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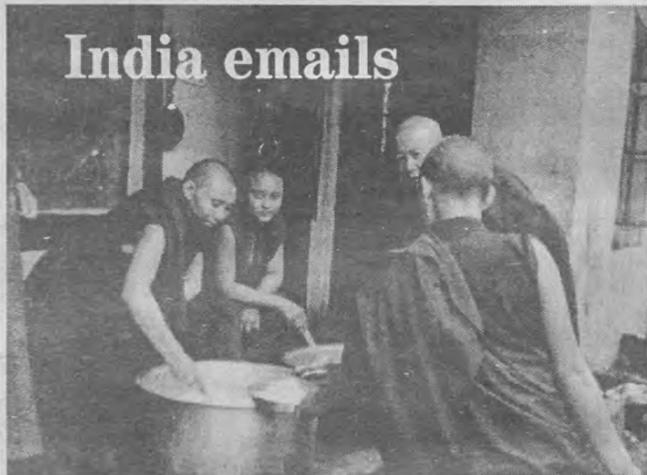
N48

Snow Lion Publications

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

ISSN 1059-3691
Volume 14, Number 4

FALL 1999
NEWSLETTER & CATALOG



India emails

by Pat Rockwell

Pat Rockwell is a co-founder of Snow Lion Publications and Project Administrator for the Tibetan Nuns Project. After working with the Tibetans for over twenty years and with the Nuns Project for seven, she was finally able to visit Dharamsala. This is an email journal of some of her experiences during her stay.

Sunday, July 18

On my way—20+ hours on a plane! I'm in Singapore now at a Cybercafe. On the way to Hong Kong I watched the movie *The Matrix* for the second

Above photo: Gaden Choeling nuns at mealtime.

time. Little did I know that this movie would become the paradigm of awakening for me, as science fiction has done through so much of my life. When I first saw this movie I was moved somewhere inside so deeply. When I start to think about how it is we know what we know in our experience of the world, the internal doors start opening. I stepped out of that movie convinced that I could, and would, change my life. It wasn't until I saw the movie on the plane for the second time that I realized that I was doing precisely that. This movie is one of the reasons I am on this trip.

Hong Kong looks like a beautiful city. There were all kinds of fishing boats in the bay by the city and the mountains around made it all look so magical. Plus it was FOGGY!

I'll be in Singapore for seven more hours, but I'm too tired to try to deal with taking an excursion outside of the airport. It's a little dicey time-wise anyway. It is hot and humid here, I must say. Then I leave for New Delhi and the eight-hour taxi ride to Dharamsala. Betsy says it's rainy, rainy. So, I probably won't be doing much hiking around.

So, I guess I'll go wander or fall asleep in a corner somewhere. I'll email again once I'm in Dharamsala.

Tuesday, July 20

I arrived in Delhi in the dark of night. Walking out of the airport into the mass of people, many of whom tried to come up and take my luggage. I was so grateful that the Nuns Project had arranged for a taxi to come get me. Yes, there's the sign with my name on it. Two young men help me get my stuff into the van, and I, like a little child, just stare out the window at a world unlike any I have ever experienced.

The ride to the nunnery was quite the experience. It had rained like crazy and the roads were horrendous. There were landslides and washed-out roads. It took twelve hours to drive to Dharamsala. By the time I got there I was fairly incoherent. I was greeted by Lhamo Choedon, the administrator for the Nuns Project office in India, with whom I have had an email relationship for a number of years. It is so good to finally meet her. She is very gracious, gets me tea and cookies and lets me sleep.

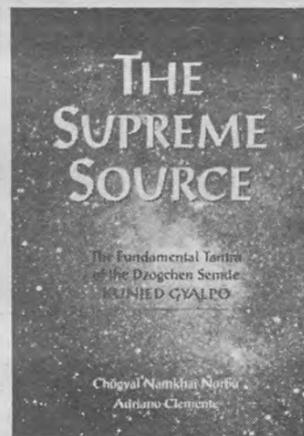
Friday, July 23

I've been working on the database for three days now. It's going to take the entire time I'm here to really get it all together. The offices are in the front part of the nunnery. The housing blocks are beautiful, aesthetically calming, and there are flowers growing everywhere. There are still two housing blocks to finish, a teacher's quarters, the temple, and His

(Continued on page 4)

THE SUPREME SOURCE

The Fundamental Tantra of Dzogchen Semde



by Chogyal Namkhai Norbu
& Adriano Clemente
325 pp. #SUSO \$19.95

The aim of Dzogchen is the reawakening 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 real 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 Dzogchen practitioner of the direct path of self-liberation. The Dzogchen 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 Dzogchen teaching is presented through one of its

most ancient texts, the tantra Kunjed Gyalpo or "The King who Creates Everything"—a personification of the primordial state of enlightenment. This tantra is the fundamental scripture of the Semde or "Nature of Mind" tradition of Dzogchen and is the most authoritative source for understanding the Dzogchen view. The oral commentary by Chogyal 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* will be of great interest to all students of Tibetan Buddhism.

The following is an excerpt from the book.

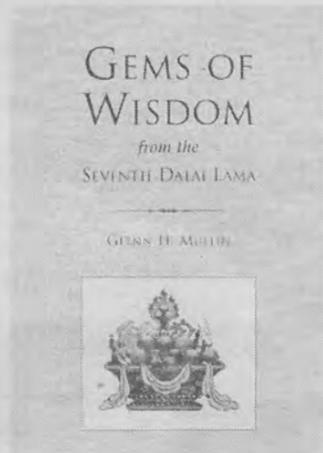
Dzogchen Atiyoga

With atiyoga we reach the culmination of the paths of realization: Dzogchen, or "total perfection," whose characteristic path, being based on the knowledge of self-liberation, does not entail any more transformation. In fact, when we understand the principle of self-liberation, we come to recognize that not even the method of transformation of tantra is the ultimate path. The fundamental point of the practice of Dzogchen, called *tregchöd* or "release of tension," is to relax in the state of contemplation, while the way to remain in this state is called *chogshag*, "leaving as it is."

Doing a visualization, a practice of transformation of impure vision into a *ma'ala* etc., means "constructing" something, working with the mind, whereas in the state of contemplation, body, voice, and mind are totally relaxed, and it must indispensably be this way. A term used very frequently in Dzogchen is *machöpa*, "not corrected," or "not altered," whereas transformation means correcting,

(Continued on page 2)

Gems of Wisdom from the Seventh Dalai Lama



by Glenn H. Mullin
170 pp., #GEWISE, \$15.95

The Seventh Dalai Lama (1708-1757) stands as one of the most beloved Buddhist masters in Tibet's long and illustrious history.

One of his most popular works is *Gems of Wisdom*, a collection of spontaneous short verses that employ earthy metaphors to illustrate key points in the enlightenment tradition. His language is simple and direct, capturing the profound spirituality of his vision while avoiding any form of religiosity. Here we find all the teachings of the Buddha brought into the context of their implications for individual transformation, or "training of the mind."

This volume presents a translation of this important text and also provides a brief commentary which elucidates the quintessential meanings embedded in the Seventh Dalai Lama's verses.

Glenn H. Mullin studied Tantric Buddhism in the Himalayas for

twelve years, and has over a dozen books in print. In addition to his writings, he has co-produced numerous recordings of Tibetan sacred music, and also worked on three feature-length documentary films and four television productions related to Tibetan Buddhism.

Here are a few excerpts from *Gems of Wisdom*.

What is the body odor easy to acquire but hard to lose? Habits picked up from people whose lives are far from spiritual ways.

Buddhism regards the human world as a training ground for the enlightenment process. Living beings take rebirth here in order to learn and evolve. The conditions of the human environment change with the millennia in order to suit the needs of the trainees. Those riding the winds of positive karma are born as humans

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THE SUPREME SOURCE

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considering that there is impure vision on one side and pure vision on the other. Thus, all that is necessary to enter into the state of contemplation is to relax, and there is no need of any transformation practice. Some people believe that Dzogchen is only the final phase of tantric practice, rather like the Mahamudra of the modern tradition, but this is because the arrival point of the path of anyoga, too, is called Dzogchen. In reality, Dzogchen atiyoga is a path complete in itself, and, as already mentioned above, is not dependent on the methods of the path of transformation.

When we follow the Dzogchen teaching, if we have sufficient capacity, we can start directly with the practice of contemplation. The only really indispensable thing is the practice of guru yoga or "unification with the state of the teacher," because it is from the teacher that we receive the direct introduction to knowledge.

The original atiyoga tantras, such as the *Kunjed Gyalpo*, often assert that the characteristic feature of

"three wisdoms," or three natural conditions: essence, nature, and energy. One of the clearest examples to help understand this point is that of the mirror. In fact, the relative and the absolute condition can both be represented symbolically by a mirror, the former by the images reflected in the mirror and the latter by the mirror's intrinsic potentiality to reflect. The same holds for the state of the individual. What is the individual? It is the one who possesses the primordial state of consciousness, comparable to the nature of the mirror that is pure, clear, and limpid. This corresponds to the three conditions called "essence, nature, and energy." Just as a reflection arises from the mirror and in a certain sense is a quality of the mirror, all of our thoughts and all of the manifestations of our energy, both beautiful and ugly, are only our own reflection, a quality of our primordial state. If we are aware and are really in this state, everything becomes a quality of ours and there is no longer any separation into subject and object or any consideration of relative and absolute.

We have said that as individuals we are made up of our own primordial state as essence, nature, and energy. However, we should not think of these three aspects as if they were three separate objects; the original condition is one alone, and the fact that it is explained through three distinct concepts is only to help understand it. In reality we cannot define or distinguish "this is purity," "this is clarity," and "this is limpidity."

What is the essence? In order to discover the primordial state the reflection is needed, that in this case comprises the body, voice, and mind, and particularly the last of these three. In fact, it is from the mind that thoughts arise. If a thought arises while we are observing the mind, we must seek whence the thought originates, where it abides and, finally, where it disappears. However, the moment we recognize the thought it disappears and we find nothing at all: there is no origin, no abiding, and no place where it disappears. We find there is nothing, which is why the essence is said to be emptiness.

The concept of emptiness, or *śūnyatā*, is very widespread in Mahāyāna Buddhism, particularly in the Prajñāpāramitā tradition. However the fundamental point to understand is that emptiness is the true essence of material phenomena and not some abstract and separate entity. In fact, the same exercise of seeking the origin of thought can be applied to

any object perceived by the senses. If we see a beautiful object and examine whence this "beauty" arises and where it disappears, we find nothing concrete: everything is at the same level; both subject and object are in essence empty. Just this is the ultimate condition of the individual.

What is clarity? If the essence is "emptiness" this does not mean that nothing exists. When we observe a thought and it disappears, immediately afterwards another thought arises, that might be: "I am seeking the origin of thought and I find nothing!" This too is a thought, is it not? It is a thought that thinks about the origin of thought. In this way many thoughts can arise continuously. Even though we may be convinced that their essence is emptiness, nevertheless they manifest ceaselessly. The same applies to our senses: all the objects we perceive are the ceaseless appearing of our karmic vision. This, then, is the nature of clarity.

What is energy, or the potentiality of energy? It is the active and uninterrupted function of the nature of our primordial state. In general, one talks of the "function of wisdom" in relation to the pure vision of an enlightened being and of the "function of the mind" in relation to the impure vision of saṃsāra. For example, we think something and then we follow this thought and enter into action. Or, while we are practicing, we transform ourselves into a deity with that deity's maṇḍala and pure dimension. All of this evinces the function of energy in the aspects of its continuity and its capacity to produce something. Through our energy there arise all the manifestations at the level of subject and object, that can be pure or impure, beautiful or ugly, etc. If we place a crystal in sunlight, we immediately see it radiate many iridescent rays. In this case, the crystal represents the state of the individual and the colors that manifest externally represent everything that we see and perceive through the senses. This "mode of manifestation" of energy, in which the reflection manifests externally, is called *tsal* in Tibetan. Impure vision tied to karma and to the material dimension and pure vision at the level of subject and object are both *tsal* manifestations of energy.

There is also a way in which energy manifests "internally," in the subject itself, in the same way that images are reflected in a mirror: this is called *rolpa*. For example, when we do a tantric practice and transform ourselves into the dimension of a deity with its maṇḍala, we are working

with this kind of energy, because everything is taking place inside us. Obviously, in the first stages of the practice of transformation, it is very important to utilize the mind, concentration, etc., in order to achieve this function concretely. But at a certain point the pure dimension of the maṇḍala can manifest even without any effort on our part, and this occurs through *rolpa* energy.

The third way energy manifests is called *dang*, and represents somewhat the basic condition of energy, its potentiality to take on any form according to circumstances. The traditional example is that of a crystal placed on a cloth: the crystal will take on the color of the cloth even though in itself it is transparent and colorless.

Essence, nature and, energy are called the three "primordial wisdoms" because they represent the state of enlightenment in its entirety. The individual has these three aspects from the very beginning and continues to have them even upon the accomplishment of total enlightenment. One might think: "What then is the point of practicing, if we already have the same qualities as a Buddha? We can just stay in peace doing nothing!" Of course we can stay in peace doing nothing as long as we are not distracted, as long as we really find ourselves in this state. But if it is otherwise, it means we are slaves to dualism, conditioned by the object. In this case it is not enough to think that we have the essence, nature, and energy: conditioning by dualistic vision is precisely the obstacle that we need to overcome in order to allow the sun of the primordial state to shine again.

This is the reason why the path is necessary, that in its turn encompasses the three aspects of view, meditation, and behavior. In Dzogchen the "view," or perspective, does not address something external, it means simply observing oneself in order to discover one's true condition. Basically, it means discerning the dualistic conditioning undergone by the body, voice, and mind in order to overcome it through practice. In no way is the Dzogchen teaching intended to build a new cage in place of the one in which we already find ourselves; on the contrary, it serves as a key to open the door of the cage. In fact, it is not enough to discover we are trapped in the cage of dualism: we need to get out of it, and this is the purpose of "meditation."

As regards the second aspect, meditation, even though at the start it is necessary to utilize methods of concentration, breathing, etc., to

calm the mind and foster a condition of stability, the true purpose of meditation is continuity of awareness, or presence of the primordial state. Here we should speak rather of contemplation, the essential point of which is pure instant presence, or *rigpa*. The Dzogchen practitioner seeks to understand this state of presence through diverse experiences: of emptiness, of clarity, of sensations of pleasure, and so on. Actually, the aim of the methods in the sūtras and the tantras is also solely to kindle experiences. The true path of the Dzogchen practitioner, however, is contemplation. In fact, it is only when we are in contemplation that all the tensions of body, voice, and mind are finally effortlessly released: until we discover and abide stably in this state, our experience of "relaxation" will be incomplete. Contemplation, as suggested above, can be tied to an experience of emptiness, of clarity, or of bliss, but its state is one alone: the instant presence of *rigpa*. There exist various methods to recognize, establish, and integrate this state in all the circumstances of everyday life tied to the three fundamental series of Dzogchen: Semde, Longde, and Menngagde.

"Behavior," the last of the three aspects of the path, concerns the attitude practitioners should have the moment they "come out" of a session of contemplation and undertake various activities. Its purpose is thus to achieve the total integration of contemplation with everyday life, overcoming any differentiation between meditation and non-meditation.

Let us now turn to the third and final aspect of the Dzogchen teaching, the fruit or "result" of practice: realization. We have already said that the primordial state contains in potentiality the manifestation of enlightenment. The sun, for example, naturally has light and rays, but when the sky is cloudy, we do not see them. The clouds in this case represent our obstacles that are a result of dualism and conditioning: when they are overcome, the state of self-perfection shines with all its manifestations of energy, without ever having been altered or improved. This is the characteristic principle of Dzogchen. Not understanding this may lead one to think that Dzogchen is the same as Zen or Ch'an. At heart, Zen, which without any doubt is a high and direct Buddhist teaching, is based on the principle of emptiness as explained in sūtras such as the *Prajñāpāramitā*. Even though in this regard, in substance it is no different from Dzogchen, the particularity of Dzogchen lies in the direct introduction to the primordial state not as "pure emptiness" but rather as endowed with all the aspects of the self-perfection of energy. It is through applying these that one attains realization.

(Continued on page 3)

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Dzogchen is the absence of the ten requisites of the practice of Tantra: initiation, mantra, maṇḍala, visualization, and so on. Why are they absent in Dzogchen? Because they are ways of correcting or altering the true nature of the individual, but in reality there is nothing to change or to improve, all that is necessary is to discover the real condition and to remain relaxed in that state. So it is important to understand that the word *Dzogchen* refers to the state of the individual and that the purpose of the Dzogchen teaching is to enable one to understand this condition.

In general, the Dzogchen teaching is explained through three fundamental aspects: the base, the path, and the fruit. The base is the primordial state of the individual and is further explained through the principle of the

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Concerning the fruit, there are the three kayas, "bodies" or "dimensions": dharmakaya, sambhogakaya, and nirmanakaya. In no manner are the three kayas levels of realization: there cannot be a dharmakaya without a nirmanakaya, or vice-versa. In order to understand their meaning we must return to the concepts of essence, nature, and energy. *Kaya* means "body," and thus the whole dimension, both material and immaterial, in which we find ourselves; *dharma* means existence. So dharmakaya is the total dimension of existence, without any exclusion. Thus it corresponds to the essence, the ineffable and immeasurable condition beyond all the concepts and limits of dualism.

Sambhoga means "wealth" or "enjoyments," so *sambhogakaya* means the "dimension of wealth." In this case wealth does not refer to something material but rather to the self-perfected qualities that manifest through the substance of the elements, that is, through color. In fact, when the elements take on the material state, they pass from the level of "color" to the solid level of the physical elements. In brief, everything that we consider as the pure dimension of the mandala and of the deity pertains to the sambhogakaya, the source of the transmission of Tantra. This corresponds to the aspect of the "nature" of clarity of the primordial state.

Nirmanā means "manifestation" or "emanation" and corresponds to

the aspect of uninterrupted energy. So *nirmanakaya* means the "dimension of manifestation." In fact, through energy, both pure vision and impure vision can manifest and both are deemed nirmanakaya dimensions. Pure vision transcends the material dimension and constitutes the essence of the elements, while impure vision corresponds to what is called "karmic vision," produced as the outcome of determined actions carried out in the past.

The word *nirmanakaya* can also refer to a realized individual, such as Śākyamuni Buddha, who takes on a physical form in order to transmit the teachings. In fact, it is only in the nirmanakaya dimension that the teachings can be uttered and transmitted at the level of subject and object. The sambhogakaya is that dimension in which the potentialities of sound, light, and rays (*sgra*, 'od, zer), the three fundamental sources of manifestation, appear as the pure vision of the mandala, the origin of the tantric teachings. The books called "tantras," that contain the revelations of these manifestations, constitute the testimony of teachers who had direct contact with the sambhogakaya and only later put it in writing. As regards the Dzogchen teaching in particular, its tantras are said to arise directly from dharmakaya, symbolized by the primordial Buddha Samantabhadra depicted as a sky-blue Buddha, naked and unadorned: the original purity of the state of the individual. ■

The Dalai Lama in New York



by Marta Macbeth

Even the Secret Service agents were impressed with the weather. Every day before The Dalai Lama arrived at the Beacon Theater, the sun came out. The planned watering of Central Park became unnecessary as thunder, lightning and rain pummeled New York City in the evenings on the days preceding the Sunday event.

My experience of these teachings was as a volunteer for the Gere Foundation. The professionalism and efficiency shown during the week

amazed me. It was an honor to serve His Holiness and a privilege to work with such a heart-centered yet grounded Foundation. The Tibet Center co-sponsored the teachings and the combined effort was successful.

The Beacon Theater teachings were based on the middle-length *Bhavanakrama*, or Stages of Meditation, by Kamalashila. One thing which stood out for me in these teachings was the stages of meditating compassion. This is done by meditating on compassion for neutral persons, then friends, then enemies. It is a challenging concept for me to view these three as the same.

Every time His Holiness entered or exited the Beacon, people gathered so they could greet him and experience his warmth and smile. However, the Secret Service agents, who were very serious about guarding His Holiness, had the streets blocked so that no one could get very near. However, at one point one woman in a wheelchair was allowed to get closer and when His Holiness spotted her, he walked over and gave her a warm hug. "You are everywhere," he said and gave that magnificent healing laugh.

Above photo: His Holiness the Dalai Lama says hello to Nives Rebernak of Home for Peace and Nonviolence outside the Beacon Theater in New York City

His Holiness' talk in Central Park was an example of his immense appeal. In 1991, about 1000 people arrived at sunrise to a silent meditation in Central Park. It was dark and the horns and chanting led one up to the meadow. It was memorable, but this was a historic event that to me exemplifies how hungry we are for authenticity, wisdom, and compassion. In eight short years, 1000 people had become 40,000. It seemed that New York City was transformed for the day. Even the extra busses were free as they passed through the city crammed with Tibetans, and everyone seemingly affected by the warmth of His Holiness and his message.

It was an eclectic rainbow of people in Central Park eager to listen to His Holiness' talk on the "Eight Verses for the Training of the Mind." He again illustrated points with stories and anecdotes. The teachings were geared for a wider audience this time and he spoke at a level so that the myriad of ages and orientations would all understand the message.

His Holiness emphasized the connectedness with one another and our shared humanity. He also gave hope to all as he tried to make us believe that each of us has the ability to affect change if we have a warm heart and compassion to all. He spoke of the homeless in India and New York City and how we avoid acknowledging the humanity of those whose existence makes us uncomfortable. He did this as he wove in and out of the Eight Verses so that when he proceeded to the next verse you had almost forgotten that the Eight Verses are a Buddhist training. In fact, he so skillfully addressed the teachings that I think most people absorbed his words directly into their hearts and walked away committed to being a better person.

At both the Beacon and at Central Park there was a translator for the hearing impaired. Even if one doesn't know sign language, watching the dance of language is a beautiful experience. Including this as part of the teachings made it all the richer.

As the Central Park talk wound down and His Holiness led us in a prayer, I noticed a NYC policewoman pull down her hat to hide her tears. In that moment I felt a deep gratitude for all whose efforts presented us with His Holiness the Dalai Lama in Central Park on a late summer day.

Marta Macbeth is a jewelry designer living in Ithaca, NY. She is founder of the Endless Knot Project, an effort to promote the Tibetan Endless Knot as the symbol for the new millennium. Marta is also a board member of the Association for the Study of Dreams and a student of Namkhai Norbu. ■

SONAM CHOEDON from Lhasa, Tibet is looking for her sister, NORZOM. NORZOM'S husband is JAMPA THINLY and they live in California. Please contact 212-925-8090.



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AT THE CROSSROADS

Conversations with The Dalai Lama on Brain Science and Buddhism

by The Dalai Lama, et al.
ed. by Zara Houshmand,
Robert B. Livingston and
B. Alan Wallace
afterword by B. Alan Wallace
185 pages #COCR \$15.95



The Dalai Lama and a group of eminent western scientists address some of the most fundamental and troublesome questions that have driven a wedge between the realms of Western science and religion for centuries.

Included on the panel are Allan Hobson, M.D., Professor of Psychiatry at Harvard Medical School, Lewis L. Judd, then Director of the National Institute of Mental Health, and Robert Livingston, M.D., Professor Emeritus of Neurosciences at the University of California at San Diego.

INDIA EMAILS

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Holiness's quarters. In the back, where His Holiness's quarters are, the view is astounding—fields leading up to majestic mountains with their heads in the clouds.

I am so touched to see what has manifested here at Dolma Ling as a result of the work of so many good people. The nuns were given no formal education in Tibet, and to see this dream coming to fruition is so wonderful. They are so excited and dedicated.

The nuns have a week off to study for their exams, and they are spread out all over the place, studying and chanting. At 5 a.m. they are chanting, and it is an incredible thing to wake up to! At 7, they are outside my room in an alcove discussing and testing each other. I eat breakfast with Betsy Napper around 8 and then we head over to the office at 9.

It has not rained non-stop, which is good. Yesterday and today were sunny and hot and HUMID.

Yesterday I went with one of the nuns, Lobsang Dechen, who is the co-director of the Nuns Project, to the Buddhist Institute of Dialectics. They are training Tibetans in Tibetan language and studies, so they can become teachers. There are about 175 students there. We went to see their temple, library and the quarters for His Holiness when he is there. The quarters for His Holiness are quite huge, actually. There are the most amazing rugs in his rooms and an incredible altar. In the temple, they have a huge thangka of the Buddha that is applied with lots of other deities and snow lions and dragons. It is just stupendous! I have never seen anything like it except in pictures. I spent a lot of time taking it in while everyone else discussed cabinets for the new temple at the nunnery. The library is sparse—they are fundraising for books.

Today we went to McLeod Ganj and Dharamsala. The nunnery is in Sidhpur, which is about 30 minutes from Dharamsala. The village is so much like Mexican villages—storefronts on the street, fruits and vegetables right by the road. The Indian women dress in incredibly colorful outfits—not saris, but dresses with leggings. Very much like Mexico, it's like having rainbows walk by. Dharamsala and McLeod Ganj are on the side of mountains so the roads getting there are hairpin and steep and dangerous. People drive like maniacs here, and the horn is a major instrument of communication—"Watch out, I'm coming!" The views from the towns are absolutely magnificent. The offices of the exiled Tibetan government are over there, as well as the Tibetan Children's Village, the Library of Tibetan Works and Archives, the Medical and Astrology Center and many, many monasteries and one of our nunneries. We ate lunch at the Tibet Hotel and then went to the Tibetan Children's Village.

There are 2000 children at TCV. Most have no parents or their parents are in Tibet. They live in homes of thirty to forty children with a "mother" and a "father." They go to school there up through high school, and they have homes for kids who go to college and need a place to come back to. The school building was built by a Japanese architect and is really unique. The children study, work (I saw a 3-year old helping do the laundry!), and play. I was so moved by the feeling of solidarity and community. I could have taken 1000 pictures there. TCV is actually the highest building site in the area, I think—set right in the clouds.

For me, sitting in the Hotel Tibet looking over at the mountains with the clouds wisping around their peaks (Snow Lions, I understand), really put me in a reflective place. It has been so many years I have been working with the Tibetans, and I



Clockwise: Shugsep nun; man and young boy by prayer wheel; TCV kids; Shugsep nuns; Dolma Ling nunnery; the author, Rinchen Khando, and Betsy Napper.

could hardly be there in my body. So many feelings wanted to come out at once, and the timing was not so appropriate. Tibetans do not display feelings, and I was about to sit at that table and weep. I don't know that I will be able to do all that I want to do on this trip, but that doesn't matter. I really know, as of today, that I am here. And I also know that twenty years of devotion to the Tibetan people have not been misspent.

Wednesday, July 28

At first I was waking up at 5 or 6. The nuns are chanting and it's a magical way to wake up. I think I was still in a different time zone (or the ozone, for that matter). Now I'm back to my bad habit of getting up at 7:30. I take a shower. I am truly fortunate in that I am staying in the guest house, which has four one-room apartments. I have a shower, which gets heated by a wall unit called a "geezzer". These little

items are a very good idea—they heat the water when you need it, and then you turn it off. I also have a regular toilet, which, I must say, I'm grateful for. Leg muscles can only take so much. The guest house is definitely set up for westerners, as the rest of the buildings are not set up this way. The teachers' quarters have communal showers and toilets, which are, in essence, holes in the floor. The nun's facilities are also communal.

The path to the office is through a glorious array of huge zinnias, morning glories, roses, hibiscus, huge marigolds, tall calla lilies, dahlias, nasturtiums, and other flowers. As the nuns have been studying for exams, there are nuns situated everywhere. Some up on the second floor balconies, some in the alcoves, some right outside my door very early in the morning. They are very shy, and if they feel brave they ask me to help them with their English essays and vocabulary. It's so moving. There's a part of me that would love to come here and help teach—anything. Sewing. But then, being here, I realize that it would be such a huge stretch. There's a woman here from England named Judy who is teaching English at the transit school (for newly arrived Tibetans), who lives next door to Betsy. She is so lonely and the culture shock is immense. She misses her family so much and the Tibetans are not very warm and friendly on a day-to-day basis. The food is strange and hard to get. The mosquitoes are everywhere. And her transition has been very hard. I can see how that could be so. The nunnery is in Sidhpur, which is about 1/2 hour taxi ride from Dharamsala (where all the action is). It takes about 40 minutes by bus. So, I don't see much action. I'm really isolated here & have definitely been brought over here to work. Anyway, I digress.

Once I get to the office, I am chained to a computer. I am trying to coordinate the U.S. database with the Indian one. Our basic set up is the same, but I have been entering data in the U.S. and they have been entering data here. This is a database manager's nightmare, I must say. So, I'm still in the beginning stages of just trying to get the Indian data onto my new and improved U.S. database. It's challenging and tiring. I don't think I'll spend much time teaching the nuns any computer stuff except for the ones who work in the office. At around 10 a.m. a very sweet nun brings us tea (sweet with milk), and we eat lunch together at 1:15 with the staff and nuns. The lunch is usually rice with strange little bits of meat and either potatoes or cabbage. Some days there's another vegetable or a piece of fruit. And Dolma Ling has the best food of all of the nunneries! I don't quite know how they stay healthy—many don't.

After lunch, we take a short break and then head back to the office from 2 to about 6. Then we go back to our rooms and Judy, who loves to cook, feeds us dinner—curry, dal, macaroni and cheese. We chat for a while and then I go to my room and read. I've read about 4 books already. Luckily Betsy has a good library. There are moments when I get naturally meditative—surprises me! It's been a while since I've been drawn to meditate and not had to force myself to do it. It's a testimony for what actually lives internally and will surface when life isn't a huge rat race. It's moved me to realize that I still have that internal voice and pull. I judge myself so harshly at times!

Then I go to bed—sometimes to sleep sometimes to battle those one or two mosquitoes that have managed to get in my room. It's amazing how they show up just at the moment you are falling asleep—to awaken you and then disappear when you turn the light on to smooch them. I finally slather myself with Green Ban, pull the sheets up and offer my body up. Luckily they don't like Green Ban. Betsy has told me that malaria is not

a danger up here, which has me relaxed because I chose not to take the malaria medicine.

That is an ordinary day.

Saturday and Sunday were not ordinary and I will tell you about them...

Saturday we took the bus to Dharamsala, got off at the Kotwall Bazaar and took a taxi up to McLeod. McLeod is the highest-up village I've been to. The buildings are packed onto the hillsides. The views are astounding and the roads treacherous. Because the rains have been so bad, there are landslides everywhere. We went to a few shops and decided that today was not a shopping day! We'll do that another day. We did get some chair carpets for gifts to give to people in the U.S. who help a lot with the Nuns Project.

We went up to Namgyal monastery. This is His Holiness's monastery and where he lives. We went to the various temples and saw where he gives his teachings. The paintings in the temples are utterly awesome. We then decided to circumambulate His Holiness's "palace". Again, the clouds had descended, and we walked among silent, misty trees on a narrow path, passing mani stones, painted carved prayers in big boulders, and prayer wheels. It was quiet and mystical, watching the older Tibetans counting their prayers on much-used malas, turning prayer wheels, and smiling at us as we passed by. We later found out that His Holiness was actually there while we were circling his house. That's nice!

We then went to the Namgyal Cafe—part of the Namgyal Monastery and had pizza, coke and cappuccino—set up for westerners! We had lunch with a woman named Isabel, who works with the Gaddi Indian women on a project which hopes to educate them and help make them self-sufficient. They make tofu, and, I think, jam and some other things and sell them. The Indian women are treated so poorly. Their lives are not their own and they have no power or resources. This project is very worthwhile and definitely underfunded. Isabel lives as these women do—having to walk up the mountain to get water from a spring, living simply, no conveniences.

We then walked to the Gaden Choeling nunnery, where Gelugpa nuns live. (Gelugpa is the sect of the Dalai Lama.) It is splashed upon a hillside right in-between Dharamsala and McLeod. The buildings are close together where the nuns live and there is an office, a kitchen, and a temple. The nuns were chanting in the temple when we got there. I got to witness fine-tuned negotiations between the TNP and the nunnery. It was actually fun.

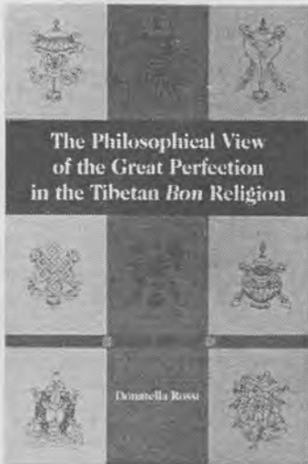
We then walked back down to Dharamsala in the pouring rain. Very, very downhill. Very, very slippery. Tevas are a godsend! We caught the nunnery car back to the nunnery, and I went to my room and slept for an hour, had dinner, tried to watch *Life is Beautiful* at Betsy's (didn't like it) and went back to my room and read. Quite the day!

On Sunday, which I had hoped I could spend a good part resting because I wasn't feeling so well, Rinchen Khando, His Holiness's sister-in-law, invited us to Kashmir Cottage for lunch. So, Betsy and I got ourselves together and decided to take a taxi instead of the bus (wise decision). We stopped at the Kotwall Bazaar and bought mangoes to give to Rinchen-la as a gift and walked up to the cottage. In Dharamsala and McLeod (which is higher up than Dharamsala) the clouds descend and you find yourself in the midst of a beautiful soft mistiness. Everything takes on a sense of quiet and mystery.

On our way up, Ngari Rinpoche, His Holiness's brother, came driving down. He looks so much like his brother, it's uncanny. He has a tremendous memory, recognizing me from 1980, the second trip to the U.S. with His Holiness. This is when we pre-

(Continued on page 6)

The Philosophical View of the Great Perfection in the Tibetan Bon Religion



by Donatella Rossi
bibliography, Tibetan-English glossary, index, 250 pp., #PHVIGR, \$19.95

Dzogchen, or the Great Perfection, is considered in Tibet to be the culmination of all teachings embraced by both Bonpos and the followers of the Nyingma school. The View of the Great Perfection introduces the individual to the knowledge of reality, which is one with the enlightened state of all beings. In this book the Dzogchen View is presented by way of two Bonpo texts belonging to the revered terma and oral traditions, here translated and critically edited for the first time in their entirety.

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The following is an excerpt from *The Philosophical View of the Great Perfection in the Tibetan Bon Religion*.

The View (*lta ba*)

The expression *rdzogs pa chen po'i lta ba*, the View of the Great Perfection, obviously implies the literal connotation of theoretical view or philosophical way of seeing; but as will be shown through this presentation, this 'view' detaches itself from the common Buddhist connotation of theory or (wrong) view to cover the whole gamut of doctrinal, metaphysical and soteriological principles per-

taining to the Great Perfection.

