful and wrathful deities is constructed in precise detail and consecrated with the appropriate rituals, it is in some sense inseparable from the mandala one experiences in spiritual practice, as the highest formative appearance of the deities. But it does not simply serve as a focus for personal meditation. The environment in which such a mandala is built is permeated by spiritual beings, just as a palace filled with fragrances when incense is burned there. These blessings have a stabilizing effect on inauspiciousness in the elements of the outer world, and dispel illusory, flimsy, false, and other ailments that afflict us in these times of spiritual degeneration. In a similar fashion, to see, hear, think of, or otherwise come into contact with such a mandala has a transformative effect on our minds, people, awakening and compassion in them, and causing these attitudes to grow.

The center is unerring, the ultimate heart essence while the circumference is the perfection of awareness and natures as supreme bliss. Understand that the mandala—the center and circumference of the all-creating monarchy—indeed the expansive of awakened mind, which has no basis in dualistic experience, even if this takes place entire lifetimes. In this shorter term, such a mandala serves as a sacred focus that by its very nature provides the means to achieve merit, success, and prosperity. There is a further benefit to this particular mandala. Although the nature of reality is non-dualistic from the standpoint of dharma, our failures to recognize this naturalness cause us to misconstrue it in ways that lead to ordinary states of passion or pain. On the basis of this, we reinforce negative thoughts through our activity, which contributes to our failure to recognize this naturalness. It is important that we take these steps to preserve and preserve these traditions. This project is an excellent example of how such a practice can be practiced. We would ask that all of you who are interested in this send your support in whatever way you can.

For more information, contact: 769-5511 or send an e-mail to Thondup_Ling@juno.com Fax: 323-9534859 e-mail: Thondup_Ling@juno.com

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CHAGDUD RINPOCHE AND SHI-TRO MANDALAS

Continued from page 1

practice, currently being translated by Lama Chokyi Nyima (Richard Barron) and soon to be available through Chagdud Gonpa Foundation, the creation of the mandala will be used to educate various groups—including at-risk youth—about the path of nonviolence. The public is invited to participate by supporting the creation of the mandala, which will take nine months to complete. Every $1000, individuals can sponsor one of the helper statues within the mandala. The trust for each sponsor will be dedicated to family members or friends, or on behalf to people who have passed away. Sponsor's names will appear on a plaque, which will be displayed in the center as a display. Offerings of building materials, art supplies, and book reviews, and individuals can help sponsor the artist and his assistants for any portion of their one-month stay. For details about how to contribute donations of any amount, the group's appeal can be sent to Chagdud Gonpa Foundation, 769-5511 or send an e-mail to Thondup_Ling@juno.com. For more information about the Mandala Project, call Thondup Ling at 769-5511 or send an e-mail to Thondup_Ling@juno.com. To order the One Hundred Peaceful and Wrathful Deities text, please call Chagdud Gonpa, RightMind at 802-655-2386.
When someone seeks to understand the teachings of a person, what should he or she pay attention to? With the meaning of taking refuge in the jewels in the three references below, we will present the major teachings of the two truths system. It is a teaching that indicates that when you talk about the two truths, it is well to understand that they are not two different types of viewpoints on the same subject. In the two truths system, what is the lowest taught? It is the base that is acknowledging the three jewels from the depths of their meaning and putting them into practice in one's life.

The two truths system is presented in the works of the four tenet systems. There are two important concepts: The two truths are (1) ultimate truths and (2) conventional truths. These two truths can be understood as the Middle Way system. For example, the two truths are: the base without support and the base with support. The base without support is the base that only exists through the perception of others. The base with support is the base that exists through the perception of others and the base that is recognized as existing in the objective world.

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TIBETAN CULTURE BEYOND THE LAND OF SNOWS

Smithsonian Folklife Festival
June and July, 2000

The Consortium for Tibetan Art & Culture (CTAC) has joined efforts with the Smithsonian Institution to present Tibetans Beyond the Land of Snows at the Year 2000 Smithsonian Folklife Festival in Washington, D.C. next summer. Tibetans Beyond the Land of Snows is a research-based presentation of the living traditions of Tibetan communities in exile. The Festival, free and open to the public, will be the largest Tibetan cultural event ever held in the West. The highlight of the two-week event will undoubtedly be the Holmes Pavilion: the Land of Snows Pavilion, located on Sunday, July 2nd. As a means of presenting both the syncretic and lay traditions of the Tibetan people, the Year 2000 program will include the presentation of two annual Tibetan Festivals, the Monlam Prayer Festival at the National Cathedral, and the Shenpen Festival at the National Museum of American History. Tibetan arts, music, performances, monks, and nuns from India, Nepal and North America will demonstrate the religion, art, and knowledge of the Tibetan people. A Learning Center will be constructed on the Festival site in which interactive sessions and exhibits will discuss issues of cultural survival and where participants will be placed on Buddhist discourse by teachers from the four schools of Tibetan Buddhism as well as the Bon tradition. To contribute to help this event, which The Dalai Lama has called "the centerpiece of Year 2000 international activities to increase awareness and to preserve our culture," or to obtain more information, contact: CTAC, 1531 5th Street, NW Suite 600, Washington, D.C. 20005.
REALIZING EMPTINESS
Madhyamaka Insight
Meditation
by Gen Lamrimpa
translated by E. Alan Wallace
184 pp. ISBN 814-95

The Tibetan contemplative Gen Lamrimpa trained in Buddhist philosophy and meditation under some of the greatest masters of the twentieth century. After spending twenty years in solitary retreat, he was requested by His Holiness the Dalai Lama to take on a more active role as a teacher. Subsequently, he accepted an invitation to the West, where he gave the teachings presented here in response to a request for practical instructions on Madhyamaka insight meditation aimed at realizing emptiness.

In Realizing Emptiness, Gen Lamrimpa draws on his theoretical training as well as his solitary meditative experience to show how students can gain realization of ultimate truth. He explains in a practical and down-to-earth fashion how to analyze your experience to fashion how it has been predicated and misunderstood because of our many delusions and how to see the Madhyamaka reasoning to experience the way in which all things exist as dependently related events. Those who wish to apply the Madhyamaka view to meditative practice and daily life will undoubtedly find this work to be of great practical value. The book draws two chapters from Osho's and its relation to Madhyamaka.

Gen Lamrimpa, b. Jampal Tsogyal, was born in Tibet in 1914. A disciple of Tulku Loden, he has been living in meditative solitude in the mountains high above Dummarstra, India, since 1971. There he has gained a reputation for his deep experience of the "images of the path" practices. He is also renowned as an accomplished practitioner of meditative stabilization and numerous other meditation systems. Following is an excerpt from Realizing Emptiness.

The Significance of Compassion and Insight

By meditating on emptiness one can never lose the root of cyclic existence. This implies that if one meditates on emptiness with a spirit of emergence, one will attain the effective disciplines and, if this practice is nourished by a spirit of understanding, one can further eradicate the coarse obstructions. In this way one can attain full awakening, the enlightenment of a buddha, which then pro- vides the full capacity for utterly relieving the suffering of others and bringing them to a lasting state of well-being. Hence, the cultivation of the most important is very important.

The initial intention is very important for any type of activity in which we may engage. For mundane activities, an ordinary intention is enough, but such a mundane motivation of simply getting the job done may not be sufficient for the type of setting we are discussing here. It is important to cultivate a special motivation. We must cultivate a wholesome motivation, and the most virtuous motivation we can cultivate is the one to detoxify the suffering of others and to bring others to a state of well-being.

In fact, the realization of the Buddha, in fulfilling both the scriptures and insight, has compassion as its root. The teachings offered here are included in the Mahayana Dharma. In this context great compassion is indispensable. Compassion is a state of mind independent of protections against suffering. It is a priceless quality of awareness. If compassion fills one's own heart, one can help others to a state of well-being and protect them from suffering. Moreover, if other people have compassion directed at oneself, this also makes them happy. One might say that compassion is the root of joy and happiness. As an example, in your household, if you are a compassionate person, this brings happiness to the rest of the people in your family. Moreover, if all the members of a family have kind, compassionate natures, then in both hard times and good times, this reality of awareness brings about happiness for all of them. Taking a broader view, if the whole world were filled with compassionate people, there would be no question that happiness would reign.

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Dzongkar Choede Monastery Tibetan Buddhist Art Tour, North America

It is currently the responsibility of the ancient Tibetan monastery, Dzongkar Choede, to preserve sacred Buddhist ritual objects. After the Chinese military invaded and occupied Tibet, 18 senior Dzongkar Choede monks escaped into India, bringing with them many sacred objects. Tibetology then rebuilt a small monastery in southern India where they continued to preserve the objects as well as to learn and practice the dharmas. Currently, there are about 100 monks residing at the monastery.

Although many Tibetan tours have visited North America in recent years to both offer dharma teachings and introduce Tibetan culture, Dzongkar Choede Monastery’s first North American tour provides a rare opportunity to host a special Tibetan exposition. Choede Monastery’s first North American tour provides a rare opportunity to host a special Tibetan exposition of sacred lustrous objects, along with active viewing of the construction of a 3-dimensional wooden mandala, a truly unique Tibetan Buddhist tradition. Part of the exhibition will be the construction of a wooden Yamantaka mandala. According to beliefs in Tantric Buddhism, viewing and venerating a mandala will bring about great benefits for many beings. "Yamantaka" means and represents the Destroyer of Death Buddha, whose peaceful emanation body is that of Manjushri, the Buddha of Wisdom. In addition to the mandala, there will be an exposition of sacred precious objects. Some of the objects included in the tour will be Padmasambhava’s Foot Print, ninth century; Mahakala Statue carved by master Rendawa, Tsongkapa’s Wife, eleventh century; and an exposition of sacred precious objects. Some of the objects included in the tour will be Padmasambhava’s Foot Print, ninth century; Mahakala Statue carved by master Rendawa, Tsongkapa’s Wife, eleventh century; and Angulimala’s Sword.

The venerable Abbot Khengo Thargyen Tendrol leads the tour along with eight monks. The monks on the tour are able to provide dharma teachings, initiations, and public pujas upon request. Families may also invite the monks for private home visits to give special dharma teachings, tantric pujas for long life and pujas for the dead.

All donations will be used for the construction of the Dzongkar Choede museum. For more information and to schedule a visit in your community, please contact: Mr. Dang Tan Hau (Damita), 17 Strathcona Avenue, Toronto, Ontario, M4K 1B0, Canada. 416-462-8798; fax: 416-462-9822; email: dhau@home.com.

