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SUMMER 2001 NEWSLETTER
& CATALOG SUPPLEMENT



Drikung Abbot Konchog Gyaltsen Rinpoche Enthroned as Khenchen

BY VICTORIA HUCKENPAHLER

Khenpo Konchog Gyaltsen, teacher and author, whose glowing smile and down-to-earth presence have endeared him to students worldwide, was elevated earlier this year to the status of Khenchen (Great Scholar) by HH Chetsang Rinpoche, head of the Drikung Kagyu. He is the only member of that lineage to bear the title.

On 14 May, the event was celebrated at the Tibetan Meditation

Center in Frederick, Maryland, which Rinpoche had founded (originally in Washington, DC) in 1982. The festivities included a Lama Chopra (Guru Puja and Tsok Offering), remarks by Khenchen Rinpoche, and a salutation by the Center's President.

While the traditional *dresil* (sweetened rice) and Tibetan tea were served, Rinpoche thanked the audience, some of whom had come from as far as Seattle, for joining him in celebrating the occasion which

marks the culmination of his nearly two decades of service in this country and abroad. He then recounted the Dharma activities he has performed since the turn of the year, beginning in India where, besides being enthroned Khenchen, he taught the seminal Drikung work, *Gong Chik*. This historic teaching cycle formed part of the great Snake Year teachings, held only once every twelve years. This was followed by appearances in Taiwan, Los Angeles, Big Sur, and Tucson, among others. "The time was well spent," Rinpoche remarked. "I felt privileged, despite fatigue, the time changes, and the fact of having to change beds every week." And some, he noted with typical humor, "were harder than others!" He then cautioned that though we sometimes approach the Dharma as

(Continued on page 10)



H.H. the Sakya Trizin's U.S. Seat Established In Upstate New York

Students of His Holiness the Sakya Trizin throughout North America are rejoicing in the establishment of a new temple in Upstate New York as a seat for His Holiness the Sakya Trizin in the United States. The new temple, Tsechen Kunchab Ling, is located in Orange County in the Village of Walden. It will be a focal point for His Holiness the Sakya Trizin's and other Sakya teachers' activities in the U.S., as well as a major teaching center for ordained and lay students of Tibetan Buddhism.

His Holiness the Sakya Trizin is the supreme head and forty-second throne holder of the Sakya tradition of Tibetan Buddhism, which is one of Tibetan Buddhism's four major traditions. His Holiness is the direct descendant of Khon Konchog Gyalpo, the great master who founded the Sakya Monastery in Tibet in 1073. From there, the teachings of the Sakya tradition spread throughout Tibet, Mongolia, and

China. The establishment of His Holiness' new temple here in the U.S. will surely be of similar benefit to the spreading of the Sakya teachings in this hemisphere and throughout the Western world.

In an open letter to his students and friends of the Buddhist Dharma, H.H. the Sakya Trizin wrote: "These days, interest in Lord Buddha's Dharma is increasing among people in both the Eastern and Western Hemispheres, and in North America in particular. As a result, Dharma centers in the Sakya tradition have been established in a number of cities. In addition to these, Lama Kalsang Gyaltsen has recently accepted the great responsibility to establish a temple in the eastern United States as my seat in the U.S. I wholeheartedly rejoice in this."

"As an auspicious beginning, I have chosen to name this temple Tsechen Kunchab Ling, Temple of

(Continued on page 18)

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ANSWERS

Discussions with Western Buddhists

by the Dalai Lama
ed. by José Ignacio Cabezón
102 pp., September. #AN \$12.95

In India, at the place where the Buddha attained enlightenment, it became a well-established tradition for the Dalai Lama to spend several days each year giving teachings to Buddhists from all over the world. Following his teachings, he held informal group discussions with Western students of Buddhism. In these lively exchanges, the Dalai Lama exhibits clear and penetrating insight into issues that are most important to Western students. Some of the topics discussed are: psychology, Christianity, being a practicing Buddhist in the West, spiritual teachers, reincarnation, emptiness, tantra, protector deities, liberation, meditation, compassion, disciplining

others, the power of holy places, and retreats.

José Ignacio Cabezón holds the Dalai Lama XIV Chair in Tibetan Buddhism and Cultural Studies in the Religious Studies Department at the University of California, Santa Barbara and is the author of *A Dose of Emptiness*.

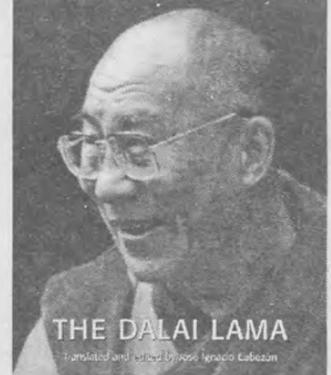
The following is an excerpt from the "Editor's Introduction" to *Answers*.

Of all the sites sacred to Buddhists, Bodhgaya is perhaps the most important. Little more than a village on the outskirts of Gaya, one of the larger cities in the state of Bihar (North India), it has nonetheless attracted Buddhist pilgrims for centuries. Over the past several years, it has become a well established tradi-

(Continued on page 12)

ANSWERS

Discussions with Western Buddhists



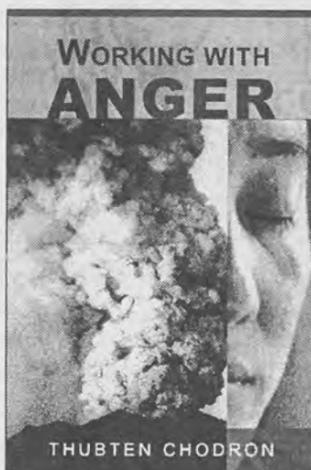
THE DALAI LAMA

Translated and edited by José Ignacio Cabezón

"THIS IS A GREAT BOOK!
The richness of this book
lies in its simple
spontaneity and breadth
of subject matter."
—The Tibet Journal

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WORKING WITH ANGER



by Thubten Chodron

128 pp., October. #WOAN \$12.95

Anger plagues all of us on a personal, national, and international level. Yet, we see people, such as the Dalai Lama, who have faced circumstances far worse than many of us have faced—including exile, persecution, and the loss of many loved ones—but who do not burn with rage or seek revenge. How do they do it?

Working with Anger presents a variety of Buddhist methods for subduing and preventing anger, not by changing what is happening, but by framing it differently. No matter what our religion, learning to work with our anger is effective for everyone seeking personal happiness as well as world peace.

"*Working with Anger* is a wonderful, wise, and life-changing book. Written in Ven. Thubten Chodron's characteristic accessible style, generously laced with examples drawn from daily life, the book is filled with practical strategies on how to free ourselves from anger, resentment, and envy. If you are looking for a practical guide to overcome anger and live with greater tolerance, love, and forgiveness, I highly recommend this book."

—HOWARD C. CUTLER, M.D., co-author of *The Art of Happiness*

"In *Working with Anger*, Thubten Chodron offers us a kind and genuinely helpful guide to handling one of the greatest challenges in living an emotionally intelligent life."—DANIEL GOLEMAN, author, *Emotional Intelligence*

"By presenting in everyday language the Buddhist methods for overcoming and preventing anger, Bhikshuni Thubten Chodron has made accessible time-tested practical guidelines that can be helpful for everyone."—ALEXANDER BERZIN, author of *Relating to a Spiritual Teacher* and *Developing Balanced Sensitivity*

"Thubten Chodron offers her insights on anger, the ways that it manifests in our lives and the ways that we can skillfully work to transform it. Both inspiring and humble in its approach, this book is sure to be a help to many."—SHARON SALZBERG, meditation teacher and author of *Lovingkindness: The Revolutionary Art of Happiness* and *A Heart As Wide As the World*

American Buddhist nun Thubten Chodron lives in Seattle and travels

worldwide, teaching and leading meditation retreats. She is the author of *Open Heart, Clear Mind* and *Buddhism for Beginners*.

The following is an excerpt from the chapter of *Working with Anger* entitled "Mind, Emotions and Anger."

One summer His Holiness the Dalai Lama spoke to a Los Angeles audience that included a group of inner city youth in fatigues—their camp uniforms—together with their counselors. After his talk, one of the youths asked His Holiness, "People get right in my face and provoke me. How can I not fight back?" She was challenging him, but quite sincere in her request.

His Holiness looked her in the eye and said, "Violence is old-fashioned. Anger doesn't get you anywhere. If you can calm your mind and be patient, you will be a wonderful example to those around you." The audience clapped, but the girl remained standing, looking back at him. She wasn't yet satisfied.

The Dalai Lama went on to describe how so many great people—Martin Luther King, Mahatma

• His Holiness looked
• her in the eye and said,
• "Violence is old-fashioned. Anger doesn't
• get you anywhere. If
• you can calm your
• mind and be patient,
• you will be a wonderful
• example to those
• around you."

Gandhi, and Jesus, for example—remained peaceful in the face of violence and adversity. Many of them experienced difficulties when they were growing up. "Even I," he said. "My youth was fraught with conflict and violence. Yet all of these people expounded non-violence and love for others, and the world is better for their contributions. It's possible for you to do this too."

He then motioned for the girl to come up and shake his hand. As she approached him with her hand outstretched and a nervous smile on her face, the Dalai Lama opened his arms and hugged her. The girl returned to her seat, beaming.

After the talk, one of the sponsors asked the teenagers if they would share their experience. A burly, tough-looking young man came to the microphone with a huge smile

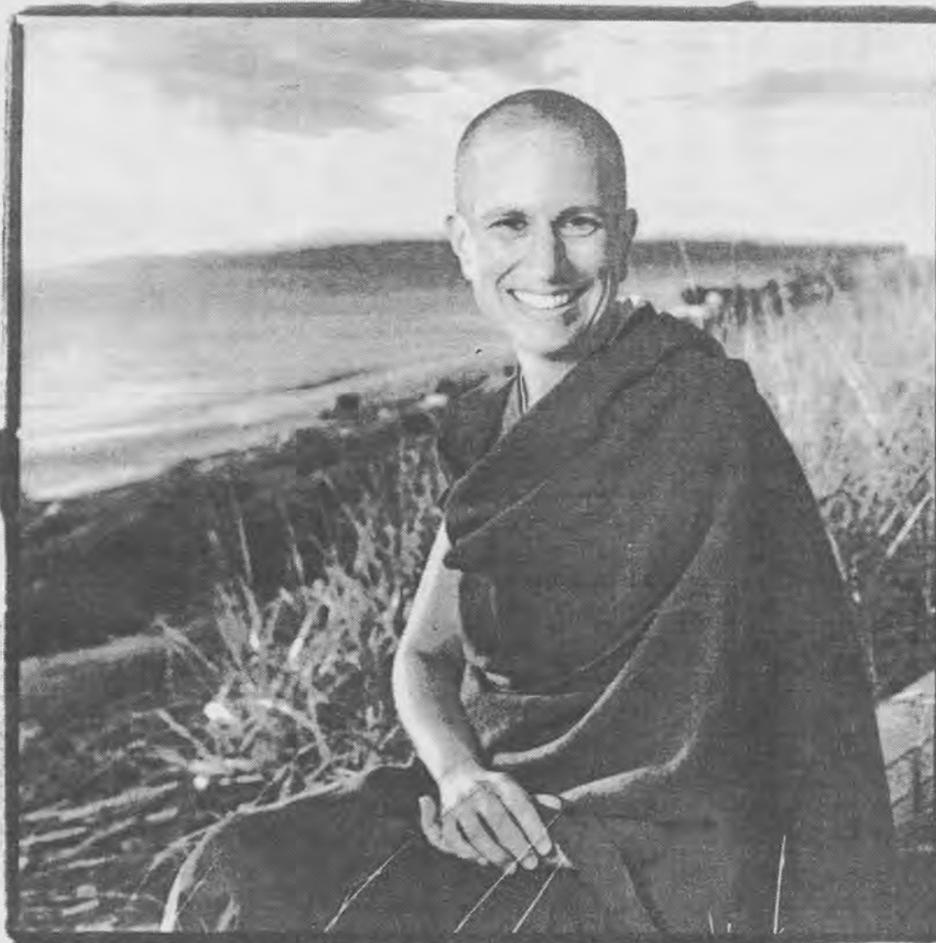
on his face. "Phew," he said, "You must be able to hear my heart beating from where you're sitting! I've seen the Dalai Lama on TV and in the magazines and thought he was pretty cool, but I just can't describe what it feels like to have met him!" and he touched his heart.

A Tibetan monk who had escaped from Communist-occupied Tibet just a few years earlier told me his story. His family was a wealthy, prominent one in the area of Tibet where he grew up. After the Communist occupation of Tibet in 1950 and the subsequent abortive uprising in 1959, his family's house was confiscated and made into a jail. Because his family were landowners and because he was a monk, he was arrested by the Chinese Communists. Then, he was imprisoned in a jail that had once been his home. He and the other inmates were allowed to go to the toilet outdoors twice a day, but otherwise they had to stay in the house, which now had broken windows and none of its former comforts. Most people would have burned with rage at the injustice and humiliation, but this monk told me that he tried to use his time wisely, doing his meditation practices to improve the state of his mind. Although he was deprived of all his religious implements, he silently recited the texts he had memorized and contemplated their meanings. In this way, he familiarized his mind with attitudes and emotions that lead to enlightenment and avoided the pitfalls of anger. When I talked with him, I detected no sign of resentment against the Chinese Communists. He had a profound love of life.

Stories such as these lead us to wonder, "How do they do it?" They are human beings just like us, and

although they have faced circumstances much worse than a great many of us have faced—including exile, imprisonment, torture, and the loss of many loved ones—they do not burn with rage or seek revenge. This book is largely a collection of Buddhist methods for subduing and preventing anger that have worked for the Dalai Lama, the monk above, and many others.

There is nothing particularly "Buddhist" about these methods. In fact, many of the Buddha's teachings are common sense, not religious doctrine, and common sense is not the property of any religion. Rather, these methods show us reasonable and beneficial ways to live. No matter what our religion, looking at our minds and learning to work with our anger are helpful. ■



WORKING WITH ANGER

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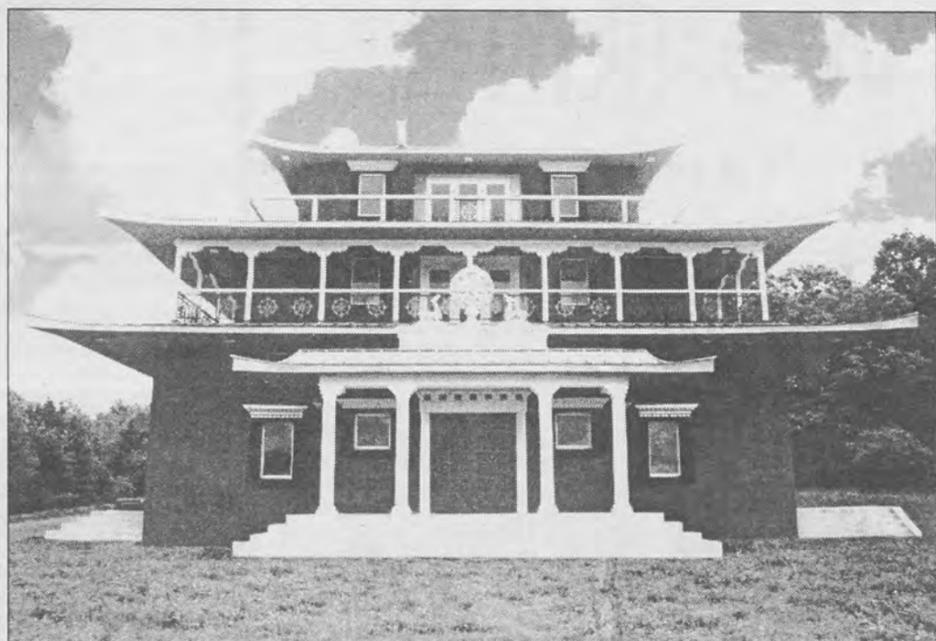
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For further information call (607) 865-8068 or write Venerable Khenchen Palden Sherab Rinpoche and Venerable Khenpo Tsewang Dongyal Rinpoche are spiritual directors of Padmasambhava Buddhist Center. Padma Samye Ling is the main retreat land for their Center. Information on PBC and its activities can be found at <http://padmasambhava.org> ■



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. . . .

Those of us who are aware of this, in time, search for a solution to transcend death. Some of us come across the Buddhist teaching called Dzog-ch'en, whose superlative virtues excite us so much that we totally forget the proper approach to it. Just as a towering building must have an equally sound foundation, success in ultimate realization through Dzog-ch'en teaching depends entirely on a thorough understanding of the law of karma at the relative level. KÜN-ZANG LA-MAY ZHAL-LUNG explains how to attain the proper balance between the relative and absolute aspects of the practice in very simple language."

— S.T. Kazi

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SACRED GROUND

*Jamgon Kongtrul on
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Sacred Ground describes two journeys: a journey outward to specific pilgrimage places in Eastern Tibet; and a journey inward, to the sacred world of tantra, accessible through contemplation and meditation. It sheds light on Himalayan Buddhists' concepts of sacred land, places of pilgrimage in tantric Buddhism, and how pilgrimage is undertaken. It enhances our appreciation of the world and its sacred aspect everywhere—first and foremost, wherever we sit now. On the basis of a judicious choice of rare Tibetan texts, translated here for the first time, cor-

relating inner and outer pilgrimage, this book is of considerable value to the Buddhist practitioner.

"*Sacred Ground* is a revelation! Here for the first time in any Western language are several key ideas: the exact way outer sacred lands relate to points in the tantric body and the parallel terminology between the types of sacred ground and the stages of attainment. Ngawang is precise and to the point."—HUBERT DECLEER, Director of the Tibetan Studies Program of the School for International Training, and author of *Lightning Terror*

"Ngawang Zangpo has again given us a well-researched and richly informative setting to another jewel from Jamgön Kongtrul's writings. Anyone who is a pilgrim, in any sense of the term, will find this book fascinating."—RICHARD BARRON (CHÖKYI NYIMA), translator of *Buddhahood without Meditation* and *The Way of Abiding*

"*Sacred Ground* is like a rich mineral spring bubbling over with important information that will help Buddhists better appreciate the tremendous talent and profound spiritual realization of these great lineage holders and their lineages which through their kindness have passed into our hands."—Sangye Khandro, translator of *Perfect Conduct* and *The Life of Liberation of Princess Mandarava*

Jamgon Kongtrul Lodrö Tayé (1813-99) was one of the most

outstanding Tibetan writers and teachers of his time.

The following is an excerpt from the Preface.

Kongtrul's Pilgrimage Guide to Tibet is a guide book for pilgrimage to a tiny area of sacred ground in Eastern Tibet. It was written in the mid-1800s for Tibet's Buddhists who could contemplate such a spiritual journey. It appears here in translation for a modern, non-Tibetan readership, to shed light on Himalayan Buddhists' concepts of sacred land, places of pilgrimage in tantric Buddhism, and how pilgrimage is undertaken. This book is written with the armchair or meditation-cushion traveler in mind. I do not intend to encourage readers to contemplate the difficult and dangerous journey to this remote place, but to enhance our appreciation of the world and its sacred aspect everywhere—first and foremost, wherever we sit now. I hope that this view of a remote land will enrich our daily life at home.

Sacred Ground presents the subject of pilgrimage places as understood by tantric Buddhists of the Himalayan region. In content and intent, this book follows *Jamgon Kongtrul's Retreat Manual* and *Enthronement*. Like these two books, *Sacred Ground* focuses on an important aspect of Tibetan spiritual life as explained by Jamgon Kongtrul, a major meditation master and writer of the nineteenth century. As

in the preceding books, I have liberally supplemented the translation of one central text with excerpts or supporting documents culled from Kongtrul's extensive writings. My overriding concern in each of these three works has been loyalty to the spirit in which they were written; thus, my reliance on Kongtrul's work and inclusion of information specific to his life and times. Nineteenth-century Tibet is a context as far removed from our modern world as can be imagined, yet I feel that our study and practice of Buddhism can be

could undertake the pilgrimage he describes, he also wrote the book to transmit a universal message: that sacred ground is to be found everywhere. Buddhism has been called a "guest religion," a way of spirituality that adapts to its host culture. Shakyamuni Buddha tailored his teaching to the predominant spiritual and cultural reference points of his day, yet Buddhism was never constrained by the geography and mentality of India in 500 B.C. To find living Buddhism today, one must look not only to the land and people of its origins, but to such countries as Tibet, Thailand, Burma, or Korea. These countries, which were once, in Buddhist terms, places of darkness, became imbued with enlightenment; they became sacred ground. This transformation continues nowadays: my teacher was fond of remarking that "the sun of Buddhism is setting in the East and rising in the West."

If we are to fully experience our intrinsic enlightenment, our "buddha-nature," we must study, reflect upon, and put into practice the path shown by those who have already uncovered their innate awakening. Our respect and appreciation for past buddhas and bodhisattvas should increase our respect and appreciation for our own and others' present inner wealth; in the same way, our faith and interest in the sacred ground far from home should enhance our sensitivity to the wonders of the world where we live. I believe this to be the spirit in which Kongtrul wrote this book and I have tried my best to honor it in this translation. ■

• Although Kongtrul wrote for an audience that could undertake the pilgrimage he describes, he also wrote the book to transmit a universal message: that sacred ground is to be found everywhere.

improved by consideration of the experience of that era's masters. At the very least, study of Kongtrul can help us understand modern Tibetans' spiritual life. At best, his work leads us to discover new aspects of our own experience and practice of Buddhism.

Sacred Ground includes a detailed description of a piece of land in Eastern Tibet that is distant and inaccessible to most of us. Although Kongtrul wrote for an audience that

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Gyatrul Rinpoche to Teach at KPC in Sedona, Arizona

BY ELEANOR ROWE

In the late nineties, news reached me that my teacher, Jetsunma Ahkon Lhamo was planning to move to Sedona, Arizona along with many of her ordained sangha (including my son). This American-born lama was enthroned at Kunzang Palyul Choling in Maryland by H.H. Penor Rinpoche.

A large temple complex is to be built at the foot of the spectacular red-rock mountains. In addition, a house will be built for Gyatrul Rinpoche on the lot next to Jetsunma's. Delighted with the news and curious to see what was happening, I flew to Arizona in April, 2001 and requested an interview with Jetsunma.

ELEANOR ROWE "Please tell me about the new 36-foot stupa you plan to build in Sedona, recalling the challenges of constructing the Migyur Dorje Stupa at KPC in Maryland. The tallest of more than thirty stupas, it had been built at the suggestion of H.H. Penor Rinpoche to house relics of Terton Migyur Dorje and Kunzang Sherab."

...a medicine man related this ancient prophecy: "In the land of the red rocks, the East will meet the West, and there the flower will bloom and the healing of mankind will begin."

JETS NMA "One of the motivations for building the Migyur Dorje stupa and other excellent stupas is that Americans don't have many places of pilgrimage, places that inspire faith. I have tried to empower each of the stupas with health-giving and life-extending qualities, so that those who are ill or dying have a place to go that is beyond the scope of the ordinary—something that can provide people with the faith to keep going. There have been some healings at these stupas."

Already we have built a small stupa on the Sedona temple land dedicated to the long life of Gyatrul Rinpoche. I want to dedicate the new one to his long life as well."

ER: "Is it really true that Gyatrul Rinpoche will be moving here?"

J: "Oh yes, he is planning to come

and live with us. He still travels, but this will be his main home."

Gyatrul Rinpoche has always offered Jetsunma advice and support. When she told him about the challenges of maintaining the Maryland temple while sustaining new growth in Sedona, he said, "I will come to live with you, and you can take care of me—if I can come and take care of you." The plan, she explained, is for him to teach there too.

Jetsunma enthusiastically concluded: "I think Sedona needs that kind of pure Bodhisattva activity and needs the pure Dharma. Sedona is a spiritual supermarket—everything you could possibly imagine, and the shelves are stocked. People come to Sedona not only for its beauty but to have a spiritual experience. It is a powerful place with sacred energies. Legend has it that red rocks are Dakini rocks."

At the foot of these towering, magnificent rocks, land is being cleared for the future temple. It will accommodate major Dharma events. A community center is planned for less traditionally Buddhist activities, such as generic meditation.

For hundreds of years, native peoples have considered Sedona a powerful spiritual place. In a recent TV program about Sedona, a medicine man related this ancient prophecy: "In the land of the red rocks, the East will meet the West, and there the flower will bloom and the heal-



ing of mankind will begin."

I asked some of Jetsunma's sangha in Sedona, both ordained and lay, to comment about what is happening there. Ani Alyce Louise, a business executive, considers the planned temple a unique opportunity to bring together Buddhist, Native American, and other spiritual traditions "which wish to protect this earth." The new temple, she said, will help spiritual seekers to differentiate between "spiritual mush" and authentic spiritual wisdom.

Ani Lucia, an X-ray technician, observed that from an external per-



spective, the mission of KPC is to build "precious structures that will support the propagation of the Dharma." The underlying mission is always "to cultivate and develop the great Bodhicitta without which nothing would matter."