The first observation to be made is that the teachings of the Great Perfection are traditionally addressed to individuals who still live in a relative condition, where suffering is concretely experienced, but who are deemed to possess a superior capacity of understanding. Therefore, instead of fostering mere speculative knowledge, the Great Perfection teachings, as they are expounded through the principles related to the Basis (*gzhi*), concentrate uncompromisingly on assisting the individual to transcend the confusion and narrowness that characterize the relative condition, so that one's own Ultimate Nature (*yang bzhin*), which is the self-perfected state of Enlightenment (*sangs rgyas pa*) existing as a potentiality in all beings, may be recognized. When these liberating means are applied through the Path (*lam*), the teachings are centred on actualizing the Awareness (*rig pa*) that the source and the final point of all external and internal phenomena related to the condition of living beings is the unlimited and ineffable state of

- The Mind-itself is like
- the eye, (without which)
- other (things) cannot
- appear by themselves.
- Since it is naturally
- concealed in itself, it can
- (only) be discovered by
- (entering) its secret
- (nature).

Reality (*Bon nyid*), which is one with one's own Ultimate Nature. When the teachings describe the Fruit (*bras bu*), they imply the definitive 'return' to the state of Reality; and since that state is precisely one's intrinsically enlightened Nature, the Fruit is said to already be spontaneously accomplished.

The Reality is called Great Perfection because it is not affected by the limitations that characterize all phenomena, such as their transitoriness, the causes that generate them, and the effects to which they are subjected. It cannot be defined as a meeting of opposite principles, nor as an alternation of forces. It is intrinsically non-dual (*gnyis med*). Therefore, it cannot be identified with the state transcending suffering (*mya ngan las*

das pa) enjoyed by enlightened beings, nor with the state of transmigration (*khor ba*), since it encompasses and at the same time transcends them both. It is not a state where distinction or choice is to be made between 'good' and 'bad'. Nor is it a state that can be approached and achieved in a gradual way, by going through successive stages of mental and physical practices.

These ideas are expressed in the *lTa ba la shan sgron ma*, "The Lamp that Clarifies the View" (p. 278, 4-7), a short *gler ma* belonging to the cycle of the Three Proclamations:

*rDzogs pa chen po kun gnas te /
rang bzhin lhun rdzogs chen po
nyid /
rdzogs pa chen po ye nas gnas /
thams cad rdzogs pa'i rang bzhin la /
bzang ngan blangs dor gnyis su
med /
theg pa lam dang bsgam [sic] /
bsgrub rtsogs /
rdzogs chen 'di la ngas ma bshad /
rgyu 'bras gnyis su ngas ma bshad /
skye shi med par lhun gnyis gnas /
gnas pa nyid la gnyis su med /
des na bon dang gshen rab med /
rgyu 'bras theg par btags pas nor /
lta bas bltas pa 'khrul par snang /
lam gyi rim pa ye nas med /
nye lam bde rdzogs lam gyis [sic] /
mchog /
'jug lta spyod bsrungs gnyis mi
mnga' /
bsgom dang blo yis the tshom med /
des na rdzogs chen nam mkha'i
klong //*

The Great Perfection abides (in) everything; (it is) the great, spontaneously perfected Nature (which) exists as Great Perfection from the origin.

As to (this Ultimate) Nature which is totally perfected, (it) has no duality of acceptance (and) rejection, good (or) bad. (Following) paths (and) vehicles, performing meditation:

I have not proclaimed (that) the Great Perfection (consists) in this.

I have not proclaimed (that it exists) as cause and effect. It exists spontaneously without birth and death.

As to (that state of) being itself, (it is) without duality; therefore, (it) has no Bon nor *gShen rab*. (It is) erroneous to tie (it) to the vehicles of Cause and Fruit. Investigated through (a specific) view, (it) appears in (a) delusive (way).

From the beginning, (it) has no graduality of paths; (it is) the best path, the direct path of perfection and bliss.

There is no view (to be) followed, nor conduct (to be) observed. There is no uncertainty (produced) by thoughts and meditation. Therefore, (it is) Great Perfection, (it is like) the Expanse of Space.

Taken by itself, the affirmation that this absolute state cannot be found in meditation seems to go against and dismiss the whole range of endeavours that followers of lower Vehicles painstakingly undertake with the aim of reaching the much

aspired state that transcends suffering (*mya ngan las 'das pa*). However, in the View of the Great Perfection, meditation is considered as a contingent state, a child's play, because no matter how profound and accomplished that may be, it is nevertheless considered to imply the perception of a subject envisaging its object. Therefore, how can it be possible to actually transcend all suffering by using a means that constitutes the cause, or the emblem, so to speak, of all duality? "The Commentary to The View which is like the Lion's Roar" (*lTa ba seng ge sgra bsgrags kyi 'grel pa*, *rDzogs chen bsGrags pa skor gsum*, pp. 826, 4-7, 827, 3-7) briefly describes the way in which the followers of what we can infer to be the Seventh Vehicle of the Fruit endeavour to find the absolute state by practising meditation on specific deities; how this view is still maintained in the Eighth Vehicle of the Fruit, although it is approached from a more sophisticated standpoint; and how this view loses its validity when one has realized the 'true' state of meditation:

*Theg pa 'og ma bas sngags phyi
nang gi lugs ni sgom yod du
'dod /
de yang dngos po mtshan ma rang
du 'dod ta [*] /
zhal yas dang gdan dang yi ge 'bru
dang /
sku dang rgyan dang cha lugs sgom
pa'o /
theg pa ye gshen pa yang klong du
ma gyur bar du sgom du yod par
'dod /
de yang dngos po mtshan ma mi
sgom ste /
zhi gnas dang lhag mthong cha
mnyam pa de /
ma yengs pa'i ting nge 'dzin gyi
sgom pas sgom yod do /
[... / sgom du yod pa'i dus tshod ni /
ma rtogs pa'i dus dang /
rtags [* read rtogs] par bya ba'i
thabs kyi dus so /
de la rtogs pa'i dus na sgom du
med te [sic] /
sgom mi sgom gyi bye brag mi shes
pas /
rtags [* read rtogs] pa klong du
gyur ba'i dus na yang sgom du
med de /
bsgom bya'i yul dang sgom byed
kyi blo gnyis ka ban [* read
bon] nyid dam sems nyid du
shes pas so /
yang sgom par bya ba'i yul pha rol
na med par rtogs la /
sgom par byed pa'i shes pa tshu ral
[* read rol] na med par rtogs
pa'i sgom med do //*

Lower Vehicles (which follow) the system of outer and inner formulas maintain (that it) exists (in) meditation.

By (mentally) assuming the aspect (and) characteristics (of a certain deity),

(they) meditate (upon its) countenance, seat, seed-syllable,

body, ornaments and garments. Also the followers (of) the Vehicle (of) the Primordial *gShen* maintain that

as long as (it is) not realized, it is (found) in meditation, (although)

(they) do not meditate (upon) the aspect (and) characteristics (of

a certain deity). (They say) it is (found in) meditation through the practice of undistracted meditative absorption (which consists in) equalizing peaceful-abiding and superior seeing.

When (it is said that) it is (found) in meditation, it is (either) a method to foster realization

or lack of realization. In that respect, when one has realized (it), it is not in meditation since the difference between meditation (and) non-meditation is not perceived;

also, when realization has fully matured, it is not (found) in meditation

(because) both the mind that performs meditation and the object that is meditated (upon) are perceived as the Mind-itself, the Reality.

Moreover it is not (found in) meditation, when (one) realizes (that) there is no object on one side to be meditated (upon), (and) no consciousness on the other that performs meditation.

In practice, as said in "The Explanation of the Twelve Little Tantras" (*rGyud bu chung bcu gnyis kyi don bstan pa*, pp. 187, 6-188, 1), it is impossible to experience and perceive the absolute state by any other means than that state itself:

*Sems nyid mig dang 'dra ste gzhän
gsal rang mi gsal /
rang la rang gis gsang pas rang
gsang thabs kyi chod /
thabs gzhän 'khrul cing 'khor ba'i
gnas su lung //*

The Mind-itself is like the eye, (without which) other (things) cannot appear by themselves.

Since it is naturally concealed in itself, it can (only) be discovered by (entering) its secret (nature).

Other ways are delusive and (make one) fall into the sphere of transmigration.

In the *lTa ba la shan sgron ma* (op. cit., p. 278, 1) we also read that the teachings therein contained have been expounded by the Compassionate Teacher Kun tu bZang po. Instructions of this kind are traditionally not considered as mere verbal expression, but rather as expounded from the state of contemplation (*dgongs pa*), which is referred to as the Condition of Kun tu bZang po (*kun tu bzang po'i ngang*), 'manifesting itself' on a supernatural plane in the form of deities such as *gShen lha 'Od dkar*. The latter is very often called the Compassionate Teacher (*thugs rje'i ston pa*) in the texts. *dPon slob 'Phrin la Nyi ma* informs us that the term *kun tu bzang po* can be interpreted as "*dus kun tu (kun tu) dri ma ma bgos pa (bzang po)*", "at all times wearing no stains", and that it refers to the Self-Originated Primordial Wisdom of the Basis (*gzhi'i rang 'byung ye shes*), whereby it is also styled Kun tu bZang po of the Basis (*gzhi'i kun tu bzang po*). He also points out that the term *kun tu bzang po* is interpreted in a twofold way: "*gdags su med pa'i Kun tu bZang po*" and "*gdags su yod pa'i Kun tu bZang po*"; "*gdags su med pa'i Kun tu bZang po*", the inexpressible Kun tu bZang po, symbolizes the Body of Reality (*Bon sku*). The expressible Kun tu bZang po, "*gdags su yod pa'i Kun tu bZang po*", refers, as in the case of our texts, to deities or enlightened beings that are expressible in terms of their attributes and qualifications, such as *gShen lha 'Od dkar* and *Ta pi Hri tsa*. These two figures respectively symbolize the Body of Perfection (*rdzogs pa'i sku*) and the Body of Emanation (*sPrul pa'i sku*). ■

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Continued from page 4

sented H.H. with our first published book, *Death, Intermediate State and Rebirth* in New York City at the Waldorf Astoria. The memories!!

We then went up to the cottage, which is surrounded by fruit trees and beautiful flowers. It was wonderful to see Rinchen-la. We talked about so many things—the Nun's Project, my kids, her coming grandchild and all of the old friends of the Tibet cause. She wants to do something to reconnect with all of the people who originally worked with the Office of Tibet back in the 60s and 70s. To her, these are the people who laid the groundwork for what has manifested now. The Tibetan issue is so big now and there are so many people, that she feels the old-timers have been forgotten. We talked about that and I said that, in a way, this was so, and that, also, many of the old-timers are so happy to see what has blossomed out of the initial work done. For me, having put 20 years into this, it's so moving to see what has happened. It was very validating to have Rinchen mention this, however, I must say. She expressed much sadness and some frustration over putting so much time, energy and money into building here when it would be wonderful to be able to do this in Tibet when they get back. Betsy told me that anything that the Tibetans have earned here, must be left here. So, going back to Tibet will have to be financed some other way. We all pray for the miracle of the Tibetans going home! It seems like that is what it will take to have that happen. Some major upheaval in China!

We had a wonderful lunch of momos and vegetables. It was a delightful time and I'm so glad that Rinchen invited us. She told us that His Holiness is in town, and she will let us know if he is having any public audiences. I'd love to see him!!!

So, Betsy and I took a taxi back to the nunnery, napped and then worked in the office some. That was the weekend.

Wednesday, August 4

The last few days have been unbelievably tiring! Wednesday through Sunday I have gone to McLeod each day—a full morning's journey. The roads, especially because of the monsoon, are rocks and mud and, not to mention, on the sides of mountains.

On Wednesday we heard that His Holiness was going to be giving a public audience the next day. Needless to say, I wanted to go to that! Dominique (she is the new English teacher/recent graduate from Columbia and so great) and I went to the Security/Passport office in McLeod to register for the audience. First you need to register with the Tibetan office, which went quite fast. Then you need to stand in a second line to register with the Indian security office, which took HOURS! Separate line for men and women, and, of course, there were more women. As word crept through the community that this audience was happening, more and more people showed up. It was very exciting.

Dominique and I took turns roaming into shops and standing in line—in the pouring rain. We took a jeep taxi down from McLeod to Dharamsala, which had at least 15 people in it. Then we took a regular taxi back to Dolma Ling.

Back to the database! By the time I leave, I am hoping to have it pretty much in order. I will probably have to work on it some when I get back and send it back with Betsy when she returns.

The next day we leave to go to the audience with His Holiness. Talk about being in an altered state! I keep remembering starting this trip with watching *The Matrix* and it has somehow become the theme of my trip. Seeing His Holiness reaffirmed that feeling. To shift the matrix of the structure of my being—a real shift of how it is that information comes

in and gets processed—how one responds to experiencing the world. My prayer is that in his Holy Presence this will be able to happen—that my sincerity and intention will allow the shift in the matrix. I pray for the obstructions to be removed, for the free flow of energy to happen that will allow my life to blossom and fulfill its own particular, unique destiny.

It was quite incredible to be in the crowd waiting to see His Holiness. There were quite a few new arrivals from Tibet. You could tell which ones they were. They were shiny-faced, dressed in traditional costumes, even the men, which is very rare. There were many, many monks and many, many monks. The monkeys were on top of a fiberglass roof, so you could see their little hands and the teeny ones were turning somersaults and hop-scotching over each other. It was so enthralling. We were all in such a deep state of anticipation. Judy Tethong was with us, who is a woman from Vancouver married to one of the Tibetan cabinet members, so she could get us updates on everything that was happening. The westerners were separated from the Tibetans, and everyone's security passes were checked and people were patted down to check for weapons. The security was very tight, which was a new experience for me. So, we waited and watched.

Finally, you could see the bodyguards getting attentive and the incense burners were being swung... His Holiness walked up the stairs. It was electrifying for me to see him. Tears just welled up and my heart nearly burst. He carries such an enormous presence, such an enormous love. We held back to the end of the line, so we could watch everyone passing by the line. There were so many people that we couldn't present our scarves to him, we had to just put them around our necks. He stood in front of the temple, smiling. The first person who went was a very old nun, who he joked with and put his head to her forehead. There were many, many westerners who had come out of curiosity. Then there were the Westerners who were "important", who had to get ahead of everyone, who looked urgent. As we got closer to him, my excitement kept growing. So, there I was holding his hand, looking into those sparkling, compassionate eyes. That's what I was yearning for, starving for—that glimpse of being seen as only my better self. The place I so often feel I struggle to attain, being given effortlessly in just a momentary glimpse. Thank you. Thank you.

It was impossible to leave. We waited while His Holiness met with the new arrivals. He spent almost an hour with them. What a tremendous gift. Meanwhile, we watched all of the people waiting. The old Tibetans turning their prayer wheels and praying with their malas. Sitting on the ground, just grateful to be in the presence of the Dalai Lama. Little children running around. Monkeys checking out the crowd.

We finally left and walked half way down to Dharamsala listening to many, many stories told by Judy—of when she was working with the Tibetans in 1963 as a peace corps volunteer. What an amazing time for her.

The rest is more story—Going back to the office, working. The weekend was spent shopping, sleeping, and visiting nunneries, which is full of stories in itself. I was able to visit Shugsep and Tilokpur, two other nunneries that we support. Each one, each nunnery holds a unique feeling of commitment. Always, there is welcome and delicious tea.

The last few days have been filled with work—getting the database more and more together. I will need to do some of this work when I get back. Today, Wednesday, will be spent getting the next newsletter together.

I will be spending two days in Delhi before leaving on Saturday. I am really looking forward to coming home and jumping into a new stream.

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Produced by Barbara Green.

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All proceeds benefit the Tashi Jong community.

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

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International Committee of Lawyers for Tibet: LOOKING TO THE FUTURE

According to the International Committee of Lawyers for Tibet (ICLT), many of the pieces to begin solving the conflict in Tibet are now in place, and Tibetans are turning their sights from simply surviving to planning for the imminent freedom of their own country.

The ICLT has been working closely with His Holiness the Dalai Lama and other Tibetan Government leaders to end human rights abuses in Tibet, and to promote a peaceful settlement through negotiations and the rule of law. Some of the group's recent endeavors include:

- Investigated and reported to the United Nations the continuing Chinese policy of human rights abuses, including coerced abortions and sterilization of Tibetan women.

- Launched an investigation of abuses against Tibetan children (including imprisonment and torture) to respond to China's upcoming report to the UN Convention on the Rights of the Child.

- Organized Tibetan delegations to the UN Women's Committee meetings in January and March 1999, and to The Hague Peace Appeal Conference in The Netherlands in May 1999, which highlighted Tibet, non-violent

conflict resolution, and the rights of indigenous peoples.

- Made more than a half-dozen official submissions to the United Nations detailing China's violations of human rights law in Tibet, which have

- **"I ask you, and everyone interested in justice and freedom, to do whatever you can to support the activities of the International Committee of Lawyers for Tibet in their work for the Tibetan cause.—His Holiness the Dalai Lama, 9/98**

- been instrumental in gaining special attention to Tibet by UN Member States and Special Rapporteurs.

- Campaigned to pass Tibet-support resolutions across the U.S. affirming Tibetans' right to determine their own future. Many states and cities have now passed resolutions of this nature.

- Mobilizing a campaign to stop a

World Bank project which would illegally transfer thousands of ethnic Chinese into Tibet and contribute to the destruction of Tibetan culture and environment.

- Helped hundreds of Tibetan refugees in the U.S. by obtaining free or low-cost asylum and immigration legal assistance.

- Wrote and published a new legal study affirming Tibet's right to independence and refuting China's historical claim to Tibet. (The study is now being used worldwide by the Tibet support movement, government leaders, and policy makers.)

- Researched and analyzed 35 models of self-governance to assist Tibetans in developing their own vision of what form of self-rule for Tibet to negotiate for. This study will also provide the legal precedents to support that negotiating position.

- Assisted the New York office of Tibet to set up a UN Tibet Advocacy Bureau.

- Provided training for the Tibetan Parliament Legislative Counsel.

- Hosted the Tibetan Supreme Court Justice U.S. tour.

- In the coming year, ICLT will focus its efforts on:

- Tibetan Children's Rights Project. ICLT's legal interns have already begun the groundwork, and our investigative teams—including psychologists and human rights law experts with specialized training and sensitivities for children and victims of torture—have begun preparing their fall mission to refugee centers in India.

- ICLT will continue to seek Tibet support resolutions in cities and states in the U.S. and internationally, and will work with Tibetan Government-in-Exile representatives to develop Codes of Conduct and development guidelines.

- At the request of the Tibetan Government, ICLT will help plan and participate in a "Self-Governance" conference in Dharamsala, India this November.

- ICLT will publish an expanded Tibetan Women's Rights report for wider dissemination.

- ICLT continues to promote the Tibetan cause at the United Nations and other international forums, preparing reports, lobbying, and assisting Tibetan participation.

- Because Tibetans are now planning the kind of development and civil institutions a free Tibet will need, ICLT's future work will include ways of linking sustainable development and the protection and promotion of human rights through the rule of law. These links will assist Tibetans to participate in a regional and global economy that promotes human rights

and world peace.

The ICLT believes that world peace will be greatly affected by the outcome in Tibet. Without international support for non-violent resolution and human rights law, violence, terrorism, armed resistance, and war are the likely outcome wherever conflict erupts.

70% of ICLT funds come from members. Members receive a quarterly newsletter and invitations and discounts to events. ICLT Board Members are currently matching donations to the organization up to the first \$5000.

If you would like to become a member, or are interested in further information, you can contact ICLT at: 2288 Fulton St., Suite 312, Berkeley, CA 94704. Tel: 510-486-0588. Fax: 510-548-3785. email: ict@igc.org. Web: http://tibetict.org.

U.N. Bars Ethnic Tibetan's Talk

by Paul Lewis
from *The New York Times International Friday*, March 5, 1999

United Nations officials have prevented an ethnic Tibetan from addressing the organization's Commission on the Status of Women, saying this might offend the Chinese delegation and result in China's opposing the accreditation of some women's groups to the world organization.

The incident, which occurred on Wednesday, has drawn protests from women's and human rights groups attending the commission's annual two-week conference here.

Losang Rabgey, a Canadian citizen of Tibetan origin who represents an international human rights group called the Transnational Radical Party, was chosen to address the commission as one of five delegates on its task force on women's health. Her topic was to be violence against women in occupied territories.

But at the last moment, officials from the United Nations Division for the Advancement of Women said she would not be allowed to speak, explaining that her name was identifiably Tibetan and that this might offend the Chinese delegation.

Ms. Rabgey was also warned that if China was offended, it might oppose accrediting some women's organizations to the United Nations when their status comes up for review.

Ms. Rabgey then asked another scheduled speaker, Krishanti Dharmaraj of the San Francisco-based Women's Institute for Leadership Development for Human Rights, to mention her exclusion during Ms. Dhher's address to the commission.

After Ms. Dharmaraj did so, United Nations officials refused to let any of the three other scheduled speakers

take the floor. They also expressed displeasure with Dr. Joyce Brock, an American physician and the organizer of the task force on women's health, who had selected the original five speakers.

A United Nations spokeswoman said officials in the Division for the Advancement of Women insisted that the reason Ms. Rabgey was not allowed to speak was that they thought her topic was not relevant to the commission's work.

But Janice Mantell, executive director of the International Committee of Lawyers for Tibet, said today that it was "unacceptable that a United Nations body entrusted to promote the human rights of women cannot hear from a participant because her ethnic identity is a politically sensitive issue for China."

"Tibetans are a target of China's colonial expansion directly resulting in human rights violations, including violence against women," Ms. Mantell said.

In a statement, the lawyers committee said, "Tibetan women are subjected to systematic violence in the form of forced or coerced sterilization and abortion, including late term abortion."

Reed Brody, of Human Rights Watch, said, "This kind of censorship is unfortunately typical of the United Nations bureaucracy's penchant to cave in at even the suggestion of Chinese displeasure."

Denish Fuchs, president of the European Women's Lobby, said, "We fully support the right to speak of all women, including Tibetan, and we deplore the fact that this right should have been denied them."

There was no comment from the Chinese delegation.

U.N. Apology to Tibetan

from *The New York Times International Tuesday*, March 9 (Reuters)

The United Nations apologized today for preventing an ethnic Tibetan from testifying before a United Nations women's commission, apparently because of fear of criticism from China.

Losang Rabgey, an ethnic Tibetan with Canadian citizenship, said she had been given permission to address the commission as one of five speakers for a health task force but was told at the last minute last week that she could not testify as the representative from Asian women's groups. There was no known protest from China of the planned address. ■

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KÜN-ZANG LA-MAY ZHAL-LUNG

Translated & edited by
Sonam T. Kazi

The Oral Instruction of Kün-zang La-ma on the Preliminary Practices of Dzog-ch'en Long-ch'en Nying-tig by Jig-me Gyal-way Nyu-gu, as transcribed by Dza Pal-trül Rin-po-ch'e

"It is a universal truth that it is extremely enjoyable to live in this phenomenal world. Nobody wants to part with worldly pleasure. It is also a universal truth that everything that conditionally exists, sooner or later, must face ultimate destruction. . . .

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Dr. Robert Clark: Translator of *The Practice of Mahamudra*

Dr. Robert Clark orally translated most of the teachings which were later compiled and edited into our recently published book, *The Practice of Mahamudra*, by Drikung Kyabgon Chetsang Rinpoche. Regrettably, Dr. Clark's role as oral translator was not acknowledged in the first printing of the book. This omission will be corrected in the next printing. ■

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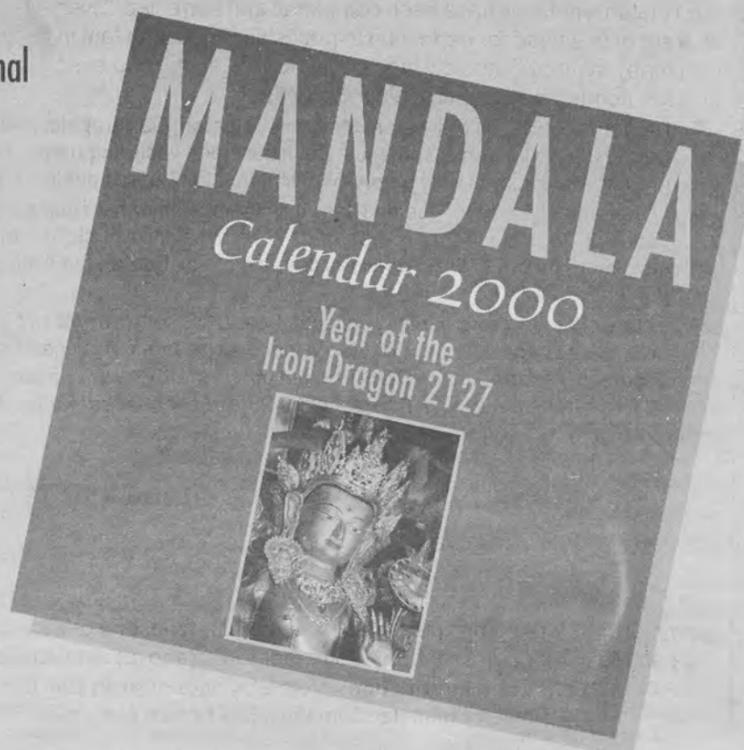
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Committee of 100 for Tibet Launches Tibet Online Project

www.tibet.org is a network of computer resources for the International communities that support Tibet. The Tibet Online center has been created in the San Francisco Bay Area to provide Tibetan refugees and immigrants with a computer resource and job training center to fight the chronic underemployment of Tibetans in Exile. The Committee of 100 for Tibet is currently fund-raising for

this endeavor. More information is available at www.tibet.org, 510-848-6554, or by e-mail at: Tibet100@tibet.org

The International Committee of Lawyers for Tibet can also be contacted, for ways to help in the Tibetan cause, at 2288 Fulton Street suite 312, Berkeley, CA 94704 or at 510-486-0588. ■



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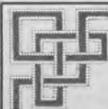
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Human Rights Update (monthly, \$10/yr. suggested donation) Tibetan Centre for Human Rights and Democracy, Narthang Building, 1st Floor, Gangchen Kyishong, Dharamsala 176215, H.P., India. A good publication for finding out about human rights violations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

News Tibet (quarterly, \$15/yr. suggested donation) and the **US Tibet Committee Newsletter**. Office of Tibet, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). Political and cultural news. They need your support to raise awareness for Tibet, contact them for information on how you can help.

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

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

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

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

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Tibetan Nuns Project, PO Box 374, San Geronimo, CA 94963, 415-488-1325, tnp@igc.com. This publication is for the nuns of Dolma Ling in India.

THE TIBET CENTER

We are profoundly honored to have co-sponsored His Holiness the Dalai Lama's recent visit to New York with Gere Foundation. It was over a year ago that Khyongla Rinpoche and Richard Gore requested that His Holiness return to New York to teach Kamilashila's Stages of Meditation and Thogme Sangpo's *Thirty-Seven Practices of Bodhisattvas* and to give a public talk on Langri Tangpa's *Eight Verses on Training the Mind*.

Our wish was to provide New Yorkers with an opportunity to hear the Dalai Lama. With the enthusiastic support of the New York City Parks Department we were able to hold His Holiness' public talk in Central Park and thereby provide many thousands of people with the possibility to hear and see him.

We thank Stuart Ruderfer and David Cohn of the Civic Entertainment Group for organizing the Park event. We are particularly thankful to Jennifer Greenfield of Gere Foundation who coordinated the visit with Nicholas Vreeland.

Over 50,000 people attended His Holiness' Sunday morning Central Park talk. All sat silently and respectfully, and joined His Holiness in a prayer to generate altruism:

*May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find now hope,
Constant happiness and prosperity.
May the frightened cease to be afraid
And those bound be free,
May the weak find power,
And may their hearts join in friendship.*

Three days of teachings on *Stages of Meditation* and *The Thirty-Seven Practices of Bodhisattvas* were held at the Beacon Theatre, which had been appropriately adorned with the throne from which His Holiness had bestowed the Kalachakra initiation eight years before.

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A copy of the latest annual report may be obtained, upon request, from the organization or from the Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.



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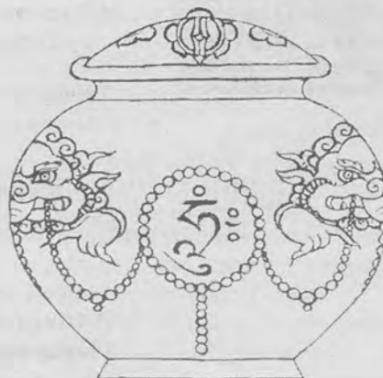
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Nyoshul Khen Rinpoche



On Friday August 27, Nyoshul Khen Rinpoche passed away at Antanines, Dordogne, where he had been staying for several months following medical treatment in France.

Nyoshul Khen Rinpoche was one of the closest disciples of Kyabje Dilgo Khyentse Rinpoche and Kyabje Dudjom Rinpoche. He first visited France in 1980, after which he lived for some years at La Sonnerie and gave teachings in the early three retreats at Chanteloube and elsewhere.

Rinpoche was universally recognized as a very great master. In recent years, he spent the most of his time in Bhutan where he had many disciples. Offering countless teachings, Rinpoche also co-authored *Natural Great Perfection* with Lama Surya Das, one of his closest western disciples. He returned to France in May for medical treatment, but his illness was very serious and already far advanced. We are grateful that he remained with us as long as he did.

Condolences Should be directed to: Association Du Centre D'Etudes De Chanteloube, La Bicanterie, 24290 Saint Leon Sur Vezere, France, Tel: 05 53 50 75 24, Email: chanteloube@wanadoo.fr, Fax: 05 53 51 02 44. ■

Dharma Books in Spanish

Spanish reading Tibetan Buddhists can contact the following publisher: Ediciones Dharma, Apartado 218, 03660 Novelda (Alicante) Spain.

Also: Ediciones Amara, Notario Quintana 27, Ciutadella de Menorca 07760, Spain. ■

Tibetan Refugee Assistance Program

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Contact: Lama Ngawang Jorden, P.O. Box 381144, Cambridge, MA 02238, Phone: 617-547-5481. Make checks to: Tibetan Refugee Assistance Program. ■

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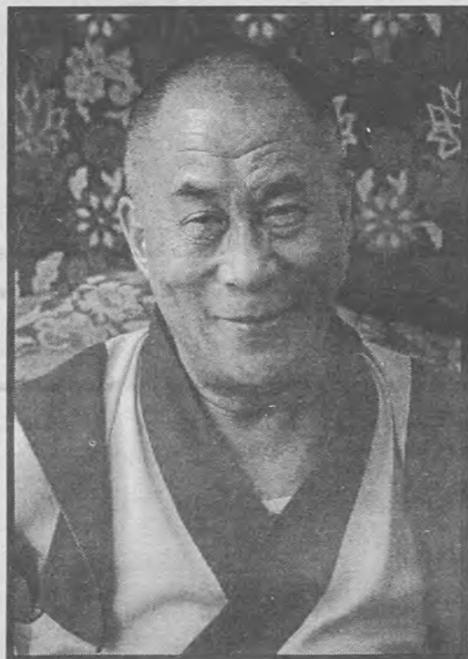
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A Tibetan New Year's Pilgrimage into the New Millennium

February 1-22, 2000
Led by Peter Gold and Maggie Tchir

"Tashi deleks," "auspicious good fortune," is the customary Tibetan greeting heard everywhere during the new year's celebration of Losar. From February 1-19, 2000 Peter Gold and Maggie Tchir will lead a tour to Dharamsala, the Tibetan exile center situated in the high Himalayan foothills of Northern India. There, they will have auspicious good fortune of joining the Dalai Lama and his people as they welcome in their new year in the age-old Tibetan manner. All the while, we also will mark the advent of a new millennium.

Once the Iron Dragon year has been joyously and profoundly ushered in, each participant will begin an intensive tutorial in one of the traditional Tibetan arts or sciences. Thereafter, the group will head out on a road pilgrimage into the magical Kangra Valley. Over the course of several days, the tour will visit Tibetan monasteries, nunneries, arts centers and tradition-oriented communities for an intimate experience of the wisdom and rhythms of Tibetan life.

Peter Gold is a Tibetologist, anthropologist, author of four books on

Tibetan culture, and a practitioner of Tibet's Buddhist philosophy and musical traditions. He is a professor of anthropology at the California Institute of Integral Studies, research associate at the Museum of Northern Arizona, and director of the Ancient Ways Project.

Maggie Tchir, is a respected Canadian artist and educator whose has studied and apprenticed in the Tibetan visual arts throughout the Himalayas, and within Tibet itself. She is coordinator of the Fibre Program at the Kootenay School of the Arts in Nelson, British Columbia.

Please note that the dates, February 1-22, reflect the full-length pilgrimage period. A shorter pilgrimage experience, from February 1-15, can also be arranged.

Being a pilgrimage and not a standard tour, the number of participants will be few (up to ten). As such, we recommend that you make your reservations promptly. Please address all enquiries to: Wisdom Ways, P.O. Box 304, Nelson BC V1L 5R2, Canada, 250-352-6889, magtchir@netidea.com. ■

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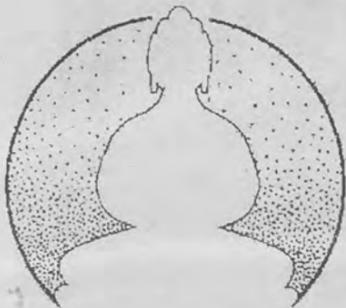
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Service to the Blind

We would like to take this opportunity to extend our gratitude to Rev. Patrice McDonald for volunteering her time to help Snow Lion's blind and visually impaired audience. For the past five years she has read Snow Lion's Newsletters onto tape, which we were then able to forward to this audience.

Rev. McDonald has informed us that after the fall 1999 catalog she will no longer be able to provide this service due to physical difficulties. Her kindness has been greatly appreciated.

Snow Lion is currently looking for anyone interested in volunteering their time to continue this service to the blind and visually impaired.

We extend our sincerest wishes for Rev. McDonald's happiness and health.

Above photo: Rev. Patrice McDonald reading the Summer 1999 issue of the Snow Lion Newsletter.

A Tribute to Tibetans in Exile

From snowy heights,
Glacial streams,
Valleys green,
You came.

Thrust forward by
Fierce gusts of change.
How good it is
To walk with you
A little while,
Life's endless way.

Brothers from a far-off place,
Homeland Tibet,
Heartland humanity.

A silken prayer flag,
Each of us,
Dancing in the winds of time,
Proclaiming oneness,
Beauty, grace,
Peace and joy,
Priceless wisdom . . .

The teachings of Lord Buddha.