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The venerable Abbot Khengo Thargyen Tendrol leads the tour along with eight monks. The monks on the tour are able to provide dharma teachings, initiations, and public pujas upon request. Families may also invite the monks for private home visits to give special dharma teachings, tantric pujas for long life and pujas for the dead.

All donations will be used for the construction of the Dzongkar Choede museum. For more information and to schedule a visit in your community, please contact: Mr. Dang Tan Hau (Damita), 17 Strathcona Avenue, Toronto, Ontario, M4K 1B0, Canada. 416-462-8798; fax: 416-462-9822; email: dhau@home.com.

Also: Ediciones Amara, Barceloneta Quimica 27, Ciutadella de Menorca 07760, Spain. Spanish books are also available for the dead.

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Summer Intensive Dzogchen Meditation Retreat also with Charles Genoud and Brendan Kennedy July 16 - August 1, 1999, Canandaigua, New York

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The Practice of Mahamudra

Mahamudra represents the highest level of teaching within Tibetan Buddhism. Its study and practice leads to the realization of the very nature of reality itself—there is not a single phenomenon which is not subsumed within the realizations of Mahamudra. In 1934, H.H. Chetsang Rinpoche toured the USA and gave detailed instructions in Mahamudra methods based on the ancient traditions of Tibet. In the process, he carefully explained each of the five stages of Mahamudra and taught many meditation practices. His Holiness also gave precise instructions on meditative posture and breathing which he expounded with helpful answers to students’ questions using the teachings of Tsong and Lamrim to illu-

sate various points. This book is a record of the Holiness teachings on Mahamudra, and is the clearest presentation of Mahamudra meditation practice available.

His Holiness Chetsang Rinpoche was born in 1946 in Lhasa, Tibet into a family of Dzogchen practitioners. At the age of 3, he was recognized as the 37th Drikung Kyabgon by His Holiness the Dalai Lama, who bestowed the title of “Chetsang Rinpoche” on him. In recognition of his advisory role, His Holiness assured that Drikung Kyabgon be assisted in all things concerning the realization of Mahamudra practice. H.H. Chetsang Rinpoche has worked tirelessly to re-establish the correct philosophical view of Mahamudra, and is the clearest proponent of Mahamudra practice available.

Chetsang Rinpoche’s Mahamudra teachings are compared to the mud that fills the pond. Until all that mud settles through the clear water to the essential nature of mind itself, we cannot see the bottom. It is the practice of mental quiescence that allows us to see through the illusion of the phenomenal world, the domain of appearances. The techniques of mental quiescence, allow the false appearance of the world to subside and then reality will appear by itself.

The realization of ultimate reality comes through an understanding of the nature of mind itself. Viewing the essential nature of mind it-
Ancient Wisdom, Living Tradition
The Spirit of Tibet in the Himalayas
MARcia KEEGAN  Translated from the Tibetan by LOBSANG LHALUNGPA
Foreword by H.E. the Dalai Lama
"Prayers, teachings and poems of Tibetan Buddhist sages from Shantideva to the Great Lama provide the narrative for a stunning photographic essay on the living character of Tibetan Buddhism. (Publishers' Weekly)
This beautifully illustrated book invites the reader to experience the cultural-spiritual traditions of Tibet, Bhutan, Nepal, Sikkim, and Ladakh. The wisdom of the ancient teachings and the merging of the Buddhist teachings into daily life. With beautiful photographs and compelling stories, this book integrates Buddhist teaching into life and reveals the Buddhist path.
Limited Edition of 300, each signed, numbered, and slipcased with signed photograph. $300. Proceeds to Benefit the Tibet Fund.

Ocean of Wisdom
Guidelines for Living
THE DALAI LAMA
Photographs by Marcia Keegan  Foreword by Richard Gere
"The words of His Holiness the 14th Dalai Lama continue to bring inspiration, hope, and love to peoples of all cultures. His message of the universal need for kindness at every level, from person to person relations to global action, transcends all cultural and religious boundaries and provides a spiritual perspective on world peace and the preservation of our imperiled planet. This book was compiled from excerpts of public and private talks given in North America. Ocean of Wisdom: Guidelines for Living has been translated into 12 languages and is in its fourth printing. 79 color photos, 84 pages, 5 1/2 x 8 1/2. ISBN: 0-940666-00-X (cloth) $14.95

Precious Jewels of Tibet
A Journey to the Roof of the World
JANE BAY
"On each trip [Bay] was accompanied by a former monk who had been part of the Dalai Lamas household, giving her access to people and places perhaps otherwise unavailable. She owns the advantage well, showing the Tibetans unable to study their language or culture and outnumbered by 7.5 million Chinese, including 400,000 troops, subject to repression and torture for the gradual acts of political defiance. . . . [The author] meets the ancient verities of the East on each trip.[Bay] was accompanied by a former monk . . .

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Ten months from Drepung Gomang Monastery in Mundgod, India will be concluded by H.E. Rinpoche, the Dalai Lama’s elder brother, for a multi-city performance tour in the United States and Canada of traditional Tibetan songs, dances, and chants. The tour will start on August 18 during the Kalachakra Initiation and will include Los Angeles, San Francisco, Chicago, New York, Boston, Philadelphia, Washington DC, Toronto, Montréal, and hopefully Los Angeles. For more information check out: www.gomang-tour.org

Gift of Daily Prayers
The Gift of Daily Prayers invites you to request Tara and Medicine Buddha prayers for your family, friends and yourself. The Tara prayers help clear away obstacles, relationships, economic hardship, fear, and physical and mental health. The Medicine Buddha Prayers are done for the sick and dying to eliminate illness and to help gain a higher rebirth. Both prayers can be said as a blessing to one toward liberation.

The daily prayers are done by the monks at H.E. Jampal Kongtrul Rinpoche’s monasteries in India and Nepal. Your entire contribution is offered to the monks for their support.

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Clear Light Publishers
The Three Principal Aspects of the Path

by Geshe Sonam Rinchen, translated and edited by Rich Sonam
300 pp. THREAP 841-95

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The wish for freedom, the altruistic intention to be of ultimate benefit to others, and the wisdom realizing emptiness constitute the three principal aspects of the path to enlightenment. Without these insights that form the independent support for all the practices of both samsara and nirvana.

Having recognized that any state within cyclic existence involves suffering, the practitioner develops a strong wish for freedom. But to cut the root of cyclic existence it is necessary to know how things exist at the most fundamental level. Even if one has burned away the causes of suffering and gained an undistorted understanding of cyclic existence, suffering will remain out of reach without the altruistic intention to act selflessly for the good and happiness of all living beings.

In this teaching, Geshe Sonam Rinchen explains clearly and readily accessible terms Je Tsongkhapa's principal aspects of the path. This engaging exposition of the essential steps to enlightenment will be appreciated by both those with and without a background in Buddhism and by those who wish to undertake the practice of tantra, for which at least a sound understanding of these three is essential.

Geshe Sonam Rinchen was born in Tibet in 1933. He studied at Thong-Mo Monastery and in 1960 received the Khampa Geshe degree. He is currently resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhism to local Tibetans.

Rich Sonam was born and grew up in Ireland and graduated from Oxford University with an M.A. in Modern Languages. She began studying with Geshe Sonam Rinchen in 1973 and has assisted as his interpreter since 1983.

The Thought of Liberation

Wherever we are born in cyclic existence, whether in good or bad states, suffering is our faithful companion. Whether in good or bad states, suffering is our faithful companion. Wherever we are born in cyclic existence, suffering is our faithful companion. Wherever we are born in cyclic existence, suffering is our faithful companion.

The suffering that we experience arises when we cling to things which are not permanent and mistake them for permanent. We may experience suffering when we expect something which will not happen, or when things do not happen as we expect. We may experience suffering when we experience change, which means that things are not permanent. We may experience suffering when we experience imperfection, which means that things are not perfect. We may experience suffering when we experience loss, which means that things are not eternal. We may experience suffering when we experience pain, which means that things are not comfortable. We may experience suffering when we experience suffering, which means that things are not blissful. We may experience suffering when we experience suffering, which means that things are not blissful.

The root of cyclic existence is the clinging to suffering and its causes. This clinging makes us act with an ulterior intention to be of ultimate benefit to others, and this intention to act for others makes us act selflessly for the good and happiness of all living beings.

The Three Principal Aspects of the Path

The first is the wish for freedom, the second is the altruistic intention to be of ultimate benefit to others, and the third is wisdom realizing emptiness. These three aspects are associated both by those with no previous understanding of reality, supreme enlightenment will remain out of reach for those who wish to undertake the path. This understanding of reality, supreme enlightenment will remain out of reach for those who wish to undertake the path.

The second is the altruistic intention to be of ultimate benefit to others. This intention is realized by the actions of those who wish to undertake the path. This intention is realized by the actions of those who wish to undertake the path.

The third is wisdom realizing emptiness. This wisdom is realized by the actions of those who wish to undertake the path. This wisdom is realized by the actions of those who wish to undertake the path.

The three kinds of contami-nated feelings are not regarded as real pleasures or losses. They are not regarded as real pleasures or losses. They are not regarded as real pleasures or losses. They are not regarded as real pleasures or losses. They are not regarded as real pleasures or losses.

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The second kind of contaminated feelings is aversion for things of this world. Aversion for things of this world is not regarded as a real pleasure or a real loss. It is not regarded as a real pleasure or a real loss.

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Celebrating the Human Spirit

The World Festival of Sacred Music

The World Festival of Sacred Music is scheduled to take place at more than sixty venues throughout Los Angeles October 9th to the 17th, with the opening celebration on October 10th to feature an address by His Holiness the Dalai Lama.

Los Angeles, May 22, 1999—Plans for the World Festival of Sacred Music, an intercultural, interethnic, interfaith celebration scheduled for October 9 to 17, 1999 were announced today by Professor Judy Mitoma, Festival Director and Chair of the Continental Committee. Initiated by His Holiness the Dalai Lama as a means to promote mutual understanding and peace as the new millennium approaches, the festival is part of an unprecedented global celebration of the human spirit taking place in the fall of 1999 and spring of 2000. Other festival sites are in Africa, Asia, Australia, and Europe, the World Festival of Sacred Music in Los Angeles inaugurates the entire global initiative.

