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NEWSLETTER & CATALOG



ENORMOUS COMPASSION

An interview with TENZIN WANGYAL RINPOCHE

September 18, 2001

QUESTION: People in this country are having many strong emotional responses to last week's terrorist attacks in New York City and Washington D.C. What advice would you give to someone who came to you overwhelmed with emotion or feeling a desire for revenge?

TENZIN WANGYAL RINPOCHE: It is natural to have deep feelings like shock, loss, confusion, or anger. From the practice point of view, it is good to allow these feelings, as we do in the *rushen* practice, while not losing connection with oneself. Allow the grief, allow the anger, but stay connected also. It is better to not watch television too much since these images can get into your system in a way that is not very helpful. Instead it would be best to engage in one's own day-to-day activities in as normal a way as possible. Then, when these feelings arise, try to cultivate compassion for people who have passed away and their families, as well as for the people who committed the terrorist acts.

One needs to reflect on one's own side of how these terrorists came to exist. Innately every being is good. How did the evil force awaken in them? We should pray, "May this evil force not manifest again." But also,

as Americans, we need to look honestly at our actions in the world and reflect on how we have created these enemies. We mean well, but we do not always have very skillful means. Perhaps in the future we can have more awareness about our own behavior and how we create enemies for ourselves.

Also, it is important that people from all the different spiritual communities pray together. This is very helpful, to help people come to peace with themselves. We need to pray for the people who have lost family members, for the souls of those who have died, and also for the people who are afraid of dying. In Afghanistan, many innocent people are very afraid, running to the border, trying to get out and save themselves from being bombed. We should pray for them also, not just for our own citizens. To awaken compassion fully, it helps to put oneself in the place of the other. Can you imagine if, because of something our government did, another government was about to bomb Charlottesville? We would run away and not even know why we were being attacked. How frightening that would be for us.

As for the incidents of extreme hate, of individuals attacking Sikhs or Indians or people of Middle Eastern descent, that is just ignorance. If



Tenzin Wangyal Rinpoche

someone cannot tell the difference between a Sikh and a terrorist, they need more education. That is very ignorant behavior.

Q: I have heard some community members express concern about President Bush's apparent rush to go to war. At a time like this, as good spiritual practitioners, we do a lot of practice and prayer, but should we also speak out in the world, even if it means doing so with some anger?

TWR: From the Buddhist point of view, of course it is important to not allow strong emotion to cause one to lose the connection with oneself. At the same time, one should not ignore the fact of what happened, which is huge.

Actually I have a lot of compassion for the President. His job is to worry about the whole country. This is very different from a practitio-

(Continued on page 2)

Letter to President Bush from The Dalai Lama

September 12, 2001

His Excellency Mr. George W. Bush
The President
The White House
Washington, DC 20500 U.S.A.

Your Excellency,
I am deeply shocked by the terrorist attacks that took place involving four apparently hijacked aircrafts and the immense devastation these caused. It is a terrible tragedy that so many innocent lives have been lost and it seems unbelievable that anyone would choose to target the World Trade Center in New York City and the Pentagon in Washington, D.C. We are deeply saddened. On behalf of the Tibetan people I would like to convey our deepest condolence and solidarity with the American people during this painful time. Our prayers go out to the many who have lost their lives, those who have been injured and the many more who have been traumatized by this senseless act of violence. I am attending a special prayer for the United States and its people at our main temple today.

I am confident that the United States as a great and powerful nation will be able to overcome this present tragedy. The American people have shown their resilience, courage and determination when faced with such difficult and sad situations.

It may seem presumptuous on my part, but I personally believe we need to think seriously about whether a violent reaction is the right thing to do and in the greater interest of the nation and people in the long run. I believe violence will only increase the cycle of violence. But how do we deal with hatred and anger which are often the root causes of such senseless violence? This is a very difficult question, especially when it concerns a nation and we have certain fixed conceptions of how to deal with such attacks. I am sure you will make the right decision.

With my prayers and good wishes,

Yours sincerely,
The Dalai Lama

[His Holiness, on behalf of the Tibetan people, donated \$30,000 towards the relief effort as a gesture of their solidarity with the people in New York City.]

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ed. by Jeffrey Hopkins
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"One of the most wonderful aspects of this remarkable book is the interaction between the laureates..."—*Today's Librarian*

While many people who strive to bring the world into peaceful balance work in relative anonymity, only a few have received international recognition for their efforts. Nine of these outstanding individuals convened recently at the University of Virginia to discuss the topics of human rights, conflict, and reconciliation.

At the core of their agenda is the conviction that ethical concern for the welfare of others is essential for personal, political, social, and economic balance. The Laureates: Jose Ramos-Horta, Betty Williams, Dr. Rigoberta Menchu Tum, Archbishop Desmond Tutu, President Oscar Arias Sanchez, Harn Yawng-hwe, for Aung San Suu Kyi, Bobby

Muller, Jody Williams, His Holiness the Dalai Lama.

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The following is a presentation by the Dalai Lama excerpted from *The Art of Peace*.

"The Need for Compassion in Society: The Case of Tibet"

My English is very poor, and also my English is getting older, so it is difficult to express myself fully. I am extremely happy and privileged to participate in this gathering. I have learned some new things and also got some kind of feeling, more con-



vincing, that if ordinary people see their objective clearly, then once determined, they can change things. That is a great inspiration. Also, I really admire some of these detailed presentations, like that of the former president of Costa Rica—wonderful, wonderful. All the presentations

(Continued on page 12)

ENORMOUS COMPASSION

Continued from page 1

ner's point of view or from a dharma teaching point of view. As an individual practitioner I can say, "If the airlines shut down, fine, I'll do my meditation." But that cannot be the point of view of the president. One week shut down, a billion dollars lost. Every airline is losing millions of dollars. This affects the stock market and the whole country. This is the material world and we are in a capitalist society. When the world markets are effected, everybody feels the shake. This financial structure is an essential part of this country, its ego and identity. What is happening is enormous.

It is proper to show the terrorists that what they have done is not fair. Karmically they need pay for it so the rest of the people understand that it is wrong and not allowed. They can't just do it and get out of it, that's not right. Of course, the president needs to be very skillful. The whole world is very vulnerable and there are lots of sensitive issues. For example, there are long-term issues between Pakistan and India, between Muslims and Christians and Jews. There are some who are just waiting for an excuse to get into it. So we pray that the President is skillful and that innocent people are not hurt.

Q: *As Buddhist practitioners we are non-violent. How should one respond when there are bad things in the world?*

TWR: If you see an airplane about to crash into the World Trade Center, there is no question that if you have the power to shoot it down, you shoot it down. You would have the negative karma of killing the people inside, but you would save so many other people.

Q: *Many people are doing practice and praying. For many this is a great comfort and they feel that they are helping. But I have also heard some people express a sense*

of despair. One friend of mine said, "It's so big, a million mantras can't touch it." What would you say to her?

TWR: There is no limit to compassion, no limit. Prayer has no limit. One has to open one's heart to everybody, bigger and bigger. As it is said, great compassion is to all sentient

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beings. We don't limit it. Prayers are very important. Collective prayers especially are very powerful.

From the shamanic, or causal vehicle, point of view, important prayers and rituals need to take place. The energy of shock in New York City is huge and could be very negative. The World Trade Center area is an important place for the whole country, especially practitioners on the spiritual path, to focus their prayers on a long-term basis. Six thousand people, dead in an instant. Think of how these people died. We ourselves are in shock, but we are still alive. We know how to come back to our homes, we can eat breakfast and lunch, we don't end up at somebody else's door. But with a death like this, sudden and terrifying, a soul can become very lost. We need to pray for them and for a long time.

Even when one is feeling overwhelmed, still one can say, "I dedicate my practice to all the sentient beings who most need it. I dedicate to all." Do not limit who you love. Dedicate to those who are dead and those who are afraid they will die. Dedicate to the Afghani women who

are hungry and thirsty, running away from bombs, with children in their arms. Pray for everyone. Pray, pray, pray, pray, pray.

Q: *One last question, Rinpoche. Buddha gets up in the morning and turns on the TV. The World Trade Center is on fire and thousands of people are dying. What does the Buddha do?*

TWR: Of course the Buddhas want nothing but peace on this earth and they send their blessings for that. Since they are not on one side or the other, the Buddhas see a completely different picture: they see the confusion and ignorance of both sides. And there is enormous compassion for everyone. Enormous compassion.

[Interview taken from *The Voice of Clear Light*, published by Ligmincha Institute. For more information about Ligmincha Institute, the teachings of Tenzin Wangyal Rinpoche, or retreats at Serenity Ridge or our regional centers, please contact:

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Tenzin Wangyal Rinpoche is the author of Wonders of the Natural Mind and Tibetan Yogas of Dream and Sleep. His latest book, Healing with Form, Energy and Light will be released by Snow Lion in May 2002. ■

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KÜN-ZANG LA-MAY ZHAL-LUNG

Translated & edited by Sonam T. Kazi

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

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

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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BY LAUREN COTTRELL

Segyu Choepel Rinpoche. When you mention his name in Buddhist circles, there is often a pause, a thoughtful look and then the question. Is that the Brazilian lama? Yes, I am talking about the western-born tulku, Venerable Segyu Choepel Rinpoche.

I had the good fortune to spend a week with Venerable Segyu Rinpoche this summer at an intensive Tibetan Language Institute held in Taos, New Mexico. He is a wonderfully warm man, full of laughter and generously willing to share his deep wisdom. He speaks English well with a soft and rich cadence. It was a pleasure to be able to speak with him directly in my native tongue. It made communication easy and clear. I would like to share with you his fascinating story.

Biography

Venerable Segyu Rinpoche was born in Rio de Janeiro, Brazil, in August 1950. He was raised in a Catholic family, his mother a housewife and his father a medical doctor. Throughout his early childhood, he had visions. His mother, concerned about them, took him to a local shaman/priest to have him examined. The priest confirmed that he was special in that he indeed had clairvoyant powers and was the reincarnation of a Great Master of the past. As Rinpoche explains, one of his visions was of a yogi-like Buddha figure floating in the sky. This particular vision recurred often until the age of seventeen.

He attended university in Brazil and graduated with a degree in electrical engineering. Later he worked as the assistant director of the systems department of the first nuclear power plant in Brazil. He developed

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- carnation of Gyuchen
- Dorje Zangpo, a 16th
- century Tantric master.

hardware and software programs that linked the headquarters with individual plants. Simultaneously, he pursued his spiritual path. He began a rigorous training as a healer in a Brazilian healing tradition.

After some years of apprenticeship he went to his teacher to show him a Buddhist statue resembling the yogi-like figure he had seen so many times. Before he removed it from the box, the teacher went into a deep state and said to him, "This is your teacher, Lama Je Tsongkhapa. You will help to spread His teachings to the world." The figure inside did indeed turn out to be a statue of Je Tsongkhapa, 1357-1419, founder of the Ge-luk order of Tibetan Buddhism.

Venerable Segyu Rinpoche had the vision of Tsongkhapa only two more times after that. Each time, his heart was filled with love and devotion and he asked for his guidance and blessings. Due to this, he was moved to find who Je Tsongkhapa was and to learn more about his teachings.

Because Buddhism was not widely known in Brazil, he resolved to go to the United States. In 1982, he began studies with Lama Kunga Rinpoche (Ngor Tharse Shabtrung) a Sak-ya lama who taught general Buddhism and *Abhidharma*.

At the end of 1984 he attended the teachings of the Venerable Gyume Khensur Jampal Shenpen, the 98th Gaden Tri Rinpoche (head of the Gelug order). During a private interview, the Gaden Tri Rinpoche indicated that Venerable Segyu Rinpoche was the reincarnation of Gyuchen Dorje Zangpo, a 16th century Tantric master. Gaden Tri Rinpoche gave him the name Zangpo Tulku, but

advised him to use the name Shakya Zangpo.

Soon after this meeting, Gaden Tri Rinpoche passed away, and so Venerable Segyu Rinpoche sought spiritual guidance from Venerable Gashar Khensur Lati Rinpoche and Venerable Gyuto Khensur Tara Tulku Rinpoche. Recognizing Venerable Segyu Rinpoche's gifts as a teacher and healer, they blessed him with many instructions about meditation practice and also advised him to become a monk. At the time, he had several dreams and intuitions that the time was not yet ripe for taking monastic vows and so he took upasaka vows (lay clergy vows) from Kyabje Lati Rinpoche in 1987.

At the encouragement of both Kyabje Lati Rinpoche and Venerable Tara Tulku Rinpoche, he began to wear the white robes of a *ngakpa lama* (a yogi)—very unusual in the Gelug Order. During those years, he received many initiations and commentaries and established the Healing Buddha Foundation in Berkeley, California, a 501(c)(3) tax-exempt non-profit organization dedicated to the study and teaching of Tibetan Buddhism. The Foundation later moved to Sebastopol, California in the spring of 1994.

In 1995, Venerable Segyu Rinpoche went to Tibet and again had many dreams and intuitions about the place in Tibet that was once his home. It was during this trip that he first learned of the existence of the Segyu order. He met Venerable Serney Shapel Kangyur Rinpoche, who was the first person to tell him that Dorje Zangpo was in fact a Segyu lineage master. He also said that since the recognition was indicated by the Gaden Tri Rinpoche, there should be absolutely no doubt.

Then in 1997, while visiting Katmandu, Nepal, Venerable Segyu Rinpoche was visited by the senior most lama, Venerable Gen Enyi and the Venerable Gen Palden Tempel of the Segyu Datsang Tantric College in exile. They made detailed inquiries into his visions and signs. Two days later Gen Tempel met with him again and told him the story of the Segyu order. At that time he also announced that he and the other senior Segyu monks had conferred, made divination, and were now able to confirm that he was indeed the reincarnation of Venerable Gyuchen Dorje Zangpo—the seventh in the line of ten realized masters and abbots who constitute the close lineage of the unerring, exclusive, secret Tantric instructions and practices of the Segyu lineage. At the Monastery's request, Venerable Segyu Rinpoche promised that he would help to the best of his abilities to preserve and make flourish the sacred Segyu lineage.

History of Segyu Monastery

For those unfamiliar with the Segyu lineage, it was started by Jetsun Sherab Sengye at the request of the Great Lama Je Tsongkhapa near the end of his life in 1419. Je Tsongkhapa asked which of his disciples would preserve his Tantric teachings. One of his heart disciples, Jetsun Sherab Sengye, came forward to fulfill the request. With specific instructions from Je Tsongkhapa, Jetsun Sherab Sengye went to the 'Sed' district of the Tsang region of Tibet and established the Sed-Gyud Gaden Phodrang Monastery along with Dulnagpa Palden Zangpo in 1432. The Segyu monastery was the first Gelug Tantric College. Four years later, Jetsun Sherab Sengye founded the Me-gyu (Lower) Tantric College of Lhasa (which later became Gyu-me). The Gyu-to (Upper) Tantric College of Lhasa was established over 30 years after the founding of Gyu-me. In 1959, the Segyu Monastery in Tibet was completely destroyed by the Chinese communist invasion, and only a handful of monks escaped with their lives.

Having found his monastic home, Venerable Segyu Rinpoche took his *gelsul* vows (novice monk vows)

tentative plans to teach at the Sed-Gyued Monastery in Salugara, India, in November, 2001. Honoring His Holiness the Dalai Lama, Rinpoche continues with joyous enthusiasm to preserve the Segyu lineage. To this end he has overseen the English translation and publishing of *The History of the Segyu Gaden Phodrang Monastery 1432-1959*, by Champa Thubten Zongtse Rinpoche, the accepting of new monks into the order, the publishing of the Guhyasamaja text book of the Segyu tradition, and the raising of funds to build a greatly needed kitchen, dormitory, and lama quarters for the monastery in India.

Up until 1959, the Segyu monastery was the lifeblood of the Riwo Geden tradition, where the study and teaching of Tantra with its pith instructions and bare perceptual commentaries have been preserved without degeneration. It is of great fortune for all those interested in the root Tantric tradition of Je Tsongkhapa, that Venerable Segyu Rinpoche has been found again and is working to revive the Segyu Monastery as a vital and active center for teaching in these times.



Segyu Choepel Rinpoche

from Kyabje Lati Rinpoche, who conferred the name Segyu Choepel—Se refers to the Sed region of Tibet; gyu means tantra; choe means Dharma; and pel means to flourish; thus the meaning of his name is "to flourish the Dharma according to the Tantra of Se". In 1999, he took his *gelong* vows (full ordination) from Kyabje Lati Rinpoche at the Gaden Shartse monastery in India.

His Holiness the Fourteenth Dalai Lama, who has recently taken an interest in the Segyu Lineage, has

Healing Buddha Foundation (Segyu Gaden Dhargye Ling)

Being a Westerner, Venerable Segyu Rinpoche also has a strong motivation to preserve and spread the Buddhist teachings in the West. The Healing Buddha Foundation, Segyu Gaden Dhargye Ling of Sebastopol, California, now has branch centers and study groups in Santa Cruz, California; Olympia, Washington; Porto Alegre and Joao Pessoa, Brazil; Buenos Aires, Argentina; and Montevideo and Maldonado, Uruguay.

Rinpoche teaches in fluent English, Portuguese, and Spanish.

The Healing Buddha Foundation holds weekly classes to study basic Buddhist texts. Tsongkhapa's *Great Treatise on the Stages of the Path to Enlightenment* (the *Lam-Rim Chen-mo*) is one of the main texts used. This fall the foundation added a class in debate. Throughout the year, there are one-day and week-end long teachings on a variety of topics. Segyu Gaden Dhargye Ling offers longer retreats in the spring, summer, and winter for various traditional meditation practices.

In addition to the numerous Buddhist activities offered, the Healing Buddha Foundation provides a unique service to the growing number of people experiencing physical discomfort, emotional disturbance, mental disharmony and spiritual crisis through its Psycho-Spiritual Healing Clinics. Treatment is based on Buddhist psychology and Tibetan Tantric medicine. The Psycho-Spiritual Healing Clinics provide a place for people to find relief from their present physical and mental suffering and serves to inspire them to look deeper at the root of suffering. Practitioners engage in a five-year training program, and strive to provide others with the conditions to see their own true goodness and aspire towards the ultimate healing of enlightenment. For those who cannot attend the clinic, The Healing Buddha Foundation offers Medicine Buddha *pujas* (ceremonies) for distant healing.

The Foundation also hosts the Jewel Heart Kids Club four times a year. During these day-long sessions the children are offered simple meditation techniques, story telling, arts and crafts, and the children do community service projects. Some of the recent projects included bagging lunches for a local food bank and decorating and planting flowerpots for a convalescent home. The Kids Club is designed to teach the children about the importance of practicing virtue and caring for others.

To find out more about the activities of the Healing Buddha Foundation and the ongoing work of Venerable Segyu Rinpoche, you can contact:

The Healing Buddha Foundation—
Segyu Gaden Dhargye Ling
P.O. Box 87, Sebastopol, CA 95473
Tel: (707) 823-8700
Email: HBF@healingbuddha.org
or visit the website
www.healingbuddha.org

(The Healing Buddha Foundation is a 501(c)(3) non-profit tax-exempt charitable organization dedicated to the ultimate healing of enlightenment and the preservation of the Segyu Lineage of Tibetan Buddhism.) ■



Photo by Stephen Cross

A Precious Jewel for the East and West

SNOW LION: The House that Roared

BY FRANKLIN CRAWFORD

ITHACA—More than any other medium, books make the greatest contribution to the advancement of the Tibetan cause. Books: Not Hollywood movies, not television; neither newsprint nor magazines nor the innumerable web sites orbiting hyperspace: Books.

That's the opinion of the Dalai Lama himself, expressed during a press conference for Nobel laureates gathered at the University of Virginia in the fall of 1998. Of particular benefit, the Dalai Lama emphasized, were books that portrayed Tibetan culture in a positive light.

It is perhaps no coincidence that just prior to affirming the power of books, the Dalai Lama was presented with an edition of *The Spirit of Tibet*, a splendid collection of color photographs given to him by the publishers at Snow Lion.

Such a vote of confidence from Tibet's spiritual and temporal leader, a figure as fixed in the public consciousness as any Hollywood or sports celebrity, was gratifying for the folks at Snow Lion, whose sole mission, blessed at the outset by a generous offering from the Dalai Lama, is to preserve and enhance Tibetan culture.

"Snow Lion is seminal—they are crucial in the development of the field of Tibetan studies and to furthering the public's interest in Tibet," said Jeffrey Hopkins of the Religious Studies Department at the University of Virginia, site of the foremost program in Tibetan Buddhist studies in America. "By making texts of various levels of difficulty available to the public in English, Snow Lion is the pioneer house in this field."

That house was in a field of dreams just twenty years ago.

Snow Lion was a grassroots, do-it-yourself press founded by Gabriel and Patricia Aiello, a pair of Ithacans whose encounter with the Dalai Lama in 1979 inspired them to take action on behalf of causes Tibetan. But, other than a desire to help the Dalai Lama, the Aiellos knew very little about Tibetan culture. However, they did know Sidney Piburn, and knowing Piburn was like having a 24-hour Tibetologist at their side. A graduate of Cornell University, Piburn had made several trips to Dharamsala, India, the home of Tibet's government-in-exile. In 1974 and 1975, Piburn held a private audience with the Dalai Lama and it was partly through Piburn's efforts that the Dalai Lama made his first visit to the U.S. in 1979.

Piburn, co-founder of Snow Lion, boasts no diplomatic credentials, but his familiarity with things Tibetan

won him the confidence of numerous authorities—political as well as scholarly. The Aiellos could have had no better point man in their company when, in 1980, the fledgling publishers met with the Dalai Lama in Toronto to discuss a business plan. At that point Snow Lion was not a purely Tibetan enterprise, but the Aiellos and Piburn wanted Tibetan texts to figure largely in their stock and trade. They sought advice from the Dalai Lama on the best way to go about publishing Tibetan literature and His Holiness was far more than forthcoming. The Dalai Lama suggested a broad list of titles that would appeal to the general public as well as to practicing Buddhists and Tibetan scholars. His advice was well taken and the meeting, apparently winding down, was deemed successful. But the Dalai Lama had a surprise for the Ithaca trio. Without solicitation of any kind, he made a flat-out offer: His 1979 U.S. talks, translated and interpreted by Hopkins, America's master Tibetan scholar, were Snow Lion's for the taking.

The gift was like a mandate from God.

"At that point, Harper and Row wanted the book," said Piburn, who was astonished by the offer. "Here he turns around and gives it to some kids without any funds or experience, in Ithaca, New York."

It would take four years for Snow Lion to publish *Kindness, Clarity and Insight*, but having the Dalai Lama's imprimatur put the little house on the map. In the mean time, the Aiellos had by personal necessity bowed out of the venture. They

• "I woke up one morning in 1989 and turned on the radio and learned that the Dalai Lama had won the Nobel Peace Prize," said Piburn. "That changed everything."

turned the entire business over to the Piburn. Snow Lion was incorporated and Piburn suddenly found himself promoted from consultant to owner, and his Tibetan Buddhist training put to a stress test as he sweated out the lean years. In 1984, Piburn forged a partnership with Jeff Cox, a friend and associate with a business background and an abiding interest in Eastern religion and Tibetan culture. Together they worked to secure funding and to meet a nose crunching deadline for *Kindness, Clarity*



and *Insight*. The Dalai Lama was due for his second U.S. tour that autumn and the book was pegged to his arrival. Under pressure, Snow Lion managed to finish the book, which sold 10,000 copies and required three reprints to meet demand. No small task under the circumstances.

The Dalai Lama's book synergized Snow Lion and spared it from an early grave. It was a close call: by the time *Kindness, Clarity and Insight* came out, Snow Lion's resources were depleted, its thin shelf of eight titles completely out of stock. On the tail winds of *Kindness, Clarity and Insight*, a growing relationship with Hopkins and the University of Virginia led to three new books and suddenly Snow Lion had momentum.

Cox, who helped to guide Snow Lion from red to black, initiated a free international newsletter, a project that not only boosted Tibet, but helped to spread Snow Lion's name throughout the Tibetan community-at-large.

"Up until then most Tibetan groups in America were disparate—there wasn't a unifying vehicle. The newsletter contained everything Tibetan," said Cox. "Interest in it grew quickly and it became a central force in getting our name out there." In 1987, Snow Lion found an investor and jumped from publishing two or three books a year to publishing more than 10 books annually. Today, Snow Lion produces 20 new titles in a year. The small company's rise paralleled, and even helped stimulate, a passionate global fascination with Tibetan religion, culture and political

issues. Long before Tibetan struggles became a Hollywood cause celebre, Snow Lion was reaching an audience of people who normally would not have had access to Tibetan materials. In 1980, there were three Buddhist centers in the U.S.; today there are 500. Tibetan arts groups and performers and Tibetan teachers as well as monks appeared in diverse settings across America. These saffron and crimson robed emissaries were a cultural phenomenon that eventually influenced Congress to pass an immigration bill allowing for the Tibetan Resettlement Project of 1989 and 1990.

Just about then, as far as Snow Lion was concerned, all heaven broke loose. Ten years after the Dalai Lama's personal offer galvanized the Snow Lion mission, His Holiness again came to the aid of the determined Ithaca house. This time however, the blessing came through the will of the world.

"I woke up one morning in 1989 and turned on the radio and learned that the Dalai Lama had won the Nobel Peace Prize," said Piburn. "That changed everything."

With 12 Dalai Lama books to their name, Snow Lion's publishers worked furiously to produce *The Dalai Lama, A Policy of Kindness*. Something of a Dalai Lama primer, it categorized commentary from His Holiness on a variety of general topics. *The Dalai Lama, A Policy of Kindness* served to portray the Dalai Lama as a worldly-wise, accessible leader of great character and appeal. The text was picked up by the Book-of-the-Month Club and more than 70,000 copies have been sold.

In 1990, Piburn helped arrange a Dalai Lama visit to Cornell University and almost inadvertently positioned Snow Lion as a primary source for authentic Tibetan texts, from the popular to the esoteric.

Business ran apace and Snow Lion outgrew several locations in downtown Ithaca. Today, with 150

titles and several publishing sidelines such as gift cards and bumper stickers, Snow Lion is housed in a converted warehouse on the city's West End business district with offices in a modest residence next door. Small Tibetan prayer flags hanging outside a freight entrance offer some hint at the doings within, but otherwise the site exhibits little of the exotic.

True to its mission, Snow Lion continues to publish books that would likely never find their way into print.

"They don't abandon a book just because it doesn't sell and that's very, very important," said Hopkins.

And they tackle projects no bottom-line publisher would touch. For instance, the 1,027-page book *Fluent Tibetan*. Printed in four volumes, with 18 audio tapes and a CD ROM, it runs for \$250. It's expensive to produce, but sales of more than 2,000 copies will keep *Fluent Tibetan* on the shelves for a long time to come.

Snow Lion's commitment—and its growth—caught the attention of the National Book Network, a first rate North American distribution firm that handles a mix of 80 large and small, mostly independent houses.

"Snow Lion has the best selection of Tibetan materials of anybody in the business," said Victoria Metzger, NBN spokeswoman. "Their growth came from demand, not venture capital investment. That's really nice—and rare—to see in this age of the mega-publisher with huge consolidations and changes in the book selling and publishing market almost every month."

Today Snow Lion employs sixteen people, including four members of the Tibetan community who have settled in Ithaca. Since 1990, Ithaca also has become the site of Namgyal Monastery, a branch of the personal monastery of the Dalai Lama, and the first established in the western hemisphere. Piburn's efforts have fig-

(Continued on page 5)

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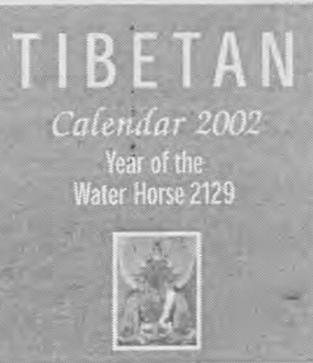
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Top photo: The house where Snow Lion's administration and the Ithaca editorial offices are located. Bottom photo: The building where the Snow Lion store, order taking and shipping departments, and warehouse are located, plus another view of the administration house.

Win a Guided Tour to Tibet and Nepal in 2002

Tour leader: Glenn H. Mullin

For the sixth time Snow Lion Publications is offering a trip to Asia to a lucky customer. We have arranged to give one of our customers the opportunity to travel with Glenn H. Mullin on a two-week adventure to Nepal and Tibet in 2002. Glenn lived in the Himalayas from 1972-1982 where he studied Tibetan Buddhism, language, literature, and yoga with many of the greatest teachers from Tibet. He is the author of over a dozen books and has taught throughout the world. He also organized and led several world tours for the monks from Drepung Loseling Monastery.

Here's how you can win: Every time that you order from us, we will enter your name in our drawing. Just let us know when you order by mail, phone, or fax that you would like to be considered for the trip. **We'll have our drawing on December 31, 2001.** ■

THE HOUSE THAT ROARED

Continued from page 4.

ured significantly into the Tibetan resettlement in Ithaca as well as the arrival of Namgyal and the continued success of Snow Lion.

Twenty years after a fortuitous meeting with the Dalai Lama sealed its fate, Snow Lion books can be found in stores and libraries throughout the world. There's even a bookstore in Dharamsala that exclusively stocks Snow Lion's publications. Ithacans traveling abroad are surprised to see the Snow Lion name

in far flung shops around the globe. In a fiercely competitive trade, one that is as vulnerable as any to the ruthless barbarisms of modern commerce, Snow Lion holds its own. Created from a simple desire to help, its success—albeit modest—symbolizes a triumph of compassion over greed. Snow Lion's fate is now subtly interwoven with that of a fragile culture whose very survival is dependent upon the passage of information: undiluted, uncensored, unexpurgated truths bound within the body of knowledge to which books are like vital organs. ■

Samdhong Rinpoche is Elected Exile-Government's First Prime Minister

On September 5, 2001, Samdhong Lobsang Tenzin Rinpoche, was elected Prime Minister of the Tibetan Government-in-Exile. Samdhong Rinpoche, who has served in the Tibetan exile administration for four decades, was selected by the majority of all Tibetans with voting rights in the free world. The new system of election was the result of an initiative of His Holiness the Dalai Lama.

One of Samdhong Rinpoche's first actions after taking the oath of office was to request that the Dalai Lama not transfer all of his executive responsibilities to the new democratically elected Kashag Chairperson and the Assembly of Tibetan People's Deputies. Rinpoche asked the Dalai Lama "to continue to exercise his traditional administrative responsibilities in conformity with the provisions of the Charter of the Tibetans in Exile... I trust His Holiness will consider my request with loving-kindness."

In March of this year, Samdhong Rinpoche had left public service and had decided to set out on "a reclusive life in order to begin my efforts

for the cause of non-violence." After numerous requests from most of the exile Tibetan communities, he relinquished his personal desires

- "I believe we Tibetans
- need to establish a
- non-violent society to
- serve as a model for
- the rest of the world.
- In order to do this, we
- should first develop a
- culture of *ahimsa* [non-
- violence] in our exile
- communities."

and accepted the responsibilities of Prime Minister.

In his acceptance speech Samdhong said, "I believe we Tibetans need to establish a non-violent society to serve as a model for the rest of the world. In order to do this, we should first develop a culture of *ahimsa* [non-violence] in our exile communities. We can begin by designing projects for non-violent means of livelihood in the exile communities. Tibetan settlements in India are ideal places for undertaking this experiment. In short, I intend to promote the Gandhian concept of *gram swaraj* [village self-rule] in our settlements. Especially I intend to promote non-violent and eco-friendly agricultural and farming practices in our settlements.

"Henry David Thoreau said 'the government is best which governs not at all.' In the similar vein, Mahatma Gandhi said 'Swaraj does not mean others governed by oneself, but the self governed by oneself.' This is the kind of administration I am hoping for."

Samdhong also stated that, "It is very much within our means to serve the exile Tibetans and make the Administration more efficient. I

also believe that the Administration should be completely transparent and accountable. I intend to make efforts to facilitate the formulation of clear-cut religious, educational, home and health policies—policies that take into account both the culture of Tibet and the practical needs of time. More particularly, I intend to facilitate the formulation of a standard financial policy. I will pay special attention to introducing austerity measures; to limiting administrative spending to the absolute necessity."

As for the cause of the Tibetan homeland, Samdhong said, "I will make every effort to restore direct contacts with Beijing and to increase international support toward this end. I consider it important to promote interaction and better understanding between the Tibetan and Chinese peoples. Whether we succeed or fail will depend on the Chinese government and international political developments."

The full text of Samdhong Rinpoche's speech can be seen at www.tibet.ca, or at www.snowlionpub.com ■

Retreats with Khenchen Konchog Gyaltshen Rinpoche

November 22 - 25
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Rinpoche will continue teaching from his translation of *The Jewel Ornament of Liberation* by Gampopa, accompanied with practice sessions each day. 9am - 5pm daily.

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Dharma in Community

We frequently hear comments from folks lamenting the fact that they cannot afford all of the books they would be interested in reading. Together we can make dharma teachings more accessible to the public, utilizing the community library system. Contact us and request a current copy of our trade catalog. You can use it as a resource to make ordering recommendations to your librarian or we can send it directly to your local library at your request. May the Buddha's light of wisdom shine across the nation through dharma teachings. ■

Dharma Books in Spanish

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

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

Tibetan Healing Systems & Astro Science Program • October/December 2001

This is the beginning of a newly forming 3 year training program in traditional Tibetan medicine and Tibetan medical astrological science. Traditional Tibetan medicine and astro-science has a very old history which has served mankind for thousands of years. Historically, Tibetan education has approximately 10 fields of study; arts & crafts, medicine, grammar, logic, inner philosophy, poetry, synonyms, lexicography, astro-science, dance and drama. Tibetan scholars studied all ten of these fields as they are all interrelated, especially the fields of medicine and astro-science. This thorough knowledge enabled them to become highly qualified experts allowing them to share this vast knowledge through teachings. Traditionally, medicine and the astro-science were taught as one field of study in Tibet. It is therefore our goal in this teaching program to share these traditional styles of medicine so that we may contribute to the preservation of our unique cultural heritage. Due to our political situation, we as Tibetan healing professionals are dedicated in preserving our identity and cultural background because we are continually faced with the harsh disseminating actions of the Communist Chinese in abolishing our heritage and culture. When the Chinese captured our fatherland in 1959 they destroyed thousands of monasteries which housed holy texts and relics and one million Tibetans have been killed. Our medicine is an integral part of our Buddhist way of life and therefore of our culture.



In 1961, H.H. the Dalai Lama founded "sMen rTsee Khang" (House of Medicine & Astro Science), which is commonly known as The Tibetan Medical and Astro Institute which is located in Dharmasala, India. The main purpose of creating this unique institute was to preserve the rich cultural heritage of the traditional Tibetan art of healing known as Sowa rigpa and Astro-science known as rTsis rigpa in Tibetan. His holiness strongly believed that the traditional Tibetan healing system could offer a very positive contribution to the sufferings and illnesses of any nation. The Tibetan healing system is what may be labeled today as "holistic". The medicine is formulated from pure and natural herbs. Diet, behavior modification and other natural therapies such as oil treatments, and physical therapies are also considerations of treatment. Perhaps the most important component of Tibetan healing is the mind-body-spirit connection and its fundamental base of The Medicine Buddha which is unlike any other medical system. The body is never treated separately from the mind and vice-versa. The influences of Buddha Dharma are deeply integrated into all ten learning fields previously mentioned. Therefore medical practitioners are strongly influenced by the teaching of Buddha. They are inevitably compassionate and warm-hearted and treat each patient as a unique individual, with respect and humility.