Rev. Patrice McDonald ■



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JANUARY 21 - 22, 28 - 29
Mipham Rinpoche's *Precious Lamp of Certain Knowledge*
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JANUARY 31 & FEBRUARY 1
Tibetan New Year (Losar)
Preparations/Ritual Arts
Lama Sonam Tsering

FEBRUARY 2 - 6
Vajrakilaya/Losar Retreat
To be announced

FEBRUARY 11 - 14
Bardo Teachings from
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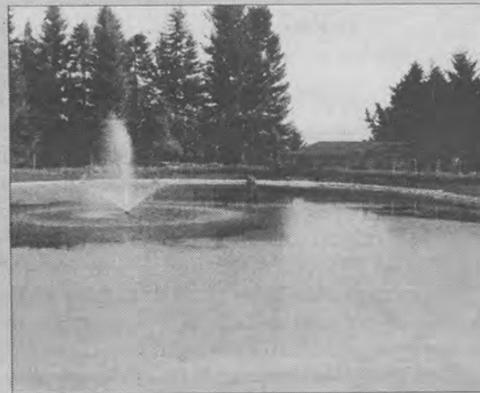
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GEMS OF WISDOM

Continued from page 1

in a particular time and place in order to meet with those conditions most appropriate to their needs.

The present era is called *kaliyuga*, or "the dark age," for in it we are confronted by five harsh conditions: life-force is weak; delusions and afflicted emotions predominate everywhere; the times are violent; the living beings presently incarnate are mostly of low character; and false ideas and attitudes are mistaken for truth. As a result, human civilization is filled with social structures, philosophical attitudes and behavioral norms that are in direct contradiction to and obstructive of spiritual growth.

On the positive side, the smallest point of light is clearly visible simply because everything is so dark, just as a candle flame in the daylight is almost invisible but at night is clearly seen from a great distance. Similarly, those born in the kaliyuga who enter into the path of spiritual knowledge quickly achieve their goals, for the steps on the path are easily distinguished.

The biggest obstacle to enlightenment in the kaliyuga is the temptation to follow the norms of society, for society is mostly on the wrong track. Therefore when the eleventh-century Kadampa master Lama Drom Tonpa was once asked how best to follow the path of spiritual knowledge he replied, "The masses have their heads on backwards. If you want to get things right, first look at how they think and behave, and consider going the opposite way."

Who suffer most deeply of all the beings in the world? Those with no self-discipline who are overpowered by delusion.

Generally speaking a person is always in one of two types of mind states: *shen-wang*, or "other-powered" and *rang-wang*, or "self-powered." The former refers to the times when we do not keep the mind in positive spheres, and consequently are driven by distorted emotional or cognitive states; the latter refers to when we keep the mind focussed through the application of spiritual methods.

It could also be said that there are two types of living beings: those who are directed mainly by negative mind states, and thus are mainly "other-powered," and those who are directed mainly by spiritual forces, and thus are mainly "self-powered." The second of the two have eliminated the coarse delusions and afflicted emotions, and have aroused the innate seeds of wisdom. Thus they hold the reins of their destiny in their own hands.

Distorted mind states and afflicted emotions are the principal inner agents giving rise to external courses of action that create unhappiness for self and others. Due to anger, attachment, jealousy, prejudiced attitudes and so forth we misjudge the dynamics of the moment and mistake the flow of energies that constitute the

transformations of body, speech and mind.

The remedy is the taming of the negative mind and the arousal of wisdom. However, these goals are not easily or quickly accomplished. Therefore those who have taken up the enlightenment path rely upon self-discipline. We cannot always have the wisdom to be free of anger, but through the will-power of self-discipline we can refrain from acts based on anger. Similarly, we may not yet have the wisdom that is free from prejudices, but we can discipline ourselves to mind our own business.

Undeveloped beings are almost always in a state of *shen-wang*. The more developed we become, the less time we spend in *shen-wang* states, and the more time in *rang-wang*, until eventually we achieve the transcendental wisdom that keeps us eternally in *rang-wang*.

What is like a smelly fart that, although invisible, is obvious? One's own faults, that are precisely as obvious as the effort made to hide them.

Ordinary people try to hide their faults and show what they think of as their good qualities. However, the more we try to hide a fault the more pronounced it becomes. The only remedy is the transcendence of the fault. As long as it still holds sway over us it is definite that it will continue to manifest.

The first step in overcoming our faults is the arousal of the determination to face and acknowledge them when they appear. Ordinary beings don't do this, and instead try to hide them from both self and others.

Of course, not everything that causes us embarrassment is a fault to be transcended. Ordinary social conditioning sometimes makes us ashamed of things of which we should be proud, and proud of things of which we should be ashamed. For this reason it is important to examine one's situation closely and not just take one's spiritual tradition for granted. But when it looks like a fault, smells like a fault and feels like a fault, most probably it is a quality to leave behind.

The early Kadampa lamas likened the Dharma to a mirror, and said that the practitioner should look at his or her face in this mirror and then clean it up in accordance with what is seen.

What is an auspicious omen in country and city dweller alike? Love, that seeks harmony amongst people, and that wishes only happiness for others.

The term that the Seventh Dalai Lama uses here for harmony is *puntsun yitu ongwa*, which literally means "seeing one another with affection." The *yitu ongwa* segment of the expression literally means "delighting the mind," and is likened to the way a mother reacts to seeing her only child. The mere sight of the child brings pleasure and joy to the mind of the mother.

The quality of mind that always

delights in the company of others, and that only wishes them well, is an "auspicious omen" in a person. Just as an auspicious omen seen in cloud formations, dreams or the like is a prophecy of good things to come, the quality of mind that always looks on others with affection and sympathy is an indication that the possessor of that mind is destined for happiness. When one has established the mind that always looks on others with love, one's experience of the world becomes more loving, peaceful and fulfilling.

The Buddha said, "The presence of love in the mind immediately pacifies whatever negative energy is present in one's environment. The force of the delusions is weakened, and the iron grip of negative karma is loosened."

What is the one root of all goodness in samsara and nirvana? The clear light of one's own mind, which by nature is free from every stain.

The basis of all conscious life is the mind, with its twofold quality of radiance and knowing. On its most subtle level, the mind is pure luminosity, or primordial clear light. Maitreya likened this aspect of the mind to the sky; the clouds of distortion and the delusions move through the sky and sometimes even obstruct the light of the sun, but they cannot actually harm or stain the sky. When conditions change, the clouds disappear and the pure sky shines through in all its glory.

The essential nature of mind is equally pristine in all living beings, from earthworms to buddhas. However, those on basic levels of consciousness fall prey to the distortions and delusions because of misapprehending the nature of the self. Moved by these factors they engage in negative behavior and bring suffering to self and others. Even the most seemingly evil person has the primordial clear light mind at the heart of his or her existence. Eventually the clouds of distortion and delusion will be cleared away as the being grows in wisdom, and the evil behavior that emanates from these negative mind-sets will naturally evaporate. That being will realize the essential nature of his or her own mind, and achieve spiritual liberation and enlightenment.

The Buddha said, "The world is led by the mind. All good and evil deeds are created by it. It revolves like a fire wheel, moves like waves, burns like a forest fire, and widens like a great river."

As His Holiness the present Dalai Lama once put it, "The clear light mind, which lies dormant in living beings, is the great hope of mankind." ■

Maillist Update

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



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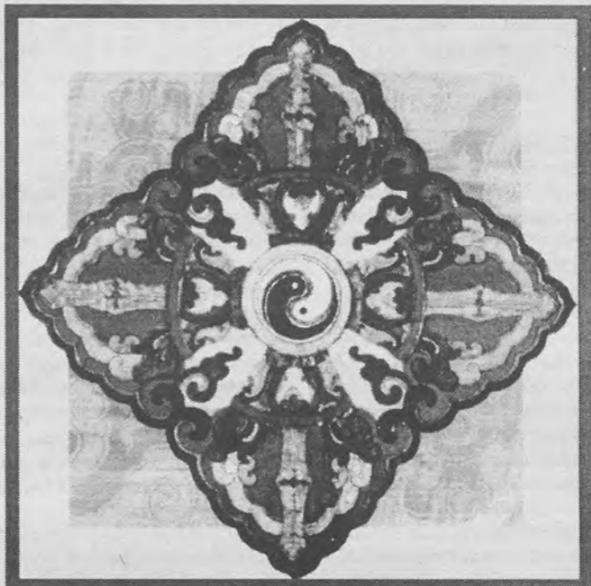
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Errata

Snow Lion would like to extend our apology to Margaret Jones. The article in the Summer 1999 Newsletter titled "Chagdud Gonpa Thondup Ling to Construct First Shi-tro Mandala for Universal Peace in U.S." was authored by Margaret Jones. We mistakenly credited Veronica Miller. ■

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From the Sacred Realm

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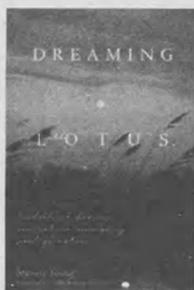
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from WISDOM



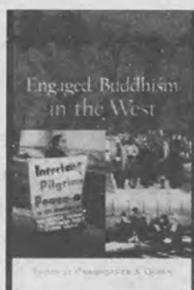
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Interest in Tibet and Tibetan Buddhism is soaring. Snow Lion is also expanding to accommodate this growth. We have added several new staff members as well as additional offices.

We've expanded our operation to include the house adjacent to the main building. This new space contains the entire editorial and design division where they can work quietly and happily with sunny windows and fewer phones ringing. Our editorial, design and production departments are headed by Sidney Piburn, one of the founders of Snow Lion. He determines what Snow Lion publishes and how the publications look. Our designer, Jesse Townsley, designs our quarterly newsletter, all of our ads and with input from Sidney produces our magnificent book covers. Susan Kyser, Thomas Spiegelberg and Chris Hatchel do the copy editing and proofing of our publications. Thomas and Chris also typeset our books. Gail Birnbaum is moving from customer service, where she's been for thirteen years, into a her new position in marketing. She is eagerly looking forward to bringing her prior educational background in marketing to this position.

Our main headquarters contains the general administrative offices, the bookkeeping and accounting functions, customer and computer services, and order fulfillment. The order fulfillment division is headed by Dhondup Dorje ("D.D.-la" as he is affectionately called). The department also includes Kunga Nyima and Palden Choedak. Karma Dorjee maintains all our stock of products from outside producers. Susan B., who has

been with us for over four years, is the newly appointed head of customer service. Akendo, a native of Kenya, is our bookkeeper. Our new employees, Beth Dart and Dan Hershberg, are students of Tibetan language and Tibetan Buddhism at Namgyal Institute. They are working in customer service and data entry. Daniel Birnbaum has also been working in customer service and data entry for the past three years and is happy to have the added staff. Calvin Smith maintains our computers and manages our physical facility. Sandra Bossack does complex data maintenance. Erin Riddle maintains our website. Jeff Cox is our President and Office Manager. Jeff supervises the entire operation, focusing his energies primarily on the business and financial aspects of Snow Lion. He handles contracts and foreign rights, distribution, budgets, personnel issues and also puts together most of the material for the Snow Lion Newsletter and Catalog. He's the glue that holds everything together.

Snow Lion provides a unique service in that most of our staff members are practitioners familiar with our titles and can often suggest the appropriate product for you. There's always a native Tibetan language speaker here for your Tibetan language questions. For example, Palden Choedak is a former Tibetan Buddhist monk. He is also an artist and translator. This emphasis on knowledgeable customer service is one thing that makes Snow Lion unique from other mail order and on-line companies. Because of our dedication to preserving Tibetan Buddhism and culture, all Snow Lion profits go di-

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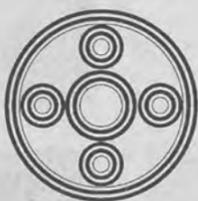
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MEDITATIONS TO TRANSFORM THE MIND

by *The Seventh Dalai Lama* trans., ed. and intro. by *Glenn H. Mullin*
257 pp., METRMI \$16.95,

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 to Transform 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 Tibetologist, he has lectured and conducted workshops throughout the world, and has published over a dozen books on Tibetan Buddhism.

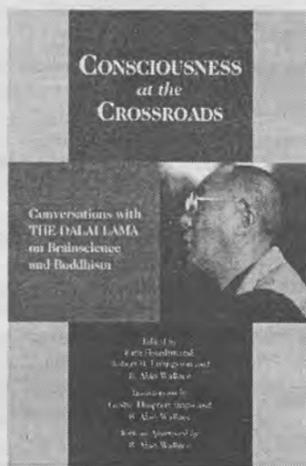
CONSCIOUSNESS AT THE CROSSROADS

Conversations with The Dalai Lama on Brain Science and Buddhism

by *The Dalai Lama, et al.*, ed. by *Zara Houshmand, Robert B. Livingston and B. Alan Wallace*, trans. by *Thubten Jinpa and B. Alan Wallace*, afterword by *B. Alan Wallace*. 185 pages #COCR \$15.95

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. *Consciousness at the Crossroads* is the result of a series of meetings between the Dalai Lama and a group of eminent neuroscientists and psychiatrists. The Dalai Lama regularly dedicates 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? Buddhism, with its emphasis on empirical observation of mental processes, offers insights into these thorny questions, while the Dalai Lama's own incisive, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.



The panel of western scientists in *Consciousness at the Crossroads*:

- Lewis L. Judd, then Director of the National Institute of Mental Health
- Allan Hobson, M.D., Professor of Psychiatry at Harvard Medical School
- Robert Livingston, M.D., Professor Emeritus of Neurosciences at the University of California at San Diego
- Larry R. Squire, Ph.D., Professor of Psychiatry at the University of California at San Diego
- Patricia Smith Churchland, Professor of Philosophy at the University of California at San Diego
- Antonio R. Damasio, Professor of Neurology at University of Iowa College of Medicine

GEMS OF WISDOM from the SEVENTH DALAI LAMA

by *Glenn H. Mullin*. 171 pp., #GEWISE \$15.95

The Seventh Dalai Lama (1708-1757) stands as one of the most beloved Buddhist masters in Tibet's long and illustrious history.

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This volume presents a translation of this important text and also provides a brief commentary which elucidates the quintessential meanings embedded in the Seventh Dalai Lama's verses.

Glenn H. Mullin studied Tantric Buddhism in the Himalayas for twelve years, and has over a dozen books in print. In addition to his writings, he has co-produced numerous recordings of Tibetan sacred music, and also worked on three feature-length documentary films and four television productions related to Tibetan Buddhism.

GEMS OF WISDOM

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GLENN H. MULLIN



NAGARJUNA'S SEVENTY STANZAS

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by *David Ross Komito*, comm. on *Nagarjuna's text by Geshe Sonam Rinchen*, trans. by *Tenzin Dorjee & David Ross Komito*. 226 pp., notes, bibliography, index, #NASEST \$16.95

For almost two thousand years Nagarjuna's teachings have occupied a central position in Mahayana Buddhism. An essential part of the study and practice in the great Indian Buddhist monastic universities, these teachings were later incorporated into the Tibetan monastic program which modeled their curricula on their Indian predecessors.

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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.



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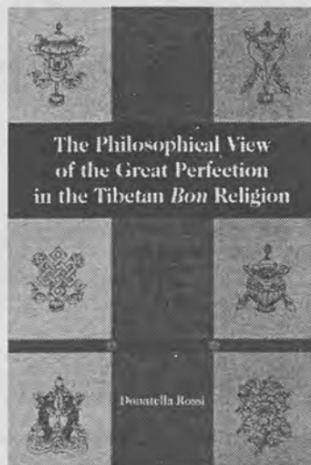
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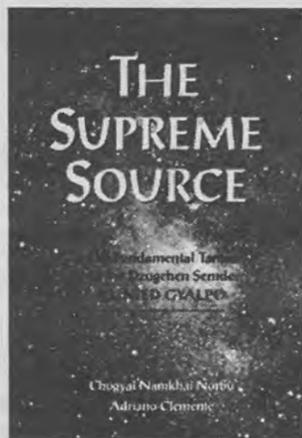
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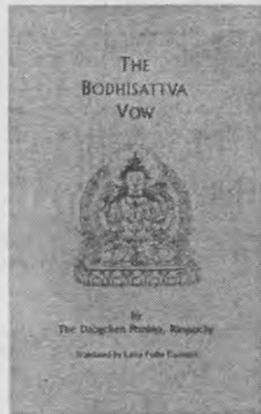


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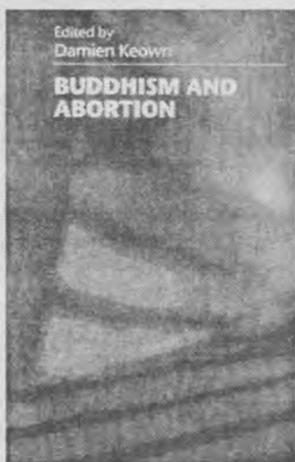
Bernie Glassman takes people into situations where they can experience problems first-hand, into circumstances so overwhelming—such as living on the streets of New York City or meditating on the crime of the century at Auschwitz—that they are forced to relinquish the comfort of their familiar view of the world. Out of these actions have come the three tenets of the order: letting go of fixed ideas, healing ourselves and others, and bearing witness to whatever is taking place within us and right before our eyes.



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by The Dzogchen Ponlop Rinpoche, trans. by Lama Yeshe Gyamtso. 36 pp. #BOVO \$8

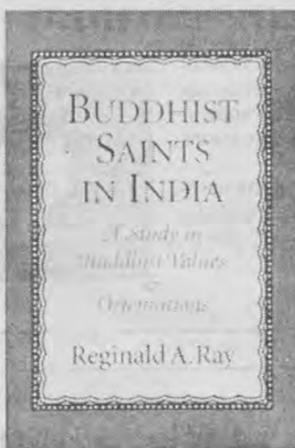
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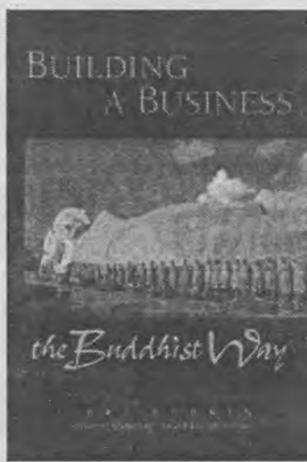
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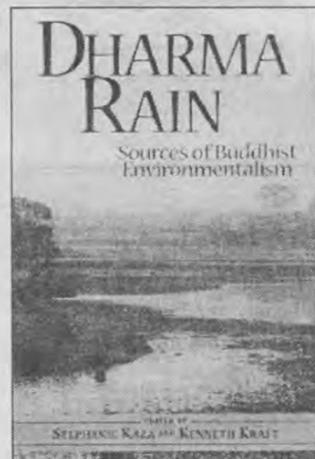
CHANTING THE NAMES OF MANJUSHRI
by Alex Wayman. 123 pp.
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This is one of the most revered and often used tantric texts in Tibetan Buddhism, the Manjushri-namasamgriti. Consisting of 160 verses and mantra sentences, the work condenses an enormous tantric lore. Includes the Sanskrit and Tibetan texts along with Wayman's commentary.

DHARMAKIRTI'S THOUGHT AND ITS IMPACT ON INDIAN AND TIBETAN PHILOSOPHY

ed. by Shoryu Katsura. 504 pp., 8.5 x 11", #DHTH \$80

This volume contains the proceedings of the Third International Dharmakirti Conference held in Hiroshima in 1997. Contains epistemological topics, such as the notion of perceptibility; logic topics such as an empty subject; theory of language is compared to the views of Nagarjuna, Bhartihari and others; ontological questions, such as causal relationships; and several papers present criticism of Dharmakirti.



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ed. by Stephanie Kaza & Kenneth Kraft. 312 pp. #DHRA \$16.95

A comprehensive collection of classic texts, contemporary interpretations, guidelines for activists, issue-specific information, and materials for environmentally-oriented religious practice. Contributors include Basho, the Dalai Lama, Thich Nhat Hanh, Gary Snyder, Chogyam Trungpa, Gretel Ehrlich, Peter Matthiessen.



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by Tsering Shakya. 574 pp., 12 b&w photos, #DRLASN \$29.95 cloth

"...will undoubtedly take its place as the indispensable account of modern Tibetan history."—Literary Review

This definitive history of modern Tibet is based entirely on unpublished primary sources and written by a Western educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history.

Charting a clear course through the intricacies of the historical record, Tsering Shakya gives a balanced account of Tibet's desperate attempts to maintain her independence and safeguard her cultural identity.

"At last, the history of Tibet we have been waiting for. It will irritate both Chinese and Tibetan chauvinists as it explodes their myths, misunderstandings, and propaganda."—Jonathan Mirsky





EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR
by Siegbert Hummel. 117 pp. #EUMYTI \$12

Gesar is the most extraordinary Tibetan legendary figure. Professor Hummel provides a wealth of mythological, legendary and folkloric motifs which over the course of centuries formed around the initial kernel and he manages to bring to life one of the most fascinating legends of world literature.



KATHMANDU VALLEY PAINTINGS

by Hugo Kreijger
128 pp., 100 color photos, 10 x 15", #KAVAPA \$65 cloth

An indispensable source for all lovers of the art of the Himalayan region, the fantastic Jucker collection of Nepalese painting gives an excellent overall view of the Newari painting tradition of the Kathmandu Valley for 600 years. Most of the paintings are of Buddhist deities and mandalas.

Kathmandu Valley Painting

THE JUCKER COLLECTION
Hugo L. Kreijger



LAND OF NO BUDDHA: Reflections of a Skeptical Buddhist

by Richard Hayes. 276 pp. #LANOBU \$19.95

Examines the pitfalls awaiting those who search for the truth. A skeptical Buddhist, Hayes nevertheless proposes the radical path of the Buddha—becoming free from self-indulgent passions and delusions—to those seeking genuine wisdom.

"Offers a heartfelt critique of traditional Buddhist beliefs while opening the door to an illuminating way of understanding and practicing the Dharma today."—Stephen Batchelor



LIFE IN RELATION TO DEATH

by Chagdud Tulku. 96 pp., 2nd edition, #LIREDE \$7.95

It describes the dying process and offers practical methods for bringing one's spiritual practice to the experience.

Cloth at paper price!

LIFE OF SHABKAR: Autobiography of a Tibetan Yogi

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

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



DGE-'DUN-CHOS-'PHEL: A Biography of the 20th-Century Tibetan Scholar

by Irmgard Mengele. 153 pp., 7 b&w photos, Tibetan text, #GECH \$12

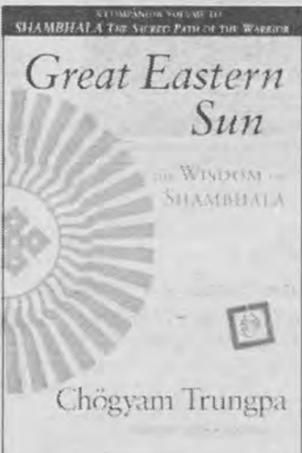
dGe'dun-chos'phel (1902-1951) was the first modern scholar of Tibet. He was the first who not only completed a traditional Tibetan education, but who also was courageous enough to leave the monastic society, travel abroad, learn several new languages and deepen his knowledge by collaborating with scholars of different nationalities. He was renowned in Tibet as a brilliant scholar, a talented artist, a highly gifted poet, an excellent translator, and a skillful dialectician. Yet he was also well-known for his non-conformity which turned him into a highly controversial figure in Tibetan society. This is a scholarly presentation with Tibetan and English translation of his life. Half of the book is a bibliography of his writings.



GOOD MEDICINE: Heart Practices for Difficult Times

by Pema Chodron. 160 pp. #GOME \$19.95 cloth January

Chodron shows how at the core of the most painful experiences lie the seeds of spiritual awakening. Here she presents key teachings on recognizing and cultivating the "soft spot" that is the gateway to compassion and open-heartedness.



GREAT EASTERN SUN: The Wisdom of Shambhala

by Chogyam Trungpa, ed. by Carolyn R. Gimian. 272 pp., 2 b&w photos, #GREASU \$23 cloth

Continues the Shambhala teachings by transporting the reader into the very source of enlightened society—the state of nowness. In this spirit centers the question, "How are we going to live from now on?"



KALACHAKRA

by Monks of Namgyal Monastery, ed. by Laura Harrington. 310 pp., 9.5 x 12.5", 293 color plates, fold-outs, #KAMONA \$85

This is a complete guide to the world of Kalachakra—The hundreds of deities, Shambhala, the history and transmission of Kalachakra Tantra, the Kalachakra mandala, Kalachakra yoga, the masters of the lineages and the initiation. The imagery comes from the Kalachakra Temple in Dharamsala, India, next to Namgyal Monastery. The murals on the temple walls contain a complete and detailed depiction of the deities and lineage gurus of the Kalachakra mandala as well as the main deities and lineage gurus of the Guhyasamaja, Chakrasamvara, Thirteen-Deity Yamantaka, and Vajra Kilaya Tantras.



KALACHAKRA INITIATION

by Namgyal Monastery. 48 pp., 8 color photos, #KAIN \$6

This booklet was written and organized by the monks of Namgyal Monastery at the time of His Holiness giving the Kalachakra in Barcelona. It contains an explanation of the Kalachakra Earth ritual ceremony, its Mandala and the initiation itself. It has images from the Kalachakra temple in Dharamsala, India. It is an excellent summary of the process of the Kalachakra Initiation.



LECTURES ON TIBETAN MEDICINE

by Dr. Lobsang Dolma Khangkar. 186 pp. #LETIME \$12.95

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. This excellent book contains her lectures on Tibetan medicine and answers to numerous questions. She discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.



THE MANDALA OF THE FIVE BUDDHAS

by Vessantara. 83 pp., 8 color illus., #MAFIBU \$11.95

The mandala of the Five Buddhas is an important Buddhist symbol—a multi-faceted jewel communicating the different aspects of Enlightenment. Meeting each Buddha in turn, we start to awaken to the qualities they embody—energy, beauty, love, confidence, and freedom, and thus transform ourselves through the power of imagination, and experience the majesty of the mind set free.

Closeout sale!

LHASA: TIBET'S FORBIDDEN CITY

by Frank and Christine Brignoli. 108 pp., 79 color photos, 11 x 11" #LHTIFO
Originally \$29.95, now \$15.95 cloth

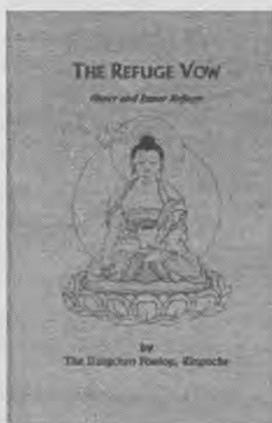
The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this large book of photos. The daily life of Tibetans in and about Lhasa is well documented with special emphasis on the majestic Potala Palace, the lively Barkhor area, the sacred Jokhang temple, Norbulingka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



THE PATH TO TRANQUILITY: Daily Wisdom

by the Dalai Lama, compiled and ed. by Renuka Singh. 427 pp. #PATR \$24.95 cloth

Inspiration and Wisdom for every day of the year from His Holiness the Dalai Lama. Here are a selection of quotations from his writings that guide and give insight.



THE REFUGE VOW: Outer and Inner Refuge
by The Dzogchen Ponlop, Rinpoche. 21 pp. #REVO \$6

Described are the two forms of refuge: going for refuge to the Buddha, Dharma, and Sangha in their external forms as separate from oneself; going for refuge based on absolute reality where the Three Jewels are part of your mind.

SORROW MOUNTAIN: The Journey of a Tibetan Warrior Nun

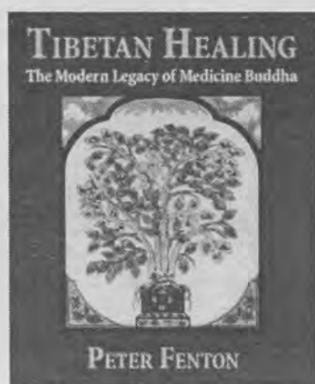
by Ani Pachen with Adelaide Donnelley, fore. by Dalai Lama, pref. by R. Gere. 288 pp. #SOMO \$24 cloth

Ani is a role model and heroine for Tibetans. Growing up in Tibet, Ani Pachen was never deprived. Her father was a powerful local chieftain and provided all she needed. Then came the Chinese and she fled into the hills to become a freedom fighter. Jataka tales are stories about the Buddha's past lives. Such stories are immensely popular throughout Asia. Rafe Martin's gift for dramatic storytelling and compelling narration is evident in these beautifully illustrated and inspiring books.

TEACHINGS AT THE VAJRASATTVA RETREAT

by Lama Zopa Rinpoche. 500 pp., 6 appendices, #TEVARE \$20 December

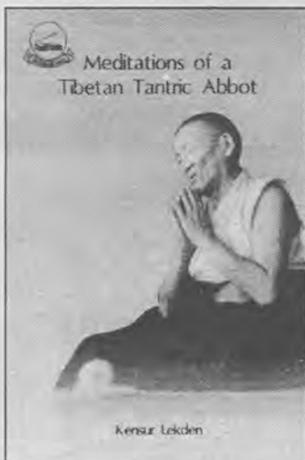
The book is an edited transcript of teachings given by Lama Zopa Rinpoche during a three-month Vajrasattva retreat he directed, February through April, 1999. The retreat was held at Land of Medicine Buddha, Soquel, California. Rinpoche explains Vajrasattva practice and other practices done during the retreat such as light offerings, long life pujas, animal liberation, Medicine Buddha puja for the dead and so forth. The appendices include a short Vajrasattva practice and methods for making light offerings, liberating animals and offering water to Dzambhala and the pretas.



TIBETAN HEALING: The Modern Legacy of Medicine Buddha

by Peter Fenton. 206 pp., 41 b&w photos, 22 illus., tables, #TIHE \$22.95

Peter Fenton traveled to India and Nepal, seeking the few places left where Tibetan refugees still practice Tibetan medicine in entirety. He hiked with herbalists in Himalayan foothills; toured monasteries and healing centers, and he interviewed lamas, Tantric healers, and Tibetan doctors. With fascinating stories, photographs, and botanical drawings, he explains the Tibetans' use of medicinal herbs and the living spiritual principles that give their medical practice its power. This is a practical guide as well to rebalance each of us—the essence of good health.



MEDITATIONS OF A TIBETAN TANTRIC ABBOT

by Kensur Lekden, trans. & ed. by Jeffrey Hopkins. 102 pp. #METAAB \$8.95

Presents the main practices of the Mahayana Buddhist path: love, compassion, equanimity, mind of enlightenment, altruism, emptiness and dependent arising. Kensur Lekden was the Abbot of the Tantric College of Lower Lhasa.

MIPHAM'S BEACON OF CERTAINTY Illuminating the View of Dzogchen, the Great Perfection

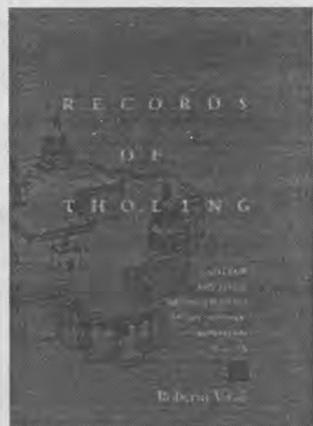
by John W. Pettit. 576 pp. #MIBECE \$28.95

To many, Dzogchen is a purely mystical and antirational system to achieve enlightenment. In the grand spirit of Buddhist debate, 19th century Buddhist philosopher Mipham wrote *Beacon of Certainty*, a compelling, systematic defense of Dzogchen that employs the very logic it has been criticized as lacking.

THE RAIN OF WISDOM: The Essence of the Ocean of True Meaning

trans. by the Nalanda Trans. Committee, under the direction of Chogyam Trungpa. 416 pp. #RAWI \$39.95 cloth

Spontaneous songs that express spiritual understanding by some of the greatest teachers of the Kagyu lineage. With their vivid imagery and deep insight, these songs communicate in a very direct way to the reader. The Rain of Wisdom is read aloud in its entirety by Tibetan Buddhists every year on the New Year.



RECORDS OF THOLING: A Literary and Visual Reconstruction of the "Mother" Monastery in Guge

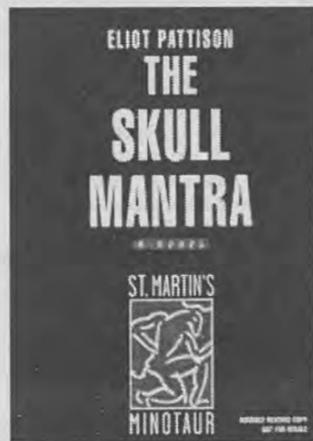
by Roberto Vitali. 226 pp., 8.5 x 11", 4 color, 11 b&w plates, 12 line drawings, 2 maps, biblio., index, Tibetan text, #RETH \$35

This monograph is the first attempt at reconstructing symbolically the most important monastery of West Tibet, founded in 996 by the monk-king Ye-shes'od together with the translator Rin-chen-bzang-po, which has suffered irreparable damage during the Cultural Revolution. Part I assesses the history of Tholing from its foundation until the 19th century. Part two introduces hitherto unknown documents belonging to Tholing to identify all its temples, the chapels within them, the stupas and the other buildings composing the monastic complex. The material has been cross-checked with the oral accounts provided by the surviving monks and notables of Tholing who lived there before the monastery suffered destruction. A final reconstruction is then proposed with sketches and paintings.

SCRIPTURE, LOGIC, LANGUAGE: Essays on Dharmakirti and his Tibetan Successors

by Tom J. F. Tillemans. 256 pp. #SCLOLA \$32.95

Dharmakirti, a sixth century logician, was one of Indian Buddhism's most influential thinkers. Tillemans presents twelve articles that analyze such topics as deviant logic, subject failure in the Indo-Tibetan Buddhist logical tradition, and the logical and rational limits for the authority of Buddhist scripture.



THE SKULL MANTRA
by Eliot Pattison. 403 pp. #SKMA \$24.95 cloth

"Nothing that happens in life is random." When a headless corpse is found by a prison work gang on a windy Tibetan mountainside, veteran police inspector Shan Tao Yun might seem the perfect man to solve the crime—except he is in a Tibetan prison himself for offending the Party in Beijing. Set against the astonishing landscape of this beleaguered Himalayan country and the epic struggle of the Tibetan people, Shan's difficult and twisted journey to the truth becomes a passage through the many layers of tragedy inflicted by China on Tibet and its people.

TOURNAMENT OF SHADOWS: The Great Game and the Race for Empire in Central Asia

by Karl Meyer & Shereen Brysac. 646 pp., 37 b&w photos, maps, #TOSH \$35 cloth

An imperial duel had its start during the Napoleonic age when British agents came upon the tracks of Russian rivals in snowbound Tibet, and then again in mythic Bokhara, deep in Central Asia. Was the Tsar planning to invade India, or was Russia bent on global dominion? To foil these real or imagined schemes, the British twice invaded Afghanistan, and in 1904 dispatched an army to Lhasa to check Tsarist designs on Tibet. For the general reader, the authors offer a superb introduction to an absorbing history—a history vital to the understanding of today's disputes over Russia's role in the Caucasus, the CIA's operations in Tibet and the impassioned politics of Afghanistan. This is a well-documented overview filled with details likely to be new even to Great Game aficionados.