From October 9th to 17th, in concert halls, parks, sacred sites, and neighborhood centers—in all, more than 60 venues throughout the city—the festival will offer audiences an opportunity to experience the rich sacred music traditions of Los Angeles and the Americas. Performances will range from the contemplative to the ecstatic, including music of indigenous peoples and local ethnic communities, the world’s major musical traditions, and popular and contemporary expressions of sacred music.

The opening celebration on October 10th and the Hollywood Bowl—the Sacred Americas Concert—will feature a remarkable array of music. Performers will include Balinese Gamelan Sekar Jaya, a mass gospel choir led by the First AME Church, Halau o Kekuhi performing traditional Hawaiian hula and mele chants, Tibetan monks and nuns, and the Los Angeles Philharmonic conducted by Esa-Pekka Salonen. As the opening event not only of the Los Angeles festival but of the entire global initiative, His Holiness the Dalai Lama will attend the concert and address the gathering October 10th, 4-8 P.M.


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Snow Lion News for the Visually Impaired

One of our readers, Patricia McDonald, has kindly volunteered to tape the news section of our newsletter for people who cannot read or write. If you need the same service, we may be able to supply you a copy of the tape. Please contact us for availability.
Tibet Education Network

Tibet Education Network (TEN) is an independent, educational outreach project which works to raise awareness of Tibetan civilization, Tibetan Buddhism, and the current Tibetan situation. The mission of TEN is to facilitate the study of Tibet throughout K-12 and adult education, and to make Tibet a more teachable and student-friendly subject. Beyond the study of Tibet, TEN approaches this subject as a valuable model for understanding important global issues and topics such as cultural survival, human rights, non-violent conflict resolution, gender issues, and social responsibility. Programs, services, and resources of Tibet Education Network include:

- Program Design and Facilitation: interactive and experiential programs for grades K-12, assembly & classroom presentations, customized units of study, professional development for educators, student workshops, and independent study programs.
- Educational Consultation: Tibetan studies programs for educators and students in grades K-12, Tibet resource exhibits and citizen activities for museums and festivals, educational outreach for Tibetan and Buddhist organizations.
- Curriculum Design: educational readers, lesson plans, curriculum programs, resource lists, selected bibliographies and video/training, slide packages, educational guides for media projects.

The TEN catalog: selected source material for the study of Tibet in K-12 and adult education, including thematic starter libraries for grades K-12.

Adult Education courses and itineraries for colleges and adult groups, public events and programs, Tibetan travel talks and slide presentations.

Established in 1994, TEN has worked with hundreds of educators, students, schools and organizations in the Northwest and nation-wide. TEN’s founder and director, Jon Garfunkel, has made three trips to Tibet, and visited diaspora communities in Dharamsala (India), Kathmandu (Nepal), New York City and Seattle. Jon is a former secondary school, global social studies educator with ten years of K-12 teaching experience in both New York and Washington. His work experience in the field of education also includes curriculum design and program design, educational outreach, consulting, and administration. For his work with TEN, Jon was a recipient of the 1998 Human Rights Day Award of the Seattle Chapter of United Nations Association.

Tibet Education Network is supported by proceeds from its programs, services, and catalog sales. For more information about Tibet Education Network’s services, programs, and to request the TEN catalog, please contact Tibet Education Network, P.O. Box 20094, Seattle, WA, 98109-2063, fax 206-781-6204, jsgarf@ix.netcom.com.

Dr. Tenzin Choedrak & Dr. (Mrs.) Dawa Dolma in Chicago

Dr. Tenzin Choedrak, Senior Per- sonal Physician to H.H. the Dalai Lama and Dr. (Mrs.) Dawa Dolma, Director of the Research & Development Department of the Tibetan Medical and Astrological Institute of H.H. the Dalai Lama, will be in Chicago September 9-15, 1999 giving lectures and consultations. Drs. Choedrak and Dolma will be hosted by the TBETCenter Chicago. For more information, please contact them.

Wellness Associates of Chicago, 706 W. Jackson Terrace, Chicago, IL 60613-3066, 773-935-5777, fax: 773-929-4446. For more information and registration, V. Thubten, President, TBETCenter, 773-745-7772, fax: 773-745-7772, e-mail: tibetcenter@tibet.com.

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Kalachakra hotline (812) 334-4156

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His Eminence Namkha Drimed Rinpoche is the twenty-third incarnation of the Red-painted Heruka, Dharma-source of the lineage of his spiritual master, who ranks among the highest masters of awareness. He bestows opening empowerments, liberating teachings and spiritual advice to countless beings throughout the world including the United States. His activities of opening the doorway to the Buddha-dharma in these ways exemplify his immeasurable efforts to carry out enlightened activities in any way that will guide beings. He thus ensures that a rain of benefit and well being, in both the short term and the long term, will fall in a vast range of realms, establishing beings in the state of liberation.

Namkha Drimed Rinpoche is a regent of the Lake-Born Lotus, Guru Padmasambhava, in the world. He is a Terton, revealer of hidden treasures, an emanation of one of Guru Rinpoche’s close personal students. He is also well known for his accurate Gesar of Ling divinations.

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- **August 20 evening** - Empowerment “Heart Essence of the Guru”
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  - Chagdud Gonpa Foundation / Thondup Ling, Los Angeles
  - September 5 - Buddhist empowerment and teaching to be announced
  - Chagdud Gonpa Foundation / Thondup Ling, Los Angeles
  - Thondup Ling, Los Angeles

**Northern California**

- **September 8 to September 14**
  - Neyluk Rang Jyang / Dzog Chen
  - Pema Osel Ling / Vajrayana Foundation, Santa Cruz

September 8, 7:30 p.m. Five Branches - Public Talk “The Meaning of Enlightenment”

**Please call (212) 631-1188 for details, location, time and registration information.**

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**NEWS**

**Meditations to Transform the Mind**

Continued from page 4

- **Song of the Tantric Path**

Homage to Joy Rinpoché, a second Buddha,
Manifestation of Vajrakila, lord of all buddhas,
Whose body, voice and mind are the three essential elements of the whole universe. All beings, mothers who lovingly have nurtured us,
Who are like a light that dispels the darkness of ignorance, and whose merit cannot be measured.

Hail to the feet of my own root guru,
In whose body reside the awakened ones past, present, and future,
And the clear light, sheer as the autumn sky, arises.

Homage to Jey Rinpochey, a second Buddha,
Who showed as precepts all sutras and tantras.

Homage to the feet of my own root guru,
Coordination and suffering from now until enlightenment and the three doors stand open to negativity. Then the incomparable mercy of the lower realms certainly will fall upon you.

For definite it is you will die at the hands of the great enemy Death.

All beings, mothers who lovingly have nurtured us,
Are floundering in the seas of confusion.

Surpass the three doors of thought, language, and action.

And only footprints of names remain;

The things that manifest also fade

Dakini and yidam dance a blissful dance

The dakas and dakinis dance a blissful dance

And enter into the mystic circle.

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- **August 20 evening** - Empowerment “Heart Essence of the Guru”
- **August 21 day** - Teaching “Sadhana of Padmasambhava”
- **August 22 evening** - Empowerment “Heart Essence of the Guru”
- **August 15** - Buddhist Refuge ceremony

August 15 to September 4 - Neyluk Rang Jyang / Dzog Chen

- **September 8 to September 14** - Neyluk Rang Jyang / Dzog Chen

**Please call (212) 631-1188 for details, location, time and registration information.**

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**Southern California**

- **August 27 to September 4**
  - Thronape Drubchog
  - Chagdud Gonpa Foundation / Thondup Ling, Los Angeles
  - September 5 - Buddhist empowerment and teaching to be announced
  - Chagdud Gonpa Foundation / Thondup Ling, Los Angeles
  - Thondup Ling, Los Angeles

**Northern California**

- **September 8 to September 14**
  - Neyluk Rang Jyang / Dzog Chen
  - Pema Osel Ling / Vajrayana Foundation, Santa Cruz

September 8, 7:30 p.m. Five Branches - Public Talk “The Meaning of Enlightenment”

**Please call (212) 631-1188 for details, location, time and registration information.**

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**NEWS**

**Meditations to Transform the Mind**

Continued from page 4

- **Song of the Tantric Path**

Homage to Joy Rinpoché, a second Buddha,
Manifestation of Vajrakila, lord of all buddhas,
Whose body, voice and mind are the three essential elements of the whole universe. All beings, mothers who lovingly have nurtured us,
Who are like a light that dispels the darkness of ignorance, and whose merit cannot be measured.

Hail to the feet of my own root guru,
In whose body reside the awakened ones past, present, and future,
And the clear light, sheer as the autumn sky, arises.

Homage to Jey Rinpochey, a second Buddha,
Who showed as precepts all sutras and tantras.

Homage to the feet of my own root guru,
Coordination and suffering from now until enlightenment and the three doors stand open to negativity. Then the incomparable mercy of the lower realms certainly will fall upon you.

For definite it is you will die at the hands of the great enemy Death.

All beings, mothers who lovingly have nurtured us,
Are floundering in the seas of confusion.

Surpass the three doors of thought, language, and action.

And only footprints of names remain;

The things that manifest also fade

Dakini and yidam dance a blissful dance

The dakas and dakinis dance a blissful dance

And enter into the mystic circle.