The teachings presented here are being organized by a group of traditional Tibetan physicians and an astro-science practitioner, all of whom were trained at The Tibetan Medical and Astro Institute of H.H. the Dalai Lama in Dharmasala, India. Several of these physicians live outside of New York and are collaborating together to make a very special program on the traditional Tibetan art of healing. Our main goal and desire is to share and teach this unique healing system and to educate Westerners of its vast healing benefits. Eventually, we also hope for the opportunity to combine our Tibetan medical tradition with western medicine, working hand in hand with doctors and health care practitioners. Hopefully, this dream will come to fruition resulting in the relief of the tremendous suffering that we all continually witness. To this end we would like to share with you our knowledge and welcome your participation.

October 26 - 7:00 p.m.-9:00 p.m. Introductory Lecture. Each of the doctors will give a brief introduction to their specialty.
October 27 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Historical background of Tibetan medicine. Dr. Jamyang Gyasto
October 28 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Historical background of Tibetan Astronomy, Astrology, medical astrology. Dr. Jhampa Kalsang (Ph.D.)
November 10 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Mind-body-spirit connection in Tibetan medicine. Dr. Jamyang Gyasto
November 11 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Pulse diagnosis & urine analysis in Tibetan medicine. Dr. Kalsang Dolma

December 1 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Tibetan medicinal plants. Dr. Tashi Yangchen
December 2 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Tibetan pharmacology and its importance in Tibetan medicine. Dr. Choeying Phuntsok
December 15 - 11:30 a.m.-2:00 p.m. & 3:00 p.m.-5:30 p.m. Clinical experiences of Tibetan medicine. Dr. Tashi Rabten
December 16 - 11:30 a.m.-2:00 p.m. Diet & behavior in Tibetan medicine. Dr. Kalsang Dolma
December 16 - 3:00 p.m.-5:30 p.m. Open discussion between presenters and students regarding continuing teachings in our future three years teaching program

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Snow Lion Expands to Colorado

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Authors wishing to submit manuscripts to Snow Lion Publications should mail them to:

Snow Lion Publications Editorial Office
1750 30th Street, #196
Boulder, CO 80301

The office can also be reached by telephone at (303) 413-1508 or by email at:

sidneypiburn@snowlionpub.com

Those wishing to submit articles, ads, or products for the Snow Lion Newsletter/Catalog should continue to use the Ithaca address. ■

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Chinese Authorities Threaten to Close Second Tibetan Nunnery

(TCHRD) The Chinese authorities in Tawu County recently announced that all monks and nuns are required to supply photographs of themselves and allow inspections of their rooms, or else face closure of their institutions.

Raptrol Nunnery, with approximately 300 nuns, faces possible closure owing to the defiance of the Chinese order by the nuns. The officials pay frequent visits to the nunnery to collect photographs of the nuns who decline to toe the official line.

Tsalpo Nunnery, the other nunnery in Tawu County, was closed down in mid-2000 owing to its refusal to abide by the announcement. The doors of the nunnery are officially closed with a red ribbon bearing the seal of the local authorities. All the 300 nuns returned to their families. Palmo and Tashi Lhamo (aged 17 and 18 years respectively), two nuns from Tsalpo Nunnery, are presently working in the fields with their families. ■



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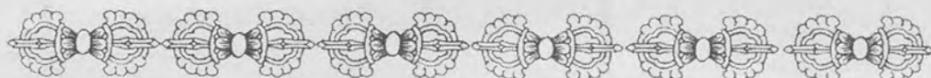
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Song by Thrangu Rinpoche

[Upon hearing of the destruction of the World Trade Center, this wish for negativity to subside was written with pure intention by Thrangu Rinpoche. May virtuous goodness increase. (September 20, 2001).]

We are obliged to cherish and protect this world,
The place we humans call our home.
So why pointlessly destroy any source
Of our world's prosperity?

May the truth of all buddhas in the ten directions
Help bring an end to all such deluded actions.
May raising the attitude of love and compassion
Help peace and happiness spread throughout the world.

The way of all civilized people
Is to protect one's life and precious body.
How pitiful to cast away and destroy it
In the delusion that it may be used as a weapon.

May the nectar of Truth, calm and soothing,
Completely pacify such violent intent.
May the attitude of love and compassion
Blossom in all people throughout the world

The way of noble people is to help others
And the universal norm is to protect oneself.
May the pitiful wish to destroy both self and others,
Such an unwholesome thought and deed, fade forever.

May the truthful speech of bodhisattvas and virtuous
people
And the truthful speech of the pure nature of reality,
Promote peace and harmony here in our world
So that everyone might enjoy the wealth of happiness
and well-being. ■

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The 50th Anniversary of "Peaceful Liberation" of Tibet

(TIN) Several thousand Tibetans were required to attend the official commemoration of the 50th anniversary of the "peaceful liberation" of Tibet held in Lhasa on July 19. Others, including children, students and monks, were required to form part of various delegations welcoming Vice President Hu Jintao at the Potala Square, surrounded by armed security personnel.

Some Tibetans told a Western tourist that speeches made during the ceremony by central and regional leaders focused on attacks on the Dalai Lama.

Various detentions were reported to have occurred during the tense few weeks prior to the arrival of the Vice-President, including the detention of a member of a committee organizing the anniversary celebrations. Demonstrations of military presence were also reported, including marksmen clearly visible on rooftops.

Photos related to the event can be viewed on Tibet Information Network's website at: <http://www.tibetinfo.net/tibet-file/policies.htm>. ■



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AES Withdraws from Hydropower Project

Another Victory for the Tibet Movement

The withdrawal of transnational power corporation AES from the construction of a hydropower dam in Tibet represents another victory for Tibet and the Tibet Movement.

AES has just confirmed that it is pulling out of the Drigang Lhaka project, which was supposed to have dammed the upper reaches of the Yellow River on the Tibetan Plateau.

Last year, Students for a Free Tibet and the International Rivers Network learned that the American based company AES was planning to build a large dam on the Yellow River. After several conversations regarding the implications the project would have for Tibetans—not to mention the potential impact on the image of AES—the company announced that they were dropping their plans.

The Tibet Movement's success in

stopping the World Bank's Western China Poverty Reduction Project, targeting British Petroleum/Amoco for its investment in PetroChina (which is building a gas pipeline across Tibet), and in derailing last year's PetroChina IPO have made people think twice about trying to cash in on China's occupation of Tibet. Students for a Free Tibet vows that it will continue to make sure that any Western corporation that considers investing in a development project in Tibet which does not benefit Tibetans will feel the same pressure that made the World Bank and AES pull out of such projects.

[Students For A Free Tibet can be reached at: 735 East, 9th St, Studio 1FW New York, NY, 10009. Tel: (212)358-0071. Fax: (212) 358 1771. www.studentsforafreetibet.org] ■

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Cyclists Complete Marathon Ride for Tibetan Health

Five cyclists completed a marathon 593 km (368 mile) ride on the Tibetan plateau, crossing five passes with an average height of over 4200 meters (13,780 feet) above sea level. The ride was undertaken with the goal of highlighting the need for international aid to improve medical care in this impoverished area of western China.

The ride was organized by Kham Aid Foundation (www.khamaid.org) in partnership with International SOS (www.internationalsos.com).

The ride started on August 19, 2001 and lasted nine days. The team of four men and one woman started at Tseto La (Zeduo Shan) in Kangding County, western Sichuan. From there they bicycled to the seat of Dege county at the border with Tibet Autonomous Region, passing through five counties of predominantly Tibetan ethnic make-up.

During their journey, the team stopped at medical clinics in remote villages and pasturelands. They conducted interviews to find out about the obstacles facing doctors caring for rural Tibetan populations. The team gave away ten emergency med-

ical kits as a first step towards improving available medical care.

The team's goal is to raise US\$100,000 in cash, training, and in-kind donations for the people of Kham. At this time, cash donations are still coming in. International SOS has already provided or pledged US\$13,000 worth of training and equipment. The company's Beijing office is also stockpiling donated school equipment, computers, and clothes for later transfer to the people of western Sichuan. Kham Aid and ISOS both feel strongly that education is a key component of any aid program, and they are soliciting support for schools in Kham.

In their visits to rural clinics, the team learned that conditions vary widely from one facility to the next, depending largely on the remoteness of the area, and also on the effectiveness of the clinic director. Some clinics lack basic necessities such as electricity to operate lights, sterilizing equipment, and ultrasound probes. Many doctors are demoralized by low wages (US\$110/month), poor facilities, and the difficult living conditions on the Tibetan plateau.

Funds raised by the cyclists will be used to address some of the most acute needs of the clinics, for example a refrigerator for vaccine storage at a clinic in Tagong, and a generator for Manigango. One of the cyclists, Dr. Bruce Beattie, said, "The existing clinics are a basis to start from, but certainly there is room for improvement."

Next year Kham Aid Foundation will organize a larger ride, with twelve cyclists. Next year's riders will be asked to find sponsors to pledge donations for every kilometer cycled. The itinerary will include visits to a major Tibetan festival, overnighting in a Buddhist monastery, camping in a nature reserve, and a visit to the Dege Printing House, treasure-house of Tibetan culture.

Kham Aid Foundation president Pamela Logan, who was one of the cyclists, said, "The route we took gave everyone a look at some really fantastic Tibetan areas, places way off the beaten track for tourists. But it was a darn hard ride. Anyone trying to bike in Tibet needs to be in really good shape." ■

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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 Namkhai Norbu

THE ART OF PEACE

Continued from page 1

were very impressive.

Now, my own presentation: compassion in society and the case of Tibet. I believe that in human actions, the prime mover is motivation. On the spot, it is important to tackle the symptoms of problems, but in the long run, it is necessary to look at the motivation and whether there is a possibility to change it. For the long run, this is crucial. As long as the negative motivation is not changed, then although there might be certain rules and methods to stop counterproductive actions, human beings have the ability through various ways to express their negative feeling. Thus, for the long run, we need to look at our motivation and try to change it. This means that we must try to cultivate the right kind of motivation and try to reduce the negative motivation.

Basically, the concept of "I" is key. The things that surround you, all these ultimately are designated, so the designator, the self, is supreme. That's why, in many countries, one's own country is the center of the universe. Then, within the country, ultimately the person himself or herself is the center of the whole universe. Now, this self wants happiness and does not want suffering. Generally speaking, violence produces suffering; compassion or non-violence brings us happiness. Therefore, violence we consider to be negative, and non-violence we consider to be positive. Violent things like Hurricane Mitch in Central America are without any motivation, so we call them natural disasters. These we can't avoid. But in the other type of violence, which is created by humans ourselves, motivation is involved. Those kinds of violence can be changed—we can reduce them, and there is even a possibility to elimi-

nate them. Therefore, we need to try to change our attitude, to cultivate the right kind of motivation.

Through what methods? I feel that prayer or religious belief is to some extent useful and can be helpful. But basically, simple awareness—knowledge of long-term and short-term consequences—brings great help. If we make clear to people the negative long-term consequences, eventually they can develop clear realization that these negative, violent activities

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are bad, because of inducing painful experience and unhappiness.

Again, what is violence and non-violence? We can't make a clear demarcation between violence and non-violence on a superficial basis, since it is related with motivation. Out of sincere motivation, certain verbal actions, as well as physical actions, may look more wrathful, more violent, harsher, but in essence, because these activities come out of a sincere motivation of compassion, or a sense of caring, they are essentially non-violent. On the other hand, with negative motivation, trying to cheat, trying to exploit, trying to deceive, and using nice words—although with a big artificial smile and with a gift—might look like a friendly gesture, but because of the motivation, it is the *worst* kind of

violence. So I feel that in certain cases violence can be said to be a manifestation or expression of compassion. Nevertheless, non-violence is the basic expression of compassion; therefore, the concepts of non-violence and compassion are very, very close.

In order to promote non-violence and reduce violence, ultimately we have to address motivation through education, through awareness. Here, I want to share with you a few thoughts about the concept of war. In ancient times, when people remained separately, more or less independently, there was no need for other people's cooperation. You could survive, you could live, completely independently. Under those circumstances, the concept of war, destruction of your enemy, and the victory of your side were a real possibility. Today's world is no longer that kind of reality. Your survival, your success, your progress, are very much related with others' well being. Therefore, under these circumstances even your enemies—for whatever reason you categorize them as an enemy in the economic field and in some other fields—and you are still very much interdependent. In such a situation, destruction of your enemy is actually destruction of yourself. Judging from that viewpoint, the concept of "we" and "they" no longer applies. Thus the concept of war, destruction of the other side, is not relevant to today's situation. Therefore, I think it is very important to make it clear that the concept of war not only is a painful experience but also is self-destructive.

Non-violence and peace do not mean that we remain indifferent, passive. Problems and contradictions always remain. I believe that as long as human beings remain, as long as human intelligence is present, some kind of conflict, some kind of contradiction, always remains. If we look

at contradictory or different ideas, they are not necessarily negative. Even if we consider our body, many elements co-exist. These elements oppose one another—they are contradictory. Forces that contradict one another are the basis of further development; things stay more balanced, and that is healthy. Therefore, as long as this smart human brain remains, some kind of contradiction is always there. Even within one single person—because of the power of imagination, the power of vision, you get different ideas: in the morning, something different, and in the evening, something different. There are big differences, contradictions. Sometimes these are so great that, if one lacks the ability to overcome them, even suicide sometimes can occur.

We need a method, a technique, to overcome these contradictions. That is compromise. In today's reality the only way to solve a problem is compromise. Since your interest is very much related with others' interests,

you can't sacrifice others' interests. Therefore compromise, 50-50. Realistically speaking, there is no possibility of 100 percent victory for oneself. If possible, one's own side 60 percent, other side 40 percent! If possible, that's the best!

But while reality is much changed, our perception, our way of thinking, remains behind. We retain an attitude that is essentially outmoded—"my nation," "their nation," "my religion," "another's religion," and sometimes the beautiful name "patriotism" is used with too much narrow-minded nationalism, sometimes even making people mad.

Since the situation in which we live is much changed but the attitude of the people who are in that situation is at variance with the times, this is one of the causes of unnecessary pain, unnecessary problems. Therefore, education is needed to communicate that the concept of violence is counterproductive, that it is not a

(Continued on page 13)

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THE ART OF PEACE

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realistic way to solve problems, and that compromise is the only realistic way to solve problems. Right from the beginning, we have to make this reality clear to a child's mind—the new generation. In this way, the whole attitude towards oneself, towards the world, towards others, can become more healthy. I usually call this "inner disarmament." Without inner disarmament, it is very difficult to achieve genuine, lasting world peace.

So, it is extremely important to look inward and try to promote the right kind of attitude, which is based on awareness of reality. A sense of caring for others is crucial. And it is actually the best way of caring for oneself. Because human nature is social, in simple things we need human companions with a genuine human smile. That provides us comfort, satisfaction. As I mentioned yesterday, the moment you think of others, this automatically opens our inner door—you can communicate with other people easily, without any difficulties. The moment you think just of yourself and disregard others, then because of your own attitude, you also get the feeling that other people also have a similar attitude toward you. That brings suspicion, fear. Result? You yourself lose inner calmness. Therefore, I usually say that although a certain kind of selfishness is basically right—as I mentioned earlier, self and the happiness of that self are our original right, and we have every right to overcome suffering—but selfishness that leads to no hesitation to harm another, to exploit another, that kind of selfishness is blind. Therefore, I sometimes jokingly describe it this way: if we are going to be selfish, we should be wisely selfish rather than foolishly selfish.

I feel that the moment you adopt a sense of caring for others, that brings inner strength. Inner strength brings us inner tranquility, more self-confidence. Through these attitudes, even though your surroundings may not be friendly or may not be positive, still you can sustain peace of mind. That much, according to my own little experience, I can tell you.

Expecting tranquility or peace of mind through money or through power is wrong. The ultimate potential to create peace of mind, a happy person, a successful and happy future, depends to a large extent on inner qualities. Of course, external facilities, such as money, are useful, we need them, but they are not the ultimate source or condition of inner peace.

Through inner disarmament we can develop a healthy mental attitude, which also is very beneficial for physical health. With peace of mind, a calm mind, your body elements become more balanced. Constant worry, constant fear, agitation of mind, are very bad for health. Therefore, peace of mind not only brings tranquility in our mind but also has good effects on our body.

With inner disarmament, now we need external disarmament. As I mentioned earlier, according to today's reality, there no longer is room for war, for destruction. From a compassionate viewpoint, destruction, killing others, and discriminating even against one's enemy are counterproductive. Today's enemy, if you treat them well, may become a good friend even the next day.

Also, bigger issues like overpopulation, environmental problems, and so forth are now beyond national boundaries. These are not questions of my nation's survival but of the survival of humanity. These bigger issues are our common responsibility to tackle. Compared to these problems, small, small things within ourselves are minor. Once all the bigger issues are solved, then there will be time to discuss—even, if necessary, to quarrel—among our-

selves concerning these small, small things.

External disarmament is very, very important. Already, there is some movement. My dream is that one day the whole world will be demilitarized, but we cannot achieve this overnight. Also, we cannot achieve it without a proper, systematic plan; however, it is important to make the target clear. Even though it may take one hundred years, or fifty years, that doesn't matter. Establish a clear idea or clear target; then try to achieve it step by step. As a first step, we have already started with the elimination of antipersonnel mines and biological weapons. Also, we are already reducing nuclear weapons; eventually, there should be a total ban on nuclear weapons. This is now foreseeable; the idea of its possibility is approaching. These are great, hopeful signs.

Thus inner disarmament and external disarmament are needed. Then, as I mentioned earlier, problems always remain, we need some kind of humanistic way to solve problems: compromise. Sometimes I say that the twentieth century, which is my generation's century, more or less has been the century of bloodshed. Although a lot of achievements have taken place, in certain respects this period remains a century of bloodshed or a century of violence. But we humans—through difficult, painful experience—are, generally speaking, becoming more mature such that now we are talking about peace, about non-violence. These are becoming political forces, or political ideas. This is a very good sign.

The twenty-first century should be a century of dialogue. We, the present generation, have to picture the goal clearly and make preparation for a happier, friendly, and peaceful next century so that when my generation is ready to say good-bye, we can hand over a more hopeful world to the next fresh, broad-minded generation; then they will look after themselves. This is my feeling. Judging from various developments, it seems that in spite of some unhappy or painful conflicts here and there, the situation, in general, is getting better and better due to more awareness. Also, human thinking is becoming more open.

As a conclusion: it is very, very

important to remain with hope and determination. If we lose hope and remain with pessimism, that is the greatest failure. In spite of difficulties, ah! remain with optimism—ah! these things change, can be overcome. Determination and hope are key factors for a brighter future. That much I wanted to share with you. If you agree, then try to think more on these topics, investigate them, and eventually implement them. If you feel these are too idealistic, not practical, then forget them! No problem. Thank you. ■



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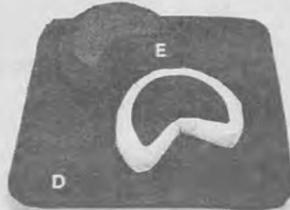
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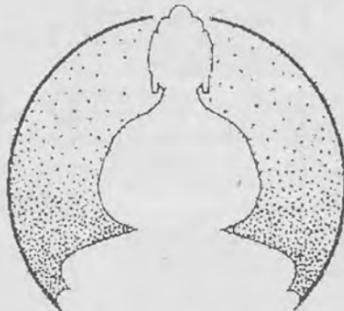
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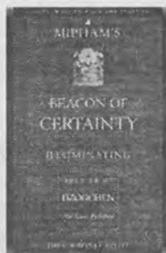
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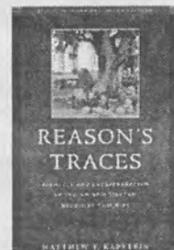
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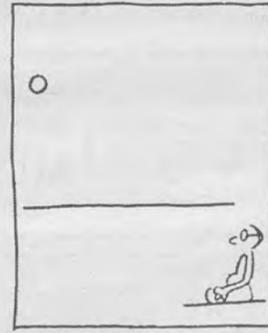
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I am a western monastic from the Drikung and Nyingma lineages.

In 2000, I took vows at Jangchubling Monastery, in Dehradun, India, and now I am trying to raise \$4,000 (US) so that I can do my Ngöndro retreat in Nepal.

As a monastic, I have not worked for two years, and your financial assistance is necessary if I am going to complete Ngöndro.

For the next few months, I will offer to do graphic design work for individuals and/or centers in order to raise funds.

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For more information, please contact me, Könchok Rangdrol, P.O. Box 592, Boston, MA 02199. Please make checks payable to C.J. Plourde. You may also reach me by email at: krangdrol@hotmail.com.

We are pleased to welcome Mike Taylor as this edition's guest cartoonist. Mike's cartoons regularly appear in *Tricycle*, *Writer's Chronicle*, and *Modern Haiku*, and also can be seen in the book *Live and Learn: Perspectives on the Questing Spirit*. He lives in San Francisco.

You could have your cartoons printed in the *Snow Lion Newsletter*. Mail your work to: Editorial and Production, Snow Lion Publications, P.O. Box 6483, Ithaca, NY 14851; or email: editors@snowlionpub.com ■

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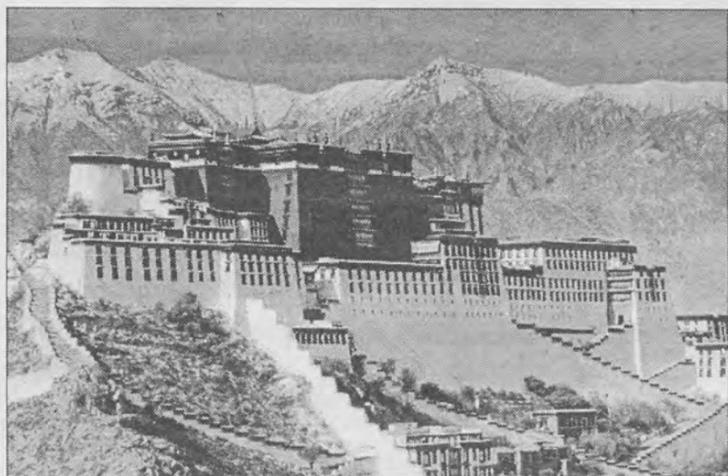
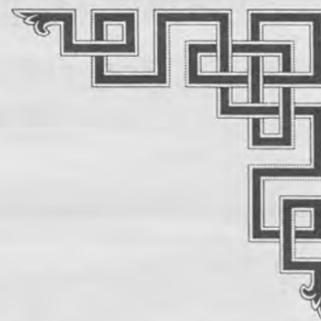
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TIBET PILGRIMAGE

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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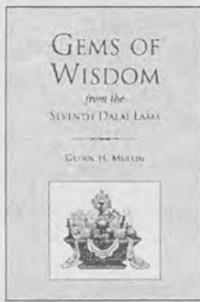


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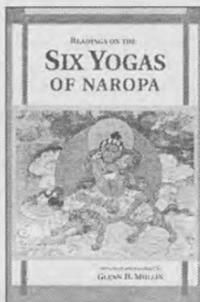
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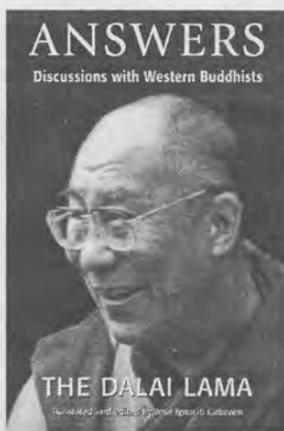
José Ignacio Cabezón holds the Dalai Lama XIV Chair in Tibetan Buddhism and Cultural Studies in the Religious Studies Department at the University of California, Santa Barbara and is the author of *A Dose of Emptiness*.

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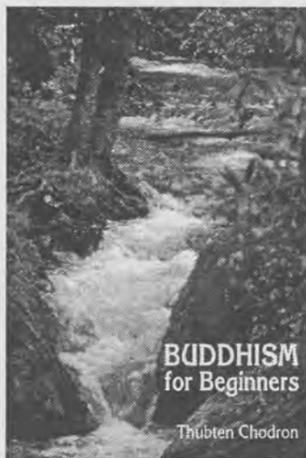
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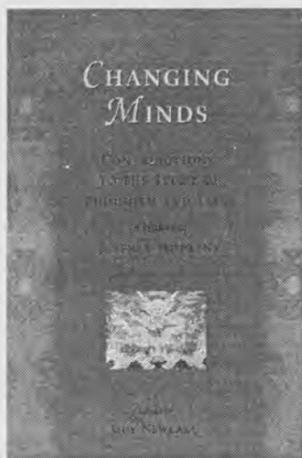
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This is a book offered in tribute to Jeffrey Hopkins by colleagues and former students. Jeffrey Hopkins has, in his sixty years, made profound and diverse contributions to the understanding of Tibet and Tibetan Buddhism in the West. In his collaborations 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.

Changing Minds contains essays that reflect the breadth and influence of Hopkins' work. Topics presented: the two truths, the object of negation, the results of anger, the founding of the Gelug order, Bon Dzogchen, mahamudra, foundational consciousness, altruism and adversity.

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

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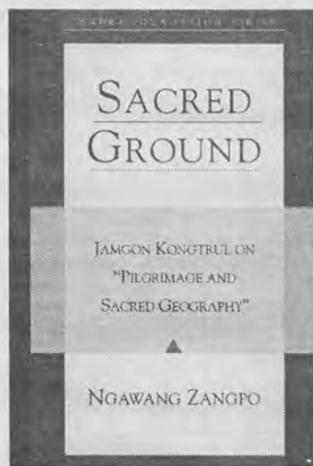
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"*Sacred Ground* is a revelation! Here for the first time in any Western language are several key ideas: the exact way outer sacred lands relate to points in the tantric body and the parallel terminology between the types of sacred ground and the stages of attainment. Ngawang is precise and to the point."

Hubert Decler, Director of the Tibetan Studies Program of the School for International Training, and author of *Lightning Terror*

"Ngawang Zangpo has done a remarkable job translating and commenting upon the profound and pertinent subject of sacred ground. The reader can gain a welcome appreciation for the various levels of comprehension that accompany this important subject. For many devoted Buddhists, reading this book will be like making a pilgrimage to Do-Kham and most especially to the sacred land of Tsadra. In addition, this book gives us a basis for further understanding many of the passages and references found in our tantric sadhanas. It is a pleasure to be led through this journey by the mind of a sublime master the likes of Jamgon Kongtrul with the additional authoritative clarity of Ngawang's lively commentary full of present day idioms and anecdotes. *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, trans. of *Perfect Conduct* and *The Life of Mandarava*



WORKING WITH ANGER

by Thubten Chodron

128 pp., October. #WOAN \$12.95

by Thubten Chodron. 170 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.

"Thubten Chodron is one of our freshest voices of the dharma. Echoing the clarity of H.H. the Dalai Lama's own teachings on forgiveness and healing, in *Working With Anger* she brings us helpful, practical insights from her deep training in Himalayan wisdom traditions. Written in clear, user-friendly language, this superb handbook offers us concrete strategies for dealing effectively with the painful afflictions of anger, criticism and betrayal in contemporary life situations. Can we ever tire of such necessary, good advice?"—Trevor Carolan, David See-Chai Lam Centre for International Communication

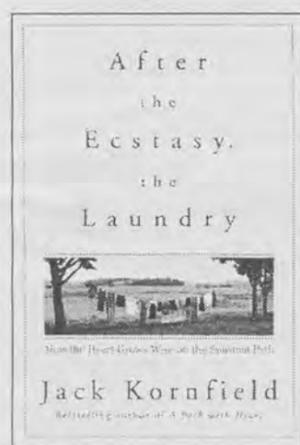
"*Working with Anger* is a wonderful, wise, and life-changing book. If you are looking for a practical guide to overcome anger and live with greater tolerance, love, and forgiveness, I highly recommend this book."—Howard C. Cutler, M.D., co-author of *The Art of Happiness*.



"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 of *Emotional Intelligence*

NEW BOOKS FROM OTHER PUBLISHERS



AFTER THE ECSTASY, THE LAUNDRY: How the Heart Grows Wise on the Spiritual Path

by Jack Kornfield. 336 pp. #AFECLA \$15.95

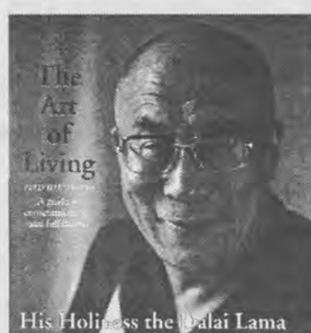
Perfect enlightenment appears in many texts, but how is it viewed among Western teachers and practitioners? Kornfield spoke with more than one hundred Zen masters, rabbis, nuns, lamas, monks and senior meditation students from all walks of life. The result is this extraordinary look at the hard work we all must do—our laundry—no matter how often we experience ecstatic states of consciousness.

THE ALCHEMICAL BUDDHA: Introducing the Psychology of Buddhist Tantra

by Rob Preece, fore. by Stephen Batchelor. 265 pp., line drawings. #ALBU \$19.95

Rob is an experienced meditation teacher, thangka painter, and instructor at Sharpham College for Buddhist Studies in the UK. He offers insight into the nature of Buddhist Tantra, exploring a psychological perspective that draws on Jung's knowledge of alchemy to clarify the meaning behind what can often be obscure within the Tantric tradition.

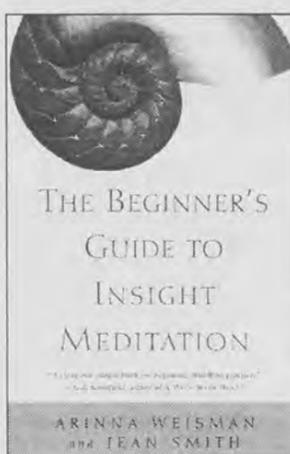
"*The Alchemical Buddha* succeeds in clarifying the nature of tantric practice."—Stephen Batchelor



THE ART OF LIVING: A Guide to Contentment, Joy and Fulfillment

by the Dalai Lama, photos by Ian Cumming. 176 pp., 150 color photos, 9 1/4 x 10 1/4". #ARLI \$22.95

Teachings by His Holiness on living a joyful life along with extraordinary images that show us the rich cultural heritage of Tibetan Buddhism. His Holiness tells how we can live peacefully with each other and the planet. He provides ways to deal with anger and negative emotions and techniques to cultivate open-heartedness and compassion.



THE BEGINNERS' GUIDE TO INSIGHT MEDITATION

by Arinna Weisman & Jean Smith. 238 pp., photos. #BEGUIN \$14.00

This practical manual to insight meditation is a straightforward guide to Buddha's teachings combined with advice on everything from choosing a teacher and sangha to the vipassana retreat experience. The text is enhanced by the authors' personal accounts of the challenges and revelations of their practice experiences.



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

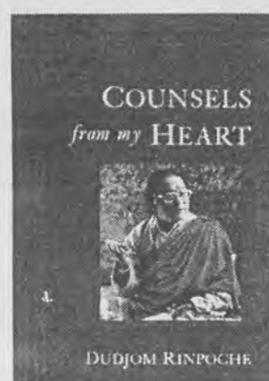
by Per Kvaerne. 155 pp., 8.5 x 12", 79 color illustrations, line drawings. #BORETI \$65.00

This pioneering study introduces the main characteristics, doctrines, and pantheon of deities of Bon, as well as its monastic life and its meditational and ritual practices. The many thangka images are fascinating.

COUNSELS FROM MY HEART

by Dudjom Rinpoche. 112 pp. #COMYE \$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.



CULTIVATING COMPASSION by Jeffrey Hopkins, Ph.D. 176 pp., cloth. #CUCO \$19.95

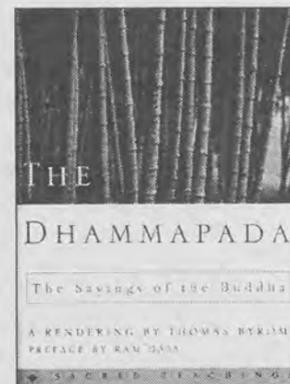
"The exercises in this book are age-old Buddhist meditations for engendering and expanding compassion: developing equanimity, recognizing all beings as friends, reflecting on the kindness of others, and generating unlimited friendliness. Delivered in a straightforward prose and peppered with Hopkins' wry observations and personal anecdotes, these exercises have an appealing practicality."—*Shambhala Sun*

Jeffrey Hopkins guides us in developing compassion with its power to change relationships and improve the quality of life.

DEATH AND THE ART OF DYING in Tibetan Buddhism

by Bokar Rinpoche, 144 pp. #DEARDY, \$15.95

Bokar Rinpoche offers ways of helping the dying and dead based on his intimate knowledge and experience of caring for the dying. This guide through the stages of dying explains how to encounter death without fear and how to maintain constant awareness of impermanence and inevitability of death—to enrich our life and to prepare for death.



THE DHAMMAPADA: The Sayings of the Buddha rendered by Thomas Byrom. 133 pp., cloth. #DHSABU \$14.50

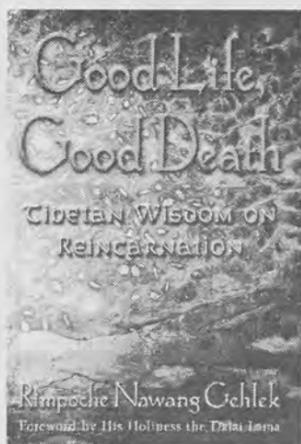
The Dhammapada is the path of virtue, or the way of truth. These pithy sayings of the Buddha instruct and inspire—and can be read over and over.

www.snowlionpub.com



DANGEROUS FRIEND: The Teacher-Student Relationship in Vajrayana Buddhism
by Nga-la Rig'dzin Dorje. 144 pp.
#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.



GOOD LIFE, GOOD DEATH: Tibetan Wisdom on Reincarnation
by Rinpoche Nawang Gehlek, 184 pp., cloth, #GOLIGO, \$23.95

Rinpoche gives personal stories and teachings about reincarnation and the process dying. This is followed by engaging presentations about anger & patience, attachment & love, and ego & compassion. Rinpoche is a warm and very intelligent teacher who trained in old Tibet and teaches regularly in New York City.

"Gehlek Rinpoche's mix of astute psychological insight, extraordinary intellect, and great compassion—plus delightful wit—makes him a wonderful, wise spiritual friend and guide."—Tara Bennett-Goleman



JAMPA: The Story of Racism in Tibet
by the International Campaign for Tibet. 110 pp., photos.
#JASTRA \$6.00

The portrayal of Jampa, an uneducated, dirty Tibetan in the 1963 Chinese propaganda film *The Serf*, exemplifies the longstanding ethnocentric Chinese perception of Tibetans as backward and in need of Chinese assistance. The Chinese government enforces these racial perceptions in supporting the claim that Tibetans are part of a common "Chinese" ancestry while simultaneously propagating the implementing China's "civilizing mission" in Tibet. Using this film story as its basis, Jampa analyzes the widespread racism in Tibet.

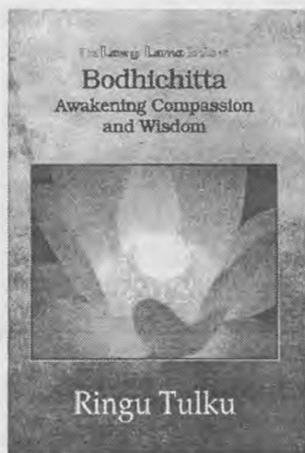


THE KAGYU LINEAGE & The Activity of the Karmapas
by Bardor Tulku Rinpoche. 34 pp.
#KALIAC \$6.95

A concise teaching on the Kagyu Lineage which presents the story of the great figures of this tradition along with the nature and place of the lineage in Buddhist history. Rinpoche also teaches about the 17th Karmapa.