TIBET: Travel Adventure Guide

by Michael Buckley. 272 pp., 22 maps, 22 color photos, 10 b&w photos, #TITRAD \$17.95

Access to any kind of information—particularly maps—is severely restricted by a watchful Chinese regime. You have to take the information with you. This guide concentrates on highly-detailed current maps, practical information, and details about temples and major sites. This book confronts controversial issues head on. Has large section on adventurous treks and high-altitude forays to Everest, Kailash, etc.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST CULTURE

by Rangjung Yeshe. CD ROM version 2.0, #TIENDB \$50

This dharma dictionary is an ongoing project involved in compiling Buddhist terminology and translation terms to bridge the Tibetan and English languages. Begun in 1979, it has grown to a database of approx. 66,000 entries. The dharma dictionary is a compilation of verified entries from existing dictionaries, word-lists and glossaries selected on a practical usage basis.

The dharma dictionary is an extensive glossary, a list of usage of Buddhist terms in present day works of translation, a massive amount of dictionary entries, a lexicography of places, people and literary works, and an encyclopedic covering of topics of importance to the Buddhist world.

The work is published as an electronic version on CD ROM for PC and Mac so the dictionary can be an on-line tool.

Now in paperback!

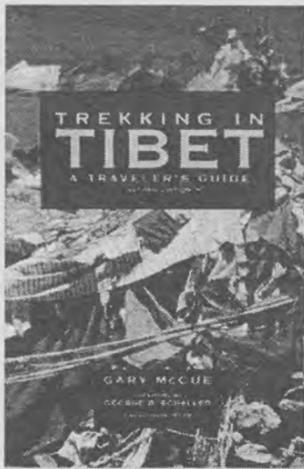


TIBET'S SACRED MOUNTAIN: The Extraordinary Pilgrimage to Mount Kailas

by Russell Johnson and Kerry Moran. 128 pp., 116 color photos, 8 x 10", #TISAMO \$25

Mount Kailas is sacred to both Hindu's and Buddhists, it is the place where the divine takes earthly form. For more than a thousand years pilgrims have journeyed there to pay homage to the mountain's mystery, circumambulating it in an ancient ritual of devotion that continues to the present day. With spectacular color photography and vivid travel writing, this is a stunning account of this celebrated landscape and of the variety, vitality and determination of the pilgrims who venture there.





**TREKING IN TIBET:
A Traveler's Guide**

by Gary McCue, 320 pp., 19 color photos, 65 b&w photos, 15 maps, 2nd ed. #TRTTR \$18.95

"Gary McCue is one of the most knowledgeable trekkers around. He loves the country and its people, he knows how to get there and what to do along the way. His guide is an absolute must for those who want to rediscover the exalting highland of Tibet and meet its hard-pressed but loving people."—Robert Thurman

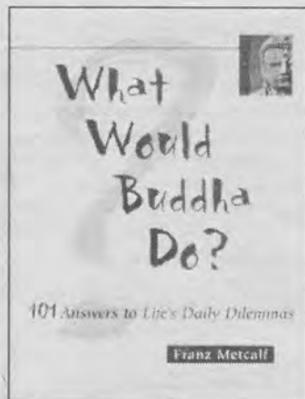
"A comprehensive guidebook with detailed trekking and cultural information."—David Breashears



VISIONS

125 pp. #VI \$14.95

This volume, the first in a proposed series of publications, contains *The Buddhist Essence Teaching*, an interview with H.H. Sakya Trizin; *The Perfection of Meditation*, by Khenpo Appey Rinpoche; *The Great Song of Experience*, by Jetsun Rinpoche Dragpa Gyaltzen. The first part is an overview of Tibetan Buddhism, the second is a teaching on overcoming obstacles to meditation, and the last presents the view, meditation, conduct and the result which is Buddhahood.



WHAT WOULD BUDDHA DO?: 101 Answers to Life's Daily Dilemmas

by Franz Metcalf. 130 pp. #WHWOB \$15 cloth

Franz has created a fun book of questions with answers from Buddhist scripture to tell us how the Buddha would have acted in similar circumstances. Enjoyable reading.

Now in paperback!

WORLDS OF TRANSFORMATION: Tibetan Art of Wisdom and Compassion

by Marilyn Rhie & Robert Thurman. 480 pp., 9 x 12", 319 illustrations, 285 in color, 2 maps, #WOTRP \$65 paperback

If you liked the *Wisdom and Compassion* art book, you will love this massive edition of Tibetan Buddhist paintings, hundreds of sublime Tibetan thangka paintings from the premier New York collection of Shelley and Donald Rubin which span the 12th through 20th 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.

Three new Jataka tales for children young and old by Rafe Martin!

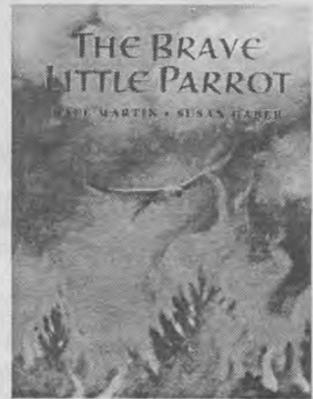
Jataka tales are stories about the Buddha's past lives. Such stories are immensely popular throughout Asia. Rafe Martin's gift for dramatic storytelling and compelling narration is evident in these beautifully illustrated and inspiring books.

THE BRAVE LITTLE PARROT

by Rafe Martin, illus. by Susan Gaber. 8.5 x 11" #BRLIPA \$15.99 cloth

When a raging fire threatens the burn down the forest, all of the animals run away in fear—except for one brave little parrot whose efforts save the forest.

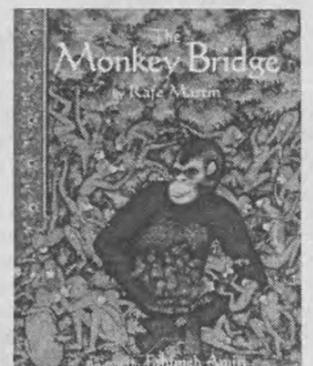
"Best Children's Book of the Year"—Children's Book Committee at Bank Street College



FOOLISH RABBIT'S BIG MISTAKE

by Rafe Martin, illus. by Ed Young. 10.5 x 11" #FORABI \$15.95 cloth

This is a story about a rabbit who over-reacts and excites everyone except lion whose common sense saves the day.



THE MONKEY BRIDGE

by Rafe Martin, illus. by Fahimeh Amiri. 9 x 11" #MOBR \$17 cloth

"Martin successfully brings this brightly illustrated story about the meaning of true nobility to a new audience."—*School Library Journal*



NEW AUDIO TEACHINGS

THE ART OF HAPPINESS: A Handbook for Living

by H.H. the Dalai Lama, read by Howard Cutler, M.D. with Ernest Abuba. 2 cassettes, 3 hrs., #ARHAT \$18

The Dalai Lama shows how to defeat day-to-day depression, anxiety, anger, jealousy, or just an ordinary bad mood. He discusses relationships, health, family, work, and spirituality to show us how to ride through life's obstacles with inner peace.

CHENREZIG Teachings & Practice

by Khenpo Konchog Gyaltshen Rinpoche. 4.5 hrs., 3 cassettes, #CHTEPR \$25

This lecture series is based on the four-armed form of Chenrezig and includes complete instruction for doing the practice. Tape one contains teachings and the next two tapes contain practices in Tibetan plus guided meditation and visualization instructions.



ETHICS FOR THE NEW MILLENNIUM

by H.H. the Dalai Lama, read by B.D. Wong. 2 cassettes, 3 hrs., #ETNETA \$18

The Dalai Lama demonstrates that human beings are better than we think we are, and that a society and a life that cultivate love and compassion are completely within our reach. If enough people operate from the understanding of their original purity, a global revolution of peace will ensue.



LECTURES BY PEMA CHODRON

Here are more lectures by the well-respected author and teacher.



GOOD MEDICINE: How to Turn Pain into Compassion with Tonglen Meditation

by Pema Chodron. 3 hrs., study guide, #GOMETA \$18.95

Chodron shares the simple and elegant meditation system of tonglen. It allows the practitioner to use the difficulties in life—those that cause the most suffering—as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion.

AWAKENING COMPASSION

by Pema Chodron (6) 7 hrs. #AWCO \$29.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by a study guide with 59 written maxims—a treasury of practical wisdom that inspires everyday awakening. Pema Chodron show how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.

HOLDING ON TO ANY TRUTH BLOCKS WISDOM (1)

#HOANTR \$10



MEDITATION IS NOT ABOUT FEELING GOOD (1)

#MENOFE \$10

TAKING THE NEGATIVITY OUT OF DISCIPLINE (1)

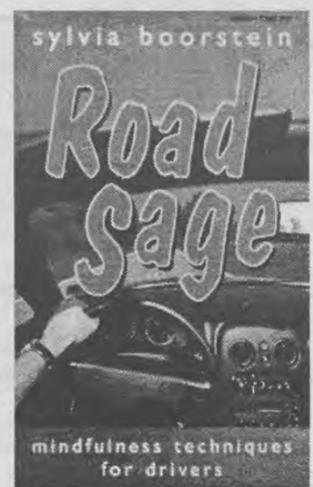
#TANEOU \$10

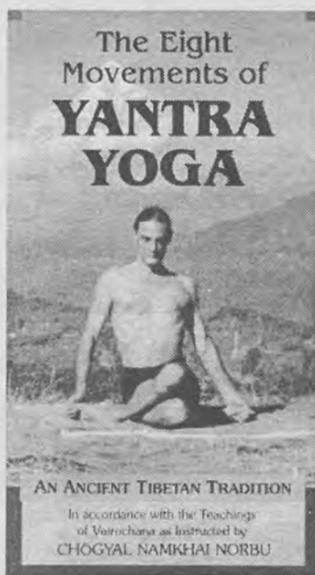


ROAD SAGE: Mindfulness Techniques for Drivers

by Sylvia Boorstein. 2 cassettes, 80 min., #ROSA \$11.95

This is the essential walking meditation of the highway, for anyone who drives a car. With simple exercises, real-life stories, and an occasional pop quiz, Boorstein teaches you how to work with the physical sensations and mind-states that grip every driver: anxiety, impatience, frustration, and anger. Your morning commute will become a looked-for opportunity to practice!





THE EIGHT MOVEMENTS OF YANTRA YOGA: An Ancient Tibetan Tradition
by Chogyal Namkhai Norbu, instructor Fabio Andrico, produced by Shang Shung Institute and Angelo Fontana. video w/ 32 page booklet #EIMOYA \$29.95, PAL (overseas standard) #EIPOYP \$29.95

"This video is a practical and simple guide for learning this discipline which is a very important facet of the lineage of the Dzogchen teachings of Chogyal Namkhai Norbu"—*The Mirror*

Yantra Yoga, or Union of the Sun and the Moon, is one of the more ancient Tibetan yogas, taking its origin from the great masters Humkara and Padmasambhava. From them it was transmitted to the famous Tibetan translator Vairochana and then through a lineage of Tibetan masters. Chogyal Namkhai Norbu is a living holder of this rare and precious Yoga teaching and is transmitting it for the benefit of others.

The *Eight Movements of Yantra Yoga* video and booklet are a practical and simple guide for learning and practicing this precious discipline. These eight movements are the preparatory part of the more complex teaching of Yantra Yoga. They harmonize and strengthen our energy through simple and effective methods. They act on the physical level through the body movements, and on the subtle level through the coordination of the breath. Through these eight movements one can achieve a calmer and more harmonious state of mind, for it is a yoga of harmony in movement.

Set in the beautiful Himalayan mountains, with a breathtaking view of famous peaks, the video is an enjoyable guide for learning and applying this ancient Tibetan yoga practice. Chogyal Namkhai Norbu introduces the video with an interview about the origins and purpose of the eight movements of Yantra Yoga. The next part includes step-by-step explanations and the final part is a practice session in front of the astonishingly beautiful Machapuchare and Annapurna mountains. In addition to

the video, a manual is included that travels easily and will remind you how to properly practice.

You do not need to be an accomplished yoga practitioner to apply these movements—anyone with a little time and commitment can apply them and achieve lasting benefits.

"As a practitioner of Yantra Yoga, I found this video to be very correct and precise, as well as enjoyable to watch. For those interested, it will provide an initial step toward discovering how to begin to coordinate one's three aspects of body, speech, and mind in order to discover the true primordial condition, the nature of mind."—Paula Barry

Fabio Andrico was born in Italy in 1951. He went to India as a young man where he studied Hatha Yoga. He met the master Chogyal Namkhai Norbu who gave him teachings on Dzogchen and Yantra Yoga. For the last 20 years he has been a Yantra Yoga instructor of the Dzogchen Community and taught courses all over the world.



FREE TIBET: Featuring Live Performances by the Beastie Boys, Rage Against the Machine, Red Hot Chili Peppers, Sonic Youth, Foo Fighters, Bjork, The Fugees, and more

by the Milarepa Fund. 90 min. #FRTIVI \$29.95

This excellent documentary of the first Tibetan Freedom Concert drew 100,000 people over two days in San Francisco's Golden Gate Park. It features performances by 20 bands united by a common cause. Includes backstage footage with appearances and commentaries by performers and concert goers. The film also provides thoughtful background on the history of Tibet, the ideas behind Tibetan Buddhism and the non-violent struggle of the Tibetan people.



FROM TIBET TO TURTLE ISLAND: A Journey of Spiritual Liberation

by the Nuns of Khachoe Ghakyil Ling. 30 min. video, #TITUIS \$29.95

Khachoe Ghakyil Ling nunnery in Kathmandu is one of a new generation of Tibetan nunneries established in exile in India and Nepal, where the doors to a classical Buddhist education have been opened to nuns. In several years we will see the first fully qualified nuns receive their Geshe degree. This video shows the nuns at their monastery and in the US on tour, performing their ritual arts, chanting, and sand mandala construction. This video is a fund-raiser for the nuns.

NEW CDS



SEVEN METALS: Singing Bowls of Tibet
by Benjamin Iobst. 56 min. CD #SEMECD \$15.98

Recorded by a health care professional, the creation of Seven Metals began years ago with Ben's interest in the therapeutic power of Tibetan singing bowls for use in bodywork sessions. This recording includes the sounds of 25 bowls, the larger of which sustain audible sounds for up to four minutes. There are also two gongs and tingsha bells used on these meditative recordings.



TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY
CD #CHNACD \$16

Lot'sa monks of Namgyal chant often recited prayers: Invocation of Palden Lhamo, Beseeching the Lam-rim lineage gurus, Visualization of the Assembly Field, Seven Limb Puja, Lam Rim Prayer, Prayer of the Auspicious Three Jewels—eleven selections in all, this meditative CD is a fund-raiser for Namgyal.



WINDS OF DEVOTION: An Integration of Tibetan & Native American Healing Traditions in Music

by R. Carlos Nakai & Nawang Khechog, prod. & arranged by Peter Kater. 75 min. CD #WIDE \$18

Weaves the essence of Native American and Tibetan healing traditions—a cross-cultural first that sparks a deep remembrance in the heart of the listener. Brings together the sounds of chant, prayer and wooden flute with cello, percussion and vocals to create a ritual of sound.

DHARMA ITEMS

ETERNAL KNOT NECKLACE

by Marta Macbeth #ETKNNE \$150

Silver with turquoise beads, this 18" eternal knot necklace was commissioned by Snow Lion from one of Ithaca's finest jewelers. Marta has also been a very active Tibet supporter and gives a portion of the proceeds from her eternal knot jewelry to support the Tibetan freedom struggle. You'll love the weight and feel of the silver and the color of the turquoise beads.



SILVER PENDANTS

These pendants are finely crafted in silver. The first three are 5/8 to 3/4" high.

Tibetan Om #TIOMPE \$16

Tibetan Ah #TIAHPE \$16

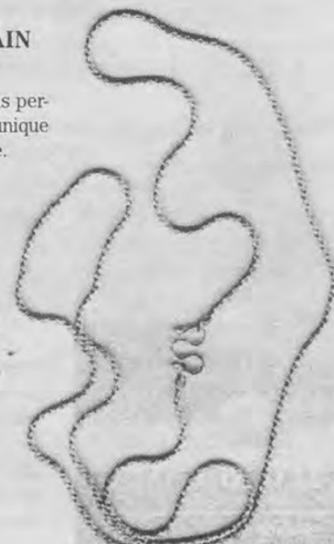
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One of the 5 Dhyani Buddhas, known as the "unshakable one."



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These are known as the offering of the five qualities of enjoyment.

Get The Spirit of Tibet for half-price with any purchase over \$100!
See page 27 for further details.



YAMANTAKA SOLITARY HERO #YASOHE \$35
This image of Yamantaka has been painted by Kay Komito. It is iconographically accurate and alive with color. Above Yamantaka is represented: the Dalai Lama, Tsongkhapa, and Denma Locho Rinpoche



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This large poster illustrates the lineage of the Kagyu teachers and meditational deities.

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These hand-crafted malas contain 27 beads of genuine semi-precious stones that are 8 mm. in diameter. You can also wear the mala on your wrist.



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- Malachite Hand Mala #MAHAMA \$48**
- Mother of Pearl Hand Mala #MOHAMA \$24**



- Rock Crystal Hand Mala #CRHAMA \$24**
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- Turquoise Hand Mala #TUHAMA \$45**



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- BDC52 Amitayus
- BDC53 Red Tara
- BDC54 Samantabhadra
- BDC55 Offering Goddess
- BDC56 Red Chenrezig (Gyalwa Gyamtso)
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- BDC58 Ganapati (Buddhist form of Ganesha—Newari style, 6 x 7") \$2



BDC19 Face of Avalokiteshvara



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Copy of famous early masterpiece
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With bodhisattvas Marici & Ekajata.



Green Tara (Newari style) BDC61
Copy of famous early masterpiece

REHO CARDS

from Robert Beer \$1 ea.

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- BDC39 Dragon and Tiger
- BDC40 Wishfulfilling Tree
- BDC41 Eight Auspicious Symbols
- BDC42 Lotus



BDC38 H.H. the Dalai Lama wearing 5 Buddha crown at Kalachakra



BDC42 Lotus

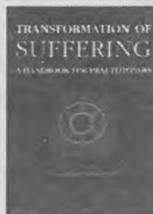
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ANCIENT WISDOM, LIVING TRADITIONS

by Marcia Keegan, ed. & trans. by Lobsang Lhatungpa, fore. by the Dalai Lama. 119 pp., 10 x 12, 88 color photographs, #ANWILI \$34.95 cloth

This beautiful picture book invites the reader to experience the spiritual and cultural tradition of the Himalayas through stirring images and evocative Buddhist wisdom. Marcia's sensitive photographs capture this spiritually rich tradition as it endures in Nepal, India, Sikkim, Ladakh, and Bhutan.



BHUTAN
Mountain Fortress of the Gods

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

Bhutan is the only country where Tibetan Buddhism is the state religion. *Bhutan* provides a stunning portrait of the land, people and religion of this real-life fairytale kingdom—includes traditional arts, crafts, and architecture, topography, flora, fauna, as well as its rich ethnic and linguistic diversity.



ART OF EXILE: Paintings by Tibetan Children in India

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

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

ART OF TIBET

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

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

ART OF TIBET

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

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

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

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

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

BUDDHISM: Flammarion Iconographic Guides

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

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With the aid of abundant illustrations, this guide provides clear and concise explanations of the differing names and attributes by which the deities are known in India, Nepal, Tibet, China, Japan and Southeast Asia. Included are comparative tables, extensive bibliography, index and notes.

DHARMA ART

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

Presents Trungpa Rinpoche's teachings about the power of art to awaken and liberate. Dharma art springs from the meditative state—a condition of directness, unself-consciousness and nonaggression. It provides a vehicle to appreciate the nature of things as they are and express this without any desire to achieve. Calligraphy, poetry, and photography were a primary means of expression for Chogyam Trungpa.

GOLD JEWELRY FROM TIBET AND NEPAL

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

In Tibet and Nepal, jewelry reflected the owner's personal wealth and social status. A woman's jewelry collection served as a kind of personal financial portfolio. In Buddhism gems connote preciousness, rarity, and supreme refinement, and Tibet's deities were adorned with jewels and gold. Some of the finest examples of gold jewelry are represented here—earrings, ornate jewelry ensembles, and gem-encrusted amulet boxes.

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

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

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



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

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

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



A HISTORY OF TIBETAN PAINTING

by David Jackson. 432 pp., 60 color plates, 190 b&w photos, 2 maps, 9 x 12" #HITIPA \$150

This richly illustrated work explores the sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of both the surviving masterpieces and the extensive written sources that survive in Tibetan language. The study presents the great founders of the main schools of Tibetan painting. Includes the main Tibetan sources and studies, both traditional and modern, a detailed summary of previous Western research, and a survey of Tibetan sources and studies (traditional and modern).

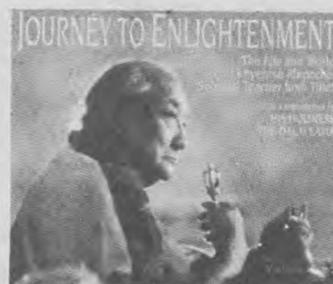
IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

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

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

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

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



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

Text selections & photos by Matthieu Richard. 152 pp., 11 x 9.5", 130 color photos, #JOEN \$45 cloth

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

THE KATHMANDU VALLEY

photos by Fredrik Arvidsson, text by Kerry Moran. 240 pp. 160 color photos, 11 x 11" #KAVA \$49.95 cloth

Here is the perfect guide to Kathmandu and environs where the ancient and the modern live so inescapably side by side. The photos include temples and holy sites, lush landscapes, diverse ethnic groups, architecture, ritual, art, and scenes from everyday life.

Tibet as it was—some of the first color photos of Tibet!

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

by Paul Kocot Nietupski, photos from the Griebenow Archives, 1921-1949, 160 pp. 9 x 8" high, 36 color and 100 b&w photos, illustrations, #LA \$24.95

Labrang Monastery, located in the northeast corner of the Tibetan plateau at the strategic intersection of four major Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities in Tibet. In the early twentieth century, the time frame of this book, it housed several thousand monks who studied and practiced the full range of Buddhist doctrines and rituals.

But Labrang was much more than a monastery. Besides being a gathering point for numerous annual religious festivals that drew thousands from near and far, Labrang supported an active regional marketplace where Chinese artisans rubbed shoulders with Hui merchants and nomadic Tibetan highlanders, and was the seat of a Tibetan power base that strove to maintain regional autonomy through the shifting alliances and bloody conflicts that took place between 1700 and 1950.

Author Paul Nietupski draws on the photographs and memoirs of Marion and Blance Griebenow, Christian missionaries resident in the area for nearly twenty-seven years, as well as the memoirs of Apa Alo, a local leader whose family included some of the highest incarnations of Labrang Monastery, to detail Labrang's unique and colorful Tibetan border culture.

"Nietupski's publication of the Griebenow photographs, together with his excellent documentation of them, provides a wonderful introduction to this exquisite monastery, as well as to its people and environs."—Glenn H. Mullin for *The Quest*

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

THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

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

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

LIVING BUDDHISM

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

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

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

LIVING TIBET: The Dalai Lama in Dharamsala

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

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

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

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

LOST LHASA: Heinrich Harrer's Tibet

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

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

Its 200 photographs provide a unique record of life in and around Lhasa before the Chinese occupation when Tibetan society was still relatively isolated from the outside world. Between 1944 and 1950, when the Chinese occupation forced him to flee, he took thousands of photographs that provide the world with a last glimpse of life in "old" Tibet.



THE MANDALA: Sacred Circle in Tibetan Buddhism

by Martin Brauen, foreword by H.H. the Dalai Lama. 152 pp., 9 x 12", 49 color & 62 b&w photos, #MASAP \$25

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

MONGOLIA: The Legacy of Chinggis Khan

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

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

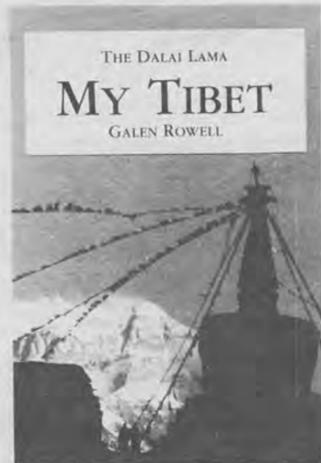


THE MYSTICAL ART OF TIBET: Featuring Personal Sacred Objects of the Dalai Lama

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

"This is not just a catalog of an exhibit, rather it is an introduction to the artistic history of Tibet and the world of its mysticism."—Glenn Mullin

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



MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTIP \$29.95 paper; #MYTI \$40 cloth

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



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

by Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$24.95

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

FROM MANCHURIA TO TIBET
A Quarter Century of Exploration



by Wong How Man with Julie Gaw
246 pp., 11 x 11", 281 color photos, 2 maps, #FRMATI \$49.95 cloth

Provides an impressive, rare glimpse of ethnic groups whose lives and customs mirror the enchanting, 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 unusual landscapes. Delves into the history, traditions, stories and dreams of colorful indigenous peoples and their surroundings—often in formidable terrain.



Snow Lion's
Holiday Gift to You
Get *The Spirit of Tibet*
for half-price with any
purchase over \$100!



**Editors pick—
The best photobook of Tibetan culture!**

THE SPIRIT OF TIBET: Portrait of a Culture in Exile
photographs and text by Alison Wright, foreword by H.H. the
Dalai Lama. 200 pages, 180 color photos, 9 1/2" high x 10" wide,
#SPTI \$34.95

This visually stunning, full-color portrait of Tibetan life in exile displays the spirit of Tibetan refugees living in the beautiful mountain settings of northern India. It shows how Tibetans have preserved the best of their unique culture and identity. Aided by their Buddhist faith, the Tibetan people have rebuilt productive lives for themselves, and live today in thriving communities 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 mere survival: they have created a Tibet in exile that is in many ways more truly Tibetan than their occupied homeland.

These extraordinary images portray skilled Tibetan artists creating paintings, statues, and wood carvings; Tibetan doctors with their herbal remedies and pulse diagnoses; 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.

Alison Wright's photographs capture the indomitable resiliency of the Tibetan people as they have survived the ordeal of exile with humor and determination, and with their perspective intact. Their inner strength and courage when faced with the loss of everything they have ever known is inspiring and forms the essence of this book.

"Her compositions are stunning, the color and light with which she adeptly enflames her subjects exude both strength and intimacy."—John Flinn, *San Francisco Examiner*

"There are many collections of Tibetan images available these days, but Ms. Wright's work should be the first one you buy."—S.A. Hunt

"I am writing to thank you for your beautiful book, *The Spirit of Tibet*. I was moved to tears the first few times I went through it."—L. Mastelotto



PILGRIM: Photographs by Richard Gere

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

Richard Gere has for many years been one of the most outspoken defenders of the Tibetan people. As a student and friend of the Dalai Lama, he has made numerous journeys throughout India, Nepal, Zanskar, and Tibet. He has begun showing his photographs in museums and galleries around the world to universal acclaim. Gere's photographs are striking and atmospheric. Reproduced on luxurious, uncoated stock, in an oversized format, *Pilgrim* draws the viewer within the aura of this spiritually vital world through Gere's personal vision. Through the subtle use of light and (in some photos) blurred motion, his photos reveal the inner space of the people.



**RUTHLESS COMPASSION:
Wrathful Deities in Early
Indo-Tibetan Esoteric
Buddhist Art**

by Rob Linrothe. 368 pp., 221
b&w and 16 color illustrations,
oversize, #RUCO \$55 cloth

The author reconstructs the development of early esoteric Buddhism through the potent image of the wrathful deity. Vajrayana Buddhists understand that these wrathful spirits represent inherent qualities of our own, and that meditation on these figures can transmute the otherwise malevolent sides of our own natures into positive qualities and actions. Art objects provide precious clues as to the early development of esoteric Buddhism in India, about which few early texts survive. Through careful examination of a large body of images as well as Sanskrit, Tibetan, and Indic texts, this lavishly illustrated volume traces the evolution of the forms and the unfolding significance of the wrathful deity in esoteric Buddhist sculpture.

**SACRED MOUNTAINS
OF ASIA**

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

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

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



**THE SAND MANDALA OF
VAJRABHAIKAVA**

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

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

**SACRED VISIONS: Early
Paintings from Central Tibet**

by Steven M. Kossak & Jane
Casey Singer, with essay by
Robert Bruce-Gardner. 240 pp.,
149 illus., 134 in color, map,
glossary, biblio., index, 9 x 12",
#SAVI \$70 cloth

A major exhibition of Tibetan thangka at the Metropolitan Museum of Art is featured here. The authors discuss the individual works in reference to their style, iconography, provenance, and date. This collection and discussion documents the way that Indian, Nepalese and Chinese styles influenced the early thangka painting in Tibet and shows how Tibetans begin to synthesize by the fifteenth century a truly indigenous mode of expression.

**SECRET VISIONS OF THE
FIFTH DALAI LAMA: The
Gold Manuscript in the
Fournier Collection, Musee
Guimet, Paris**

by Samten Gyaltzen Karmay,
fore. by H.H. the Dalai Lama. 142
pp., 92 color illus., glossary, biblio,
index, 10 x 13" #SEVIFI \$50 paper

This work recounts in words and images the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyamtso (1617-1682). Although this Dalai Lama was known as a statesman, this book reveals his inner world of profound mysticism, magical powers and often disturbing visions. It is a guide to the complex interweaving of the various gods, goddesses, protectors, teachers, demons and spirits who populated his consciousness. They provide him with instructions, warnings, exhortations on his spiritual development and on the conduct of his government. The illustrations represent the finest-known quality in the miniature style of Tibetan art and stand as the earliest manifestation of the black thangka style of painting.



**THE STUPA: Sacred Symbol
of Enlightenment**

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

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

**THE ENCYCLOPEDIA OF
TIBETAN SYMBOLS AND
MOTIFS**

by Robert Beer. 400 pp., line art
throughout, 9 x 12", #SYMOTI \$60
cloth

For artists, designers, or anyone interested in Tibetan art, this is an exhaustive reference to the variety of symbols found throughout Tibetan art—in line drawings, paintings, thangka, and ritual objects. Hundreds of Robert Beer's drawings depict animals, flowers, plants, teachers, mudras, dragons, offerings, geometric borders, etc.



**TABO: A Lamp for the
Kingdom**

by Deborah E. Klimburg-Saller.
256 pp., 225 illustrations, 150 in
color, 9 1/2 x 11", #TALAKI \$75
cloth

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

The author describes the art, iconography, and contemporary rituals of Tabo with the aid of photographs, plans, and diagrams. The color photos show Tabo's hidden glories and history.

TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings.
12 line drawings, oversize,
#TACOCO \$12.95

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

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

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

Tibetan rugs in this photo book had a unique role as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color.

Closeout sale!

TIBET

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

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

Pietro Francesco Mele was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci in the 40s.

In his introduction, Michael van Walt, Dutch expert in international law, updates the reader on the major events in Tibet that have occurred since Mele traveled.

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

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

Photographers Tiziana and Gianni Baldizzone traveled to places in Tibet visited by Alexandra David-Neel seventy-plus years before to "give color" to the places that have inspired her work. More than 145 illustrations showing in great detail the panoramic landscapes, the faces and expressions of individual people, and the brilliant dress styles of the people of Kham and Amdo.

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

This book is a photographic knock-out. Many large and double page photographs that are rich and dramatic—these photos are remarkable in their portrayal of Tibet.

TIBET: THE SACRED REALM

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

Tibet: The Sacred Realm is a handsome collection of rare photographs of pre-invasion Tibet taken by European travelers and explorers around the turn of the century. It is chronicled by Lobsang Lhalungpa and is highly recommended.



TIBETAN ART: Toward a Definition of Style

by Jane Casey Singer and Philip Denuwood. 320 pp. 9 x 12", 341 illustrations, 257 in color, 2 maps,
#TIAR \$100 cloth

This book provides the most comprehensive coverage of Tibetan art yet published. Illustrated with works of an unprecedented range and quality, all the major types of Tibetan art are presented: painting, sculpture, textiles, architecture and cave drawings. The essays are based on papers of the much-celebrated international symposium on Tibetan art organized by the School of Oriental and African Studies in association with the Victoria and Albert Museum. We are impressed!

THE TIBETAN ART COLORING BOOK: A Joyful Path to Right Brain Enlightenment

art by J. Jamyang Singe. 16 pp.,
9 x 12", #TIARCO \$14.95

Twelve thangka line images ready to color.

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

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

TIBETAN COLLECTION:

Sculpture and Painting
by Valrae Reynolds, Amy Heller,
Janet Gyatso. 208 pp. #MATICS3
\$20

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



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

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



TIBETAN NOMADS

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

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

TIBETAN RUGS

by Hallvard Kuley. 236 pp., 265
color, 6 b&w plates, 117 b&w
illus., 7.5 x 8", #TIRU \$35.95

This first comprehensive classification of Tibetan rugs presents a coherent picture of the rug tradition of Tibet. 258 rugs are illustrated in color accompanied by measurements and details as to the weaving techniques, knot counts, etc.



TIBETAN THANGKA PAINTING: Methods & Materials

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

"An indispensable reference manual for anyone who is interested in Tibetan art."—*Parabola*
"Absolutely incredible book, highly recommended."—*Circle of Light*

Tibetan Thangka Painting is the only detailed description of the techniques and principles of the sacred art of Tibetan thangka painting. The authors researched the subject for over ten years, making five journeys to Nepal and India and learning from twenty traditional painters. It is a step by step guide from the preparation of the canvas to the final syllables behind each completed figure. This revised edition includes an appendix of guidelines for using modern techniques and commercially available materials.

TIBETAN VOICES:

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

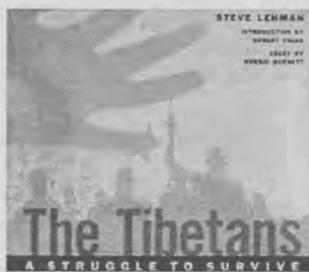
Brian Harris has combined images of Himalayan Buddhist culture with memoir-style accounts of Tibetan elders in India and the West—the photos and text are rich and moving. Royalties are being donated to Seva Service Society, The Tibetan Health Education Organisation, The Nuns Project and Delek Hospital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



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

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

George Schaller sought to chronicle and study the many rare and elusive animals that inhabit this remote and arid region in north-central Tibet, and *Tibet's Hidden Wilderness* is a record of his experiences and observations there. It introduces the Chang Tang's extraordinary landscape, wildlife, and nomadic peoples and concludes with a conservation plan that supports the harmonious interaction of Chang Tang's indigenous peoples and wildlife.