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SEATING IS LIMITED.
MEDITATIONS TO TRANSFORM THE MIND

Continued from page 14

The letter AH and HAM flare, fall, and vibrate,
The tip of the vajra is placed firmly in the lotus,
Driving the life-drop made of five clear essences,
The outer consort, in nature fire,
Continued from page 15

Dissolve into light, and the waves
Releasing a rain of ambrosial knowledge.
Lights from the mystic fire flash into the hundred directions,
And one drinks and drinks the essence of nectars
And mind as the syllable HUM is brought into the central channel;
By cultivating these yogic methods,
We can in several ways transform all transient appearances
And in particular know the body as dreamlike,
And enter the true form of an enlightened deity
And maintain the yogic concentration,
By mentally reciting the secret mantras of the vajra dharmas
Of entering, resting, and dispersing energy at the heart.
While controlling the life-drop made of five clear essences,
The knots of ignorance are easily untied,
And bringing the drop to the four chakras and sensory gates,
One directly sees all aesthetic objects
From the central channel of deities and abodes.
Thus one opens the windows of the six miraculous powers,
Seen the forms of immovable deities,
Marks the meaning of the words of the teachings
And gains the delightful company of an immortal being.
In the tip of the vajra between the eyebrows,
The light of the sun, moon, and stars swells in the drop.
By bringing mind and energy to that point,
The white bodhimind is forever increased.
And one gains the aid of a fully qualified consort
And one's experience of the blisses blazes higher and higher.
Mind fixed on the bliss and shades of the consort,
A mind of innate joy pours down.
Again and again reducing the beautiful one,
Symbols of the mind embracing reality itself.
One melts into the sphere of spontaneous bliss.
From the center of the navel chakra where meet the three
Self-aware energy channels,
Shine lights from white and red pyramids.
Looking through the nucleus of five drops therein,
The mind's nature is seen as five buddhas.
White and yellow energy shapes into a vase
And the all-shining five rays.
The letters AH and HAM dance and vibrate,
Transporting one to the end of the primordial path of great
Buddahood is swiftly and easily attained.
This consciousness, purified of all transient stains,
Is called "the samadhi moving magnificently,"
With the vast clear light of mind
The illusory body merges with clear light
Like clouds dissolving into space.
Again and again the five natures of mind arise as sounds,
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CONSCIOUSNESS AT THE CROSSROADS
Continued from page 1

almost no cross-communication. So for all of us this is a significant opportunity. We anticipate that the Mind and Life dialogues will improve and increase communications and strengthen ties in terms of mutual understanding of two sciences, consciousness, brain, mind, and the like, and also add new insights into human nature which we believe could contribute to world peace.

There are indeed two great fundamental ideas underlying this dialogue. First, the issues up for discussion here are not only of great importance to each individual human life, but their comprehension by a wider public may indeed be pivotal for human survival on a global scale. Such issues relate to individual and collective differences in perception, judgment, behavior, and communication. And second, the human brain is the only resourceful instrument for survival. It has always been obliged to be—indeed continues to be—constructively adaptive. Yet its full potential will not be realized until the brain is better understood, particularly in terms of its individuality and the convergent diversity of world views.

We pay our respects to two cultural traditions which have been separated for so very long and now have the opportunity to contribute to world peace. The Tibetan and the Western traditions have been separated for so very long and now have the chance to contribute to world peace.

We shall attempt to represent Western neuroscience in a fair way. We can then become your allies in helping heal the scars which have been separated for so very long and now have the opportunity to contribute to world peace.

We must acknowledge our own humility and naivete: there are many about which we are unsure, and many things that we don't yet know.

We can then become your allies in helping heal the scars which have been separated for so very long and now have the chance to contribute to world peace.

CONSCIOUSNESS AT THE CROSSROADS
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Dalai Lama to Speak in Chicago
The Field Museum will host His Holiness on Saturday, August 28 at 9:00 a.m. For tickets, call 312-922-7290. Proceeds from the event will go to the Tibetan Alliance of Chicago and to the restoration of the Field Museum's unique collection of Tibetan thangkas.
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Author, Lecturer and Master of Tibetan Mysticism, Glenn H. Mullin, studied the Tibetan language, literature, yoga, meditation and mysticism under the tutelage of twenty-five of the greatest Masters of Tibet. He is the author of over a dozen books on Tibet. He also served as script consultant to four documentary films on Tibet, has worked on numerous Tibet-related television projects, and co-produced five audio-recordings of Tibetan sacred temple music. He is the recipient of an honorary good-will ambassadorship from President Clinton.

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Venerable Lama Kalsang Gyaltsen

All activities at Sakya Phuntsok Ling Retreat Center are led by Venerable Lama Kalsang Gyaltsen, Spiritual Director of Sakya Phuntsok Ling. A widely recognized and accomplished teacher of Buddhist philosophy and meditation, his guidance of students has been praised as exemplary by the leaders of the Sakya Order. He has studied both sutra and tantra extensively, and spent long periods in meditative retreat.

With nearly two decades of experience in teaching Western students, his kindness, wisdom, and practicality are warmly admired by all.

Venerable Lama Kalsang Gyaltsen

Group Retreats

Highlights of the coming season are listed below. Call the center for the full schedule of weekend retreats and workshops. During each retreat, Venerable Lama Kalsang Gyaltsen will provide instruction in the practice and lead guided meditation.

Medicine Buddha Retreat
Friday, October 8 at 7:00 pm - Monday, October 11 at 4:00 pm (4 days and 3 nights)
November 28 at 4:00 pm (5 days and 4 nights over Thanksgiving holiday)

Shamatha Retreat
Friday, November 12 at 7:00 pm - Sunday, November 14 at 4:00 pm (3 days and 2 nights)

Vajrapani Retreat
Wednesday, November 24 at 7:00 pm - Sunday, November 28 at 4:00 pm (5 days and 4 nights over Columbus Day holiday)

Intensive practice of the Sadhana and the eleven yogas of Vajrapani. Limited to those who have received the Vajrapani initiation and teaching cycle in the Sakya tradition.

Tuition, food, and lodging: $120.00.

White Tara with 6 Rays of Light Retreat
Thursday, December 23 at 7:00 pm - Sunday, December 26 at 4:00 pm (4 days and 3 nights over Christmas holiday)

The blessings of White Tara purifies negative karma, and overcomes various obstacles, particularly untimely death, accidents, and illness. Limited to those who have received this initiation in the Sakya tradition.

Tuition, food, and lodging: $120.00.

New Year 2000 Long Life Retreat
Thursday, December 30 at 2:00 pm - Sunday, January 2 at 4:00 pm (4 days and 3 nights over New Year holiday)

Welcome the New Year 2000 auspiciously by renewing your dedication to Dharma practice in retreat. Bridge the old and new millennia peacefully and joyfully with prayers for long life, health, happiness, and prosperity for oneself and all sentient beings. All are welcome to attend.

Tuition, food, and lodging: $120.00.

Sakya Phuntsok Ling welcomes practitioners who would like to do an individual solitary retreat on practices for which they have already received empowerment or instruction. During a week or two of solitary practice, one can accomplish 100,000 preliminary refuge, Vajrayogini, mandala, or guru yoga practices, or gain deeper experience with one’s daily practices. A month-long retreat is ideal to complete a full retreat on Vajrayogini, White Tara, Manjushri, or Avalokiteshvara, although a partial retreat can be accomplished in a shorter time. Those with more meditation experience and more time to remain in retreat can accomplish Vajrayogini, Guru Yoga, or Heruka retreats within a few months. Venerable Lama Kalsang Gyaltsen is available to provide on-site assistance and advice to those in solitary retreat, including instruction in appropriate preliminary and concluding rituals and fire pujas.

The retreat center is designed so that individual retreats may be performed in quiet seclusion, with beautiful forest views and comfortable, fully modern accommodations. Shopping service is provided for extended retreats. Call to discuss your plans and schedule. Both beginners and advanced practitioners are welcome.

Cost: $30.00 per day, with discounts for retreats of two weeks or more.

"Abandoning places and people which increase defilement,
In forested meadows, decorated with flowers, fruits, and herbs,
Bless me to rightly meditate the Buddha's holy Dharma."

For More Information:
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600 Ray Drive
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MEDITATIONS TO TRANSFORM THE MIND

Continued from page 15

And lead to the rainbow palace of Yampagopa
In the pure land Kaya Stong, there appear clouds of
transcendent offerings
May I and all practitioners of this tantra
soon complete the empty path of secrets
And, within ourselves ever perfecting the practices
Of the sutras and tantra taught by the Buddha,
May we master this mysterious way
Until then, may the mighty deities and dakinis
Who dwell in the twenty-five Heruka grounds
Care for us in every time and situation.
As a mother watches over her only child.

JHADO TULKU RINPOCHE
TO GIVE SPECIAL WEEKEND INITIATIONS AND TEACHINGS
AT NAMGYAL INSTITUTE
SEPTEMBER & OCTOBER, 1999

Venerable Jhado Tulku Tenzin Jungpo Rinpoche is the current Abbot of His Holiness the Dalai Lama's personal monastery, Namgyal Monastery in Dharamsala, India. At the age of three, he was recognized as the sixth incarnation in the lineage of Jhado Rinpoche. Ven. Jhado Tulku received extensive training from many great lamas. He then studied at Sera Je Monastery and in 1991, he achieved the degree of Geshe Lharampa, the highest rank in the Gelugpa School. In addition, he has received numerous empowerments, oral transmissions and oral instructions from His Holiness the Dalai Lama and from the two main tutors of the Dalai Lama, Kyabje Ling Rinpoche and Kyabje Trijang Rinpoche. He also has received secret transmissions and many other teachings from non sectarian lineage masters such as His Eminence Toyag Rinpoche and Chogyal Tharchin Rinpoche.

At the request of His Holiness the Dalai Lama, Jhado Rinpoche undertook responsibility as spiritual instructor at Namgyal Monastery in Dharamsala, India. In 1997, he was appointed as abbot of Namgyal Monastery, the Personal Monastery of His Holiness the Dalai Lama. Rinpoche continues to serve as abbot of the monastery at Dharamsala.

Rinpoche will be giving the following special weekend initiations and teachings this fall at Namgyal Institute in Ithaca, NY

---

Philadelphia and Madison
Become the Ninth and Tenth
U.S. Cities to Adopt Resolution
Supporting Tibet

The city council of Philadelphia, Pennsylvania, on June 18, and the Common Council of Madison, Wisconsin, on July 7, passed resolutions supporting human rights for the Tibetan people. The resolutions both stated that Tibetans should have the right to control their own economic development in Tibet and called upon individuals and companies doing business with Tibet to follow the development guidelines of the Tibetan Government-in-exile.

The statements were the latest in a national campaign by the International Committee of Lawyers for Tibet to pass Tibet Resolutions in cities and states across the United States. The States of Massachusetts and New Mexico, and the cities of Los Angeles, Miami, Atlanta, Berkeley, Peterstone, New Paltz, Middletown, and Amherst have also passed this resolution.

The Philadelphia Resolution was submitted by Carolyn E. Eiland and Sue Ellen Klein of the Philadelphia Chapter of the U.S. Tibet Committee. It was introduced by the Honorable Councilwoman Angela Greene, and was drafted by Christopher Coll. The Madison Resolution was submitted by Chris Dall of Students for a Free Tibet at the University of Wisconsin, Madison. It was introduced by Alder Barbara Vedder and Alder Co-Sponsor, with the support of Mayor Sue Bauman, and was drafted by the ICLT.