With all this building, is there time for compassionate activity in the world? The monk Palzang, with some lay volunteers, founded the Bodhi Seed Prison Project, now registered with the Arizona Dept. of Corrections. Ani Anastasis, a former drug addict, is an effective AA leader, and she now works with the developmentally handicapped. Ani Palmo has organized "The Generation of Hope," a group of teenagers dedicated to compassionate projects in Sedona and around the world, including an AIDS orphanage in Africa. Several of Jetsunma's students are hospice volunteers. Still others, such as my son, care for rescued birds in her Garuda bird sanctuary.

When H.H. Penor Rinpoche

enthroned Jetsunma in 1988, he recognized her as the incarnation of Ahkon Lhamo, who, in the sixteenth century, had helped her brother Kunzang Sherab found the Palyul lineage. Gyatrul Rinpoche is recognized as the present incarnation of Kunzang Sherab. It is with joyful anticipation that Jetsunma's students prepare for Rinpoche's arrival and for the dynamic combining of their Dharma activities.

For more information about KPC activities in Sedona, please contact Wib Middleton 520-203-0255, or www.tara.org ■



Clockwise from top: 1) Gyatrul Rinpoche, Jetsunma Ahkon Lhamo, and H.H. Penor Rinpoche; 2) The area of Sedona where the new KPC center will be built; 3) Stupa at Sedona dedicated to the long life of Gyatrul Rinpoche; 4) KPC Sangha; 5) Gyatrul Rinpoche.



EIGHT VERSES FOR TRAINING THE MIND

EIGHT VERSES FOR TRAINING THE MIND



By Geshe Sonam Rinchen
Translated and edited by Ruth Sonam

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam
96 pp., October. #EIVE \$12.95

How do we free ourselves from the demon of self-concern? These instructions are found in Eight Verses for Training the Mind, one of the most important texts from a genre of Tibetan spiritual writings known as lojong (literally "mind training"). The root text was written by the eleventh-century meditator Langritangpa. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations.

"Among the many brilliant texts that the collaboration of Geshe Sonam Rinchen and Ruth Sonam have produced, this one explains in clear terms how to implement the essential practices of compassion, which are so difficult to integrate into one's daily life. What a treasure!"

—JEFFREY HOPKINS

"As a student of Geshe Sonam Rinchen, I can almost see his bright smile and hear his compassionate voice as I read this book. His practical and clear spiritual advice cuts to the core of our problems and shows us the way to resolve them."—BHIKSHUNI THUBTEN CHODRON

"Once more Geshe Sonam Rinchen has presented us with the

authentic tradition of Tibetan Buddhism in this clear explanation of one of its most basic texts. I recommend it highly to all who wish to overcome the depression of self-pity through the development of deep concern for others."—ALEXANDER BERZIN, author

"Geshe Sonam Rinchen has masterfully invoked the full force of a traditional commentary to this classic mind training text that will challenge anyone sincere about confronting their egoism and transforming it into altruism."—TUBTEN PENDE, Director of Education, FPMT Buddhist Centers

Geshe Sonam Rinchen is resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practice.

The following is an excerpt from the chapter titled "The Treasure Trove."

Geshe Langritangpa suggests another way of dealing with provocative situations that cause the disturbing emotions to arise. In our normal everyday life we cannot avoid meeting people who are very difficult.

• People who are difficult to deal with offer us a precious chance to train ourselves to be loving, compassionate and altruistic... That is why they are like a precious treasure.

When trying to forget about ourselves and cherish others, the kind of seclusion that we must seek in such situations is not to isolate ourselves physically but to distance ourselves from self-concern and self-interest.

When I see ill-natured people, Overwhelmed by wrongdoing and pain, May I cherish them as something rare, As though I had found a treasure-trove.

When faced with ill-natured people, we should think about the fact that in the past they failed to see the harmfulness of the disturbing emotions which now overwhelm them. They became accustomed to giving them full rein and this familiarity has carried over into their present life. Nor can they have created much positive energy. All of this accounts for their unpleasant conduct.

There are so many people who are ungrateful for the kindness which others show them. Imagine you have cooked a delicious meal for a sick friend and you bring it to her. In her haste to eat she takes a big mouthful and burns her tongue. Angrily she pushes the plate away or worse still throws it on the ground. Such bad manners, so ungrateful! Our normal reaction would be to feel angered and swear never to do anything for her again. Many people indulge their disturbing emotions and do nothing to curb them. They don't see anything wrong with expressing them. It is as if they are running around stark naked, without the clothing of self-respect and decency.

There are people who commit horrifying ill-deeds, such as the five extremely grave and the five almost as grave negative actions. There are others who have broken their ordination vow as a monk or nun but still shamelessly make private use of what belongs to the spiritual community. This has always been considered very wrong. In a secular context, a similarly serious action would be to appropriate monetary donations or things given to an aid organization and use them for private purposes.

Then there are those suffering intensely from deforming, incurable or contagious diseases, just hearing the name of which makes us feel afraid. When we are faced with these three categories of people, we should not try to avoid or ignore them, pretend we haven't seen them or turn our backs on them. Instead of rejecting them and keeping as far away as possible out of fear or disgust, which we instinctively do, we should regard them with a sense of close-

Message from Lama Zopa Rinpoche about *Eight Verses for Training the Mind*

I am happy to see the publication of this thought transformation text, which contains the Lamrim, the essential advice, the key to open the door of wisdom to understand the 84,000 teachings of the Buddha. Every single word of the entire teachings of the Buddha is an instruction for oneself to achieve enlightenment.

Practicing this thought transformation every day, this essential subject of bodhicitta and the right view with the preliminary renunciation, is integrating and practicing the entire teachings of the Buddha Dharma. In particular, by putting these instructions into practice, you transform suffering into happiness, and obstacles to achieve enlightenment are turned into the support to practice Buddha Dharma. So in this way you have no obstacles to practicing Dharma and achieving happiness.

This is the deepest, best, most beneficial psychology.

The author of this text, Geshe Sonam Rinchen, is someone who has studied the entire teachings. He is a great scholar who did extensive study of the Sutra and Tantra texts, and besides that has unmistakable understanding and knowledge.

Therefore, anyone who devotes their life to learning and practicing this teaching will have great benefit—and no regret in life.

My prayers that this will benefit all sentient beings, and my thanks to Geshe Sonam Rinchen and to the translator.

With much love and prayer,
Lama Zopa

ness and compassionately help them in whatever ways we can.

In the case of those who are doing wrong, we must consider what the consequences of their wrong actions will be and feel as sorry for them as we would for a man who has been condemned to death and who is being led to his execution. Concerning those who are sick, we should remember that their suffering is the consequence of past negative actions and a lack of merit. There is no knowing whether the momentum of those actions will come to an end in this life or whether they will have to endure further suffering in the future. To all of these unfortunate people we should speak kindly and compassionately and try to be helpful in stopping them from doing anything negative. If our advice falls on deaf ears, we shouldn't feel discouraged, but without harshness and without losing our kindheartedness we should continue to do what we can to prevent them causing further harm.

Others' stubbornness can be discouraging and exhausting. Our involvement with them seems to harm us and we would definitely prefer to have nothing further to do with them. The masters of this mind-training tradition urge us to avoid such thoughts at all costs, remembering how easily we could be in their place. Without being condescending, we should give practical help and in imagination take on their suffering with the wish that it should ripen on us.

People who are difficult to deal with offer us a precious chance to train ourselves to be loving, compassionate and altruistic, generous, ethical and patient. That is why they are like a precious treasure. A true practitioner feels responsible for steering them in a positive direction.

Shantideva says:

The beggars in this world are many, Attackers are comparatively few. For as I do no harm to others, Those who do me injury are rare.

Ill-natured and hostile people allow us to practice the patience of willingly accepting difficulties and of taking no account of those who harm us. For this reason it is right to feel delighted when we come across them and to remember their kindness since, unintentionally, they help us along the path to enlightenment.

In fact we do not meet such challenges very often. If we knew there

was treasure underground or on a ship that has sunk, we would go to enormous trouble to bring it up to the surface and would certainly take great care of our find. Encountering people who challenge us in these ways is like finding such a treasure. We should be prepared to invest time and energy because through our contact with them we can increase our capacity to be compassionate. This will eventually lead us to the spirit of enlightenment and all the ensuing benefits.

If we are constantly surrounded by nice people who treat us well and by those who are in good health, we will lack the opportunity to increase our compassion. Therefore, when such a rare opportunity presents itself, we must recognize its value and cherish it. In this way we use adverse circumstances to support our spiritual practice, which is a central theme of the instructions for training the mind.

Practitioners who are already quite accomplished may well find there are relatively few people in relation to whom they can practice patience because they are less easily irritated, but most of us find that there are a lot of annoying people around. The more self-preoccupied and egocentric we are, the more enemies we think we have because anything others do that does not accord with our opinions and views is considered an act of hostility. Even a small unintentional gesture is interpreted as a snub and everything that happens is evaluated only from our narrow egocentric perspective. This can make us feel quite paranoid. One thing is certain, however: if even the great Bodhisattvas manage to find enough people who give them the opportunity to practice patience, we ourselves will certainly come across many more. ■

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Leaked Document Reveals Detailed Chinese PR Campaign Against Dalai Lama

An intricate and orchestrated external public relations campaign to support China's hard-line positions toward the Dalai Lama is outlined in a 22-page Chinese government document, leaked by an official in Beijing.

The document gives a rare and detailed glimpse into the inner workings of a plan to aggressively influence Western public opinion. Much of the document shows how the Chinese government works to create anti-American sentiment and pressure its academics and intellectuals to develop better theories to support the government's positions.

"It is difficult to reverse the present situation where the enemy's fortune on the international arena is running high and ours low," says the document, so it exhorts scholars and academics to produce better intellectual arguments which need to be "understandable and acceptable to the international community."

Currently, aspects of the strategy laid out in the document are being put to use to attack His Holiness the Dalai Lama. The document was presented by Zhao Qizheng, minister in charge of the Information Office of the State Council, at a meeting on June 12, 2000 attended by heads of Tibetology institutes and other research institutes. Academics, scholars and Tibetolo-

gists "must support our propaganda" says the document. Moreover "the very act of writing and publishing—is for external propaganda and public opinion." The document sometimes exhibits a surprising level of candidness. For example, it admits that their propaganda is often "out of tune with the reality in Tibet," and their intellectual arguments are "inadequate to carry out our external struggle."

The document underscores the challenges of a totalitarian government to mobilize its academic and scholarly community against Western concepts of international law, human rights and self-determination. Three books are identified as being particularly significant in forming Western public opinion: Tsering Shakya's *The Dragon in the Land of Snows* (1999), Ken Knaus's *Orphans of the Cold War: America and Tibet's Struggle for Survival* (1999), and Michael van Walt's *The Status of Tibet* (1987). "We cannot underestimate the negative impact of these books on our nation," the documents states. [These books are available from Snow Lion.]

The document also summarizes the strategy and campaigns of the "Dalai clique," making reference to cutting off the "World Bank loan to our population transfer program in Tulan county," disrupting "PetroChi-

na's entry into the American stock market" and the Third Tibet Support Group Conference held in Berlin in May, 2000.

The document will be of intense interest to Western Tibet scholars because they are a central part of Beijing's strategy. Beijing plans to reach out more aggressively to Western scholars in order to "encourage a considerable number of foreign specialists and intellectuals to speak out on our behalf."

■ "...it admits that their propaganda is often 'out of tune with the reality in Tibet.'" ■

"This authoritarian approach is what keeps Chinese research on Tibet in the dark ages," said John Ackerly, President of ICT. "ICT supports academic exchanges with Tibetan scholars, but governments and universities should review their exchange programs and ensure they serve the interests of scholars and not of Beijing," Mr. Ackerly said.

Contact: Evan Field / Bhuchung Tsering 202-785-1515, International Campaign for Tibet, 1825 K Street NW, Washington, D.C. 20006, or go to the ICT website at: www.tibet.ca ■

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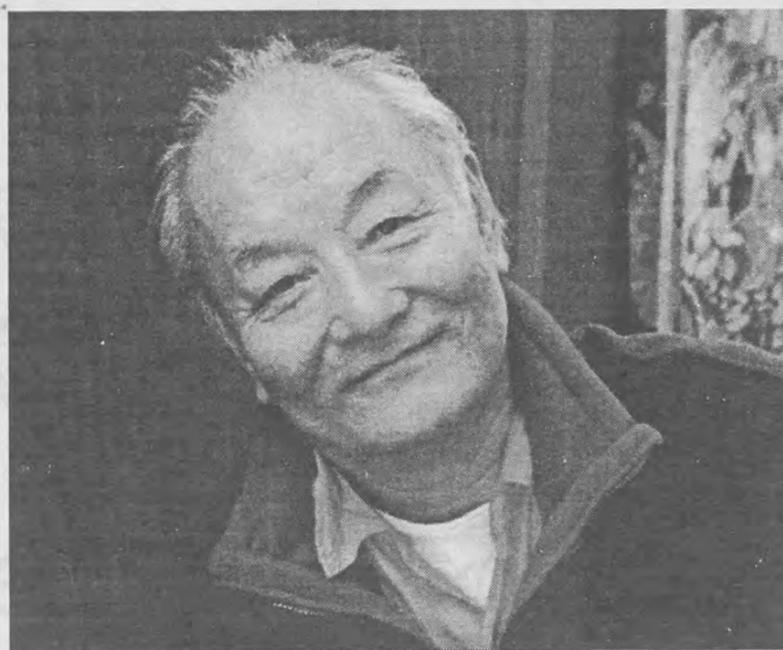
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CHÖGYAL NAMKHAÏ NORBU was born in eastern Tibet in 1938 and at the age of three was recognized as the reincarnation of the great Dzogchen master Adzom Drugpa. He has established centers for the study of Dzogchen throughout the world. The Dzogchen Community in North America is based at Tsegyalgar, in Conway, MA. He will be in residence there in the spring and summer of 2002.

"The teaching of Dzogchen is in essence a teaching concerning the primordial state that is each individual's own intrinsic nature from the very beginning."

From "Crystal and the Way of Light," by Chögyal Namkai Norbu



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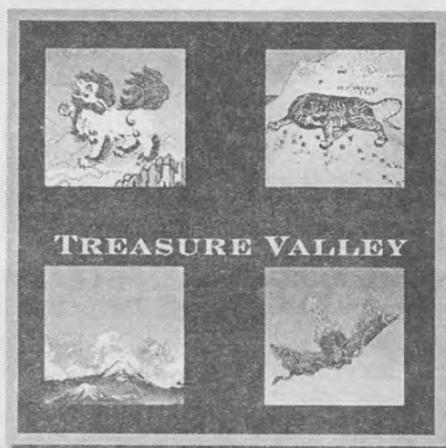
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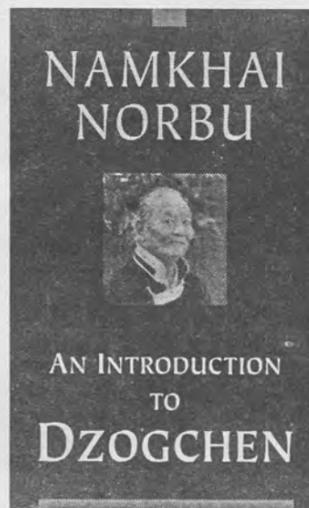
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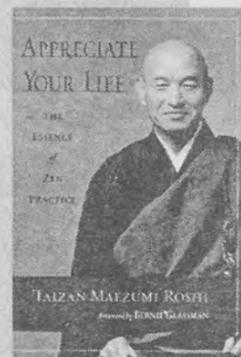
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Chogyal Namkhai Norbu is one of the primary living masters of Dzogchen and is the founder of the Dzogchen Community with centers all over the world. He is author of *The Supreme Source*, *Dzogchen: The Self-Perfected State*, *The Crystal and the Way of Light*, *Dream Yoga and the Practice of Natural Light*, and *The Eight Movements of Yantra Yoga*. ■

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Continued from page 1

just another hobby, it is in fact the most important part of our lives. Nor is the cultural aspect key, but rather, the implementation of the practice. He concluded by reciting his daunting schedule for the remainder of the year which, besides the annual Spring retreat in Frederick, includes an around-the-world tour, starting with a pilgrimage to Mt. Kailash, followed by appearances in Malaysia, Europe, and Hawaii.

TMC President Paul Palmer then graciously recounted Rinpoche's multitudinous achievements from the time he was ordained bhikshu (full-monk) by Kalu Rinpoche, to his arrival in America nearly 20 years ago, until his present enthronement as Khenchén. Working in the early days in the US under conditions which Palmer termed "spartan," Rinpoche not only taught tirelessly, but translated numerous sadhanas, authored seven books of lineage prayers, and histories (including *The Jewel Ornament of Liberation* and the forthcoming *The Garland of Mahamudra Practices*—available through Snow Lion), and twice hosted H.H. the Dalai Lama at the Center—all between teaching engagements in North and South America, Europe and Asia. By popular demand he established additional Drikung centers around the world, thus making Dharma in general more available to the public, while establishing the Drikung lineage in particular as a solid, widespread presence. When the Tibetan Meditation Center moved from DC to its present, expanded quarters in Frederick, Rinpoche continued a back-breaking schedule of writing (the Center

founded its own publishing company, Vajra Publications); hosting such eminent teachers as HH the Drikung Kyabgon, H.E. Garchen Rinpoche, and the yogi, Drubwang Konchog Norbu; ordaining Western monks and nuns; and establishing annual Spring Retreats. In addition, he has made smaller appearances at schools, colleges, and prisons, and has granted numerous interviews to the press. Because of his unflagging efforts, combined with the purchase of 36 acres of mountainside property in Frederick, the Center looks forward to a future in which it will doubtless draw retreatants from all over America.

Palmer also remarked on Rinpoche's unblemished maintenance of ethical discipline, a cherished trait in this time of degeneration, and one which has inspired the respect of visiting teachers, as well as the confidence and veneration of his students. The Drikung Kyabgon himself has noted that Rinpoche "protects his pure monk's vows as fiercely as his own eyes," and Center members know that he has always avoided even the hint of administrative divisiveness. In this way he has taught as much by example as through formal instruction.

Rinpoche's long-time followers are gratified that his back-breaking efforts, which for many years were seemingly valued below their full worth, are now being acknowledged both officially by his recent enthronement, and by students around the world who are manifesting a growing eagerness to avail themselves of his gems of wisdom. Rinpoche's *Long Life Prayer* reflects the sentiments and well-wishes of all his followers in the words: "You...who shine with a hundred thousand light rays of the ethical discipline of the Buddhaharma, may you, Khenchén Ratna Dwaza, live long!" ■

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Presentations and discussions on MONASTIC TRAINING

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October 18-21, 2001

The theme of the 7th Buddhist Monastic Conference, which will be held in October 2001, is "Monastic Training." The presentation topics will be:

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- Transforming Worldly Ways into Monastic Ways
- The Heart of the Life—Devotion and Service
- Where Are We Going?

These discussions will provide opportunities for us to broaden our understanding of these topics, expand our capacity to work within our own communities and gain greater appreciation and understanding of other communities in these areas.

This year the host is The City of Ten Thousand Buddhas Monastery. Our monastic conferences are for Western monastics to gather together and spend time learning about each other's works and practices as well as providing an opportunity for us to be rejuvenated in a monastic setting. In this same spirit, this conference is open to monastics from all Buddhist traditions and cultures and for persons who are seriously interested in becoming a monastic, following traditional vows, which include observing celibacy.

If you are interested in joining us, please contact:

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- H. E. Choje Ayang Rinpoche



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ANSWERS

Continued from page 1

tion for His Holiness the Dalai Lama to spend several days in January or February in residence in Bodhgaya. During this time, Buddhists from all over the world gather to listen to the teachings of His Holiness and to share in days of prayer and meditation. Especially for the Tibetan Buddhists in exile, for the thousands who flock from Tibet for this occasion, and for the Indian Buddhists from the border areas of Ladakh, Kulu, Arunachal Pradesh and so forth, it is an opportunity not only to make pilgrimage to the place of the Buddha's enlightenment, to pray and to make prostrations under the Bodhi tree, and to circumambulate the central temple, it is an opportunity to engage in all of these practices during the visit of the Dalai Lama, who for them and for thousands of other Buddhists throughout the world, is a source of inspiration and the embodiment of living and active Buddhist principles.

For the community of Western Buddhists as well, winter in Bodhgaya is a time for rejoicing, meeting old friends, and especially for practicing mental cultivation. Several meditation courses meet during this

- When we come into contact with the followers of different religions, we should not argue. Instead, we should advise them to follow their own beliefs as sincerely and as truthfully as possible. For if they do so, they will no doubt reap certain benefits.

time, and there is usually some form of translation available for those who wish to attend the teachings of His Holiness. In addition, beginning in 1981, His Holiness has given group interviews to the Westerners.

Sometimes the discussions, which invariably have taken the form of question and answer sessions, were granted to groups at the close of a meditation retreat and were restricted to those who participated in that retreat (as in the case with the second discussion in this collection). The majority of the meetings, however, were open to the general public. They were held, almost exclusively, in the Tibetan Temple in Bodhgaya.

Because of the spontaneous and dialogical nature of the interviews, they tended to differ in mood and content from year to year. Still, they all share one common quality: that the questions asked are topical, the issues dealt with reflecting the current concerns of the participants, both Buddhist and non-Buddhist. In a very real way, the questions raised bring up problems that all of us face today. The range of topics is vast. We find philosophical discussions of the doctrine of emptiness, questions concerning the role of monks and nuns in the world today, and debates concerning particle physics, not to speak of questions dealing with politics, psychology, and Tantra. In short, within these few pages, we find the entire gamut of religious and secular human concerns.

I myself was present at the first discussion and was the translator for the fourth. I have witnessed through the years the uniqueness of these occasions, and so, when I was approached to bring out that year's discussion in published form, I realized how worthwhile it would be to compile the Bodhgaya discussions in a single volume. To this end, I have gone through tapes of all of the

discussions, have scrutinized all portions in which His Holiness spoke in Tibetan to insure accuracy and to avoid the types of omissions to which spontaneous translation is heir. I have, of course, edited the entire text. Nonetheless, with a view to preserving the original flavor of the dialogues as much as possible, I have tried to keep editing to a minimum.

Here are some selected questions and answers from the book.

QUESTIONER: *But aren't the objects of Tantric meditation just imaginary things without any reality?*

HIS HOLINESS: Certainly, at the outset these objects are just mind-created. In the beginning of the practice the various objects one realizes are simply imaginary. Nonetheless, they serve a special function and each has a specific purpose. Their being imaginary does not deprive them of efficacy.

QUESTION: *How do things exist if they are empty of inherent existence?*

HIS HOLINESS: The doctrines of emptiness and selflessness do not imply the non-existence of things. Things do exist. When we say that all phenomena are void of self-existence, it does not mean that we are advocating non-existence, that we are repudiating that things exist. Then what is it we are negating? We are negating, or denying, that anything exists from its own side without depending on other things. Hence, it is because things depend for their existence upon other causes and conditions that they are said to lack independent self-existence.

To put it another way, if we search for an object, subjecting it to logical analysis, it cannot be found. Whatever the object may be, whether it is mental or physical, whether it is nirvāṇa or Śākyamuni Buddha himself, nothing can ever be found when it is searched for, when it is subjected to logical inquiry.

Now you see, we have this belief in an "I." We say "I am so and so" or "I am a Buddhist." If we investigate the implications of this, we cannot but conclude that the self, or "I," exists. Where there is a belief, there must be a believer, so there must be sentient beings. There is no question whether or not there exist beings — of course beings exist. The Dalai Lama exists. Tibetans exist. There are Canadians and there are the English. Since England exists, there must be Englishmen, and an English language. This is what we are speaking now. That there are beings who are at present speaking English is a fact which no one can deny.

But if we now ask ourselves "where is this English which we are all speaking?" "where are the Englishmen?" "where is the 'I'?" "where is the self of the Dalai Lama?" we might be tempted to say that because no self is to be found when analyzed with logical reasoning, that there is no self at all. But this is wrong. We can, for example, point to the Dalai Lama's physical form, his body, and we know that the Dalai Lama has a mind. My body and mind belong to me. So if I didn't exist at all, then how could I be the "owner" of my body and mind? How could they be "mine"? The body and mind belong to someone, and that someone is the "I." It is because the body belongs to the self that, when we take an aspirin and the body feels better, we say "I feel better." So it is because it is meaningful to say "I am not well" when the body is not well, it is because we sometimes get angry with ourselves when our mind forgets something and we say, "Oh, I'm so absent-minded," it is because all of these situations and forms of expression do occur and are meaningful, that we know there must exist a conventional, or nominal, "I."

Now, apart from the body and mind, there can be no "I," and yet, if we search for the self among our mental and physical aggregates,

there is no "I" to be found. So the point is this: there is an "I" but it is something that is merely labeled in dependence upon the body and

mind. Now the body itself is something which is material, and it is an entity composed of many parts, and

(Continued on next page)

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ANSWERS
Continued from page 12

it too, if searched for among those parts, cannot be found.
This applies equally to all phenom-

ena, even to Maitreya Buddha himself. If we look for Maitreya Buddha among his aggregates, we cannot

find even him. Since ultimately even Buddhas do not exist, we know that ultimately there can be no person, or self, of any kind. However, conventionally, there is a Maitreya Buddha. His statue or image we can see for ourselves here in the temple. Now again, let us consider the image. It has different parts: the head, the torso, the hands, and feet. Apart from these there is no image of Maitreya Buddha. The image is simply a composite of these different parts labeled by the name "image of Maitreya Buddha." So the conclusion is this: if we investigate and search for any object, we could spend years and years and never find it. This means that the image of Maitreya, for example, does not exist from its own side. It is something that is only labeled by our minds. It does not exist inherently, and so it must be an entity only imputed, or labeled, by the mind. Though the image does not ultimately exist, nonetheless, if we take the image as our object in visualization, for example, and worship it, etc., the merit is accrued and benefit will come.