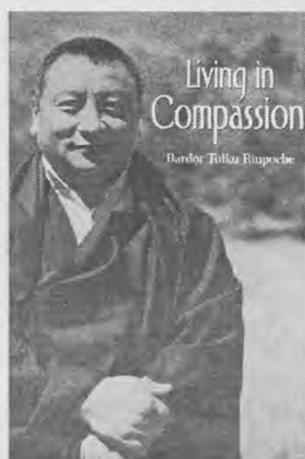
Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.



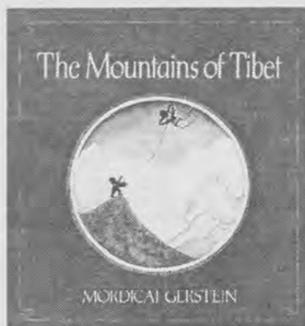
THE LAZY LAMA LOOKS AT BODHICHTTA: Awakening Compassion and Wisdom
by Ringu Tulku. 51 pp.
#BOAWCO \$6.00

Ringu Tulku's accessible presentation of bodhichitta shows how it is a natural extension of our innate wish to work for our own wellbeing. Kindness to others is based on our kindness to ourselves. Awakening to bodhichitta is not about acquiring something new but is rather the realization of our own deep, way of being.



LIVING IN COMPASSION
by Bardor Tulku Rinpoche.
#LICO \$16.95

Rinpoche brings teachings on the practice of compassion to everyday life. It begins with a teaching on marriage and relationships as seen from a Buddhist perspective, with emphasis on the applications of personal discipline and the understanding of karma in our personal and family lives. This is followed by a commentary on *The 37 Practices of a Bodhisattva* and a teaching on the six perfections.



THE MOUNTAINS OF TIBET
by Mordicai Gerstein. 32 pp., 8 x 9", color illustrations throughout.
#MOTI \$6.95

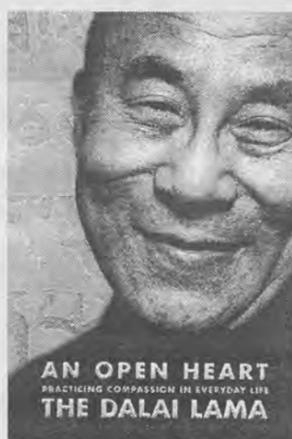
In a tiny village, high in Tibet, lives a woodcutter. All his life he longs to travel but he grows old without ever leaving the mountains. When he dies, he is offered the chance to live anywhere in the universe—he chooses a place he never would have imagined.

For children 7 years and up.

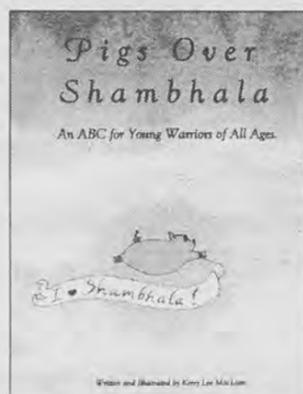
The Snow Lion Internet Shop
www.snowlionpub.com

AN OPEN HEART: Practicing Compassion in Everyday Life

by the Dalai Lama, ed. by Nicholas Vreeland
208 pp., cloth, b&w illustrations. #OPHE \$22.95



How does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? Here is a series of meditations used for this purpose—taken from three sacred texts: Kamalashila's *Middle-Length Stages of Meditation*, Togmay Sangpo's *The Thirty-Seven Practices of Bodhisattvas*, and Langri Tangpa's *Eight Verses on Training the Mind*. These practices can be undertaken at odd moments of the day as well as formal practice periods to transform the mind into a disciplined and open mind.



PIGS OVER SHAMBHALA: An ABC for Young Warriors of All Ages
by Kerry MacLean. 32 pp., 9 x 11" cloth, color illustrations throughout.
#PIOVSH \$15.95

"Pigs Over Shambhala is a sensation! It's funny and sweet alphabet rhymes touch the heart of Shambhala Buddhism, nonconceptually evoking compassion, pride in culture, and the joy of everyday warriorship for children and adults alike."—Acarya Judith Simmer-Brown



PRINCESS METOK LHAZEY: A Tibetan Folk Tale
by Paljor Publications. 20 pp., 19 line drawings.
#PRMELH \$4.00

The story of Princess Metok Lhazey teaches the truth of impermanence, integrity, and the power of love and faith. It is a children's book for ages 4 and up. The Tibetan text is printed and the book is illustrated in a form that is suitable to be colored with pencils.

A TEACHING ON THE TASHI PRAYER

by Ven. Bardor Tulku Rinpoche. 32 pp. #TETAPR \$6.95

The Tashi Prayer is a text written by Khenchen Mipham for the purpose of paying homage to and supplicating of the four kinds of awakened beings so as to receive their blessings for both spiritual and worldly success.



TIBETAN PRECIOUS PILLS: A Tantric Healing System
by Jurgen Aschoff & T.Y. Tashigang. 139 pp. #TIPRPI \$18.95

The Precious Pills used in Tibetan Medicine are associated with mysticism and magic. They are the most potent of all administrable pharmaceuticals in Tibetan Medicine and have remarkable therapeutic effects based on unusual ingredients and on the spiritual power of the preparing physician.



TIBETAN UP-TO-DATE: Learn to Write Tibetan with Ease
by Gonsar Tulku Rinpoche & Helmut Gassner. 104 pp. book, CD. #TIUPDA \$44.00

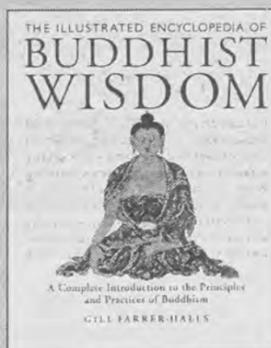
The manual explains Tibetan letters in all their complexity. There is multimedia software for precise pronunciation and word processing software for typing Tibetan. Windows only, 16MB RAM and sound card.

ILLUSTRATED ENCYCLOPEDIA OF BUDDHIST WISDOM

A Complete Introduction to the Principles and Practices of Buddhism

by Gill Farrer-Halls. 192 pp., 8.5 x 11", color photos on nearly every page. #ILENBU \$29.95

This is an outstanding introduction to Buddhism and focuses on the principles common to all traditions and then devotes space to Theravada, Zen, and Tibetan Buddhism and their impact on Western culture. Gill explains what to expect when visiting a Buddhist center and teaches how to meditate. This is a gorgeous, accessible, and practical guide for how to live in harmony with ourselves, our communities, and our world.



VERSES FROM THE CENTER: A Buddhist Vision of the Sublime

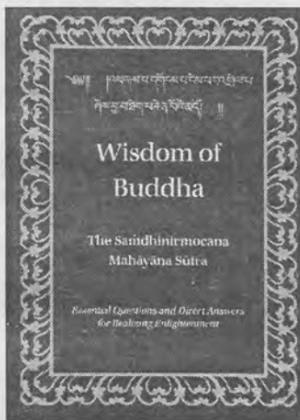
by Stephen Batchelor. 203 pp. #VECE \$12.00

"I have sought to translate Verses from the Center in such a way as to make Nagarjuna's insights come alive for anyone concerned with the question of what it means to live a free and awake life today. Instead of regarding the text as a work of Buddhist doctrine or philosophy, I treat it in the spirit of a Zen koan, which provokes intuitions of the sublime by forcibly challenging entrenched opinions about ourselves and the world.

WISDOM OF BUDDHA: The Samdhinirmochana Sutra

trans. by John Powers. 397 pp. 1 color plate, 12 line drawings, #WIBU \$25.00

In this sutra, great bodhisattvas question the Buddha about the nature of consciousness, the character of the ultimate, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment. This sutra is often used by Tibetan Buddhists to study these doctrines.



A YEAR TO LIVE: How to Live This Year as if It Were Your Last

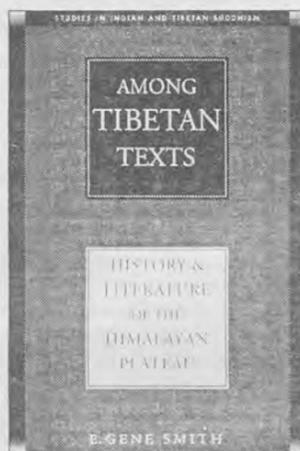
by Stephen Levine. 175 pp. #YELI \$10.00

Stephen teaches us how to live each moment as if it were all that was left. He decided to live this way himself for a whole year, and now he shares with us how such immediacy radically changes our world-view, forces us to examine our priorities, and prepares us to die without regrets.



Coming in Late November

The following books can be ordered now and will be shipped as soon as possible



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.

THE DAWN OF TANTRA

by Herbert Guenther & Chogyam Trungpa. 104 pp., November. #DATA \$12.95

An excellent introduction to Tantra by two excellent authors whose synergy opens our Western minds to absorb the proper understanding of what Tantric practice truly is.

THE LION'S ROAR: An Introduction to Tantra

by Chogyam Trungpa. 272 pp., November. #LIROIN \$16.95

This is a survey of tantra—Rinpoche discusses the nine yantras using an experiential approach that makes abstract psychological insights and subtleties of the topic more accessible.

Coming in Late December

The following books can be ordered now and will be shipped as soon as possible



LUMINOUS EMPTINESS: A Guide to the Tibetan Book of the Dead

by Francesca Fremantle. 240 pp., 8 color illustrations, December. #LUEM \$24.95

A detailed guide to the *Tibetan Book of the Dead*, elucidating its mysterious concepts, terms, and imagery. Fremantle relates this symbolic world to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living.

PRIMORDIAL EXPERIENCE: An Introduction to rdzogschen Meditation

by Manjushrimitra, trans. by Namkhai Norbu & Kennard Lipman. 192 pp., December. #PREX \$14.95

A translation of a key text explaining dzogchen teachings, *Gold Refined from Ore*, by an Indian disciple of the first teacher of Ati yoga. In dzogchen, purity of mind is always present and only needs to be recognized.

THE WAY TO SHAMBHALA: A Search for the Mythical Kingdom beyond the Himalayas

by Edwin Bernbaum. 336 pp., 24 halftones, 14 line drawings, December. #WASH \$16.95

This is a fascinating exploration of the history, mythology, and symbolism of the legendary kingdom of Shambhala. Edwin draws on Tibetan and Sanskrit texts as well as interviews with lamas in Nepal and India and his own experiences in the Himalayas.

NEW DHARMA ITEMS



BELL AND DORJE

Standard set. #BEDO \$36.00

High grade bell and dorje—2 metal or better. #BEDOHI \$150.00

Supreme grade bell and dorje—5 metal. #DABEDO \$225.00

The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje is approx. 4 1/2" long, has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is approx. 6" high and composed of an alloy of metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.

VAJRASATTVA PRAYER BANNER

by Radiant Heart.

20" wide x 6' high. #VAPRBA \$28.00

20" wide x 9' high. #VAPRBL \$35.00

These Vajrasattva w/ consort prayer banners are white with a blue border. Vajrasattva mantras purify negative karma—there are also prayers to the five Buddha families, Manjushri, Avalokiteshvara, Vajrapani, Tara, and Guru Rinpoche. There are two sizes—they can be attached to any pole the correct length with the ties. This is a well-made cotton banner with clear printing.



TARA FLAG 2 X 2

by Radiant Heart, 3 x 3.3' rectangle, with ties for pole, #TAFL2, \$28.00

This unique prayer flag has 4 prints of the Tara wood block (2 rows of 2). It is printed on Green cloth with a multicolored border (blue on the top, yellow on the bottom, and red down the side).



EIGHT AUSPICIOUS SYMBOL WALL HANGING

22 x 36" cotton banner. #NAAUHA \$25.00

The eight auspicious symbols represent good fortune in different ways.



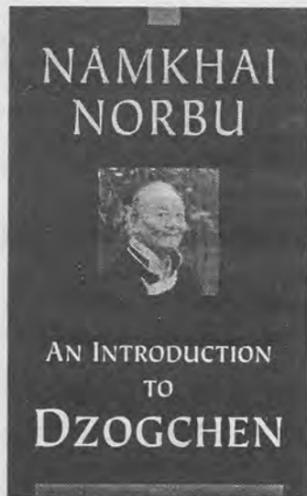
PRAYER FLAGS X 25

by Radiant Heart, #PRFL25, \$45.00

Five different designs are printed on 5 colors of cotton cloth and sewn onto ropes in horizontal display: Blue—Longevity Flag, White—Purification Flag, Red—Wishfulfilling Flag, Green—Tara Flag, and Yellow—Wind Horse Flag. They come pre-sewn in 5 sets of 5 flags (25 flags). Each flag is approximately 15" x 18" so a set of 25 flags is about 34 ft. long!

Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.



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

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

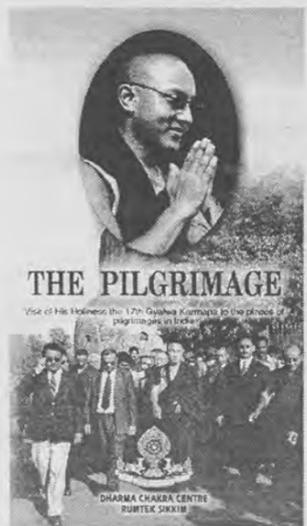
Dzogchen is a path of self-liberation. It is not a path of renunciation or transformation, but rather one of seeing directly the nature of mind—as pointed to by a teacher who has realized this freedom for him or herself. This video gives the student the opportunity to receive these teachings directly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



CHOD
by Wangdu Lama
45 min video, #CHODV, \$25.00
45 min CD, #CHODCD, \$15.00

Chod is a tantric practice concerned with sacrifice—ultimately of one's ego. It is traditionally performed in cremation grounds where emotional energy is intensified. Using a drum, bell, and thighbone trumpet, the Chod practitioner summons all harmful spirits and offers them a visualized feast consisting of the practitioner's own body. Through this practice we learn to give ourselves away completely—to cut attachment. Lama Tsering Wangdu Rinpoche studied at Nadrag Monastery, a Nyingma monastery and then completed the traditional sadhana of practicing Chod in 108 cremation grounds. Lama Wangdu went to Nepal in 1958 and eventually trained with Dudjom Rinpoche, Chatral Rinpoche, and Urgyen Tulku Rinpoche. Lama Wangdu is well-known in Kathmandu for the efficacy of his healings, exorcisms, divinations, and special pujas. This 45 min. complete practice is available on CD and video tape.



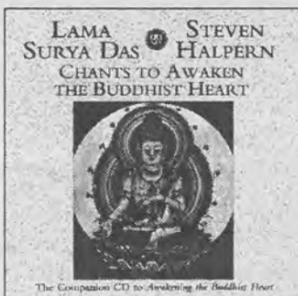
THE PILGRIMAGE
produced by Dharma Chakra Centre. 90 min., video, #KAFOBU \$29.95

This is the official documentary of H.H. the 17th Gyalwa Karmapa's first Indian pilgrimage which took place in early 2001. It begins with his arrival at Vajra Vidya Monastery in Sarnath where he celebrates Losar, a Mahakala offering and Amitayus empowerment. Then he goes to Deer Park, Bodhgaya, Nalanda University, Vulture's Peak and other important Buddhist sites. An interesting and inspiring video.



THE DAKINI, THE LAMA, AND THE LANDSCAPE OF PRACTICE
by Lama Tsering Everest. 105 min., 2 cassettes, #DALALA \$14.00

On the most exalted level, the dakini is basic space itself, the source of all phenomena. Since no amount of discussion alone brings one to the realization of such profound topics, Lama Tsering stresses that it is the student's faith and the lama's blessing that make all aspects of realization possible. She then gives a sweeping overview of Vajrayana practice as the arena in which the student-teacher relationship unfolds to produce spiritual maturity.



CHANTS TO AWAKEN THE BUDDHIST HEART
by Lama Surya Das & Steven Halpern. 69 min. CD, #CHAWBU \$15.98

Tibetan Buddhist mantras and chants to bless, illumine and awaken, energized with modern urban grooves, electric bass, keyboards and guitar. Mantras of Chenrezig, Tara, Vajrasattva, Padmasambhava, etc.

www.snowlionpub.com



GURU YOGA CD
by H.H. Penor Rinpoche. 76 min., 18 tracks, #GUYOCD \$16

H.H. Penor Rinpoche recorded the 100 Syllable Mantra, Guru Yoga Lineage Prayers, Seven Line Prayer, Vajra Guru Mantra, Guru Yoga Dissolution, Om Mani Pema Hung. Global trance beats composed by one of his students for this recording accompanies other chants other mantras and chants—all approved by Rinpoche.

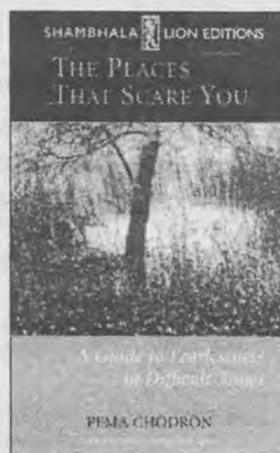


MUSIC FOR THE DANCE OF THE VAJRA
by Chogyal Namkhai Norbu Rinpoche. 41 min. CD, booklet with text & photos, #MUDAVA \$16.98

The objective of the yogi that sings or dances the Song of the Vajra is the illumination or realization of a state oblivious to birth and death, one that is no longer lost in the labyrinths of the dualist mind. The awakening of one's own natural condition takes place through the song and the sacred dance of The Song of Vajra, The Six Syllables and The Three Vajra—the mantras and melodies of which are on this CD and explained in the booklet.

ON THIS SPOT LHASA: Map & Guide
by the International Campaign for Tibet. #SP \$5.95

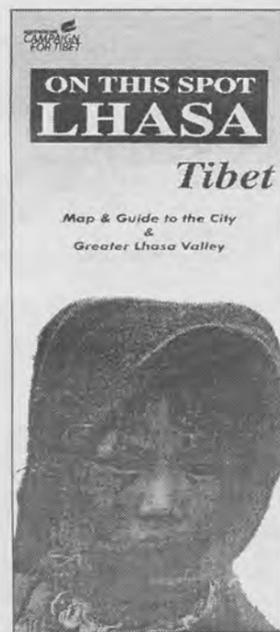
This map describes the heart of Lhasa and shows the history. This is a highly sensitive map that the Chinese government will not appreciate seeing in Lhasa. It not only is the best map to Lhasa, it has photos and explains what changes have occurred since the Chinese takeover.



THE PLACES THAT SCARE YOU: A Guide to Fearlessness in Difficult Times
by Pema Chodron, 4.5 hrs., 4 cassettes, #PLSCYT, \$29.95

This is the audio version of Pema Chodron's new book. 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.

MISCELLANEOUS



NEW CARDS



Vajrakilaya Mandala
#GAC158 \$1.00

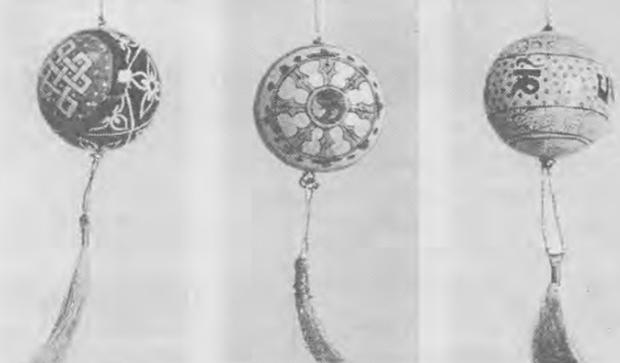


Eleven-Headed Avalokitesvara
#GAC159 \$1.00



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

New Cards from Andy Weber!



TIBETAN ORNAMENTS from Dzi
Dorje Ball—double dorje design. #DOBA \$6.00
Knot Ball—eternal knot design. #KNBA \$6.00
Mani Ball—Om Mani Padme Hum design. #OMMABA \$6.00
Wheel Ball—wheel of dharma design. #WHBA \$6.00

Four different dharma "christmas" ball designs to choose from. These are fun to hang wherever you want a reminder or dharma ornament. They are 3" in diameter and hand painted.

Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.



CORAL BRACELET

3/8" wide. #BRCO \$35.00

Three lovely coral stone highlight this adjustable bracelet.



TURQUOISE BRACELET

3/8" wide. #BRTUSM \$35.00

Three turquoise stones highlight this adjustable bracelet.



ETERNAL KNOT TURTLE PENDANT

#ETTUPE \$25.00

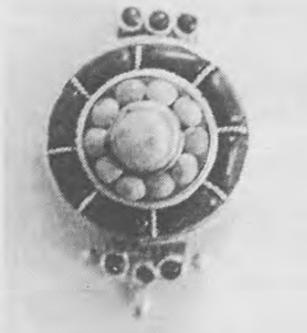
Pendant in the shape of a turtle with an eternal knot on its back. This pendant is also a gau which holds precious small objects. 1 1/4" at its longest point.



GAU GOLD PLATED

#GAGOPL \$169.00

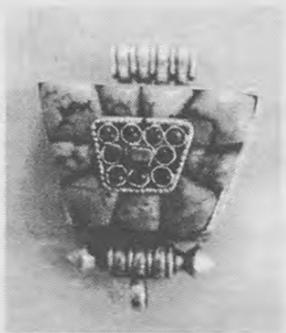
1 5/8" in dia., this large gau is covered with red coral and gold plated. Wear around the neck with chain or cord—it holds small precious objects.



GAU WITH CORAL & TURQUOISE

#GACOTU \$75.00

1 1/8" gau covered with old red coral and turquoise. Wear around the neck with chain or cord—it holds small precious objects.



GAU WITH TURQUOISE & CORAL

#GATUCO \$75.00

1 1/2" wide at the top, this gau is covered with turquoise and has coral in the middle. Wear around the neck with chain or cord—it holds small precious objects.



LHASA GAU

Large, 2" square overall. #GALHLA \$45.00



Small, 1 1/2" square overall, turquoise in the middle. #GALHST \$32.00

Small, 1 1/2" square overall, coral in the middle. #GALHSC \$32.00

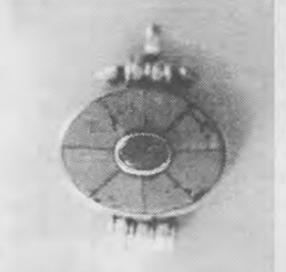
These traditional style gaus from Central Tibet have many coral and turquoise stones. Wear them around the neck with chain or cord—they hold small precious objects.



LOTUS GAU

1" at its widest point. #GATULO \$45.00

A turquoise gau with coral drop in the middle. Wear around the neck with chain or cord—it holds small precious objects.

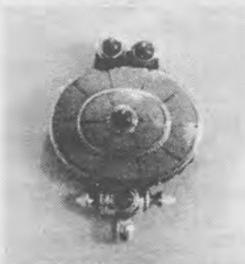


OVAL GAU

1" at its widest point. #GATUOV \$45.00

A layer of turquoise with coral in the middle embellishes this gau. Wear it around the neck with chain or cord—it holds small precious objects.

PYRAMID GAUS



Oval shape, 1 1/8" at its widest point. #GAPYOV \$55.00



Trapezoid shape, 1" at its widest point. #GAPYTR \$55.00

Two layers of turquoise with a coral in the middle. Wear them around the neck with chain or cord—they hold small precious objects.

STONE GAUS



Coral in the middle. #GACOST \$30.00

Turquoise in the middle. #GATUST \$30.00

1" at the widest point of the oval, these stone gaus are worn around the neck with chain or cord—they hold small precious objects.



LAPIS DIAMOND NECKLACE

#NELADI \$95.00

15" long, this lapis necklace has red coral and a large lapis on its pendant.



LAPIS PENDANT NECKLACE

#NELAPE \$95.00

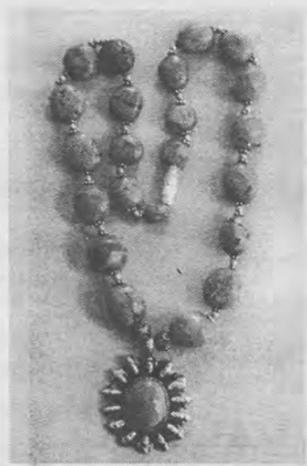
15" long, this lapis necklace has a gau which holds precious objects.



LARGE TURQUOISE NECKLACE

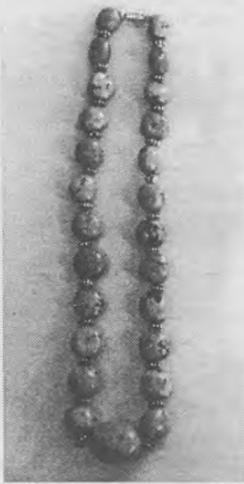
#NETULA \$135.00

25" long, this turquoise necklace slips over your head.



TURQUOISE NECKLACES

Turquoise sun neckace. #NETUSU \$110.00



TURQUOISE NECKLACE

\$95.00

#NETUSA

#NETUSB

#NETUSC

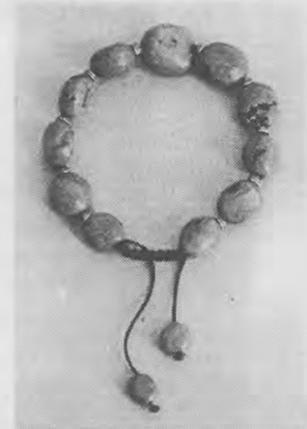
#NETUSD

We have 4 turquoise necklaces with slight differences between them. They are 17" long. The turquoise was brought out of Tibet by Tibetans.



TURQUOISE NECKLACES

Turquoise necklace with round coral. #NETUCO \$125.00



TURQUOISE STONE BANGLE

#TUSTBA \$30.00

Turquoise stones with adjustable pull cord tighteners. This turquoise was brought out of Tibet by Tibetans.



TURQUOISE NECKLACES

Turquoise necklace with old coral, one with 12 silver beads and one with 8 silver beads.

#NETUOC \$150.00

Win a FREE TRIP to Tibet and Nepal. See page 5 for details.



TAGUA MALA

by the Sotolongo. 108, 7mm. beads, guru bead and tassel. #TAMA \$40.00

Natural Tagua Nut makes a beautiful hard bead that is the ideal substitute for ivory—it resembles the finest ivory in texture and color. This mala is perfect for Chenrezig, Vajrasattva and peaceful deity practice in general. The mala is strung with polyester whipping twine and the tassel is 100% cotton.

www.snowlionpub.com

THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$15.95

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

THE BUDDHIST GUIDE TO NEW YORK

by Jeff Wilson. 261 pp., line drawings. #BUGUNY \$16.95

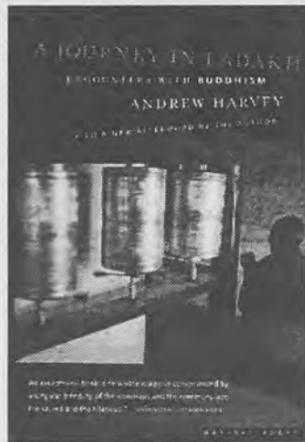
"Provides a thorough, insightful guide through the Buddhist world of New York, unearthing many of its spiritual treasures."—Ven. Nicholas Vreeland, The Tibet Center

Contains practice centers in all five boroughs, New York State, New Jersey, and Connecticut. Tibetan stores and restaurants, Buddhist health practitioners, museums and bookstores.

INDIA: Lonely Planet Guide

by Crowther, Raj and Wheeler. 1139 pp., 205 maps, 224 color photos #INTRSU \$25.95

The best and most popular guide to India—winner of the Thomas Cook Guidebook of the Year award—just got better.



A JOURNEY IN LADAKH: Encounters with Buddhism
by Andrew Harvey. 242 pp. #JOLAEN \$15

This is Harvey's spiritual pilgrimage and arduous journey to Ladakh, one of the most remote places in the world. Buddhists have meditated in the mountains of Ladakh since the 3rd century before Christ.

"One of the seminal works relating spirituality and landscape in Tibetan Buddhism. Harvey illumines, entertains, and informs."—Robert Thurman

MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$9.95

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

MAPPING THE TIBETAN WORLD

by Kotan Publishing. 416 pp., 21 color photos, many b&w photos. #MATIWO \$27.95

With over 280 highly detailed, tried and tested maps, this is an excellent source of travel information to the Himalayas and all of Tibet.

"Tibet-bound travelers will find no better guidebook and introduction to the Tibetan culture. Packed with useful maps and aimed specifically to the budget traveler, this is a must-have if you're seeing Tibet."—*Big World Magazine*

"This guidebook is a perfect travel companion."—*The Nepali Times*

MONGOLIA: Empire of the Steppes

by Claire Sermier, translated by Helen Loveday. 320 pp., 60 color photos, 7 maps. #MOEMST \$22.95

Gives insightful analysis of Mongolia's different ethnic groups, cultures and traditions, while devoting special sections to traditional crafts, music, seasonal celebrations, customs and etiquette of living in a yurt. This colorful guide provides essential and fascinating reading about the old and the new of Mongolia.

MONGOLIA: Travel Survival Kit

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

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

NEPAL

by Kerry Moran. 280 pp., 64 color photos, 15 maps, #NE \$19.95

Kerry Moran is one of the most knowledgeable travel writers and trekking guides for Nepal. She offers the essential information on travel, visas, accommodation, health, food and bargaining as well as cultural and outdoor adventure opportunities. This is also a very interesting book on Nepal.

NEPAL HANDBOOK

by Kerry Moran. 472 pp. 51 maps, b&w photos, #NEHA \$18.95

This is a trekking guide covering major routes, trips off the beaten path, tips on culturally sensitive travel, information on elephant safaris, mountain biking, river rafting, day trips and wisdom on negotiating Kathmandu. Winner of Lowell Thomas Gold Award for Travel Journalism.

NEPAL: The Rough Guide

by David Reed. 400 pp., 56 maps, #NEROGU \$17.95

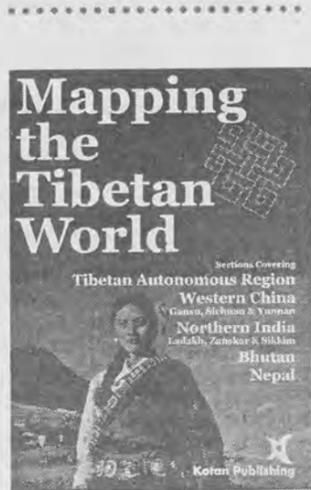
The most complete Nepal travel handbook, with up-to-date information and insights on all aspects of this tiny, rapidly changing kingdom. Includes: in-depth coverage of the sights, and comprehensive restaurant and accommodation listing for all price brackets; practical advice and information on trekking, rafting and mountain biking; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hilltop forts.

RUNNING A HOTEL ON THE ROOF OF THE WORLD: Five Years in Tibet

by Alec Le Sueur. 255 pp., 15 color photos, #RUHORO \$12.99

"Fawty Towers goes to Tibet."—*The Guardian*

Alec spent five years working as sales and marketing manager for the Holiday Inn in Lhasa and offers a highly amusing and politically enlightening account of his experiences.



THE LHASA ATLAS
Traditional Tibetan Architecture and Townscape

by Kund Larsen and Amund Sinding-Larsen. 176 pp., 165 illus., 11 x 11", October. #LHAT \$75.00

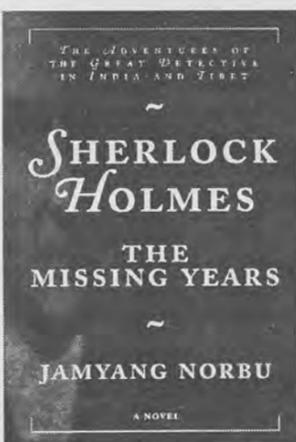
This is a landmark collection of images of the historical development, architecture, townscape, and topography of Tibet's capital city, including the Potala Palace and Jokhang Temple.

SEVEN YEARS IN TIBET

by Heinrich Harrer. 331 pp., 2 maps, 15 photos, #SEYETI \$13.95

During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.

"It tells one of the grandest and most incredible adventure stories I have ever read."—*New York Times Book Review*



SHERLOCK HOLMES: The Missing Years

by Jamyang Norbu. 279 pp., cloth. #SHHO \$23.95

In 1891, the public was horrified to learn that Sherlock had died—two years later he turned up unexpectedly and told a stunned Dr. Watson, "I travelled for two years in Tibet and amused myself by visiting Lhasa."

"A flawless and hugely enjoyable novel in the very best Holmesian tradition. Meticulously researched, Norbu nevertheless provided a cracking good read right from the start."—*Biblio*

SKY BURIAL

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

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

SO CLOSE TO HEAVEN: The Vanishing Buddhist Kingdoms of the Himalayas

by Barbara Crossette. 297 pp., b&w photos, maps. #SOCLHE \$13

Bhutan is the only Tibetan Buddhist country that has been untouched by modern life. The author penetrates many recesses of this country and shares them in this colorful book.



TABLET OF THE GODS

by William Bueler. 343 pp. #TAGO \$9.00

Deep in the mountain wilderness of southeastern Tibet, a remote monastery preserves a mysterious tablet. Few people have seen it, though a number of refugees from Chinese controlled Tibet have heard of it. Roger Hanson, a mountaineer, has evidence that it exists and sneaks into Tibet with the help of Tibetan resistance fighters to find the tablet and the secrets it holds. A new Tibetan adventure story published by Paljor.

TALES OF THE TURQUOISE: A Pilgrimage in Dolpo

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

Dr. Jest undertook a three-week circumambulation of the valley in the company of Karma, an elderly nomad from Western Tibet and a gifted story-teller.

"The old wise man Karma is a treasure store of ancient stories all retained in his mind and heart. His contribution to the theme of the book is a shining example of Tibetan spirit having its root in ancient Tibetan custom and culture. The book also serves as a code of conduct when one visits Tibetan Buddhist places and people."—*The Tibet Journal*

TIBET GUIDE

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

Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet.

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

TIBET: Nature-Culture-Religion, A Multimedia Adventure

CD #TINCR \$50

Containing 700 photos of Tibet, this CD is as much fun as it is informative. It covers the geology, geography, climate and flora and fauna of Tibet, the culture (dance, stories, language, traditional life, nomads, festivals, handicrafts), great places to travel and maps, a phrasebook, Buddhism of Tibet, and the history. Proceeds support the Tadra Project for orphanages, schools and hospital in eastern Tibet and to the School for the Blind in Lhasa.

TIBET: Lonely Planet Guide

351 pp., 108 illus., 42 maps and many color photos. #TTTRSU \$17.95

This larger edition (4th) of the excellent guide to Tibet has new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

TIBET: Travel Adventure Guide

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

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

TIBETAN PILGRIMAGE

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

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging style and superb color photos, Peter brings us to the heart of Tibetan life—its rugged practicality and spiritual mysteries. To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Both Gaya for the Kalachakra Initiation with the Dalai Lama.

TREKKING IN TIBET: A Traveler's Guide

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

"Gary McCue is one of the most knowledgeable trekkers around. He loves the country and its people, he knows how to get there and what to do along the way. An absolute must for those who want to rediscover the exalted highland of Tibet."—Robert Thurman

"A comprehensive trekking guidebook."—David Breashears

TWENTY YEARS IN TIBET

by David Macdonald. 318 pp., 31 b&w photos, #TWYETI \$27 cloth

Macdonald was a British emissary into Lhasa in the early part of this century. His deep knowledge of Tibetan culture and language allowed him entry into Tibetan life and religion. The period when the British and Chinese were competing for power in Tibet is well documented and he offers vivid descriptions of every day life in Tibet—marriages, rituals, food habits, healing practices, dress, etc.