The International Committee of Lawyers for Tibet advocates self-determination for the Tibetan people. Through legal action and education, ICLT promotes human rights, environmental protection, and peaceful resolution of the situation in Tibet.

For more information, please contact International Committee of Lawyers for Tibet, 2388 Fulton Street, Suite 312, Berkeley, CA 94704, 510-486-0986, fax: 510-548-3786, e-mail: iclt@igc.org, Web site: www.iclt.org

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For further information contact Namgyal Monastery Institute, PO Box 127, Ithaca, NY 14851, Tel: 607-273-0739, or on the internet at: www.namgyal.org
Creation of a Convent for Bon-po Nuns

The Jamma Foundation formed in order to support the needs of the Bon-po nuns of China. Their first project is a convent called Khoma Bon Monastery. The foundation is seeking funds to construct a gompa, residence, and school for twenty-five nuns, who see themselves as part of a spiritual community. Apart from a monastic residence, the nuns also require a formal institution for Bon-po nuns.

If you would like more information, please contact Suzanne Meyers at 212-502-1101 or write to the Jamma Foundation, PO Box 30141, New York, NY 10011. Contributions in check or money order should be made payable to Jamma Foundation and are tax deductible under the 501(c)(3) code. Donations of any size are greatly appreciated. To show our gratitude, we are pleased to reward donations of three hundred dollars or more with a limited edition woodblock print of a lotus blossom. This gift is made possible through the generosity of Irish artist Fiona Burgess. Thank you.

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Continued from page 4

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Why do we know what we know? Buddhism, with its emphasis on empirical observation of mental processes, offers insights into these enigmatic questions, while the Dalai Lama's own incisive, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.

Meditations to Transform the Mind

by The Seventh Dalai Lama, trans. and intro. by Glenn H. Mullin

160 pp., PAPER $14.95

The Seventh Dalai Lama is often considered to be one of the greatest of the early Dalai Lamas. In this extensive commentary on the Tantras, and over ten hundred mystical poems and prayers, His Meditations to Transform the Mind is a highly valued collection of spiritual advice and guidance for taming and developing the mind. These inspired writings are an outpouring of His Holiness' unique, original presentation that appeals to the heart as well as head.

Appearance & Reality

The Two Truths in the Four Buddhist Tenet Systems

by Gay Nomland. 107 pp., notes, b&bs, KARPE $14.00

When someone seeks to understand Buddhism, where should that person start? With the meaning of takshato and adharmakaya, conventional truth and ultimate truth, is the best place to start.

When the Buddha spoke from the dharma wheel, he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, the nuances and traditions of the past and diverse world, and then there is the mystery of the sheer reality of things. And yet we cannot find this reality anywhere else but right here.

Each system of Buddhist philosophy gives its own way of explaining exactly what these two truths are and how they relate to one another. In exploring these systems, we are looking over the shoulders of Buddhist thinkers as they grapple with a basic question: What is reality?

Is there an ideal intellectual verity, a matter which cuts across to the heart of our practice in life.

Gay Nomland received a Ph.D. from the University of Virginia in 1988 and now is Associate Professor of Religion at Central Michigan University. He has studied with several leading Tibetan scholars in the U.S. and India. "One of his early works, The Two Truths (Stokes, 1980), analyzed the Mahayana view of the two-truths doctrine. Currently, he is collaborating with Joshua Cowan in editing the first complete English translation of Paramakasha's On the Stages of the Path to Enlightenment (forthcoming from Snow Lion Publications).

MOONBEAMS OF MAHAMUDRA

The Direct Meditation on Mind

by Ven. Khenchen Thrangu, trans. by Khen Robin Muller

257 pp., METATM $16.95

The Seventh Dalai Lama's rich spiritual writings are direct and arresting, giving great weight to the essence of Buddhist practice. In this book, Glenn Mullin provides valuable and fascinating introductions to each piece, making them even more accessible. Also included is a biography of the Seventh Dalai Lama.

Glenn H. Mullin is a member of the Library of Tibetan Works and Archives Research and Translation Bureau. He lived in the Himalayas from 1972 to 1984, where he studied Tibetan Buddhism under numerous Tibetan masters. A renowned author and Theologian, he has lectured and conducted workshops throughout the world, and has published over a dozen books on Tibetan Buddhism.

BOUNDLESS HEART

The Cultivation of the Four Immeasurables

by B. Alan Wallace, ed. by Zara Houshmand. 250 pp., KARPE $14.95

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On these foundational practices of Theravada Buddhism, Alan brings to bear the insights and approaches of the Tibetan tradition. Juxtaposed with the Four Immeasurables, he presents teachings on shamatha meditation practice to empower the mind and render it fit for service. His meditation instructions provide the steps for the complete achievement of shambala.

This book is based on teachings given during a week-long retreat at a remote and beautiful site in the Eastern Sierra, and in its pages we experience the intimacy and form of the setting. In addition to Alan's unique style of presentation, blending vivid storytelling with inclusive analysis, the book includes guided meditations and lively discussions in which the participants grapple with the implications of these teachings for their own lives.

MOONBEAMS OF MAHAMUDRA

The Direct Meditation on Mind

by Ven. Khenchen Thrangu, trans. by Khen Robin Muller

257 pp., METATM $16.95

The Direct Meditation on Mind is a unique form of meditation that has been taught to thousands of practitioners for centuries in the Tibetan tradition. It is aimed at understanding the nature of mind and seeing how mind really is luminous clarity. This is the essence of mahamudra meditation.
NAGARJUNA’S SEVENTY STANZAS
A Buddhist Psychology of Emptiness
by David RSA Komoto, trans. on Nagarjuna’s text by Geshe Sonam Rinchen
together with commentary by Ven. Druc Dawa Rinpoche
226 pp., notes, bibliography, index, 48 x 6.95
For almost two thousand years Nagarjuna’s teachings have occupied a central position in Mahayana Buddhism. An essential part of the study and practice of the great Indian Buddhist non-dualist tradition, these teachings were later incorporated into the Tibetan mystical program which modeled their curricula on Indian pre-decisors.

This volume contains a translation of Seventy Stanzas, a fundamental work of Nagarjuna on the Madhyamaka system of Buddhist philosophy, along with a commentary and an essay from the Prawagna view point by Geshe Sonam Rinchen which is based on traditional and modern sources and created expressly for the contemporary reader. In addition, David RSA Komoto summarizes basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna’s teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through which they experience it.

This book will be of interest to practitioners and scholars of Buddhism as well as psychologists who seek a deeper understanding of Buddhist psychology and epistemology.

THE PRACTICE OF VAJRAKILAYA
by Khenpo Namdrol Rinpoche 87 pp., 3 photos, 2 line drawings $9.95

The practice of Vajrakilaya lies at the heart of the ancient Vajrayana traditions of Tibet. The wrathful heruka Vajrakilaya is the yidam deity who embodies the enlightened activity of all the buddhas, manifesting in an intensely wrathful yet compassionate form in order to subdue the delusion and negativity that can obstruct both the practitioner and the Buddha. In fact, the practice of Vajrakilaya is famous in the Tibetan Buddhist world as the most powerful for removing obstacles, destroying the forces hostile to compassion, and purifying the spiritual pollution so prevalent in this age. — Sogyal Rinpoche, from the Foreword

In this series of teachings, originally given over a three-day period in the USA in 1995, Khenpo Namdrol presents a front and detailed explanation of the history and practice of Vajrakilaya. Not only are these teachings indispensable for those drawn to Vajrayana practitioners everywhere.

Khenpo Namdrol Rinpoche is a senior khenpo (abbot) at the Ngor Monastery Institute, which has become the largest Nyingma study college outside of Tibet, with over 300 monks enrolled on courses including the USA. After spending twenty years in meditation retreat, he was invited by His Holiness the Dalai Lama to take a more active role as a teacher. Subsequently he accepted an invitation to the West, where he gave the teachings presented here in response to a request for practical instructions on realization. His Holiness also endorsed this presentation of Mahayana insight meditation aimed at realizing emptiness.

In Realizing Emptiness, Geshe Lamrupa draws on his theoretical training as well as his oral and meditative experiences to show how students can gain realization of ultimate reality. He explains in a practical and down-to-earth fashion how to analyze experiences to fulfill how it has been misunderstood because of our many delusions and how to test the Madhyamaka reasoning to experience the way in which all things exist as dependently related events. Those who wish to apply the Madhyamaka view to meditative practice and daily life will undoubtedly find this work to be of great practical value. The book closes with two chapters on Dzongchen and its relation to the Madhyamaka view.

Geshe Lamrupa, Ven. Jampal Gompo, was born in Tibet in 1934. A close disciple of H.H. the Dalai Lama, he has been living in meditation solitude in the mountains high above Dharamsala, India, since 1971. There he has gained a reputation for his deep understanding of the "Mahayana view of the path" practices. He is also renowned as an accomplished practitioner of meditations of visualization and trance (psychoheat) as well as other tantric meditations.

RECENTLY PUBLISHED TITLES FROM SNOW LION

THE PRACTICE OF MAHAMUDRA
by H. H. Chetsang Rinpoche, trans. by Dr. Robert Clark, ed. by Ani Trinley Choeden 120 pp. $12.95

Mahayana represents the highest level of teaching within Tibetan Buddhism. Its study and practice leads to the realization of the very nature of reality itself—there is not a single phenomenon which is not subservient within the realizations of Mahayana. In 1984, H.H. Chetsang Rinpoche toured the USA and gave detailed instructions in Mahamudra methods based on the ancient tradi-

THE THREE PRINCIPAL ASPECTS OF THE PATH
by Geshe Sonam Rinchen
translated and edited by Bunk Sossum
200 pp. $14.95

The wish for freedom, altruistic intention, and the wisdom of emptiness constitute the three principal aspects of the path to enlightenment. The essential prerequisite is a strong wish for freedom. But to know how to attain freedom and cut the root of cyclic existence is necessary to have the correct understanding of reality. Even with a firm grasp of emptiness, the cyclic existence will still remain unless the altruistic intention to act skillfully for the good and happiness of all living beings is cultivated. The root of cyclic existence is cut in these teachings.