QUESTION: Can you explain how Tantric meditation achieves the

enlightened state so much more quickly than vipaśyanā, i.e. insight meditation?

HIS HOLINESS: In Tantric meditation, particularly in the practice of Anuttarayoga Tantra, while one is realizing emptiness, the ultimate truth, one controls thought through the use of certain techniques. In the Sūtrayāna, the non-Tantric form of the Mahāyāna, there is no mention of these unique techniques involving the yogic practices of controlled breathing and meditation using the inner channels and cakras, etc. The Sūtrayāna just describes how to analyze the object, i.e. how to come to gain insight into the nature of the object through reasoning, etc. The Anuttarayoga Tantra, however, teaches, in addition to this, certain techniques which use the channels, subtle winds, etc. to help one to control one's thoughts more effectively. These methods help one to more quickly gain control over the scattered mind and to achieve more effectively a level of consciousness which is at once subtle and powerful. This is the basis of the system.

The wisdom that realizes emptiness, that has gained insight into the nature of reality, is of varying kinds, depending upon the level of subtlety of the consciousness perceiving the emptiness. In general, there are rough levels of consciousness, more subtle levels, and then the innermost subtle level of consciousness. It is the uncommon characteristic of Tantric practice that through it one can evoke this most subtle consciousness at will and put it to use in a most effective way. For example, when emptiness is realized by this subtlest level of mind, it is more powerful, having a much greater effect on the personality.

In order to activate or make use of the more subtle levels of consciousness, it is necessary to block the rougher levels — the rougher or grosser levels must cease. It is through specifically Tantric practices, such as the meditations on the cakras and the channels (nadis), that one can control and temporarily abandon the rougher levels of consciousness. When these become suppressed, the subtler levels of consciousness become active. And it is through the use of the subtlest level of consciousness that the most powerful spiritual realizations can come about. Hence, it is through the Tantric practice involving the most subtle consciousness that the goal of enlightenment can most quickly be realized.

QUESTION: It is generally said that teachers of other religions, no matter how great, cannot attain liberation without turning to the Buddhist path. Now suppose there is a great teacher, say he is a Saivite, and suppose he upholds very strict discipline and is totally dedicated to other people all of the time, always giving himself. Is this person, simply because he follows Śiva, incapable of attaining liberation, and if so, what can be done to help him?

HIS HOLINESS: During the Buddha's own time, there were many non-Buddhist teachers whom the Buddha could not help, for whom he could do nothing. So he just let them be.

The Buddha Śākyamuni was an extraordinary being, he was the manifestation, the nirmāṇakāya, or physical appearance, of an already enlightened being. But while some people recognized him as a Buddha, other regarded him as a black magician with strange and evil powers. So, you see, even the Buddha Śākyamuni himself was not accepted as an enlightened being by all of his contemporaries. Different human beings have different mental predispositions, and there are cases when even Buddha himself could not do much

(Continued on 16)

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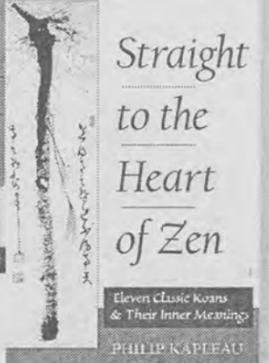
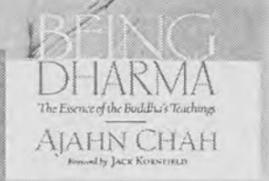
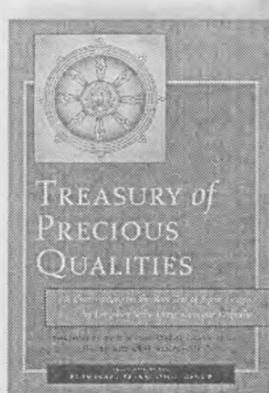
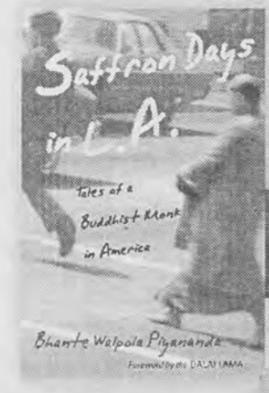
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Sept 14-16 The Song of Lodro Thaye Khenchen Thrangu Rinpoche

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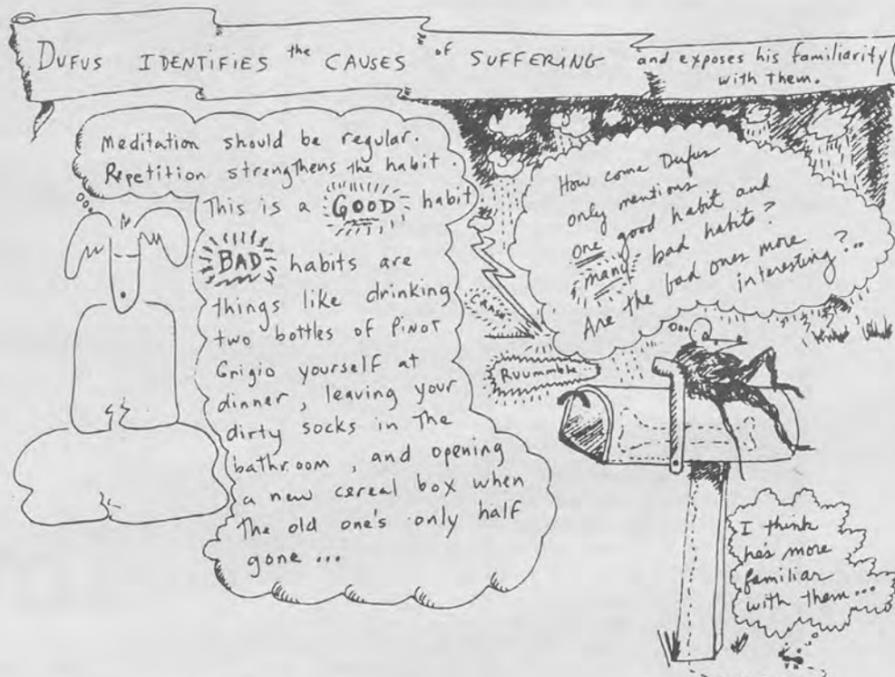
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This edition's guest cartoonist is the mysterious "D."

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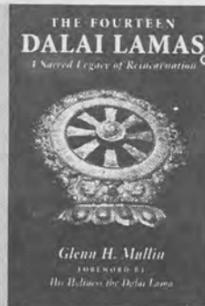
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Foreword by His Holiness the Dalai Lama



The Fourteen Dalai Lamas: A Sacred Legacy of Reincarnation captures the life stories of all 14 Dalai Lamas for the first time in one volume. Glenn H. Mullin has also selected characteristic excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism they expressed in their lives. Beginning with the birth of the 1st Dalai Lama in a cowshed in 1391, the author presents the lore and history surrounding the lives of each subsequent reincarnation.

Illustrations
576 pp, 6 x 9
ISBN: 1-57416-039-7
(cloth) \$29.95



Glenn H. Mullin with the Dalai Lama

From the Foreword by His Holiness the Dalai Lama

"It is nearly thirty years since Glenn H. Mullin first arrived in Dharamsala and began to take an interest in the works of the Dalai Lamas. I admire the persistence with which he has pursued this interest and have sometimes wondered if he has not found out more about them than even I know. Many people have told me that he reveals an ability in his books to make things Tibetan accessible and easily understood to ordinary readers. Therefore, I welcome this volume that is the first to give some account of the lives of all the Dalai Lamas, along with examples of some of their works. I pray that readers will find here some inspiration in their own quest for inner peace."

"Glenn Mullin's *The Fourteen Dalai Lamas: A Sacred Legacy of Reincarnation* offers thousands of anecdotes, facts and legends about the spiritual leaders of Tibet throughout the last six centuries. Well researched and engagingly written, this may prove to be the definitive source on Tibet's Fab Fourteen." (*Publishers Weekly*)

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ANSWERS
Continued from page 13

to overcome these — there was a limit.

Now today, the followers of Śiva have their own religious practices, and they reap some benefit from engaging in their own forms of worship. Through this, their life will gradually change. Now my own position on this question is that Śiva-jī's followers should practice according to their own beliefs and traditions, Christians must genuinely and sincerely follow what they believe, and so forth. That is sufficient.

QUESTIONER: *But they will not attain liberation.*

HIS HOLINESS: We Buddhists ourselves will not be liberated at once. In our own case, it will take time. Gradually, we will be able to reach mokṣa, or nirvāṇa, but the majority of Buddhists will not achieve this within their own lifetimes. So there's no hurry. If Buddhists themselves have to wait, perhaps many lifetimes, for their goal, why should we expect that it be different for non-Buddhists? So, you see, nothing much can be done.

Suppose, for example, you try to convert someone from another reli-

gion to the Buddhist religion, and you argue with them trying to convince them of the inferiority of their position. And suppose you do not succeed, suppose they do not become Buddhist. On the one hand, you have failed in your task, and on the other hand, you may have weakened the trust they have in their own religion, so that they may come to doubt their own faith. What have you accomplished by all this? It is of no use. When we come into contact with the followers of different religions, we should not argue. Instead, we should advise them to follow their own beliefs as sincerely and as truthfully as possible. For if they do so, they will no doubt reap certain benefits. Of this there is no doubt. Even in the immediate future, they will be able to achieve more happiness and more satisfaction. Do you agree?

This is the way I usually act in such matters, it is my belief. When I meet the followers of different religions, I always praise them, for it is enough, it is sufficient, that they are following the moral teachings that are emphasized in every religion. It is enough, as I mentioned earlier, that they are trying to become better human beings. This in itself is very good and worthy of praise. ■

Tibet Fund

Founded in 1981 with the blessing and advice of H.H. the Dalai Lama, the Tibet Fund presently administers more financial assistance to the Tibetan community than any other single aid organization. They support economic and community development projects in the refugee communities in India and Nepal, provide emergency relief and resettling for new refugees who have fled Tibet, improve health conditions in the refugee communities, preserve the traditional Tibetan medical system, provide scholarships to Tibetans students and professionals, preserve Tibetan culture and promote cultural exchange, and provide assistance for health, education and economic development projects inside Tibet. If you would like detailed information on how you can help, please contact: Tibet Fund, 241 East 32nd Street, New York, NY 10016, 212-213-5011. ■

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TIBET PILGRIMAGE

With Glenn H. Mullin



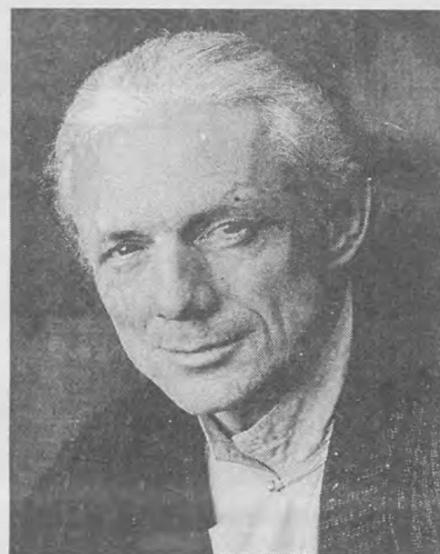
Pilgrimage has long been used by Tibetan Buddhists as a method of healing both body and mind, as well as for rejuvenation of the spirit, and personal growth and transformation. It is also a lot of fun.

Join me on one of two pilgrimages in 2001: the first in late May and the second in late September, both of which travel through the Buddhist power places of Nepal and Central Tibet. I will also be leading a pilgrimage to Mt. Kailash in June of 2002 and to the Lake of Visions in 2003. For those who are interested, after each pilgrimage is over and we are safely back in Kathmandu I usually organize a "motorbiking the Himalayas" outing of several days, using small (and thus easily driven) rental machines available in Nepal.

The company for which I previously led Tibet trips (Mystical Journeys/Travels for the Soul) recently melted into the great void. I therefore will be leading these pilgrimages through Dharma Passages. Contact me by e-mail (gmullin@compuserve.com) or visit our web site: www.dharmatravel.com Or telephone us at 770-907-3729.

Nepal/Central Tibet pilgrimages: \$2,900 plus airfare to/from Kathmandu. Mt. Kailash \$4,200 plus airfare to/from Kathmandu. The international airfare usually comes in at somewhere between \$1,200 and \$1,300 from either New York or LA. These days many travelers use their airmiles for these flights.

Pilgrimage Leader: Glenn H. Mullin lived in the Himalayas for twelve years, studying under many of Tibet's greatest spiritual masters. He has over a dozen books in print, and divides his time between writing, lecture tours, and leading pilgrimages to the power places of Central Asia.



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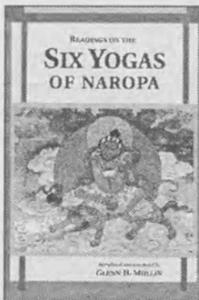
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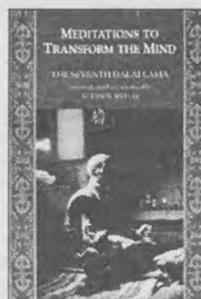
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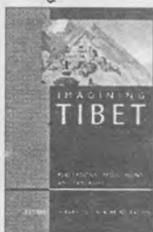
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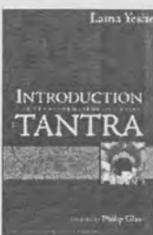
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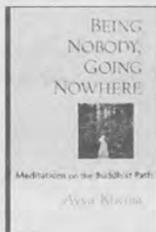
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H.H. SAKYA TRIZIN'S U.S. SEAT ESTABLISHED
Continued from page 1

All-Encompassing Great Compassion. Now that the land and buildings have been acquired to establish a base for the new temple, it must be filled with statues, scriptures, and practitioners. This project will certainly bring great auspiciousness and benefit to the many beings who are sincerely interested in Lord Buddha's Dharma. Please keep this project in your thoughts."

His Holiness chose the new temple's site. Although he had not visited the area, through his wisdom he precisely identified the location and the property's characteristics, and the site was located, just as he described. "The property that His Holiness directed us to is not only perfectly suited for Dharma activities, it is very conveniently

grounds are already cleared, graded and landscaped, suitable for future large-scale construction. The temple is conveniently located only 15 minutes from an international airport, the New York Thruway, and Routes 84 and 87.

Since the property was purchased in April, all of the necessary government permits and approvals have been acquired, and students from all over the East Coast have spent weekends at the new temple renovating and beautifying the property. "The creation of a temple as His Holiness' seat here in the U.S. is as exciting for us here in the U.S. as the founding of the original Sakya Monastery must have been for people who lived in Tibet one thousand years ago," said one of His Holiness' students who has spent several weekends working at the property. "I feel very fortunate that have the good karma that I can work on the temple in its early stages."

Dharma activities at Tsechen Kunchab Ling will begin September 1-3 with a great gathering of lamas from the Sakya Trizin's Dharma Centers in Canada and North America for three days of teachings, ceremonies and prayers. The event will feature a recounting of the history of the Sakya Tradition, and some of the most famous teachings from five great Sakya founders and other lineage lamas, as well as a long-life ceremony for His Holiness the Sakya Trizin's birthday. Many Dharma students from around the country are expected to attend, and everyone is welcome. Housing and accommodations are available.

located," said Venerable Lama Kalsang Gyaltzen. "Only about an hour's drive from New York City, it is a central location for the east-coast Sakya Centers in New York City, Washington D.C., and Boston. There are also many Tibetan people living in the New York City area. His Holiness' new seat is not far from a number of other Tibetan and other Buddhist temples and monasteries."

The new temple, Tsechen Kunchab Ling is situated on five acres on a quiet lane in the Catskill Mountains, on the outskirts of the small village of Walden, New York. The property includes a century-old historic inn, a large shrine hall for 300 people, a smaller shrine hall, and 15 retreat rooms and cabins. The

Beginning in the fall, the temple will offer a full schedule of Dharma classes, retreats, and training sessions. Venerable Lama Kalsang Gyaltzen explained, "Our goal is to develop the temple under the close guidance and direction of H.H. the Sakya Trizin in such a way as to realize his vision of creating a place here in the United States where both ordained and lay people can devote themselves to study, contemplation, and meditation."

For more information about Tsechen Kunchab Ling and its activities, see www.sakyatemple.org Or call (301)592-9286. To get the temple's monthly e-mail DharmaGram, send a message to info@sakyatemple.org ■

• "The creation of a temple as His Holiness' seat here in the U.S. is as exciting for us here in the U.S. as the founding of the original Sakya Monastery must have been for people who lived in Tibet one thousand years ago."

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As a bisexual male, it would be nice to have a gay or lesbian or bisexual sponsor(s). In doing so, I believe we are empowering gay men and women who are thinking about entering the path.

Similarly, I want to openly acknowledge the gay community and let them know that there is a place for them in Dharma.

For more information, please contact me, Könchok Rangdrol, (C. J. Plourde) at: 36 Indiana Terrace, Newton, Massachusetts, 02464, or by email at: krangdrol@hotmail.com

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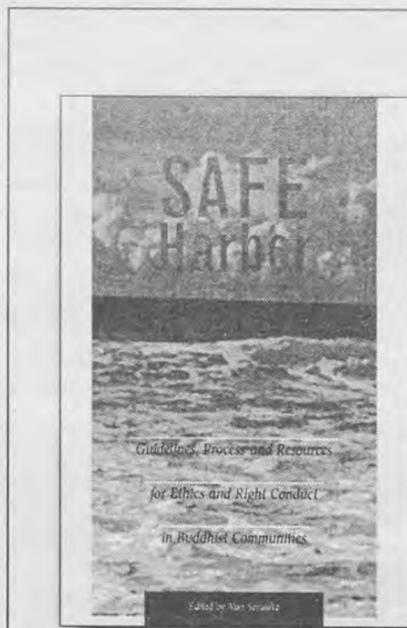
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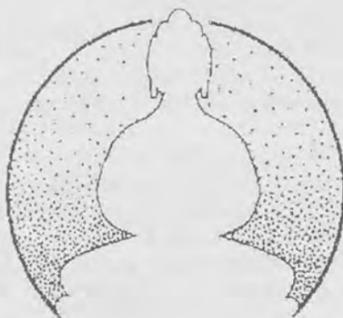
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Canada Tibet Newsletter (quarterly, \$20) Canada Tibet Committee, 4675 Coolbrook Ave, Montreal, Quebec H3X 2K7, Canada. International news as well as information of interest to Tibet supporters in Canada.

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

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

Snow Lion Newsletter (quarterly, free) Snow Lion Publications, PO Box 6483, Ithaca, New York 14851. tel: 607-273-8519. This is the paper you are presently reading. It is available to anyone on request and sent for free. We are also on the World Wide Web: <http://www.snowlionpub.com>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

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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

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

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

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

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

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On the cultural side, we recommend:

Men-Tsee-Khang Newsletter, Publication of the Tibetan Medical & Astrological Institute of H.H. the Dalai Lama (quarterly, donation for expenses requested), Gangchen Kyishong, Dharamsala, 176215, India. Tmai@ndf.vsnl.net.in

The Tibet House Drum, Tibet House New York, 22 West 15th Street, New York, NY 10011, 212-807-0563. Features Tibetan activities in the NYC area.

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. ■

Dr. Barry Clark's Tibetan Medicine Teaching Tour 2001

Dr. Barry Clark is the world's foremost Western expert on Tibetan Medicine and the only fully trained Western Tibetan doctor. During his Summer / Fall 2001 tour of the U.S.A. Dr. Clark will give lectures, slide shows and weekend workshops at all of the venues on his tour schedule. Topics covered will include a brief history of the Tibetan Medical System, the (not always healthy)

nature of the healthy body, the nature and manifestations of disease in the Tibetan System, the profound and ancient techniques of pulse, urine and tongue diagnosis (including practical hands-on sessions), detailed expositions of dietary/nutritional and behavioral/lifestyle factors, the tastes, potencies, properties and uses of spices, herbs/healing plants, minerals, gemstones, etc.

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Dr. Barry Clark's 2001 Tour

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EIGHT VERSES FOR TRAINING THE MIND

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam
96 pp., October. #EIVE \$12.95

How do we free ourselves from the demon of self-concern? These instructions are found in *Eight Verses for Training the Mind*, one of the most important texts from a genre of Tibetan spiritual writings known as lojong (literally "mind training"). The root text was written by the eleventh-century meditator Langri Tangpa. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations.

"As a student of Geshe Sonam Rinchen, I can almost see his bright smile and hear his compassionate voice as I read this book. His practical and clear spiritual advice cuts to the core of our problems and shows us the way to resolve them."—BHIKSHUNI THUBTEN CHODRON

"Mind training is extremely important for those who wish to practice seriously the Buddha Dharma & Mahayana tradition. Geshe Sonam Rinchen is a qualified teacher, and Ruth Sonam has done an excellent job of translating his works throughout the years."—GESHE TSULTIM GYELTSEN, Thubten Dhargye Ling

"Once more Geshe Sonam Rinchen has presented us with the authentic tradition of Tibetan Buddhism in this clear explanation of one of its most basic texts. I recommend it highly to all who wish to overcome the depression of self-pity through the development of deep concern for others."—ALEXANDER BERZIN, author

"Geshe Sonam Rinchen has masterfully invoked the full force of a traditional commentary to this classic mind training text that will challenge anyone sincere about confronting their egoism and transforming it into altruism."—TUBTEN PENDE

Geshe Sonam Rinchen is resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practice.

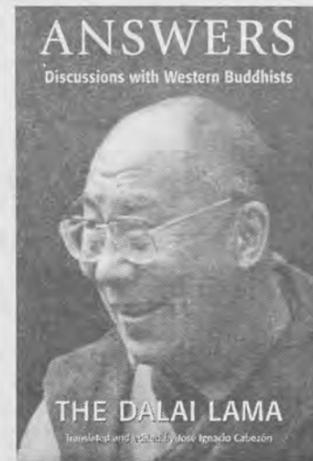


"Among the many brilliant texts that the collaboration of Geshe Sonam Rinchen and Ruth Sonam have produced, this one on the essential practices of compassion, so difficult to implement in daily life, explains in clear terms just how to do this. What a treasure!"

—JEFFREY HOPKINS

"This is a great book! The richness of this book lies in its simple spontaneity and breadth of subject matter."

—The Tibet Journal



ANSWERS
Discussions with Western Buddhists

by the Dalai Lama, trans. & ed. by José Ignacio Cabezon
102 pp., September. #AN \$12.95

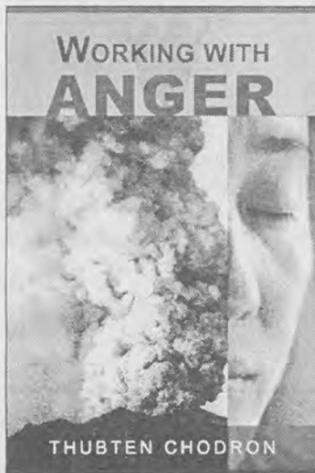
In India, at the place where the Buddha attained enlightenment, it became a well-established tradition for the Dalai Lama to spend several days each year giving teachings to Buddhists from all over the world. Following his teachings, he held informal group discussions with Western students of Buddhism. In these lively exchanges the Dalai Lama exhibits clear and penetrating insight into issues that are most important to Western students. Some of the topics discussed are: psychology, Christianity, being a practicing Buddhist in the West, spiritual teachers, reincarnation, emptiness, tantra, protector deities, liberation, meditation, compassion, disciplining others, the power of holy places, and retreats.

"Throughout these wide-ranging discussions, the Dalai Lama shows himself once again to be a superb scholar of Buddhist philosophy with a strong penchant for practicality...one of the most fascinating religious figures of our time."—DONALD S. LOPEZ, JR., author of *Prisoners of Shangri-la and Curators of the Buddha*

"Here is a pleasing introduction into the mind of a living saint. And for those initiates among us, here is a reminder of simplicity in the way in which to approach issues which concern us all."—The Tibet Journal

José Ignacio Cabezon holds the Dalai Lama XIV Chair in Tibetan Buddhism and Cultural Studies in the Religious Studies Department at the University of California, Santa Barbara and is the author of *A Dose of Emptiness*.

(Originally published as *The Bodhgaya Interviews*.)



WORKING WITH ANGER

by Thubten Chodron
128 pp., October. #WOAN \$12.95

Anger plagues all of us on a personal, national, and international level. Yet, we see people, such as the Dalai Lama, who have faced circumstances far worse than many of us have faced—including exile, persecution, and the loss of many loved ones—but who do not burn with rage or seek revenge. How do they do it?

Working with Anger presents a variety of Buddhist methods for subduing and preventing anger, not by changing what is happening, but by framing it differently. No matter what our religion, learning to work with our anger is effective for everyone seeking personal happiness as well as world peace.