THE YOGINS OF LADAKH: A Pilgrimage Among the Hermits of the Buddhist Himalayas

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

In 1986 the authors investigated the meditational practices and philosophy of the yogins who live in the remote parts of Ladakh—adventurous journeys with these remarkable practitioners—an informative and enjoyable read.

www.snowlionpub.com

MAPS

THE EASTERN REGIONS OF TIBET

by *Academica Tibetica*. 24 x 29", #EARETI \$13.50

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

MAP OF TIBET

by *Amnye Machen Institute* #MATI \$12.95

This is a five color 39 x 27" map on Tibet has over 4,000 names of villages, cities, monasteries, counties, prefectures, provinces, lakes, rivers, roads, railways, airports and border crossing points. The map is in Tibetan.

TIBET: Road Map

19 x 26" #TIROMA \$9.95

This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, not just central Tibet. There is a good detail of Lhasa and places of interest to Tibetan Buddhists.



ART & PHOTOGRAPHY

ART OF EXILE: Paintings by Tibetan Children in India

by Clare Harris, photos by Kitty Leaken. 160 pp., 60 color plates, 100 color photographs, 12 x 7", #AREX \$29.95

The Tibetan Homes Foundation in Mussoorie, India, receives many refugee children. A painting club was established to provide these children a creative way to share their stories of leaving Tibet, their remembrances of home, and to give colorful expression to their lives as exiles. A moving collection of interviews, photographs, and paintings from these children.

ART OF TIBET

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

A great book for the price covering the entire history of Tibetan art, focusing on the relationship between the art and spiritual life—from the Potala in Lhasa to painting, sculpture, manuscripts, silk embroidery and a highly developed tradition of portraiture and ritual objects.

BUDDHIST ART AND ARCHITECTURE

by Robert Fisher. 216 pp., 123 b&w, 33 color, many line-drawings. #BUARAR \$14.95

Buddhism is the single common thread uniting the Asian world. Innumerable symbols and images have been created beginning in India in the third century BC. This phenomenally diverse tradition includes frescoes, relief carvings, colossal statues, silk embroideries and bronze ritual objects, rock-cut shrines with a thousand Buddhas, the glorious stupas of Southeast Asia and the pagodas of the Far East, the massive mandala in stone of Borobudur and the temple complexes at Angkor in Cambodia. Fisher describes all the Buddhist schools and cultures and explains their imagery—a great book for the price!



THE DALAI LAMA'S SECRET TEMPLE: Tantric Wall Paintings from Tibet

by Ian Baker, photos by Thomas Laird, intro. by H.H. the Dalai Lama. 10 x 13", 216 pp., 188 illus., 150 in color, cloth. #DALATE \$65

Behind Tibet's Potala Palace—seat of the Dalai Lamas since 1649—lies a sacred pond. In the middle of it on a willow-covered island is the Lukhang Temple used by the Dalai Lamas as a place of meditation and spiritual retreat. During the time of the Sixth Dalai Lama, artists painted the murals depicting the path to liberation in the Dzogchen tradition—replete with Deities, yogis, nagas, cosmology—many amazing scenes of mystical life.

DEITIES OF TIBETAN BUDDHISM: The Zurich Paintings

ed. by Martin Brauen, trans by Martin Willson. 696 pp., 11 3/4 x 10", 170 color illus., cloth. #DETIBU \$240.00

This is the most encyclopedic reference book of Tibetan images of enlightenment ever presented. Full color illustrations are reproduced here from a set of hand-painted woodblock prints created in 1810. This rare collection is presented along with extensive explanations of the meditative visualizations, mantras, and symbolism around each figure.

DHARAMSALA: Tibetan Refuge

by Jeremy Russell, fore. by H.H. the Dalai Lama. 96 pp., color photos throughout, 9.5 x 11.5", cloth. #DHTIRE \$19.95

Dharamsala is home to the Dalai Lama and the Headquarters of his Government-in-Exile. The imprint of Buddhist culture comes alive through its temples, monasteries and Buddhist monks. Replete with photos, Jeremy Russell explores Dharamsala where he has lived for twenty years.

DHARMA ART

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

Presents teachings about the power of art to awaken and liberate. Dharma art springs from the meditative state. Calligraphy, poetry, and photography were Chogyam Trungpa's primary means of expression.



DISCIPLES OF THE BUDDHA: Living Images of Meditation

by Robert Newman, intro. by Chogyam Trungpa. 137 pp., 6 x 7.25", 25 full color, 26 b&w photos, 11 line drawings. #DIBULI \$16.95

"Disciples of the Buddha is a treasure of Buddhist art, history and wisdom. These centuries-old rare images, with expressions as realistic as if we were in the very presence of the living sages in their true states of being, nourish our hearts with blessings of peace, joy and power."—Tulku Thondup

"The Lohans shock us with the naked reality of awareness: this individuality, this form, inhabited by infinite emptiness. A most welcome and necessary book."—Jacob Needleman

Chogyam Trungpa's introductory commentary illuminates and enriches our perception of the Chinese I-Chou Lohan statues and sacred images of meditation. To bring to life the popularity of the legend in neighboring Tibet, the book includes *The Torch of Precious Jewels*—a sadhana of the Buddha and Sixteen Arhats by His Holiness Dudjom Rinpoche.

"I think that these statues are expressions of nonverbal experience that the artist had in the state of arhathood. The statues are powerful because they are filled with a state of experience."—Chogyam Trungpa

BUDDHISM AS/IN PERFORMANCE: Analysis of Meditation and Theatrical Practice

by David George. 225 pp., cloth #BUPEAN \$19.95

George opens out a vast panorama of the Buddhist theatrical practices in Tibet, Nepal, Japan, China, and Sri Lanka. He demonstrates three kinds of theatrical practices based on the paths of Hinayana, Mahayana, and Vajrayana.

BUDDHISM: Flammarion Iconographic Guides

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

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

THE BUDDHIST CANNON OF ICONOMETRY

trans. from the Tibetan by Gömpojab. 143 pp., line dwgs., #BUCAIC \$20

These are the regulations and rules for making statues and images of the Buddha. This is a translation of a Chinese edition of the Tibetan text of seventeenth century Gömpojab. He discusses the icons of bodhisattvas, wrathful deities, dharmapalas, the 5 Buddhas, on the moving, installing and storing of icons, and the merits of producing icons.

BUDDHIST SYMBOLISM IN TIBETAN THANGKAS

by Ben Meulenbeld. 114 pp., 8 x 11", 37 color plates, glossary, index. #BUSYTI \$19.95

This sumptuously illustrated book is a guide to the meaning of Buddhist thangka painting. It begins with thangkas of the Buddha and his life and then moves on to many peaceful and wrathful deities, mahasiddhas, and mandalas. The author explains the symbolism and the ritual and the philosophic concepts that they represent.



ART OF TIBET

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

The collection of the Los Angeles County Museum of Art is one of the most comprehensive. Tibetan art is accurately presented with numerous beautiful images of Tibetan painting, sculpture and ritual objects.

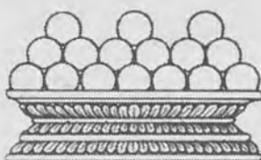
Win a FREE TRIP to Tibet and Nepal.
See page 5 for details.



EARTH DOOR SKY DOOR:
Paintings of Mustang

by Robert Powell. 112 pp., 43 color paintings, 2 gatefolds, oversize. #EADOSK \$29.95

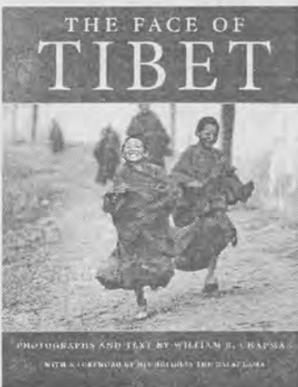
Architectural paintings in watercolor from the Himalayan kingdom of Mustang in northern Nepal—the subject of a major traveling exhibition—presented here in stunning colors and arresting detail.



THE ENCYCLOPEDIA OF TIBETAN SYMBOLS AND MOTIFS

by Robert Beer. 400 pp., line art throughout, 9 x 12", #SYMOTI \$65 cloth

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



THE FACE OF TIBET

photos and text by William Chapman, fore. by the Dalai Lama. 152 pp., 122 color photos, 9 x 11", cloth. #FATI \$45.00

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.

FROM MANCHURIA TO TIBET: A Quarter Century of Exploration

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

Provides an impressive, rare glimpse of ethnic groups whose lives and customs mirror the enchanting, but often brutal, environments in which they live. From Manchuria and Mongolia to the Silk Road and the Tibetan Plateau, traditions carry on as they have for centuries—a diverse interconnectedness of unique peoples in beautiful unusual landscapes—their history, traditions, stories and dreams.

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

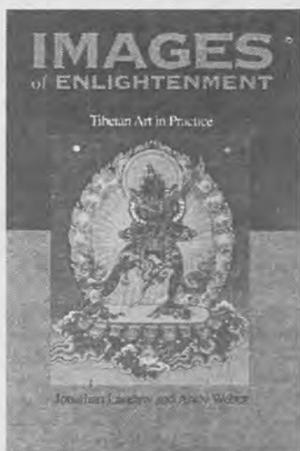
by Franco Ricca & Erberto Lo Bue. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$90

The great stupa of Gyantse, southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Its 75 chapels and temples contain nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The structure of the stupa, the iconography of the paintings and statues are explained and beautifully illustrated.

A HISTORY OF TIBETAN PAINTING

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

This richly illustrated work explores the sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of both the surviving masterpieces and the extensive written sources that survive in Tibetan language. It presents the great founders of the painting schools, the main Tibetan sources and studies, a detailed summary of previous Western research, and a survey of Tibetan sources and studies. An indispensable guide and reference by the author of *Tibetan Thangka Painting*.



IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

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

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

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

INTO TIBET

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

These photos were taken primarily in Central Tibet and Kham by a Korean photographer. We imported some copies of this book from Korea because 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.

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

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

Labrang Monastery, located in northeast Tibet at the strategic intersection of four major Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities. In the early twentieth century, it housed several thousand monks. Labrang was also a gathering point for numerous annual religious festivals, supported an active regional marketplace where Chinese artisans rubbed shoulders with Hui merchants and nomadic Tibetan highlanders.

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

"... it is a very interesting book to read, with fascinating images and insightful comments."—*The Tibet Journal*

MY TIBET

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

A classic containing Rowell's remarkable photos with His Holiness' captions and essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.



OF WOOL AND LOOM: The Tradition of Tibetan Rugs

by Trinley Chodrak and Kesang Tashi. 160 pp., 9 x 11", 155 color photos. #OFWOLO \$40

The first overview of the Tibetan rug-making tradition to be written by Tibetan authorities. There is a history of Tibetan carpet and textile weaving from its earliest origins to the present. It has an insider's account of the arduous process required to learn the craft from apprentice to master weaver. The many uses of Tibetan rugs are illustrated. Many beautiful designs are shown—a rug feast!

SACRED VISIONS: Early Paintings from Central Tibet

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

This large book of Tibetan art describes thangkas in reference to their style, iconography, and origin. It documents the way that Indian, Nepalese and Chinese styles influenced the early thangka painting in Tibet and shows how Tibetans begin to synthesize by the fifteenth century a truly indigenous mode of expression.



THE SAND MANDALA OF VAJRABHAIKAVA

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

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

www.snowlionpub.com



CELESTIAL GALLERY

by Romio Shrestha, text by Ian Baker fore. by Deepak Chopra, after. by Robert Thurman



64 pp., 17 x 23", 61 full color paintings, glossary. #CEGA \$125.00

Romio Shrestha is a master artist of Nepalese and Tibetan styles. He directs a school of artist-craftsmen in the Kathmandu valley of Nepal, painting in the Newari Style. His work is represented in The British Museum, Victoria and Albert Museum, and the American Museum of Natural History. In this large book are 30 full-sized images of thangkas. Particularly striking are the mandalas—**amazing detail and wonderful colors.** The paper is high quality and heavy weight. If you wanted to frame these, they would look great.



THE SPIRIT OF TIBET: The Life and world of Khyentse Rinpoche, Spiritual Teacher
by *Matthieu Ricard*. 144 pp., 130 color photos, 9.5 x 11.5". #JOEN \$29.95

The Journey to Enlightenment is now in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a grand teacher of Tibetan Buddhism, his world and its spirit.



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

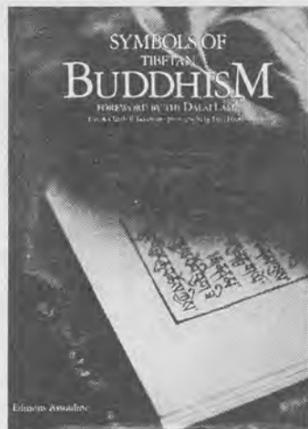
"Her compositions are stunning, the color and light with which she adeptly enflames her subjects exude both strength and intimacy."—John Flinn, *San Francisco Examiner*

"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

THE STUPA: Sacred Symbol of Enlightenment
Crystal Mirror Series Vol. 12, ed. by *Elizabeth Cook*. 437 pp., 218 photos, 140 in color, 7 x 10" #STSASY \$35

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



SYMBOLS OF TIBETAN BUDDHISM
by *Claude B. Levenson*, photos by *Laziz Hamani*, fore. by *H.H. the Dalai Lama*. 128 pp., 6 x 9", 60 color photos. #SYTIBN \$19.95

"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 dorje, bowl and dagger, mudras, fire ritual, etc.

TARA'S COLORING BOOK
by *Andy Weber & Nigel Wellings*. 12 line drawings, oversize, #TACOCO \$12.95

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

TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the Tibetan Plateau
by *Diana Myers*. 111 pp., large format, 83 b&w and color photos #TEHOHO \$27.50

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

TIBET
by *Pietro F. Mele*; intro. by *Michael C. van Walt van Praag*. 92 pp., 9 1/2 x 9 1/2", 60 b&w photos, #TIM Closeout sale! \$7.95 cloth (was \$25)

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

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

TIBET: Journey to the Forbidden City (Retracing the Steps of Alexandra David-Neel)
by *Tiziana and Gianni Baldizzone*. 160 pp. 148 photos, 133 in color, 10 x 14", #TJJOFO \$40.00

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



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

Spectacular color photographs of the landscapes, people and customs of Tibet—including images of Kham, Amdo, Central and Western Tibet. Nomachi received the "Best Photographers Award" from the Photographic Society of Japan.

TIBET: The Roof of the World between Past and Present
by *Maria Antonia Sironi Diemberger*. 224 pp., 10 x 14" color photos throughout, cloth #TIROWO \$45

With many double-page color images, this stunning photographic study of Tibet includes visits to monasteries, hikes with nomads in the highlands, vast landscapes and Lhasa life. An excellent library addition for readers who love images of Tibet.

TIBETAN THANGKA PAINTING Methods & Materials

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

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

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

Tibetan Thangka Painting is the only detailed description of the techniques and principles of the sacred art of Tibetan thangka painting. It is the distillation of the authors' research carried out over a period of ten years, during which they made five journeys to Nepal and India and learned from some twenty traditional painters. It is a step by step guide from the preparation of the canvas to the final syllables behind each completed figure. It includes an appendix of guidelines for thangka painting using modern techniques and commercially available materials.



TIBETAN ART: Toward a Definition of Style
by *Jane Casey Singer and Philip Demwood*. 320 pp., 9 x 12", 341 illustrations, 257 in color, 2 maps, #TIAR \$100 cloth

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

THE TIBETAN ART COLORING BOOK: A Joyful Path to Right Brain Enlightenment
art by *J. Jamyang Singe*. 16 pp., 9 x 12", #TIARCO \$14.95

Twelve thangka line images ready to color.

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

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

TIBETAN COLLECTION: Sculpture and Painting
by *Valrae Reynolds, Amy Heller, Janet Gyatso*. 208 pp. #MATIC33 \$20

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

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

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

TIBETAN RELIGIOUS DANCES: Tibetan Text and Annotated Translation of the Chams Yig
by *Rene de Nebesky-Wojkowitz*. Cloth. #TIREDA \$30.00

The author, an expert on Tibetan iconography and ritual, discusses Tibetan Sacred Dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and the persistence of an unchanging tradition over long periods.

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

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



TIBETAN THANKA PAINTING Portrayal of Mysticism
by *Pema Namdol Thaye*, pref. by *H.H. the Dalai Lama*. 209 pp., 99 color illus., 8.5 x 11", cloth #TITHPO \$55

This magnificent contemporary Tibetan artist has created this masterpiece of Thangka painting. Not only can many fine examples of his work be seen here, the text wonderfully illuminates the contents of the art. The artist presents his work in five parts: the development of the art in Tibet; the philosophy of the artist; the various types of figures represented in Thangkas; the process of thangka painting; many figures are explained—their stories and symbolism. Anyone who reads this book will become knowledgeable of not only the art but Tibetan Buddhism itself.

Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.

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

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

THE TIBETANS
by *Art Perry*. 153 pp., 78 b & w photos, 9 x 12", cloth #TIARPE \$35, on sale for \$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.

TIBET'S SACRED MOUNTAIN: The Extraordinary Pilgrimage to Mount Kailas
by *Russell Johnson and Kerry Moran*. 128 pp., 116 color photos, 8 x 10", #TISAMO \$25

Mount Kailas is sacred to both Hindus and Buddhists, it is the place where the divine takes earthly form. Pilgrims journey here to pay homage to the mountain's mystery, circumambulating it in an ancient ritual of devotion. With spectacular color photography and vivid travel writing, this is a stunning account of this celebrated landscape and of the variety, vitality and determination of the pilgrims who venture there.

From the Sacred Realm: TREASURES OF TIBETAN ART from the Newark Museum
by *Valrae Reynolds*. 264 pp., 146 color & 61 b&w illus., 106 line drawings and 1 map, 10 x 12", cloth #FRSARE \$65

Ranging from the eleventh to the twentieth century, ritual silk brocade garments, painted leather pieces, ceremonial silver objects, intricately worked ornaments, prayer wheels, and Buddhist paintings and sculpture are all lavishly illustrated. Valrae Reynolds is Curator of Asian Collections at the Newark Museum since 1970. She has written astute descriptions to accompany the art.

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

by Barbara Lipton & Nima Dorjee Rag-nubs. 295 pp., 81 color photos, 109 b&w photos, 8.5 x 11", #TRTIAR \$32.50

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

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 \$59.95

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.



VISIONS FROM THE FIELDS OF MERIT: Drawings of Tibet and the Himalayas

by Philip Sugden. Signed edition with 65 locations and studio drawings. #VIFIME \$30

"For many centuries the arts have played a major role in the spiritual development of the Tibetan people. Over the years, it has been a pleasure to meet artists, like Philip Sugden who express this understanding in their work. Philip's artwork has been part of an ongoing pilgrimage—based on his journeys to the Himalayas and Tibet, he has created a body of work that testifies to his dedication, not just for the cause of the Tibetan people, but also to the transformation of people through the process of art."—His Holiness the Dalai Lama

WISDOM AND COMPASSION: The Sacred Art of Tibet

by Marilyn Rhié & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12", #WICO \$34.95 cloth

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



WORLDS OF TRANSFORMATION: Tibetan Art of Wisdom and Compassion

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

If you liked the *Wisdom and Compassion* art book, you will love this massive edition of Tibetan Buddhist paintings. Hundreds of sublime Tibetan thangka paintings from the premier New York collection of Shelley and Donald Rubin span the 12th through 20th centuries and the spectrum of Tibetan artistic schools. There is an analysis of each painting's iconography and religious meaning, style, regional lineage, and sources. David Jackson discusses the paintings of the Kagyupa order in the Rubin Collection.

BIOGRAPHY

AMA ADHE: The Voice that Remembers

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

Ama Adhe spent 27 years in a Chinese labor camp for participating in the Tibetan resistance. Her story is "the voice that remembers" for those who can no longer speak of Tibet's tragic saga of occupation, genocide, and cultural destruction.

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

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

by Janet Gyatso. 360pp. #APSEP \$18.95 paper

Two secret autobiographies of the visionary Jigme Lingpa (1730-1798) reveal poetic and self-conscious writings that are as much about the nature of his own identity, memory, and the variability of autobiographical truth as they are about his experiences. Gyatso explores Jigme Lingpa's historical milieu, his visions and meditative practices, and investigates the unsettling role of the "dakini" in Tibetan religious literature.

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

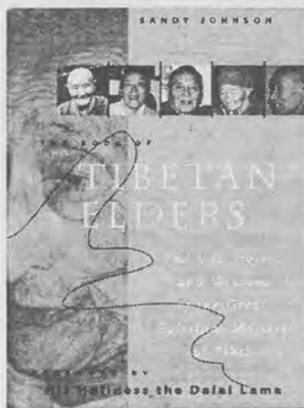
by Alaka Chattopadhyaya, trans. under Prof. Lama Chimpa. 593 pp. #ATTI \$23.95 cloth

A comprehensive account of the baffling personality of the great Bengali Pandit Atisha known as the great teacher and reformer of Tibetan Buddhism. The author presents his life story, the place of Atisha in Tibetan history, followed by biographical material from other Tibetan sources such as Brom-ston-pa.

THE AUTOBIOGRAPHY OF A TIBETAN MONK

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

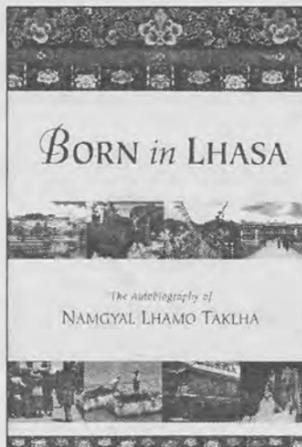
Born in 1933, Palden Gyatso became a Buddhist monk and won a place as a student at Drepung Monastery where he came to spiritual and intellectual maturity. In 1959, along with thousands of other monks, he was forced into labor camps and prisons where he spent 33 years being tortured, interrogated, and persecuted simply for being a monk. After his release he escaped across the Himalayas to India, smuggling with him the instruments of his torture. Since then, he has devoted himself to revealing the extent of Chinese oppression in Tibet.



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

by Sandy Johnson, fore. by H.H. the Dalai Lama. 282 pp., 28 b&w photos, now in paperback. #BOTIEL \$14.00

These are the powerful stories of Tibetan elders from many walks of life—told in their own voices—that of famous lamas, oracles, doctors, nuns, a tailor, nobleman, etc. An engaging study of a special people and culture.



BORN IN LHASA
by Namgyal Lhamo Taklha. 201 pp., 36 b&w photos. #BOLH \$14.95

"Mrs. Taklha's incredible life story is very gripping and emotional. Her writing style swept me into the story—I enjoyed this book from cover to cover."—Rinchen Dharlo, President of Tibet Fund and the Conservancy for Tibetan Arts and Culture

"Born in Lhasa gives voice to an enduring human spirit. 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. She lives in Dharamsala, India.

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

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

Dolpopa Sherab Gyaltzen (1292-1361) was an important figure in Tibetan history and perhaps the greatest expert on the tantric teachings of Kalachakra. Based largely upon esoteric Buddhist knowledge believed to be preserved in Shambhala, Dolpopa's theories continue to excite controversy in Tibetan Buddhism. He emphasized "emptiness of self-nature," which applies only to the level of relative truth, and "emptiness of other," (Zhentong) which applies only to the level of absolute truth.

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

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

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

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

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

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

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

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

dGe-'dun-chos-'phel (1902-1951) completed a traditional Tibetan education, left the monastic society to travel abroad where he learned languages and deepened his knowledge. Renowned in Tibet as a brilliant scholar, a talented artist, a highly gifted poet, an excellent translator, and a skillful dialectician, he was controversial and well-known non-conformist. This scholarly presentation has a Tibetan and English biography and extensive bibliography.

DILGO KHYENTSE RINPOCHE

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

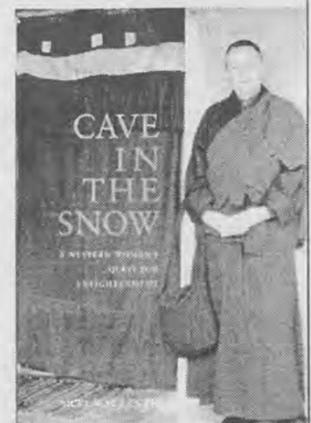
This book about Khyentse Rinpoche was published during the latter part of his life. The photos alone are easily worth the price of the booklet.

CAVE IN THE SNOW

A Western Woman's Quest for Enlightenment

by Vicki Mackenzie. #CASN \$14.95

The daughter of a fishmonger from London's east end, Ani Tenzin Palmo became a spiritual leader and champion of the right of women to achieve spiritual enlightenment. In 1976, she secluded herself in a remote cave in the Himalayas where for 12 years she faced unimaginable cold, wild animals, floods and rockfalls. She emerged with a determination to build a convent in India to revive the Togdenma lineage, a long-forgotten female spiritual elite.



Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.



THE DIVINE MADMAN:
The Sublime Life and Songs of Drukpa Kunley
trans. by Keith Dowman. 161 pp., 7 illus. #DIMA \$12.95

Greatly loved by Tibetans for his outrageous behavior and ribald humor which were intended to awaken common people and yogis alike from religious dogmatism and egoic self-possession, Drukpa Kunley is recognized as an incarnation of Mahasiddha Saraha.

DREAMING ME: An African American Woman's Spiritual Journey
by Jan Willis. 336 pp. cloth. #DRME \$23.95

Journeying from the Jim Crow South to India, from the black Southern Baptist Church to Tibetan monasteries, *Dreaming Me* is one woman's story of overcoming the wounds of racism to bring a message of healing and hope to anyone facing insurmountable odds. She tells her story of growing up in the segregated South to becoming a professor—from being involved with the Black Panthers to cultivating a relationship with Lama Yeshe. Jan Willis has been a student of Tibetan Buddhism for nearly thirty years, is a professor of religion at Wesleyan University, and the author of *Feminine Ground: Essays on Women and Tibet* and *Enlightened Beings: Life Stories from The Gaden Oral Tradition*.

ENLIGHTENED BEINGS: Life Stories from the Gaden Oral Tradition
compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18.

In the Gelugpa tradition there are many great tantric masters. Here are the liberation life stories of the first six lineage holders of the Gaden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

FINDING FREEDOM: WRITINGS FROM DEATH ROW
by Jarvis Jay Masters. 179pp. #FIFR \$12.00

Finding Freedom are critically acclaimed prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer.

"It is a privilege and joy to read Jarvis Masters' account—**everyone should read this book.**"—Robert Thurman

FOUR LAMAS OF DOLPO: Autobiographies of Four Tibetan Lamas
ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21.

This unusual volume presents detailed autobiographies of four Tibetan lamas from Dolpo, which was part of Western Tibet. They lived in the 16th & 17th centuries.

THE FOURTEEN DALAI LAMAS: A Sacred Legacy of Reincarnation
by Glenn H. Mullin, fore. by H.H. the Dalai Lama. 535 pp., 15 illus., cloth #SALERE \$29.95 cloth

The 600-year Dalai Lama tradition is both inspiring and colorful. Here are the life stories of all 14 Dalai Lamas with selected characteristic excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism that they expressed in their lives.

A GARLAND OF IMMORTAL WISH-FULFILLING TREES
by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sangye Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$15.95

In Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. This is a comprehensive explanation of the Palyul tradition where the non-dual Great Seal Mahamudra-Great Perfection Ati Yoga and the Kama and Terma lineages are joined together as one great river of practice. H.H. Penor Rinpoche is the present head of the Nyingma lineage and the Palyul tradition.

THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy
by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95

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

HIDDEN TREASURES AND SECRET LIVES
by Michael Aris. 278 pp. #HITR \$19.95 cloth

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

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

"...a superior book."—The Tibet Journal
Mrs. Dorje Yuthok's frank and fascinating account of life in upper-class Lhasa before the Chinese occupation is also a quiet, dignified description of a noblewoman's status in the family and the community. She moved in the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Yet her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

"Dorje Yuthok's book is rich in vignettes of the quotidian life of Tibetan aristocrats"—Marcia Calkowski, The Journal of Asian Studies

I GIVE YOU MY LIFE: The Autobiography of a Western Buddhist Nun
by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos, #IGIYO, \$15.95

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



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.

This book provides insight into the history and causes of the tragic loss of Tibet's power of self-government. Included are forty photographs taken in Tibet at this critical time, many by D.D. Tsarong himself.

KARMAPA: The Sacred Prophecy
by Kagyu Thubten Choling Publications Committee, fore. by H.H. the Dalai Lama. 120 pp. 9 x 12", 74 color illus., cloth. #KASAPO \$60.00

The prophecy of Chogyur Lingpa is cherished by the Kagyu lineage as a sacred document describing the qualities and activities of the future Karmapas. Photographs of the nineteenth century wood block text, the silk painting by Karma Khenchen, as well as paintings of each of the Karmapas (plus photos of the 16th and 17th) and the lineage masters from Dorje Chang through Gampopa accompany the translation. In addition is the story of the finding of the 17th Karmapa, his enthronement, long-life prayers, glossary and information about Kagyu Thubten Choling and the Venerable Lama Norlha.

KUNDUN: A Biography of the Family of the Dalai Lama
by Mary Craig. 392 pp., 19 b&w photos, #KUN \$20

Mary Craig's portrayal focuses on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable and informative read (not related to the movie *Kundun*).

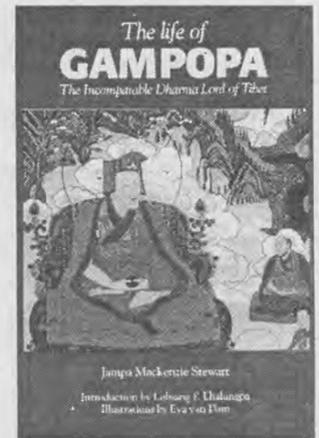
www.snowlionpub.com

LADY OF THE LOTUS-BORN: The Life and Enlightenment of Yeshe Tsogyal
by Gyalwa Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$29.95 cloth

The first Tibetan Buddhist to attain enlightenment was probably Yeshe Tsogyal, the female consort of Padmasambhava.

LIFE AND TEACHINGS OF TSONGKHAPA
ed. by Prof. Robert Thurman. 258 pp. #LITETS \$14.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madyamika and insight meditation.



THE LIFE OF GAMPOPA: the Incomparable Dharma Lord of Tibet
by Jampa Mackenzie Stewart, illus. by Eva van Dam, intro. by Lobsang P. Lhalungpa. 175 pp. #LIGA \$12.95

Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and forefather of the Kagyu lineage. 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



LIFE OF THE MAHASIDDHA TILOPA
86 pp. #LIMATI \$9.95

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

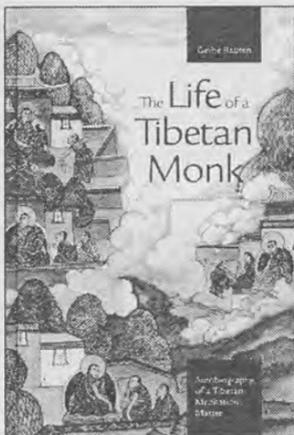
THE LIFE OF MILAREPA
by Lobsang Lhalungpa. 220 pp. #LIMI \$14.95

The most beloved story of the Tibetan people. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.

THE LIFE OF 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.

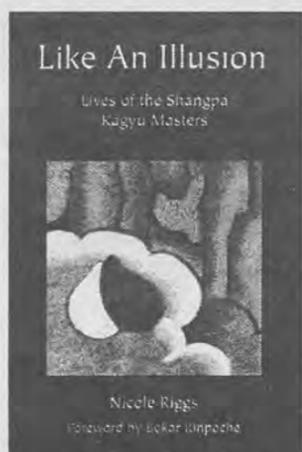


THE LIFE OF SHABKAR:
The Autobiography of a Tibetan Yogi
trans. by Matthieu Richard, fore. by H.H. the Dalai Lama. 712 pp. #LISH \$27.95

"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 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 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



LIKE AN ILLUSION: Lives of the Shangpa Kagyu Masters
by Nicole Riggs, fore. by Bokar Rinpoche. 336 pp. #LIL \$26.95

This is the first translation of the biographies of the masters of the Shangpa Kagyu lineage. First recorded by the masters themselves between five hundred and one thousand years ago in Tibet, these colorful and poignant tales have retained their power to inspire and even emancipate.

"Simply hearing the life stories of such genuine beings blesses our mindstream."—Bokar Rinpoche

THE LIVES AND LIBERATION OF PRINCESS MANDARAVA: The Indian Consort of Padmasambhava
trans. by Lama Chonam & Sangye Khandro. 224 pp., #LILPR \$16.95

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

LORD OF THE DANCE, The Autobiography of Chagdud Tulku
 246 pp. #LODAB \$16.95

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

THE LOTUS-BORN: The Life Story of Padmasambhava
by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$24.95

This biography of Padmasambhava was written by his most important female student. The book narrates the story of the founder of Tibetan Buddhism and contains instructions and advice that he gave for future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.



MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas
by Keith Dowman. 454 pp. #MAMA \$23.95

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

MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism
by Tulku Thondup. 478 pp. #MAMEMI \$25

Lively biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garap Dorje, these stories convey exemplary lives led in monasteries, mountains, woods, and caves—lives of great austerity and dedication, superb humility and peace, profound learning and wisdom, amazing miracles and joy.



MEMOIRS OF A TIBETAN LAMA
by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham. 328 pp., #METILA \$16.95

A Tibetan patriot and unswerving 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.

MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

Describes with care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, Khyongla Rato was recognized as the reincarnation of the ninth Khyongla of Tibet. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in New York.

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

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

Thich Nhat Hanh brings to life the story of the Buddha with his beautiful and vibrant style. It traces the Buddha's life, slowly and gently through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and through the eyes of the Buddha himself.



PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth
by Sir Charles Bell. 460 pp. #PODALA \$22.95

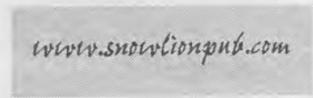
The author was the British political representative to Tibet during the crucial early years of this century. Fluent in Tibetan, he became closely associated with the Thirteenth Dalai Lama and the turbulent affairs of that time. This is an immensely readable personal account of the life of this great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

REBORN IN THE WEST: The Reincarnation Masters
by Vicki Mackenzie. 213 pp. #REWE \$13.95

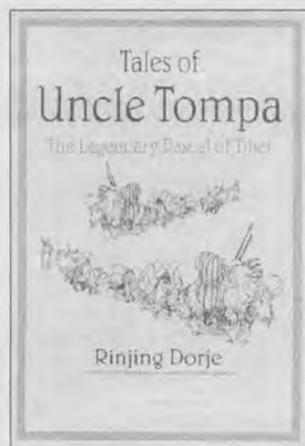
Among the wealth of information on the reincarnation debate, the story of nine reincarnation masters appearing in the West is very compelling. Vicki Mackenzie tells their stories—how they were identified and what their missions are.

REINCARNATION: The Boy Lama
by Vicki Mackenzie. 183 pp., 15 color photos, #REBOLA \$16.95

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



TALES OF UNCLE TOMPA
 The Legendary Rascal of Tibet



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

Here is a fresh glance at Tibetan folklore—delightful, whimsical and decidedly bawdy. Conman, prankster, and playboy, Uncle Tompa exploits and outwits the vain and the greedy and turns the tables on those who take advantage of others. A beloved rogue, he's the hero of the "little man" who wishes to get even with the rich and powerful.

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

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

In Tibet and Sikkim, Alexandra lived among hermits and shamans, bandits and pilgrims. She had a torrid love affair with the handsome Maharajah of Sikkim and studied with a genuine master in the Himalayas. David-Neel knew first-hand the Tibet of magic and mystery, the secret mystical practices of Tibetan Buddhism including out-of-body travel, telepathy, vampiric Shamanism, and tantric sex.