THE TIBETANS:

A Struggle to Survive
by Steve Lehman. 200 pp., 125
illustrations, 90 in color, 10 x 9",
#TISTSU \$45 cloth

This is a beautiful but disquieting portrait of the splendor and ruin that mark contemporary Tibet. Award-winning photojournalist Steve Lehman travels beyond the mountain vistas and timeless temples to uncover a different Tibet—a Tibet of lumberyards and uranium mines, of brothels and discos, of demolished temples and burned-out police stations. Documented over a ten year period, Lehman makes real the grave beauty of this culture torn by political conflict. Extensive quotes culled from hundreds of interviews with Tibetans augment the evocative color images, along with maps, propaganda and religious iconography.

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

by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8 1/2 x 11", #TRTIAR \$32

The most important works from the renowned collection are beautifully illustrated and described in this volume of Tibetan art from Tibet, China, Mongolia and Nepal. They include sculptures and thangkas depicting the Buddha, arhats, lamas, meditational deities, bodhisattvas, protector and guardian deities, ritual objects, musical instruments, jewelry, and decorative objects. The essays contribute new information on Tibetan culture, iconography, history, and folklore.

Two Great Art Books from
Marylin Rhie & Robert Thurman



WISDOM AND COMPASSION: The Sacred Art of Tibet

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

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



Now in paper!

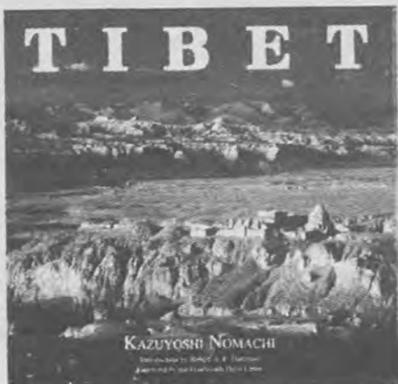
WORLDS OF TRANSFORMATION: Tibetan Art of Wisdom and Compassion

by Marilyn Rhie & Robert Thurman. 480 pp., 9 x 12",
319 illustrations, 285 in color, 2 maps, #WOTR \$65

If you liked the *Wisdom and Compassion* art book, you will love this massive edition of Tibetan Buddhist paintings. hundreds of sublime Tibetan thangka paintings from the premier New York collection of Shelley and Donald Rubin which span the 12th through 20th 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 Kagyu order in the Rubin Collection.

TIBET: Photographs by Kazuyoshi Nomachi
intro. by Robert Thurman, fore. by H.H. the Dalai Lama
approx. 150pp. color photos #TIP \$55 cloth

This book contains spectacular color photographs of the landscapes, people and customs of Tibet. The photographs were taken over the course of several years and include images of Kham, Amdo, Central and Western Tibet. Nomachi has been awarded the "Best Photographers Award" from the Photographic Society of Japan and the Kodansha Culture Award for excellence in research and photography.



AMA ADHE: The Voice that Remembers

by Ama Tapontsang and Joy Blakeslee, fore. by the Dalai Lama. 258 pp. 6 b&w photos #AMAD \$14.95

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

"I have never read a book as terrifying and inspiring in my life."—*Psychology Today*

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

by Janet Gyatso. 360pp. #APSE \$39.50 cloth, \$18.95 paper #APSEP

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

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

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

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

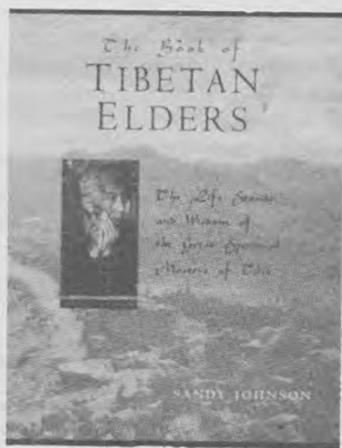
Now in paper!

THE AUTOBIOGRAPHY OF A TIBETAN MONK

by Palden Gyatso with Tsering Shakya fore. by the Dalai Lama 272 pp., 11 b&w illus., #AUTIMO \$13

Born in 1933, Palden Gyatso was ordained as a Buddhist monk at the age of eighteen. Through sheer determination, he won a place as a student at Drepung Monastery, one of Tibet's "Three Greats," where he came to spiritual and intellectual maturity. In 1959, along with thousands of other monks, Palden Gyatso was forced into labor camps and prisons. He would spend the next thirty-three years of his life being tortured, interrogated, and persecuted simply for being a monk.

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



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

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

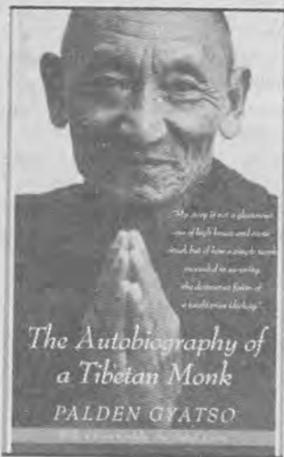
Sandy Johnson travelled to gather the wisdom of spiritual masters of Tibet. Incarnate teachers tell their stories, Tibetan doctors share their secrets, oracles talk about what it is like to be possessed—a rare documentation of a special group of teachers.

THE BUDDHA FROM DOLPO: A Study of the Life and Thought of the Tibetan Master Dolpopa Sherab Gyaltzen

by Cyrus Steins. 288 pp. #BUDO \$20.95

Dolpopa Sherab Gyaltzen (1292-1361) was one of the most important figures in Tibetan history and perhaps the greatest expert on the tantric teachings of the Kalachakra Tantra. Based largely upon esoteric Buddhist knowledge believed to be preserved in Shambhala, 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 Buddhature inherent in all living beings. This view of an "emptiness of other," known in Tibetan as Zhentong, is Dolpopa's main spiritual legacy. Contained here are translations of major works by Dolpopa which present his view of the path and a summation of his ideas.



Now in paper!



KUNDUN



KUNDUN

A Biography of the Family of the Dalai Lama

by Mary Craig. 392 pp., 19 b&w photos, #KUN \$16

Mary Craig's portrayal is the first to focus on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable and informative read—and it is not at all related to the feature length film with the same name.



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

trans. by Keith Dowman, illus. by Robert Beer. 208 pp., 6.5 x 9", 30 color plates, 26 line drawings, #BUMAEN \$24.95

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



CAVE IN THE SNOW: A Western Woman's Quest for Enlightenment

by Vicki Mackenzie. #CASN \$14.95 paper

Tells how an Englishwoman, the daughter of a fishmonger from London's east end, has become a spiritual leader and a champion of the right of women to achieve spiritual enlightenment. In 1976, Ani Tenzin Palmo secluded herself in a remote cave, 13,000 feet up in the Himalayas, cut off from the world by mountains and snow. There she faced unimaginable cold, wild animals, floods and rockfalls. In 1988, she emerged with a determination to build a convent in northern India to revive the Togdenma lineage, a long-forgotten female spiritual elite.

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

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

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

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

DILGO KHYENTSE RINPOCHE

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

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



THE DIVINE MADMAN: The Sublime Life and Songs of Drukpa Kunley

trans. by Keith Dowman. 161 pp., 7 illus. #DIMA \$12.95

This is the secret biography of one of Tibet's foremost saints who is greatly loved by Tibetans for his outrageous behavior and ribald humor which were intended to awaken common people and yogis alike from religious dogmatism and egoic self-possession. He was recognized as an incarnation of the great Mahasiddha, Saraha.

ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition

compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18.

Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many siddhas and Jan Willis has meticulously presented the liberation life stories of the first six lineage holders of the Ganden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

FINDING FREEDOM: WRITINGS FROM DEATH ROW

by Jarvis Jay Masters. 179pp. #FIFR \$12.00

Finding Freedom is a critically acclaimed collection of prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer. In these stories, the reader is shown Jarvis' daily life, a world where he meditates among chaos and squalor, creates a mala out of trouser thread and Tylenol tablets, and practices non-violence against all odds.

"It is a privilege and joy to read Jarvis Masters' account of his spiritual struggle to find freedom at the edge of life. Everyone should read this book."—Robert Thurman

FOREST RECOLLECTIONS: Wandering Monks in Twentieth-Century Thailand

by Kamala Tiyavanich. 410 pp., 8 maps and charts #FORE \$29.95

During the first half of this century the forests of Thailand were home to wandering ascetic monks. They were Buddhists, but their brand of Buddhism found expression in living in the forest and in contending with the mental and physical challenges of hunger, pain, fear, and desire. Combining interviews and biographies with an exhaustive knowledge of archival materials and modern resources, the author documents the monastic lives of three generations of forest-dwelling ascetics.

FOUR LAMAS OF DOLPO:
Autobiographies of Four Tibetan Lamas

ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21.

This unusual volume presents the autobiographies of four Tibetan lamas in the land of Dolpo, which was part of Western Tibet. Three of them were born in the 16th century, and one in the 17th. These life stories were dictated by the lamas themselves in response to the disciples' requests and one hand-written copy was preserved. Snellgrove's introduction describes religious practices in Dolpo—which are practically unchanged for a thousand years.

A GARLAND OF IMMORTAL WISH-FULFILLING TREES

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

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

THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy

by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95 October

In this book, twenty-four of the Buddha's most distinguished disciples are brought to life in ten chapters of rich narration. Drawn from a wide range of Pali sources, the material in these stories has never before been assembled in a single volume. These stories sharpen our understanding of the Buddhist path through the people who fulfilled the early Buddhist ideals of human perfection.



THE GREAT KAGYU MASTERS

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

"A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche.

HIDDEN TREASURES AND SECRET LIVES

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

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry.

HIS HOLINESS THE XVII GYALWANG KARMAPA.

18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the discovery and enthronement of the 17th Gyalwang Karmapa. It contains large, beautiful photos of His Holiness plus many other lamas, the previous Karmapa and H.H. the Dalai Lama.

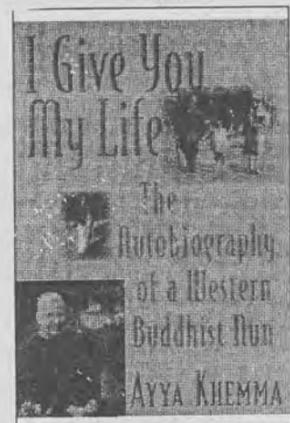
HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok, trans. & edited by Michael Harlin, foreword by Heinrich Harrer. 330 pp., photos #HOTURO \$16.95

"...a superior book."—*The Tibet Journal*

Dorje Yuthok offers readers a fascinating account of life in upper-class Lhasa. This frank autobiography of a noblewoman describes life in Lhasa before the Chinese occupation. It is also a quiet, dignified description of women's status in the family and the community. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

"Dorje Yuthok's book, rich in vignettes of the quotidian life of Tibetan aristocrats prior to the Chinese invasion, reflects a sensitivity to readers' interests in finely drawn portraits of Tibetan social interaction, ritual observances, and material culture. Yuthok's detailed descriptions of the intimacies of family life deftly convey the immediacy of her experience to readers."—Márcia Calkowski, *The Journal of Asian Studies*



I GIVE YOU MY LIFE: The Autobiography of a Western Buddhist Nun

by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos, #GIMYLI \$23 cloth

Ayya Khema (1923-1997) was the first Western woman to become a Theravadin Buddhist nun. She has served as a model and inspiration for women from all the Buddhist traditions. Though her renown as a teacher is widespread, few know the amazing details of her life before her monastic ordination at the age of 58. She was a Jew in Berlin during the Nazi era, escaped to Scotland, moved to China, survived the Japanese invasion of China, moved to California, travelled the Amazon, studied in Bolivia, built a power plant in Pakistan and created the first Australian organic farm. After meeting spiritual teachers in India, her Buddhist practice began.

JOURNEY TO ENLIGHTENMENT:

The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet

text selections & photos by Matthieu Ricard. 152 pp., 11 x 9 1/2", 130 color photos, #JOEN \$45 cloth (see Art & Photography)

LADY OF THE LOTUS-BORN: The Life and Enlightenment of Yeshe Tsogyal

by Gyalwa Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$29.95 cloth

The first Tibetan Buddhist to attain enlightenment was probably Yeshe Tsogyal, the female consort of Padmasambhava. Her biography is a colorful and intriguing picture of Tibet at the beginning of the Buddhist era—a time of upheaval, when royal patronage was striving to foster the new teachings in the face of powerful opposition. These profound teachings are offset by episodes of exploit and adventure, spiritual endeavor, court intrigue and personal encounters.

THE LIFE OF GAMPOPA: the Incomparable Dharma Lord of Tibet

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

Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and forefather of the Kagyu lineages. It is said that over 50,000 disciples gathered around him after his enlightenment. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences, and presents direct insights into the practice and realization of Mahamudra. Beautiful drawings by Dutch artist Eva van Dam illustrate this compelling and moving tale. A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life, and provides the fullest possible picture of the development of the Kagyu lineages of Tibetan Buddhism.

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

"Comprehensive and inspiring."—*Midwest Book Review*



LIFE OF THE MAHASIDDHA TILOPA

86 pp. #LIMATI \$9.95

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

LIFE OF MARPA THE TRANSLATOR

by the Nalanda Translation Committee. 320 pp. #LIMA \$16

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

THE LIFE OF MILAREPA

by Lobsang Lhalungpa. 220 pp. #LIMI \$14.95

Milarepa's life is the most beloved story of the Tibetan people and one of the greatest source books for the contemplative life in all of the world's literature. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.

THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi

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

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

OUT OF PRINT

THE LIVES AND LIBERATION OF PRINCESS MANDARAVA: The Indian Consort of Padmasambhava

trans. by Lama Chonam & Sangye Khandro. 224 pp., #LILIPR \$16.95

This traditional biography recounts Princess Mandarava's struggles and triumphs as a Buddhist master over many lifetimes. A role model for practitioners of tantric Buddhism, she was the principal consort of Padmasambhava before he introduced tantric Buddhism to Tibet. Mandarava is a powerful figure, and her story will entertain and inspire.

LORD OF THE DANCE, The Autobiography of Chagdud Tulku

246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. This account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, tells of his training as a tulku. His life is a rich weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.

THE LOTUS-BORN: The Life Story of Padmasambhava

by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$20

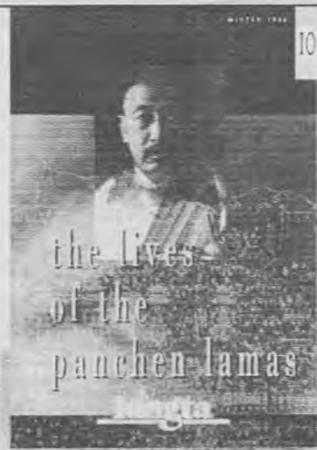
This biography of Tibetan Buddhism's founder, Padmasambhava (755-797), was written by his most important female student. A combination of history and legend, the book narrates the story of this outstanding spiritual person and also contains instructions and advice that he gave for future generations.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



THE RAINMAKER
The Story of Venerable Ngagpa Yeshe Dorje Rinpoche

by Marsha Woolf & Karen Blanc. 106 pp., 19 color photos plus other illustrations, #RA \$16.95

This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain. In Tibet, he meditated in caves and remote places and was dependent on the support of local people who he helped by summoning and preventing rain—very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.



LUNGTÄ #10: THE LIVES OF THE PANCHEN LAMAS

35 pp. b&w photographs, magazine format #LUN \$7.95

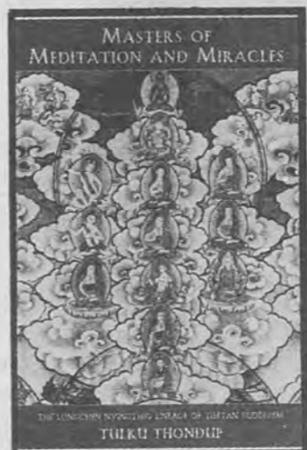
This magazine, published by the Anne Machen Institute, is a forum devoted to articles and essays that contribute to the study and preservation of Tibetan secular and religious culture—and provides a wide range of views and opinions. This issue includes biographies on the lives of the Panchen Lamas (especially the last two), the relationship between the Panchen Lamas and the British and Chinese, the story of the persecution of the last Panchen Lama, and an article by Wei Jingsheng on China's top political prison—the infamous Qincheng No.1.



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

by Keith Dowman. 454 pp. #MAMA \$21.95

These eighty-four masters who led unconventional lives include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman translated their songs of realization and the legends about them and gives a commentary on each of the Great Adepts.



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

by Tulku Thondup. 478 pp. #MAMEMI \$35 cloth

Lively biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garap Dorje, these stories convey exemplary lives led in monasteries, mountains, woods, and caves.

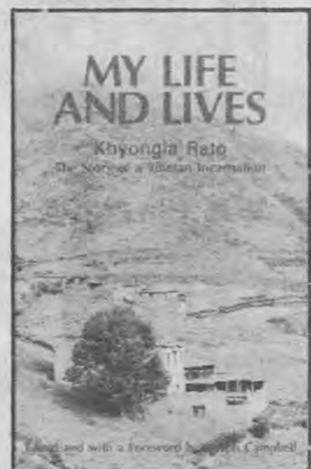
MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham, 328 pp., #METILA \$16.95

A Tibetan patriot and unwavering follower of the Dalai Lama, Lobsang Gyatso emerges from these memoirs as a master storyteller, a fearless social critic, and a devoted Buddhist monk. With unusual wit and realism he provides a picture of his country from the perspective of a common Tibetan, recounting his early life in Kham as a herder and rambunctious young monk, his travels to Lhasa, his life in one of Tibet's most famous monasteries, and his flight into exile. Lobsang Gyatso's story is about the hopes and aspirations of a man trying to live up to higher ideals while dealing openly with the pettiness and violence in the monasteries. It is also the story of the fall of Tibet seen through the eyes of a fearless patriot. Always outspoken, the problem with Tibetans, he writes, was their overblown belief in Buddhism and in the specialness of their country. Although he had only told his story as far as 1962 before he was murdered in 1997, the book constitutes a moving statement against sectarianism and rigid conformity. In his life story, one sees the unique culture and people of Tibet as they are, not as part of myth, and the record of a life that embodied Buddhist truth.

Lobsang Gyatso was born in south-eastern Tibet in 1928. He was an unusual mix of the traditional and the modern. He was an unwavering follower of the Dalai Lama but scoffed at the posturing of incarnate lamas and never went to public tantric teachings. He was a product of Drepung Monastery but was not loved by Gelukpa luminaries. He never learned English and had no interest in Dharma centers yet founded an Institute which attracted a number of Western practitioners and academics.

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



MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

Never before has there been a book by a Tibetan to describe with such care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, Khyongla Rato was recognized as the reincarnation of the ninth Khyongla of Tibet. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in New York.

OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha

by Thich Nhat Hanh. 600 pp., 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitable and beautiful style. It traces the Buddha's life, slowly and gently over the course of 80 years and 600 pages, partly through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and partly through the eyes of the Buddha himself. It brings to life the story of the Buddha in a most vibrant way.

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

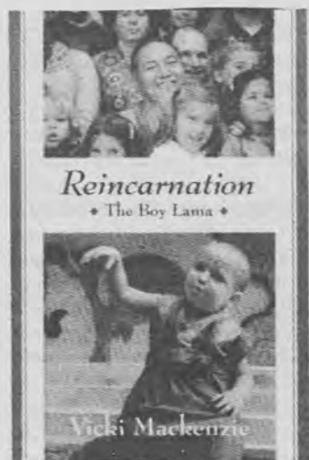
by Sir Charles Bell. 460 pp. #PODALA \$22.95

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

REBORN IN THE WEST: The Reincarnation Masters

by Vicki Mackenzie. 213 pp. #REWE \$13.95

Among the wealth of information that currently fuels the reincarnation debate, there is one story that towers above the rest. For the first time "reincarnation masters" (tulkus) are appearing in the West. Vicki Mackenzie seeks them out and tells their stories—how they were identified and what their mission is. Nine western tulkus are presented.



REINCARNATION: The Boy Lama

by Vicki Mackenzie. 183 pp., 15 color photos, #REBOLA \$16.95

Tells the extraordinary story of an apparently ordinary Spanish child who, at the age of 14 months, was recognized by the Dalai Lama as the reincarnation of Lama Yeshe, who founded many Buddhist centers in the West. Osel Hita Torres is destined to become one of the most important and unusual spiritual leaders of our time. It is also a riveting account of reincarnation and Tibetan Buddhism.

TALES OF UNCLE TOMPA: The Legendary Rascal of Tibet

by Rinjing Dorje, illus. by Addison Smith. 88 pp. #TAUNTO \$13.95



THE SECRET LIVES OF ALEXANDRA DAVID-NEEL: A Biography of the Explorer of Tibet and Its Forbidden Practices

by Barbara and Michael Foster. 329 pp., 26 b&w photos, 2 maps, #SELIAL \$32.50 cloth

Alexandra David-Neel was the first European to explore Tibet at a time when foreigners were banned. In Tibet and Sikkim, she lived among hermits and shamans, bandits and pilgrims. She had a torrid love affair with the handsome Maharajah of Sikkim and studied with a genuine master in the Himalayas. David-Neel knew firsthand the Tibet of magic and mystery, the secret mystical practices of Tibetan Buddhism including out-of-body travel, telepathy, vampiric Shamanism, and tantric sex.

SIDDHARTHA

by Hermann Hesse, trans. by Joachim Neugroschel. 176 pp. #SI \$5.95

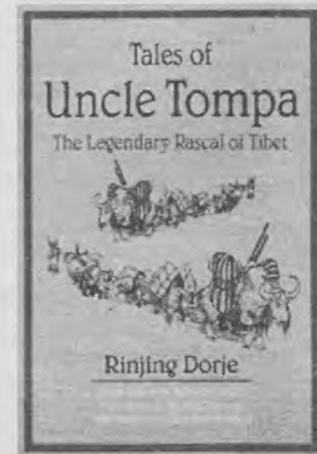
Siddhartha is the story of a young Brahman's search for ultimate reality after meeting with the Buddha. His quest takes him from a life of profligacy to asceticism, through sensual love, wealth and fame to the painful struggles with his son and the ultimate wisdom of renunciation.



SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel

by Keith Dowman, fore. by Trinley Norbu Rinpoche, illustrations by Eva van Dam. 400 pp., indexes, #SKDA \$18.95

Yeshe Tsogyel, consort of Guru Padmasambhava, is the most famous of the enlightened women of Tibet. Women have a special place in tantra but except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here, women are in an eminent position, and a path of practice is given for initiates to emulate. Tsogyel's experiences and detailed instructions are very relevant for today. Keith Dowman has added a commentary on the path of inner tantra, woman and the dakini, the Nyingma lineages.



TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, Brother of the Dalai Lama, as Told to Heinrich Harrer

trans. by Edward Fitzgerald. 276 pp. #TICO \$16.95

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

Now in paper!

TIBET: MY STORY

by Jetsun Pema. 304pp. #TIMYST \$14.95

Jetsun Pema, younger sister of H.H. the Dalai Lama, is an autobiographer of Tibet before the 14th Dalai Lama's occupation. She presents her story from her childhood, growing up with her brother in pre-invasion Tibet, to her work today as a minister in the Tibetan government. She provides a first-hand account of some of the most turbulent years in her country's history as well as documenting the ongoing work for a free Tibet.

THE TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion

trans. by Sangye Tandar, ed. by Richard Guard. #TWDE \$5

Tonpa Shenrab, the founder of Bon, was the first Buddha to appear in the Kaliyuga with the express purpose of relieving the sufferings of sentient beings. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.

THE WARRIOR SONG OF KING GESAR

by Douglas Penick, foreword by Sakyong Mipham Rinpoche, intro. by Tulku Thondup Rinpoche. 176 pp., 6 illus., #WASOKI \$16.95

This is the epic tale in verse and prose of the legendary Tibetan warrior king, Gesar of Ling. Born into harsh circumstances at a time of decline, Gesar succeeded in becoming ruler of Ling. Embodying the Buddhist teachings, he subdued demonic lords who sought to undermine and enslave people's minds.

For those whose knowledge of Tibet is limited to monasteries and mantras, here is a fresh glance at Tibetan folklore—delightful, whimsical and decidedly bawdy. Conman, prankster, and playboy, Uncle Tompa's exploits outwit the vain and the greedy and turn the tables on those who take advantage of others. A beloved rogue, he's the hero of the "little man" who wishes to get even with the rich and powerful.

AMY AND GULLY IN RAINBOWLAND

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

"This captivating book reads like a thriller. Amy and Gully (brother and sister) are playing in a dusty attic when a sudden, fierce wind transports them to a grassy hillside in Rainbowland. There they meet a magical monk dressed in Buddhist robes who sends them on a quest for the wishing stone that was stolen by Wogda, the witch. The children discover special qualities within themselves that are needed to overcome threatening situations. They learn to be courageous, nonviolent, and to practice loving kindness."—*Mindful Parenting (for the Spiritual Enrichment of Children and Parents)*

THE BOY WHO HAD A DREAM

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

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up. Royalties help provide education and health-care for the author's home in Eastern Tibet.

BUDDHA

by Demi. 44 pp., 40 color illustrations, 10 x 10", #BUD \$18.95 cloth

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

BUDDHA STORIES

by Demi. 28 pp., gold line drawings and text on cobalt blue paper, 10 1/4" square, #BUST \$16.95

Eleven Jataka tales, each illumined with golden illustrations make this an excellent book for kids and adults.



THE BUDDHA'S QUESTION

by W.W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11", #BUQU \$9.95

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences. Jataka Tales, or past-life stories of the Buddha, teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

"The Buddha's Question has been a nightly favorite. We read it at bedtime over and over. I marvel at its beauty and heart-wrenching message. It is so well done."—A Customer

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

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

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

DHARMA FAMILY TREASURES: Sharing Mindfulness with Children

ed. by Sandy Eastoak. 240 pp. #DHFA \$16.95

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Aitken, Christina Feldman, and others on how to share mindfulness practice with children and introduce them to basic Buddhist principles. Contains essays, poems, songs and stories valuable to any parent active in their children's spiritual growth.



A DOG'S TOOTH

by W.W. Rowe, illus. by Chris Banigan. 32 pp., 31 color illustrations, 8 1/2 x 11" #DOTO \$12.95 cloth, for children ages 5-13

In this adventurous retelling of the classic Tibetan tale of the power of faith, a young man is asked by his dying mother to obtain a sacred relic to help her. He fails to do this and instead deceivingly brings her a tooth from the skeleton of a dog. He tells her it is the Buddha's tooth.

This version humorously recreates the wily son's schemes. It movingly conveys how the mother's strong faith has the power to fulfill her dreams in spite of the son's deceit. The result is a suspenseful story that captivates and inspires readers of all ages. The illustrations, which transport the reader to Tibet and India, are a miracle of lively imagination in themselves. Highly recommended.

EXPLORE TIBET

by the Junior Museum Staff of the Newark Museum. 32 pp., 9 x 12", #EXTI \$9.95

This is an activity book that was developed as part of Newark Museum's project "Tibet: The Living Tradition." *Explore Tibet* introduces Tibetan culture—exploring unknown places, meeting new people, and seeing different ways of life are childhood joys. Hands-on activities, stories and illustrations offer something for every child—meet a Tibetan family, construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more! Ages 3-10.



TWENTY JATAKA TALES

retold by Noor Inayat Khan
illus. by H. Willebeek Le Mair

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$18.95 cloth (see Dalai Lama section)

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

THE GIFT: A Magical Story about Caring for the Earth

story and illus. by Isia Osuchowska. 32 pp., 8" sq., 30 color illus., #GI \$14.95 cloth

Ananda, the Buddha's principal disciple, teaches a small-minded king the importance of sharing—not only personal wealth but also the resources of the Earth. For children 4-10.

THE GOLDEN GOOSE KING: A Tale Told by the Buddha

by Judith Ernst. 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose, king of 94,000 geese dwelling near Benares. The goose was the Buddha in a past life—and his wise teachings serve to guide a king, his wife and the readers of this lovely story. Excellent illustrations. For ages 6-12 and their parents. Winner of the 1996 *Skipping Stones* Book Award.

HER FATHER'S GARDEN

by Janet Brooke. 40 pp., 8.5 x 11", 20 color illus., #HEFAGA \$12.95

In a village high above the clouds where people are unhappy and nothing grows, a little girl dreams of a garden behind her father's house. The skeptical villagers mock her gardening efforts, but the garden flourishes and in the end the villagers are transformed and renewed.



THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha

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

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



154 pp., 21 illus. #TWJATA \$9.95

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations. Ages 5 and up.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering

by Deborah Rozman. 160 pp. #MEWICH \$16.95

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



PRINCE SIDDHARTHA

by Landaw & Brooke. 144 pp. 8 x 10", 63 color illus. #PRSI \$16.95

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



PRINCE SIDDHARTHA COLORING BOOK

by Jonathan Landaw, line drawings by Janet and Lara Brooke. 48 pp., 8 x 11", 62 images, #PRSCO \$6.95

Children can make the story of the Buddha come alive by coloring the images from his life. A brief narrative accompanies and explains each drawing.

THE RABBIT & THE TIGERDILE

by W.W. Rowe, illus. by Chris Banigan. Ages 4-10, 32 pp., 8 x 10", #RATI \$8.95

This past-life story of the Buddha explains why we can see the image of a rabbit on the face of the moon. When the god Sakra tested four animals, only the rabbit showed true compassion and selfless generosity. In this exciting adaptation of the tale, Sakra assumes a frightening form—half tiger, half crocodile. During their jungle adventures, the selfish failings of the fox, monkey, and weasel are humorously revealed.

Beautiful full-color illustrations bring the story magically to life. It is delightful to read aloud: the animals can be identified by characteristic noises or sounds.

"An endearing tale of trust and generosity."—NAPRA ReView

THE STORY OF PEMA WOEBAR: A Traditional Tibetan Tale

50 pp., 37 b&w illustrations, ages 5 to 12, #STPEWO \$12.95

Published by Tibetans at the Norbulinka Institute in India, this is the exciting folktale of Pema Woebar, child of Padmasambhava who overthrows an evil king through his courage and insight.



TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, 10 x 13", #TACOB \$12.95

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

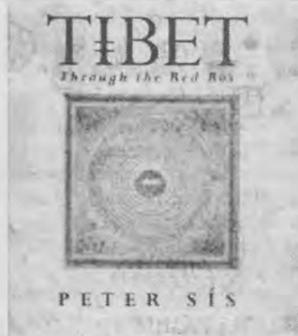


THE THREE SILVER COINS: A Story from Tibet

by Veronica Leo & Tashi Daknewa. 32 pp., fully illustrated, 8 x 10" #THSICO \$12.95

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

Once there was a poor boy named Jinpa who lived in the high mountains of Tibet. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So into the world Jinpa went, carrying his three silver coins, to seek his fortune... This is one of our very best books for young readers! Ages 4 and up.



TIBET THROUGH THE RED BOX

by Peter Sis. 60 pp., fully illustrated in color, 11 x 11", #TIREBO \$25 cloth

For most of his childhood, the old lacquered box had been beyond his reach in his father's study. Now he was being summoned home to discover its carefully guarded secrets. In it Peter Sis found the diary his father kept when he was lost in Tibet in the mid-1950s. Bit by bit, the mystery of his father's journey is revealed; in reliving it, Sis finds the man who had been taken from him many years before and the magical place that held him hostage. Sis, through his fantastical artwork, has created a kaleidoscopic fusion of truth, dreams, and memory of his father's journey.



WHERE IS TIBET?

by Gina Halpern. 48 pp., 43 color illus., 9 x 12", For ages 3-10, #WHTI? \$12.95

"Where is Tibet?" is really a way of asking "Where is happiness?" Gina Halpern's enchanting book takes children on a double journey...to a real country and into their own hearts.

Brilliantly illustrated with Tibetan images and colors, this sensitively rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land. The children could be two of the real exiled children now living in India and Nepal, but their search goes far beyond the geographical and personal. In Gina Halpern's hands their quest becomes the universal search of all who seek a place of peace.

Where is Tibet? celebrates a delightful spirit. Its answer to its own question, "Look into your heart," sends a message of hope and empowerment to all children. There is no book like it today.

C COOKBOOKS



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.

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

"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

"Provides an excellent overview of foods grown and eaten in Tibet."—Flavor and Fortune



THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas. 132 pp. #NECO \$10.95

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

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures.

Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India

and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained.

"Compendium of family recipes...a unique resource"—Library Journal
"...a first major source of information on Nepali recipes."—Asian Foodbookery

"These recipes are hearty and full-flavored without being overly fussy or hard to prepare. There's a wealth of vegetarian recipes."—Ithaca Times



TIBETAN DEAD HOT SAUCE PACK (with compact edition of The Tibetan Book of the Dead)

by Khatsa & Co. #TIDEHO \$15

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

H HEALTH & FITNESS



AMBROSIA HEART TANTRA: The Secret Oral Teachings on the Eight Branches of the Science of Healing

annotated by Dr. Yeshe Dhonden, trans. by Jhampa Kelsang. 128 pp. #AMHETA \$11

Back in print, this is the first volume of a key medical treatise known as The Four Secret Oral Teachings on the Eight Branches of the Science of Healing—the body, pediatrics, gynecology, disorders of wounds, toxicology, geriatrics, fertility and reproductivity.

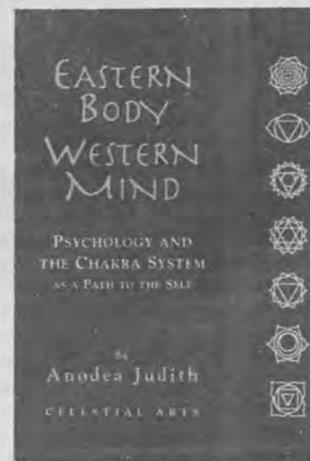
BUDDHA'S ART OF HEALING: Tibetan Paintings Rediscovered

Essays by John Avedon, Tamdin Bradley, Fernand Meyer, N.D. Bolsokhoeva, and K.M. Gerasimova, foreword by H.H. the Dalai Lama. 208 pp., 10 x 12", 140 illus., 120 in color, #BUARHE \$35

Provides a rich introduction to Tibetan medicine. Illustrated with intricate and vivid scroll paintings based on The Atlas of Tibetan Medicine, a seventeenth-century masterpiece that is the foundation of Tibetan medical education. Essays elucidate the conceptual and theoretical foundations of Tibetan medicine. Each of the forty paintings is reproduced as a full-page plate and described in detail with commentary on its visual content and symbolism.

EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

by Anodea Judith. 416 pp., #EABOWE \$18.95



Anodea Judith's latest book on chakras explains the system through Western psychology. The developmental tasks associated with each chakra are presented, followed by detailed explanations of balancing characteristics, traumas and abuses, and physical malfunctions. There are sections on healing practices, body types and pathologies.