"By presenting in everyday language the Buddhist methods for overcoming and preventing anger, Bhikshuni Thubten Chodron has made accessible time-tested practical guidelines that can be helpful for everyone."—ALEXANDER BERZIN, author of *Relating to a Spiritual Teacher* and *Developing Balanced Sensitivity*

"Thubten Chodron offers her insights on anger, the ways that it manifests in our lives and the ways that we can skillfully work to transform it. Both inspiring and humble in its approach, this book is sure to be a help to many."—SHARON SALZBERG, meditation teacher and author of *Lovingkindness: The Revolutionary Art of Happiness* and *A Heart As Wide As the World*

American Buddhist nun Thubten Chodron lives in Seattle and travels worldwide, teaching and leading meditation retreats. She is the author of *Open Heart, Clear Mind* and *Buddhism for Beginners*.

"In *Working with Anger*, Thubten Chodron offers us a kind and genuinely helpful guide to handling one of the greatest challenges in living an emotionally intelligent life."

—DANIEL GOLEMAN, author, *Emotional Intelligence*

SACRED GROUND

Jamgon Kongtrul on Pilgrimage and Sacred Geography
by Ngawang Zangpo. 256 pp., 14 b&w photos, October. #SAGR \$24.95 cloth

A Tsadra Foundation Series book

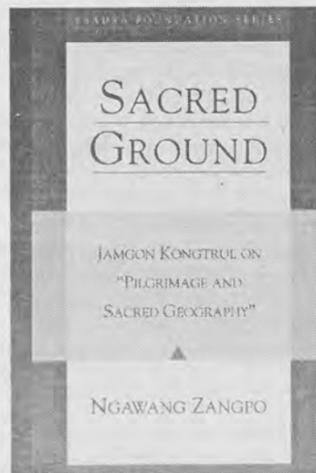
Sacred Ground describes two journeys: a journey outward to specific pilgrimage places in Eastern Tibet; and a journey inward, to the sacred world of tantra, accessible through contemplation and meditation. It sheds light on Himalayan Buddhists' concepts of sacred land, places of pilgrimage in tantric Buddhism, and how pilgrimage is undertaken. It enhances our appreciation of the world and its sacred aspect everywhere—first and foremost, wherever we sit now. On the basis of a judicious choice of rare Tibetan texts, translated here for the first time, correlating inner and outer pilgrimage, this book is of considerable value to the Buddhist practitioner.

"*Sacred Ground* is a revelation! Here for the first time in any Western language are several key ideas: the exact way outer sacred lands relate to points in the tantric body and the parallel terminology between the types of sacred ground and the stages of attainment. Ngawang is precise and to the point."—HUBERT DECLEER, Director of the Tibetan Studies Program of the School for International Training, and author of *Lightning Terror*

"*Sacred Ground* is like a rich mineral spring bubbling over with important information that will help Buddhists better appreciate the tremendous talent and profound spiritual realization of these great lineage holders and their lineages which through their kindness have passed into our hands."—Sangye Khandro, translator of *Perfect Conduct* and *The Life of Mandarava*

Jamgon Kongtrul Lodro Taye (1813-99) was one of the most outstanding Tibetan writers and teachers of his time.

Ngawang Zangpo (Hugh Leslie Thompson) lives in Santa Cruz, CA.



"Ngawang Zangpo has again given us a well-researched and richly informative setting to another jewel from Jamgon Kongtrul's writings. Anyone who is a pilgrim, in any sense of the term, will find this book fascinating."

—RICHARD BARRON (CHÖKYI NYIMA), translator of *Buddha-hood without Meditation* and *The Way of Abiding*



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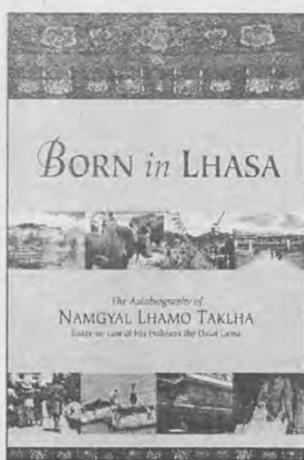
THE BODHISATTVA VOW

by Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam. 237 pp. #BOVOW \$14.95

Bodhisattvas, the great beings of Mahayana Buddhism, are those who have generated bodhicitta, resolving to gain enlightenment in order to bring about lasting happiness for all living beings. This volume of oral teachings by Geshe Sonam Rinchen explains this altruistic wish to attain enlightenment and the precepts of training which accompany it.

Implementing the resolve to gain enlightenment for the sake of all living creatures involves engaging in the marvelous activities of Bodhisattvas. In order to engage in these activities and live the life of an authentic Bodhisattva, one takes the Bodhisattva vow.

Before His Holiness the Dalai Lama bestows the Bodhisattva vow, he often teaches the short text known as the *Twenty Verses on the Bodhisattva Vow* by the Indian master Chandragomin. Chandragomin's text discusses some of the most important features regarding the vow, such as from whom it should be taken, how one should prepare for receiving it, what constitute transgressions of the vow, and how they should be purified. In clear and accessible terms, Geshe Sonam Rinchen explains how to take and then safeguard the Bodhisattva vow.



BORN IN LHASA

by Namgyal Lhamo Taklha. 222 pp., 24 b&w photos #BOLH \$14.95

"I enjoyed this book from cover to cover."—Rinchen Dharlo, President of Tibet Fund and the Conservancy for Tibetan Arts and Culture

"In fascinating detail, one woman's story documents a nation's history."—Whitney Stewart, author of *The 14th Dalai Lama*

Namgyal Lhamo Taklha recounts her remarkable life in *Born in Lhasa*. She describes her childhood in a Tibet that no longer exists and chronicles her life and work on four continents. It is an engaging history of the Tibetan diaspora—dramatic and filled with anecdotes. Taklha's autobiography differs from those of other prominent Tibetans because she discusses the unexpected challenges of living in America and Europe.

Mrs. Taklha married the immediate elder brother of His Holiness the Fourteenth Dalai Lama. She is a member of the elected Parliament of the Tibetan Government-in-Exile and serves as Minister of Health.



CHOOSING SIMPLICITY

A Commentary on the Bhikshuni Pratimoksha by Venerable Bhikshuni Master Wu Yin, trans. by Bhikshuni Jendy, ed. by Bhikshuni Thubten Chodron. 338 pp. #CHSI \$15.95

CHOOSING SIMPLICITY

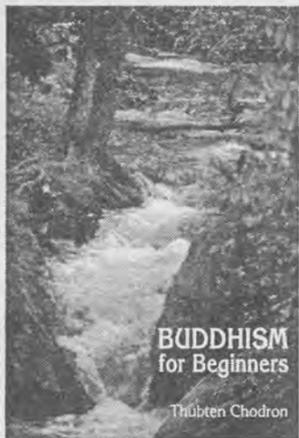
A Commentary on the Bhikshuni Pratimoksha by Venerable Bhikshuni Master Wu Yin, trans. by Bhikshuni Jendy, ed. by Bhikshuni Thubten Chodron. 338 pp. #CHSI \$15.95

Choosing Simplicity discusses the precepts and lifestyle of fully ordained nuns within the Buddhist tradition. The ordination vows act as guidelines to promote harmony both within the individual and within the community by regulating and thereby simplifying one's relationships to other sangha members and laypeople, as well as to the needs of daily life. Observing these precepts and practicing the Buddha Dharma brings incredible benefit to oneself and others. Since the nuns' precepts include those for monks and have additional rules for nuns, this book is useful for anyone interested in monastic life.

"It is of great importance that Buddhist monasticism become firmly established in the West. This excellent book makes a major contribution to this becoming a reality."—Pema Chodron, author of *When Things Fall Apart*

"Far from being just a dry list of rules, the material comes alive thanks to Master Wu Yin's approach."—Elizabeth Napper, Ph.D., Co-Director of the Tibetan Nuns Project

"*Choosing Simplicity* is a guide to the lifestyle of Buddhist monastics—it is also a fun book to read. In it you can discover the whys and wherefores of the simple life that provides the basis for spiritual growth. The stories of the Buddha's solutions to the problems that arose in the sangha are also entertaining."—Jeff Cox, Snow Lion



BUDDHISM FOR BEGINNERS

by Thubten Chodron. 160 pp. #BUBE \$12.95

"This book is written for people wanting to understand basic Buddhist principles and how to integrate them into their lives...it will be of much benefit to its readers."—the Dalai Lama

Buddhism for Beginners answers the fundamental questions and issues that arise in the minds of modern Western individuals who are new to this tradition of practical spirituality. Written in clear and engaging language, this book presents the Buddhist approach to the fundamental issues and concerns of daily life. Thubten Chodron guides us through the basic tenets of Buddhism, encouraging and instructing us in how to live a more peaceful, mindful and satisfying life. She untangles our confusions and leads us through the most basic aspects of this rich, living spiritual tradition.

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."—Karma Lekshe Tsomo, Author and President of Sakyadhita

"Chodron's plain English makes her beginner's guide nearly perfect for those new to Buddhism and those who simply want to learn more."—*Booklist*, American Library Association

CHANGING MINDS

Contributions to the Study of Buddhism and Tibet in Honor of Jeffrey Hopkins

ed. by Guy Newland. 352 pp., cloth. #CHMIND \$29.95

This is a book offered in tribute to Jeffrey Hopkins by colleagues and former students. Jeffrey Hopkins has, in his sixty years, made profound and diverse contributions to the understanding of Tibet and Tibetan Buddhism in the West. In his collaborations with the Dalai Lama, such as *Kindness, Clarity, and Insight*, and in books like *Tibetan Arts of Love and Emptiness Yoga*, Hopkins has reached out to the general reader, making the wisdom of Tibet accessible to every one. Yet there is never anything superficial about his work; his recent *Emptiness in the Mind-Only School* is a magisterial display of painstaking scholarly work.

Contributors include: John Buescher, Guy Newland, Donald Lopez, Elizabeth Napper, Daniel Cozort, John Powers, Anne Klein, Roger Jackson, Gareth Sparham, Joe B. Wilson, Jose Cabezón, Harvey Aronson, and Paul Hackett.

"Each article illustrates Hopkins' vast contribution to Buddhist scholarship in America, spectacularly fulfilling the vision of his teacher, Geshe Ngawang Wangyal.—Joshua W.C. Cutler, Editor-in-Chief of the *The Great Treatise on the Stages of the Path to Enlightenment*

"A brilliant, inspiring, and lively account of what Buddhist practice truly entails in terms of an inner transformation that can also transform our world. It has the delectable taste of authenticity."

—MATTHIEU RICARD, co-author of *The Monk and the Philosopher*

BUDDHISM WITH AN ATTITUDE

The Tibetan Seven-Point Mind-Training

by B. Alan Wallace. 288 pp., cloth. #BUAT \$21.95

"Readers who put the advice this book contains into practice may indeed transform their minds and achieve a sense of inner peace, the key to greater peace and happiness within and in the world at large."—The Dalai Lama

"Widely informed, intellectually rigorous, and passionately engaged."—Stephen Batchelor, author of *Buddhism without Beliefs*

All of us have attitudes. Some of them accord with reality and serve us well throughout the course of our lives. Others are out of alignment with reality, and cause us problems. Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Attitudes need adjusting, just like a spinal column that has been knocked out of alignment. B. Alan Wallace explains a fundamental type of Buddhist mental training called lojong, which can literally be translated as attitudinal training. It is designed to shift our attitudes so that our minds become pure well-springs of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes and frustrations.



"H.H. the Dalai Lama sets forth herein perfectly clear instructions for the attainment of buddha mind and the heart essence of Dzogchen. This book is a beacon for the new millennium!"

—Khenpo Palden Sherab Rinpoche & Khenpo Tsewang Dongyal Rinpoche



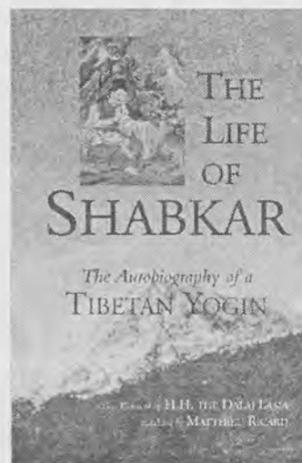
DZOGCHEN

The Heart Essence of the Great Perfection by H.H. the Dalai Lama, trans. by Thupten Jinpa & Richard Barron, fore. by Sogyal Rinpoche, ed. by Patrick Gaffney. 272 pp., 8 pp. of photos, 6 x 9", cloth. #DZDL \$24.95

This is the most informative and thorough book on Dzogchen available. These teachings on Dzogchen, the heart essence of the ancient Nyingma tradition of Tibetan Buddhism, were given by His Holiness the Dalai Lama to Western students in Paris, London, Helsinki and San Jose, California. Exploring this esoteric subject in print for the first time, His Holiness offers the reader an unprecedented glimpse into one of Buddhism's most profound systems of meditation. He discusses both the philosophic foundations and the practices of this system—taking into account the approaches of various schools and teachers.

"His Holiness the Dalai Lama brings to his explanation of Dzogchen a perspective and breadth which are unique. To receive such teachings from His Holiness is, I feel, something quite extraordinary."—Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*

"This work is a genuine treasure for scholars and contemplatives alike."—B. Alan Wallace



THE LIFE OF SHABKAR

The Autobiography of a Tibetan Yogi trans. by Matthieu Ricard, fore. by H.H. the Dalai Lama. 712 pp. #LISH \$27.95

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage.

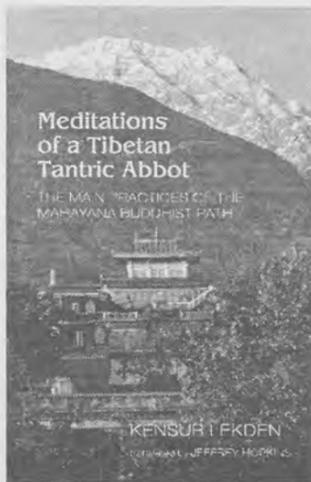
Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization.

Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism as well as the social and cultural life of early nineteenth-century Tibet.

"Regarded by many as the greatest yogi after Milarepa to gain enlightenment in one lifetime...a source of inspiration to Buddhist practitioners and general readers alike."—The Dalai Lama

Shabkar's life is the world of the Buddhist adept, a world of intense self-discipline, but also of humor, vision and joy...Shabkar's wit and playfulness, his magnificent flights of imagination, his persistence in exposing all hypocrisy—these are the qualities that suffuse his work."—Matthew Kapstein, The University of Chicago

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MEDITATIONS OF A TIBETAN TANTRIC ABBOT
The Main Practices of the Mahayana Buddhist Path

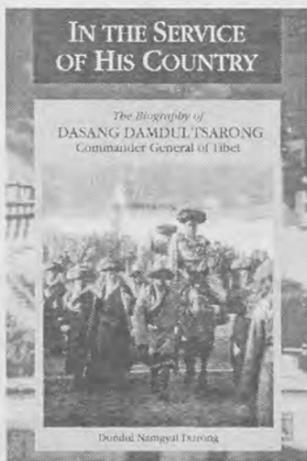
by Kensur Lekden, trans. & ed. by Jeffrey Hopkins. 176 pp. #METAAB \$14.95

"This is still about the best introduction available on the central topics of compassion and wisdom and, most especially, the philosophical and meditative synergy between them."—Prof. Anne Klein

"A beautifully expressed, moving presentation of the major practices of Tibetan Buddhism—like a favorite grandfather conveying his wisdom about life—you can feel the presence of this great teacher."—Jeffrey Hopkins

"With great clarity and precision the words of a renowned Tibetan scholar flow easily to the reader in a stream of deep compassion and profound wisdom."—Joshua Cutler, Director, Tibetan Buddhist Learning Center

"Kensur Lekden was one of the bright stars of the firmament of Tibetan Buddhism during the last generation of great lamas to be trained in Tibet. The meditations contained in this small book represent clear and compelling instructions from an accomplished master on how to set out on the bodhisattva path."—Donald Lopez, Univ. of Michigan

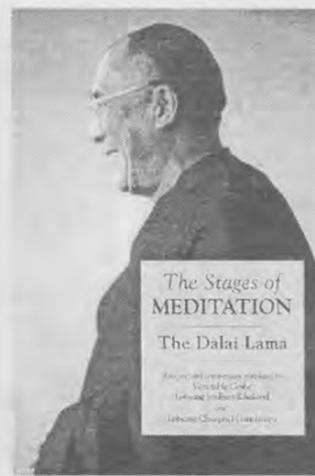


IN THE SERVICE OF HIS COUNTRY
The Biography of Dasang Damdul Tsarong, Commander General of Tibet

by D.N. Tsarong. 164 pp., 43 b&w photos. #SEHICO \$14.95

In the Service of His Country tells the story of a remarkable individual who rose from humble origins as the son of a farmer to become one of the outstanding figures in the social and political life of Tibet prior to the Chinese takeover in the 1950s.

Dasang Damdul Tsarong (1888-1959), noted as a child for his unusual intelligence and capability, entered the personal service of the Thirteenth Dalai Lama at the age of twelve. After distinguishing himself in military service, he was promoted to a high rank in the Tibetan government, married into an aristocratic family, and soon became commander-in-chief of the Tibetan army and one of Lhasa's leading citizens. Tsarong was a dynamic and sometimes controversial figure, a voice for modernization of Tibet's government especially in its relationship to the international community.



STAGES OF MEDITATION

by the Dalai Lama, trans. by Ven. Geshe Lobsang Jorchen, Losang Choephel Ganchenpa, and Jeremy Russell. 216 pp., Tibetan text, cloth. #STME \$22.95

The Dalai Lama explains the principles of meditation in a practice-oriented format especially suited to Westerners. Based upon the middle section of the Bhavanakrama by Kamalasila, a translation of which is included, this is the most extensive commentary given by the Dalai Lama on this concise but important meditation handbook. It is a favorite text of the Dalai Lama and he often takes the opportunity to give teachings on it to audiences throughout the world. In his words, "This text can be like a key that opens the door to all other major Buddhist scriptures."

Topics included are: the nature of mind, how to develop compassion and loving-kindness, calm abiding, wisdom, and how to establish a union of calm abiding and special insight.

"With characteristic warmth and lucidity, the Dalai Lama's reflections bring alive this classic synopsis of Mahayana Buddhism in a way that will inspire and inform anyone who seeks to practice the Dharma today."—Stephen Batchelor, author of *Verses from the Center*

"*Stages of Meditation* is a wise, wonderful, and profound book."—Ken Wilber, author

RECENT RELEASES FROM OTHER PUBLISHERS



A SIMPLE MONK: Writings on His Holiness the Dalai Lama

ed. by Tom Morgan, photos by Alison Wright, intro. by Robert Thurman. 144 pp., 150 color photos, 10 x 10, October. #SIMO \$35

This photographic survey of the Dalai Lama includes essays about him by his mother, Orville Schell and Pico Iyer. There is also an interview with His Holiness by Spalding Gray. A portion of the proceeds will benefit Tibet House in New York.

AMONG TIBETAN TEXTS: History and Literature of the Himalayan Plateau

by E. Gene Smith. 352 pp., cloth, November. #AMTITE \$39.95

"Gene Smith opened more doors to Tibetan Buddhism than any scholar of the 20th century. These essays are the keys."—Prof. Donald Lopez

"No one knows the full range of Tibetan literature better than Gene Smith. His introductions to Tibetan works are priceless."—Prof. Jeffrey Hopkins

After a thirty-year overseas career in the Library of Congress, Gene became the Director of the Tibetan Buddhist Resource Center in Cambridge, MA.

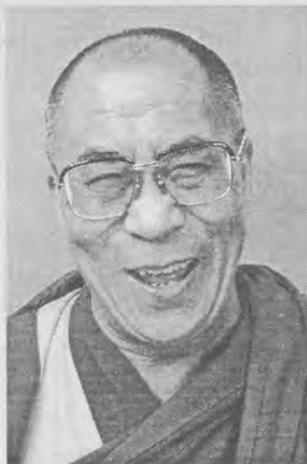
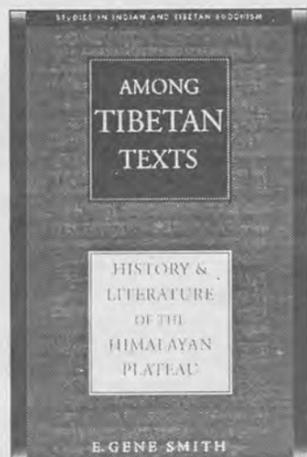
CLARIFYING THE NATURAL STATE

by Dakpo Tashi Namgyal. August. #CLNAST \$18

"Resolving reality through experience."

A practical manual for both teacher and student alike, *Clarifying the Natural State* covers the path from mindfulness to complete enlightenment, simply and methodically. Presenting the profound and ultimate instructions of Mahamudra, it embodies the realization of India and Tibet's greatest masters.

"Elevate your experience and remain wide open to the sky. Expand your mindfulness and remain pervasive like the earth. Steady your attention and remain shining like a flame. Clear your thoughtfree wakefulness and remain lucid like a crystal."—Dakpo Tashi Namgyal



THE COMPASSIONATE LIFE

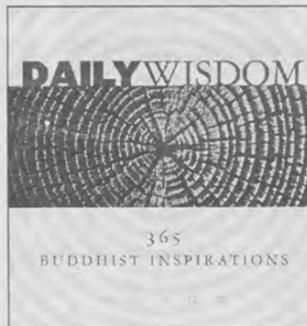
by Tenzin Gyatso, the 14th Dalai Lama. 128 pp., cloth, October. #COLI \$22

Collected here are four of the Dalai Lama's most accessible and inspiring teachings on compassion. The purpose of life is to be happy—therefore, we must devote ourselves to developing our own peace of mind and this is achieved by caring for the happiness of others. Our own happiness cannot exclude that of others. His Holiness offers specific practices for developing loving-kindness and compassion in even the most difficult situations.

COUNSELS FROM MY HEART

by Dudjom Rinpoche. 112 pp., October. #COMYHE \$19.95

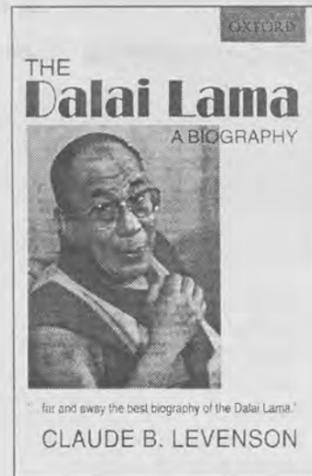
A person of legendary kindness and wisdom, Dudjom Rinpoche is highly regarded and this volume contains some of the few teachings that have ever been translated and published. In it he discusses the three jewels, self and cyclic existence and the bardo states between life and death.



DAILY WISDOM: 365 Buddhist Inspirations

comp. and ed. by Josh Bartox. 384 pp., September. #DAWI \$16.95

Daily Wisdom draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day. Sources include the ancient sages to modern teachers, from monks to lay people, from East to West, from poetry to prose.

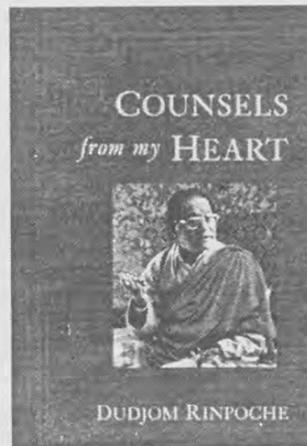


THE DALAI LAMA: A Biography

by Claude Levenson. 201 pp., 14 photos. ~~\$29.95~~ **CANCELLED** LABI

Claude Levenson went from Lhasa to Dharamsala to research the life of His Holiness the Dalai Lama. Each step of her journey was marked by personal encounters, help and guidance. Hours of personal interviews with the Dalai Lama revealed a fascinating persona; he unfolds his prodigious life from childhood to the present.

"Mrs. Levenson explores many dimensions with sympathy, with clarity and frequently with rare insight. The best parts of the book are perhaps where she seeks insights into the Dalai Lama's perceptions of himself."—*The Statesman*

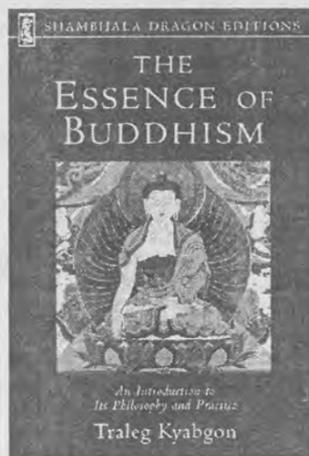




**DANGEROUS FRIEND:
The Teacher-Student
Relationship in Vajrayana
Buddhism**

by *Nga-la Rig'dzin Dorje*. 144 pp.,
September. #DAFR \$15.95

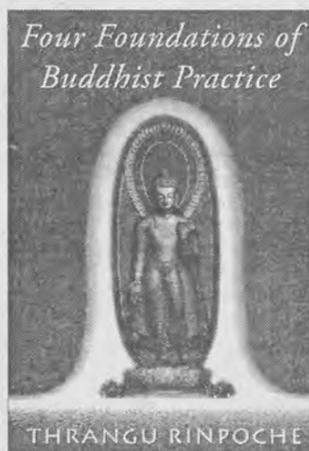
An in-depth exploration of the mysterious and complex bond of teacher and student, a relationship of paramount importance in Tibetan Buddhist practice. *Dangerous Friend* focuses on the following: meeting and recognizing an appropriate teacher; understanding the gravity of entering this relationship; shifting one's attitude from spiritual materialism to genuine Buddhist practice; accepting the challenge of being truly kind, honest, and courageous. The author is a western practitioner and teacher and director of centers in Europe.