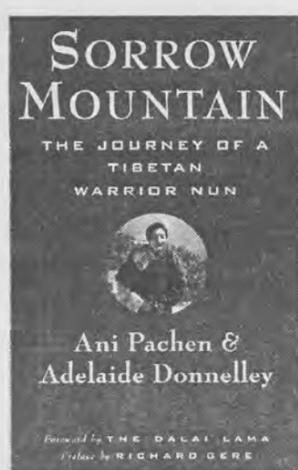
SIDDHARTHA
by Hermann Hesse, trans. by Sherab Chodzin Kohn. 144 pp. #SIDD \$5.95

This is a new translation of the classic tale of spiritual awakening—from a longtime student of Buddhism. Filled with timeless truths, Siddhartha chronicles the spiritual evolution of a man living in India at the time of the Buddha.

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

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

Yeshe Tsogyel, consort of Guru Padmasambhava, is the most famous of the enlightened women of Tibet. Except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here a path of practice is given for present day initiates to emulate. Keith Dowman has added a commentary on the path of inner tantra, woman and the dakini, the Nyingma lineages.



SORROW MOUNTAIN: The Journey of a Tibetan Warrior Nun

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

Ani Pachen is a role model and heroine for Tibetans. Growing up in Tibet, her father was a powerful local chieftain. When the Chinese came she fled into the hills to become a freedom fighter, one of the few female leaders in the resistance. She was eventually captured and tortured for two years and the story continues.

THE SPIRIT OF TIBET: Journey to Enlightenment, The Life and World of Dilgo Khyentse Rinpoche
by Matthieu Ricard. 144 pp., 130 color photos, 9.5 x 11.5". #JOEN \$29.95

The Journey to Enlightenment is now in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a grand teacher of Tibetan Buddhism, his world and its spirit.

TIBET IS MY COUNTRY:
An Autobiography of Thubten Jigme Norbu, Brother of the Dalai Lama, as Told to Heinrich Harrer
trans. by Edward Fitzgerald. 276 pp. #TICO \$16.95

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

THE TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion
trans. by Sangye Tandar, ed. by Richard Guard. #TWDE \$5

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

THE WARRIOR SONG OF KING GESAR
by Douglas Penick, foreword by Sakjong Mipham Rinpoche, intro. by Tulku Thondup Rinpoche. 176 pp., 6 illus., #WASOKI \$16.95

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

WOMEN OF WISDOM
by Tsultrim Allione. 340 pp., new edition, 24 pp. of photos. #WOWI \$16.95
 *SEE WOMEN & BUDDHISM SECTION

Win a FREE TRIP to Tibet and Nepal. See page 5 for details.

CHILDREN'S CORNER

AMY AND GULLY IN RAINBOWLAND
by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95

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

THE BRAVE LITTLE PARROT
by Rafe Martin, illus. by Susan Gaber. 8.5 x 11" #BRLIPA \$15.95 cloth

When a raging fire threatens to burn down the forest, all of the animals run away in fear—except for one brave little parrot whose efforts save the forest. This is a past-life tale of the Buddha.

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

BUDDHA
by Demi. 44 pp., 40 color illustrations, 10 x 10", #BUD \$21.95 cloth

The life story of the Buddha rendered in richly-colored, elegant paintings. For people ages 4 to 10 and for adults who love illustrated books.

THE BUDDHA'S QUESTION
by W.W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11", #BUQU \$9.95

The Buddha recounts his previous life experience as the spirit of a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

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

BUDDHA STORIES
by Demi. 28 pp., gold line drawings and text on cobalt blue paper, 10 1/4" square, #BUST \$20

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

THE DALAI LAMA: A Biography of the Tibetan Spiritual and Political Leader
by Demi, fore. by H.H. the Dalai Lama. 32 pp., 10 x 10" #DALADE \$17.95 cloth

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

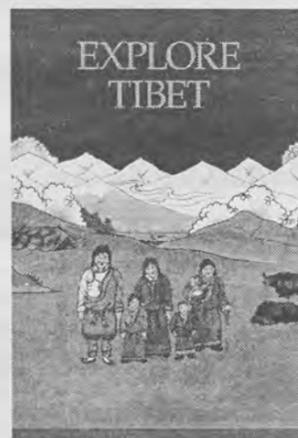
DHARMA FAMILY TREASURES: Sharing Mindfulness with Children
ed. by Sandy Eastoak. 240 pp. #DHFA \$16.95

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



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

In this classic Tibetan tale of the power of faith, a young man is asked by his dying mother to obtain a sacred relic to help her. He fails to do this and instead deceivingly brings her a tooth from the skeleton of a dog and tells her it is the Buddha's tooth. The story movingly conveys how the mother's strong faith has the power to fulfill her dreams in spite of the son's deceit. The illustrations are a miracle of lively imagination.



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

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

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet
by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$25 cloth (see Dalai Lama section)

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

THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha
by George Hulskramer, illus. Bijay Raj Shakya & Raju Babu Shakya. 72 pp., 8 1/2 x 11" #LIBU \$14.95

This beautiful hardcover comic book tells the life story of the Buddha. Ages 7 and up.

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

"Martin successfully brings this brightly illustrated past-life tale of the Buddha about the meaning of true nobility to a new audience."—School Library Journal



PRINCE SIDDHARTHA COLORING BOOK
by Jonathan Landaw, line drawings by Janet and Lara Brooke. 48 pp., 8 x 11", 62 images, #PRISCO \$6.95

Children can enter into the story of the Buddha by coloring the images from his life. A brief narrative explains each drawing.

THE ASIAN ANIMAL ZODIAC

by Ruth Q. Sun. 218 pp., line art, cloth. #ASANZO \$7.00

According to legend, the twelve years in the Asian animal cycle were named for the twelve animals who visited Buddha on his deathbed. This book discusses each animal of the zodiac cycle, describing its history, virtues, and flaws. Traditional folk tales from Asia illuminate the personalities of each animal—the stories are fun to read and children will like them too!

THE GIFT: A Magical Story about Caring for the Earth
story and illus. by Isia Osuchowska. 32 pp., 8" sq., 30 color illus., #GI \$14.95 cloth

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

THE GOLDEN GOOSE KING: A Tale Told by the Buddha
by Judith Ernst. 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose who was the Buddha in a past life. Excellent illustrations. For ages 6-12 and their parents. Winner of the 1996 Skipping Stones Book Award.

HER FATHER'S GARDEN,
by Janet Brooke. 40 pp., 8.5 x 11", 20 color illus., #HEFAGA \$12.95

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

THE RABBIT & THE TIGERDILE
by W.W. Rowe, illustrated by Chris Banigan. Ages 4-10, 32 pp., 8 x 10", #RATI \$8.95

This past-life story of the Buddha explains the image of a rabbit on the face of the moon. When the god Sakra tested four animals by assuming a frightening form—half tiger, half crocodile—only the rabbit showed true compassion and selfless generosity. Magical color illustrations bring the story to life. It's delightful to read aloud.

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



TARA'S COLORING BOOK

by *Andy Weber & Nigel Wellings*. 12 line drawings, 10 x 13", #TACOB0 \$12.95

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

THE THREE SILVER COINS

A Story from Tibet

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

"This children's story has all the elements of the best folktales: magic, a kind-hearted and likable hero, and good triumphing over bad...a delightful vehicle for multicultural awareness."—NAPRA REVIEW

Once there was a poor boy named Jinpa who lived in Tibet's high mountains. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So off Jinpa went to seek his fortune..." Ages 4+.

TWENTY JATAKA TALES

retold by *Noor Inayat Khan*, illus. by *H. Wil-lebeck Le Mair*. 154 pp., 21 illus. #TWJATA \$12.95

Famous legends of former lives of the Buddha, these dramatic adventures tell of people and animals moved to altruism by the noble example of fellow creatures. Ages 5+.



WHERE IS TIBET?

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

"Where is Tibet?" is really a way of asking "Where is happiness?" as Gina Halpern's enchanting book takes children on a double journey...to a real country and into their own hearts. **Brilliantly illustrated Tibetan images**, this sensitively rendered story follows the search of a refugee Tibetan boy and girl for their native Himalayan land, but their search goes far beyond the geographical—their quest becomes the universal search of all who seek a place of peace. Where is Tibet? celebrates a delightful spirit and sends a message of

COOKBOOKS

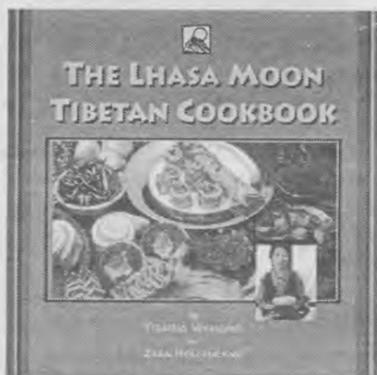
THE LHASA MOON TIBETAN COOKBOOK

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

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.

"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.



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

THE NEPAL COOKBOOK

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

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

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, 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."—Asian Foodbookery

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



Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us. See page 5 for details.

HEALTH & FITNESS

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

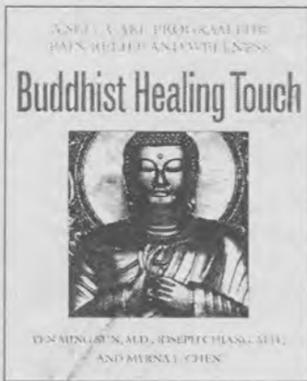
annotated by *Dr. Yeshi Dhonden*, trans. by *Jhampa Kelsang*. 128 pp. #AMHETA \$11

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

BUDDHA'S ART OF HEALING: Tibetan Paintings Rediscovered

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

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



BUDDHIST HEALING TOUCH: A Self-Care Program for Pain Relief and Wellness

by *Yen Ming-Sun, MD, Joseph Chiang, MD, and Myrna Chen*. 192 pp., 8 x 10, 126 b&w illus. #BUHETO \$19.95

This is the first English translation of the most widely used book on self-massage in China and Taiwan. Dr. Yen was sentenced to hard manual labor during China's Cultural Revolution. His camp was near an ancient Buddhist temple in the mountains near Fuchow. There he witnessed and learned the impressive healing work performed by a Buddhist monk. He teaches us how to care for ourselves using self-massage, breathing techniques, exercises, herbal remedies and acupressure. He addresses a wide range of conditions.

www.snowlionpub.com

A CLEAR MIRROR OF TIBETAN MEDICINAL PLANTS

by *Dr. Dawa*, ed. by *Linda Moore*, fore. by *H.H. the Dalai Lama*. 376 pp., 150 color illustrations, 9 x 12", cloth #CLMITI \$85

Based on Dri-Med Shel-Phreng, a renowned work on Tibetan medicinal herbs in which the tastes, inherent qualities and digestive principles are described, *A Clear Mirror of Tibetan Medicinal Plants* provides beautiful, accurate color representations of 150 plants, keys to identification, the time a seasons for picking, places where they may be found, the process of drying, cleansing and the techniques of composing these as ingredients for the preparation of medicines. This is an indispensable manual for students of Tibetan medicine and lovers of botanical art.

EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

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

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



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

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

A Himalayan yogic system of simple and highly energizing exercises. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught these movements to thousands of people seeking a healthier lifestyle. They require a small amount of daily time and effort and can dramatically increase physical strength, suppleness, and mental acuity.



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

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

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

THE 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.

HEALING EMOTIONS: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

edited by *Daniel Goleman*. 208 pp. #HEEM \$15.95

The 1991 Mind and Life Conference in Dharamsala discussed the relationship between the brain, immune system and emotions; death and the nature of mind; the effect of positive and negative self image on one's body and mind; and the possibilities and methods for using the mind to heal the body.

HEALING FROM THE SOURCE

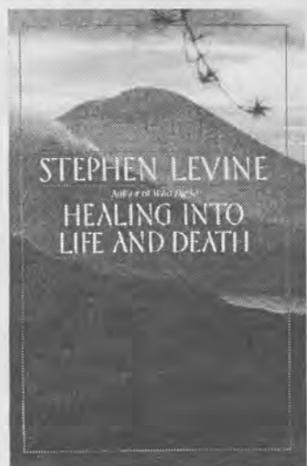
The Science and Lore of Tibetan Medicine

by Dr. Yeshe Dhonden, trans. & ed. by B. Alan Wallace
214 pp. #HEFRSO \$16.95

"I am very happy to learn about the publication of Dr. Yeshe Dhonden's book on Tibetan medicine—Dr. Dhonden is one of the most experienced practitioners of this system and was my personal physician for many years."—H. H. the Dalai Lama

"Dr. Dhonden demonstrates an encyclopedic grasp of his topic while also being accessible on a personal level. Many personal anecdotes (often quite humorous) are effective at providing a broader and humanizing context to his detailed knowledge."—*ForeWord Magazine*

In this remarkable presentation of Tibetan medicine, Dr. Dhonden draws from over fifty years of practicing and teaching this ancient tradition of healing. This volume vividly presents a series of lectures to health care professionals at California Pacific Medical Center in San Francisco in 1996. Dr. Dhonden elucidates the holistic Tibetan medical view of health and disease.



HEALING INTO LIFE AND DEATH

by Stephen Levine. 294 pp.
#HELIDE \$12.95

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

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshe Donden, ed. & trans. by Jeffrey Hopkins. 252 pp., line drawings, b&w photos. #HETHBA \$14.95

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

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

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

"An exciting and absorbing description—must reading."—John Tighe, *Explorations*

Dr. Donden's book was seen on **Dateline NBC** during a feature on Tibetan medicine and breast cancer.

LECTURES ON TIBETAN MEDICINE

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

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. In her lectures she discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

POSITIVE HEALTH IN TIBETAN MEDICINE

by Vaidya Bhagwan Dash & Ven. Doboam Tulku. 115 pp. #POHETI \$14.95 cloth

Tibetan medicine emphasizes right food, drink, life style and conduct for the preservation and promotion of positive health—one of the eight special branches of traditional medicine. Food and regimens for different parts of the day, night and seasons form the basis of this branch. This work deals with the different aspects of positive health.

PRINCIPLES OF TIBETAN MEDICINE

by Dr. Tamdin Sither Bradley. 160 pp., diagrams. #PRTIME \$11

Outlines the history, the techniques, and the simple and safe herbal treatments and exercises that prevent illness and create energy. There is an international resource directory and information on how to find a qualified practitioner. Dr. Tamdin Bradley studied under the senior personal physician of the Dalai Lama and is the first Tibetan doctor resident in the UK where she runs a medical clinic.

THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

trans. by Dr. Barry Clark, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

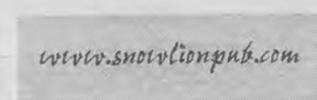
"After more than ten years studying Tibetan medicine, both in theory and practice under the tutelage of a number of Tibetan physicians, Dr. Barry Clark has compiled *The Quintessence Tantras of Tibetan Medicine*. In it he presents clear and accurate translations of the Root and Explanatory Tantras, two works of such fundamental importance in the Tibetan medical system that they are commonly memorized by medical students."—The Dalai Lama

The Quintessence Tantras of Tibetan Medicine is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors. It also provides a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician.

SEX, ORGASM AND THE MIND OF CLEAR LIGHT: The Sixty-four Arts of Gay Male Love

by Jeffrey Hopkins. 123 pp. #SEORMI \$14.95

An adaptation of the *Tibetan Arts of Love* as a gay sex guide, Hopkins shows how sexual passion can open the door to spiritual growth and bring lovers to a powerful level of consciousness. He concludes with four ruminations on the sex-friendly nature of Tibetan Buddhism.



STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STTIME \$9.95

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. It presents the Tibetan medical tree and diagrams all its parts. Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.

THE TIBETAN ART OF PARENTING: From Before Conception Through Early Childhood

by Anne Hubbell Maiden and Edie Farwell. 224 pp. #TIARPA \$16.95

An invaluable guide for parents, those interested in holistic health care, and those interested in the myths, legends, and child-rearing practices of the Tibetan people. Contains an interesting compilation of real child-care practices. The authors draw on Tibetan texts and interviews with women, midwives, traditional doctors and Buddhist scholars.

TIBETAN ARTS OF LOVE

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$16.95

Presents in detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It is a translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk. He advises to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon

THE TIBETAN BOOK OF HEALING

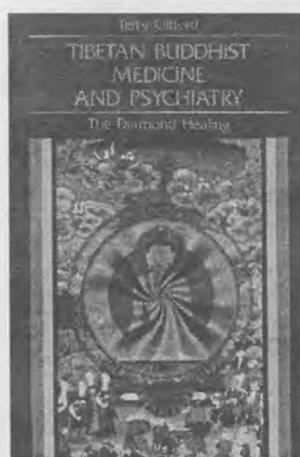
by Dr. Lobsang Rappagay. 203 pp., 11 line drawings. #TIBOHE \$12.95

A comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rappagay has presented the preventative health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that accords with body/mind types and which people of all traditions can heartily embrace.

TIBETAN AYURVEDA: Health Secrets from the Roof of the World

by Robert Sachs, fore. by Dr. Lobsang Rappagay. 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.



TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95

A comprehensive introduction to the Tibetan art of healing. The author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.

"A well organized and exceptionally clear introduction."—*Yoga Journal*

TIBETAN HEALING: The Modern Legacy of Medicine Buddha

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

Peter Fenton traveled to India and Nepal, seeking the few places left where Tibetan refugees still practice Tibetan medicine in its entirety. He hiked with herbalists in Himalayan foothills; toured monasteries and healing centers, and he interviewed lamas, Tantric healers, and Tibetan doctors. With fascinating stories, photographs, and botanical drawings, he explains the Tibetan use of medicinal herbs and the living spiritual principles that give this medical practice its power.

TIBETAN MASSAGE CHART

by Dr. Rapgay. 18" x 24", #TIMAAC \$6.95

Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Clear and easy to follow.



THE TIBETAN ART OF HEALING

paintings by Romio Shrestha, text by Ian Baker fore. by H.H. the Dalai Lama. 192 pp. 9" x 12", color illustrations throughout. #TIARHE \$29.95

This medical system—based on Buddhist beliefs, Ayurvedic healing practices, and ancient shamanic traditions—has been communicated through the centuries by intricate paintings of mandalas featuring plants, animals, deities, and mythical characters. Romio Shrestha, a Nepali master-painter created these brilliantly complex images. Tibetan scholar Ian Baker explains the artistic, spiritual and curative aspects of the paintings.

TIBETAN MEDICINE: East Meets West/West Meets East

edited by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

Presents a summary of a symposium at the University of Ulm. It includes a collection of nine papers. It addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. It examines institutional issues and the problems experienced in the cross-cultural transfer of the Tibetan and Western medical systems.

TIBETAN MEDICINE and Other Holistic Health-Care Systems

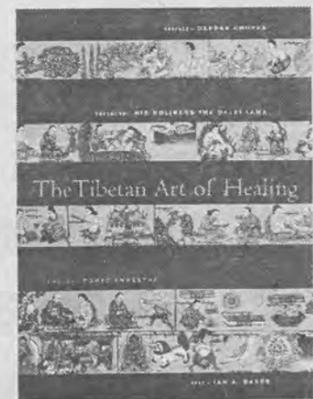
by Tom Dummer. 308 pp. #TIME \$19.95

The author explains the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras and psychic channels and types of illnesses and diagnosis; mind and mental disorders; and diet and treatments. He then shows how Tibetan and Western holistic medicine can be practiced together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhadharma as a basis for counseling therapy.

YOGA FOR YOUR LIFE

by Margaret & Martin Pierce. 160 pp., oversized, over 400 color photos, #YOYOLI \$20

Capturing the spirit of yoga for the American lifestyle, this is the perfect book for beginners. It surpasses other guides by showing pose adaptations for different body types and eight special programs that offer innovative, useful ways to bring yoga into your life such as yoga to wake up, to prepare for meditation, to help with sleep, for a vigorous workout, or to prepare for an active day. Easy to follow text and photos.



A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook

by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on the author's 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences.

BUDDHIST TRANSLATIONS: Problems and Perspectives

ed. by Lama Daboom Tulku. 249 pp., cloth. #BUTRPR \$25

Discussed are: the theory and principles of translation, the problems in translating Buddhist philosophic texts, lexicography and terminology, problems in translating from Tibetan to English. Contributions are by scholars both from India and abroad working on translations of Buddhist texts.

ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN

by Melvyn C. Goldstein. 342 pp., #ENTIDI \$40

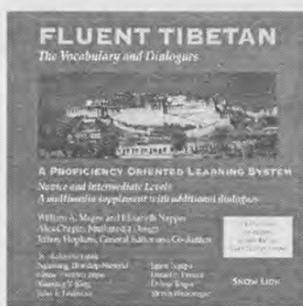
16,000 main entries and 29,000 subentries make this an indispensable dictionary for Tibetan language students. Each entry includes the Tibetan orthography and Wylie romanization. Grammatical features are noted. And many words are shown in sentence context.

"Fluent Tibetan is a significant and unmatched achievement in the field of teaching colloquial Tibetan."
—The Tibet Journal

FLUENT TIBETAN: A Proficiency-Oriented Learning System Novice and Intermediate Levels

by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Thondup Narkyid, Geshe Tshupen Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger. 1010 page, 4-vol. text, 8 1/2 x 11," 18 cassettes (26 hours), #FLTI \$250 (outside N. America, allow \$35 for shipping)

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed at the University of Virginia by language experts working in conjunction with indigenous speakers. Based upon courses for diplomats needing to learn a language quickly, its method acquaints students with the sounds and patterns of Tibetan speech through repetitive interactive drills, enabling the quick mastery of increasingly complex structures and thereby promoting rapid progress. *Fluent Tibetan* is the best course available for learning on your own. The package consists of textbooks and tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts to broaden one's use of the language. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan. *Fluent Tibetan* corresponds to a year of college-level language study.



FLUENT TIBETAN CD-ROM: A Proficiency-Oriented Learning System. Novice and Intermediate Levels. A multimedia supplement with additional dialogues

by William A. Magee and Elizabeth S. Napper, Alex Chapin, Multimedia Design, Jeffrey Hopkins, General Editor and Co-Author. #FLTICD \$45

This CD-ROM is an excellent introduction to Tibetan language as well as a supplement to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional seventeen intermediate-level dialogues. A large number of vocabulary words are accompanied by sentences which demonstrate their usage. All are linked to audio resource files so that one can hear the proper pronunciation simply by the click of a mouse. Also provided on this CD is a Tibetan-English glossary that is searchable in both Tibetan and English, and an introduction to the Tibetan alphabet along with a presentation of Tibetan phonemics. This CD attempts to bring the language to life by challenging the student to pick out familiar words in new contexts and to discover new words in familiar contexts. Mac & PC

LEARN TIBETAN: Essential Words and Phrases for Absolute Beginners

by Eurotalk Interactive. CD-ROM #LETICD \$50

A lively and entertaining introduction to Tibetan language. This well-designed package makes learning Tibetan feel like a game. It offers a large vocabulary. You can record your voice and compare your pronunciation with native speakers. There are quizzes and a challenging memory game.



LEARNING PRACTICAL TIBETAN

by Andrew Bloomfield & Yanki Tshering. 175 pp. #LEPRTI \$16.95, Optional: two 90 min. cassette tapes #TIPHT \$14.95

Learning Practical Tibetan is a revised and expanded version of our *Tibetan Phrasebook*. *Learning Practical Tibetan* has a larger format than *Tibetan Phrasebook* and includes the Tibetan script in addition to the phonetic system to make it useful as a practical Tibetan-language study tool.

Learning Practical Tibetan begins by introducing both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: numbers, dates, days and time, dates of festivals, religious and monastic vocabulary and a general vocabulary.

THE NEW ENGLISH-TIBETAN DICTIONARY

by Acharya Karma Monlam & the Dept. of Education of the Central Tibetan Administration. 883 pp., 7 x 10", line drawings, cloth. #NEENTI \$50.00

Years in preparation, this dictionary contains words created for Tibetans so that they can integrate the modern terminology that developed outside of the sphere of Tibetan life—sort of a Webster's dictionary in Tibetan—everything from anatomical terms to zymosis.

NEW PLAN TIBETAN GRAMMAR AND TRANSLATION

by Pema Chhinjor. 198 pp. #NEPLTI \$12

Intended for the serious student of Tibetan language, the author has compiled the best of the methods he has used during 20 years of teaching at Panjab University at Chandigarh. The basic structure of Tibetan grammar is methodically explained through well planned practical exercises.

THE NEW TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN

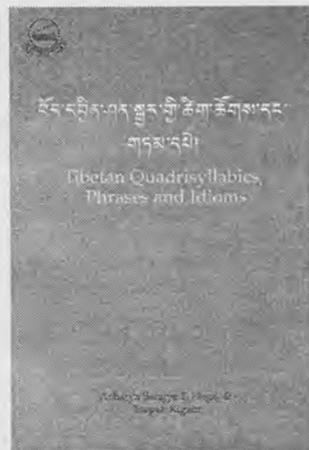
by Melvyn Goldstein, with T.S. Shelling & J.T. Surkhang, and Pierre Robillard. 1164 pp., 8.5 x 11", cloth. #NETIEN \$49.95

Contains more than 80,000 lexical items used in political, social, economic, literary and scientific discourse, and includes thousands of words that have come into use since Tibet was invaded. One of the very best resources for modern Tibetan.

A SANSKRIT-ENGLISH DICTIONARY

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

This is the classic Sanskrit dictionary and is an excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.



TIBETAN QUADRISYLLABLES, PHRASES & IDIOMS

by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQUPH \$18

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.

TIBETAN-CHINESE DICTIONARY

by Merig Petuen Khang. 3294 pp., 2 volumes, #TICHDI \$120

We have a few copies of a dictionary printed in Lhasa. This was formerly a 3-volume set and has now been printed in two volumes. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, so please call for availability.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST CULTURE

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

This dharma dictionary is a database of approx. 66,000 entries. It is a compilation from existing dictionaries, word-lists and glossaries selected on a practical usage basis. It has an extensive glossary, a list of usage of Buddhist terms in present day works of translation, a massive amount of dictionary entries, a lexicography of places, people and literary works, and an encyclopedic covering of topics of importance to the Buddhist world. The work is published as an electronic version on CD ROM for PC and Mac so the dictionary can be an on-line tool.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY

Tsepak Rigzin. 479 pp. #TIENDI \$40 cloth

Based on The Great Volume of Precise Understanding (Mahavyutpatti)—a Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, and supplemented from works of Tibetan lamas. 6,000 main entries and over 8,000 sub-entries, with Sanskrit equivalents where possible. New edition—revised and enlarged 40%.

A Large TIBETAN-ENGLISH DICTIONARY

Sarat Chandra Das. 1353 pp., 6.5 x 10", cloth #COTIEL \$45

A new enlarged (it's physically bigger) edition of the famous Das dictionary. Now it is very readable! Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works. (See compact edition in language section.)

A TIBETAN-ENGLISH DICTIONARY (compact edition)

Sarat Chandra Das. 1353, #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.

Gansu TIBETAN-ENGLISH DICTIONARY

ed. by Paldan Tashi and Gansu Nationalities Press. 667 pp. #GATIEN \$40

This Tibetan-English dictionary also has a smaller English-Tibetan section. It comes from Eastern Tibet and was produced by a Tibetan working with two westerners. Each Tibetan item is followed by its English equivalent, and a sentence in English and Tibetan. The English-Tibetan section is similar. The sentences make this a very valuable aid for learning Tibetan. There is no phonetic system.



Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us.

See page 5 for details.



TRANSLATING BUDDHISM FROM TIBETAN:

An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan
by Joe Wilson, Jr. 845 pp., 7 x 9", glossary #TRBUTI \$65 cloth, A Namgyal Institute Textbook

This complete textbook on classical Tibetan is suitable for beginning or intermediate students. It begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns used in the formation of words, and the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find that the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference. It balances traditional Tibetan grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, it serves as an introduction to reading and translating and to Buddhist philosophy and meditation. Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

TRANSLATING BUDDHISM FROM TIBETAN TAPE

by Joe Wilson. 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our book *Translating Buddhism From Tibetan*.

ENCYCLOPEDIA WHICH IS A TREASURY OF KNOWLEDGE

by Tony Duff. CD-Rom. #TRKN \$125.00

The encyclopedic work of Jamgon Kongtrul the Great containing complete definitions and expositions of all levels of the Buddha's dharma is now available in an electronic edition. All four volumes of the original come as one electronic book which can be read, printed, and/or searched with ease. The edition was typed from the original Palpung blocks and thoroughly corrected. The text comes with special software designed for archiving and viewing Tibetan texts and a complete set of high-quality Tibetan fonts. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries for immediate look-ups of terms as you read. Other Tibetan texts in the same format are also available from Snow Lion Publications. Windows only, sorry, no Macintosh support.

TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.

THE ILLUMINATOR TIBETAN-ENGLISH ELECTRONIC DICTIONARY

CD-Rom. #ILDI \$150

A modern Tibetan-English dictionary done using proper scholarly methods from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The dictionary itself has many special features and includes a range of terms not to be found in other dictionaries. It contains the complete verb listing from the Great Tibetan-Chinese Dictionary; the ancient glossary on old and new terms, The House of Cloves; a very wide selection of grammar terms; extensive definitions of mahamudra and Dzogchen terms; etc. A complete listing of features and native sources included in the dictionary can be viewed at the Padma Karpo translation committee web site <http://www.tibet.dk/pktc>. Windows only, sorry no Macintosh support.

PADMA KARPO TRANSLATION COMMITTEE FONTS

by Tony Duff. Tibetan Classic CD-Rom. #TICLFO \$250.00

Two higher grade fonts are available:
1) Tibetan Calligraphic
A better quality typeface than the standard Tibetan Machine typeface that ships with all Padma Karpo Translation Committee products. Ideal for those wanting high quality printing or easier viewing without great expense.
2) Tibetan Classic
The highest quality typeface available for the very best in Tibetan publishing. This typeface accurately captures the original style of calligraphy that was used in Tibet for many centuries.
For more information about, and downloadable samples of Tibetan Computer Company typefaces, see:

THE SARAT CHANDRA DAS TIBETAN ENGLISH DICTIONARY

by Tony Duff. CD-Rom. #DADI \$175.00

The most classic of Tibetan-English dictionaries in a fully edited edition from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The paper edition has a large amount of valuable terminology included but much of it is positioned under entries where it is not easily found. The electronic edition, edited carefully with proper scholarly methods, solves this problem and makes this dictionary extraordinarily valuable. Windows only, sorry, no Macintosh support.
TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.
More information about the dictionary and software can be viewed at the Padma Karpo Translation Committee web site:

THE TIBETAN COMPLETE WORD-PROCESSING PACKAGE

by Tony Duff. CD-Rom. #TIDO \$90.00

Contains all three Tibetan word-processing packages from Tibetan Computer Company for Windows (sorry, no Macintosh support)

- TibetDoc
- Tibetan! 5 for Word
- Tibetan! 5 for WordPerfect.

TibetDoc is the first, stand-alone program made specifically for inputting, storing, and viewing Tibetan text. Its ease of use is much higher than any other Tibetan program. It has many specialized features not contained in the Tibetan! 5 programs. Types Tibetan / English / and Sanskrit diacriticals with ease. Tibetan spelling checker included. Export to RTF, Word, and WordPerfect. Complete on-line documentation, keyboard maps, etc. Works seamlessly with the PKTC dictionaries and electronic texts (also available from Snow Lion) allowing cut-and-paste as you use them. Allows access to the hundreds of volumes of texts available in monasteries in Asia that have been typed in the Tibetan! 4 for DOS format (these texts are available from the various monasteries e.g., such as Shechen Monastery in Kathmandu, on request).

Tibetan! 5 for Word and WordPerfect programs have less features than TibetDoc but are now freely available and can be downloaded separately for those who prefer. We recommend the purchase of the CD with all programs including TibetDoc for the best in Tibetan word-processing.

Programs come with the standard Tibetan typeface called Tibetan Machine. Additional, higher-quality typefaces are available from Tibetan Computer Company. Look for the Tibetan Calligraphic and Tibetan Classic typefaces on the Snow Lion web-site. For more information on TCC typefaces see: www.tibet.dk/tcc/typefacesa.htm

TIBETAN TEXT COLLECTION

by Tony Duff. CD-Rom. #TITE1 \$95.00

A collection of texts in electronic editions. The texts have been selected as useful for both scholars and students alike. Each text has been carefully input and edited and complete notes on the sources and editorial process are included. The editions of the Bodhisattvacaryavata and Madhyamakavatara are derived from the Derge Tangyur and other editions that have been made into a single, annotated, critical edition. Each text comes as an electronic book which can be read, printed, and/or searched with ease. The books are read with special software designed for archiving and viewing Tibetan texts and a complete, high-quality Tibetan typeface which is included. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries and the Treasury which is an Encyclopaedia of Knowledge for immediate look-ups of terms as you read (those are also available from Snow Lion Publications). Windows only, sorry, no Macintosh support.

The texts in the collection are: Madhyamakavatara; Bodhisattvacaryavata; Enumeration of Dharmas by Konchog Jigney Wangpo; Three texts of Karmapa III, Rangjung Dorje including the Profound Inner Meaning; The Jewel Ornament of Liberation by Gampopa; and the major treatise on Mahamudra called Moonbeams of Mahamudra by Dvagpo Tashi Namgyal.

TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.



SOCIAL ACTION, HISTORY, ENVIRONMENT & POLITICS

THE ART OF PEACE

Nobel Peace Laureates Discuss Human Rights, Conflict and Reconciliation

ed. by Jeffrey Hopkin. 184 pp., cloth. #ARPE \$22.95

"One of the most wonderful aspects of this remarkable book is the interaction between the laureates..."—*Today's Librarian*

While many people who strive to bring the world into peaceful balance work in relative anonymity, only a few have received international recognition for their efforts. Nine of these outstanding individuals convened recently at the University of Virginia to discuss the topics of human rights, conflict, and reconciliation.

At the core of their agenda is the conviction that ethical concern for the welfare of others is essential for personal, political, social, and economic balance. The Laureates: Jose Ramos-Horta, Betty Williams, Dr. Rigoberta Menchu Tum, Archbishop Desmond Tutu, President Oscar Arias Sanchez, Harn Yawngwe, for Aung San Suu Kyi, Bobby Muller, Jody Williams, His Holiness the Dalai Lama.

"This is education at its best and highest...inspiring and uplifting."—Julian Bond

"Readers with an interest in world affairs and human freedom will enjoy this."—*Library Journal*

"The road to world peace will be long and difficult, but Hopkins helps lead the way with this landmark book."—*Kirkus Reviews*



BEARING WITNESS: A Zen Master's Lessons in Making Peace

by Bernie Glassman. 218 pp., 6 b&w photos, #BEWI \$13

"The most important work on peacemaking written in this decade."—*Values & Visions*

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

BUDDHISM AND ABORTION

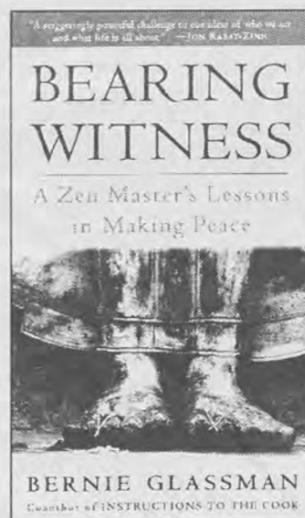
ed. by Damien Keown. 222 pp. #BUAB \$22.95

The first book to explore abortion from Buddhist cultural and ethical perspectives. Keown discusses abortion as found in Buddhist societies including Thai, Japanese and Korean and in Buddhist literature.

BUDDHISM IN CONTEMPORARY TIBET: Religious Revival and Cultural Identity

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

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. They observed the revival of Buddhism in monastic communities and at popular pilgrimages and festivals. Since this revival contends with Chinese oppression, the Tibetans must adapt socially, politically, and economically.