Geshe Sonam Rinchen was born in Tibet in 1933. He studied at Sera Je Monastery and in 1980 received the Dharma Goshie degree. He is currently resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practices.
THE SUPREME SOURCE
The Fundamental Tantra of Drogon Senge
by Chogyam, Nechung Namdrol & Adriano Clemente
325 pp. $18.95
The aim of Drogon in the reshaping of the individual to the primordial state of enlightenment which is naturally found in all beings. The master introduces the student to his or her own nature, already perfected and enlightened, but it is only by recognizing this nature and remaining in this state of recognition in all daily activities that the student becomes a real Drogon practitioner of the direct path of self-liberation. The Drogon practitioner is aware of the absolute clarity and purity of his or her own mind and, without trying to modify what is already perfect in itself, without striving to obtain from somewhere else the state of realization, remains always in the real nature of existence, in the supreme source of all phenomena. "Those who try to meditate and to realize this condition through effort are like a blind man chasing the sky."

In this book, the Drogon teaching is presented through one of its most ancient texts, the tantric Kangyur Grapsh or "The King who Creates Everything."—a personification of the primordial state of enlightenment. This tantra is the quintessential scripture of the Sems or "Nature of Mind" tradition of Tibetan Buddhism and is the most authoritative source for understanding the Drogon view. The oral commentary by Chogyam Namkhai Norbu gives easier insight into the depths of these teachings from a practical point of view. Adriano Clemente translated the main selections of the original tantra, The Supreme Source, of which some interest to all students of Tibetan Buddhism.

EIGHT VERSES FOR TRAINING THE MIND
by the Dalai Lama
produced by the Consenseu of Tibetan Art and Culture. 4 cassettes in a slip box #EIVETE $24.95
"It could be said that the Eight Verses for Training the Mind contain within them the entire essence of the Buddha's teachings in a distinct form."—H.H. the Dalai Lama
This tape set contains the complete teaching and commentary by His Holiness on the Eight Verses as well as the conferring of the Generation of Bodhicitta Mind—both given November, 1998 in Washington, D.C. His Holiness has described the Eight Verses as a profound source of personal inspiration. He received the unbroken transmission and explanation of these mind training (Lojong) verses when he was a small boy in Lhasa and has received them every day since then as part of his personal practice. The Generation of Bodhicitta Mind transmission strengthens the Lojong teaching by establishing the heart felt motivation to become enlightened in order to benefit others.

His Holiness began the teaching with advice on the application of the Buddha's teachings and taught on the primary importance of the mind. After teaching on how to recognize our own valid and invalid perceptions, His Holiness succinctly commented on the Mahayana understanding of the two truths. He then gave a commentary on each of the Eight Verses (followed by the Generation of Bodhicitta Mind).

Buddhist laughter: A tricycle book of cartoons
by Tulku Urgyen Rinpoche
234 pp., small & cme. $18.95
A humorous introduction to Buddhist cartoons from Tricycle: The Buddhist Review.

THE BUDDHA FROM
DOLPO: A Study of the Life and Thought of the Tibetan Master Dolpopa Sherab Gyaltsen
by Cyrus Stearns
288 pp. $30.00
Dolpopa Sherab Gyaltsen (1292-1357) was one of the most important figures in Tibetan history and perhaps the greatest exponent on the tantric teachings of the Sakya School. Based largely upon secret Buddhist knowledge believed to be preserved in Sakya, Dolpopa's theories continue to excite controversy in Tibetan Buddhism after almost 700 years.

Dolpopa emphasized two contrasting definitions of the Buddhist teachings of emptiness: "emptiness of self-nature," which applies only to the level of relative truth, and "emptiness of other," which applies only to the level of absolute truth. Dolpopa identified ultimate reality as the Buddha's nature inherent in all living beings. This view of "emptiness of other," known in Tibetan as Zhentong, in Dolpopa's non-dualistic view. Contained here are translations of major works by Dolpopa which present his view of the path and a summation of his ideas.

DAKINI TEACHINGS:
Padsamdrupchö's Oral Instructions to Lady Tsogyal by Padsamdrupchö
224 pp. $19.95
The teachings collected in this book are part of the ancient tradition known as termas — works hidden during the ninth century in secret places in Tibet, to be rediscovered by qualified masters of future generations. Padsamdrupchö's oral teachings to his chief disciple — Yeshi Tsogyal, Princess of Kharchen — were recorded in coded language called dakini script and concealed for centuries.

The selections in Dakini Teachings are short, direct instructions relating to the three levels of Buddhist practice: Sutra, Mahayana, and Vajrayana. The main emphasis of Padsamdrupchö's teachings is that spiritual knowledge must be personalized and not remain as mere theory. The book includes an introductory discourse by Tulku Urgyen Rinpoche and a short biography of Padsamdrupchö by Jamgon Kongtrul.

THE ESSENTIAL CHOGYAM TRUNGPA
by Selfridge, John (1943-1999)
138 pp. $19.95

Enlightened by Design
Using contemplative wisdom to bring peace, wealth, warmth & energy into your home
by Helen Berliner
288 pp., oversized, many b&w illustrations. $24.95

This book shows how you can bring forth these rich traditions of samsara and inner lands. This is a book that all the best and most profound of the Eight Verses (followed by the Generation of Bodhicitta Mind).

ETHICS FOR THE NEW MILLENNIUM
by the Dalai Lama and Alexander Norman
256 pp., approx. $24.95
The Dalai Lama proposes a vision for overcoming suffering and bringing about interpersonal and world peace for the next millennium. He contends that what we need to know is that our ethical chaos is not caused by a slipping of moral standards, but rather by an inherent flaw in the way our moral standards have been structured. The Dalai Lama argues that humains are originally pure, not sinful.

WIN A FREE TRIP TO TIBET & NEPAL WITH TOUR GUIDE GLENN H. MULLIN
See page 17 for more information.
FROM MANCHURIA TO TIBET: A Quarter Century of Exploration by Wang Hsiu Man with Jules Gress. 240 pp., 11 x 17, 201 color photos, 2 maps. RVF/MAI $49.95. Provides an impressive, rare glimpse of other group's lives and customs mirror for enquiring, but often brutal, environments in which they live. From Manchuria and Mongolia to the Silk Road and the Tibetan plateau, traditions carry on as they have for centuries. The focus here is on the diversity and interconnectedness of unique peoples in beautiful untamed landscapes. Delves into the history, traditions, stories and dreams of colorful, indigenous peoples and their surroundings—often in formidable terrain.

THE HUNDRED THOUSAND SONGS OF MILAREPA by Stephen Jenks. 328 pp. $18.95. "This essence of the causal and resultant vehicles, especially the core teachings that are common to all Buddhist traditions, is a record of oral instruction of the ancient Tibetan master—who concealed the text in a terma scripture. This new translation and commentary brings the teachings that are common to all Buddhist traditions into harmony with the common ground, the buddha nature present in all beings, contemporary imagination to make the teaching accessible to all. It is a book not only about Buddhist teachings and practices; it's the basis of everything."

THE LAZY LAMA LOOKS AT THE FOUR NOBLE TRUTHS by Ringu Tulku. 36 pp. $6.00. "All Buddhist practice is for the purpose of working to become free of the basic problem of suffering, and all based on the possibility of inner transformation, the transformation of our perception, our view. If we can let go of the state of mind which is always in turmoil, we can find freshness, liberation, peace. The teaching on the four noble truths is the basis of understanding all Buddhist teachings and practices: it is the basis of everything."

THE LIGHT OF WISDOM, Vol. 1 by Padma Sambhava & Longchen Yeskhang. 368 pp. RLW/VI $25

This is a collection of three books: The Gradual Path of the Wisdom Essence (Longchen Yeskhang) is a record of oral instructions of Padmasambhava, recorded by his chief female disciple, Yeshe Tsogyal. Padmasambhava consid-
ered the second Buddha, established the Vajrayana teachings in Tibet dur-
ing the ninth century. He concealed various teachings (including Longchen Yeskhang) in the form of "his- tory, treasures," to be revealed at an appropriate future time. The Light of Wisdom by Longchen Konjor, one of the most prominent Buddhist masters of nineteenth century Tibet, is an ex-
tensive commentary on this revered text. The Illuminated Book of the Dead by Stephen Jenks, padma Sambhava, and was inspired by Padmasambhava. Volume 1 presents in-depth expla-
nations of the Vajrayana Buddhist per-
ception. It begins with the nature of the ground, the buddha nature present in all beings, continues with the teachings that are common to all vehicles, continues with the teachings that are common to all vehicles, and concludes with the teachings that are common to all vehicles.

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ception. It begins with the nature of the ground, the buddha nature present in all beings, continues with the teachings that are common to all vehicles, continues with the teachings that are common to all vehicles, and concludes with the teachings that are common to all vehicles.
Yoga for Your Life
by Margaret & Morris Price
100 pp., over 500 color photos, FTOGOL $29
Capturing the spirit of yoga for the American lifestyle, this is the perfect book for beginners too. It surpasses other guides by showing pose adaptations for different body types and eight special programs that offer innovative useful ways to bring yoga into your life such as yoga to wake up, to prepare for meditation, to help with sleep, for a vigorous workout, to prepare for an active day. Easy to follow, the photos and text allow you to start right away.

TRANSCENDING TIME:
An Explanation of the Kalachakra Six-Session Guru Yoga
by Geshe Lobsang Rinpoche, tr. by B. Alan Wallace, ed. by Franz von Bayros, 317 pp., gloss., notes, index, FTRT $21.05
Geshe Lobsang Rinpoche offers an overview of all phases of Kalachakra practice: the preparatory initiation, generation and completion stages—especially makes the Six-Session Guru Yoga practice understandable by explaining its aims and how it is to be practiced six times per hour.

"To the best of my knowledge, no such detailed account of these secret practices has previously appeared in English."—B. Alan Wallace

NEW VIDEO FROM SNOW LION
The Eight Movements of Yantra Yoga
by Chogyal Namkhai Norbu, instructor Fabio Andrioli, produced by Shang Shung Institute and Angelo Finistroni, video 9/32 page booklet.
YINMA $29.95
Yantra Yoga, or Union of the Sun and the Moon, is one of the main ancient Tibetan yoga techniques, deriving from the great masters Padmasambhava and Patrul Rinpoche. From them it was transmitted to the famous Tibetan translators Thubten Kanza and then through a lineage of Tibetan masters. Chogyal Namkhai Norbu is a living holder of this rare and precious Yoga into your life such as yoga to wake up, to prepare for meditation, to help with sleep, for a vigorous workout, to prepare for an active day. Easy to follow, the photos and text allow you to start right away.