**ESSENCE OF BUDDHISM:
An Introduction to Its Phi-
losophy and Practice**

by *Traleg Kyabgon*. 191 pp.
#ESBU \$13.95

This is an overview of the Buddhist path from the perspective of the three vehicles of Tibetan Buddhism—Hinayana, Mahayana, and Vajrayana. These three correspond with the basic attitudes of practitioners as embodied in the teachings of the Four Noble Truths, the Bodhisattva path and Tantra teachings. Basic to them all is the need to understand our immediate condition. The primary tool for achieving this is meditation, and Traleg Kyabgon created this handbook for the various meditative approaches as well as presenting an excellent basis in Buddhist philosophy.



**FOUR FOUNDATIONS OF
BUDDHIST PRACTICE & A
PRACTICAL GUIDE TO
MEDITATION**

by *Thrangu Rinpoche*. 98 pp.
#FOFOBU \$12.95

"The Four Foundations of Buddhist Practice have been crucial to my personal understanding of the Buddhist teachings. Nowhere have I found them presented with more clarity and wisdom than in this book by our beloved teacher Thrangu Rinpoche. I know that all who read this book will benefit profoundly."—Pema Chodron

Pema Karpo's meditation instructions provide the means to secure the foundations of one's practice.



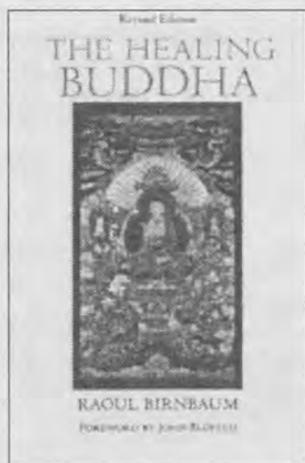
**GENTLE BRIDGES:
Conversations with the Dalai
Lama on the Sciences of
Mind**

ed. by *Jeremy W. Hayward &
Francisco J. Varela*. 280 pp.,
October. #GEBR \$17.95

This is the groundbreaking discussion between Western scientists and the Dalai Lama on the nature of mind. Questions explored: What is the essence of the mind, could computers ever have consciousness, can compassion be learned, and when does consciousness enter the human embryo?

Win a **FREE TRIP**
to Tibet and Nepal..

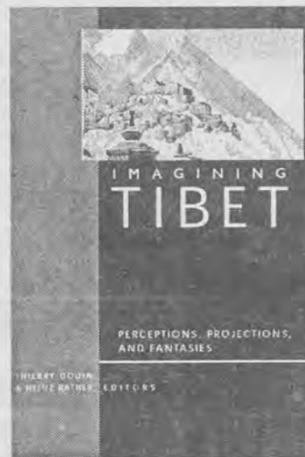
See page 17 for details.



THE HEALING BUDDHA

by *Raoul Birnbaum*, fore. by
John Blofeld. 314 pp., September.
#HEBU \$17.95

This is an in-depth exploration of Buddhist beliefs and traditions surrounding healing. Drawing on Tibetan, Chinese, Sanskrit, and Pali sources, Birnbaum presents the core teachings and practices related to the Medicine Buddha. The photographs of sculptures, painting, and mandalas demonstrate the importance of the aesthetic experience in Buddhist healing practice.

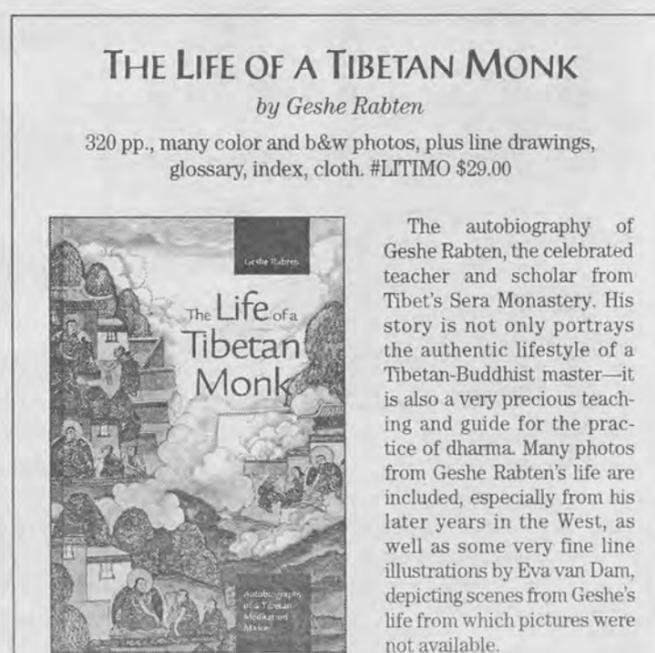


**IMAGINING TIBET:
Perceptions, Projections, and
Fantasies**

ed. by *Heinz Rather and Thierry
Dodin*. 512 pp., paperback.
#IMTIPE \$28.95

In the past century, the Western view of Tibet has evolved from an exotic Shangri-la filled with golden idols and the promise of immortality, to a peaceful land with an enlightened society now ravaged by outside aggression. How and why did our perception change? How accurate are our modern conceptions of Tibet?

Imagining Tibet is a collection of essays that reveal these Western conceptions. Providing an historical background to the West's ever-changing relationship with Tibet, Donald Lopez, Jeffrey Hopkins, Jamyang Norbu, and other noted scholars explore a variety of topics—from Western perceptions of Tibetan approaches to violence, monastic life, and life as a nation in exile, to representations of Tibet in Western literature, art, environmentalism, and the New Age movement.



THE LIFE OF A TIBETAN MONK

by *Geshe Rabten*

320 pp., many color and b&w photos, plus line drawings,
glossary, index, cloth. #LITIMO \$29.00

The autobiography of Geshe Rabten, the celebrated teacher and scholar from Tibet's Sera Monastery. His story is not only portrays the authentic lifestyle of a Tibetan-Buddhist master—it is also a very precious teaching and guide for the practice of dharma. Many photos from Geshe Rabten's life are included, especially from his later years in the West, as well as some very fine line illustrations by Eva van Dam, depicting scenes from Geshe's life from which pictures were not available.



**THE LHASA ATLAS:
Traditional Tibetan
Architecture and Townscape**

by *Kund Larsen and Amund
Sinding-Larsen*. 176 pp., 165
illus., 11 x 11", October. #LHAT
\$75

This is a landmark collection of images of the historical development, architecture, townscape, and topography of Tibet's capital city, including the Potala Palace and Jokhang Temple.

**THE INNER
KALACHAKRATANTRA:
A Buddhist Tantric View of
the Individual**

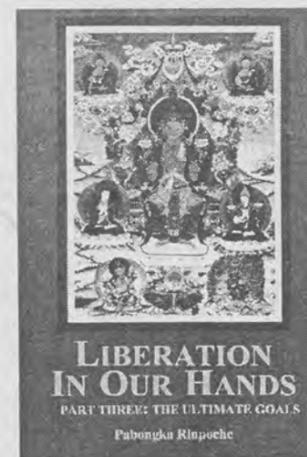
by *Vesna A. Wallace*. 288 pp.,
cloth. #INKA \$59.95

The *Kalachakratantra*'s five chapters are classified into three categories: Outer, Inner, and Other Kalachakra. The present work concentrates on the Inner, which deals with the nature of the human being. Wallace discusses this topic and its relationship to the larger concepts of the Kalachakratantra's theory and practice. For example, the view of the individual is shown to be inseparable from its view of the universe. The understanding of the person becomes clear only when examined in the light of the tantric yoga practices described in the Other Kalachakra section. Among the topics explored are: the Tantras' integration of different Indian Buddhist and non-Buddhist religious ideas; the parallels between the Buddhist gnosticism and that of the Judeo-Christian tradition; the birth and death of the individual's transmigratory mind and body; the Kalachakra's unique theory of karma and its approach to the nature of mental afflictions—their causes and their relation to karma.

KING OF SAMADHI

by *Khenchen Thrangu Rinpoche*.
August. #KISA \$17

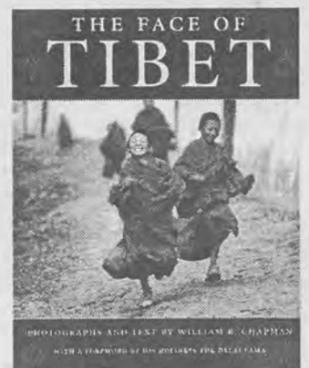
The Samadhi Raja Sutra forms the perfect link between the Mahayana training of a bodhisattva and the most profound tradition of Buddhist meditation practice known as Mahamudra.



**LIBERATION IN OUR
HANDS: Part 3, The Ultimate
Goals**

by *Pabongka Rinpoche*; ed. by
Yongzin Trijang Rinpoche; trans.
by *Geshe Lobsang Tharchin &
Art Engle*. 393 pp. #LIHA3 \$12.50

This is the remaining third of Pabongka Rinpoche's famous teaching. In this section, he discusses the complete liberation from samsara and also the unsurpassed enlightenment of Buddhahood. The first part of the teachings engenders a deep aversion for samsaric existence along with the aspiration to attain permanent freedom from it. Perfect enlightenment involves the generation of Bodhicitta and practicing the six perfections with special emphasis on concentration and wisdom.

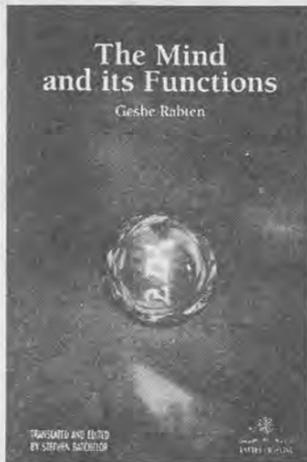


THE FACE OF TIBET

photos and text by *William Chapman*, fore. by *the Dalai Lama*.
152 pp., 122 color photos, 9 x 11",
cloth, September. #FATI \$45

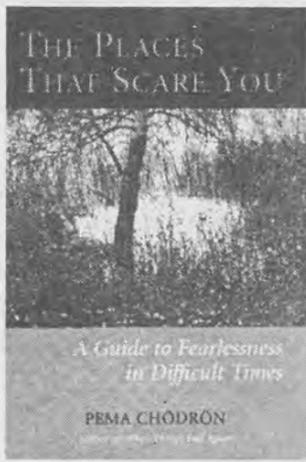
Over a five year period, the author lived in monasteries, camped with nomads, and trekked great mountain ranges, becoming intimately acquainted with the people and culture of the mountains and plateau of Tibet. This is a stunningly beautiful book.





THE MIND AND ITS FUNCTIONS
by Geshe Rabten. 189 pp., glossary, biblio. #MIFU \$18.95

Understanding the nature of mind and the many mental factors is the basis of the philosophic systems of Tibet. Part One presents a primarily epistemological model of the mind based on the Pramana literature. The emphasis of Part Two is the psychological model of the mind as presented in the Abhidharma literature.



THE PLACES THAT SCARE YOU: A Guide to Fearlessness in Difficult Times
by Pema Chodron. 144 pp., cloth, September. #PLSCYO \$21.95

Fearlessness is what we need to take us beyond the obstacles of self-deception into a state of open-heartedness. Pema Chodron shows how to accept ourselves and others even with faults and imperfections; stay in the present moment by seeing through ego strategies to resist life as it is; move toward what makes us feel insecure and fearful as a way to awaken the sense of our basic goodness and connect with others; cultivate the four immeasurables; train in the five strengths and six warrior activities that increase confidence and inspiration.



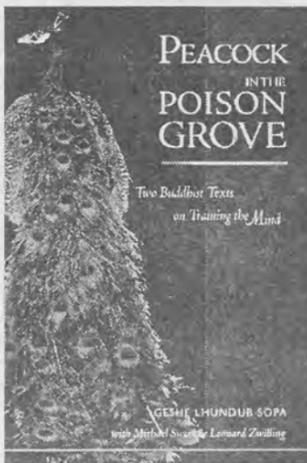
MIRROR OF MINDFULNESS
by Tsele Natsok Rangdröl. #MIMIN \$14

Presentation of Tibetan Buddhist teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—is aimed at inspiring and helping the practitioner achieve liberation from deluded existence and awaken to complete enlightenment for the benefit of others.



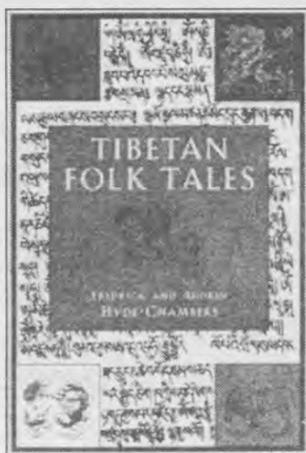
SACRED IMAGES OF TIBET JOURNAL
8.5 x 6". #SAIMJO \$13.95

This 128 page journal has a high-quality hard-bound cover with wire binding for easy opening. There are 8 different deity images interspersed inside with their qualities described and a suggested meditation.



PEACOCK IN THE POISON GROVE: Two Buddhist Texts for Training the Mind
by Geshe Lhundub Sopa. 288 pp., August. #PEOGR \$19.95

Geshe Sopa offers insightful commentary on two of the earliest Tibetan texts that focus on mental training. *Peacock in the Poison Grove* presents powerful yogic methods of dispelling the selfish delusions of the ego, and maintaining the purity of our motives. Geshe Sopa's lucid explanations teach how we can fight the egocentric enemy within by realizing the truth of emptiness, and by developing a compassionate, loving attitude toward others.



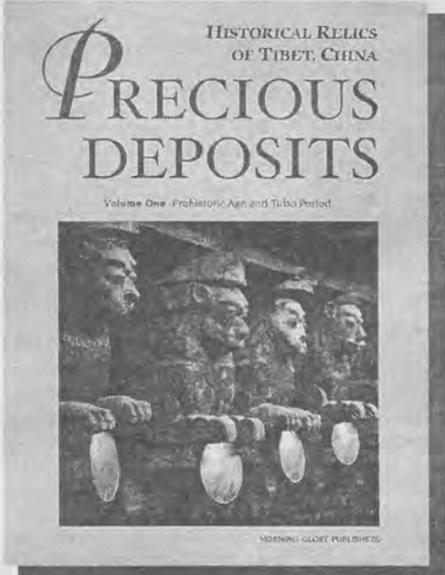
TIBETAN FOLK TALES
by Frederick and Audrey Hyde-Chambers. 208 pp., October. #TIFOTA \$14.95

"These stories sparkle with sagacious humor as they tell of fortunes won and lost, magical animals, accord with nature, and often a miraculous happy ending. A valuable source of artfully told tales."—*Library Journal*

Two dozen tales including the Tibetan myth of creation, Jataka tales, and King Gesar of Ling, the warrior who became a national hero.

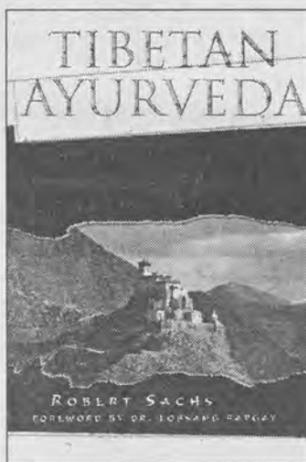
PRECIOUS DEPOSITS

Historical Relics of Tibet, China



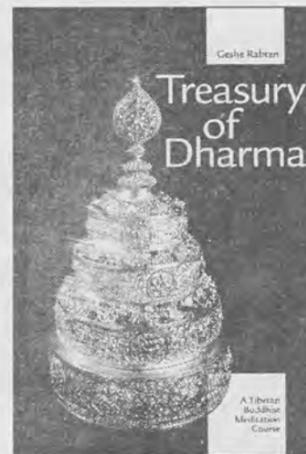

by Morning Glory Publishers. Five volumes, 1389 pages, cloth. #PRDE \$295.00

Five volumes published in China containing an incredible selection of every type of art and crafts from all over Tibet, ancient and modern. The photo quality is superb, the detail impressive—the best of the best. The price is reasonable for these books and every serious collector of art books on Tibet will want these. It takes us two weeks to special order them for you. Because they are published in China, they contain some propaganda.



TIBETAN AYURVEDA: Health Secrets from the Roof of the World
by Robert Sachs, fore. by Dr. Lobsang Raggay. 255 pp., many line drawings, tables, notes, glossary, biblio., resources, index. #TIAY \$14.95

Provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Sachs goes beyond traditional herbal approaches to look at other important forms of treatment such as Pancha Karma for detoxification and rejuvenation and Kum Nye for integrating mind and body. He focuses on the powerful regenerative therapies, and explains their principles and methods—guidelines on nutrition, exercise, relaxation, as well as meditation. There is a self-profile test to allow you to determine your own health needs.



TREASURY OF DHARMA
by Geshe Rabten. 288 pp., outline, glossary, biblio, index, 4 color photos, cloth. #TRDH \$29.00

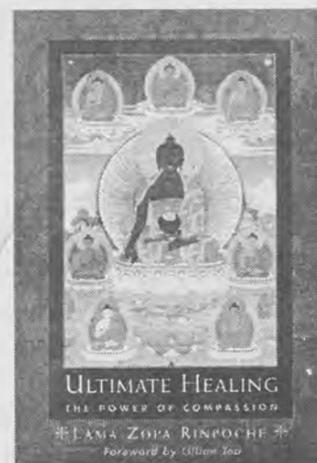
This is a Tibetan Buddhist meditation course on the major topics of Mahayana Buddhism: happiness and suffering; the mental factors, the 12 links of interdependent origination, the nature of mind; altruism; exchanging self w/ others; the six perfections; the five paths and ten stages.

VAJRA SPEECH
by Tulku Urgyen Rinpoche. August. #VASP \$15

"Advice for the true yogi."
Vajra Speech, by Tulku Urgyen Rinpoche, renowned for his extraordinary experience and realization, is a wide-ranging collection of pith instructions for the Dzogchen yogi. This Tibetan master's advice reduces negative emotions and naturally enables loving kindness, compassion and wisdom to flourish.
"A swan can separate water and milk when drinking. The yogi should be like the swan in separating the milk of original wakefulness from the water of ignorance."—Tulku Urgyen Rinpoche

ULTIMATE HEALING: The Power of Compassion
by Lama Thubten Zopa. 288 pp. #ULHE \$16.95

Shows how, by transforming our minds through the development of compassion, we can eliminate the ultimate cause of all disease. Lama Zopa presents stories of people who have recovered from disease through healing meditations, and the meditation techniques to achieve this—white-light healing, compassion meditation, taking and giving, and techniques to cure depression. By opening to the truths of impermanence, interdependence and suffering, we can heal our bodies, our lives and the world around us.

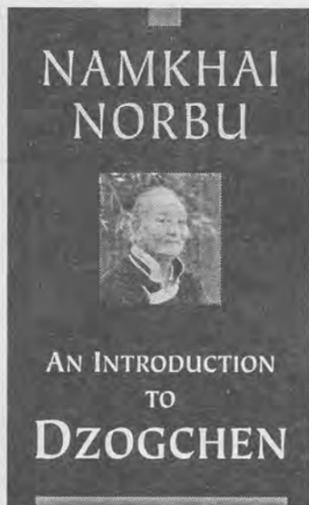




THE CHÖD FEASTS
by Chagdud Tulku Rinpoche.
#CHFECF \$15.95

Chöd is a healing practice that can benefit those who are afflicted by negative forces, either the inner forces of sickness and mental turmoil, or the outer ones of injurious and demonic turmoil. The suffering of afflicted persons and the afflictive entities are dispersed simultaneously. This is an excellent recording.

"This practice possesses the quality of liberating upon hearing. I am releasing this recording openly because of its potential to benefit beings in this way."—Chagdud Tulku Rinpoche

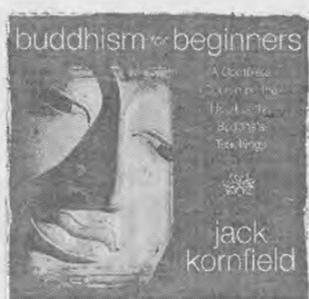


INTRODUCTION TO DZOGCHEN
by Chogyal Namkhai Norbu. 2 hr. video, November. #INDZV \$29.95

In this two-hour video, Namkhai Norbu answers the question: What is Dzogchen?

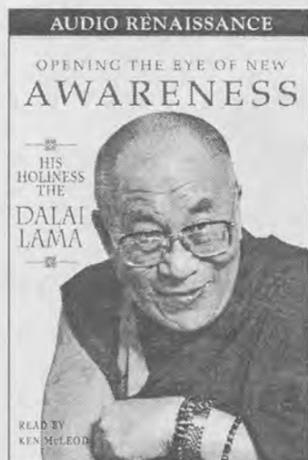
Dzogchen is a path of self-liberation. It is not a path of renunciation or transformation, but rather one of seeing directly the nature of mind—as pointed to by a teacher who has realized this freedom for him or herself. This video gives the student the opportunity to receive these teachings directly from an accomplished guide.

Chogyal Namkhai Norbu is one of the primary living masters of Dzogchen. He is author of *The Supreme Source, Dzogchen: The Self-Perfected State*, and *The Crystal and the Way of Light*.



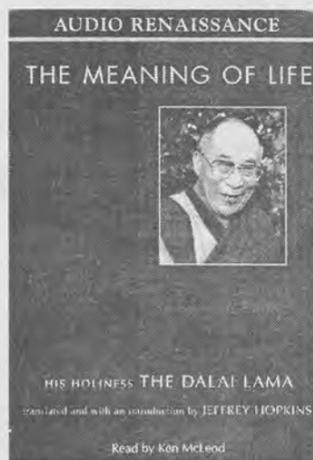
BUDDHISM FOR BEGINNERS: A Complete Course on the Heart of the Buddha's Teachings
by Jack Kornfield. 6 cassettes, 9 hrs., #BEBUCO \$59.95

This is a 12 session retreat on the essentials of Buddhist practice and thought: Eightfold Path; Four Noble Truths; mindfulness; Four Immeasurables; Impermanence and self; overcoming worry, restlessness and frustration; karma; ten paramitas; Buddhist psychology.



OPENING THE EYE OF NEW AWARENESS
by H.H. the Dalai Lama, read by Ken McLeod. approx. 3 hrs., #OPEYT \$17.95

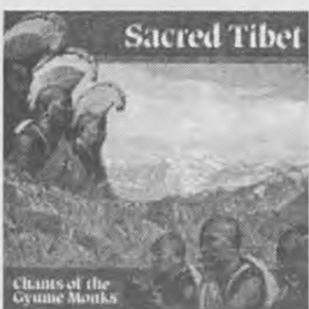
An overview of Buddhist doctrines: the path to achieve meditative stabilization, reincarnation, kindness and compassion—a rich compendium of doctrine and practice.



THE MEANING OF LIFE: Buddhist Perspectives on Cause and Effect
by H.H. the Dalai Lama, trans & with an introduction by Jeffrey Hopkins, read by Ken McLeod. approx. 3 hrs. #MELIT \$17.95

The Dalai Lama examines existential questions of meaning, purpose and responsibility. He bases his explanations on the Buddha's teachings of dependent arising, showing how every aspect of our suffering is ultimately rooted in our misunderstanding of our true nature. He addresses the myriad challenges we meet daily—aggression, illness and death, expanding our capacity to feel love for all beings, and understanding personal responsibility.

www.snowlionpub.com



SACRED TIBET: Chants of the Gyume Monks
by the Monks of Gyume Tantric College. CD. #SATICH \$16.98

This is the first studio recording of the sacred chants of the Gyume Tantric Monks. These selections are the only ones allowed to be recorded by the monastery.

NEW DHARMA ITEMS



EIGHT VERSES FOR TRAINING THE MIND—PRINT
by Neil Cohen. 9.25 x 7.25". #EIVEP \$8.95

The Eight Verses for Training the Mind sums up the bodhisattva ideal. An exquisite thangka-style presentation with premium quality lamination and a practical altar-size format. The front has a screened-back image of Chenrezig with the *Eight Verses* by Geshe Langri Tangpa superimposed. The meaning of each verse is carefully explained on the reverse side.



TIBETAN CLOUD BELL
11" high with cord. #TICLBE \$19

Tibetan stylized blue cloud with red and yellow highlights is the focus of this lovely bell. Perfect for the Tibetan Hanger (TIHA).

TIBETAN HANGER
5.5", brass. #TIHABR \$10

Ornate hanger suitable for hanging a bell or small plant or whatever. We recommend it for the Tibetan Cloud Bell (TICLBE). It has holes for two screws which are supplied.



ENDLESS KNOT CHIME
14" high plus 4" leather cord. #ENKNCH \$50

Made by the Tibetan Colony of Lingsang in northern India, this beautiful chime is sand-cast in bronze and hand-tuned for clarity of tone. Five chimes hang from an eternal knot and make a sparkling sound as they strike each other. Each chime has the Om Mani Padme Hum mantra on front and back.