BUDDHIST PEACEWORK: Creating Cultures of Peace

ed. by David Chappell. 253 pp., 25 b&w photos, #BUPE \$14.95

Eighteen Buddhist leaders such as the Dalai Lama, Thich Nhat Hanh, Maha Ghosananda, Daisaku Ikeda, Karma Lekshe Tsomo, Sulak Sivaraksa, Stephanie Kaza, and Judith Simmer-Brown describe their ideas and work—the principles that guide Buddhist peace activism. This is not a book of theory but of real experiences.

BUILDING A BUSINESS THE BUDDHIST WAY

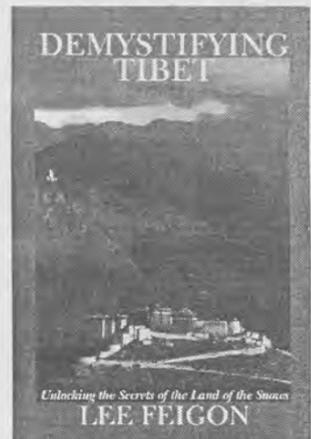
by Geri Larkin. 142 pp. #BUBUBU \$12.95

Presents entrepreneurship emphasizing balance and integrity. Geri guides the reader through a process of understanding oneself and one's market including developing business, marketing, and a financial plan. Although clothed in Buddhist precepts, Larkin's principles are all business—with a sense of humor and balance between Buddhist and business goals.

THE CULT OF PURE CRYSTAL MOUNTAIN: Popular Pilgrimage and Visionary Landscape in Southeast Tibet

by Toni Huber. 320 pp., 3 maps, 9 halftones, #CUPUCR \$65 cloth

The Tibetan district of Tsari with its sacred snow-covered peak of Pure Crystal Mountain has long been a major pilgrimage center of symbolic and ritual significance for Tibetans. Toni Huber of Victoria University explores its esoteric and popular ritual traditions. She documents Tibetan life patterns and cultural traditions which have largely disappeared since 1959. Huber analyzes the cultural categories of space, place, and person, and the organization of Tibetan society in relation to them.



DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows

by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.95 cloth

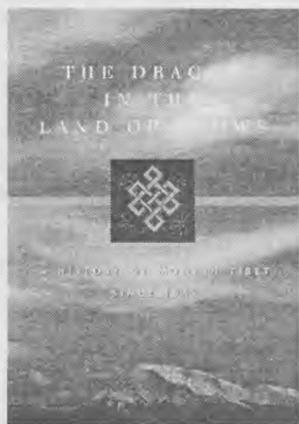
An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.

DHARMA RAIN: Sources of Buddhist Environmentalism

ed. by Stephanie Kaza & Kenneth Kraft. 312 pp. #DHRA \$24.95

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

www.snowlionpub.com



THE DRAGON IN THE LAND OF SNOWS: A History of Modern Tibet since 1947
by Tsering Shakya. 574 pp., 12 b&w photos, #DRLASN \$29.95 cloth

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

This definitive history of Tibet is based entirely on unpublished primary sources and written by a Western-educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history. Tsering Shakya gives a balanced account of Tibet's desperate attempts to maintain her independence and safeguard her cultural identity.

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

EDUCATION IN TIBET: Policy and Practice since 1950

by Catriona Bass. 300 pp., numerous charts, graphs, and maps, #EDTI \$25

Education policies in Tibet are in danger of turning Tibetans into a poorly educated underclass with administrative and skilled technical jobs increasingly taken by Han Chinese. In this comprehensive overview of education in the Tibet Autonomous Region, Bass uses official sources in both Chinese and Tibetan, first-hand observation, interviews with Tibetan refugees and with educators.

ENGAGED BUDDHISM IN THE WEST

ed. by Christopher Queen. 512 pp. #ENBUWE \$24.95

Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Queen illuminates the evolution of Buddhist activism—including its history, leadership, organizations and teachings—and addresses such issues as violence and peace, race and gender, homelessness and AIDS.

"A fine map of the activist path."—Alan Senauke, Buddhist Peace Fellowship

ENGAGED BUDDHIST READER

ed. by Arnold Kotler. 264 pp. #ENBURE \$18

Represents the "cream" of sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.



ENLIGHTENED MANAGEMENT: Bringing Buddhist Principles to Work
by Dona Witten with Akong Tulku Rinpoche. 168 pp. #ENMA \$14.95

Packed with exercises and techniques tailored for the workplace and shows how to draw the best out of ourselves and our colleagues to create the productive, balanced, and happy office environment in which everyone dreams of working. Dona Witten is a management consultant for Ernst and Young. Akong Tulku Rinpoche is the director of Samye Ling in Scotland.

EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR

by Siegbert Hummel. 117 pp. #EUMYTI \$12

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

FESTIVALS OF TIBET

by Tsepak Rigzin. 70 pp. #FETI \$8.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.

HIGH PEAKS, PURE EARTH: Collected Writings on Tibetan History and Culture

by Hugh Richardson. 790 pp., 104 b&w photos, maps, index, #HIPEPU \$40

The last British diplomat to serve in Tibet (in Lhasa from 1935-50), he studied Tibetan life and later became a scholar. *High Peaks, Pure Earth* contains 65 contributions including the crucial and formative phase of Tibet's history in the seventh to ninth centuries; later history to the twentieth century, including a number of important studies of the Chinese and Western involvement in Tibet; Tibetan Precip, a previously classified publication summarizing British relations with Tibet; the author's testimonies and recollections of life in traditional Tibet.

A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State

by Melvyn Goldstein. 898 pp. #HIMOTI \$34.95

Presents a large number of documents that reveal the play of forces before the Chinese invasion of Tibet. Very well-researched yet criticized for its viewpoint on the events it documents.

"Brilliant...the only complete picture of what occurred in Tibet. Unlike Tibetan writings (an exception being *A Political History of Tibet*), it does not gloss over the Tibetan's failure to comprehend the situation into which they walked—culminating in the loss of Tibet in the 1950s."—Glenn H. Mullin

HISTORY OF THE "WHITE CRYSTAL" (Shel dkar chos 'byung): Religion and Politics of Southern La Stod

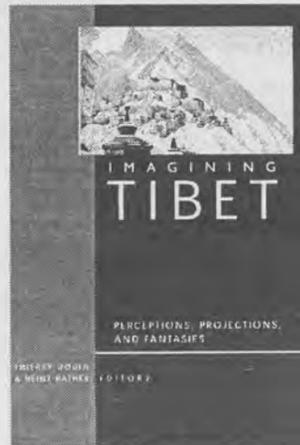
translated by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 by 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

Presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions at the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La Stod. The author outlined the history of southern La stod, its lords, and the monastery, whose early abbots adhered to the Sakya tradition.

HOSTAGE OF BEIJING: The Abduction of the Panchen Lama

by Gilles van Grasdorff, fore. by Richard Gere. 320 pp., photos, maps, #HOBE \$24.95 cloth

A well-researched investigation into the kidnapping of the Panchen Lama. According to Tibetan Buddhist tradition, the Panchen Lama plays a key role in identifying the next incarnation of the Dalai Lama. Shortly after arresting Guenden Tcheukyi Nyima, the Chinese produced their own "Panchen Lama." The author presents fresh insights into the intrigue of Tibet's recent history and the current situation.



IMAGINING TIBET: Perceptions, Projections, and Fantasies

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

Imagining Tibet is a collection of essays that examine Western conceptions of Tibet. 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.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$16

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture. It includes An Interview with The Dalai Lama.

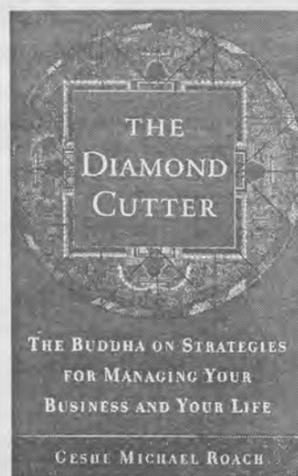
"The detailed life stories Avedon recounts are nothing short of stunning."—Denver Post

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—Boston Globe

THE DIAMOND CUTTER
The Buddha on Strategies for Managing Your Business and Your Life

by Michael Roach
256 pp., cloth #DICU \$21.95

Geche Michael Roach first translates *The Diamond Sutra* and then quotes from some of the best Tibetan commentaries on the subject. In the next and main section, he gives fresh insight into this ancient wisdom by using examples from his own experience as founder of the successful Andin International Diamond Corporation, which he started—much of the success of Andin has come from applying the Buddhist business strategies presented in this book.



། དེ་ཅི་ལྟར་ཞེ་ན། རབ་འབྱོར། རྒྱ་རྒྱུ་མེས་མཁའ་པལ་ལག་ལེན་གྱི་བྱུང་བོ་ནི། རབ་འབྱོར། ཚད་གཞུང་བར་སྐྱབ་མ་ཡིན་པའི་ཕྱིར་འོ།

IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba

by Sumner Carnahan with Lama Kunga Rinpoche, intro. by R. Thurman. 236 pp., 46 photos, #INPREN \$14.95

After his release from Chinese prison in 1980, Tsipon Shuguba was instructed by the Dalai Lama to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter, and his own nineteen-year imprisonment.



IN THE SERVICE OF HIS COUNTRY: The Biography of Dasang Dandul Tsarong, Commander General of Tibet
by D.N. Tsarong. 164 pp., 43 b&w photos, #SEHICO \$14.95

Dasang Dandul 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.

This book provides insight into the history and causes of the tragic loss of Tibet's power of self-government. Included are forty photographs taken in Tibet at this critical time, many by D.D. Tsarong himself.

INDIA & TIBET

by Sir Francis Younghusband. 409 pp. #INTI \$14.95

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.

THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

by the International Campaign for Tibet. #INTIRE \$7

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

INTO TIBET: The True Story of America's Last Secret Expedition to Tibet

by Thomas Laird. 320 pp., 16 pp. of b&w photos, cloth #INTIAM \$25

—DELAYED—

A 1949-50 American expedition across China and the deserts of inner Asia to Tibet is still secret after 50 years. *Into Tibet* rewrites the accepted history behind the Chinese invasion of Tibet and discloses for the first time how America's most successful atomic intelligence agent went to Tibet to establish the links America would need if it wanted to arm the Tibetans. These covert actions may have precipitated the Chinese invasion. This is a story of survival, courage, intrigue, and betrayal among the nomads, princes, bandits, and warring armies of inner Asia.

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See page 5 for details.

ISLAM IN TIBET & The Illustrated Narrative: TIBETAN CARAVANS
 by Abdul Wahid Radhu, Dr. William Stoddart, José Ignacio Cabezón, fore. by H.H. the Dalai Lama, preface by Marco Pallis, trans. by Jane Casevill, ed. by Gray Henry. 312 pp., 33 b&w photos, 2 maps, #ISTI \$24.95

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This work makes this aspect of Tibetan culture and society known."—Seyyed Hossein Nasr

Professor Cabezón writes on Islam, followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" describes centuries-old trading business between India, Central Asia and Tibet and the interplay between Islam and Buddhism.

THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape
 by Kund Larsen and Amund Sinding-Larsen. 176 pp., 165 illus., 11 x 11", October, #LHAT \$75.00

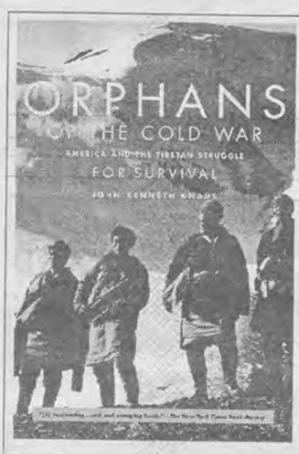
(Please see Adventure & Travel)

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

Coleman chronicles Buddhism's its reinterpretation by key Western teachers in the nineteenth and twentieth centuries, and how it has evolved. He discusses the 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.

ON ZHANG-ZHUNG
 by Seigbert Hummel. 166 pp., #ZHZH \$14

The country of Zhang-zhung was the stronghold of the ancient Bon religion and believed to be situated in western Tibet. Prof. Hummel revisits the issue of Zhang-zhung, concentrating primarily on its language and geographical situation and opens up new perspectives.



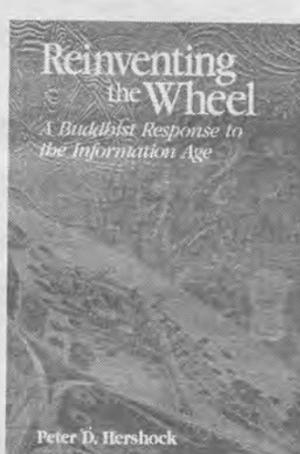
ORPHANS OF THE COLD WAR: America and the Tibetan Struggle for Survival
 by John Kenneth Kraus. 384 pp., 54 photos, illus., #ORCOWA \$16

A secret war has been waged over Tibet involving the Chinese, Indians, British, Tibetans and Americans—this vivid account was written by the 44-year veteran of the CIA who participated in the planning, direction and execution of America's covert attempts to aid the Tibetan resistance. He describes secret UN negotiations to brutal violence in the Himalayas—gripping tales of geopolitics and courage, faith and abandonment—essential reading on the modern history of Tibet.

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

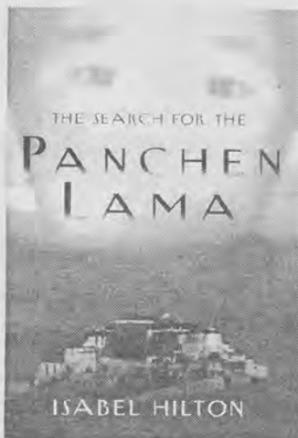
by Roberto Vitali. 226 pp., 8.5 x 11", 4 color, 11 b&w plates, 12 line drawings, 2 maps, biblio., index, Tibetan text, #RETH \$35

Tholing was the most important monastery of West Tibet (founded in 996). It suffered irreparable damage during the Cultural Revolution. It assesses the history of Tholing from its foundation until the 19th century, and introduces hitherto unknown documents belonging to Tholing to identify all its temples, chapels, stupas and buildings composing the monastic complex (reconstructed with sketches and paintings). The material has been cross-checked with the oral accounts provided by the surviving monks and notables of Tholing.



REINVENTING THE WHEEL: A Buddhist Response to the Information Age
 by Peter Herschok. 320 pp., #REWH \$16.95

Herschok assesses the personal and communal costs of our global economic and technological commitments. He reveals the suppositions of western cultural dynamics, while contrasting its fundamental values such as independence, individual freedom, and a control of the world, with those of Buddhism. If people continue to accept these western cultural presuppositions, they will trap us in a wheel of existence, in life's karmic circle.



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

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.

A SEASON TO PURGE: Religious Repression in Tibet
 A Report by the International Campaign for Tibet. 102 pp., #SEPU \$5

This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.



SKY BURIAL
 by Blake Kerr, photos by John Ackertly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp., #SKBU \$12.95 (see Adventure & Travel)

THE SNOW LION AND THE DRAGON: China, Tibet, and the Dalai Lama
 by Melvyn C. Goldstein. 130pp., #SNLIDR \$13.95

With the death of Deng Xiaoping, the future of Tibet is more uncertain than ever, and Goldstein argues that the conflict could easily erupt into violence. Drawing upon his deep knowledge of the Tibetan culture and people, Goldstein takes us through the history of Tibet, concentrating on the political and cultural negotiations over the status of Tibet from the turn of the century to the present—a carefully argued presentation of the Tibet Question during this turning point in its turbulent history.

SOARING AND SETTLING: Buddhist Perspectives on Contemporary Social and Religious Issues
 by Rita Gross. 258 pp., #SOSE \$19.95

This is a book about Buddhist practice, feminism, and social change. The essays, however, focus on themes not often emphasized in the Engaged Buddhist movement, beginning with feminism itself. Sixteen essays present Buddhist feminism, social issues from a feminist perspective and the feminist theology of Buddhism.

"Her reflections are incisive, and express her social activism, intellectual creativity, and personal candor."—Judith Simmer-Brown

THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp., #STTI \$26.95 cloth

Reviews the history of Tibet from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides the basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.

A STRANGE LIBERATION: Tibetan Lives in Chinese Hands

by David Patt. 270 pp., #STLI \$12.95

"...an intensely moving account of the plight of the Tibetans."—The Tibet Journal

Presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation. Ama Adhe, now a well-known spokeswoman for the Tibetan cause witnessed the first overtures of the communists in Tibetan communities and recalls the events that followed.

Tenpa Soepa was intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959.

A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)
 by Wolfgang Bertsch. 93pp. Color plates/b&w photos #STTIPA \$10.95

Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.

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

by Roger E. McCarthy. 312 pp., 14 b&w photos, 3 maps, #TELOT \$49.95 cloth

As a CIA officer, Roger McCarthy trained members of the Tibetan resistance in the late 1950s. Roger tells the story of the Tibetan resistance, the role of Tibetans who collaborated with the Chinese invaders, the unforgivable Chinese brutalities, excesses, and deceits, and the sorry role of the Free World—the United Nations and that of Prime Minister Nehru—when Tibet desperately needed help.

TIBET SINCE 1950: Silence, Prison or Exile

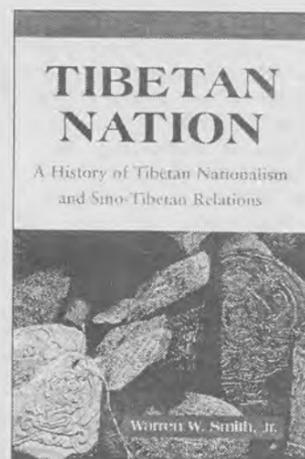
in collaboration with Human Rights Watch. 200 pp., 9 x 12", 80 color, 60 duotone photos, cloth #TISI50 \$40

Through photographs, history, personal interviews and stories, the impact of Chinese political repression is made clear. Contains rare photos of Chinese crackdowns on Tibetan demonstrations and first-hand accounts from exiles of why they chose to leave. It looks at the past and present damage to Tibetan religious institutions. Includes a discussion of Tibetan prisons by Steve Marshall and a consideration of Tibet as myth and reality by Orville Schell, renowned journalist and China scholar.

TIBETAN HISTORIES: A Bibliography of Tibetan-Language Historical Works

by Dan Martin. 295 pp., cloth, #TIHI \$45.00

This bibliography of over seven hundred items, provides a comprehensive listing of Tibetan language works belonging to historical genres that have evolved between the 11th century and the present. Included are the dates and details of composition or publication, authorship and title, and references to the burgeoning secondary literature in other languages. An extensive alphabetical index of proper names, titles and subjects in English makes this an easy reference.



TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations

by Warren W. Smith, Jr. 733 pp., #TINA \$34

"A monumental political history of Tibet, which is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers a comprehensive account of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Focusing especially on post-1950 Tibet, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism and issue is self-determination.



SONG OF THE SNOW LION
 New Writing from Tibet

ed. by Frank Stewart
 189 pp., 13 b&w photos, #SOSNLI \$16.00

Despite Chinese censorship, Tibetan authors who have remained within their country have developed a vibrant literature that explores the difficult questions facing Tibet today. Authors featured here except a few are living in Tibet and Tsering Shakya contributes an illuminating overview of modern Tibetan literature.



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

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

The world's oldest established imperial rivalry had its start during the Napoleonic age when British agents came upon the tracks of Russian rivals in snowbound Tibet. To foil these real or imagined schemes, the British dispatched an army to Lhasa to check Tsarist designs on Tibet. The authors offer a superb introduction to an absorbing history—a history vital to the understanding of today's disputes with details likely to be new even to Great Game aficionados.

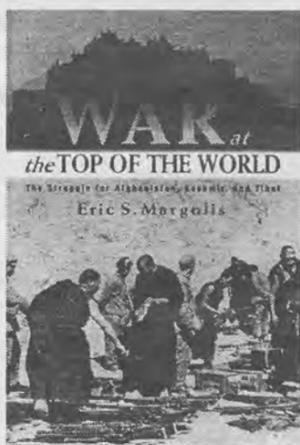
TRIGG IN TIBET
64 pp. #TRTIB \$6.95.

TRIGG in Tibet is a series of topical cartoons from The Hongkong Standard, a daily newspaper. The creator of the series uses satire, barbed humor, symbolism—any device at hand to express the concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

WAR AT THE TOP OF THE WORLD: The Struggle for Afghanistan, Kashmir, and Tibet

by Eric Margolis. 256 pp. #WATOWO \$26, now on sale for \$16!

A veteran foreign correspondent presents the history of the complicated and volatile conflicts that entangle Afghanistan, Kashmir, and Tibet, exploring clashes that threaten to destabilize the region today. Margolis guides the reader through the geopolitical complexities of the conflict and its key players, offering a clear analysis—an extraordinary read on the current global balance of power.



Two books on the environment of Tibet

TREES & SHRUBS OF NEPAL AND THE HIMALAYAS

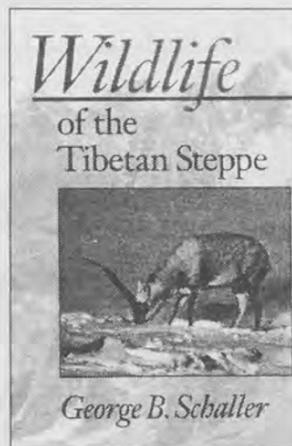
by Adrian & Jimmie Storrs. 367 pp., 650 b&w and color photos, #TRSHNE \$25

The Nepal Himalaya is home to many thousands of plant varieties. This comprehensive guide to the trees and shrubs of this region will be of interest to anyone that enjoys knowing about plant life. Many species are described, classified, positioned in the vertical stratification of plants and their uses discussed.

WILDLIFE OF THE TIBETAN STEPPE

by George B. Schaller. 374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus. #WITIST \$55 cloth.

The author is the Director of Science for International Programs for the Wildlife Conservation Society in New York. He is the author of The Year of the Gorilla, The Serengeti Lion, The Last Panda, and most recently, Tibet's Hidden Wilderness. Since 1985, with his Tibetan and Chinese co-workers, he has surveyed the flora and fauna the vast and remote Tibetan steppe. This is the first detailed look at its natural history.

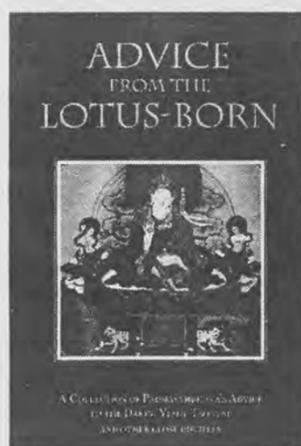


WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of Their Country

by Jamyang Norbu. 152 pp. #WATI \$12.95

This is a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese invasion. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.

GENERAL TIBETAN BUDDHISM



ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples

intro. by H.E. Tulku Ugyen Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. This advice is meant to be practiced in all circumstances.

AS IT IS, Vol. 1

by Tulku Ugyen Rinpoche. 224 pp. #ASITV1 \$20

These teachings on the development stage and practices are selected from talks given by Kyabje Tulku Ugyen Rinpoche during the last two years of his life.

"What we need to know is that our nature is an unconfined empty cognizance. Knowing this to be "as it is" is the mandala of the victorious ones—just as the buddhas know it to be."—Tulku Ugyen

AS IT IS: Volume 2

by Tulku Ugyen Rinpoche. 224 pp. #ASIT2 \$20

Contains talks in 1994-5 which emphasize non-conceptual meditation practice.

"Tulku Ugyen Rinpoche was someone with extraordinary experience and realization. He was unlike anyone else when it came to pointing out the nature of mind, and making sure that people both recognized it and had some actual experience."—Khenchen Thrangu Rinpoche

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ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

Atisha's coming to Tibet initiated the period of the "second transmission" of Buddhism, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism. Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment. Geshe Sonam Rinchen draws out Atisha's meaning with warmth and wit, bringing the light of this age-old wisdom into the modern world.

"...well-written and edited"—*Religious Studies Review*

AWAKENING LOVING-KINDNESS

by Pema Chodron. #AWLOKI \$6.95

This is a pocket-sized edition of *The Wisdom of No Escape*.

AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World

by Lama Surya Das. 414 pp. #AWBUP \$15.95

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awaken the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppared with stories from the author's experience, this enjoyable book can serve as a manual for applying basic Buddhist principles to life.

AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95

Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain to show how to develop ourselves.



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

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

A commentary on the Six Yogas of Naropa based on Tsongkhapa's "Having the Three Convictions." Focuses on the inner fire practice (*tummo*), the first of the six yogas and the foundation stone of the path to Buddhist enlightenment. Through commentary, guided meditation, and practical advice, Lama Yeshe brings the reader a tantalizing taste of tantra's blissful technology and how to live it.

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

by Tulku Thondup, fore. by Daniel Goleman. 224 pp., 10 line drawings, #BOHEA \$14.95, cloth #BOHEAC \$17.00

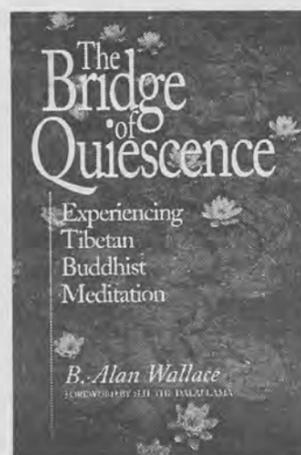
Offers simple meditation techniques that will awaken healing energies in the body and mind. Anyone can use this guide which offers ways to employ the four healing powers of positive images, words, feelings and belief; detailed instruction for healing meditations that can be done as part of a twelve-stage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

BOUNDLESS HEART: The Cultivation of the Four Immeasurables

by B. Alan Wallace, ed. by Zara Houshmand. 200 pp. #BOHE \$14.95

Developing these four qualities of loving kindness, compassion, empathetic joy, and equanimity is the indispensable foundation for realizing bodhicitta, the spirit of awakening that animates the Bodhisattva way of life and inspires Vajrayana practice as a whole. Alan Wallace draws on early Buddhist sources and contemporary oral tradition to present accessible meditations on the four immeasurables, together with instructions on meditative quiescence. These teachings were originally offered during a group retreat and include lively discussions with the participants.

"Inspiring"—John Tighe, Ph.D., for *Explorations*



THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation

by B. Alan Wallace. 288pp. #BRQU \$19.95

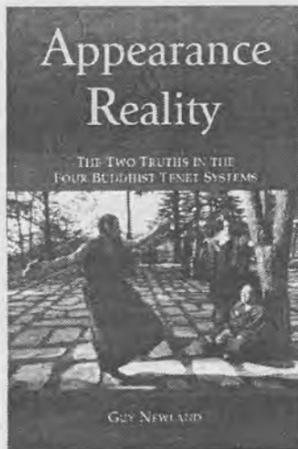
Wallace provides valuable meditative practices and offers a bridge from Eastern meditation to Western philosophy, science, and religion. His discussion draws upon his knowledge of experimental psychology, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, he offers a well-rounded discussion of Tibetan meditation.

APPEARANCE & REALITY: The Two Truths in the Four Buddhist Tenet Systems

by Guy Newland. 107 pp., notes, biblio., #APRE \$14.95

When seeking to understand Buddhism, where should one start? When the Dalai Lama was asked, he suggested that for many Westerners, the two truths, conventional truth and ultimate truth, is the best place to start. When the Buddha awoke, he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, and then there is the mystery of things just as they are. Each system of Buddhist philosophy has its own way of explaining what these two truths are and how they relate to one another. In exploring these systems, we are asking: What is real? This is not an idle intellectual question, but an issue which cuts to the heart of our life.

"Professor Newland's intellectually engaging examination of the four Buddhist tenet systems navigates the maze of complex theories that must be mastered to understand each system's contribution to the whole."—John Tighe, Ph.D., for *Explorations*



BUDDHA NATURE: The Mahayana Uttaratantra Shastra with Commentary

by Arya Maitreya, comm. by Jamgön Kongtrül Lodrö Thayé, add'l. explanations by Khenpo Tsultrim Gyamtso Rinpoche, trans. by Rosemarie Fuchs. 410 pp., cloth. #BUNASL \$34.95

"The most exciting Buddhist publication of the season is actually one of Snow Lion's more esoteric offerings, Rosemary Fuch's translation of commentaries on the *Uttaratantra Shastra* by Jamgön Kongtrül and Khenpo Tsultrim Gyamtso. The exciting thing about this translation is that it has succeeded where five previous efforts failed: it finally makes it possible for non-Tibetan speakers to study in traditional contemplative fashion one of Buddhism's principal philosophical works. In previous editions, the words were translated, but not in a form we could actually practice. Now thanks to Rosemarie Fuchs and the other learned students of Khenpo Tsultrim Gyamtso, an important mahayana meditation practice is ours to use on the cushion in order to directly realize the teachings on the essence and source of buddhahood." —Robin Kornman, *Shambhala Sun*

The Mahayana Uttaratantra Shastra, presents the Buddha's definitive teachings on how we should understand buddha nature and clarifies the nature and qualities of buddhahood. This seminal text clearly details the view which forms the basis for Vajrayana, and especially Mahamudra, practice.

BUDDHA NATURE: Ten Teachings on The Uttara Tantra Shastra

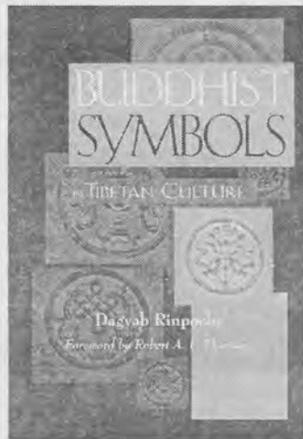
Ven. Thranqu Rinpoche. 128 pp. #BUNA \$14

Buddha Nature explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

by José Cabezon. 300 pp. #BULAN \$21.95

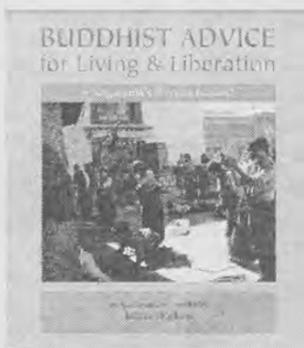
Explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. Investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. The Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies are also discussed.



BUDDHIST SYMBOLS IN TIBETAN CULTURE

by Loden Sherap Daggyab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts and shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols, the Eight Bringers of Good Fortune, Seven Jewels of Royal Power, Seven Gems, Five Qualities of Enjoyment.



BUDDHIST ADVICE FOR LIVING AND LIBERATION: Nagarjuna's Precious Garland

by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 285 pp. including Tibetan text, 9" x 8", #BUAD \$19.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

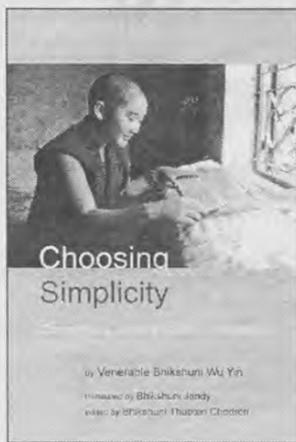
In the *Precious Garland*, Nagarjuna offers intimate counsel on how to conduct one's life and construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of 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*

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 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—they expose the many ways people complicate their lives and how the Buddha provided his followers with simple guidelines for harmonious living.

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, Director of Gampo Abbey, Nova Scotia

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—they expose the many ways people complicate their lives and how the Buddha provided his followers with simple guidelines for harmonious living.

"Choosing simplicity in our affluent society means choosing sanity. Christians as well as Buddhists are discovering how monastic values can enrich their lives as lay people. For monastics and lay people alike, *Choosing Simplicity* will be a book worth reading."—BROTHER DAVID STEINDL-RAST, O.S.B. author of *A Listening Heart*

CALM ABIDING AND SPECIAL INSIGHT: Achieving Spiritual Transformation Through Meditation

by Geshe Gedun Lodro and Jeffrey Hopkins. 334 pp., glossary, bibliography, index, #CAAB \$19.95, A Namgyal Institute Textbook

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

CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

by Gen Lamrimpa, translated by B. Alan Wallace, edited by Hart Sprager. 148 pp. #CAMI \$12.95, A Namgyal Institute Textbook.

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers. This book was previously titled *Shamatha Meditation*.

"Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*

CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEECGR \$20

The *Heart Sutra* presents the path to the perfect view. It is the *Prajnaparamita* in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.

THE CENTRAL PHILOSOPHY OF TIBET

by Robert A. F. Thurman. 442 pp. #CEPHTI \$24.95

This is the first full study of Tsong Khapa's *Essence of True Eloquence*—a study of Vijnanavada and Prasangka Madhyamika. This translation and introduction show Buddhism as a contemplative and mystical religion and reveal Prasangka as a rigorous, critical philosophy relevant to our own time.



CHANTING THE NAMES OF MANJUSHRI

by Alex Wayman. 123 pp. #CHNAMA \$17

A revered tantric text, the *Manjushri-nama-samgiti* consists of 160 verses and mantra sentences and condenses an enormous tantric lore. Includes the Sanskrit and Tibetan texts along with Wayman's translation and commentary.

CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp. #CHLOLO \$12.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are sleep-state practices.

CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7 maps, #CISH \$27.50

"*Civilized Shamans* is an astonishing work and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Samuel identifies the two main orientations of Tibetan Buddhism as monastic and shamanic (associated with tantric yoga). Tibetan Buddhism is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

CLARIFYING THE NATURAL STATE

by Dakpo Tashi Namgyal. August. #CLNAST \$18.00

"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 like the sky.

Expand your mindfulness and remain pervasive like the earth.

Steady your attention and remain unshakable like a mountain.

Brighten your awareness and remain shining like a flame.

Clear your thoughtfree wakefulness and remain lucid like a crystal."—Dakpo Tashi Namgyal

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**THE CLEAR MIRROR:
A Traditional Account of
Tibet's Golden Age**

by Sakyapa Sonam Gyaltzen,
translated by McComas Taylor
and Lama Choedak Yuthok. 315
pp., 16 line drawings, 2 maps,
#CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet. The text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded. Written to inform and entertain, the book has a pre-eminent position in Tibetan society and is popular today.



**THE COMPLETE WORKS OF
ATISHA**

trans. & anno. by Richard Sherburne, SJ, fore by H.H. the Dalai Lama. 600 pp., cloth. #COWOAT \$35

Contains the *Lamp for the Path* and its *Commentary*, translated in 1983 by Richard Sherburne, plus his translations of the *Twenty-five Key Texts* by Atisha. These Texts are found in the Tibetan *Tengyur* in a collection called *The Hundred Root Texts* which were preserved by Atisha's followers as fundamental for a proper study of Buddhist theory and practice. The texts are translated and accompanied by the Wylie.

**CONCEALED ESSENCE OF
THE HEVAJRA TANTRA**

trans. by G.W. Farrow and I. Menon. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is Yogaratanamala, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the classic period.

**CONSTRUCTING TIBETAN
CULTURE**

edited by Frank J. Korom. 256pp.
#COTICU \$19.95

This book unravels earlier colonial and romantic representations of Tibet in both historical and contemporary ethnographic contexts and focuses on Tibetan culture as a dynamic process involving the interplay of different cultural groups, both indigenous and foreign. By examining a variety of themes, it relocates modern Tibetan studies squarely within the realms of anthropology and cultural studies.

CRAZY WISDOM

by Chogyam Trungpa. 216 pp.,
November. #CRWI \$16.95

An exploration of the unconventional life and teaching methods of the great master who brought Buddhism to Tibet—and the implications for those on the Buddhist path. Rinpoche examines the life of Padmasambhava to illustrate the principle of crazy wisdom. From this viewpoint, spiritual practice does not provide comfortable answers to pain or confusion—rather they are challenging opportunities for new discovery.