THE EIGHT MOVEMENTS FOR TRAINING THE MIND
by the Dalai Lama, produced by the Conservancy for Tibetan Art and Culture, 4 cassettes in a slip box.
GOMEV $34.95
These reminiscences of a British emissary into Lhasa in the early part of this century are captivating. The author (of half Sikkimese birth) had a deep knowledge of Tibetan culture and language and was able to gain entry into Tibetan life and religion—he even spent a night in the Dalai Lama's bedroom. He documents the period when the British and Chinese were competing for power in Tibet. He brings to life these events and the central players such as the Dalai Lama and the Panchen Lama and a number of other British and Tibetan personalities. He also offers vivid descriptions of everyday life in Tibet—marriages, state food, healing practices, dress, etc.

VIDEOS & AUDIOS

THE STAGES OF MEDITATION—GOM RIM BAR PA
by H.H. the Dalai Lama, produced by Namgyal Monastery, written & produced by Dan Coote & Lewis Mohrskens, 55 min, FTRR $29.05
This is a fascinating look at the creation and profounnderstanding of the world's richest religious symbol, the Buddhist mandala, an intricate and vividly colored pattern that represents an enlightened universe. This ground breaking recording was shot during the construction of the colored sand mandala of the Buddha Vajrabhairava (the Dharma Terffic) by Tibetan monks of Namgyal Monastery, the Dalai Lama's personal monastery. It intuitively shows the anatomy of the Sumpal monastic 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 Buddhist art and culture. Monastics are dedicated to this late Ven. Pema Losang Ch,oepel whose impressive, technical and computer generated mandalas is included in this video.

"The monks' commitment and quiet joy in their art is contagious as they perform this ancient ritual..."—NAPEL Newsletter

GOOD MEDICINE: How to Turn Poisons into Compassion with Tonglen Meditation
by Pema Chodron.
3.5 hrs, 2 videos plus study guide.
GOMMED $39.95
Tonglen is a simple and elegant meditation system for everyone. Through tonglen, the difficulties in life can be used as a way to befriended ourselves, accept them and widen our circle of compassion—this breathing meditation quickly cuts through suffering.

MANDALA: The Sacred Circle of Vajrayana Art
featuring monks of Namgyal Monastery, written & produced by Dan Coote & Lewis Mohrskens, 100 min, FTRR $37.95
This is the latest volume in the groundbreaking series on Tibetan paintings. Hundreds of sublime Tibetan paintings from the prestigious New York collection of Shirley and Donald Stiles which span the 12th through 19th centuries, and the spectrum of Tibetan artistic schools. There is an analysis of each painting's iconography and religious meaning, style, regional lineage, and sources. David Jackson discusses the paintings of the Kagyupa order in the Rubin Collection.

THE EIGHT VERSES FOR TRAINING THE MIND
by the Dalai Lama, produced by the Conservancy for Tibetan Art and Culture. 4 cassettes in a slip box.
GOMEV $34.95
It could be said that the Eight Verses for Training the Mind contain within them the entire essence of the Buddha's teachings in a distinct form.—H.H. the Dalai Lama

For more information, see entry on page 24 under "Forthcoming and Reprint."—H.H. the Dalai Lama

Worlds of Transformation: Tibetan Wisdom and Compassion
by Marilyn Biele & Robert Thurston.
400 pp., 9 x 12, 310 illustrations, 285 in color, 2 maps, FSTWTR $65 cloth FSTWTP $46.50 paperback
If you liked the Wisdom and Compassion art book, you will love this massive edition of Tibetan Buddhist paintings. Hundreds of sublime Tibetan thangkas paintings from the prestigious New York collection of Shirley and Donald Stiles which span the 12th through 19th centuries, and the spectrum of Tibetan artistic schools. There is an analysis of each painting's iconography and religious meaning, style, regional lineage, and sources. David Jackson discusses the paintings of the Kagyupa order in the Rubin Collection.
we are social animals and must learn
with his wonderful, spontaneous wit,
the relationship of world peace and
inner peace. Peppering his address
ing and profound talk. He discussed
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raiser for the nunnery.
Music Performed by the
SKY DANCERS: Sacred
THE BLISS WHIRL OF THE
DANCE OF
INNOCENTS
by Ngawang Kechog and Peter
EXTRACT 
#DAINT $11 (cassette),
THE SPIRIT OF
2 CDs
$16.50
CHOD
by Ngawang Kema,
Produced by the Nityannanda
Institute

LEARN TIBETAN: Essential
Words and Phrases for
Absolute Beginners
CD-ROM #ELTIB $50
This is a lively and entertaining in-
troduction to Tibetan language. This
well-designed graphic package makes
learning Tibetan fun like a game. It offers
a large vocabulary. You can record your
voice and compare your pronunciation with native speakers.
There are quizzes and a challenging
memory game. Windows: VGA with
color, sound card, 486 or above, 8 MB
RAM, CD-ROM, microphone optional. Apple Macintosh: Color Macintosh,
68000 processor or above, 8 MB RAM, CD-ROM, microphone optional.

THE SPIRIT OF TIBET: Portrait of a Culture in Exile
by Alison Wright, foreword by H.H. the Dalai Lama.
There are twelve cards, two of each image.
THE SPIRIT OF TIBET: Notebooks
by Alison Wright. Twelve cards, plan envelopes #SEPPTO $23.95
Six exquisite images of Tibetan culture taken from Alison Wright's The Spirit of Tibet photo book. There are twelve cards, two of each image.

THE SPIRIT OF TIBET: Portrait of a Culture in Exile
graphically and text by Alison Wright, forward by H.H. the Dalai Lama.
350 pages, 180 color photos, 11 1/2 x 11 1/4 wide, #SPD $54.95
This visually stunning, full-color portrait of Tibetan life in exile displays the spirit of Tibetan refugees living in the beautiful mountain settings of north
India. It shows how Tibetans have preserved the best of their unique
culture and identity. Aided by these Buddhist faith, the Tibetan people have
rebuilt productive lives for themselves, and live today in thriving communi-
ties with a strong sense of purpose: to preserve and maintain the ancient
Buddhist tradition which forms the core of Tibetan culture. In this sense,
Tibetan refugees have managed more than survival; they have created
a Tibet in exile that is in many ways more truly Tibetan than their occupied
homeland.
These extraordinary images, poet-drawn Tibetan artists creating paint-
ings, statues, and wood carvings. Tibetan doctors with their herbal remedies
and pulse diagnosis; opera singers; young Tibetan children and lay people in
their daily lives; monks and nuns engaged in study and practice; examples of
Tibetan architecture and majestic mountain scenes.

SPIRIT OF TIBET 2000 CALENDAR
12 x 12" #STPCOA $12.95
Alison's amazing images of Tibetan culture are available in this wall
calendar.

TIBETAN VOICES 2000
photographs by Brian Harris. 12
x 12" #TVCOA $11.95
Twelve color photos from Tibetan
culture. A portion of the proceeds goes to Le见面 Service Society.

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#RIGPA $8.95, now $4.50
This is the indispensable, non-sectar-
ian annual pocket calendar from
Rigpa with Buddhist holidays, special
practice days, and anniversaries as
well as information on Tibetan Bud-
dhist and photos of prominent la-
mans. It also has days not to hang
prayer flags! Covers Buddhist special
days up to Losar in February, 2000

TIBETAN CALENDAR 2000
#TIBAR $38.95
Now in its 12th year, the Tibetan
Art Calendar contains 35 paintings,
fourteen thangka, and a color
calendar of the 12th century
Buddha. It is a limited edition, and
has sold out every year, so be sure to order yours, please order now.
TIBETAN SOUL FOOD!

TIJIBEDEADCHEAT ((with compact edition of The Tibetan Book of the Dead))

by Khetsu & Co. #TIHEDO $15

Dead Hot Sauce (9 oz.) combined with the compact edition of Chogyam Trungpa's Tibetan Book of the Dead—pressed in a handmade wooden crate with recipes. Great gift item for "Dead Heads" or anyone!

KHATSA! Tibetan Hot Sauce, Tibetan Fire Sauce and Nettle Salsa

by Khetsu & Co. Three 8 oz. jars. #KXHOSA $10.85 (outside N. America, please allow $15 for shipping by surface)

Khetsa 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. 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 ingredients are vegetable and the nettle sauce is from Milarepa's cave! Seven percent of the profits are donated to a nature preserve in Tibet to provide educational opportunities for Tibetan children, no preservatives, no artificial flavors or colors.

LHASA MOON TIBETAN COOKBOOK

by Tsering Wangmo & Zara Houshmand. 128 pp., 80 recipes, 48 line drawings, 25 photos, 8 x 8", #LHMO $14.95

Located on San Francisco's Lombard Street in the Marina District, The Lhasa Moon is one of the finest Tibetan restaurants in the West. A unique mix of Asian influences and Tibetan regional ones, its cuisine delights vegetarians and meat lovers alike. This cookbook of Lhasa Moon's most popular dishes includes recipes for soups, snacks and appetizers, the famous Tibetan momos, popular noodle dishes, tsampa and breads, sweets, beverages including Tibetan tea. It also provides an excellent overview of the foods grown in Tibet, with their special climate and regional variations, foreign influences, daily meals, the types of household kitchens, food served in monasteries, and food for Tibetan celebrations.

"I was delighted by the range and depth of the cuisine in Tsering's cookbook, and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular." —Mick Vann for The Austin Chronicle

"One of San Francisco's top restaurants!"—San Francisco Chronicle

NEW GARUDA POSTCARDS $1 ea.

Traditional thangka images.

GAC101 Buddha Shakyamuni with Shariputra & Maudgalyayana

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GAC161 Kunsang Gyalwa Dupa

GAC103 The 35 Buddhas

GAC155 Medicine Buddha

GAC156 Padmasambhava as Medicine Buddha

TIBETAN PADDLED MEDITATION CARPET

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A traditional Tibetan carpet (34 x 35") with a yellow double-dorjee on maroon background. Padded underneath (2.5" thick) and covered with Tibetan cotton cover. An excellent meditation seat for you or your lama.