FOLKWEAR: Tibetan Clothing Patterns

Tibetan Panel Coat. #TIPACO \$16.95
Tibetan Chupa & Wrap Skirt. #TICHSK \$16.95

Here are patterns for some great-looking traditional Tibetan clothes—a panel coat, a chupa, and a wrap skirt. The coat is for women's sizes 6-18 and the chupa and skirt pattern are for extra small to extra large.

The panel coat is made into either a vest or sleeveless coat—it is still worn by Tibetans on festive occasions, by brides, and by actresses portraying celestial beings.

The skirt is a wrapped jumper and is a beautiful contemporary Tibetan garment.

The chupa features an asymmetrical wrap front, front and back shaping darts, wide neckband, simple faced armholes and unique side extensions that wrap around the back to tie in front.



TIBETAN DINGSHA CHIME
8" high. #TIDICH \$38

A handcast dingsha bell is suspended from an ornate Tibetan hanger. Beautiful wooden base and striker.



TIBETAN MANI STONE

3" wide, grey with brown paint to highlight the mantra. #TIMAST \$9

These Om Mani Padme Hum mantra stones are hand carved at the sacred "Monkey Temple" in Kathmandu. They have the Buddha eyes on the reverse side.



TIBETAN JOURNAL
8.5 high x 6.5 wide. #TIJO \$15

Hand-made Tibetan blank paper, with sewn cloth bound cover. Black letters of the Tibetan alphabet grace its tan surface.

NEW DHARMA ITEMS



TIBETAN TEA CUPS AND BOWLS

8" dia. #TIBOL \$28
4" dia. #TITECU \$12
6" dia. #TIBOM \$20

Traditional Tibetan tea cups and bowls—these look great! The bowl is a dark wood with metal lining (aluminum) and ornate metal strip on base. They can be used for nuts, dry fruit, crackers and other foods. Tibetans drink chang (Tibetan beer) from the larger ones. Can be washed with dish soap and soft sponge.

TRANSFORMATIVE ART NOTECARD SET II

by Marianna Rydvald,
6 notecards, 5.25 x
7.25". #TRARN2 \$12

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are colorful and endearing. Set of six different images.



Padmasambhava with Healing Chalice



Dorje Drakpo



Golden Tara



Prince Siddhartha practicing Austerities



Green Tara in Sandalwood Grove



Milarepa

CALENDARS 2002



BUDDHIST PAINTINGS: 2002 Calendar

Asian Art Museum of San Francisco.
opens to 12 x 26". #BUPACA \$13.95

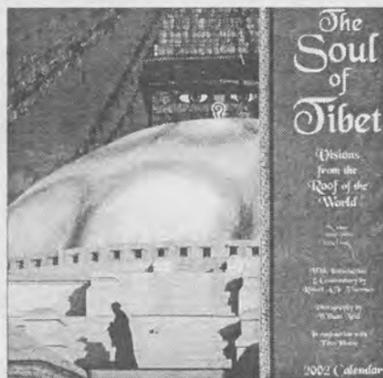
These 12 Buddhist paintings from Asia date from the 13th to 19th centuries.



SACRED ART OF TIBET: 2002 Calendar

opens to 12 x 24". #SAIMCA \$12.95

Twelve excellent Tibetan thangka images of popular deities with captions explaining the iconography of each painting.



THE SOUL OF TIBET: 2002

photos by William Neill, text by Robert Thurman.
opens to 12 x 24". #SOTICA \$12.95

Includes Tibetan holy and auspicious days, an introductory essay on the present state of the Tibetan cause, and a monthly text by Robert Thurman. Sale of this calendar helps support Tibet House in New York.



TIBETAN VOICES: 2002 Calendar

photos by Brian Harris. opens to 13 x 24".
#TIVOC2 \$13.95

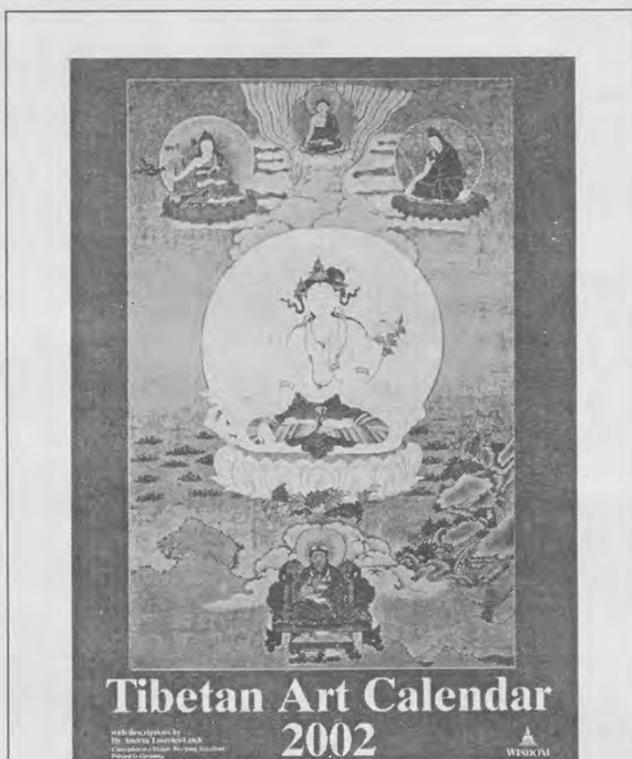
Images of Tibetans with quotes from the *Tibetan Voices* book—this calendar is a fundraiser for Seva Service Society's Sight Programs in Tibet, India and Nepal.



DALAI LAMA QUOTATION: 2002 Calendar

by Tushita. opens to 12 x 24". #DALACA \$12.95

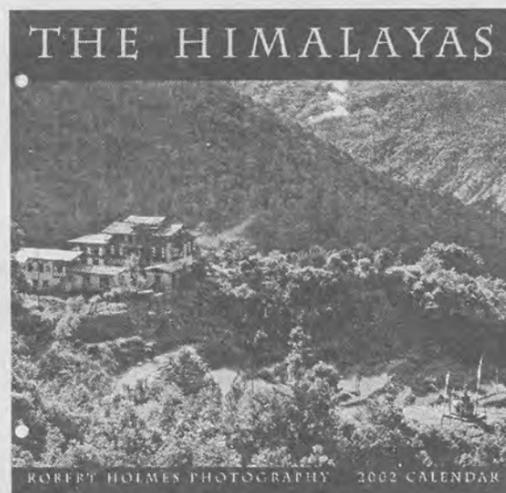
12 remarkable images of the Dalai Lama are accompanied by short teachings by him.



TIBETAN ART CALENDAR 2002

16 wide x 24" high, September. #TIARCA \$28.95

The 2002 edition of this award-winning calendar contains thirteen full-color reproductions of some of the world's finest Indo-Tibetan thangka paintings from museums and private collections around the world. It also includes detailed descriptions of the images and their cultural, religious, and philosophical significance.



THE HIMALAYAS: 2002 Calendar

by Robert Holmes Photography. 12 x 12". #HICA \$12.99

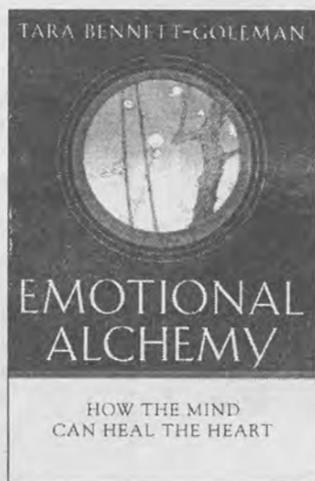
12 awesome photos of Buddhist Himalaya—mountains, people, places for you to feast your eyes on each month.



EMOTIONAL ALCHEMY

by Tara Bennett-Goleman. 341 pp, #EMAL, \$24.00

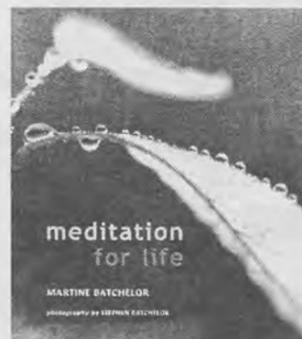
Science journalist Daniel Goleman's *Emotional Intelligence* began as a collaboration with Bennett-Goleman, his psychotherapist wife. Now they have produced the excellent *Emotional Alchemy*, which has a foreword by the Dalai Lama. Blending cognitive therapy, cognitive neuroscience, Buddhist psychology, and meditation, Bennett-Goleman suggests that many people are ruled by maladaptive behaviors (schemas) stemming from childhood coping mechanisms. She investigates ten basic maladaptive behaviors—five used in close relationships and five for the larger community—and also explains that schema therapy deals with four human responses—thoughts, emotions, actions, and relationships. Each chapter ends with exercises designed to help the reader explore the root of the problem addressed. As more and more Americans come to expect quick fixes to problems, Bennett-Goleman sends an important message: the healing process is a slow one.



MEDITATION FOR LIFE

by Martine Batchelor, photos by Stephen Batchelor. 168 pp., 8.5 x 10", 80 color and b&w photos, October, #MEFOLI, \$22.95

A great meditation guide—well-written, informative and comprehensive—and certainly one of the most beautiful meditation books available. Martine mixes anecdotes, humor, and practical instructions, as she brings to bear her considerable experience as a meditation teacher. Each chapter contains a time-honored guided meditation on such themes as loving-kindness, equanimity, death, and even cooking!

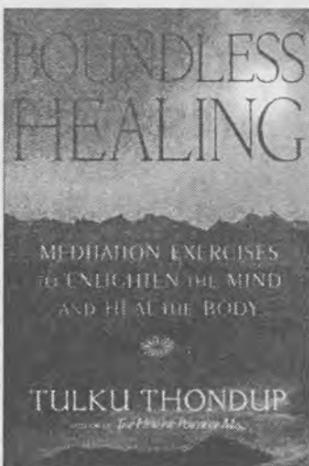


BLUE JEAN BUDDHA: Voices of Young Buddhists

ed. by Sumi Loundon. 288 pp, #BLJEBU, \$16.95

Offers real stories about young Buddhists in their own words that affirm and inform the young adult Buddhist experience. Thirty young adults talk about how they came to Buddhism, and what it means—and doesn't mean—to them. They delve into life's lessons and livelihood issues, such as struggling with relationships, growing up in a meditation center, and caring for the dying.

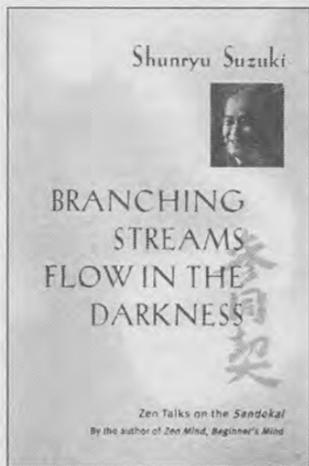
ON SALE UNTIL OCTOBER 1



BOUNDLESS HEALING: Meditation Exercises to Enlighten the Mind and Heal the Body

by Tulku Thondup, fore. by Daniel Goleman. 224 pp., 10 line drawings, cloth, #BOHEA
Was \$22.95, now \$17.20

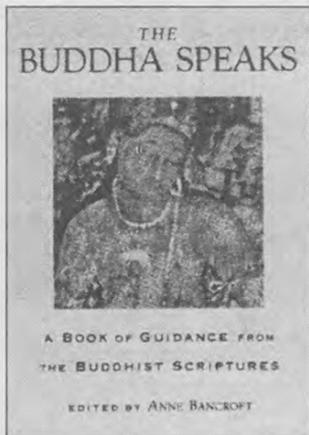
Offers simple meditation techniques that will awaken healing energies in the body and mind. Anyone can use this guide which offers ways to employ the four healing powers of positive images, words, feelings and belief; detailed instruction for healing meditations that can be done as part of a twelve-stage program; exercises to dispel anxiety; healing prayers for the dying and for the survivors.



BRANCHING STREAMS FLOW IN THE DARKNESS: Zen Talks on the Sandokai

by Shunryu Suzuki, ed. by Mel Weitsman & Michael Wenger. 197 pp., cloth #BRSTFL
Was \$22.50, now \$16.85

The Sandokai addresses the question of how the oneness and the multiplicity of things coexist. Through the poetry of knowing and doing, Shunryu Suzuki points out a path of practical wisdom in a voice so close it awakens the inner experience of the interdependence of existence, open the ears to hear its harmony of difference and sameness, and awaken a willingness to be true to its mystery. Suzuki Roshi is well known for his *Zen Mind, Beginner's Mind*.



THE BUDDHA SPEAKS

compiled & ed. by Anne Bancroft. 112 pp. #BUSP
Was \$14.95, now \$11.20

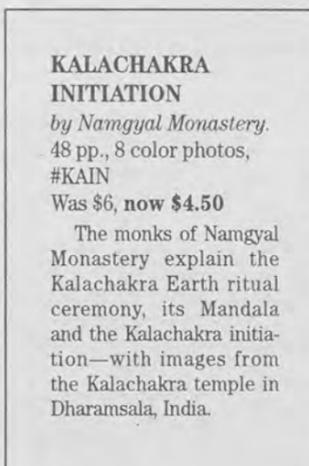
Here is the core of the Buddha's teaching in his own words, as it was memorized and written down 200 years after his death. The Buddha conveys the reality of our bondage to suffering, and that liberation is possible.



CHANGE YOUR MIND: A Practical Guide to Buddhist Meditation

by Paramananda (John Wilson). 184 pp. #CHMI
Was \$16.95, now \$12.70

Provides essentials for developing a realistic daily practice—focusing on mindfulness of breathing and loving-kindness, which gradually nurture unshakable confidence and warm concern for others. Colorfully illustrated with stories and tips from the author's experience as a meditator and teacher.



KALACHAKRA INITIATION

by Namgyal Monastery. 48 pp., 8 color photos, #KAIN
Was \$6, now \$4.50

The monks of Namgyal Monastery explain the Kalachakra Earth ritual ceremony, its Mandala and the Kalachakra initiation—with images from the Kalachakra temple in Dharamsala, India.



INDIA & TIBET

by Sir Francis Younghusband. 409 pp. #INTI
Was \$14.95, now \$8.95

Younghusband provides a detailed and 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 discusses Tibetan domestic and international relations—giving a deeper understanding of British Imperial relations with Tibet which was based primarily on trade. He shows that China's present claim to Tibet is based on sentiments that pre-date the 1950s by hundreds of years.



ETHICS FOR THE NEW MILLENNIUM

by the Dalai Lama and Alexander Norman. 250 pp. approx. #ETNEMI
Was \$24.95 cloth, now \$18.70

The Dalai Lama shares his vision for overcoming suffering and bringing about individual and world peace. He contends that what we perceive as a drift into ethical chaos is not caused by a loosening of moral standards, but rather by an inherent flaw in the way our morals have been structured. He argues that humans are originally pure, not sinful.

INDIAN BUDDHISM: A Survey

by Hajime Nakamura. 423 pp. #INBUDD
Was \$28.95 cloth, now \$21.70

"A remarkable survey of Buddhist literature."—Alex Wayman

This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura is a distinguished scholar and internationally respected for his work.

THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

by the International Campaign for Tibet. #INTIRE
Was \$7, now \$4.90

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

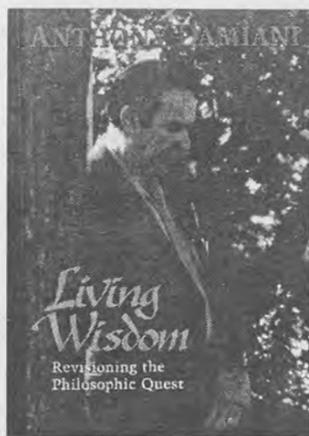


INTO TIBET

photographs of Yeo Dong-Wan. 155 pp., 8 3/4 x 12", 160 color photos, #INTOTI
Was \$40, now \$28

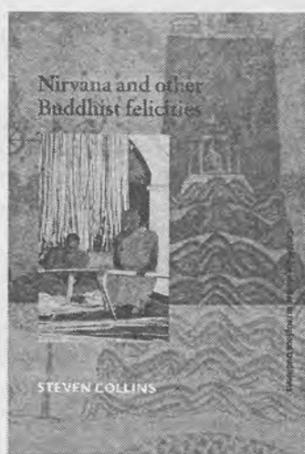
These photos were taken primarily in Central Tibet and Kham by a Korean photographer. We imported some copies of this book from Korea because it is incredible to look at and we thought some of our customers would treasure it. Most of the photos were taken outside of the cities and many awesome landscapes are depicted—often double page spreads. The photographer's artistic eye and sense for what makes good subject matter make this book inspiring to see.





LIVING WISDOM: Revisioning the Philosophic Quest
by Anthony Damiani. 269 pp.
#LIWIS Was \$15.95, now \$9.55

Contains a series of classes given by Anthony Damiani from 1982 until his passing in 1984. In these classes Anthony offered generous commentary on the "What is Philosophy?" section of Paul Brunton's Notebooks. Anthony Damiani develops Paul Brunton's idea of the philosopher as sage, one who not only knows and experiences insight into the ultimate "truth of things," but also expresses this insight in compassionate action amid the buzzing confusion of the everyday world.



NIRVANA AND OTHER BUDDHIST FELICITIES
by Steven Collins. 655 pp.
#NIBUFE
Was \$85 cloth, now \$59.50

What is nirvana? Collins distinguishes between systematic and narrative thought in the Pali texts of Theravada Buddhism, looking at the place of nirvana in both. He explores other Buddhist utopias and relates Buddhist utopianism to studies of European and American utopian writing and discusses these issues in relation to textuality, world history, and ideology in pre-modern civilizations, aiming to contribute to a new vision of Buddhist history.



TIBETAN COLLECTION: Sculpture and Painting
by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATICS3
Was \$20, now \$14.00

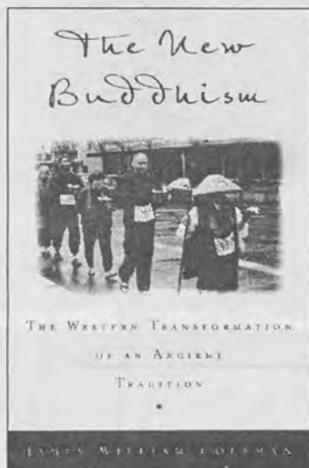
Based on the excellent art collection at the Newark Museum, this book contains photos of sculpture—metal, wood, ivory, lacquer, stone and clay; thangkas—painted, applied and embroidered; wall paintings; and iconography—body positions, gestures, and symbols associated with deities.

THE TIBETANS
by Art Perry. 153 pp., 78 b & w photos, 9 x 12", cloth #TIARPE
Was \$35, now \$22



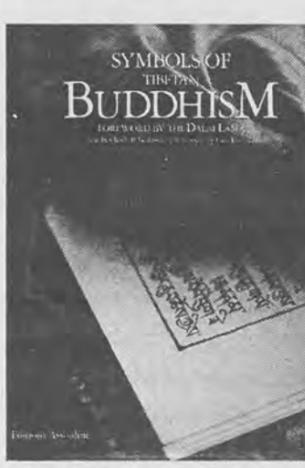
"These beautiful photographs of Tibet and Tibetans could only have emerged from the eye and hand and heart of a man who made every effort to share the life and feelings of the extraordinary individuals who live on the highest plateau on earth."—Robert Thurman

A compelling portrait of Tibetans and their remote, high country. With straightforward candor but respectful of the Tibetans' dignity, the Canadian photographer Art Perry portrays nomads, monks, city dwellers bringing sharply into focus a way of life that is insidiously threatened.



THE NEW BUDDHISM: The Western Transformation of an Ancient Tradition
by James Coleman. 265 pp., cloth. #NEBUWE
Was \$25.00, now \$17.50

Sheds new light on the recent evolution of Buddhist practice in the West. After briefly recounting the beginnings and spread of Buddhism in the East, Coleman chronicles its reinterpretation by key Western teachers in the nineteenth and twentieth centuries, and how it has evolved regarding a blending of Buddhist traditions, the status of women, the evolution of practices, ceremonies and rituals, and the problems that have arisen regarding gender roles, sex and power.



SYMBOLS OF TIBETAN BUDDHISM
by Claude B. Levenson, photos by Laziz Hamani, fore. by H.H. the Dalai Lama. 128 pp., 9 x 12", 70 color photos. #SYTIBU
Was \$40 cloth, now \$28.00

"Tibetan Buddhism is a tradition rich in symbolism. Not only do we have a multiplicity of symbols, but many of them have many layers of meaning. I feel sure that this beautifully presented book, displaying the wealth of symbolism of Tibetan Buddhism, will deepen appreciation of our culture."—the Dalai Lama

Many symbolic ritual items are presented here, illustrated with full page photos. A great source of insight into their meaning: stupa, prayer wheel, mantra, malas, bell and dorjee, bowl and dagger, mudras, fire ritual, etc., etc.



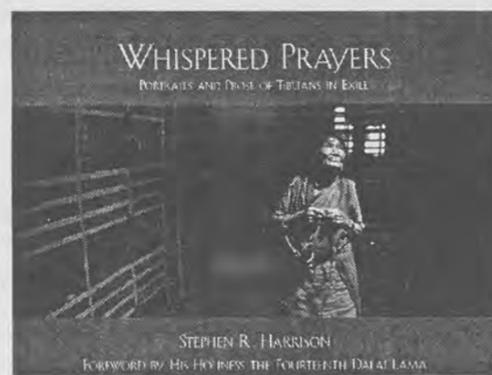
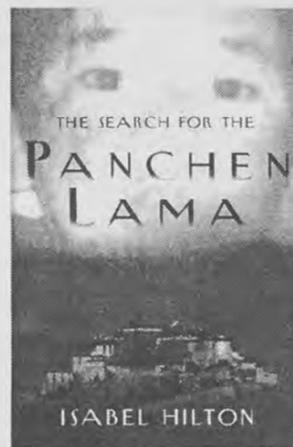
THE TIBETANS: A Struggle to Survive
by Steve Lehman. 200 pp., 125 illustrations, 90 in color, 10 x 9", cloth #TISTSU
Was \$45, now \$27.00

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.



THE SEARCH FOR THE PANCHEN LAMA
by Isabel Hilton. 352 pp., cloth #SEPALA
Was \$25.95, now \$18.15

Tells the enthralling inside story of how the young Panchen Lama became the innocent prize in a battle between the Chinese regime and the Dalai Lama. Hilton describes the intrigue surrounding the race to choose Tibet's future religious leader. Traveling from the Dalai Lama's headquarters in India to Himalayan monasteries, Hilton probes beneath the surface of a society living grudgingly under Chinese rule and provides an engaging account of this unusual situation.



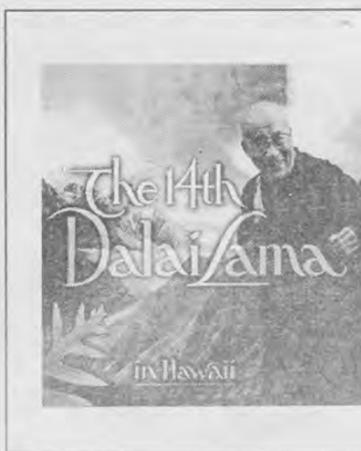
WHISPERED PRAYERS: Portraits and Prose of Tibetans in Exile
by Stephen Harrison, fore. by H.H. the Dalai Lama. 168 pp., 9 x 12", 92 photos. #WHPR
Was \$59.95, now \$35.95

Harrison photographed life among the Tibetans with a large format camera. From his interviews with these refugees, riveting tales of extraordinary journeys are skillfully interwoven with their personal revelations. One by one, individuals unfold their inner lives—reminding the reader that life can be difficult and that humility and courageousness are essential attributes worthy of admiration.

DHARMA TEACHINGS

BUDDHA DHARMA IN THE WEST
with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al. (4) #BUDHWE
Was \$30, now \$15.00

These four hours of recordings feature some of the leading Buddhists from around the world—an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.



THE 14TH DALAI LAMA IN HAWAII
produced by Edgy Lee and Karma Lekshe Tsomo. 1 hr. #DLHACD
Was \$15, now \$11.25

Recorded live during public talks in Honolulu, the narrative by His Holiness covers many practical matters that people face every day. The excerpts from his talks are mingled with exotic chants and music by Tibetan and Hawaiian artists.

CHÖ
by Choying Drolma & Steve Tibbetts. Cassette #CHO
Was \$12, now \$8.40

Choying Drolma is a member of Nagi Gompa, a nunnery in the foothills of the Himalayas. She chants with the gentle melodic background of Steve Tibbetts' guitar. Proceeds from the sale of Chö go to purchase a solar heating system for Nagi Gompa's water supply.



RIGHT VIEW: Living Your Dying

by Lama Sogyal Rinpoche. #RIVI
Was \$9.95, now \$6.95

Seeing death as a mirror of life reflective of all the numerous changes which occur during daily living underscores this insightful dialogue. Letting go spontaneously, laughing with life, releasing egoic identity, and living with clarity—these increase as we more deeply understand death and dying.