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

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

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



THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power

by Christopher Kilham. 84 pp., 15 photos, #FITTI \$9.95

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

HEALING EMOTIONS: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health
 edited by Daniel Goleman. 208 pp. #HEEM \$15

This book is a record of the Mind and Life Conference, a meeting that took place in 1991 in Dharamsala to discuss such topics as the relationship between the brain, immune system and emotions; death and the nature of mind; the effect of a positive and negative self image on body and mind; and the possibilities and methods for using the mind to heal the body.

HEALING INTO LIFE AND DEATH
 by Stephen Levine. 294 pp. #HELIDE \$9.95

Stephen Levine is a Buddhist teacher who is experienced in working with both mental and physical illness. He knows the roots of suffering intimately. In this book he explores the healing process and offers original techniques for working with pain and grief including sixteen guided meditations and merciful awareness.



HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine
 by Dr. Yeshi Donden, ed. & trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

"I think this book is the best work on Tibetan medicine ever to appear in English."—Dr. Barry Clark

"Health Through Balance represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—*East-West Journal*

Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments including diet, behavior modification, and the use of medicine and accessory therapy. Tibetan medicine is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are clearly explained in this book.



LECTURES ON TIBETAN MEDICINE
 by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. This excellent book contains her lectures on Tibetan medicine and answers to numerous questions. She discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

POSITIVE HEALTH IN TIBETAN MEDICINE
 by Vaidya Bhagwan Dash & Ven. Doboorn Tulku. 115 pp. #POHETI \$14.95 cloth

In Tibetan medicine emphasis is placed on food, drinks, life style and conduct for the preservation and promotion of positive health—one of the eight special branches of traditional medicine. Food and regimens for different parts of the day, night and seasons form the basis of this branch. This work deals with all the different aspects of positive health.

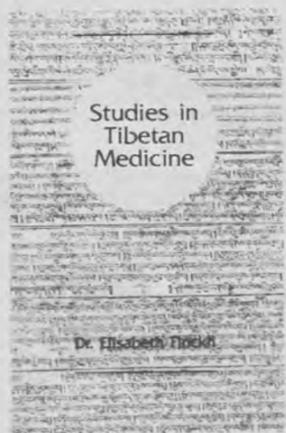
THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE
 trans. by Dr. Barry Clark, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

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

Quintessence Tantras of Tibetan Medicine is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

SEX, ORGASM AND THE MIND OF CLEAR LIGHT: The Sixty-four Arts of Gay Male Love
 by Jeffrey Hopkins. 123 pp. #SEORMI \$14.95

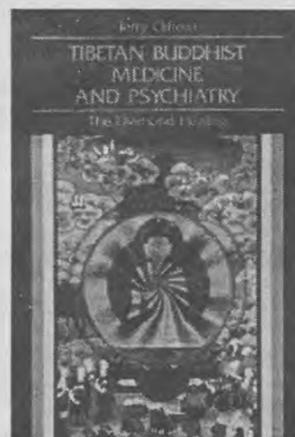
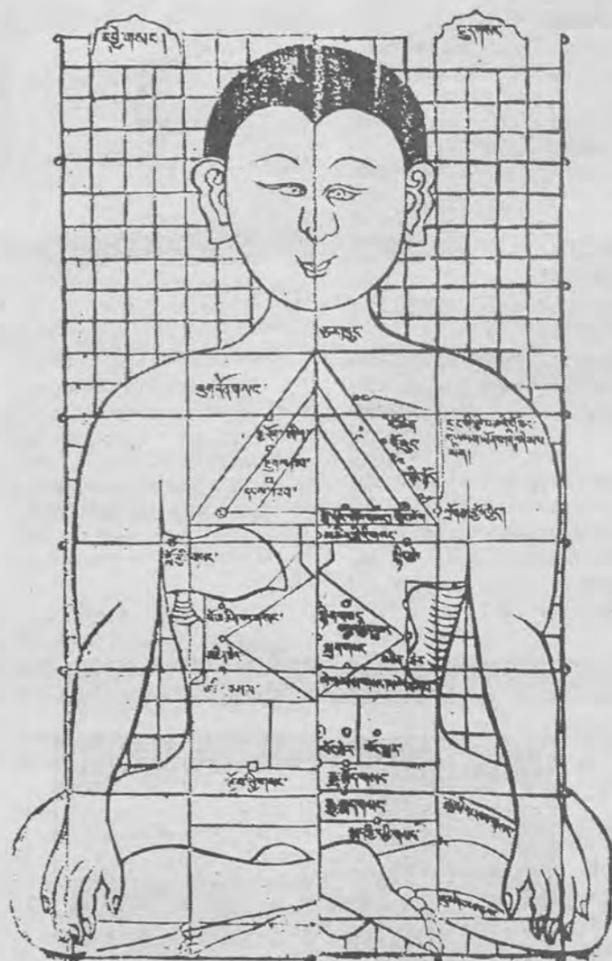
An adaptation of the Tibetan Arts of Love as a gay sex guide, Hopkins shows how sexual passion can open the door to spiritual growth and bring lovers to a powerful level of consciousness. He concludes with four ruminations on the sex-friendly nature of Tibetan Buddhism.



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

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

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



TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY
 by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95

Here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.

"A well organized and exceptionally clear introduction."—*Yoga Journal*



THE TIBETAN ART OF HEALING
 paintings by Romio Shrestha, text by Ian Baker, fore. by H.H. the Dalai Lama. 192 pp. 9 x 12," color illustrations throughout, #TIARHE \$29.95

This medical system, based on Buddhist beliefs, Ayurvedic healing practices, and ancient shamanic traditions, has been communicated through the centuries by intricate paintings of mandalas featuring plants, animals, deities, and mythical characters. Romio Shrestha, a Nepali master and innovator of the traditional Tibetan thangka style created these brilliantly complex images. Tibetan scholar Ian Baker explains the artistic, spiritual and curative aspects of the paintings.

TIBETAN ART OF PARENTING: From Before Conception Through Early Childhood
 by Anne Hubbell Maiden and Edie Farwell. 224 pp. #TIARPA \$16.95

An invaluable guide for parents, those interested in holistic health care, and those interested in the myths, legends, and child-rearing practices of the Tibetan people. Contains an interesting compilation of real child care practices. The authors draw on Tibetan texts and interviews with women, midwives, traditional doctors and Buddhist scholars.

TIBETAN ARTS OF LOVE
 by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon

Tibetan Arts of Love presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It includes a complete translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost intellect of the twentieth century. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

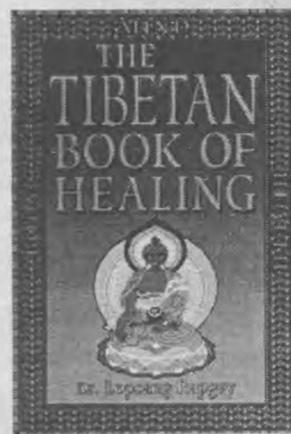


TIBETAN MEDICAL PAINTINGS
 ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

Sangye Gyamtso, regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa created *The Blue Beryl* treatise which integrates Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge visually presented in 76 brilliant paintings. A foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates put the facsimiles in context.

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

The author makes Tibetan medical philosophy understandable—the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras and psychic channels and energies; the causes of disease and types of illnesses and diagnosis; mind and mental disorders; diet and treatments. Then he shows how Tibetan and Western holistic medicine can be practiced together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhist dharma as a basis for counseling therapy.



THE TIBETAN BOOK OF HEALING
 by Dr. Lobsang Rapgay. 203 pp., 11 line drawings, #TIBOHE \$12.95

This is a comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rapgay has presented the preventive health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that accords with body/mind types and which people of all traditions can heartily embrace.

TIBETAN MEDICINE: East Meets West/West Meets East
edited by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

Tibetan Medicine presents a summary of a symposium organized by Jurgen Aschoff in July, 1996 at the University of Ulm. It includes a collection of nine papers, an introduction by Fernand Meyer, and concluding remarks by Barry Clark. Part I addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. Part II focuses on institutional issues and the problems experienced in the cross-cultural transfer of Tibetan medicine to the West and vice versa. This book will appeal to anyone interested in current scholarship in the field of Tibetan Medicine or the issues surrounding the transfer of culturally different medical systems.

TIBETAN MASSAGE CHART
by Dr. Rapgay, 18" x 24"
 #TIMAAC \$6.95

Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Clear and easy to follow.

TRADITIONAL CHINESE MEDICINE

by Sheila McNamara. 274 pp.
 #TRCHME \$14

Traditional Chinese medicine has proven effective in easing a wide range of conditions using herbs, nutritional balance, acupuncture and other methods. With an A-Z list of conditions and their remedies, this comprehensive manual tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the foundational system of mental and physical discipline.

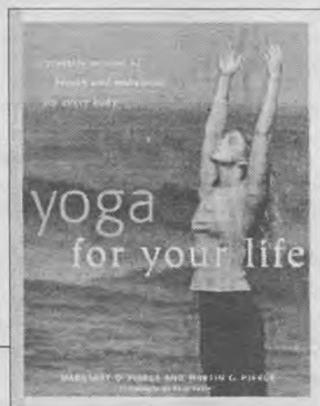


YOGA FOR YOUR LIFE

by Margaret & Martin Pierce

160 pp., oversized, over 400 color photos, #YOYOLI \$20

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.



L LANGUAGE

Best language package!

FLUENT TIBETAN:
A Proficiency-Oriented Learning System. Novice and Intermediate Levels

by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Thondup Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger. 1010 page, 4-vol. text, 8 1/2 x 11," 18 cassettes (26 hours), #FLTI \$250 (outside N. America, allow \$35 for shipping)



"*Fluent Tibetan is a significant and unmatched achievement in the field of teaching colloquial Tibetan.*"—*The Tibet Journal*

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

Fluent Tibetan is based upon courses developed by the U.S. State Department's Foreign Service Institute (FSI) for diplomats needing to learn a language quickly—a model unsurpassed in its effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling the quick mastery of increasingly complex structures, and thereby promoting rapid progress in speaking the language. *Fluent Tibetan* is the best course available anywhere for learning on your own.

The package consists of textbooks and tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts thereby teaching how to use the language creatively. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan.

Fluent Tibetan roughly corresponds to two semesters of college-level language study. Having completed this course, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.

New Tibetan Language CD-ROM

FLUENT TIBETAN CD-ROM
A Proficiency-Oriented Learning System
Novice and Intermediate Levels

A multimedia supplement with additional dialogues
by William A. Magee and Elizabeth S. Napper, Alex Chapin, Multimedia Design, Jeffrey Hopkins, General Editor and Co-Author #FLTICD \$45

This CD-ROM is an introduction to Tibetan language as well as a supplement and addition to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional seventeen intermediate-level dialogues. A large number of the vocabulary items are accompanied by context sentences which demonstrate their usage. All of the vocabulary words, context sentences, and dialogues are linked to audio resource files so that one can hear the proper pronunciation of any given word or phrase simply by the click of a mouse button. Also provided on this CD is a Tibetan-English glossary that is searchable in both Tibetan and English, and an introduction to the Tibetan alphabet along with a presentation of Tibetan phonemics.

Vocabulary lists can be presented in a variety of ways for drilling purposes including a random sort with sound at varying rates, much like talking flash cards. Dialogues can also be presented automatically with sound at varying rates in Tibetan with English translation below or in English with Tibetan translation. The function of this CD-ROM is to bring together sound and text in a format that allows for quick access to whatever material is currently being studied. Beyond that, by means of randomization and user-defined programmed presentations, this CD attempts to bring the language to life, so that the student is constantly challenged to pick out familiar words in new contexts and to discover new words in familiar contexts.

This CD is an excellent introduction to the Tibetan language, providing the resources needed to read Tibetan script and enough vocabulary and dialogues to develop significant mastery of the language. The printed *Fluent Tibetan* publication contains 752 drills with over 7000 practice sentences arranged in a sequence of increasing complexity to provide thorough-going opportunities for familiarizing with creative manipulation of sentence patterns. Practice with the twenty-six hours of tapes—with alternating male and female indigenous Tibetan voices—has been proven to yield both acquaintance and facility with basic forms of the spoken language. This CD focuses on vocabulary and dialogues and additional intermediate level dialogues that extend beyond the material covered in the printed publication.

System requirements:
 —Macintosh: 68030/25 MHz or higher (native Power Macintosh) system 7.5 or later, 5 Mb free RAM, Sound Manager 3.0 or later, 256 color monitor, speakers or headphones.
 —Windows: 80386/25 MHz or higher Windows 3.1 or later, 5 Mb free hard drive space, 8-bit sound card, 256 color monitor, speakers or headphones. 32-bit windows NT should use the Win95 installer.

Can be used on its own or with the full *Fluent Tibetan* course.

ལྷོ་མཚོ་རྒྱུང་ལྷོ་འདྲི་བ་
 བརྟེན་
 རྩོམ་གྱི་དཔེ་མཛོད་ཁང་
 ལོ་གཅིག་གི་རིང་

A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook

by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences and not in the abstract. A good book!

THE CLASSICAL TIBETAN LANGUAGE

by Stephan Beyer. 503 pp.
 #CLTILA \$24.50

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language. It treats the classical language on its own terms rather than by categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with linguistic phenomena encountered in the classical texts.

LEARN TIBETAN: Essential Words and Phrases for Absolute Beginners
 CD-ROM #LETICD \$50

This is a lively and entertaining introduction to Tibetan language. This well-designed graphic package makes learning Tibetan feel 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 w/256 colors, sound card, 486 or above, 8 Mb RAM, CD-ROM, microphone optional. Apple Macintosh: Color Macintosh, 68030 processor or above, 8 Mb RAM, CD-ROM, microphone optional.

A SANSKRIT-ENGLISH DICTIONARY

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

This is the classic Sanskrit dictionary and is an excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.



LEARNING PRACTICAL TIBETAN

by Andrew Bloomfield & Yanki Tshering. 175 pp. #LEPRTI \$16.95, Optional: two 90 min. cassette tapes #TIPHT \$14.95

Learning Practical Tibetan is a revised version of the *Tibetan Phrasebook*, which was published in 1987 by Snow Lion Publications. Many students of Tibetan language have expressed to Snow Lion that this book is a wonderful language tool and much more than a phrasebook. Not only that, but it is accompanied by two fantastic 90 minute tapes. This combination is extremely useful for students of Tibetan except that the book relied only on a phonetic system and did not include the Tibetan script.

So, Snow Lion has expanded the *Tibetan Phrasebook* into a larger format and included the Tibetan script in addition to the phonetic system so as to be most useful as a practical Tibetan language study tool. The new book is titled *Learning Practical Tibetan* and was designed to accompany the original excellent tapes.

Learning Practical Tibetan begins by introducing both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

The clear and simple form of romanization, along with the cassette tapes, ensures that the student will be understood when speaking. The accompanying tapes are exceptionally clear and can be purchased from Snow Lion.

འདི་ག་རེ་རེད།

འགྲུབ་ལྡན། བཅོལ་བའི་ལམ་དང་དུ་ལྷན་པ། མཚན།
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 (2)འགྲུབ་ལྡན་པ། 贯彻, 贯彻, 贯彻, 贯彻
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 པ། 彻底, 完全, 立宪, 立宪, 立宪, 立宪
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**TIBETAN-CHINESE
 DICTIONARY**
 3294 pp., 2 volumes, #TICHD1
 \$120

We have a few copies of a dictionary printed in Lhasa. This was formerly a 3-volume set and has now been printed in two volumes. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, and as we only have a few, please telephone us to see if there is still one left for you.

**TIBETAN-ENGLISH
 DICTIONARY OF BUDDHIST
 TERMINOLOGY**
Tsepak Rigzin. 479 pp. #TIEND1
 \$40 cloth

Based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—a Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, and supplemented from works of Tibetan lamas. 6,000 main entries and over 8,000 sub-entries, with Sanskrit equivalents where possible. New edition—revised and enlarged 40%.

**A TIBETAN—ENGLISH
 DICTIONARY (compact
 edition)**
Sarat Chandra Das. 1353,
 #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.

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

Now it's possible to use Tibetan in the popular Microsoft Window environment for IBM compatible computers at a very reasonable cost! Tibetan For Windows makes entering and editing Tibetan easy. You see Tibetan script on the screen as you type with Wylie or other input modes. Tibetan text can be easily cut and pasted between different Windows programs. The program runs under Windows 3.1 or Windows 95/98 using either Word for Windows 6.0 or WordPerfect for Windows 5.2 and up. (If you are using Windows 3.1, you can also use the Write editor included free with Windows).

You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the Tibetan File Converter to translate between Wylie, ACIP, Macintosh Tibetan and phonetic formats. This version also includes the Lmantra font for expanded Tibetanized Sanskrit stacks. Marvin generously allows his software to be copied.

TIBETAN PHRASEBOOK
by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$8.95,
 Two 90 min. cassette tapes
 #TIPHT \$14.95

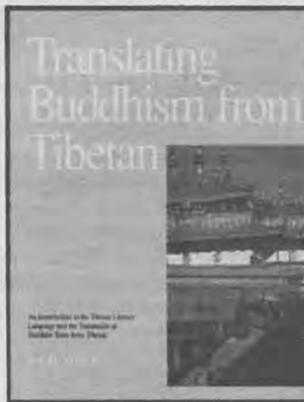
The *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

Tibetan Phrasebook begins by introducing a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and Tibetan customs and etiquette. Appendices include helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

Two 90-minute cassette tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native.

**TIBETAN
 QUADRISYLLABICS,
 PHRASES & IDIOMS**
by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQUPH
 \$18

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.



**TRANSLATING BUDDHISM
 FROM TIBETAN: An Intro-
 duction to the Tibetan
 Literary Language and the
 Translation of Buddhist
 Texts from Tibetan**

by Joe Wilson, Jr. 845 pp., 7 x 9",
 glossary #TRBUTI \$65 cloth, A
 Namgyal Institute Textbook.

This complete textbook on classical Tibetan has 19 chapters suitable for beginning or intermediate students. *Translating Buddhism from Tibetan* begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns seen in the formation of words, and into the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference. *Translating Buddhism from Tibetan* balances traditional Tibetan

grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, serving as an introduction to reading and translating and to Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and is the standard text in universities and Buddhist centers.

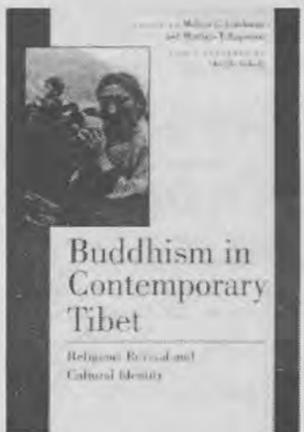
Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

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

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

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

SOCIAL ACTION, HISTORY, ENVIRONMENT & POLITICS



**BUDDHISM IN
 CONTEMPORARY TIBET:
 Religious Revival and
 Cultural Identity**
*ed. by Melvyn Goldstein &
 Matthew Kapstein.* 235 pp., 37
 b&w photos, #BUCOTI \$15.95

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. Demonstrating how the current revival in Tibetan heritage must contend with tensions between the Chinese state and aspirations for greater Tibetan autonomy, the authors discuss ways that Tibetan Buddhists are restructuring their religion through a complex process of social, political, and economic adaptation.

**BUDDHIST ECONOMICS:
 A Middle Way for the
 Marketplace**
by Prayudh A. Payutto. 102 pp.
 #BUEC \$14.95

P.A. Payutto, one of Thailand's foremost Buddhist scholars, challenges the misconception that Buddhism is only for renunciants by outlining an ethically Buddhist approach to economics. Production, consumption and other economic activities are not to be treated as ends in themselves but as means to the ultimate development of individual and social well-being. *Buddhist Economics* provides guidelines for ethically responsible money-making.



**THE CULT OF PURE
 CRYSTAL MOUNTAIN:
 Popular Pilgrimage and
 Visionary Landscape in
 Southeast Tibet**
by Toni Huber. 320 pp., 3 maps, 9
 halftones, #CUPUCR \$65 cloth

The Tibetan district of Tsari with its sacred snow-covered peak of Pure Crystal Mountain has long been a place of symbolic and ritual significance for Tibetan peoples. Toni Huber of Victoria University, New Zealand, explores the esoteric and popular traditions of ritual at this major pilgrimage center. She focuses on the period of the 40s and 50s and documents Tibetan life patterns and cultural traditions which have largely disappeared since 1959. Huber offers discussion and analysis of the construction and meaning of Tibetan cultural categories of space, place, and person, and the practice of ritual and organization of traditional society in relation to them.



**DEMYSTIFYING TIBET:
 Unlocking the Secrets of the
 Land of the Snows**
by Lee Feigon. 241 pp., 21 photos
 and illus., #DETI \$27.95 cloth

An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.

**EDUCATION IN TIBET:
 Policy and Practice since 1950**
by Catriona Bass. 300 pp.,
 numerous charts, graphs, and
 maps, #EDTI \$25

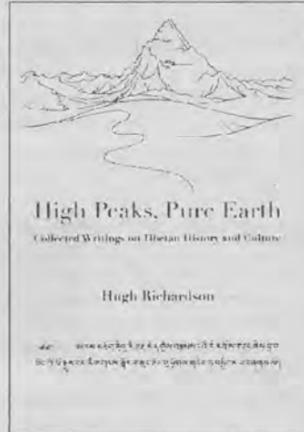
Education policies in Tibet are in danger of turning Tibetans into a poorly educated underclass with administrative and skilled technical jobs increasingly taken by Han Chinese. This is a comprehensive overview of education in the Tibet Autonomous Region since the Chinese takeover. She presents the best information available about each educational sector and deals with the Chinese government's response to Tibetan nationalism and its effect on education. She draws on official sources in both Chinese and Tibetan, first-hand observation, interviews with Tibetan refugees and with educators.

**ENGAGED BUDDHIST
 READER**
ed. by Arnold Kotler. 264 pp.
 #ENBURE \$18

Engaged Buddhist Reader represents the "cream" of sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

FESTIVALS OF TIBET
by Tsepak Rigzin. 70 pp. #FETI
 \$8.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.



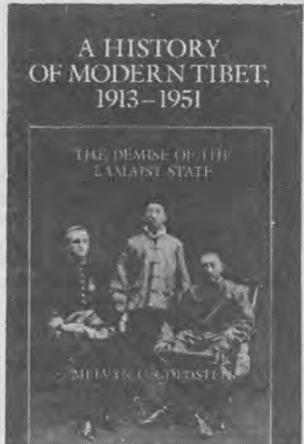
**HIGH PEAKS, PURE EARTH:
 Collected Writings on
 Tibetan History and Culture**
by Hugh Richardson. 790 pp., 104
 b&w photos, maps, index,
 #HIPEPU \$40

Hugh Richardson is an authority on Tibet, its history and culture. As the last British diplomat to serve there, he lived in Lhasa from 1935-50 while heading the British and later the Indian Missions. He had many opportunities to study Tibetan life and later he became a scholar. *High Peaks, Pure Earth* contains 65 contributions to Tibetan Studies. Topics: the crucial and formative phase of Tibet's history in the seventh to ninth centuries; later history to the twentieth century, including a number of important studies of the Chinese and Western involvement in Tibet; *Tibetan Precipice*, a previously classified publication summarizing British relations with Tibet; the author's testimonies and recollections of life in traditional Tibet.

**THE GOLDEN YOKE: The
 Legal Cosmology of Buddhist
 Tibet**

by Rebecca French. 528 pp., 64
 b&w photos, 16 drawings, 3 maps,
 7 x 10", #GOYO \$39.95 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. The practice of law in this unique legal world ranged from the fantastic use of oracles in the search for evidence to the more mundane presentation of cases in court.



**A HISTORY OF MODERN
 TIBET, 1913-1951: The
 Demise of the Lamaist State**
by Melvyn Goldstein. 898 pp.
 #HIMOTI \$34.95

This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet.

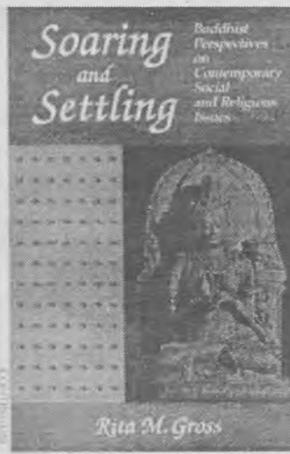
"Brilliant...the only complete picture of what occurred in Tibet in the last century. Unlike Tibetan writings on the subject (an exception being *A Political History of Tibet*), it does not gloss over the failure of the Tibetans to comprehend the situation into which they walked, step-by-step, that culminated in the loss of Tibet in the 1950s."—Glenn H. Mullin

ORPHANS OF THE COLD WAR

America and the Tibetan Struggle for Survival

by John Kenneth Knaus
384 pp., 54 photos, illus.,
#ORCOWA \$27.50 cloth

A secret war has been waged over Tibet involving the Chinese, Indians, British, Tibetans and Americans—this is a vivid account written by the man who knows the subject: a 44-year veteran of the CIA. John Knaus participated in the planning, direction and execution of America's covert attempts to aid the Tibetan resistance. He describes secret UN negotiations to brutal violence in the Himalayas—a gripping tale of geopolitics and courage, faith and abandonment—essential reading for anyone interested in the modern history of Tibet.



SOARING AND SETTLING: Buddhist Perspectives on Contemporary Social and Religious Issues

by Rita Gross. 258 pp. #SOSE \$19.95

This is a book about Buddhist practice, feminism, and social change. It is in the stream of emerging discussions from the Engaged Buddhist movement. The essays, however, focus on themes not often emphasized in the Engaged Buddhist movement, beginning with feminism itself—internal critiques, such as those brought up by Buddhist feminists concerning patterns within Buddhism itself. Sixteen essays present Buddhist feminism, social issues from a feminist perspective and the feminist theology of Buddhism.

"Her reflections are incisive, and express her social activism, intellectual creativity, and personal candor."—Judith Simmer-Brown

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

by Michael C. van Walt van Praag. 450 pp. #STTI \$26.95 cloth

This study reviews the history of Tibet from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides the basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.



A STRANGE LIBERATION: Tibetan Lives in Chinese Hands

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

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

David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities and recalls the events that followed.

"Her story is incredible."—*Buddhism Now*

Tenpa Soepa was a government official intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the fall of Tibet.



ISLAM IN TIBET & The Illustrated Narrative: TIBETAN CARAVANS

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

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This is the first work to make this aspect of Tibetan culture and society known through a narrative that is authentic."—*Seyyed Hossein Nasr*

Professor Cabezón writes on Islam, followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" describes centuries-old trading business between India, Central Asia and Tibet and the interplay between Islam and Buddhism.

THE KINGDOMS OF GU GE PU HRANG (According to mNga' ris rgyal rabs by Gu ge mkhan chen Ngag dbang grags pa)

by Roberto Vitali. 642 pp. Tibetan text included, #KIGUGE \$35.00

This study of the kingdoms of Gu ge Pu hrang in western Tibet is based on a rare manuscript written by one of Tsong kha pa's direct disciples, Ngag dbang grags pa. Its strength lies in its detailing the history of a large region in western Tibet of which little is known—the region of Tibet visited by Atisha in the eleventh century. Entire genealogies of dynasties, political and religious events, the foundation of temples, codes of lay and religious laws issued by rulers, and narrative accounts are presented.



A SEASON TO PURGE: Religious Repression in Tibet

A Report by the International Campaign for Tibet. 102 pp. #SEPU \$5

This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.

HISTORY OF THE "WHITE CRYSTAL" (*Shel dkar chos 'byung*): Religion and Politics of Southern La Stod

translated by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 by 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

Presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions of the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal idan rgya mtsho of Shel dkar monastery in southern La stod. The author outlined the history of the area of southern La stod, of its lords, and of the monastery, whose early abbots adhered to the Sakya tradition.

INDIA & TIBET

by Sir Francis Younghusband. 409 pp. #INTI \$14.95

Francis Younghusband provides a detailed and very revealing account of British-Indian relations with Tibet from the time of Warren Hastings in the 1770s to 1910, with special emphasis on the British Mission to Lhasa in 1904. He gives information on Tibetan domestic and international relations, enabling the reader to gain a deeper understanding of British Imperial relations with Tibet which was based primarily on trade. It also shows that China's present claim to Tibet is based on sentiments that pre-date the 1950s by hundreds of years.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$16

This new edition has the extensive "An Interview with The Dalai Lama" by John Avedon.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*

THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

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

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGOs, etc.

IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba

by Sumner Carnahan with Lama Kunga Rinpoche, intro. by R. Thurman. 236 pp., 46 photos #INPREN \$14.95

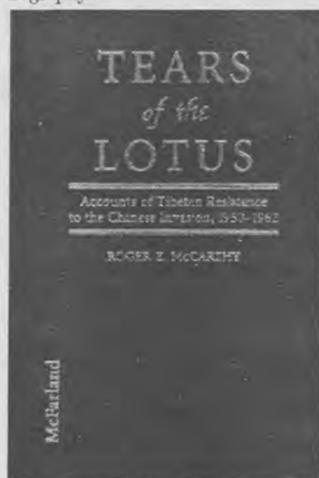
After his release from Chinese prison in 1980, Tsipon Shuguba was instructed by the Dalai Lama to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter, and his own nineteen-year imprisonment.





A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)
by Wolfgang Bertsch. 93pp. Color plates/b&w photos #STIPA \$10.95

Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.



TEARS OF THE LOTUS: Accounts of Tibetan Resistance to the Chinese Invasion, 1950-62
by Roger E. McCarthy. 312 pp., 14 b&w photos, 3 maps, #TELOT \$48.50 cloth

As a CIA officer, Roger McCarthy trained members of the Tibetan resistance in the late 1950s. Roger tells the story of the Tibetan resistance, the role of Tibetans who collaborated with the Chinese invaders, the unforgivable Chinese brutalities, excesses, and deceptions, and the sorry role of the Free World—the United Nations and that of Prime Minister Nehru—when Tibet desperately needed help.

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

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

More than one hundred British-Indian officials lived and worked in Tibet during the years 1904-1947. Following Colonel Younghusband's 1903-1904 mission to Lhasa, these officers and their supporting staff were posted in central and southern Tibet, and, after 1936-1937, at the British Mission in Lhasa. This ground-breaking work examines the character, role, and influence those who formed a small, distinct, group of Tibetan specialists: 'the Tibet cadre'. These men were diplomatic representatives of the Raj, but they were also scholars, spies, and empire-builders, who not only influenced events in Tibet but also shaped our modern understanding of that land.



TIBET OUTSIDE THE TAR
by Steven D. Marshall and Susette Ternent Cooke (*The Alliance for Research in Tibet*). CD-ROM #TIOUTA \$10

This unprecedented report contains 2700 pages of text, hundreds of photographs, tables, charts, and maps of the half of Tibetan land and people that China has designated "Tibet autonomous," but severed from "Tibet" and submerged under four Chinese provinces. The entire report, complete with images and graphics, has been presented in Adobe's easy-to-use Acrobat Reader software. There is a full search index. Photographic images can be zoomed into with startling detail.

"A fantastic tool for anyone who wants to research Tibet—**go to Tibet**—revealing what is actually happening in Tibet now. Replete with photographic, demographic and political information in a thorough historical framework."—Prof. Jeffrey Hopkins

TIBETAN HISTORIES: A Bibliography of Tibetan-Language Historical Works

by Dan Martin. 295 pp. #TIHI \$45.00 cloth

This bibliography, over ten years in the making and numbering over seven hundred items, attempts to provide for the first time a comprehensive listing in chronological sequence of Tibetan language works belonging to the typical historical genres that have evolved between the 11th century and the present. Included are not only the dates and details of composition or publication, authorship and title, but also references to the burgeoning secondary literature in other languages. An extensive index of proper names, titles and subjects in English alphabetical order maximizes the value of the bibliography as a tool for easy reference.

TIBETAN NATIONAL FLAG

Authorized by the Kashag of H.H. the Dalai Lama. 12 pp. #TINAFL \$2

The origin and symbolism of the Tibetan National Flag, designed by the 13th Dalai Lama, is explained in this brief but informative booklet. The design of the Tibetan National Flag clearly indicates all aspects of Tibetan culture. A two-sided color page of the flag and Tibetan text are included.

TRIGG IN TIBET

64 pp. #TRTIB \$6.95.

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

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

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

This is a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese invasion. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.

TIBETAN NATION

A History of Tibetan Nationalism and Sino-Tibetan Relations



TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations

by Warren W. Smith, Jr. 733 pp. #TINA \$34

"A monumental one-volume political history of Tibet, which is particularly comprehensive and up-to-date on Tibet's modern period. Dr. Smith's skillful reading of Chinese propaganda material, uncovering the process of Chinese Communist takeover of Tibet and the nature of its rule, is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers the most comprehensive account available of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Warren Smith explores Tibet's ethnic and national origins, the birth of the Tibetan state, the Buddhist state and its relations with China, Tibet's quest for independence, and the Chinese takeover of Tibet after 1950. Focusing especially on post-1950 Tibet under Chinese Communist rule, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism. Concluding that the essence of the Tibetan issue is self-determination, Smith bolsters his argument with a comprehensive analysis of modern Tibetan and Chinese political histories.



Three books on the environment of Tibet

TIBET: ENDURING SPIRIT EXPLOITED LAND



TIBET: Enduring Spirit, Exploited Land

by Robert Apte & Andres Edwards. 192 pp., 48 color photos, 8.5 x 8.5", #TIENSP \$29.95

The Tibetan Plateau is the source of ten major rivers in Asia. This book shows how the environment of Tibet impacts the culture and presents a compelling picture of Tibet's ongoing ecological struggle which resulted from the Chinese occupation. Photos and descriptions of Tibet's unspoiled wilderness are interwoven with the country's nomadic and farming traditions and the wisdom gathered over the centuries.

TREES & SHRUBS OF NEPAL AND THE HIMALAYAS

by Adrian & Jimmie Storrs. 367 pp., 650 b&w and color photos, #TRSHNE \$25

The Nepal Himalaya is home to many thousands of plant varieties. This comprehensive guide to the trees and shrubs of this region will be of interest to anyone that enjoys knowing about plant life. Many species are described, classified, positioned in the vertical stratification of plants and their uses discussed.

WILDLIFE OF THE TIBETAN STEPPE

by George B. Schaller. 374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus. #WITIST \$55 cloth.

The author is the Director of Science for International Programs for the Wildlife Conservation Society in New York. He is the author of *The Year of the Gorilla*, *The Serengeti Lion*, *The Last Panda*, and most recently, *Tibet's Hidden Wilderness*. Since 1985, with his Tibetan and Chinese co-workers, he has surveyed the flora and fauna the vast and remote Tibetan steppe. This is the first detailed look at its natural history.

TRAVEL & ADVENTURE

On Sale \$12.71

ALLURING TARGET: In Search of the Secrets of Central Asia

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

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

ALTAR OF THE EARTH

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

Altar of the Earth goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture. Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places and events.