**CREATION AND
COMPLETION:**

**Essential Points of Tantric
Meditation**

by Jamgon Kongtrul, trans. by Sarah Harding. 128 pp. #CRCO \$14.95

An excellent guide to tantric Buddhist meditation practice leading the way along a clear path of meditative self-transformation, from visualizing oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangun Rinpoche

**THE CULT OF TARA: Magic
and Ritual in Tibet**

by Stephan Beyer. 542 pp., 16
photos, 45 illus. #CUTA \$25.00

Features the practices and philosophical basis of tantra and especially the Tara Tantra: initiation and ritual service, offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

**CUTTING THROUGH
APPEARANCES: Practice
and Theory of Tibetan
Buddhism**

by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$18.95
paper, A Namgyal Institute Textbook.

Presents the practice and theory of Tibetan Buddhism. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path. Next is the "Presentation of Tenets," written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

**CUTTING THROUGH
SPIRITUAL MATERIALISM**

by Chogyam Trungpa. 250 pp.
#CUTHSP \$14.95

Walking the spiritual path properly is a subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of common spiritual self-deceptions.

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.

DAKINI TEACHINGS:

**Padmasambhava's Oral
Instructions to Lady Tsogyal**

by Erik Pema Kunsang. 200 pp.,
#DATE \$20

This is a terma text of teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until years later. The teachings translated here are instructions on the three levels of Buddhist practice.



**THE DAY OF A BUDDHIST
PRACTITIONER**

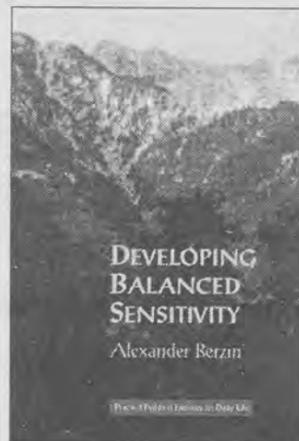
by Bokar Rinpoche. 95pp.
#DABUPR \$8.95

For those who must juggle work, family, friends, and the corresponding emotional mayhem, Bokar Rinpoche provides practical guidance and advice for developing mindfulness and grounding one's spiritual practice in the ordinary routines of every day life.

**DEBATE IN TIBETAN
BUDDHISM**

by Daniel E. Perdue. 1025 pp.,
notes, biblio., index #DETIBP
\$38.95 paper, #DETIBC \$45 cloth,
A Namgyal Institute Textbook.

The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. Debate is the investigative technique used throughout Tibetan education to sharpen analytical capacities and convey philosophical concepts—it is essential to master the procedure of debate. Using a debate manual by Pur-bu-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers elementary debate and demonstrates its application to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.



**DEVELOPING BALANCED
SENSITIVITY: A Workbook
of Practical Buddhist Exercises
for Daily Life**

by Alexander Berzin. 275 pp.
#DEBASE \$14.95

Berzin introduces a series of techniques for overcoming insensitivity and hypersensitivity. Based on traditional Buddhist sources, they are presented in non-traditional forms suitable for workshops and private practice. The exercises deal with everyday difficult situations and show how to access our mind's natural talents, dispel nervousness, insecurity, and low self-esteem, make decisions, deconstruct deceptive appearances, and recognize the clear light nature of the mind.

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

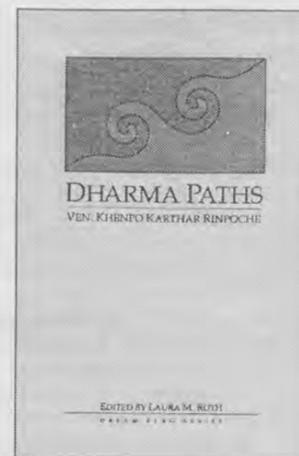
"Berzin has pulled off the tricky feat of bringing an erudite discussion of Buddhist psychology to the here and now without falling into either psycho-babble or translationese...intellectually lucid and eminently practical."—John Pettit, *Tricycle: The Buddhist Review*



**THE DHARMA that
Illuminates All Beings
Impartially Like the Light
of the Sun and Moon**

by Kalu Rinpoche. 222 pp. #DHIL
\$19.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.



DHARMA PATHS

by Khenpo Karthar Rinpoche, ed.
by Laura Roth. 270 pp. #DHPA
\$14.95

The abbot of Karma Triyana Dharma-chakra Monastery in Woodstock tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

THE DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI
\$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins

A DOSE OF EMPTINESS:

**An Annotated Translation of
the sTong thun chen mo of
mKhas grub dGe legs dpal
bzang**

by José Cabezon. 590 pp. #DOEM
\$29.95 cloth

This detailed, critical exposition of emptiness as taught in the major Mahayana schools: Yogacara, Svatantrika and Prasangika is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

**THE DOUBLE MIRROR: A
Skeptical Journey Into Bud-
dhist Tantra**

by Stephen Butterfield. 250 pp.
#DOMI \$14.95

An incisive, eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a Tibetan Buddhist and student of Chogyam Trungpa—known for his "crazy wisdom." He examines the effects of practice on himself and the compatibility of Buddhism with American life. He offers an insider's perspective and a dose of healthy skepticism in this balanced portrayal of spiritual life.

**DRINKING THE
MOUNTAIN STREAM**

**Inspiring Songs of Tibet's
Beloved Saint, Milarepa**

trans. by
Lama Kunga Rinpoche
& Brian Cutillo
192 pp., b&w illus. #DRMOST \$14.95

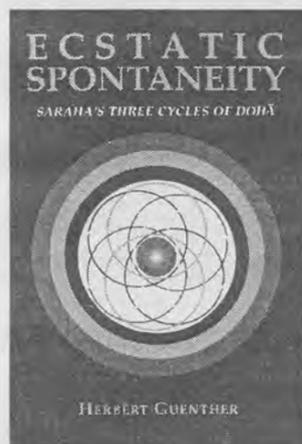
Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers with his songs of liberation.

DAKINI'S WARM BREATH
The Feminine Principle in Tibetan Buddhism
by Judith Simmer-Brown
352 pp., line art, halftones, March, cloth. #DAWABR \$29.95

This is a comprehensive inquiry into the symbolism of the dakini, a semi-wrathful feminine spirit who manifests in visions, dreams, and meditation. When the meditator encounters the dakini, living spiritual experience is activated in a nonconceptual manner by her direct gaze, her radiant body, and her compassionate revelation of reality. Grounded in the author's personal encounter with the dakini, she demonstrates that the dakini symbolizes levels of personal realization up to the empty, spacious qualities of the mind itself.

DRUNG, DEU AND BON:
Narrations, Symbolic
Languages and the Bon
Traditions in Ancient Tibet
by Namkhai Norbu Rinpoche. 348
pp. #DRDEBO \$21.95

Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu investigates the epic poems and legends of Tibet's secular culture (*drung*), explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (*deu*), and elucidates the complexities of the pre-Buddhist Bon tradition.



ECSTATIC SPONTANEITY:
Saraha's Three Cycles of Doha
by Herbert Guenther. 241 pp.
#ECSP \$25

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material is supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

**ELABORATIONS ON
EMPTINESS: Uses of the
Heart Sūtra**
by Donald S. Lopez, Jr. 320 pp.
#ELEM \$17.95

The *Heart Sūtra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom. Lopez explores its elaborate philosophical and ritual use in India, Tibet, and the West.

EMPOWERMENT
by Tsele Natsok Rangdrol. 128 pp.
#EM \$14

The empowerment ritual is the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. Empowerment contains a wealth of instructions on Buddhist training, particularly Mahamudra and Dzogchen.

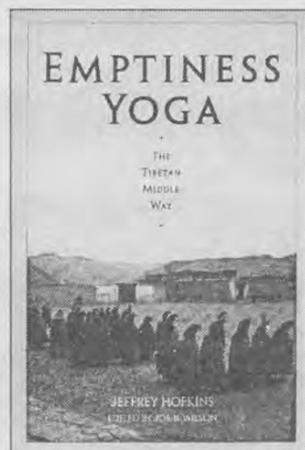
**EMPTINESS IN THE
MIND-ONLY SCHOOL
OF BUDDHISM: Dynamic
Responses to Dzong-ka-ba's
The Essence of Eloquence: I**
by Jeffrey Hopkins. 542 pp.
#EMMION \$48.00 cloth

Focuses on how the conflict between appearance and reality is presented in the Mind-Only, or Yogic Practice School. *The Essence of Eloquence* is so rich that numerous Tibetan and Mongolian scholars have been drawn into a dynamic process of finding and creating consistency in Dzong-ka-ba's often terse and cryptic tract. Hopkins made extensive use of these commentaries to annotate the translation in such a way that the issues come alive. Included are historical and doctrinal introductions, a critical edition of the text, and a lengthy synopsis.

**THE EMPTINESS
OF EMPTINESS:
An Introduction to Early
Indian Madhyamika**
by C.W. Huntington, Jr. & with
Geshe Namgyal Wangchen. 287
pp., #EMEM \$20.00

A readable translation and study of Candrakirti's *The Entry into the Middle Way*, a treatise of critical importance to Buddhism's development in Tibet.

"Huntington's philosophical interpretation is argued with force and clarity. It corrects (with panache) many misinterpretations of Madhyamika current among Anglophone writers."—*Journal of the American Oriental Society*



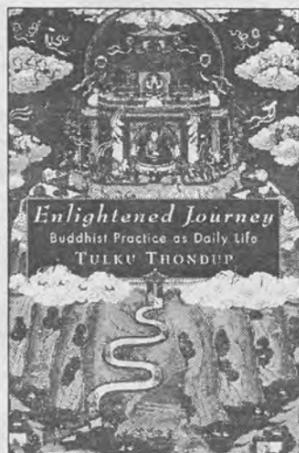
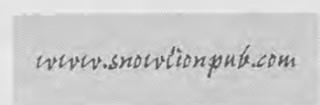
EMPTINESS YOGA:
The Tibetan Middle Way
by Jeffrey Hopkins. 504 pp.,
#EMYOP \$22.95, paper
#EMYOC \$39.95, cloth

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. Dargyay, *Religious Studies Review*

**EMPTY BLUE PLANET
TRILOGY: Three Essays on
Buddhist Philosophy**
by Charlie Singer with fore. by
Ven. Lama Pema Wangdak. 80 pp.,
line drawings. #EMBLTR \$10.00

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Four Noble Truths, bodhicitta, emptiness, the nature of mind, and Dzogchen. The doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we attain the transcendent wisdom of the Prajanaparamita, and come to an understanding of things as they are. He also explores the nature of human embodiment and the apparitional nature of the world with Buddha-nature as the common thread. Charlie Singer, a blues musician and long time student of Tibetan Buddhism, writes in a way that is clear and engaging without being popish or overly academic.



ENLIGHTENED JOURNEY:
**Buddhist Practice as Daily
Life**
by Tulku Thondup. 272 pp., May.
#ENJO \$16.95

Rinpoche discusses the principles of Buddhism; how to use the practice of meditation to arouse compassion; how suffering can become a more powerful tool than happiness in achieving enlightenment; the symbolic significans of holy places, temples, statues, etc.

**ENLIGHTENED LIVING:
Teachings of Tibetan
Buddhist Masters**
by Tulku Thondup. Approx 140pp.
#ENLI \$15.00

A short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.



**ENTHRONEMENT:
The Recognition of the
Reincarnate Masters of
Tibet and the Himalayas**
by Jamgon Kongtrul Lodrö Tayé
translated and introduced by
Ngawang Zangpo
190 pp. #EN \$14.95

"A fascinating book—introduces the reader in a comprehensible way to the theoretical and practical implications of the tulku system."—*The Tibet Journal*

Even the most casual contact with the culture, politics, or religion of Tibet and the surrounding region brings outsiders face-to-face with the institution of reincarnate spiritual masters. Small children are identified as past masters, installed in their predecessor's monastery in a ceremony called enthronement, and educated to continue the work of their former incarnation. This custom has provided a principal source of spiritual renewal for Himalayan Buddhists for the past thousand years. The introduction places the subject of reincarnate meditation masters within two major contexts—the activity of bodhisattvas, and in modern Tibetan society, where the reappearance of past masters is both natural and profoundly moving. Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage describes the process of finding other reincarnate masters. Jamgon Kongtrul Lodrö Tayé, an outstanding writer and meditation master offers a traditional view of the enthronement of reincarnate masters.

ESSENCE OF BUDDHISM:
**An Introduction to Its
Philosophy 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.

**ESSENCE OF MIND
TRAINING**
by Acharya Nyima Tsering. 111
pp. #ESMITR \$9.95

Contains succinct teachings on three topics: Lam Rim, based on H.H. Dalai Lama's commentary to *The Oral Transmission of Manjushri* by the 5th Dalai Lama; an overview of the four tenet systems, based on the *Precious Garland* by Kunchok Jigme Wangpo; and a brief course on Dzogchen, based on teachings of H.H. the Dalai Lama and Khamtrul Rinpoche on "Hitting the Essential Meaning Through Three Words." Shambhala warrior and the Buddhist path of meditation and awakening.

**ESSENTIAL TIBETAN
BUDDHISM**
by Robert A.F. Thurman. 272 pp.,
#ESTIBP \$14.00

A rich collection of key teachings about: the Buddha and our Buddha nature; meeting the Buddha in the teacher; practicing transcendent renunciation; prayer texts and meditation techniques; practicing the creation, perfection and great perfection stages; stories of hermits and yogis; practicing the loving spirit of enlightenment; lessons of ancient monks and modern nuns for training the mind.

**EVERLASTING RAIN
OF NECTAR: Purification
Practice in Tibetan Buddhism**
by Geshe Jampa Gyatso, ed. by
Joan Nicell. 160 pp. #EVRANE
\$14.95

Spiritual progress depends upon mental purification. The "confession of downfalls to the thirty-five buddhas" is a short, daily ritual practiced to purify oneself. The author discusses karma and how purification is essential for experiencing happiness and avoiding suffering.

**EXCELLENT BUDDHISM:
An Exemplary Life**
by Kalu Rinpoche. 160 pp. #EXBU
\$15.95

Contains biographical reminiscences on Kalu Rinpoche, his teachings and inspiring stories about Buddhist practitioners of the past, and reflections on Buddhism and the West.

**THE FINE ARTS OF
CONCENTRATION,
RELAXATION AND
MEDITATION: Practical
Tools and Guidelines for
Daily Life**
by Joel & Michelle Levey. 232 pp.
#FIARRE \$14.95

This practical workbook is full of clear, easy-to-follow instructions for mastering life's stresses. For over twenty-five years Joel & Michelle Levey, practicing Buddhists and stress management consultants, have taught thousands these arts.

"A skillful blend of time-proven antidotes to the stress of modern life."—Dan Goleman, *New York Times*

**FOUNDATION OF
BUDDHIST MEDITATION**
by Kalu Rinpoche. 31 pp.
#FOBUME \$4.95

Covers the essentials of Buddhist practice by offering active meditations on topics that must be deeply realized to propel spiritual practice to the goal.



**THE
ESSENTIAL
CHÖGYAM
TRUNGPA**

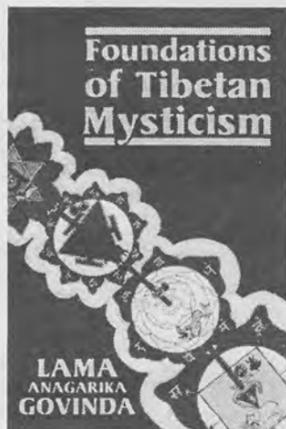
ed by Carolyn Rose
Gimian. 272 pp. #ESCHTR
\$14.95

Blends excerpts from Rinpoche's writings into a concise overview of the full body of his teachings. Forty selections from fourteen different books articulate the secular path of the Shambhala warrior and the Buddhist path of meditation and awakening.

**THE
ESSENTIAL
CHÖGYAM
TRUNGPA**



EDITED BY CAROLYN ROSE GIMIAN
Shambhala



FOUNDATIONS OF TIBETAN MYSTICISM

by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$14.95

A thorough presentation of Tibetan esoteric principles written by a Western Tibetan Buddhist monk with over 20 years' experience in Tibet and India. The inner meaning of the mantra *OM MANI PADME HUM* is explained with special reference to the five Dhyani Buddhas.

THE FOUR NOBLE TRUTHS

by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 96 pp., #FONOTR \$9.95

After his enlightenment, the Buddha taught the Four Noble Truths—the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses. The second explores their causes and conditions. The third shows that the causes of suffering can be removed. The fourth includes the many paths Buddhism offers to realize that goal.

FUNDAMENTALS OF TIBETAN BUDDHISM

by Rebecca Novick. 208 pp., #FUTIBU \$12.95

Covers the basic ideas of Tibetan Buddhism in an accessible way—a good overview.

"Well-written and well-organized, it provides a good introduction to the basic doctrines and practices of Tibetan Buddhism."—John Powers

"A lucid and accessible account of Tibetan Buddhism."—Stephen Batchelor

THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE

by Ven. Khenchen Thrangu Rinpoche. 99 pp., #FOORFO \$12 cloth

The four thoughts that turn the mind towards dharma taught by the great meditator Gampopa provide the basic reasons and motivations for practicing dharma. They are contrasted with the four special foundations (*ngondro*).

THE FUNDAMENTAL POTENTIAL FOR ENLIGHTENMENT

by Geshe Acharya Thubten Loden. 312 pp., 15 illustrations, #FUPOEN \$27

Sets forth an analysis of the natural and developed Buddha potential from the Mind-Only and Middle Way schools. Three of Maitreya's five great treatises on the subject—the *Sublime Continuum of the Mahayana (Uttaratantra)*, the *Ornament for the Mahayana Sutras*, and the *Ornament for Clear Realization* explain how our Buddha potential is transformed into the state of enlightenment. Also included are definitions and explanations of natural and developed potential, the six clairvoyances, the four Buddha bodies, and the major signs and minor marks of a Buddha.

THE GARDEN: A Parable

by Geshe Michael Roach. 202 pp., #GA \$9.95

Through a parable in which a young man is brought into a mystical garden by a beautiful embodiment of Wisdom where he meets the great historical figures who have contributed fundamental teachings to Tibetan Buddhism.

GATES TO BUDDHIST PRACTICE

by Chagdud Tulku Rinpoche. 225 pp., #GABUPR \$14.95

This collection of teachings first grounds the practitioner in Buddhist principles and then dives deep into the Vajrayana. It captures the warmth and vastness of Rinpoche's heart-mind, the humor of his stories and the simplicity with which he communicates the spiritual path.

GATEWAY TO KNOWLEDGE

by Jamgon Mipham Rinpoche. approx 140pp., #GAKN \$16.95

A condensation of the Tripitaka and its accompanying commentaries—a distillation of Abhidharma, Prajnaparamita and Madhyamika from both the Mahayana and "Hinayana" perspectives by Jamgon Mipham Rinpoche containing explanations of the five aggregates, the elements, the sense-sources, interdependence, valid and non-valid cognition, the sense faculties, and time.



GATEWAY TO KNOWLEDGE: Volume 2

by Jamgon Mipham Rinpoche. 184 pp., Tibetan text, #GAKN2 \$18

A condensation of the Tripitaka and its accompanying commentaries—a distillation of Abhidharma, Prajnaparamita and Madhyamika from both the Mahayana and "Hinayana" perspectives by Jamgon Mipham Rinpoche. Volume 2 elucidates the Four Noble Truths.



GEMS OF WISDOM FROM THE SEVENTH DALAI LAMA

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

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

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

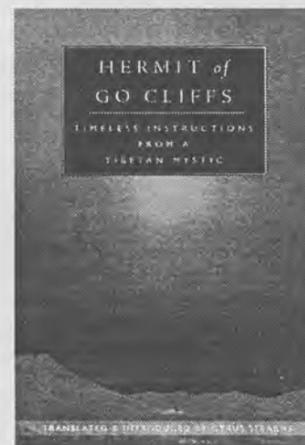
"Brimming over with ethical insights into various spiritual practices amazingly relevant to our contemporary situation."—*Values and Visions Reviews*



HERMIT OF GO CLIFFS: Timeless Instructions from a Tibetan Mystic

trans. & intro. by Cyrus Stearns. 224 pp., Tibetan text, #HEGOCL \$19.95

The great Tibetan meditation master Gyalwa Godrakpa practiced and taught a nonsectarian approach to realization. This is a translation of *The Collected Songs of Godrakpa*, here with Tibetan text and introduction to his life, legacy, and poetry. These songs express what Godrakpa emphasized in his life—a no-nonsense approach to the practice of meditation. "Total dedication to spiritual practice, renunciation, inner joy and depth that emanates from the life and songs of Godrapa is like a fresh mountain breeze in the midst of the debilitating heat of apathy and worldly concerns."—Matthieu Ricard



GENERATING THE DEITY

by Ven. Gyatrul Rinpoche. 139 pp., 19 b&w photos, #GEDE \$14.95

The generation stage practices of deity yoga are explained—the state of mind needed to begin practice, the details of visualization sequences, three types of offerings and proper mantra recitation, and information on mudras, tormas and malas. Practitioners from all lineages will find that these teachings enhance their understanding of sadhana practice. Rinpoche's detailed explanations make it possible to practice these meditations as they were practiced in Tibet.

GENEROUS WISDOM: Commentaries by H.H. the Dalai Lama XIV on the Jatakamala.

122 pp., #GEWI \$8.95

Four teachings on the Jatakamala: Garland of Birth Stories of Buddha were given by His Holiness during the Great Prayer Festival in Dharamsala. The theme is the bodhisattvas' perfection of generosity, but His Holiness also speaks on the perfection of ethics and patience, dependent-arising, and karma.

GENTLY WHISPERED: Oral Teachings by the Very Venerable Kalu Rinpoche

compiled, ed. and annotated by Elizabeth Selandia, foreword by H. E. Tai Situpa. 294 pp., #GEWH \$16.95

In their directness, depth, and humor, this collection of teachings is imbued with the spiritual qualities of a great meditation master.

GLIMPSE AFTER GLIMPSE: A Daily Meditation Book

by Sogyal Rinpoche, ed. by Patrick Gaffney. 384 pp., 5 x 7" #GLGL \$14

Includes original meditations offering a wealth of clear and enlightening advice on applying timeless wisdom to daily concerns.

GLIMPSES OF ABHIDHARMA

by Chogyam Trungpa. 128 pp., #GLAB \$12.95

The *Abhidharma* is a collection of Buddhist scriptures that investigate the workings of the mind and the states of human consciousness. Trungpa shows how an examination of the formation of the ego provides us with an opportunity to develop real intelligence and practice meditation that enables us to see our psychological situation clearly and directly.

GREAT EASTERN SUN: The Wisdom of Shambhala

by Chogyam Trungpa, ed. by Carolyn R. Gimian. 272 pp., 2 b&w photos, #GREASU \$24.95 cloth

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

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, Bhagtsa, Four Directional Protectors, etc.

THE HARMONY OF EMPTINESS AND DEPENDENT-ARISING

by Ven. Lobsang Gyatso. 156 pp., #HAEMDE \$10.95

Skilfully explains the different Buddhist schools' views on the relationship of emptiness and dependent-arising in this commentary to Tsongkhapa's Praise of Dependent Arising.



HEALING IMAGE: The Great Black One

by William Stablein. 274 pp., 37 color plates, 4 line drawings, #HEIM \$14.95

An American's fascinating account of his Tantric Buddhist study in Nepal and India. Stablein discovers an ancient manuscript and healing-meditation practice that leads him on a spiritual journey into esoteric Buddhism. Readers can adopt these practices to promote wellness, inner harmony, compassion, creativity and treatment of co-dependency and addiction.

THE HEALING POWER OF MIND: Simple Meditation Exercises for Health, Well-Being, and Enlightenment

by Tulku Thondup, foreword by Daniel Goleman. 250 pp., #HEPOMI \$14.95

Following an overview of healing meditation there are 48 exercises: clearing energy blocks, healing our emotions, healing through sound, healing with light and the elements, healing with nature's energy and daily activities that become healing experiences. Also, Tulku Thondup offers seven major Buddhist meditations for healing everyday problems and releasing the grip of our habits.

www.snowlionpub.com

THE HEART OF THE BUDDHA

by Chogyam Trungpa. 176 pp. #HEBUD \$19.95

Presents Buddhist teachings as they relate to everyday life. He discusses: the heart of the Buddha; intellect and intuition; four foundations of mindfulness; devotion; taking refuge; the bodhisattva; the practice of Vajrayogini; relationships; acknowledging death; alcohol as poison or medicine; talk for children; green energy; manifesting enlightenment.

THE HEART OF THE MATTER

by Tsele Natsok Rangdrol. 108 pp. #HEMA \$11

Lucidly covers the meaning of the view, meditation, conduct and fruition.

HEART-SPOON:

Encouragement through Recollecting Impermanence

Kyabje Pabongka Rinpoche, trans. by Lama Zopa Rinpoche & Jampa Gendun. 16 pp. #HESP \$4

A prayer of essential advice by Pabongka Rinpoche to hold the teachings dear and develop realizations in this lifetime. "Who's the faster: Yama, the Lord of Death, or you in your practice of realizing the essence of your eternal dream?"

THE HEART SUTRA EXPLAINED: Indian and Tibetan Commentaries

by Donald S. Lopez, Jr. 230 pp. #HESUEX \$24.95

Offers new insights on this sutra and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India—it includes complete translations of two nineteenth-century Tibetan commentaries: Stan dar lha ram pa's Commentary on the Heart Sutra, Jewel Light Illuminating the Meaning, and Gung thang dKon mchog Stan pa'i sgron me's An Explanation of the Heart Sutra Mantra, Illuminating the Hidden Meaning.

"It makes a major contribution to Buddhist studies in a manner that is both scholarly and readable."—Anne C. Klein

HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of Tibetan Buddhism

by Tulku Thondup Rinpoche ed. by Harold Talbot

304 pp. #HITETI \$18.95

Throughout the world, sacred texts and material objects have appeared miraculously to sages and saints. The terma tradition of Tibet refers to treasures of knowledge and realization hidden throughout the landscape by buddhas to be discovered at the appropriate moment by realized masters. Tulku Thondup tells the story of the special terma tradition initiated by Padmasambhava.

HIGHEST YOGA TANTRA

by Daniel Cozort. 192 pp. #HIYOTA \$14.95

"This book is an extremely lucid overview of the generation and completion stages of Highest Yoga Tantra."—The Middle Way

This discussion of Highest Yoga Tantra is based on "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets" by Ngawang Belde, and is explained by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary. The text includes practices common to sutra and tantra, generation stage and completion stage yogas, and compares the Kalachakra and Guhyasamaja completion stages.

HOMAGE TO KHYAB-JE KALU RINPOCHE

by KDK Publications. 88 pp., 7.5 x 11", 108 color photos, #HOKARI \$24.95

This commemorative book contains the words and teachings of many Kagyu lamas as well as beautiful photos and images of thangkhas.

HOW TO MEDITATE

by Kathleen MacDonald. 216 pp. #HOME \$14.95

Contains a wealth of advice on many proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in one book!

THE HUNDRED THOUSAND SONGS OF MILAREPA

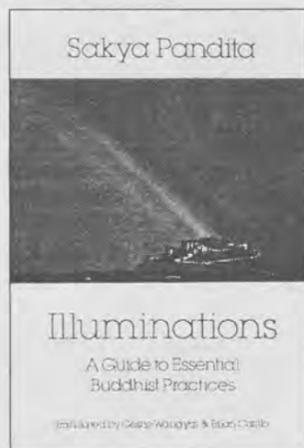
Trans. & Anno. by Garma C.C. Chang. 736 pp. #HUTHSO \$55 cloth

Milarepa wandered from village to village, teaching enlightenment and the path to Buddhahood through his spontaneously composed songs. Wherever he went, crowds gathered to hear him sing the Dharma. His songs are filled with fascinating tales of miraculous encounters and colorful imagery, and present insight into Tibetan Buddhism.

ILLUMINATED TIBET

by Robert Thurman. Mac and PC compatible CD-Rom, #ILTICD \$39.95

Contains over 500 hundred photographs of modern and pre-invasion Tibet and Tibetan refugee communities in India and Nepal, an introduction to Tibetan culture and history by Robert Thurman and includes a slide show of the Kalachakra Initiation. Includes a glossary of Tibetan and Buddhist terminology with over 240 entries.



ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism

by Sakya Pandita. 192 pp. #IL \$14.00

Sakya Pandita presents a complete Buddhist guide giving specific practices for the stages of spiritual development.

IMMORTALITY AND REINCARNATION: Wisdom from the Forbidden Journey

by Alexandra David-Neel. 176 pp. #IMRE \$12.95

A classic from the famed traveler Alexandra David-Neel, this book examines Taoist, Tibetan, and Hindu notions of life after death. The author gained knowledge of these beliefs and the practices they engendered in the course of her travels at the beginning of the century—an accessible and fascinating work.

Win a FREE TRIP to Tibet and Nepal.
See page 5 for details.



IMAGES OF ENLIGHTENMENT Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 305 pp., 32 color plates., 13 line drawings, 6 tables, #IMENL \$24.95

Focusing on important and representative figures, this richly illustrated book introduces the tradition of spiritual self-transformation embodied in these depictions of enlightened energy through clear iconographic representations and descriptions.

"Stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College

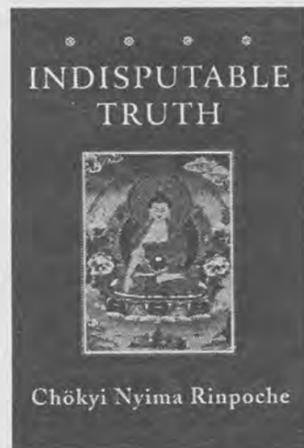
"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—The Mirror

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

INDESTRUCTIBLE TRUTH: The Living Spirituality of Tibetan Buddhism

by Reginald Ray. 432 pp., 12 half tones, line art & diagrams, cloth. #INTRLI \$29.95

This is a thorough introduction to Tibetan Buddhism from the Kagyu and Nyingma points of view. Ray presents complex and sophisticated teachings and practices in non-technical language. He covers: the sacred environment; the religious history of Tibet; the core teachings of Hinayana and Mahayana; and the three turnings of the wheel of dharma. Ray is a Professor of Buddhist Studies at Naropa University in Boulder.



INDISPUTABLE TRUTH

by Chökyi Nyima Rinpoche 208 pp. #INTR \$18

Contains fresh clarifications on the trademark of all buddhas, the four basic principles that mark the teachings of all enlightened beings: impermanence, suffering, egolessness, and peace—and unveils reality as it is.

INITIATIONS AND INITIATES IN TIBET

by Alexandra David-Neel. 240 pp., 27 photos, #ININ \$8.95

Delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the psychic training methods employed. Examined in detail are the various kinds of initiations, the spiritual guide's role and the choice of a master, oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.

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

by Robert Thurman



322 pp., #INRE \$24.95 cloth, \$14 paperback

While the rest of the world turned to outer technology, to science and industry, places such as Tibet and, much earlier, India were establishing "enlightenment factories," institutions devoted to helping the individual reach total happiness and fulfillment. Inner Revolution is an intelligent primer on practical Buddhism, written in the context of a completely original understanding of the history of civilization.

THE INSTRUCTIONS OF GAMPOPA: A Precious Garland of the Supreme Path

commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso, ed. by Laura Roth & David McCarthy. 213 pp. #INGA \$14.95

Rinpoche delivers profound insights in direct and inspiring language. In this commentary on the Precious Garland, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He gives instructions on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice. Gampopa (1070-1153) was the father of the Kagyu tradition and foremost student of Milarepa.

"Specific and pragmatic, they are applicable to every state of practice."—Booklist, American Library Association

INTRODUCTION TO TANTRA: A Vision of Totality

by Lama Yeshe. 176 pp. #INTA \$15.95

Explains how to use desire skillfully to break down our distorted and deeply entrenched way of seeing things. By learning to use pleasure correctly, we awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path. "No one has summarized the essence of tantra as well."—Religious Studies Review

INTRODUCTION TO TIBETAN BUDDHISM

by John Powers. 520 pp. #INTIBC \$34.95 cloth, #INTIBU \$18.95 paper

"The best single-volume introduction to Tibetan Buddhist practice and culture."—Library Journal

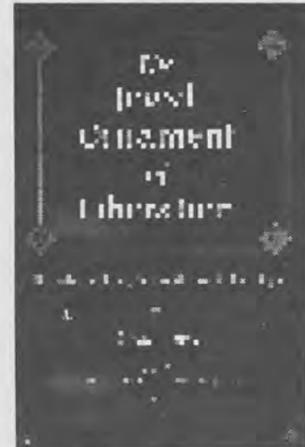
"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Power's substantial Introduction to Tibetan Buddhism."—Booklist, the American Library Association

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history, and major figures. Beginning with a summary of its Indian origins and how it was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for transformation involving visualization, ritual and meditation. The tantric systems of the four main lineages are explored impartially and in depth. A comprehensive and invaluable book list accompanies each chapter. This systematic and clear presentation of Tibetan Buddhism will delight new readers as well as those already knowledgeable in the subject. We highly recommend it.

JAMGON KONGTRUL'S RETREAT MANUAL

trans. & intro. by Ngawang Zangpo. 255 pp., #JAKORE \$15.95

In the Kagyu and Nyingma traditions, a three-year, three-month meditation retreat must be completed before a person is considered a lama (teacher). This manual was written for individuals pursuing this rigorous training and consists of spiritual practices Kongtrul considered most essential. He guides students preparing for retreat, provides full details of the meditation program and offers advice for re-entry into the world.



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

by Gampopa, translated by Khenpo Konchog Gyaltsen Rinpoche, fore. by the Dalai Lama, ed. by Delia Emmerich. 520 pp., glossary, study guide, bibliography, notes, 6 x 9" #JEORLI \$22.95 (see Lamrim section)

JOURNEY WITHOUT GOAL: The Tantric Wisdom of the Buddha

by Chögyam Trungpa. 160 pp., 9 b&illus., #JOWIGO \$14.95

An introduction to tantra providing a direct and experiential picture of the tantric world, explaining the mandala principle, self-existing energy, the teacher's role and the difference between Buddhist and Hindu tantra.

KING OF SAMADHI

by Khenchen Thrangu Rinpoche. August. #KISA \$17.00

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.

KING UDRAYANA AND
The Wheel of Life



KING UDRAYANA AND THE
WHEEL OF LIFE

by *Sermey Geshe Lobsang Tharchin*. 248 pp., line drawings, Tibetan text, #KIUDWH \$9.50

Explained in detail are the many symbolisms contained in the wheel of life.

KNOWING, NAMING, AND
NEGATION: A Sourcebook
of Tibetan Texts and Oral
Commentary on Buddhist
Epistemology

by *Anne Klein*. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Text-book.

Several years of the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it forms the basis for Madhyamika epistemology. The systematization of Sautrantika assertions has interested generations of Tibetan scholars. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatments of single important issues. Klein annotates translations of outstanding texts in these categories and supplements them with commentary from Tibetan yogi/scholars. This is a challenging book on the nitty-gritty issues of Sautrantika philosophy.

KNOWLEDGE &
LIBERATION

by *Anne Klein*. 283 pp. #KNLIP \$19.95, A Namgyal Institute Text-book

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

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

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of Tibetan and Indian texts. The Gelukba interpretation of Dignaga and Dharmakirti is greatly at variance with virtually all other scholarship concerning these seminal Buddhist logicians. The author clarifies these differences, considering both traditional Buddhist and modern scholarship, thus establishing what is unique to the Gelukba presentation and, in this light, examining reasons for the validity of this school's interpretation.

THE LAMP OF LIBERATION:
A Collection of Prayers,
Advice and Aspirations

by *H.H. Dudjom Rinpoche*, ed. by *Terry Clifford et al.* 95 pp. #LALI \$15 cloth

Three texts by H.H. Dudjom Rinpoche, his biography and other pieces compose this lovely book. In Tibetan and English.