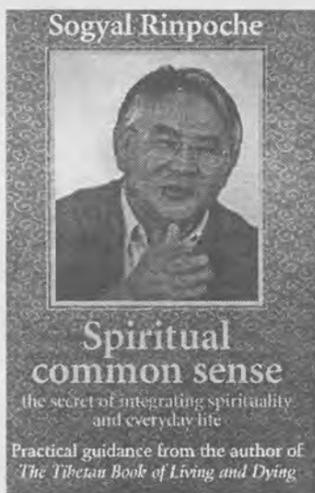
INTRODUCTION TO DZOGCHEN
by Lama Surya Das. Cassette #INDZ Was \$12, now \$8.40
This is a guided meditation and explanation of Dzogchen practice.

DHARMA TEACHINGS BY LAMA SOGYAL RINPOCHE

SPIRITUAL COMMON SENSE: The Secret of Integrating Spirituality and Everyday Life

by Sogyal Rinpoche. 1 cassette #SPCOSE
Was \$10.99, now \$7.70

Discusses how to change the fabric of your mind, relates this to the work situation and demonstrates how you can begin to relate to the world around you with more compassion. These are recent teachings by Rinpoche on being mindful at work, committing to yourself, turning your situation around, finding simple solutions.



TAMING THE MIND
by Lama Sogyal Rinpoche. #TAMI
Was \$9.95, now \$6.95

In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken with meditative methods.

TURNING SUFFERING INTO ENLIGHTENMENT
by Lama Sogyal Rinpoche. #TUS
Was \$9.95, now \$6.95

Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

UNTANGLING OUR EMOTIONS

by Lama Sogyal Rinpoche. #UNEM
Was \$9.95, now \$6.95

So often our emotions seem muddled and problematic, and instead of feeling emotionally fulfilled we feel upset. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional debris, and shows us how to experience love, peace and emotional fulfillment.

Win a FREE TRIP to Tibet and Nepal.
You can enter everytime you place an order with us.
See page 17 for details.



CHENREZIK
Tape #CHT Was \$12, now \$8.40

Produced by the Karma Kagyu Institute in Woodstock. Chants by Tenzin Chonyi, Lekshey Chonyi, Pema Chodron, Greg Eakin. Some selections: "Mahamudra Lineage Prayer," "Chenrezik Sadhana," "Amitabha Sadhana," "Seven Verse Prayer of Guru Rinpoche," "Calling the Guru From Afar," "Long Life Prayer for H.H. Gyalwa Karmapa's Lineage Holders," "Long Life Prayer for Khenpo Karthar Rinpoche."



MANDALA DANCE OF THE TWENTY-ONE PRAISES OF TARA
by Prema Dasara & Anahata Iradah. cassette #MADAT
Was \$12.98, now \$9.70

"I find this Tara recording very powerfully congruent with Tara visualization. I felt it deeply moving and could feel the presence of Tara's feminine Divinity."—Palden Oshoe

This Mandala Dance was created as an offering of devotion and has been taught to groups of women world wide. The text is from a Gom Ter of Orgyen Chokyr Lingpa and shaped into verse for singing and movement. The dance has been performed internationally.



THE GYUTO MONKS: Freedom Chants
Cassette #GYMOFR Was \$12, now \$8.40

Grateful Dead percussionist Mickey Hart recorded these Gyuto Monks' sacred chants. The monks perform chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro recorded live at the Cathedral of St. John the Divine in NYC.

SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING
Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SAMUC Was \$12, now \$8.40

Ten vocal and instrumental pieces exemplifying three types of music: vocal pieces typical of the chanting done in Loseling's assembly hall; pieces combining vocal and instrumental elements; sacred dance music. Some of the selections: "The Black Hat Dance," "Offering of the Universe," "A Propitiatory Prayer to Palden Lhamo," and "A Call to the Spirits of Tibet."



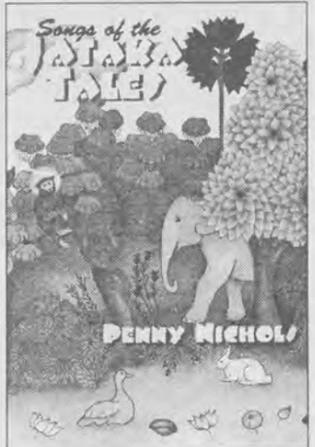
MUSICAL HIGHLIGHTS FROM KEN LOB CHO SUM (The Story of Buddhist Tibet Through the Lives of Padmasambhava, Shantarakshita and King Trison Detsen)
by Ngagyur Nyingma Institute and Palyul Namdroling Monastery. Cassette #MUHI
Was \$10, now \$7

This is a wonderful tape with mostly clear solo vocal singing (in Tibetan) the songs of the lives of Padmasambhava, Shantarakshita, and King Trison Detsen.



SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL
Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SATIC
Was \$12, now \$8.40

Five historic sacred chants from the Monlam Chenmo, the commemoration of Shakyamuni Buddha's public display of miracle powers. Contains five pieces: "A Crown Ornament for the Wise," a verse dedicated to Tara by the First Dalai Lama; "Prayer to the Victorious Masters," hymn to the various incarnations of Avalokiteshvara by the First Panchen Lama; "Until Supreme Illumination," Lama Tsongkhapa's prayer for the attainment of Amitabha's Pure Land; "From Here to Enlightenment," First Panchen Lama's prayer to achieve enlightenment for the sake of others; "A Mystical Biography," the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.



SONGS OF THE JATAKA TALES, by Penny Nichols and members of the Karma Kagyu Institute
Cassette #SOJATT
Was \$12, now \$8.40

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.



SOUNDS OF PEACE: Bamboo Flute & Didgeridoo
Cassette #SOPE
Was \$10, now \$7.00

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



TIBET IS NEAR: Sacred Music of Ganden Jangtse, Cassette
#TINE
Was \$10, now \$7

Selections include "Prayer to Tsongkhapa," "Offering of the High Teachings," "Purification," "Mandala Offering," "Invitation to Palden Lhamo," "Offerings to Palden Lhamo," "Praises to White Tara," and "A Prayer for Peace."

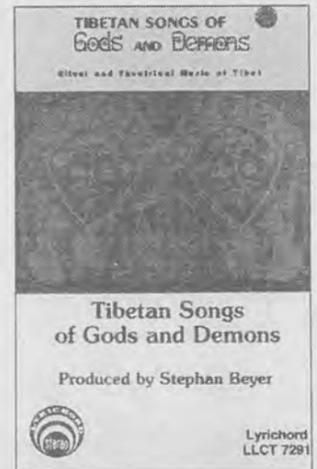
TIBETAN HORN
by Phil Thornton & Steven Cragg. Cassette #TIHOT
Was \$12, now \$8.40

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.



TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung
Cassette #SATEDR
Was \$10, now \$7

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

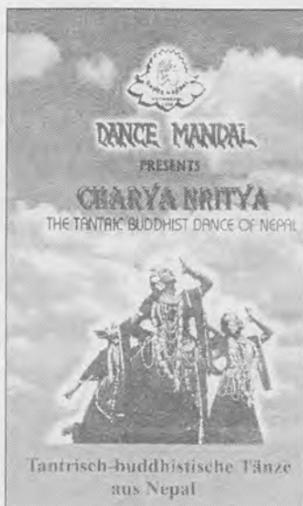


TIBETAN SONGS OF GODS AND DEMONS: Ritual and Theatrical Music of Tibet
produced by Steven Beyer.
40 min. cassette #GODE
Was \$12, now \$8.40

This recording contains the hymn in praise of the Goddess Tara, Chod, Milarepa song, songs of guru devotion, The Tale of Lotus Blazing Light, Gesar and His Magic Slingshot.



ON SALE UNTIL OCTOBER 1



TANTRIC BUDDHIST DANCE OF NEPAL

by Dance Mandal & Prajwal Ratna Vajracharya. Video. #TABUV
Was \$29.95, now \$22.45

Tantric Buddhist dances are one of the religious disciplines of the Buddhist priests (Vajracharyas) of the Kathmandu valley. The Vajracharyas of Nepal have performed these dances secretly as part of their meditation, rituals and celebrations for over a thousand years. In each dance, the dancer becomes an embodiment of the particular deity. Here are 18 dances including those of: Manjushri, Five Buddhas, Avalokiteshvara, Vajrayogini, Arya Tara, Simhanukha, Mahakala, Kurukulla. The film quality is not perfect but the content is so unusual that we wanted to offer this to you.

WE WILL MEET AGAIN IN THE LAND OF THE DAKINI

30 min. #MEAG
Was \$29.95, now \$22.45

Now in her eighties, Doljin Kandro Suren is a Buddhist lama and spiritual guide for thousands who come to her from all over Mongolia and Russia. Through the terrible years of religious persecution in Mongolia, she survived finding the strength to overcome the despair that surrounded her people. After seventy years of Communism, she is the only remaining keeper of the Chod lineage in Mongolia. Tibetan master Namkhai Norbu Rinpoche, invited to give Dzogchen teachings, participates in a Chod ritual with her.



ON SALE UNTIL OCTOBER 1

JEWELRY FROM PEMA



Silver Snake (thick)
Necklace 15.5" in length,
#NESNTH \$25, now \$20



Silver Snake (thin)
Necklace
20" in length, #NESNTN
Was \$20, now \$16



Silver Snake Thick
Bracelet
#BRSNTH \$20



Silver Thin
Bracelet
#BRSNTN
Was \$18, now
\$14.40

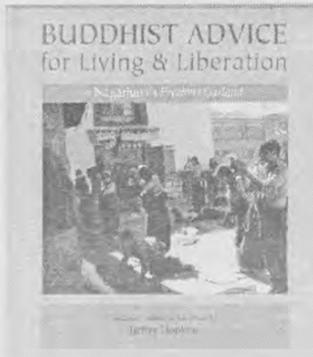
**ART PRINT BY
ROBERT BEER**



Klachakra
Gold on Black: 18" x 23"
#BEKAPO
Was \$14.00, now \$9.80

ON SALE—SLIGHTLY SCUFFED SNOW LION BOOKS

**SNOW LION TITLES
SLIGHTLY SCUFFED
OR BUMPED.
NUMBERS ARE LIMITED.
50% off.**



**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
Was \$19.95, now \$9.97

"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

In the *Precious Garland*, Nagarjuna offers intimate counsel on how to conduct one's life and construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life and 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. Calling for the appointment of government figures who are not out after profit or fame, he advises that a selfish motivation will lead to misfortune.

"A masterpiece of religious writing."—*The Middle Way*

"Recommended for all graduate and undergraduate library collections."—*Religious Studies Review*

"An excellent contribution to the study of Nagarjuna."—*Indian Journal of Buddhist Studies*



**CALM ABIDING AND
SPECIAL INSIGHT:
Achieving Spiritual Transformation Through Meditation**
by Geshe Gedun Lodro and Jeffrey Hopkins. 334 pp., glossary, bibliography, index, #CAAB
Was \$19.95, now \$9.97

This manual presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan view 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, alert, and 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*.



**EMPTINESS YOGA:
The Tibetan Middle Way**
by Jeffrey Hopkins. 504 pp., #EMYOP
Was \$22.95, now \$11.47

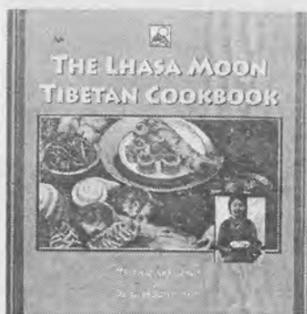
An absorbing exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Prof. Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism. His presentation is based on Jang-gya's famous work—the original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are discussed 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.

"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargay, *Religious Studies Review*

**THE HAPPINESS PROJECT:
Transforming the Three
Poisons that Cause the
Suffering We Inflict on
Ourselves and Others**
by Ron Leifer, M.D. 313 pp.
#HAPR
Was \$14.95, now \$7.47

Ron Leifer, M.D. is a psychiatrist who studied with various Buddhist teachers and is very cognizant of the interplay between Buddhism and psychotherapy. He addresses the way we undermine our effort to achieve happiness by striving for the fulfillment of our desires, through trying to avoid pain, and through our effort to create a self-identity. These three components of the "Happiness Project" are the same as the Buddhist "Three Poisons," the causes of our suffering. Dr. Leifer presents a view of the three poisons compatible with Western science. He then explores suffering, desire and self-identity through Western religion, mythology, history, philosophy, law and psychology and offers a meditation on the problems and prospects of seeking and finding lasting happiness.

"...an intriguing and cogent examination of suffering through the perspectives of psychoanalysis and Buddhism...a substantial contribution to the understanding of psychopathology as well as therapeutic solutions to the problems of human misery."—Jerry Piven, *The New School*



THE LHASA MOON TIBETAN COOKBOOK

by Tsering Wangmo & Zara Houshmand. 128 pp., 80 recipes, 48 line drawings, 25 photos, 8 x 8", #LHMO \$14.95, now \$7.47

Located in San Francisco's Marina District, the Lhasa Moon restaurant delights vegetarians and meat-lovers alike. The cookbook provides an excellent overview of the foods grown in Tibet and the meals served in homes, monasteries, and for celebrations.

"The best general introduction to Tibetan cooking available to home cooks...the dinners are quite ecstatic."—*The Asian Foodbookery*

"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*



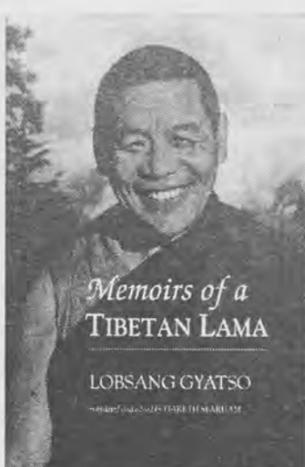
LIVING IN THE FACE OF DEATH: The Tibetan Tradition

by Glenn H. Mullin, fore. by Elizabeth Kubler-Ross. 300 pp., 6 x 9", #LIFADE Was \$16.95, now \$8.47

Whereas Western society views death as the last taboo, the Tibetan tradition incorporates meditation on death into everyday life—a conscious awareness of impermanence allows a person to live a happy, fulfilled life. Tibetans developed a wide-ranging literature on death, including inspirational poetry and prose, prayers, and practical works on care for the dying. Mullin presents nine Tibetan texts covering topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, explanation of karma and reincarnation, and methods to facilitate the transition to new modes of consciousness.

"Short of this study there has been no one volume that presents the Tibetan understanding of death as a whole."—Professor Huston Smith

"Mullin renders various aspects of the Tibetan culture accessible with good humor and a keen familiarity with his subject matter."—*Parabola Magazine*



MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso translated and edited by Ven. Dr. Gareth Sparham. 328 pp., #METILA \$16.95, now \$8.47

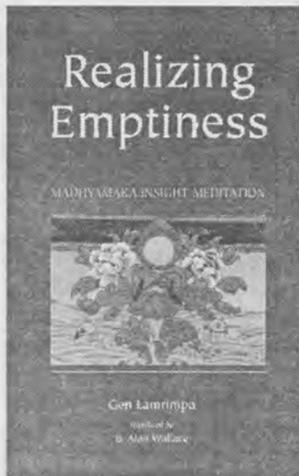
A Tibetan patriot and unwavering follower of the Dalai Lama, Lobsang Gyatso emerges from these memoirs as a master storyteller, a fearless social critic, and a devoted Buddhist monk. With unusual wit and realism he provides a picture of his country from the perspective of a common Tibetan, recounting 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. 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.

PATH TO BLISS

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

Presents a systematic approach to personal development through visualization, reason and contemplation. Clear and eloquent, it provides rich material for beginner and more advanced students. Beginning with practices that develop an effective mental outlook in one's life, it guides the student to more advanced techniques for developing the mind's deepest potentials.

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



REALIZING EMPTINESS Madhyamaka Insight Meditation

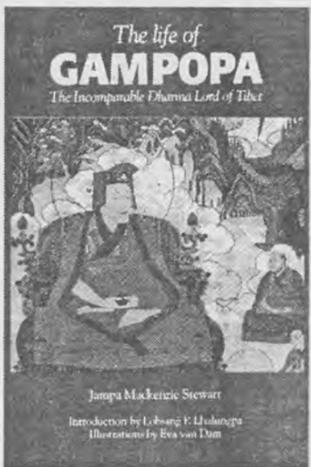
by Gen Lamrimpa, translated by B. Alan Wallace. 184 pp. #REEM Was \$14.95, now \$7.47

"These teachings are profound and clearly guide one toward realizing the nature of emptiness by examining the true import of the 'I' sense."—*Inner Review*

Trained in Buddhist philosophy and meditation by some of the greatest Gelugpa masters of the twentieth century, the Tibetan contemplative Gen Lamrimpa went on to spend some twenty years in solitary retreat. Then His Holiness the Dalai Lama requested that he teach others. *Realizing Emptiness* contains practical instructions

on gaining realization of ultimate reality. Gen Lamrimpa shows how to use Madhyamaka reasoning to experience the way in which all things exist as dependently related events. Contains appendices on Dzogchen and Madhyamaka.

"I recommend *Realizing Emptiness* for its fresh approach to explaining an ancient idea."—John Tighe, Ph.D., for *Explorations*



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 Was \$12.95, now \$6.47

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. A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life.

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



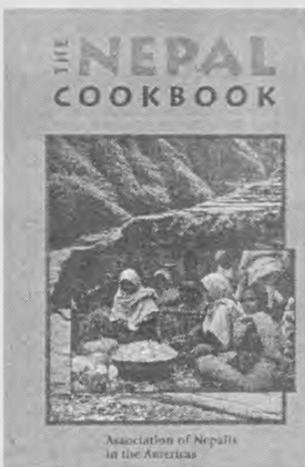
MEDITATIONS TO TRANSFORM THE MIND

by The Seventh Dalai Lama, trans., ed. and intro. by Glenn H. Mullin. 257 pp., #METRMI Was \$16.95, now \$8.47

The Seventh Dalai Lama wrote extensive commentaries on the Tantras, and over a thousand mystical poems and prayers. *Meditations to Transform the Mind* is a highly valued collection of spiritual advice for taming and developing the mind. These inspired writings appeal to the heart as well as head. The Seventh Dalai Lama's rich spiritual writings, direct and arresting, give clear advice on the essence of Buddhist practice. Mullin provides valuable and fascinating introductions to each piece and includes the Seventh's biography.

Win a FREE TRIP to Tibet and Nepal.

See page 17 for details.



THE NEPAL COOKBOOK

by the Association of Nepal in the Americas. 132 pp. #NECO Was \$10.95, now \$5.47

"The Nepal Cookbook is an ideal reference for gourmet clubs—a terrific addition to any kitchen bookshelf!"—*Midwest Book Review*

This treasury of recipes from the members of the Association of Nepal in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, these recipes reflect many facets of Nepal's colorful and diverse cultures. Nepali food is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal. Special cooking methods and ingredients are fully explained.

"A unique compendium of family recipes"—*Library Journal*

"...first major source of information on Nepali recipes."—*The Asian Foodbookery*

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



THE SPIRIT OF TIBET: Portrait of a Culture in Exile

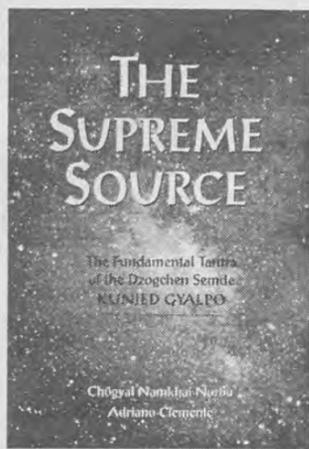
photographs and text by Alison Wright, foreword by H.H. the Dalai Lama. 200 pages, 180 color photos, 9 1/2" high x 10" wide, #SPTI Was \$34.95, now \$17.47

"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

"Alison Wright's pictorial book, which mirrors the charm and strength of the Tibetan culture in exile, will enable readers to have a better understanding of our culture."—H.H. the Dalai Lama

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.



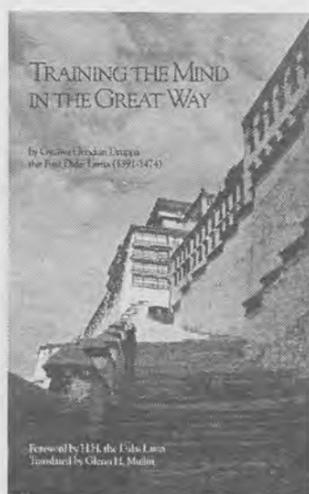
THE SUPREME SOURCE
The Fundamental Tantra of
Dzogchen Semde

by Chogyal Namkhai Norbu & Adriano Clemente
325 pp. #SUSO
Was \$19.95, now \$9.97

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, 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.

In this book, the Dzogchen teaching is presented through 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 commentary by Chogyal Namkhai Norbu gives easier insight into the depths of these teachings. Adriano Clemente translated the main selections of the original tantra.

"An exceptionally well written text, which could become the "bible" of the Dzogchen teachings."—*Explorations*

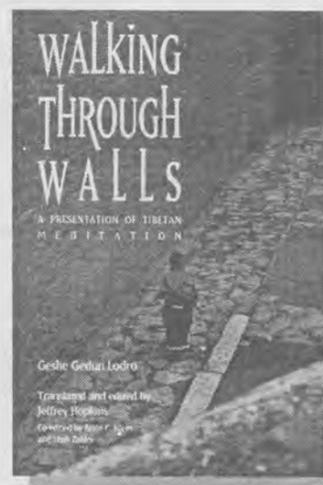


TRAINING THE MIND IN THE GREAT WAY

by the First Dalai Lama, trans. by Glenn H. Mullin, intro. by the Dalai Lama. 174 pp. #TRMIGR \$12.95, now \$6.47

The attitude of self-cherishing and the habit of ego-grasping are considered by Buddhist teachers as the two greatest enemies to happiness and peace of mind. By practicing the mind training (lojong) methods for developing great compassion and the blissful wisdom of emptiness presented in this famous teaching by the First Dalai Lama, these two syndromes can be transformed and eventually overcome.

"For me, the lojong tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care, and how to transcend the limitations of conventional ego-grasping."—The Dalai Lama



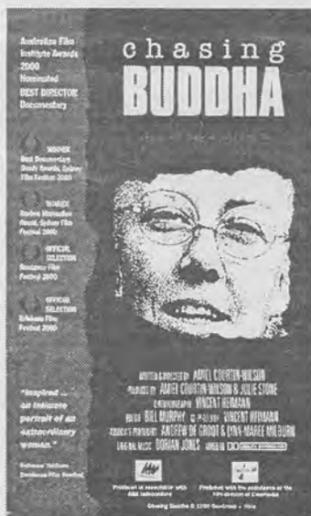
WALKING THROUGH WALLS:
Buddhist Meditation in the Tibetan Tradition

by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAC
Was \$19.95, now \$9.47

A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series

An intimate and detailed picture of the intricacies of meditation. Geshe Gedun presents the landscape of mental development, revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* is a metaphor for the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear.

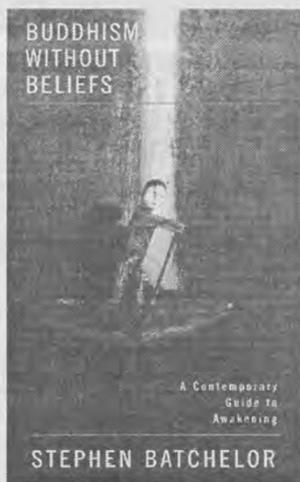
LATE ARRIVALS



CHASING BUDDHA: LIFE IS NOT A SENTENCE

written and directed by Amiel Courtin-Wilson. 52 min. video, #CHBU \$22.00

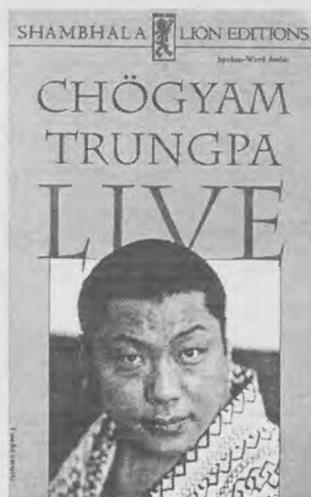
Robina Courtin has been a Buddhist nun since 1978. She is a person of action and has made major contributions to the work of the Foundation for Preservation of the Mahayana Tradition including her work at Wisdom Publications and for *Mandala Magazine*. Her intense and direct style leaves an indelible impression on everyone she meets. Teaching Buddhism around the world, she also visits and communicates with inmates in prisons in the US and elsewhere. This is an intimate portrait of a unique individual whose own search helps guide others transcend their arduous circumstances. Proceeds from the sale of this special edition go to the Liberation Prison Project which Robina runs. For more information: LiberationPP@compuserve.com.



BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening

by Stephen Batchelor. 4 cassettes, 5 hrs., #BIWIBT \$29.95

Stephen Batchelor tells us in his own words how the Buddha taught not to believe but rather to do. He challenged people to understand the nature of suffering and to realize its cessation through a way of life that is available to all of us by working toward awakening realistically—understanding that being on this path does not mean never deviating from it. Before he died, the Buddha did not appoint a successor. He simply remarked that each of us must be responsible for our own freedom—Buddhism without Beliefs is an invitation to hear what the Buddha taught and then to trust yourself on your own path to liberation.