CIRCLING THE SACRED MOUNTAIN

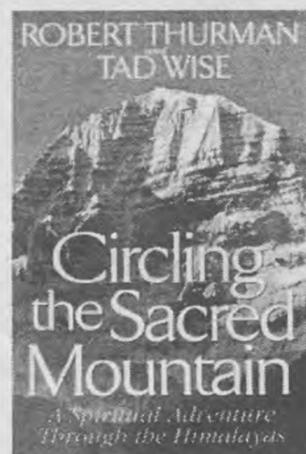


A Spiritual Adventure Through the Himalayas

by Robert Thurman & Tad Wise

384 pp., color photos #CISAMO \$25.95 cloth

It was a promise of transformation that inspired Robert Thurman, preeminent Buddhist scholar and teacher, to lead a group of eager pilgrims on the spiritual trek of a lifetime—to Mount Kailash, the most magical place on earth where one's prayers are answered instantly. Among the group was a former student and longtime friend, Tad Wise. They recount their experience circling the mountain, in chapters that counterpoint the most profound inner teachings of Tibetan Buddhism with a magnificent description of a land of awesome beauty and unexpected hardships.



On Sale \$17.96

AMONG WARRIORS: A Martial Artist in Tibet
by Pamela Logan. 264 pp., 16 color photographs, 5 maps, #AMWA was \$23.95, call for availability

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



MAGIC AND MYSTERY IN TIBET

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

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

MEETING THE BUDDHA: On Pilgrimage in Buddhist India

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

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

The eight places of Buddhist pilgrimage seen through the eyes of these marvelous writers opens us to the special qualities of Buddha's life.

MONGOLIA: Travel Survival Kit

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

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

NEPAL: The Rough Guide

by David Reed. 400 pp., 56 maps, #NEROGU \$17.95

The most complete Nepal travel handbook, with up-to-date information and insights on all aspects of this tiny, rapidly changing kingdom. Includes: in-depth coverage of the sights, and comprehensive restaurant and accommodation listing for all price brackets; practical advice and information on trekking, rafting and mountain biking; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hilltop forts.

SKY BURIAL

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

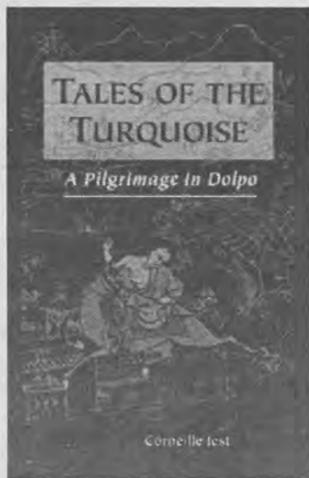
This a riveting, first-hand account by Blake Kerr, an American doctor who inadvertently walked into one of the grimmest scenes of political oppression in the world. Blake Kerr had just graduated from medical school and was visiting Tibet with his old college friend, John Ackerly. They were enjoying the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

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

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

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

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



TALES OF THE TURQUOISE

A Pilgrimage in Dolpo

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

In the early spring of 1961, Dr. Jest undertook a three-week circumambulation of the valley in the company of Tibetans, visiting temples, shrines and sacred mountains. His companion Karma, an elderly nomad from Western Tibet and a gifted story-teller, punctuated the journey with traditional tales and his own reflections.

Charmingly written, colorful and engaging, the narrative transports the reader to a world of Tibetan spirit that stands outside time in ways not readily accessible to outsiders.

SEVEN YEARS IN TIBET

by Heinrich Harrer. 331 pp., 2 maps, 15 photos, #SEYETI \$13.95

This is the exciting and enjoyable classic of adventure and personal transformation. During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.

"It tells one of the grandest and most incredible adventure stories I have ever read, compounded of the infallibly exciting elements of mountain climbing, daring escapes, life in secret, forbidden Tibet, and encounters with extraordinary people."—New York Times Book Review

TIBET GUIDE

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

This completely revised and updated edition of the award-winning *Tibet Guide* contains an illustrated iconography guide, a phrase book, and a glossary of terms. Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet.

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

TIBET HANDBOOK with Bhutan

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

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

New edition!

TIBET: Travel Survival Kit

by Chris Taylor. 351 pp., 108 illus., 42 maps and many color photos. #TITRSU \$17.95

This is another edition (4th) of the excellent guide to Tibet. It has been completely rewritten, with over 100 additional pages, new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

TIBETAN PILGRIMAGE

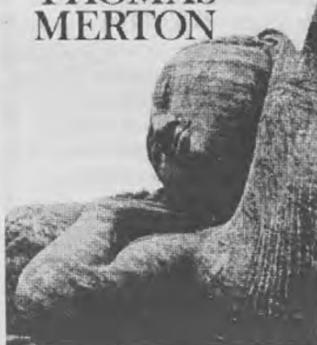
by Peter Gold. 175 pp., color photos, #TIPI \$14.95

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.

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



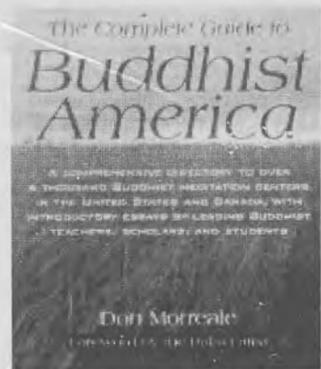
The Asian Journal of THOMAS MERTON



THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$15.95

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



THE COMPLETE GUIDE TO BUDDHIST AMERICA

by Don Morreale, fore. by H.H. the Dalai Lama. 464 pp. 136 illus., 8 x 9," #COGU \$23.95

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



Seventh Edition!

INDIA: A Travel Survival Kit

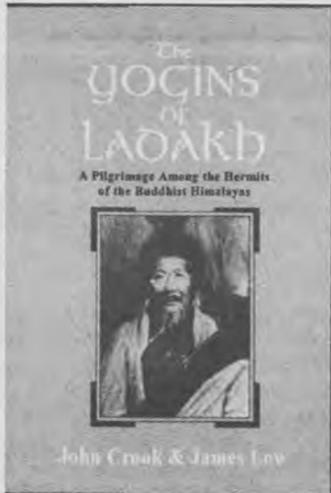
by Crowther, Raj and Wheeler, 1139 pp., 205 maps, 224 color photos #INTRSU. \$25.95

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



TWENTY YEARS IN TIBET
by David Macdonald. 318 pp., 31 b&w photos. #TWYETI \$27 cloth

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 Tashi Lama and a number of other British and Tibetan personalities. He also offers vivid descriptions of every day life in Tibet—marriages, rituals, food habits, healing practices, dress, etc.



THE YOGINS OF LADAKH: A Pilgrimage Among the Hermits of the Buddhist Himalayas
by John Crook & James Low. 420pp. 75 b&w photos. #YOLA \$25.00

In 1986 John Crook went to Ladakh with Tibetologist James Low to investigate the social organization, history, meditational practices and philosophy of the yogins who still lived and practiced in the remote parts of the area. This book is a record of the authors' adventurous journeys to meet these remarkable practitioners—an informative and enjoyable read.



MAP OF TIBET
by Amnye Machen Institute #MATI \$12.95

This is a five color 39 x 27" map on Tibet has over 4,000 names of villages, cities, monasteries, counties, prefectures, provinces, lakes, rivers, roads, railways, airports and border crossing points. The map is in Tibetan. Over 50 maps were consulted and cross-checked by many people in the making of this one.

MAPS

MAP AND INDEX OF LHASA CITY

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

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



MONGOLIA Travel Map
#MOMA \$7.95

This is a road map of Mongolia with city plan for Ulaan Baatar.

THE EASTERN REGIONS OF TIBET

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

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

TIBET: Road Map

19 x 26" #TIROMA \$9.95

This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, hot just central Tibet. There is a good detail of Lhasa. The map indicates places of interest to Tibetan Buddhists.

TIBET, NEPAL, BHUTAN

29 x 46" #TIMA \$11.95

INDIA #MAIN \$11.95

NEPAL #MANE \$7.95

TIBETAN BUDDHISM

The editors at Snow Lion offer you this large selection of books on Tibetan Buddhism. We have restructured what in the past was the "Religion and Philosophy" section and have created separate subject divisions to make finding books by subject easier. See the list at right.

A complete alphabetical listing of titles is found in the summer and winter issues—please keep these for easy reference.

Tibetan Buddhism

- General Tibetan Buddhism
- Bodhisattva Mind Training/Lojong
- Buddhist Ethics
- The Dalai Lama
- Death & Dying
- Dzogchen
- Kalachakra Teachings

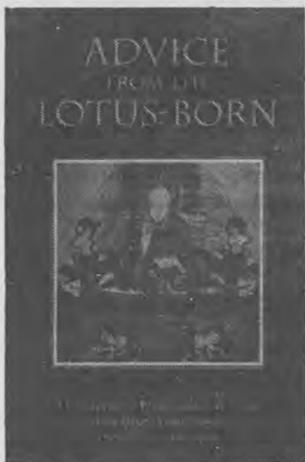
Lam Rim Teachings

- Ngondro Teachings/Tantric Foundations
- Sadhanas & Commentaries
- Tibetan Buddhism & Psychology/Science

Other Buddhist Traditions

- Inter-religious Dialogue
- Women & Buddhism
- Other Traditions

GENERAL TIBETAN BUDDHISM



ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples
intro. by H.E. Tulku Urygen Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances.



ALTRUISM AND REALITY
by Paul Williams. 288 pp. #ALRE \$55 cloth

Williams interprets the eighth and ninth chapters of the *Bodhicaryavatara*. In *The Absence of Self and the Removal of Pain: How Santideva Destroyed the Bodhisattva Path*, Williams engages with central issues of Buddhist thought on the coherence of a reductionist model of the person. He shows how the *Bodhicaryavatara* is used by different Tibetan traditions according to their religious and philosophical agendas.

APPEARANCE & REALITY: The Two Truths in the Four Buddhist Tenet Systems
by Guy Newland. 107 pp., notes, biblio., #APRE \$14.95

When someone seeks to understand Buddhism, where should one start: With the elaboration on what it means to take refuge in the three jewels? Or the four noble truths? When the Dalai Lama was asked this question, he suggested that for many in the West today, the two truths, conventional truth and ultimate truth, is the best place to start.

When the Buddha awoke from the dream we still dream, he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, the manners and traditions of the vast and diverse world; and then there is the mystery of things just as they are, sheer reality. And yet we cannot find this reality anywhere else but right here.

Each system of Buddhist philosophy has 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 real?

This is not an idle intellectual question, but a matter which cuts to the heart of our practice in life.

"Professor Newland's intellectually engaging examination of the four Buddhist tenet systems navigates the maze of complex theories that must be mastered to understand each system's contribution to the whole."—John Tighe, Ph.D., for *Explorations*

Guy Newland has studied with several leading Tibetan scholars in the U.S. and India. One of his earlier works, *The Two Truths* (Snow Lion: 1992), analyzed the Geluk view of Nagarjuna's two truths doctrine. Currently, he is collaborating with Joshua Cutler in editing the first complete English translation of *Tsongkhapa's Great Exposition of the Stages of the Path*.

AS IT IS, Vol. I
by Tulku Urygen Rinpoche. 224 pp. #ASITV1 \$20

The teachings presented in *As It Is, Volume I*, are primarily selected from talks given by the Tibetan Buddhist meditation master Kyabje Tulku Urygen Rinpoche in 1994 and 1995, during the last two years of his life. The emphasis in Volume I is on the development stage and practices associated with it.

"What we need to know is that our nature is an unconfined empty cognizance. Knowing this to be "as it is" is the mandala of the victorious ones."—Tulku Urygen

ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT
by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wö, and his nephew Jangchub Wö. His coming initiated the period of the "second transmission" of Buddhism to Tibet, the revival which followed the persecution of Buddhism by the Tibetan king Langdarma in the ninth century, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism.

Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, was written for the Tibetan people at the request of Jangchub Wö. It sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the *lamrim* tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

Geshe Sonam Rinchen's lucid and engaging commentary draws out Atisha's meaning for today's practitioners with warmth and wit, bringing the light of this age-old wisdom into the modern world.

"...well-written and edited...a useful starting point for understanding the Gelugpa presentation of Tibetan Buddhism, and is suitable for public, undergraduate and graduate collections."—*Religious Studies Review*

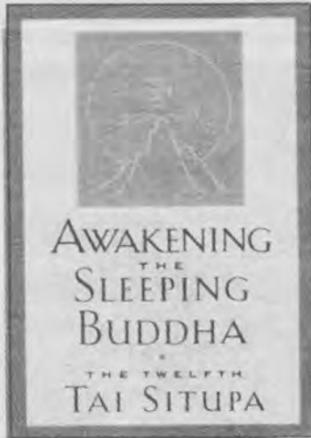
AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World
by Lama Surya Das. 414 pp. #AWBUWI \$15

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awaken the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppared with anecdotes and stories from the author's own experience, this book can serve as a manual for applying some basic Buddhist principles to everyday life, not to mention an enjoyable and informative read.

AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

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

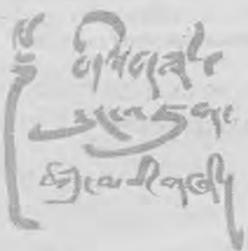
Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on Tsong Khapa's teachings, he shows how to develop ourselves.



On Sale \$11.25

AWAKENING THE SLEEPING BUDDHA
by *The Twelfth Tai Situpa*. 160 pp., 10 calligraphies, #AWSLBU \$15

With a simple and direct approach, Tai Situ discusses enlightenment, re-incarnation, and karma, and interprets cosmological principles in commonsense terms with practical examples.

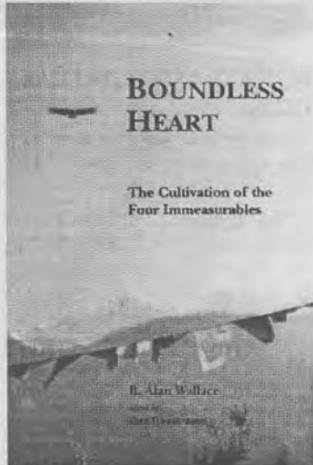


On Sale \$11.96

BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands

by *Norma Levine*, foreword by *The Twelfth Tai Situpa*. 155 pp., b&w photos, #BLPOBU #15.95

Discusses the significance and power contained in Buddhist sacred objects. Levine explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas—she spent five years at Tai Situpa's monastery. Along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas—a powerful story of spiritual quest and adventure.



BOUNDLESS HEART: The Cultivation of the Four Immeasurables

by *B. Alan Wallace*, ed. by *Zara Houshmand*. 200 pp. #BOHE \$14.95

Boundless Heart presents a unique combination of teachings on the Four Immeasurables interwoven with instruction on quiescence, or shamatha, meditation practices. These two themes complement each other powerfully.

Alan Wallace's teachings on the Four Immeasurables are based on Buddhaghosa's *Path of Purification*, and address the cultivation of loving kindness, compassion, equanimity, and empathetic joy. It is a rich suite of practices that open the heart, counter the distortions in our relationship to ourselves, and deepen our relationship to others. To these foundation 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" rather than an unruly enemy. The shamatha teachings provide an overview of classical presentations of the conditions for, and steps to the complete achievement of shamatha, as well as a detailed discussion of meditation techniques and issues concerning the integration of the practice into daily life.

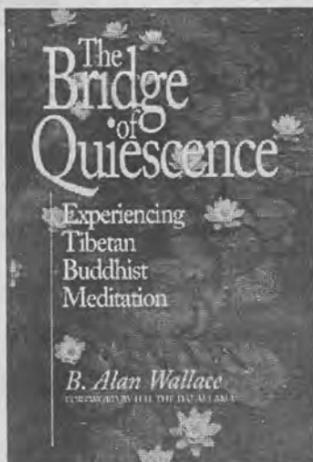


On Sale \$8.21

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

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

This is a compact overview of the iconography of Tibet illustrating and describing the popular images, positions and symbols of Mahayana and Tantrayana Buddhism. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.



THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation

by *B. Alan Wallace*. 288pp. #BRQU \$18.95

Wallace provides valuable meditative practices and offers a bridge from Eastern meditation to Western philosophy, science, and religion. His discussion draws upon his knowledge of experimental psychology, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, he offers a well-rounded discussion of Tibetan meditation.

BUDDHIST ADVICE FOR LIVING AND LIBERATION: Nagarjuna's Precious Garland

by *Jeffrey Hopkins* in collaboration with *Lati Rinpoche* and *Anne Klein*. 285 pp. including Tibetan text, 9" x 8", #BUAD \$19.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

Nagarjuna is renowned for his penetrating analysis of reality. In the *Precious Garland*, he offers intimate counsel on how to conduct one's life and how to construct social policy that reflects Buddhist ideals. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life as well as the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.

In his advice on social and governmental policy, Nagarjuna emphasizes education, compassionate care for all living beings, not using the death penalty but reforming criminals, and charity for the poor.

The book includes a detailed analysis of attachment to sensual objects as a preparation for realization of the profound truth that, when realized, makes attachment impossible.

"A masterpiece of religious writing."—*The Middle Way*

On Sale \$18.71

BUDDHAHOOD EMBODIED: Sources of Controversy in India and Tibet

by *John J. Makransky*. 544 pp. #BUEM \$24.95

This book addresses those issues around which Indians and Tibetans read very different perspectives on buddhahood into Maitreya's *Abhisamayalamkara* (*Ornament for Clear Realizations*). The author shows how these perspectives provide alternative ways to resolve a logical tension at the heart of Mahayana thought, revealed in the doctrine that buddhahood paradoxically transcends and engages the world simultaneously.

BUDDHA NATURE: Ten Teachings on The Uttara Tantra Shastra

Ven. *Thrangu Rinpoche*. 128 pp. #BUNA \$14

Buddha Nature explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

THE BUDDHA WITHIN

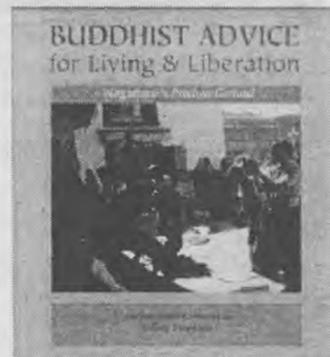
by *S.K. Hookham*. 422 pp. #BUWI \$23.95

Central to understanding Mahamudra and Dzogchen is insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. An excellent presentation of Kagyu views on liberation and a good starting place for dialogue with other lineages.

BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

by *José Cabezon*. 300 pp. #BULAN \$21.95

Cabezon explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. He investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. The Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies are also discussed.



On Sale \$11.21



THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice

by *Lama Daboom Tulku*. 183 pp. #BUAEN \$14.95

Lama Daboom Tulku is a respected Buddhist scholar and leader in the engagement of Buddhist ideals. He discusses the Buddha Nature, Nirvana and the path to enlightenment; aspects of tantra and the meaning of mandalas as well as world peace, green Buddhism and Buddhist principles for a just society. He is director of Tibet House in New Delhi.



BUDDHIST SYMBOLS IN TIBETAN CULTURE

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

Rinpoche presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment.

THE BLISS OF INNER FIRE

Heart Practice of the Six Yogas of Naropa



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

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



CALM ABIDING AND SPECIAL INSIGHT: Achieving Spiritual Transformation Through Meditation

by Geshe Gedun Lodro and Jeffrey Hopkins. 334 pp., glossary, bibliography, index, #CAAB \$19.95, A Namgyal Institute Textbook

This manual presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan worldview of spiritual development. Geshe Gedun Lodro, one of the foremost scholars of Tibet, reveals methods for overcoming afflictive states and disorders to create a mind which is stable, calm and alertly clear. The dangers of not recognizing states contrary to successful meditation are great, and the possibilities of implementing the wrong antidote or of over-extending an appropriate one until it becomes counter-productive are many. Through such detail Geshe Gedun Lodro makes vividly clear a Tibetan approach to meditative transformation. This is a completely revised new edition of *Walking Through Walls*.



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

by Gen Lamrimpa, translated by B. Alan Wallace, edited by Hart Sprager. 148 pp. #CAMI \$12.95, A Namgyal Institute Textbook.

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

"...a step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living."—John Tigue, Dept. of Philosophy, Religion, Humanities, Daemen College

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

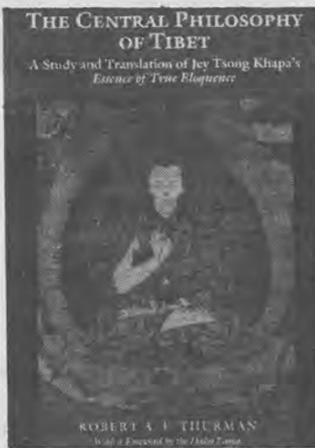
"*Calm the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*

Previously titled *Shamatha Meditation*.

CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEECGR \$20

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.



THE CENTRAL PHILOSOPHY OF TIBET

by Robert A. F. Thurman. 442 pp. #CEPHTI \$24.95

This is the first full study of Tsong Khapa's *Essence of True Eloquence*—a study of Vijñānavāda and Prasangika Madhyamika. This translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal how the Prasangika is a rigorous, critical philosophy relevant to our own time.



CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp. #CHLOLO \$12.95

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

CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7 maps. #CISHP \$27.50

"*Civilized Shamans* is an astonishing work and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Samuel identifies the two main orientations of Tibetan Buddhism as monastic and shamanic (associated with tantric yoga). Tibetan Buddhism is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of the Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

CONCEALED ESSENCE OF THE HEVAJRA TANTRA

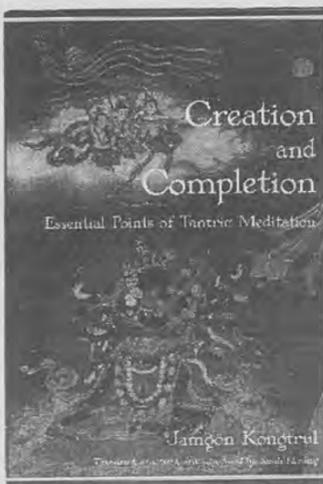
trans. by G. W. Farrow and I. Menon. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogaratnamala*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the uninhibited Indian classic period.

CONSTRUCTING TIBETAN CULTURE

edited by Frank J. Korom. 256pp. #COTICU \$19.95

This book unravels earlier colonial and romantic representations of Tibet and focuses on Tibetan culture as a dynamic process involving the interplay of different cultural groups, both indigenous and foreign. By examining a variety of themes, *Constructing Tibetan Culture* attempts to relocate modern Tibetan studies squarely within the realms of anthropology and cultural studies. Contributors include Mary Van Dyke, Peter Bishop, Frank Korom, Steven Venturino, Keila Diehl, Clare Harris, and Donald Lopez.



CREATION AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by Sarah Harding. 128 pp. #CRCO \$14.95

An excellent guide to tantric Buddhist meditation practice. It leads the way along a clear path of meditative self-transformation; from visualization of oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangu Rinpoche

THE CREATIVE VISION: The Developing Phase of Tibetan Tantra

by Herbert Guenther. 192 pp. #CRVI \$15

This pioneering work makes tantric symbolism practical. Life, according to *The Creative Vision*, evolves by recreating and re-envisioning experience. This book decodes the real-life meaning of the complex array of symbols developed by Tibetans to express their insight into life.



THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$22.50

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



THE CLEAR MIRROR

A Traditional Account of Tibet's Golden Age



by Sakyapa Sonam Gyaltzen, translated by McComas Taylor and Lama Choedak Yathok. 315 pp., 16 line drawings, 2 maps. #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories and a rich oral tradition, the text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltzen, narrates the traditional accounts in an engaging and highly readable style, in his words, "to give pleasure to the faithful and to those who desire a history of the propagation of the Teachings". Written to inform and entertain, the book has a preeminent position in Tibetan society and is popularly read today.



THE CULT OF THE DEITY VAJRAKILA

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

A comprehensive study of the origin and development of Vajrakila doctrines and practices. According to the author, the texts and practices of Vajrakila were first codified in the Nepal Valley by Padmasambhava, Vimalamitra, and Silamanju. These teachers collected an entire corpus of Vajrakila lore, both oral and written, harmonized it into a unitary system fitting the general scheme of Vajrayana Buddhism, and created a cult of Vajrakila. The author analyzes the doctrines and practices as found in the "Northern Treasure" literature, including rites of empowerment, rituals for gaining power to subdue mischievous spirits, and longevity practices.



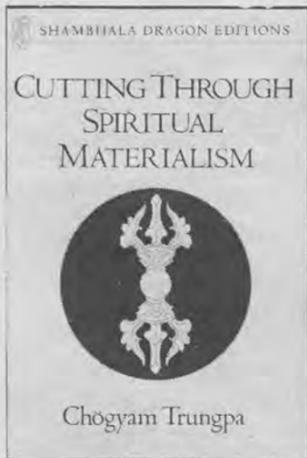
CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

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

An authentic presentation of the practice and theory of Tibetan Buddhism, set down in a beautiful text. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path.

Next is the *Presentation of Tenets*, written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.





CUTTING THROUGH SPIRITUAL MATERIALISM
by Chogyam Trungpa. 250 pp.
#CUTHSP \$14

Walking the spiritual path properly is a subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of common spiritual self-deceptions.

Back in Print!

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal
by Erik Pema Kunsang. 200 pp.,
#DATE \$20

This is a terma text of teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until years later. The teachings translated here are instructions on the three levels of Buddhist practice.



THE DAY OF A BUDDHIST PRACTITIONER
by Bokar Rinpoche., 95pp.
#DABUPR \$8.95

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

DEBATE IN TIBETAN BUDDHISM

by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Nangyal Institute Textbook.

The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. An essential prerequisite in Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach Buddhist philosophy by sharpening analytical capacities. Since the Tibetan commentarial tradition incorporates the debate style as the means of conveying philosophical concepts, to understand the various philosophical stances in Tibetan studies it is essential to master the procedure of debate.

Using a debate manual by Pur-bu-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers the form and substance of elementary debate and demonstrates the application of debate to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.



DEPENDENT-ARISING AND EMPTINESS
by Elizabeth Napper. 849 pp.
#DEARM \$37.50 cloth

This lucid presentation of the Gelugpa view of the ultimate and conventional natures of phenomena shows how the Madhyamika completely denies any concrete, solid status to the world and yet maintains a valid presentation of that world based on ethical principles. Based on Tsongkhapa's *Lamrim Chen mo*, it includes a critical review of contemporary Western interpretations of Madhyamika.

THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon
by Kalu Rinpoche. 222 pp.
#DHILAL \$18.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.

DHARMA PATHS

by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharmachakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States. In *Dharma Paths*, Rinpoche tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

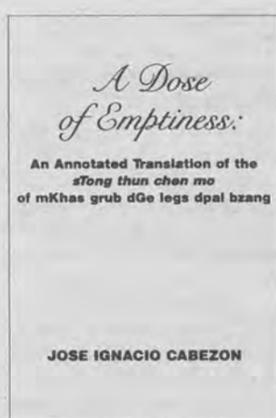
THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOURSELF AND PROTECTING YOURSELF, ETC.: The Practice and Benefits of the Eight Mahayana Precepts

Compiled by Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa. 40 pp. #DIUNME \$3.95

THE DOOR OF LIBERATION
by Geshe Wangyal. 240 pp. #DOLI \$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. Robert Thurman and Jeffrey Hopkins are two of his most prominent students.

"The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins



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

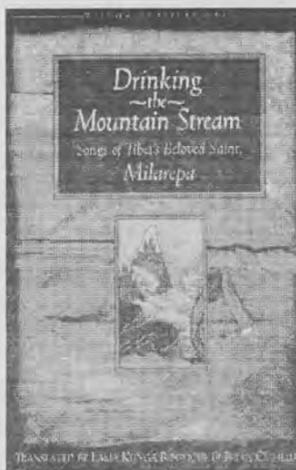
by José Cabezon. 590 pp. #DOEM \$29.95 cloth at the paper price!

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

THE DOUBLE MIRROR: A Skeptical Journey Into Buddhist Tantra

by Stephen Butterfield. 250 pp.
#DOMI \$14.95

An incisive, eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a Tibetan Buddhist and student of Chogyam Trungpa—known for his "crazy wisdom." The author examines the effects of practice on himself and the compatibility of Buddhism with American life. He offers an insider's perspective and a dose of healthy skepticism in this balanced portrayal of spiritual life.



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

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

Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers through his songs of liberation.



DEVELOPING BALANCED SENSITIVITY

Practical Buddhist Exercises for Daily Life

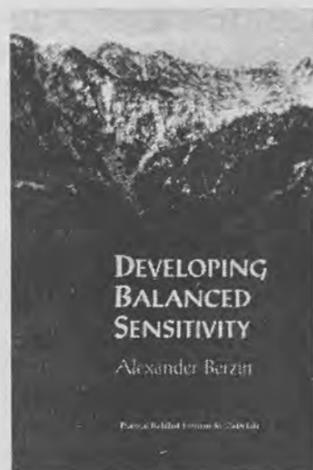
by Alexander Berzin. 275 pp. #DEBASE \$14.95

Developing Balanced Sensitivity introduces a series of techniques that can be practiced by people from all backgrounds to overcome both insensitivity and hypersensitivity. These techniques, derived from traditional Buddhist sources, are presented in non-traditional forms suitable for both sensitivity workshops and practice at home.

The book includes exercises which deal with the difficult situations of everyday life. Topics include: accessing our mind's natural talents, dispelling nervousness, insecurity, and low self-esteem, making decisions, deconstructing deceptive appearances, and recognizing the clear light nature of the mind.

"Berzin has pulled off the tricky feat of addressing an erudite discussion of Buddhist psychology to the here and now without falling into either psycho-babble or translationese...intellectually lucid and eminently practical."—John Pettit, *Tricycle: The Buddhist Review*

"Dr. Berzin presents a clear and practical method to develop balanced sensitivity that can serve as an interesting bridge between classical Buddhist teaching and modern psychotherapy. It provides the reader with means to move from self-centered preoccupations to consideration for others."—Ivan Boszormenyi-Nagy, M.D.



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

—Jack Kornfield

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

by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$21.95

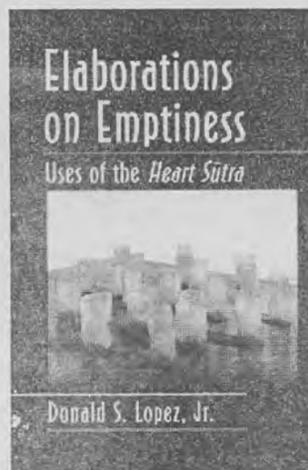
Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu begins by investigating the epic poems and legends of Tibet's secular culture (*drung*), then he explains the mysteries of the ancient symbolic languages that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

ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha

by Herbert Guenther. 241 pp. #ECSP was \$25, available now for \$18!

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material has been supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

On Sale \$12.71
Now in paper!



ELABORATIONS ON EMPTINESS: Uses of the Heart Sutra

by Donald S. Lopez, Jr. 320 pp. #ELEM \$39.50 cloth, \$16.95 paper

The *Heart Sutra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom with more commentaries than any other sutra. Donald Lopez, Jr. explores the *Heart Sutra's* elaborate philosophical and ritual uses in India, Tibet, and the West.

EMPOWERMENT

by Tsele Natsok Rangdrol. 128 pp. #EM \$14

The empowerment ritual is the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened role over our life and spiritual practice. *Empowerment* contains a wealth of instructions on Buddhist training, particularly Mahamudra and Dzogchen.

EMPTINESS IN THE MIND-ONLY SCHOOL OF BUDDHISM: Dynamic Responses to Dzong-ka-ba's *The Essence of Eloquence*: I
by Jeffrey Hopkins. 542 pp.
#EMMION \$45 cloth

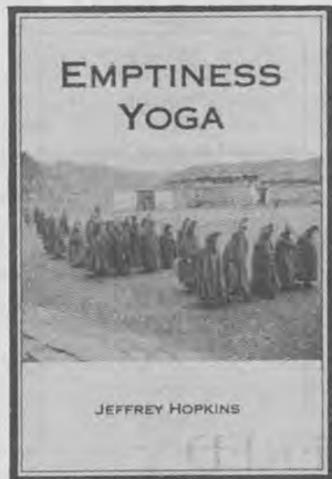
In this first of three volumes, Jeffrey Hopkins focuses on how the conflict between appearance and reality is presented in the Mind-Only, or Yogic Practice School. *The Essence of Eloquence* is so rich that over the past six centuries numerous Tibetan and Mongolian scholars have been drawn into a dynamic process of both finding and creating consistency in Dzong-ka-ba's often terse and cryptic tract. Hopkins has made extensive use of these commentaries to annotate the translation in such a way that the issues come alive. Included are historical and doctrinal introductions, a critical edition of the text, and a lengthy synopsis to aid the general reader. Specialists and nonspecialists alike will find this important book indispensable.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$19.00

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

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



EMPTINESS YOGA: The Tibetan Middle Way
by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth. A Namgyal Institute Textbook.

"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargay, *Religious Studies Review*

An absorbing, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Professor Jeffrey Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism.

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

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



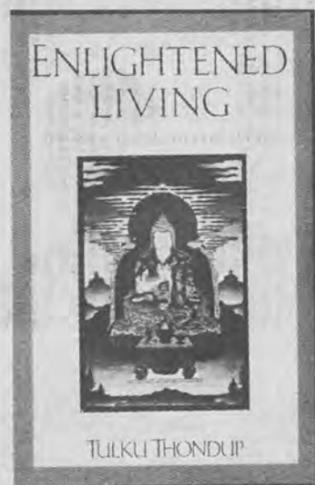
EMPTY BLUE PLANET
by Charlie Singer. 39 pp. #EMBL \$6

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

ENLIGHTENED BY DESIGN: Using contemplative wisdom to bring peace, wealth, warmth & energy into your home

by Helen Bertiner. 242 pp., oversized, many b&w illustrations and photos, #ENDE \$22.95

This book shows how to use your home to realign with the basic forces of nature, heaven and earth, the four directions, and the elemental energies that arise from them. The author draws on traditional geomantic systems from both East and West—Celtic to feng-shui. Her approach is partially based on Tibetan Buddhist teachings on energy mandalas and the practice of space awareness for discovering the inspiration and delight hidden in our homes.



ENLIGHTENED LIVING: TEACHINGS OF TIBETAN BUDDHIST MASTERS
by Tulku Thondup. approx 140pp. #ENLI \$15.00

Enlightened Living is a short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.

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

by David Jackson. 220 pp. #ENSIME \$49

This is a detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th-century Sakya Pandita. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual means or insight? This question arose again in Tibet with certain masters' teachings about Mahamudra.

To clarify the positions of masters representing the "simultaneous" or "all-at-once" doctrine, Jackson has presented the references in Gampopa's and Lama Ahang's writings. On the other side, Sakya Pandita criticized the notion that any single teaching or spiritual factor was sufficient, including meditative stoppage of conceptual processes known as "seeing the nature of mind."