SNOW LION PRACTICE TABLE

#SNUPR $300

Hand-carved wooden practice table, hand painted in red, gold and traditional snow lion colors. This table folds down for transport and measures 27" wide by 14" deep and 18" high. A beautiful piece of work for samadhi practice.
In preparation for the KALACHAKRA INITIATION
to be given by The Dalai Lama at Bloomington, IN

THE PRACTICE OF KALACHAKRA
by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 356 pp., Illus. #P19A $16.95

The Kalachakra is a system of highest tantra practice for overcoming the Impermanence imposed by internal, anatomical and biological cycles, so as to become a Buddha for the benefit of all. Since 1979, many great Tibetan masters, especially His Holiness the Dalai Lama, have been conferring the initiation in India, Mongolia, and the West, empowering prepared practitioners to engage in its meditations. Large numbers of people also attend as interested observers and gain inspiration for their spiritual growth.

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 in a practical and level style the basic language 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 initiations presented by the four lineages of Tibetan Buddhism, and discusses the relations between the Kalachakra teachings and karma, astrology, Tibetan medicine, the hatred of bondage and Shambhala, and world peace. This book is helpful for those who have already attended the initiation to more effectively use their experience, and for those interested in tantra in general to understand Kalachakra and the psychological implications of the initiation process.

THE WHEEL OF TIME:
The Kalachakra in Context
by Grzegorz Sierakowski, foreword by H.H. the Dalai Lama. 158 pp. #K01A $12.95

The Kalachakra is the Universal yoga tantra. Topics include: the initiation of Kalachakra Tantra, tantra, astrology, physiology, and mythology into a mediatal 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 this gap by discussing the Buddhist background, history, initiation rites, construction stage mandala and completion stage practices of the Kalachakra tantra.

KALACHAKRA INITIATION
by Alexander Berzin. 190 pp., #K15A $11.95

Kalachakra is a system of highest tantra practice for overcoming the Impermanence imposed by internal, anatomical and biological cycles, so as to become a Buddha for the benefit of all. Since 1979, many great Tibetan masters, especially His Holiness the Dalai Lama, have been conferring the initiation in India, Mongolia and the West, empowering prepared practitioners to engage in its meditations. Large numbers of people also attend as interested observers and gain inspiration for their spiritual growth.

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THE MANDALA: Sacred Circle in Tibetan Buddhism
by Martin Brower, and foreword by H.H. the Dalai Lama. 152 pp., 9 x 12.75 color & 62 b&w photos. #MASAP $15.95

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 (mostly the Kalachakra), painted and butter mandalas, diagrams showing the different aspects of the central figures, the significance of the outer circle, the four gates and their qualities, the many details such as faces, sculptures and architecture models, all representations of the principles of the mandala. There are also photos of the Dalai Lama performing the Kalachakra Initiation.

H.H. THE XIV DALAI LAMA, TENZIN GYATSO
Kalachakra Initiation, Bodhgaya, India 1974, photo by John Smart. 10 x 12" #K15M $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 conferring 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 large format 4 x 5" camera for incredible detail in creating this superb photograph. Then, in a uncropped format in tone printing, these postcard size prints were produced. The photographic image measures 12 x 15" on a 16 x 20" sturdy weight, acid free, high quality printing paper.

KALACHAKRA DEITY
POSTER
19 x 27" #K10AKA $10

This is the finest quality poster of the 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 precious jewels.

KALACHAKRA SAND MANDALA POSTER
24 x 34" #KASAP $10

The large full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

SAND MANDALA POST AND NOTECARDS
Kalachakra Sand Mandalas
#KASAS $1

Full-color photo reproduction of sand mandalas constructed in the American Museum of Natural History, New York City.

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TIBETAN MEDITATIONS SHAWLS

Large cotton (summer) and wool (winter—hand loomed) meditation shawls imported from India. They are the maroon color that monks and nuns wear.

Meditation Shawl (summer) #MESHS $30
Meditation Shawl (winter) #MESHW $45

T-SHIRTS

SNOW LION T-SHIRT
Large #SLTL, extra-large #SLTXX $15
The Snow Lion, the national symbol of Tibet, in deep blue on a natural color 100% cotton shirt.

TIBET FLAG T-SHIRT
Medium #TIFLTM, Large #TIFLTL, extra-large #TIFLTX $16
A five-color image of the Tibetan national flag is printed on a white 100% cotton quality t-shirt. The word "Tibet" is printed under the flag.

SMALL STATUES

We were very happy to finally find a source for high quality ceramic miniatures of the Buddha and Green Tara. You will be impressed with the detailing of these statuettes. They are made to look like antiqued ivory and like fine ivory, should be protected from heat and direct sunlight which will eventually yellow them. They are very hard and not easily broken.

VAJRASATTVA STATUE
4" high Vajrasattva Statue, #VAST4 $30

SHAKYAMUNI BUDDHA
4" high Buddha Statue, #BUST4 $30
2" high Buddha Statue, #BUST2 $15

GREEN TARA STATUE
4" high Green Tara Statue, #GRTA4 $30
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Inspirational CD of The Dalai Lama!

THE 14TH DALAI LAMA IN HAWAII
produced by Edgy Lee and Karma Lekche Summer 1 hr. #DLHACD $15
Recorded live during a series of public talks in Honolulu, the narration by His Holiness covers many practical matters that people face every day. The excerpts from his talks are mingled with exotic chants and music by Tibetan and Hawaiian artists.

Buddha Shakyamuni
3" #SMSTH (with painted face) $60
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8" #HEBS7 (all gold) $295

Chenrezig
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Gold with painted face:
8" #HEBS $195

Green Tara
The following statues have painted faces and gold highlights:
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8" #HEGT3 $195
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Medicine Buddha
3" #SMSMBS (with painted face) $60
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8" #HEHBS7 (all gold) $395

Mipham (one of the great Nyinmapa teachers, 1848-1912, in the lineage of Longchen Rapjampa)
8" #HEMBS1 bronze $295

Stupa of Enlightenment
9" #100 $360

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 gilted bronze with gold-painted faces unless otherwise stated.

Call/tell/fax/write for photos of any statues in which you may be interested. Nearly any photo can be sent over the Internet as an email attachment. You always have 100% right of approval upon receipt of items!
Ozone Loom 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 mutations 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 November, 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.

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- B: special brocade
- D: extra special brocade
- K: has bottom rod with metal knobs

**Size Codes**
- M (image 14x20, overall 25x36) approx.
- L (image 17x22, overall 30x45) approx.
- XL (image 24x36, overall 39x60) approx.

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**Buddha Shakyamuni**
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- #35 $495 MB
- #T10 $440

**Dudjom Lineage**
- #70 $350 M
- #CT411 $420

**Dzambhala**
- #CT411 $420

**Green Tara**
- #T4 $400 M
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- #76 $495 MB
- #78 $495 M

**Kalachakra**
- #K5 $495 L XB
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- #70 $495 M
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**Medicine Buddha**
- #CT8 $350 M
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**Vajradhara**
- #93 $495 M

**Vajrakilaya**
- #CT8 $490
- #592 $440 M XB
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**Vajrayogini**
- #SP2 $495
- #SP6 $495

**White Tara**
- #SP1 $520
- #CT840 $495

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**TANTRIC DISTINCTION**
*by Jeffrey Hopkins* 192 pp. $14.95

Hopkins has the ability to clarify complicated ideas, to bring them to life, and this book admirably does so. His words cut through the theories of Buddhism and brings them vividly into the realm of experience. He explains emptiness, the functions of the guru, meditation, the clearing of obstacles, and the Bodhisattva ideal. He unravels the complex differences between the Hinayana and the Mahayana, and between the various schools of thought within the Mahayana. He reveals conventional and ultimate reality, shows how the mind is addled by the lies that the senses tell it, and describes the process of cutting through this craziness called cyclic existence.

Enlightenment is demystified and shown to be a possibility for all. He introduces the entire Buddhist path laid out as a living experience—will in the context of the final path, being the tantric—most skillful and expedient way of utilizing one's experiences to penetrate the nature of reality and to cut, once and for all, the very root of one's suffering.

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**OPENING THE EYE OF NEW AWARENESS**
*by H.H. Dalai Lama, ed. by Don Lopez* 160 pp. $14.95

A succinct, thorough overview of the doctrines of Tibetan Buddhism. Written by the young Dalai Lama in his first years of exile, his erudition and compassion is brilliantly displayed as he discusses the need for religious practice and the importance of kindness and compassion. Originally written for Tibetan lay people that was the Dalai Lama's first book on Buddhist philosophy to appear in English, and Prof. Lopez's introduction places these teachings in their proper historical context.

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**SPEAKING OF THE DREAMS OF THE BUDDHA**
*by Serinity Young* 288 pp., 8 color & 6 bw illustrations, #TRARNO $18.95

A fascinating, culturally varied picture of the Buddhist dream experience and its revelations about Buddhist ideas of consciousness, cognition, and salvation. Dreams play a powerful role in the sacred biographies of Indo-Tibetan Buddhists: they reveal the birhds of religious figures, describe their accomplishments, and reveal esoteric teachings. Using biographies of the Buddha and other important Buddhist figures, Serinity Young explores the functions of dreams and maps their role at the intersection of biography, history, and religious belief.

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**Dreaming in the Lotus**
*produced & directed by Anahata* 40 min. video, #QURE $25

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**Dreaming in the Lotus**
*by Serinity Young* 288 pp., 8 color & 6 bw illustrations, #QURE $18.95

In the early nineties, the now late H.E. Jamgon Kongtrul Rinpoche asked his student, Prema Dasara, to bring a group of Western women to India, to dance sacred dances for the Tibetans and teach the women and children these dances. In 1998, 50 dancers and musicians from 11 countries traveled to India and Nepal to fulfill this request. The Dance of the 21 Taras was performed in Dharamsala for His Holiness, for the Tibetan Children’s Village, at Kopan, at the Central Institute of Higher Tibetan Studies and elsewhere. It is a beautiful and empowering dance to see and hear. The response of the Tibetans was very ful and empowering dance to see and hear. The response of the Tibetans was very ful and empowering dance to see and hear. The response of the Tibetans was very ful and empowering dance to see and hear.

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**TRANSFORMATIVE ART**
*NOTICE CARD SET* 12 cards w/envelopes, #TRARNO $21

These thankous, murals and adventure/fantasy paintings of Marianne Rybyldt are a wonder to see. They are full of myth, fun and spirituality. Two of the images are life of the Buddha murals that were painted in Beno Khiney’s monastery in Kuthokanda. Some are huge murals that were painted on the sides of buildings. There are also images of Green Tara, White Tara, Choezang and the Medicine Buddha. The cards are 5-color with gold border.

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