CHOGYAM TRUNGPA LIVE

by Chogyam Trungpa Rinpoche. 1 cassette, 66 min. audio teaching, #CHTRLI \$10.95

Hear the late Trungpa Rinpoche's own voice as talks on "Discipline and Meditation" and "The Myth of Freedom." In the first talk he inspires practitioners by discussing the profound benefits of a regular practice and in the second Rinpoche shows that what we think of as freedom may be the cause of frustration and enslavement.

THE STORY OF BUDDHISM: A Concise Guide to Its History and Teachings

by Donald S. Lopez, Jr. 275 pp., #STBU \$25 cloth

A well-known scholar, Donald Lopez, explains Buddhism—its practices, teachings, and schools. Blending penetrating analysis with engaging storytelling, Lopez makes Buddhism accessible and compelling as he discusses the Buddha, dharma and sangha and the different traditions. He focuses on actual lived practice and shows why Buddhism has been so appealing and helpful through many centuries and cultures.



GUARDIAN DEITIES OF TIBET

by Ladrang Kalsang. 133 pp., 30 line drawings, #GUDETI \$14.95

The propitiation of Dharma protectors is a common practice in traditional Tibetan religious life. There are thousands of deities worshipped by different sects, groups and individuals and this book presents the principal protectors in Tibet. Presented are 22 major deities: 4 & 6 arm Mahakala, Palden Lhamo, Dharmaraja, Nechung, Nam-Sey, Bhegtse, Four Directional Protectors, etc.

WINDHORSE

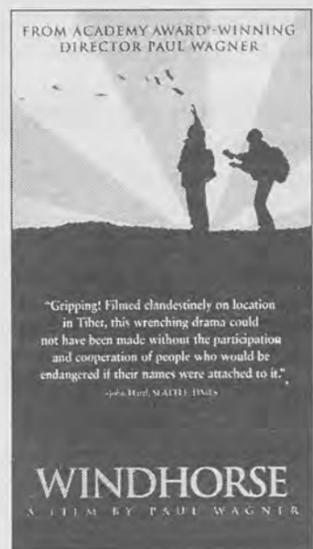
A film by Paul Wagner. Video, 97 min., color, #WIV1 \$29.95

Based on true events, *Windhorse* focuses on the lives of two siblings and their cousin who as young children witnessed their Tibetan grandfather brutally murdered over his resistance of Chinese aggression. On the verge of pop-stardom, Dolkar has assimilated herself comfortably into Chinese culture while her disgusted brother Dorjee's hatred of the Chinese has turned him into an embittered vagrant. Their cousin Pema became but risks her life by defying the Chinese.



New Cards from Andy Weber!

\$1 each
#WDC42 1000-Armed Avalokiteshvara
#WDC43 Vajradhara w/ Consort
#WDC44 Stupa of Enlightenment
#WDC45 Kalarupa



FROM ACADEMY AWARD-WINNING DIRECTOR PAUL WAGNER

WINDHORSE
A FILM BY PAUL WAGNER

www.snowlionpub.com

Snow Lion offers authentic thangkas painted for religious practice by Tibetans. They are excellent in quality and are properly mounted and brocaded for hanging. Please be aware that cheaper imitations on the market have not been properly painted (iconographically and ritualistically).

Our stock is always changing, what is listed below is our current stock as of February, 2001. We can always commission a special image for you—call us for information as to price and availability. Thangkas can be seen at our website (*Contact us for photos, which can be sent through the postal system or as an attachment to email.*)

Size Codes:
 M (image 14" x 20", overall 25" x 36") approx.
 L (image 17" x 22", overall 30" x 46") approx.
 XL (image 24" x 36", overall 34" x 60") approx.

Special Codes:
 B = special brocade
 XB = extra special brocade
 K = has bottom rod with metal knobs



VAJRAYOGINI THANGKAS
 Medium size. #THT14 \$495.00



KALACHAKRA THANGKA
 Large, Special Brocade. #THKS5 \$950.00

CHENREZIG THANGKA
 Large, Special Brocade, Knobs. #THAV \$550.00

CHENREZIG THANGKA
 Medium. #THCH \$395.00

GARAB DORJE THANGKA
 Medium size. #THSHGA \$395.00

GREEN TARA THANGKAS
 Medium size. #THT30 \$325.00

GREEN TARA THANGKAS
 Medium size. #THT11 \$325.00

KALACHAKRA THANGKA
 Large, Special Brocade. #THKS5 \$950.00

MACHIG LABDRON THANGKA
 Large, Special Brocade, Knobs. #THMA \$550.00

Contains many deities associated with her practice.

MAHAKALA THANGKA
 (four-armed) Medium size, Special Brocade. #THSHMA \$395.00

PADMASAMBHAVA THANGKA
 Large, Special Brocade, Knobs. #THPA \$550.00
 Has the eight manifestations of Padmasambhava

TSONGKAPA LINEAGE TREE THANGKA
 Extra large, Special Brocade, Knobs. #THTSLT \$1500

VAJRADHARA THANGKAS
 Medium. #TH93 \$495.00

VAJRADHARA THANGKAS
 Medium. #THT9 \$395.00

VAJRAKILAYA THANGKA
 Medium size. #THSP6 \$495.00

VAJRASATTVA W/CONSORT THANGKA
 Large, Special Brocade. #THVAYA \$550.00

VAJRAYOGINI THANGKAS
 Medium size. #THT22 \$495.00

VAJRAYOGINI THANGKAS
 Medium size. #THT14 \$495.00

VAJRAYOGINI THANGKAS
 Medium size. #THSP2 \$495.00



VAJRAKILAYA THANGKA
 Medium size. #THSP6 \$495.00



GREEN TARA THANGKAS
 Medium size. #THT30 \$325.00



VAJRADHARA THANGKAS
 Medium. #THT9 \$395.00

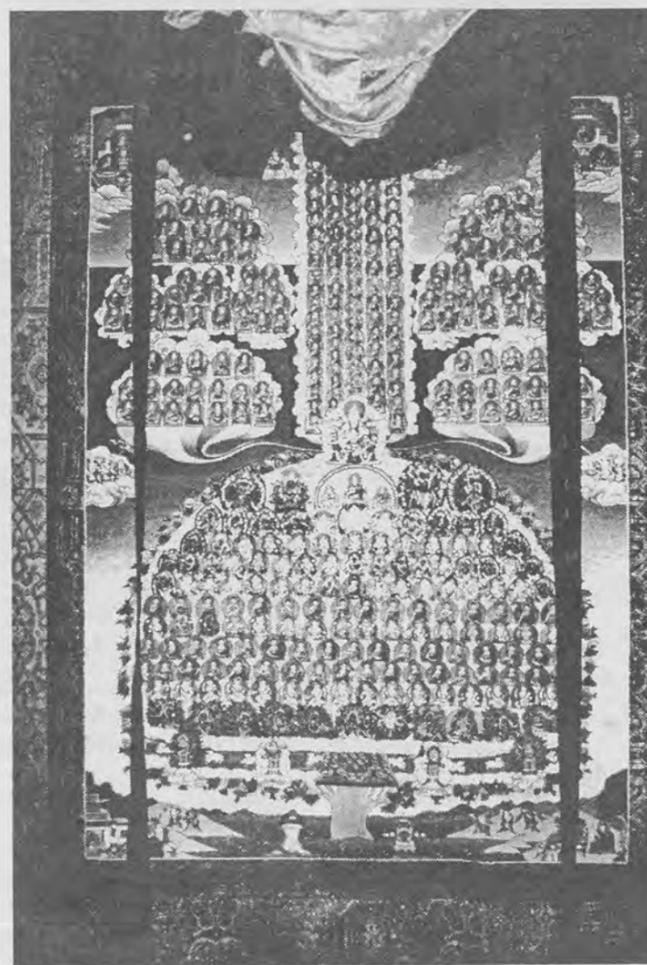
Regarding Thangkas

Over the years Snow Lion has been assisting Buddhist practitioners in obtaining thangkas and statues for their personal practice and inspiration.

Unfortunately, in the modern world, thangka painting is threatened by an influx of fake and quite often badly finished paintings. In many popular tourist areas such as Kathmandu and Delhi, these pieces are offered to the unsuspecting buyer as being authentic thangkas. The deities and their colors, proportions and symbols have been assembled and incorporated with little or no regard to traditional religious guidelines. His Holiness the Dalai Lama has frequently pointed out when speaking of these cheap, inaccurate and mass-produced thangkas (created in thangka factories by young Nepali boys), that they do not benefit Tibetans, Tibetan art and culture or sincere Western Buddhist practitioners. They have no religious value because of the lack of religious intent of the artist who painted them. Most of these paintings are merely a haphazard mosaic of improperly painted Buddhist symbols and deities.

Obtaining quality thangkas is not easy. You have to know the artists, and to this end, Snow Lion buyers have made numerous trips to Asia to cultivate relationships with various traditional artists. Over the past two years, Snow Lion has located genuine traditional artists whose work is of superior quality and made it a policy not to deal in cheap, factory-produced, tourist thangkas (which can look authentic or even old to the untrained eye). We deal only in thangkas painted by good thangka painters who genuinely care about the quality of their work.

Our thangkas roughly fall into two categories. We carry superior quality well-painted thangkas, properly mounted in nice brocades, which are generally priced from \$395-\$500. We also carry exquisitely painted museum quality thangkas mounted in silk brocades that generally run \$850-\$1500.



TSONGKAPA LINEAGE TREE THANGKA
 Extra large, Special Brocade, Knobs. #THTSLT \$1500

STATUES

You can select from this current list of high-quality statues of various deities. The statues are gilded bronze with gold-painted faces unless otherwise stated. Contact us (call/fax/e-mail/write) for photos of the images that you want. You can also view them at our website.

We can special order statues for you. Let us find what you are looking for.

BUDDHA SHAKYAMUNI STATUES

Bronze with painted face, 8". #RUBUSS \$295.00

BUDDHA SHAKYAMUNI STATUES

Painted face, 3". #SMSHST \$60.00

CHENREZIG STATUE

Gold highlights with painted face, 8". #RUCH \$295.00

GREEN TARA STATUE

Painted face with gold highlights, 8". #RUGRTA \$295.00

MANJUSHRI STATUE

Gold highlights with painted face, 8". #RUMA9 \$295.00

MANJUSHRI STATUE

Gold highlights with painted face, 8". #RUMA \$295.00

MEDICINE BUDDHA STATUES

Gold highlights with painted face, 5". #RUMEB5 \$150.00

MEDICINE BUDDHA STATUES

Bronze with painted face, 8". #RUMEBB \$295.00

MEDICINE BUDDHA STATUES

Gold with painted face, 8". #RUMEBU \$295.00

PADMASAMBHAVA STATUE

Gold with painted face, 8". #RUPADM \$295.00

TSONGKHAPA WITH TWO DISCIPLES

#RUTSST \$2000

This set of three statues are made of fine bronze with gold plating and painted faces. The statues have traditional robes. They are sold as a set. Tsongkhapa is 14" high and his two main disciples are 12" each.

WHITE TARA STATUE

Gold highlights with painted face, 8". #RUWHTA \$295.00



GREEN TARA STATUE
#RUGRTA \$295.00



MANJUSHRI STATUE
#RUMA9 \$295.00



MEDICINE BUDDHA STATUES
Gold with painted face, 8". #RUMEBU \$295.00

POSTERS

DEITY POSTERS FROM ROBERT BEER

11 3/4 x 16 1/2" \$7.50 ea.



Four-Armed Avalokiteshvara
#BDP1

1000-Armed Avalokiteshvara
#BDP2

Green Tara #BDP3

White Tara #BDP4

H.H. THE XIV DALAI LAMA, TENZIN GYATSO

Kalachakra Initiation, Bodhgaya, India 1974, photo by John Smart. 16 x 21" Fine Art Print, #DALAPR \$15

This is one of the most beautiful photographs of His Holiness that we have ever come across. It was taken by world-renowned photographer John Smart in 1974 when His Holiness was thirty-nine years of age and conducting the Kalachakra Initiation before an audience of three hundred and fifty thousand. The photographer used a Linhof large format 4 x 5" camera for incredible detail in creating this superb photograph. Then, in a supervised custom tri-tone printing, these poster-sized fine art prints were produced. The photographic image measures 12 x 16" on a 16 x 24" sturdy weight, acid free, high quality printing paper.

H.H. THE XIV DALAI LAMA, TENZIN GYATSO

photograph by Don Farber, 16 x 21" #LADALA \$10

A classic full-color portrait of His Holiness, taken at the time of the 1989 Kalachakra in Los Angeles. It is an impressive full-color image with a black background.

H.H. THE DALAI LAMA (yellow robe)

15 x 22" #DLYEPO \$10

This is the image we love from the cover of *The Path to Enlightenment*. Alison Wright is the photographer who captured this picture on film. She is an award-winning photographer and the author of *The Spirit of Tibet*. She chose this image from hundreds because of its brilliance and the Dalai Lama's wonderful expression.

THE DALAI LAMA

8 1/4 x 11 3/4" #DALAPO \$4.50

A poster image of His Holiness—a beautiful close-up of his face and shoulders.

The following two Snow Lion Posters are high-quality, full-color reproductions which measure 20 x 25 1/2" (including border):

POTALA PALACE

#POPAP0 \$9

One of the most outstanding pictures of the Potala Palace we've seen.

JOWO SHAKYAMUNI BUDDHA STATUE

#SHBUST \$9

Stunning view of this sacred statue located in the Jokhang Temple in Lhasa. It is the focal point of Tibetan prayers and pilgrimages.

SPIRIT OF TIBET POSTER

by Alison Wright. 18 X 24 #SPTIPO \$10

This is the image from the cover of Alison's amazing photo book of Tibetan culture *Spirit of Tibet*. It is intensely red and conveys the strength of the Tibetan people.

CHENREZIG SAND MANDALA POSTERS

Wheel of Compassion Sand Mandala Poster

24 x 24", #WHCOPO \$18

This is a full-color reproduction of the Chenrezig Sand Mandala. On a blue background.

Wheel of Compassion (Explained) Sand Mandala Poster

24 x 30", #WHCOEX \$18

This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

ILLUMINATED REFUGE PRAYER 8 1/2 x 11"

#LLREPR \$14

This is a color fine art reproduction printed on acid free cover stock. of the Refuge Prayer. It has the Buddha at the top with two of his disciples and various Buddhist symbols around the border.

THE REFUGE TREE OF THE KAGYU LINEAGE

#KARETR \$25

This large poster (19 x 28") illustrates the lineage of the Kagyu teachers and meditational deities. It comes with an explanation.

ILLUSTRATED MAP OF TIBET

22 x 40" #CUMATI \$15

Full-color artistic cultural map of Tibet showing regional costumes, prominent landmarks and Buddhist monasteries and other religious sites. Excellent printing on heavy paper and laminated. Sales support the Norbulinga Institute in Dharamsala.

LHASA MANDALA

by Peter Gold, J. Jigme, T.G. Gangzey. 20 x 17", #LHMA \$5

This mandala of the region around Lhasa shows major Tibetan sacred sites, monasteries, nunneries, temples, hermitages and holy peaks.

MEDICINE BUDDHA

Painted by Robert Beer.

#MEBUBE \$6

11 x 16" image of this deity—simple and penetrating.

EIGHT AUSPICIOUS SYMBOLS FINE PRINT

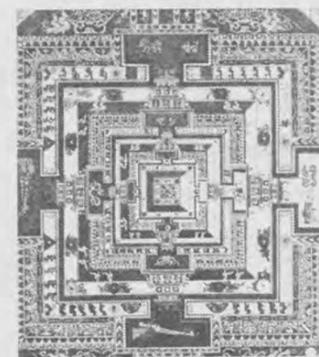
#EIAUPR \$20

Painted by Kelsang Lodoe Oshoe, one of the best Tibetan thangka painters and printed on a canvas-like material this is a beautiful print of the Eight Auspicious Symbols. Measures 16 x 22" and is suitable for framing.

KALACHAKRA DEITY FINE PRINT

#KADEPR \$25

Painted by Kelsang Lodoe Oshoe, one of the best Tibetan thangka painters and printed on a canvas-like material this is the finest image of the Kalachakra Deity. The Buddha, Dalai Lama, and King of Shambhala are depicted above. Measures 16 x 22" and is suitable for framing.



(detail)

KALACHAKRA SAND MANDALA POSTER

24 x 24" #KASAP \$18

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

VAJRADHARA POSTER

24 x 36" #VAPO \$15

It is truly a beautiful poster, with fine gold ink.

WHEEL OF LIFE POSTER

23" by 33" #WHLIPO \$15.00

This is an excellent quality reproduction of a classical thangka depiction of the wheel of life—perhaps the best we've seen.

ART PRINTS

These are gold on black and red on gold thangka images by the artist Robert Beer. The colors are very striking and the images well-drawn. There are six different categories of size and color:

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<p>Dudjom Rinpoche w/ Mantra</p> <p>Ekajati w/ Mantra</p> <p>Green Tara w/ Mantra</p> <p>Guru Rinpoche w/ Dorje Phurba</p> <p>Guru Rinpoche w/ Mantra</p> <p>Jambhala w/ Mantra</p> <p>Karmapa (16) w/ Marpa</p> <p>16th Karmapa w/ 17th Karmapa</p> <p>Manjushri w/ Mantra</p> <p>Medicine Buddha w/ Mantra</p> <p>Palden Lhamo w/ Mantra</p> <p>Samantabhadra/Consort w/ Guru Rinpoche/Consort</p> <p>Sitatapatra w/ Mantra</p> <p>Six-Armed Mahakala (blue) w/ Mantra</p> <p>Vajrasattva w/ Mantra</p> <p>White Mahakala w/ Mantra</p> <p>White Tara w/ Mantra</p> <p>Pins & Misc.</p> <p>Kalachakra Mantra: The Power of Ten</p> <p>-Power of Ten Small Pin 8.00</p> <p>-Power of Ten Large Pin 9.00</p> <p>H.H. the 17th Karmapa Pin 8.00</p> <p>Tibetan Flag Pin 3.00</p> <p>Eternal Knot Pin 30.00</p> <p>Eternal Knot Key Chain 28.00</p> <p>Rings</p> <p>Ring-Om Mani Padme Hum (silver) 17.00</p> <p>Silver Non-Pierced Ring 3.00</p> <p>Gaus</p> <p>Gaus 18.00</p> <p>Round Double Dorjee Gau 28.00</p> <p>Protection Gau 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Back Side</p> <p>CUCA19 White Masked Dancer</p> <p>CUCA21 Red-Masked Dancer</p> <p>CUCA26 Tibetan Thangka Painter</p> <p>CUCA27 Tibetan Mask</p> <p>CUCA29 Tibetan Ngakpa</p> <p>CUCA30 Woman with Dog</p> <p>CUCA31 High Lamas at Kalachakra</p> <p>CUCA34 Jokhang Temple</p> <p>CUCA35 Jokhang Rooftop</p> <p>CUCA37 Young Monk on Roof</p> <p>CUCA39 Potala Rooftop</p> <p>CUCA40 Tashilunpo Monastery</p> <p>CUCA41 Rebuilding of Ganden</p> <p>CUCA42 Monks of Nechung</p> <p>CUCA43 Dharmachakra</p> <p>CUCA44 Mandala Offering</p> <p>CUCA46 Chorten of Gyantse</p> <p>CUCA47 Sakya Monastery</p> <p>CUCA48 Milarepa's Cave</p> <p>CUCA49 Drepung Monastery</p> <p>CUCA50 Kumbum Monastery</p> <p>CUCA51 Sera Monastery</p> <p>CUCA54 Woman with Headdress</p> <p>CUCA55 Lamayuru Monastery</p> <p>CUCA56 Woman Chanting</p> <p>CUCA59 Horseman</p> <p>CUCA62 Ceremonial Tent</p> <p>CUCA63 Monks Debating</p> <p>CUCA64 Potala Stairs</p> <p>CUCA65 View from Jokhang Roof</p> <p>CLOSEOUT SALE!</p> <p>IMAGES OF LOST TIBET 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Buddha crown at Kalachakra</p> <p>BDC39 Dragon and Tiger</p> <p>BDC40 Wishfulfilling Tree</p> <p>BDC41 Eight Auspicious Symbols</p> <p>BDC42 Lotus</p> <p>MANTRA CARDS painted by Andy Weber, \$1 ea.</p> <p>WDC50 Avalokitesvara</p> <p>WDC51 Amitayus</p> <p>WDC52 Green Tara</p> <p>WDC53 Manjushri</p> <p>WDC54 Medicine Buddha</p> <p>WDC55 Sakyamuni</p> <p>CARDS FROM ANDY WEBER \$1 ea.</p> <p>WDC1 Long Life Thangka</p> <p>WDC2 Four Friends</p>	<p>WDC3 Eyes of the Stupa</p> <p>WDC4 Eight Auspicious Symbols</p> <p>WDC5 Om Mani Padme Hung</p> <p>WDC6 Hri</p> <p>WDC7 Om Ah Hung</p> <p>WDC8 Double Dorje</p> <p>WDC9 Prajnaparamita</p> <p>WDC10 Samajavajra</p> <p>WDC11 Heruka Chakrasamvara</p> <p>WDC12 Mahakala</p> <p>WDC13 Mandala of Avalokitesvara</p> <p>WDC 14 Mandala of the Five Elements</p> <p>WDC15 Samatha Meditation</p> <p>WDC16 Inner Offering</p> <p>WDC17 Eight Precious Offerings</p> <p>WDC18 Green Tara</p> <p>WDC19 Five Mothers</p> <p>WDC20 Mandala of Heruka Chakrasamvara</p> <p>WDC21 Twenty-one Taras</p> <p>WDC22 Akshobya</p> <p>WDC23 Medicine Buddha</p> <p>WDC24 Offering of the Five Senses</p> <p>WDC25 Seed Syllable and Mantra Garland of Vajrayogini</p> <p>WDC26 Mandala of Vajrayogini</p> <p>WDC27 Manjushri</p> <p>WDC28 Lama Tsong Khapa & Two Disciples</p> <p>WDC29 Five Dhyani Buddhas</p> <p>WDC30 Vajrayogini (Naro Khachoma)</p> <p>WDC31 Buddha Shakyamuni</p> <p>WDC32 Vajrasattva</p> <p>WDC33 Avalokitesvara (Four-Arm)</p> <p>WDC34 Amitabha</p> <p>WDC35 Vaishnavana</p> <p>WDC36 Vajrapani</p> <p>WDC37 Kinkara Skeleton Couple</p> <p>WDC38 Tara Mantra</p> <p>WDC39 Mandala Guhasamaja</p> <p>WDC40 Heruka Chakrasamvara</p> <p>WDC41 Mount Kailash</p> <p>WDC56 Om Ah Hung</p> <p>GARUDA POSTCARDS \$1 ea.</p> <p>GAC101 Buddha Shakyamuni w/ Shariputra & Maudgalyayana</p> <p>GAC102 Gelugpa Guru Tree</p> <p>GAC105 Avalokitesvara</p> <p>GAC106 Amitabha in Dewachen</p> <p>GAC107 Padmasambhava</p> <p>GAC108 The 35 Buddhas</p> <p>GAC109 White Tara</p> <p>GAC110 Green Tara</p> <p>GAC111 Jambhala</p> <p>GAC113 Vairocana</p> <p>GAC114 Simhavaktra</p> <p>GAC115 White Mahakala</p> <p>GAC116 Vajrapani</p> <p>GAC117 Machig Labdron</p> <p>GAC118 Peaceful Bardo Deities</p> <p>GAC119 Wrathful Bardo Deities</p> <p>GAC120 Tsong-ka-pa on Lion</p> <p>GAC121 Cakrasamvara</p> <p>GAC124 Yamantaka</p> <p>GAC126 Ushnishavinijaya</p> <p>GAC127 White Tara Mandala</p> <p>GAC128 Depiction of Universe</p> <p>GAC130 Vajrasattva w/Consort</p> <p>GAC132 1st Karmapa</p> <p>GAC136 Manjushri</p> <p>GAC139 Vajrayogini</p> <p>GAC142 Green Tara & 21 Taras</p> <p>GAC143 Buddha Shakyamuni w/ 16 Arhats</p> <p>GAC148 Mandala with Simhanada-Avalokitesvara</p> <p>GAC149 Sitapatra</p> <p>GAC150 Amitayus</p> <p>GAC151 Domtonpa</p> <p>GAC152 Tapiriza</p> <p>GAC153 Dorje Legpa</p> <p>GAC154 Garuda</p> <p>GAC155 Medicine Buddha</p> <p>GAC161 Kunsang Gyalwa Dupa</p> <p>GAC162 Tsewang Gyagarma</p> <p>GAC163 Padmasambhava as Medicine Buddha</p> <p>Paintings of Dhawa Dhondup Ngochetsang, 6 x 8 1/2", \$3 ea.</p> <p>DDC1 Buddha Shakyamuni</p> <p>DDC2 Green Tara with Manjushri, Chenrezig, Vajrapani</p> <p>DDC3 Machig Labdron</p> <p>DDC4 Green Tara above the water</p> <p>DALAI LAMA IMAGES</p> <p>#DALAPR H.H. the XIV Dalai Lama, Tenzin Gyatso 15.00 Fine Art Print</p> <p>LADALA H.H. the XIV Dalai Lama, Tenzin Gyatso 10.00 Color Poster</p> <p>Four card images of His Holiness! 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