ENTHRONEMENT: The Recognition of the Reincarnate Masters of Tibet and the Himalayas

by Jamgon Kongtrul Lodro Tayé, translated and introduced by Ngawang Zangpo. 190 pp. #EN \$14.95

In a tradition that is both uniquely Tibetan and genuinely Buddhist, past masters are identified as small children, installed in their predecessor's monastery in a ceremony called *enthronement*, and educated to continue the work of their former incarnation.

This introduction places the subject of reincarnate meditation masters within two major contexts—in the activity of bodhisattvas, those highly realized beings who vow to return to the world in order to help others; and in modern Tibetan society.

Part One contains an interview with Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage of Tibetan Buddhism, who is often requested to find and recognize other reincarnate masters.

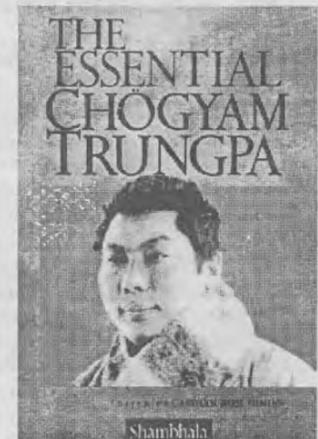
Part Two contains a translation of a text by Jamgon Kongtrul Lodro Tayé, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthronement of reincarnate masters.

"With extraordinary intelligence and devotion, Ngawang Zangpo has produced a book which offers real insight into the profound mystery of the recognition and enthronement."—*The View*

ESSENCE OF MIND TRAINING

by Acharya Nyima Tsering. 111 pp. #ESMTR \$9.95

Contains succinct teachings on three topics: Lam Rim, based on H.H. Dalai Lama's commentary to *Oral Transmission of Manjushri* by the 5th Dalai Lama; an overview of the four tenet systems, based on the *Precious Garland* by Kunchok Jigme Wangpo; and a brief course on Dzogchen, based on teachings of H.H. the Dalai Lama and Khamtrul Rinpoche on *Hitting the Essential Meaning Through Three Words*.



THE ESSENTIAL CHOGYAM TRUNGPA

ed by Carolyn Rose Gimian. 272 pp. #ESCHTR \$14

Blends excerpts from Rinpoche's writings into a concise overview of the full body of his teachings. Forty selections from fourteen different books articulate the secular path of the Shambhala warrior as well as the Buddhist path of meditation and awakening.

ESSENTIAL TIBETAN BUDDHISM

by Robert A.F. Thurman. 272 pp., #ESTIBU \$14.00

Here is a rich collection of key teachings about: the Buddha and our Buddha nature; meeting the Buddha in the teacher; practicing transcendent renunciation; prayer texts and meditation techniques; practicing the creation, perfection and great perfection stages; stories of hermits and yogis; practicing the loving spirit of enlightenment; lessons of ancient monks and modern nuns for training the mind.



EVERLASTING RAIN OF NECTAR: Purification Practice in Tibetan Buddhism
by Geshe Jampa Gyatso, ed. by Joan Nicell. 160 pp. #EVRANE \$14.95

Spiritual progress depends upon mental purification. The "confession of downfalls to the thirty-five buddhas" is a short, daily ritual practiced to purify oneself. The author discusses karma and how purification is essential for experiencing happiness and avoiding suffering.

EXCELLENT BUDDHISM: An Exemplary Life

by Kalu Rinpoche. 160 pp. #EXBU \$15.95

Contains biographical reminiscences on Kalu Rinpoche, his teachings and inspiring stories about Buddhist practitioners of the past, and reflections on Buddhism and the West.

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

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

This practical book is written in workbook style. It is full of clear, easy-to-follow instructions for mastering life's stresses. For over twenty-five years, Joel and Michelle Levey, practicing Buddhists and stress management consultants, have taught thousands these arts.

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

FOUNDATION OF BUDDHIST MEDITATION

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

Kalu Rinpoche covers the essentials of Buddhist practice by offering active meditations on topics that must be deeply realized to propel spiritual practice to the goal.

FOUNDATIONS OF TIBETAN MYSTICISM

by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$14.95

A thorough presentation of Tibetan esoteric principles written by a Western Tibetan Buddhist monk with over 20 years' experience in Tibet and India. The inner meaning of the mani mantra is explained with special reference to the five Dhyani Buddhas.



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

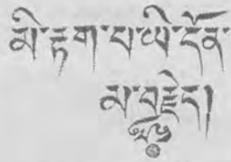
After his enlightenment, the Buddha taught the Four Noble Truths—the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses and neuroses. The second explores their causes and conditions for arising. The third shows that the causes of our problems can be removed and that we can be free from suffering. The fourth includes the many paths of practice that Buddhism offers to realize that goal. The Buddha has shown that the spiritual path is pragmatic and works directly with everyday experience in order to fundamentally transform the practitioner.

The late Ven. Lobsang Gyatso was the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy.

FOUR ESSENTIAL BUDDHIST TEXTS

117 pp. #FOESBU \$12.95

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



THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE

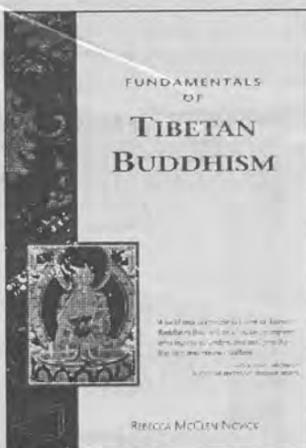
by Ven. Khenchen Thrangu Rinpoche. 99 pp. #FOORFO \$12 cloth

The four thoughts that turn the mind towards dharma taught by the great meditator Gampopa provide the basic reasons and motivations for practicing dharma. They are contrasted with the four special foundations (ngondro).

THE FUNDAMENTAL POTENTIAL FOR ENLIGHTENMENT

by Geshe Acharya Thubten Loden. 312 pp., 15 illustrations, #FUPOEN \$27

Sets forth an analysis of the natural and developed Buddha potential from the Mind-Only and Middle Way schools. It is drawn from three of Maitreya's five great treatises on the subject—the *Sublime Continuum of the Mahayana*, the *Ornament for the Mahayana Sutras*, and the *Ornament for Clear Realisation*. They explain how our Buddha potential is transformed into the state of enlightenment. Also included are definitions and explanations of natural and developed potential, the six clairvoyances, the four Buddha bodies, the major signs and minor marks of a Buddha.



FUNDAMENTALS OF TIBETAN BUDDHISM

by Rebecca Novick. 208 pp. #FUTIBU \$12.95

Covers the basic ideas of Tibetan Buddhism in an accessible way—a good overview.

"Well-written and well-organized, it provides a good introduction to the basic doctrines and practices of Tibetan Buddhism."—John Powers, author of *Introduction to Tibetan Buddhism*

"A lucid and accessible account of Tibetan Buddhism that will be of value to anyone who aspires to understand and practice this rich and varied tradition."—Stephen Batchelor

GATES TO BUDDHIST PRACTICE

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

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



GATEWAY TO KNOWLEDGE
by Jamgon Mipham Rinpoche.
approx 140pp., #GAKN \$16.95

A condensation of the Tripitaka and its accompanying commentaries. This distillation embodies the basics of Abhidharma, Prajnaparamita and Madhyamika from both the Mahayana and "Hinayana" perspectives. It is authored by the learned Tibetan master Jamgon Mipham Rinpoche (1846-1912), and contains explanations of the five aggregates, the elements, the sense-sources, interdependence, valid and non-valid cognition, the sense faculties, and time.



GENERATING THE DEITY
by Ven. Gyatrul Rinpoche, 139 pp., 19 b&w photos, #GEDE \$14.95

H.H. Dudjom Rinpoche selected Ven. Gyatrul Rinpoche to be his spiritual representative at the Pacific Region Yeshe Nyingpo centers. During his twenty-one years of teaching westerners, Gyatrul Rinpoche established seven centers and developed an unusual ability to communicate the Tibetan Buddhist path. He is a master of the Palyul tradition, which contains teachings from the Nyingma and Kagyu schools.

Generating the Deity is an exceptionally clear and accessible presentation of generation stage practices of deity yoga. Gyatrul Rinpoche explains the state of mind needed to begin practice, the details of visualization sequences, three types of offerings and proper mantra recitation, and information on mudras, tormas and malas. Practitioners from all lineages will find these teachings enhance their understanding of sadhana practice. Rinpoche's detailed explanations make it possible to practice these meditations as they were practiced in Tibet.

GENEROUS WISDOM: Commentaries by H.H. the Dalai Lama XIV on the Jatakamala

122 pp. #GEWI \$8.95

This is a set of four teachings on the *Jatakamala: Garland of Birth Stories of Buddha* given by His Holiness during the Great Prayer Festival in Dharamsala. The theme is the bodhisattvas' perfection of generosity—but His Holiness also speaks on the perfection of ethics and patience, dependent-arising and karma.

GLIMPSE AFTER GLIMPSE: A Daily Meditation Book

by Sogyal Rinpoche, ed. by Patrick Gaffney. 384 pp., 5 x 7" #GLGL \$13

Includes original meditations offering clear and enlightening advice on applying timeless wisdom to daily concerns. There is a wealth of ideas—a perfect companion to anyone's spiritual practice.

THE GUARDIAN DEITIES OF TIBET

by Ladrang Kalsang. 133 pp. #GUDETI \$12.95

The propitiation of Dharma Protectors is a common practice in traditional Tibetan religion. There are thousands of deities worshipped by different groups and individuals and this book presents the principal protectors in Tibet. Presented are 22 major deities: 4 & 6 arm Mahakala, Palden Lhamo, Dharmaraja, Nechung, Nam-Sey, Bhegtse, Four Directional Protectors, etc.

THE HARMONY OF EMPTINESS AND DEPENDENT-ARISING

by Ven. Lobsang Gyatso. 156 pp. #HAEMDE \$10.95

Ven. Lobsang Gyatso skilfully explains the different Buddhist schools' views on the relationship of emptiness and dependent-arising in this commentary to Tsongkhapa's *Praise of Dependent Arising*.

HEALING IMAGE: The Great Black One

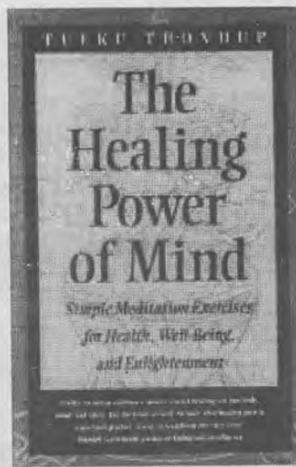
by William Stablein. 274 pp. 37 color plates, 4 line drawings, #HEIM \$14.95

An American's fascinating account of his Tantric Buddhist study in Nepal and India. The author discovers an ancient manuscript and healing-meditation practice that leads him on a spiritual journey into esoteric Buddhism. Readers can adopt these practices to promote wellness, inner harmony, compassion, creativity and treatment of co-dependency and addiction.

THE HEART OF THE BUDDHA

by Chogyam Trungpa. 176 pp. #HEBUD \$19.95

Rinpoche presents Buddhist teachings as they relate to everyday life. He discusses: the heart of the Buddha; intellect and intuition; four foundations of mindfulness; devotion; taking refuge; the bodhisattva; the practice of Vajrayogini; relationships; acknowledging death; alcohol as poison or medicine; talk for children; green energy; manifesting enlightenment.



THE HEALING POWER OF MIND: Simple Meditation Exercises for Health, Well-Being, and Enlightenment

by Tulku Thondup, foreword by Daniel Goleman. 250 pp. #HEPOMI \$15

Following an overview of healing meditation there are 48 exercises: clearing energy blocks, healing our emotions, healing through sound, healing with light and the elements, healing with nature's energy and daily activities that become healing experiences. Also, Tulku Thondup offers seven major Buddhist meditations for healing everyday problems and releasing the grip of our habits.

THE HEART SUTRA EXPLAINED: Indian and Tibetan Commentaries

by Donald S. Lopez, Jr. 230 pp. #HESUEX \$24.95

Offers new insights on this sutra and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India by drawing on previously unexamined Tibetan commentaries. It includes complete translations of two nineteenth-century Tibetan commentaries: Stan dar lha ram pa's *Commentary on the Heart Sutra*, Jewel Light Illuminating the Meaning, and Gung thang dKon mchog Stan pa'i sgron me's *An Explanation of the Heart Sutra Mantra, Illuminating the Hidden Meaning*.

"It makes a major contribution to Buddhist studies...in a manner that is both scholarly and readable."—Anne C. Klein



THE HEART OF THE MATTER

by Tsele Natsok Rangdrol. 108 pp. #HEMA \$11

Lucidly covers the meaning of the view, meditation, conduct and fruition.

HEART-SPOON: Encouragement through Recollecting Impermanence

Kyabje Pabongka Rinpoche, trans. by Lama Zopa Rinpoche & Jampa Gendun. 16 pp. #HESP \$4

A prayer of essential advice by the great lama Pabongka Rinpoche to hold the teachings dear and develop realizations in this lifetime. "Who's the faster: Yama, the Lord of Death, or you in your practice of realizing the essence of your eternal dream?"

HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of Tibetan Buddhism

by Tulku Thondup Rinpoche, ed. by Harold Talbot. 304 pp. #HITETI \$18.95

Throughout the world, sacred texts and material objects have appeared miraculously to sages and saints. The terma tradition of Tibet refers to treasures of knowledge and realization hidden throughout the landscape by buddhas to be discovered at the appropriate moment by realized masters. Tulku Thondup tells the story of the special terma tradition initiated by Padmasambhava.

GENTLY WHISPERED

Oral Teachings by the Very Venerable Kalu Rinpoche



compiled, ed. and annotated by Elizabeth Selandia
foreword by H. E. Tai Situpa
294 pp. #GEWH \$16.95

In their directness, depth, and humor, this collection of teachings is imbued with the spiritual qualities of a great meditation master.



HIGHEST YOGA TANTRA
by Daniel Cozort. 192 pp.
#HIYOTA \$14.95

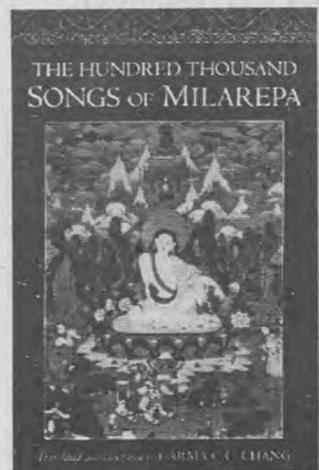
"This book is an extremely lucid overview of the generation and completion stages of Highest Yoga Tantra."—*The Middle Way*

This discussion of Highest Yoga Tantra is based on "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets" by Ngawang Belden, and is explained by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary. The text includes practices common to sutra and tantra, generation stage and completion stage yogas, and compares the Kalachakra and Guhyasamaja completion stages.



HOW TO MEDITATE
by Kathleen MacDonald. 216 pp.
#HOME \$12.95

Contains a wealth of advice on many proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in one book!



THE HUNDRED THOUSAND SONGS OF MILAREPA
Trans. & Anno. by Garma C.C. Chang. 736 pp. #HUTHSO \$55 cloth

Milarepa wandered from village to village, teaching enlightenment and the path to Buddhahood through his spontaneously composed songs. Wherever he went, crowds gathered to hear him sing the Dharma. His songs are filled with fascinating tales of miraculous encounters and colorful imagery, and present insight into Tibetan Buddhism.

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

Sakya Pandita presents a complete Buddhist guide giving specific practices for the stages of spiritual development.

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 305 pp., 32 color plates, 13 line drawings, 6 tables, #IMENL \$24.95

Images of Enlightenment answers the need for a clear and straightforward guide to the inner world of Tibetan Buddhist sacred art. Focusing on many of its most important and representative figures, this richly illustrated book introduces the tradition of spiritual self-transformation embodied in these depictions of enlightened energy through clear iconographic representations and descriptions.

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

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

"Clearly written and well-organized, with interesting material presented in a personal manner."—*The Tibet Journal*



IMMORTALITY AND REINCARNATION: Wisdom from the Forbidden Journey
by Alexandra David-Neel. 176 pp.
#IMRE \$12.95

A classic from the famed traveler Alexandra David-Neel, this book examines Taoist, Tibetan, and Hindu notions of life after death. The author gained knowledge of these beliefs and the practices they engendered in the course of her travels at the beginning of the century. Like her other works—*Magic and Mystery in Tibet*, *My Journey to Lhasa*, and *Secret Oral Teachings*—this book is an accessible and fascinating read.



INDISPUTABLE TRUTH
by Chogyi Nyima Rinpoche. 208 pp. #INTR \$18

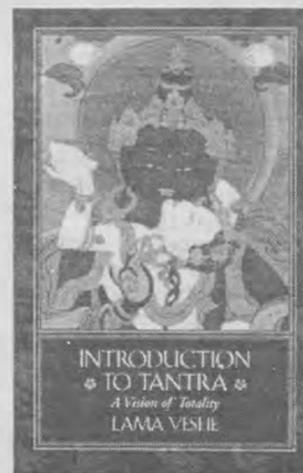
Latest teaching by Chogyi Nyima Rinpoche: it contains fresh clarifications on the trademark of all buddhas, the four basic principles that mark the teachings of all enlightened beings—impermanence, suffering, egolessness, and peace—and unveils reality as it is.

INTRODUCTION TO TANTRA

A Vision of Totality

by Lama Yeshe. 176 pp. #INTA \$15.95

Explains how to use desire skilfully to break down our distorted and deeply entrenched way of seeing things. By learning to use pleasure correctly, we awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.



Alexandra David-Neel



INITIATIONS AND INITIATES IN TIBET

INITIATIONS AND INITIATES IN TIBET
by Alexandra David-Neel. 240 pp., 27 photos, #ININ \$8.95

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the psychic training methods employed. Examined in detail are the various kinds of initiations, the spiritual guide's role and the choice of a master, oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.



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

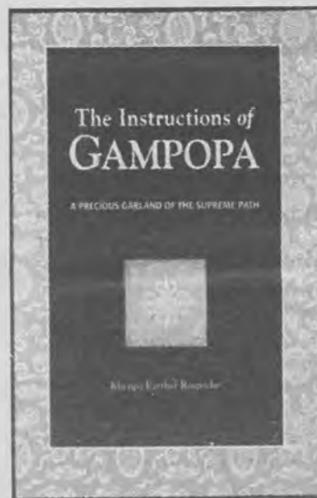
by Robert Thurman. 322 pp., #INRE \$24.95 cloth, \$14 paperback

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

IN PRAISE OF TARA: Songs to the Saviouress
by Martin Willson. 496 pp., 8 color plates, #INPRTA \$24.95

"This book is an outstanding collection of Tibetan and Indian praises and contemplations centered on Tara."—Anne C. Klein

Tara is the embodiment of enlightened virtuous activity, the archetype of the fully evolved spiritual person in female form. This comprehensive collection of literature inspired by Tara includes a history of the origin of the Tara Tantra, canonical texts, sadhanas for practice, and lyrical praises to Tara.



THE INSTRUCTIONS OF GAMPOPA: A Precious Garland of the Supreme Path
commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso, ed. by Laura Roth & David McCarthy. 213 pp. #INGA \$14.95

Rinpoche delivers profound insights in direct and inspiring language. In this commentary on the *Precious Garland*, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He instructs on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice.

Gampopa (1070-1153) was the father of the Kagyu tradition and foremost student of Milarepa. "For those with faith in Gampopa, studying this text can be exactly the same as receiving teachings directly from him."—Khenpo Karthar Rinpoche

"Specific and pragmatic, they are applicable to every state of practice."—*Booklist*, American Library Association

"...straightforward and lucid, a solid and down-to-earth teaching."—*Explorations*

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

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

This is a study of the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, dharani practice, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of Buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.



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

"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Powers's substantial *Introduction to Tibetan Buddhism*."—*Booklist*, the American Library Association

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation."—Lobsang Lhalungpa

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. Beginning with a summary of its Indian origins and how it was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for transformation involving visualization, ritual and meditation. *The tantric systems of the four main lineages are explored impartially and in depth.* A comprehensive and invaluable book list accompanies each chapter. This systematic and clear presentation of Tibetan Buddhism will delight new readers as well as those already knowledgeable of the subject. We highly recommend it.

"...treats Tibetan Buddhism thoroughly and comprehensively. Powers writes in a manner that is lucid and accessible to laypersons and informative for scholars. His discussions of the four major Tibetan schools is long overdue."—*Explorations*

IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and rGyal tshab rje on Knowledge, Rebirth, No-Self and Liberation

by Roger Jackson. 576 pp. #ENPOC \$45 cloth

Explores the most sustained and sophisticated argument for the truth of the Buddhist world-view. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from body, mind's nature is such that enlightenment is possible, and enlightenment requires realization of the Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them interesting to anyone concerned with the problems of religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—*The Reader's Review*



JAMGON KONGTRUL'S RETREAT MANUAL

trans. & intro. by Ngawang Zangpo. 255 pp., #JAKORE \$15.95

In the Kagyu and Nyingma traditions, a three-year, three-month meditation retreat must be completed before a person is considered a lama (teacher). *Jamgon Kongtrul's Retreat Manual* was written for individuals wanting this rigorous training. Its program consists of those spiritual practices Kongtrul considered most essential—he guides students in preparing for retreat, provides full details of the meditation program and offers advice for re-entry into the world.

THE JEWELLED STAIRCASE

by Geshe Wangyal. 176 pp. #JEST \$10.95

"...explores subtle points of Buddhist philosophy with rare lightness and agility...we are presented with a series of living insights, an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

During the 28 years that Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. At the end of his life, Geshe-la wrote this book which presents clearly and precisely the essential topics for western Buddhists—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

"*The Jewelled Staircase* is a delightful volume, a quintessential map of the overall structure of Buddhist meditation and a fitting tribute to its late author."—*Vajradhatu Sun*

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

by Gampōpa, translated by Khenpo Konchog Gyaltsen Rinpoche, fore. by the Dalai Lama, ed. by Delia Enmerich. 520 pp., glossary, study guide, bibliography, notes, 6 x 9" #JEORLI \$19.95 (see Lamrim section)

MACHIG LABDRON AND THE FOUNDATIONS OF CHOD



by Jérôme Edou. 270 pp. \$16.95

"Provides wonderful material on Chod, Machig Labdrön's biography, and investigations into the origins of Mahamudra Chod. These Chod teachings are inspirational."—Tsultrim Allione, *The Mirror*

Chod refers to cutting through the ego and emotional entanglements. This mahamudra practice of chod is a powerful practice which frees one from fear and arouses the mind's primordial clarity.

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



On Sale \$7.46



JEWEL TREASURY OF ADVICE: One Hundred Teachings from the Heart

by Drikung Bhande Dharmaradza, trans. by Khenpo Konchog Gyaltsen Rinpoche & Rick Finney. 100 pp. #JETRAD \$9.95

Drikung Bhande Dharmaradza was the reincarnation of the first Drikung Kyabgon Chungtsang Rinpoche. Dharmaradza presents in verse the entire structure of the Buddhist path. The teaching begins with impermanence and covers many topics including the nature of mind, meditation and how the disciplines and vows of the three yantras may be practiced without contradiction.

THE JEW IN THE LOTUS

by Rodger Kamenetz. 225 pp. #JELO \$13

"With humor, compassion, and unflinching honesty, Rodger Kamenetz tells of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz deepens his understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists."—Jane Hirshfield, author



KING UDRAYANA AND THE WHEEL OF LIFE

by Sermey Geshe Lobsang Tharchin. 248 pp., line drawings, #KIUDWH \$9.50

Geshe Tharchin presents texts on *The Wheel of Life* that explain in detail the many symbolisms contained in this picture of samsara. Includes Tibetan text.

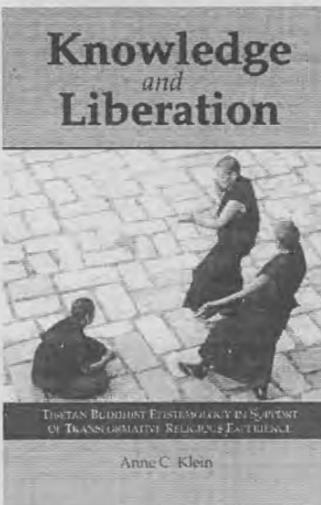
KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology

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

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

The systematization of Sautrantika assertions has interested generations of Tibetan scholars to the present. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatments of single important issues.

Klein annotates translations of outstanding texts in these categories and supplements them with commentary from Tibetan yogi/scholars.



KNOWLEDGE & LIBERATION

by Anne Klein. 283 pp. #KNLIP \$19.95, A Namgyal Institute Textbook

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

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

"Anne Klein presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy. I highly recommend this book!"—Prof. Jeffrey Hopkins

LAMDRE: Dawn of Enlightenment

by Lama Choedak Yuthok. 217 pp., 3 illus. #LADAEN \$18

This book prepares students for Lamdre teachings—prized by students and masters of all Tibetan traditions. Topics: life of Virupa, overview of the Lamdre teachings, the vision of experience, pure vision, causal tantra, the Hevajra initiation, nature of mind, role of teacher and disciple, path, practices and result.

THE LAMP OF LIBERATION: A Collection of Prayers, Advice and Aspirations

by H.H. Dudjom Rinpoche, ed. by Terry Clifford et al. 95 pp. #LALI \$15 cloth

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

LAMP OF MAHAMUDRA

by Tsele Natsok Rangdrol. approx 130pp. #LAMA \$14

This is a meditation manual on one of the most advanced practices of the Tibetan Buddhist tradition that describes the entire path of meditation leading to the ultimate enlightenment of Buddhahood. *Lamp of Mahamudra* also includes advice from Kyabje Dilgo Khyentse Rinpoche and Kyabje Tulku Urgyen Rinpoche.

THE LAZY LAMA LOOKS AT BUDDHIST MEDITATION

by Ringu Tulku. 36 pp. #LALALO \$6

Ringu Tulku received extensive training from lamas of all Tibetan orders and is an authority on the works of Jamgon Kongtrul and the Rimay movement. Here he discusses the essentials of meditation—to learn that whatever experience arises—whether good, bad or indifferent—it doesn't matter. It's just an experience, and you can relax in that.

THE LAZY LAMA LOOKS AT THE FOUR NOBLE TRUTHS

by Ringu Tulku. 36 pp., #LALAFO \$6

"If we can let go of the state of mind which is always in turmoil we can find fearlessness, liberation, peace. The teaching on the four noble truths is the basis of understanding of all Buddhist teachings and practices; it's the basis of everything."

Ringu Tulku has received an extensive traditional training from lamas of all the Tibetan traditions; fluent in English, he teaches widely at Dharma centers throughout Europe and in America. In the *Lazy Lama* series he presents a fresh look at Buddhist topics in a warm and accessible way, suitable for newcomers and Dharma students alike.

On Sale \$9



LHAMO: Opera from the Roof of the World

by Joanna Ross. 130 pp. #LHOPRO \$12

Describes the history of Tibetan opera and looks at each aspect of opera as preserved by the Tibetan Institute of Performing Arts in Dharamsala. Synopses of nine enchanting opera stories are included.

LIFE AND TEACHING OF NAROPA

Translated by Herbert Guenther. 312 pp. #LITENA \$17

In addition to Naropa's inspired biography, this book contains a detailed analysis of his teachings and Guenther's philosophical commentary relating Buddhist concepts to Western analytic philosophy, psychiatry, and depth psychology.

LIFE AND TEACHING OF TSONG KHAPA

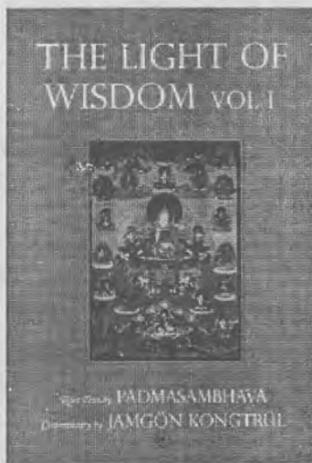
by Robert A.F. Thurman. 258 pp. #LITETS \$11.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madyamika and insight meditation.

THE LIGHT OF THE THREE JEWELS

by Khenchen Palden Sherab Rinpoche & Khenpo Tsewang Dongyal Rinpoche. 125 pp., 20 line drawings, #LITHJE \$15

Through a discussion of how our minds function and what our primordial nature is, the authors show how to go about cultivating insight, bodhicitta, and devotion, so that our true nature can manifest. Contains detailed instruction on how to meditate using the tantric techniques of visualization, mantra, and formless meditation. At the same time it points out how to see our fundamentally enlightened nature.



LIGHT OF WISDOM, Vol. I
by Padmasambhava & Jamgon Kongtrul. 368 pp. #LIWV1 \$25

This is a combination of three texts: *The Gradual Path of the Wisdom Essence (Lamrim Yeshe Nyingpo)* is a record of oral instructions of Padmasambhava, recorded by his chief female disciple, Yeshe Tsogyal. Padmasambhava, considered the second Buddha, established the Vajrayana teachings in Tibet during the ninth century. He concealed various teachings (including *Lamrim Yeshe Nyingpo*) in the form of "hidden treasures," to be revealed at an appropriate future time. *The Light of Wisdom* by Jamgon Kongtrul, one of the most prominent Buddhist masters of nineteenth-century Tibet, is an extensive commentary on this sacred terma scripture. *Entering the Path of Wisdom* consists of annotations on the commentary by Janyang Drakpa, a student of Jamgon Kongtrul. The book also includes an introductory discourse by Tulku Urgyen Rinpoche.

Volume I presents in-depth explanations of the Vajrayana Buddhist perspective. 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, concludes with the Mahayana and the link to Vajrayana.

LIGHT OF WISDOM, Vol. 2
by Padmasambhava & Jamgon Kongtrul. #LIW2 \$20

Contains Padmasambhava's terma text *The Gradual Path of the Wisdom Essence* with *The Light of Wisdom* commentary by Jamgon Kongtrul. Explains the nature of empowerment, tantric commitments, and clarification of the development stage of deity yoga.

LUMINOUS MIND: Fundamentals of Spiritual Practice

by Kalu Rinpoche, foreword by H.H. the Dalai Lama, pref. by Lama Denis Tondrup, trans. by Maria Montenegro. 320 pp., 15 illus., #LUMI \$18.95

Kalu Rinpoche elucidates the fundamentals of spiritual life—from the most basic concepts to the development of the open, wise and compassionate mind of enlightenment. Filled with delightful stories and anecdotes.

MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp. #MAMYTI \$9.95

A story of psychic exploration among the lamas and magicians of Tibet—a description of occult and mystical theories and psychic training with detailed instructions for tumo (yoga of heat control) and the creation of thought-projections.

MAHAMUDRA: Eliminating the Darkness of Ignorance

by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

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

Reveals powerful mahamudra practices for realizing the mind's fundamental nature. The advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"Lama Sherab Dorje offers an accurate and highly readable translation of this masterwork that is to be read with profit both by those who wish to learn something about the system of Mahamudra and by those practicing within the tradition."—Matthew Kapstein

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

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

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

MANUAL OF RITUAL FIRE OFFERINGS

by Sharpa Tulku & Michael Perrott. 180 pp., #MARIFI \$14.95

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

MATERIALS FOR THE STUDY OF ARYADEVA, DHARMAPALA AND CHANDRAKIRTI

by Tom J.F. Tillemans. 2 vols., 326 and 192 pp. #MASTAR \$66.95

This scholarly study and translation of two pivotal chapters from Aryadeva's *Chatuhshatka* includes commentaries from Chandrakirti and Dharmapala along with introduction, translation, Sanskrit, Tibetan and Chinese texts and notes. Has an exhaustive critique of heretical views of opponents to early Madhyamika through commentaries from the Prasangka-Madhyamika perspective of Chandrakirti, and by Dharmapala, an Idealist. Includes primary text material and an impressive bibliography.



MEDITATION: Advice to Beginners

by Bokar Rinpoche. 150 pp. #MEA \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra.

MEDITATIVE STATES IN TIBETAN BUDDHISM

by Lati Rinbochay and Denma Locho Rinbochay, ed., trans. & annot. by Leah Zahler, co-trans. by Jeffrey Hopkins. 208 pp., charts, #MEST \$15.95

Here is a detailed description of meditative practices for developing a calm mind that is alert, powerful, and capable of gaining insight into reality. Lati Rinbochay and Denma Locho Rinbochay lead the practitioner through the preliminary process of freeing the mind from habitual patterns culminating in the four concentrations and four formless meditative absorptions.

MEDITATION ON EMPTINESS

MEDITATION ON EMPTINESS



by Jeffrey Hopkins

1022 pp. 21 line drawings, 51 charts, glossary, bibliography, index, Tibetan text, #MEEM \$29.95

This is the most comprehensive work in English on emptiness. In bringing this remarkable exposition of the Prasangka-Madhyamaka view of emptiness to life, Hopkins describes the meditative practices by which emptiness can be realized and shows how the teachings are utterly practical. He also covers dependent arising, the four noble truths, Buddhist logic, and tenets, and non-Buddhist schools of philosophy.



MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities

by Vessantara. 356 pp., many photos & illus., #MEBU \$24

A great reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many of the most popular bodhisattvas and tantric deities.



MIND IN TIBETAN BUDDHISM

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

In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. Through understanding the nature of the mind and the process of cognition, inner peace can be attained. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper gives an overview of the principal divisions of consciousness and mind.

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

MIND ONLY SCHOOL AND BUDDHIST LOGIC

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

Understanding the Mind-Only school (Cittamatra) is necessary to follow a path on the nature of the mind. Dharmapala was a major figure in the development of Buddhist logic. These two topics were discussed in seminars at Sera and Ganden Monasteries in 1987-88.



MIRACULOUS JOURNEY

by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232 pp. #MIJO \$14.95

This work is a compilation of Milarepa's previously unpublished narratives and songs that were formerly preserved and sung by wandering yogis.

MIRROR OF MINDFULNESS

by Tsele Natsok Rangdrol. 144 pp. #MIMIN \$14

These teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—inspire the practitioner to achieve liberation from deluded existence for the benefit of others.

MOONBEAMS OF MAHAMUDRA: The Direct Meditation on Mind

by Venerable Khenchen Thrangu Rinpoche, translated by Ken McLeod. 120 pp. #MOMA \$12.95 Spring 2000

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

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95

Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work and it describes four major cosmological systems which are matched to the spiritual capacities of different grades of beings: the numerically definite cosmology of the Hinayana; the cosmology of infinite buddha-fields of the Mahayana; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

THE MYTH OF FREEDOM and the Way of Meditation

by Chogyam Trungpa. 178 pp. #MYFR \$13

What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes and even our spiritual practices become chains that bind us to patterns of frustration and despair. He explains how meditation brings into focus the causes of frustration and how these negative forces become aids in advancing toward true freedom.