LAMDRE: Dawn of
Enlightenment

by *Lama Choedak Yuthok*. 217 pp., 3 illus. #LAMDRE \$18

The Lamdre teachings are prized by students and masters of all Tibetan traditions. Topics: life of Virupa, overview of the Lamdre teachings, the vision of experience, pure vision, causal tantra, the Hevajra initiation, nature of mind, role of teacher and disciple, path, practices and result.

LAMP OF MAHAMUDRA

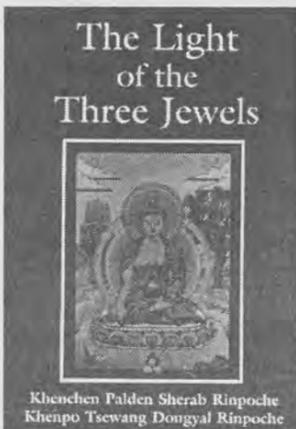
by *Tsele Natsok Rangdrol*. approx 130pp. #LAMA \$14

This meditation manual on one of the most advanced practices of the Tibetan Buddhist tradition describes the entire path of meditation leading to the ultimate enlightenment of Buddhahood—including advice from Kyabje Dilgo Khyentse Rinpoche and Kyabje Tulku Urgyen Rinpoche.

LIFE AND TEACHINGS OF
TSONGKHAPA

ed. by *Prof. Robert Thurman*. 258 pp. #LITETS \$14.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madyamika and insight meditation.



THE LIGHT OF THE THREE
JEWELS

by *Khenchen Palden Sherab Rinpoche & Khenpo Tsewang Dongyal Rinpoche*. 125 pp., 20 line drawings, #LITHJE \$15

Through a discussion of how our minds function and what our primordial nature is, the authors show how to cultivate insight, bodhicitta, and devotion so that our true nature can manifest. Contains detailed instruction on how to meditate using the tantric techniques of visualization, mantra, formless meditation, and points out how to see our fundamentally enlightened nature.

THE LAZY LAMA LOOKS AT BUDDHIST MEDITATION

by *Ringu Tulku*. 36 pp. #LALALO \$6

Ringu Tulku received extensive training from lamas of all Tibetan orders and is an authority on the works of Jamgon Kongtrul and the Rimay movement. Here he discusses the essentials of meditation—to learn that whatever experience arises—whether good, bad or indifferent—it doesn't matter. It's just an experience, and you can relax in that.

THE LAZY LAMA LOOKS
AT REFUGE: Finding a
Purpose and a Path

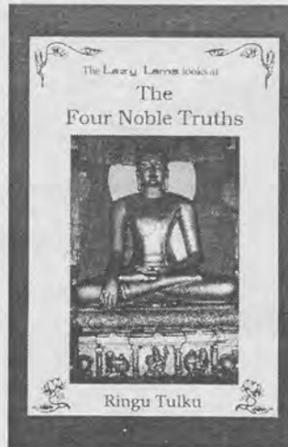
by *Ringu Tulku*. 40 pp. #LALARE \$6

What is meant by taking refuge in the Buddha, Dharma, and Sangha, in terms of finding a profound purpose in our lives and making a commitment to work towards fulfilling that aim.

THE LAZY LAMA LOOKS
AT THE FOUR NOBLE
TRUTHS

by *Ringu Tulku*. 36 pp., #LALAFO \$6

"All Buddhist practice is for the purpose of working to become free of the basic problem of suffering, and it's all based on the possibility of an inner transformation, the transformation of our perception, our view. If we can let go of the state of mind which is always in turmoil we can find fearlessness, liberation, peace. The teaching on the four noble truths is the basis of understanding of all Buddhist teachings and practices; it's the basis of everything."



LIGHT OF WISDOM, Vol. I

by *Padmasambhava & Jamgon Kongtrul*. 368 pp. #LIWI \$25

This is a combination of three texts: *The Gradual Path of the Wisdom Essence (Lamrim Yeshe Nyingpo)* are instructions of Padmasambhava as recorded by Yeshe Tsoygal. *The Light of Wisdom* by Jamgon Kongtrul is an extensive commentary on this sacred terma scripture. *Entering the Path of Wisdom* consists of annotations on the commentary by Jamyang Drakpa, a student of Jamgon Kongtrul—plus an introductory discourse by Tulku Urgyen Rinpoche. These explanations of the Vajrajana Buddhist perspective begin with the buddha nature present in all beings, and continue with the teachings that are common to all vehicles, concludes with the Mahayana and the link to Vajrayana.

LIGHT OF WISDOM, Vol. 2

by *Padmasambhava & Jamgon Kongtrul*. #LIWI2 \$20

Contains Padmasambhava's terma text *The Gradual Path of the Wisdom Essence* with *The Light of Wisdom* commentary by Jamgon Kongtrul. Explains the nature of empowerment, tantric commitments, and clarification of the development stage of deity yoga.

LORD OF THE DANCE: The
Mani Rimdu Festival in Tibet
and Nepal

by *Richard Kohn*. 320 pp., 22 tables, 39 drawings, 8 b&w photos. #LORDAMA \$29.95

Travel to the Himalayas for an in-depth look at the inner workings of the three-week long Mani Rimdu festival. Kohn describes the structure of the ritual thoroughly and places it in the broader context of ritual as an art form. The festival requires the preparation of many religious art forms—mandalas, tormas and other sculptures. There are two days of public performances, a day of spiritual empowerment, and a day of masked dances. Mani pills are produced that carry the healing power of Chenrezig.

LUMINOUS MIND: The Way
of the Buddha

by *Kalu Rinpoche*, fore by *H.H. the Dalai Lama*. 352 pp. #LUMI \$19.95

Covers the full range of Buddhist practice from the basic analysis of the nature of the mind up to its ultimate refinement in the teachings of Mahamudra. His gentle words and playful stories are filled with clarity and warmth that could only arise from a profound realization of both wisdom and compassion.

MACHIG LABDRON AND
THE FOUNDATIONS OF
CHOD

by *Jerome Edou*. 270 pp. #MALA \$16.95

"Provides wonderful material on Chod, Machig Labdron's biography, and investigations into the origins of Mahamudra Chod. These Chod teachings are inspirational."—Tsultrim Allione, *The Mirror*

Chod refers to cutting through the ego and emotional entanglements. This mahamudra practice of chod is a powerful practice which frees one from fear and arouses the mind's primordial clarity.

"Jerome Edou deftly expounds her great teaching of the Mahamudra Chod. Consider reading this book as a spiritual investment."—Dr. Elisabeth Benard, author

MAGIC AND MYSTERY IN
TIBET

by *Alexandra David-Neel*. 321 pp. #MAMYTI \$9.95

A story of psychic exploration among the lamas and magicians of Tibet. Includes descriptions of occult and mystical theories and psychic training with detailed instructions for tumo (yoga of heat control) and the creation of thought-projections.

MAHAMUDRA: Eliminating
the Darkness of Ignorance

by *the 9th Karmapa*, trans. *Alex Berzin*. 194 pp. #MA \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illuminates the text.

MAHAMUDRA: The
Quintessence of Mind and
Meditation

by *Takpo Tashi Namgyal*, trans. & annotated by *Lobsang Lhalungpa*, fore. by *Chogyam Trungpa*. 488 pp. #MAQUMI \$30.00

"I am so delighted that this text is being published in the English language. It will greatly benefit English speaking students of Buddhism. I myself have used this text in working with my students, and I have always found that it communicates, clearly and simply, the mahamudra teachings of the Practice Lineage."—Chogyam Trungpa

This great Tibetan classic, which is widely recognized as an outstanding work, reveals profound wisdom. The text draws systematically on the vital knowledge and the practical methods of Buddhism that form the major part of the monastic syllabus.

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

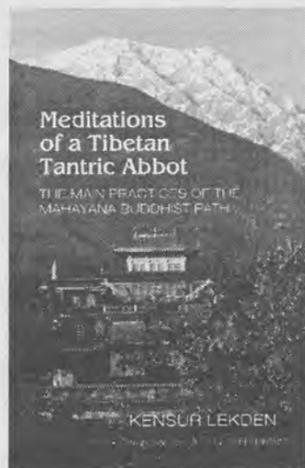
by *Kensur Lekden*, trans. & ed. by *Jeffrey Hopkins*. 176 pp. #METAAB \$14.95

This book presents, with the intimate freshness of a personal teaching, the main practices of the Mahayana Buddhist path. It details the attitudes cultivated in meditation ranging from turning away from cyclic existence, to developing love and compassion for all beings, to the profound view of emptiness.

"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

"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

"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."—Donald Lopez, Univ. of Michigan



MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

by the Eighth Situpa Tempa'i Nyinchoy, H.H. the Third Gyalwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

Reveals powerful mahamudra practices for realizing the mind's fundamental nature. The advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, [is] recited daily in countless Tibetan temples, retreats and homes. Lama Sherab Dorje offers an accurate and highly readable translation of this masterwork that is to be read with profit both by those who wish to learn something about the system of Mahamudra and by those practicing within the tradition."—Matthew Kapstein

THE MANDALA OF THE FIVE BUDDHAS

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

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

A MANUAL OF KEY BUDDHIST TERMS:

Categorization of Buddhist Terminology with Commentary

trans. by Thupten Rikhey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

To understand Buddhism, it is essential to understand Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.

MANUAL OF RITUAL FIRE OFFERINGS

by Sharpa Tulku & Michael Perrott. 180 pp., #MARIFI \$14.95

The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. Here are fire offering practices for: Solitary and Thirteen-Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

MATERIALS FOR THE STUDY OF ARYADEVA, DHARMAPALA AND CHANDRAKIRTI

by Tom J.F. Tillemans. 2 vols., 326 and 192 pp. #MASTAR \$66.95

This scholarly study and translation of two pivotal chapters from Aryadeva's *Chaturshatka* includes commentaries from Chandrakirti and Dharmapala along with introduction, translation, Sanskrit, Tibetan and Chinese texts and notes. Has an exhaustive critique of heretical views of opponents to early Madhyamika through commentaries from the Prasangka-Madhyamika perspective of Chandrakirti, and by Dharmapala, an Idealist. Includes primary text material and an impressive bibliography.

MEDITATION: Advice to Beginners

by Bokar Rinpoche. 150 pp. #MEA \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra.

MEDITATION IN ACTION

by Chogyam Trungpa. 112 pp. #MEAC \$10

Rinpoche shows that meditation extends beyond the formal practice of sitting to build the foundation for compassion, awareness, and creativity in all aspects of life. He explores the six perfections as associated with meditation in action.

MEDITATION ON EMPTINESS

by Jeffrey Hopkins. 1022 pp. 21 line drawings, 51 charts, glossary, bibliography, index, Tibetan text, #MEEM \$29.95

The most comprehensive work in English on emptiness. In bringing this remarkable exposition of the Prasangka-Madhyamika view of emptiness to life, Hopkins describes the meditational practices by which emptiness can be realized and shows how the teachings are utterly practical. He also covers dependent arising, the four noble truths, Buddhist logic, and tenets, and non-Buddhist schools of philosophy.



MEDITATIONS TO TRANSFORM THE MIND

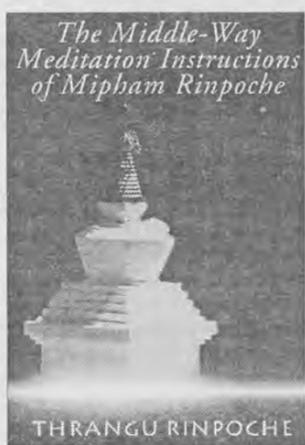
by The Seventh Dalai Lama, trans., ed. and intro. by Glenn H. Mullin. 257 pp., #METRMI \$16.95,

The Seventh Dalai Lama 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.



MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities by Vessantara. 356 pp., many photos & illus., #MEBU \$29.95

A great reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many of the most popular bodhisattvas and tantric deities.



THE MIDDLE-WAY MEDITATION INSTRUCTIONS OF MIPHAM RINPOCHE

by Thrangu Rinpoche 127 pp. #MIWAME \$12.95

Based on Mipham Rinpoche's *The Gateway to Knowledge*. Covered are: the six meditations on compassion, sending and taking, emptiness meditation, nine ways of placing the mind, the six obstacles to meditation and the eight remedies. Mahayana tranquility meditation includes techniques of cutting through thoughts, non-interference with thoughts, and maintaining the right tension in meditation. Mahayana vipashyana is also covered in detail.

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. Part Two focuses on the psychological model of the mind as presented in the Abhidharma literature

MIND IN TIBETAN BUDDHISM

by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$16.95, A Namgyal Institute Textbook.

In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper gives an overview of the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated. The oral commentary is sparkling."—Prof. Janice Willis, *Religious Studies Review*

MO: Tibetan Divination System

by Jamgon Mipham, fore. by His Holiness Sakya Trizin, trans. & ed. by Jay Goldberg. 168 pp., 4" x 6", #MO \$11

In Tibet, the use of the MO predictive technique has been heavily relied upon throughout the centuries to forecast the outcome of events, undertakings and relationships. This clear and simple method uses a 6-sided dice which is rolled two times to determine thirty-six possible answers. These are extensively described in the accompanying text. This MO, which obtains its power from Manjushri, was developed by the great master Jamgon Mipham from sacred texts expounded by the Buddha.

"This English translation of a Tibetan divination manual opens a new portal into the realm of Tibetan studies. It was written to assist others in choosing their future course of action, mainly concerning the immediate future."—Tsepa Rigzin, Library of Tibetan Works & Archives"

6-sided dice with the Tibetan symbols

#TIDI \$5

Any 6-sided dice can be used.

MUDRA: Early Poems and Songs

by Chogyam Trungpa, 112 pp., May, #MUEAPO, \$11.95

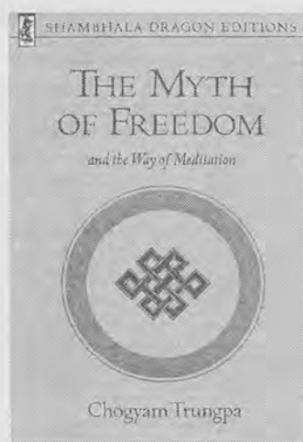
This book of poetry and songs of devotion, written by Chogyam Trungpa between 1959 and 1971, is spontaneous and celebratory. He also includes the 10 oxherding pictures with his commentary that is unmistakably Tibetan.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$22.95

Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work and it describes four major cosmological systems which are matched to the spiritual capacities of different grades of beings: the numerically definite cosmology of the Hinayana; the cosmology of infinite buddha-fields of the Mahayana; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone.

"Much of the book is entertaining, offering opportunities to stretch the mind."—*Philosophy East & West*



THE MYTH OF FREEDOM and the Way of Meditation

by Chogyam Trungpa. 178 pp. #MYFR \$13

What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes and even our spiritual practices become chains that bind us to patterns of frustration and despair. He explains how meditation brings into focus the causes of frustration and how these negative forces become aids in advancing toward true freedom.

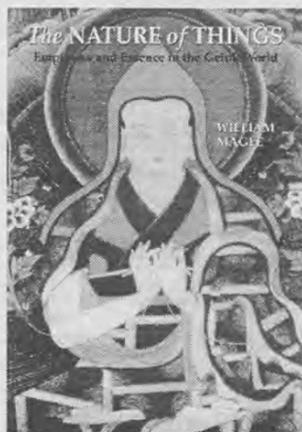


NAGARJUNA'S SEVENTY STANZAS: A Buddhist Psychology of Emptiness

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

This volume contains a translation of Seventy Stanzas, a fundamental work of Nagarjuna on the Madhyamika system of Buddhist philosophy, along with a commentary on it from the Prasangka viewpoint by Geshe Sonam Rinchen. David Komito summarizes basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna's teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through which they experience it. This book will interest Buddhist practitioners and scholars and psychologists who seek a deeper understanding of Buddhist psychology and epistemology.

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THE NATURE OF THINGS: Emptiness and Essence in the Geluk World
by William Magee. 257 pp. #NATH \$22.95

The discussion of nature pursued in this book begins with Nagarjuna (first century), founder of the Middle Way School, who refuted a fabricated nature in his *Treatise on the Middle*. In that seminal text he puts forth the three basic criteria for nature: it must be something that is non-fabricated, independent, and immutable. Candrakirti (sixth century), considered by many to be the founder of the Consequence School, explicitly identifies the triply-qualified nature as emptiness, the reality nature.

Dzong-ka-ba (1359-1417) and later Ge-luk Consequentialists translated in Part Two of this book agree with Candrakirti. Dzong-ka-ba mentions a heterodox Tibetan sect's interpretation of Nagarjuna's verses who took the triply qualified nature to be the object-to-be-negated nature, a non-existent, falsely imputed nature that things are only ignorantly imagined to have. However, Dzong-ka-ba explains how the object-of-negation nature cannot be the triply-qualified nature and relates that discussion to Nagarjuna's verses in *Treatise on the Middle*. Thus the Middle Way practitioner is brought to a precise identification of the non-existent object-of-negation nature as being a thing's "establishment by way of its own entity".

A NECKLACE OF GOOD FORTUNE

by Geshe Lam Rim. 70 pp., Tibetan text #NEGOFO \$7.95

Composed at the height of the cultural revolution when Tibetan Buddhism was attacked for its reliance on the Three Jewels and the belief in gods, past and future lives, and actions and their results, This book clearly explains the Buddhist doctrine of past and future lives and karma.

NOTES ON THE THEORY AND PRACTICE OF SAMATHA MEDITATION

by Lama Choedak Yuthok. 50 pp. 7 x 10", #NOTHPR \$10.95

Calm abiding or samatha meditation suits people of all walks of life. We all want calmness and stability, qualities which will serve as our best friends throughout life. This is a manual developed by Lama Choedak for teaching meditation. It includes prayers, posture, motivational meditations, obstacles and antidotes to calm abiding, stages of achievement.

THE OPEN DOOR TO EMPTINESS

by Khenchen Thrangu, Rinpoche, trans. by Shakya Dorje, ed. by Michael Lewis & Clark Johnson. 126 pp. #OPDOEM \$12.95

Rinpoche talks on the nature of emptiness of self and external phenomena by means of logical arguments using ordinary life experiences and bases his teaching on Mipham Rinpoche's great treatise, *The Gateway to Knowledge*.



OPEN HEART, CLEAR MIND
by Thubten Chodron. 180 pp., #OPHECL \$12.95

"...presents a clear and complete survey of the teachings of the Buddha that will help many on the open path of meditation to deal with the challenges of everyday life."—Ven. Thich Nhat Hanh

This introduction to Buddhism by an American Tibetan Buddhist nun focuses on practical applications of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, Chodron sets forth the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."—His Holiness the Dalai Lama

OPENING THE DOOR TO CERTAINTY

by the Ninth Karmapa, Tibetan text and English trans. by Bokar Rinpoche. 62 pp., glossary, #OPDOCE \$9.95

A condensed version Ninth Karmapa's work which introduces the direct understanding of the mind's absolute nature—Mahamudra. It treats the preliminaries, mental calming, superior vision pointing out the nature of mind, and the post-meditation enhancement of the practice. Brief, to the point, and excellent.

ORACLES AND DEMONS OF TIBET: The Cult and Iconography of the Tibetan Protective Deities

by Rene De Nebesky-Wojtkowitz. 680 pp. #ORDE \$35 cloth

This definitive study of Tibetan protector deities reveals much about the early shamanistic base from which the Bon religion developed. The author was able to penetrate the secrecy with which Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking, and he received instruction on these topics. He classifies the protective deities, details their appearance and attributes, and describes sacrificial objects, offerings, ceremonies, and oracles—their trances, ceremonies and attire.

ORDINARY WISDOM: Sakya Pandita's Treasury of Good Advice

trans. by John Davenport. 384 pp. #ORWI \$21.95

"...a sterling translation of one of the most loved books of the Tibetan Buddhist tradition. Sakya Pandita's masterpiece gives advice on the conduct of life suitable for the ordinary individual, while John Davenport's modern commentaries clarify and explain the verses and open this timeless Tibetan wisdom to Western readers."—Gelek Rinpoche

ORIGIN OF THE TARA TANTRA

by Jonang Taranatha, trans. & ed. By David Templeman. 104 pp., extensive bibliography #ORTATA \$8.95

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

OVERVIEW OF BUDDHIST TANTRA: General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate Ones

by Panchen Sonam Dragpa. 159 pp. #OVBUTA \$15

An outstanding sourcebook for information on the tantric grounds and paths. The process of empowerment—the role of the teacher, the student, the steps involved—is detailed and the bodhisattva vows, tantric vows and commitments, mandala theory, the classes of tantra and tantric terminology are discussed.

PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism

by Miranda Shaw. 312 pp., 18 illus. #PAENL \$18.95

Tantric Buddhism is known in the West primarily for its sexual practices which transform erotic passion into spiritual ecstasy. Historians of religion have held that the enlightenment thus attempted was for men only, and that women in the movement were subordinate and at worst degraded and exploited. Miranda Shaw presents extensive new evidence of outspoken and independent female founders of the Tantric movement and their creative role in shaping sacred sexuality. In her view, the Tantric theory has promoted cooperative, mutually liberative relationships that rely on women as a source of spiritual insight and power.

THE PATH IS THE GOAL: A Basic Handbook of Buddhist Meditation

by Chogyam Trungpa. 176 pp. #PAGO \$12.95

These teachings on basic meditation—shamatha and vipashyana, mindfulness and awareness—are foundational skills that Buddhist practitioners need. Shamatha and vipashyana practice develop a peaceful state of mind that can allow us to see things just as they are.

PATH TO THE MIDDLE: Oral Madhyamika Philosophy in Tibet

by Anne C. Klein. 288 pp. #PAMI \$23.95

Does a Bodhisattva's initial cognition of emptiness differ from subsequent ones? Can one "improve" a nondualistic understanding of the unconditioned and, if so, what role might subtle states of concentration play in the process? Kensur Yeshey Tupden addresses many crucial issues of Buddhism to provide a rich presentation of Tibetan philosophy.

PATHS AND GROUNDS OF GUHYASAMAJA ACCORDING TO ARYA NAGARJUNA

by Yangchen Gawai Lodoe, comm. by Geshe Losang Tsephe. 184 pp. #PAGRGU \$15.95

This significant 18th-century text maps the paths and the grounds of the Guhyasamaja Tantra. It is an indispensable guide for initiated Buddhist tantric practitioners. The Guhyasamaja Tantra provides the basic structure for other highest yoga tantras—by understanding it, other tantras are more easily understood.

THE PLACES THAT SCARE YOU A Guide to Fearlessness in Difficult Times

by Pema Chodron
144 pp., cloth. #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.



THE PRACTICE OF MAHAMUDRA

by H. H. Chetsang Rinpoche, trans. by Dr. Robert Clark, ed. by Ani Trinley Chodron. 120 pp. #PRMA \$12.95

Mahamudra is known as the highest level of teaching within Tibetan Buddhism. Its study and practice lead to the realization of the very nature of reality itself—there is not a single phenomenon which is not subsumed within the realizations of Mahamudra. H.H. Chetsang Rinpoche gives detailed instructions on the Mahamudra methods. Each of the five stages of Mahamudra is carefully explained, many meditation practices are given including precise instructions on posture and breathing. Teachings of Tilopa and Gampopa are used to illustrate various points and different levels of practitioners and their corresponding attainments are outlined.

"...the clearest presentation of Mahamudra meditation practice available in English."—Wisconsin Bookwatch

THE PRACTICE OF TRANQUILLITY AND INSIGHT: A Guide to Tibetan Buddhist Meditation

by Khenchen Thrangu Rinpoche. 170 pp., b&w photo, 3 line drawings
3 tables, #PRTRIN \$14.95

The two types of meditation that form the core of Buddhist spiritual practice are: tranquility (*samatha*) meditation aims at stilling the mind, while insight (*vipashyana*) meditation produces "clear vision," or insight into the nature of all phenomena. With masterful scholarship, Rinpoche explains this unified system of meditation—what to do, what to avoid and the stages of deepening meditation so the practitioner can gauge progress. His teaching is a commentary on the eighth chapter of the *Treasury of Knowledge* by Jamgon Kongtrul.

THE PRACTICE OF VAJRAKILAYA

by Khenpo Namdrol Rinpoche. 87 pp., 5 photos, 2 line drawings #PRVA \$12.95

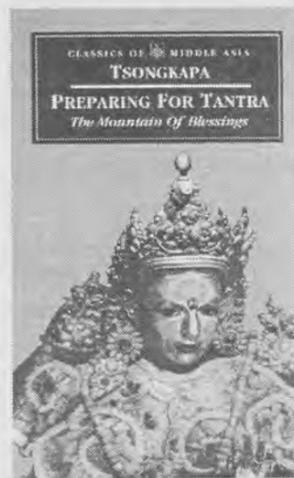
"The practice of Vajrakilaya blazes at the heart of the ancient Vajrayana traditions of Tibet. The wrathful heruka Vajrakilaya is the yidam deity who embodies the enlightened activity of all the buddhas, manifesting in an intensely wrathful yet compassionate form in order to subjugate the delusion and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

Khenpo Namdrol presents a lucid and detailed explanation of the history and practice of Vajrakilaya.

PRACTICING THE GOOD HEART

by Lama Zopa Rinpoche. 70 pp. #PRGOHE \$5

Practicing the Good Heart; The Nature of Compassion, Tantra and Compassion.



PREPARING FOR TANTRA

by Je Tsongkapa, comm. by Pabongka Rinpoche, trans. by Khen Rinpoche Geshe Lobsang Tharchin with Michael Roach. 172 pp. #PRTA \$6.95

In 1402, Je Tsongkapa made direct visionary contact with the Lamas of the lineage by using the text of the "Mountain of Blessings," a work which has been utilized by teachers ever since to prepare students for tantric initiation. Included is a rare commentary by Pabongka Rinpoche and an introduction by Geshe Tharchin, former abbot of Sera Mey Monastery.

THE PRINCIPAL TEACHINGS OF BUDDHISM

by *Tsongkapa & Pabongka Rinpoche*, trans. by *Geshe Lob-sang Tharchin with Geshe Michael Roach*. 209 pp. #PRTEBU \$6.95.

Tsongkapa's renowned poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche—a great introduction.

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by *Lama Govinda*. 120 pp. #PSSYBU \$12.95

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by *Venerable Lama Lodru*, foreword by *H.E. Kalu Rinpoche*. 239 pp. #QUANIN \$12

An excellent manual on refuge, generating the bodhimind, the six perfections, the guru-disciple relationship, emptiness and the tantric path.



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

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

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

READINGS ON THE SIX YOGAS OF NAROPA

Translated, edited and introduced by *Glenn H. Mullin*. 200 pp. #RESIYO \$16.95

The Six Yogas of Naropa is one of the most popular tantric systems with all schools of Tibetan Buddhism. This collection of readings contains original Indian works by Tilopa and Naropa, and Tibetan writings by Tsongkhapa, Gyalwa Wensapa, the First Panchen Lama and Lama Jey Sherab Gyatso. Readings discuss the practices, their context and the historical continuity of this most important tradition, which is said to bring full enlightenment in one lifetime. (This book of teachings on the Six Yogas complements *Tsongkhapa's Six Yogas of Naropa*.)

"...a veritable feast, containing teachings that...give one a clear sense of the enormous possibilities on the spiritual path."—Georg Feuerstein, *The Quest*

"...presents highly arcane subject matter in as accessible a way as possible for works that were never intended for the general reader."—*The Middle Way*

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

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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. This is accomplished by analyzing experience to fathom how we have been misperceived and misunderstood because of our many delusions. 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*

REASONING INTO REALITY: A System-Cybernetics Model and Therapeutic Interpretation of Buddhist Middle Path Analysis

by *Dr. Peter Fenner*. 260 pp., diagrams. #RERE \$18

A sophisticated, interdisciplinary study exploring the interface between Buddhist Madhyamika thought and psychology, cognitive science, and systems theory. This study develops a systems and psychological explanation of Madhyamika insight meditation practice. It is a truly scientific account of meditation practices and their efficacy.

RECOGNIZING REALITY: Dharmakirti's Philosophy and Its Tibetan Interpretations

by *Georges B.J. Dreyfus*. 622 pp. #RECRE \$24.95

Georges Dreyfus is a geshe who is also very knowledgeable of Western philosophy, Indian thought and other Tibetan schools—so he is able to adopt a fully critical approach and does not shy away from criticisms of Gelug material. This makes him a scholar most qualified to write on the central ideas of Dharmakirti and their reception by Tibetan thinkers.

REFLECTIONS OF THE MOUNTAIN: Essays on the History and Social Meaning of the Mountain Cult in Tibet and the Himalaya

edited by *Anne-Marie Blondeau & Ernst Steinkellner*. 262 pp., 8.5 by 12", b&w photos, maps. #REMO \$58

These articles are the results of a collaboration between Austrian and French anthropologists and Tibetologists. Incorporating systematic and historic studies and new field data from different Tibetan and Tibeto-Burmese populations in discussing the theme of sacred mountains and their cults. The mountain cults prove to be a phenomenon of extraordinary continuity, rooted in prehistory, which nevertheless have preserved their identity throughout the various processes of Buddhification.

THE REFLEXIVE NATURE OF AWARENESS (Rang Rig): A Tibetan Madhyamaka Defense

by *Paul Williams*. 288 pp. #RENAAW \$55 cloth

According to Tsongkhapa, one of the difficult points in Madhyamaka philosophy is the way in which Prasangka Madhyamaka does not accept even conventionally that reflexivity is an essential quality of awareness—that in being aware there is also an awareness of awareness. One of the most systematic refutations of Tsongkhapa's approach to this issue can be found in the commentary to the ninth chapter of the *Bodhicaryavatara* by the Nyingma lama Mipham, together with Mipham's own replies to his subsequent critics. Paul Williams examines these conflicting views in their Indian and Tibetan context.

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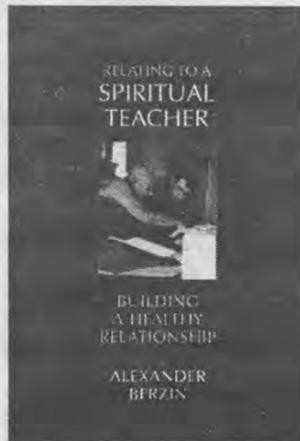
See page 5 for details.



RIDING WINDHORSES A Journey into the Heart of Mongolian Shamanism

by *Sarangerel Odigan*. 192 pp. 10 b&w illus., #RIWI \$14.95

This is a thorough introduction to Mongolian/Siberian shamanic beliefs and practices written by a shaman trained in this tradition. It includes the basic rituals and various healing and divination techniques. Odigan is the foreign outreach representative of the Golomt Center for Shamanist Studies and the Mongolian Shamans' Assoc. Born in the USA, she returned to her family's homeland after the Communist collapse and now lives in Ulaanbaatar and Ulan-Ude.



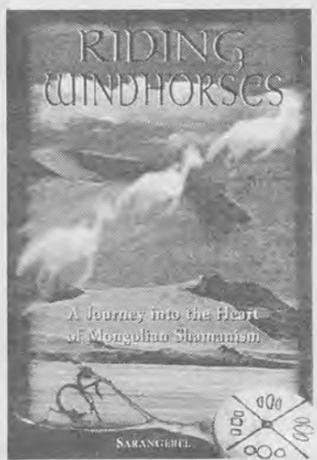
RELATING TO A SPIRITUAL TEACHER Building a Healthy Relationship by *Alexander Berzin*. 267 pp. #RESPTTE \$15.95

"This is the most thoughtful and comprehensive book yet written on the teacher-student relationship. Alex Berzin provides readers with both clear-eyed wisdom and extraordinary knowledge of the Tibetan Buddhist tradition."—Jack Kornfield, author of *A Path with Heart*

The relationship with a spiritual teacher can be the most rewarding and life-enhancing experience in one's life. However, it also may be fraught with problems. Student reactions to their spiritual teachers may range from extreme deification to deep mistrust, and these responses prevent the benefits of a healthy relationship. This book explores the sources of these misunderstandings and re-examines traditional Tibetan Buddhist teachings to reveal methods to heal wounds and develop healthy relationships that can be applied to benefit students in any spiritual tradition.

"Alex Berzin has taken head-on one of the hottest issues of Buddhism in the West—teacher-student relationship—I consider this a seminal work for spiritual practitioners and teachers alike, and heartily recommend it to anyone interested in the transmission of Dharma today."

—Lama Surya Das, author of *Awakening the Buddha Within*



RELIGIONS OF TIBET IN PRACTICE

ed. by *Donald S. Lopez, Jr.* 560 pp. #RETIPR \$21.95

These thirty-six chapters display the vast scope of religious practice in the Tibetan world. They are organized under five headings: Accounts of Time and Place, Remarkable Lives, Rites and Techniques, Prayers and Sermons, and Dealing with Death and Other Demons. This is the largest sourcebook on Tibetan religions ever assembled—hagiographies, pilgrimage guides, prayers, accounts of visits to hell, epics, consecration manuals, sermons, and exorcism texts.

REPEATING THE WORDS OF THE BUDDHA

by *Tulku Urgyen Rinpoche*. 112 pp. #REWOBU \$13

Tulku Urgyen unfolds the path to enlightenment with the benevolence and brilliance of a realized being. He illustrates essential points of practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

THE RISE OF ESOTERIC BUDDHISM IN TIBET

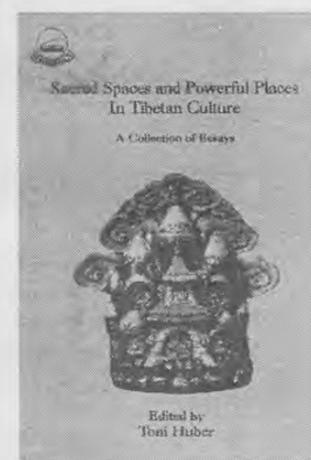
by *Eva M. Dargyay*. 272 pp., appendix, biblio., index. #RIESBU \$20 cloth

The history of the Nyingmapa School of Tibetan Buddhism goes far beyond the eminent tantric master Padmasambhava: some sources hint at a non-Indian origin of some tantric cycles. The tradition of the Nyingma School is divided into two lineages: one of the Pronouncements and the other of the Concealed Treasures. Each lineage is discussed in detail—more than twenty biographies of the famous masters of the Old School are rendered. The author's commentary aims at giving an impression of the spiritual life within the Old School and links the results of this study with the existing knowledge of esoteric Buddhism.

THE SACRED LIFE OF TIBET

by *Keith Dowman*. #SALITI \$21

Tibet is a country steeped in spirituality. This book offers both visionary and historical perspectives on the sacred realm, and includes the highlights of a tour of Tibet, with detailed informed descriptions of the power places, mountains and lakes, caves, monasteries and temples.



SACRED SPACES AND POWERFUL PLACES IN TIBETAN CULTURE

ed. by *Toni Huber*. 403 pp. #SASPO \$29

These essays document and interpret ways in which Tibetan peoples have distinguished and related to certain places as having higher value than others. The focus is broad, reflecting the multitude of traditions of thought about spiritual places in both external and internal geography. The authors present data from the Tibetan plateau and from sites in Bhutan, Nepal, Sichuan, Qinghai, North India and other culturally Tibetan areas.

SACRED WORLD: The Shambhala Way to Gentleness, Bravery, and Power

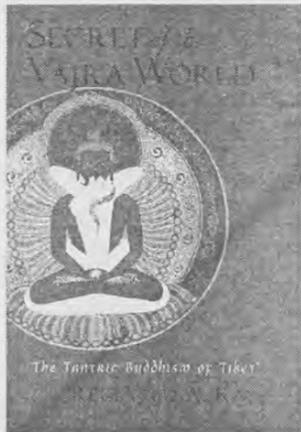
by *Jeremy & Karen Hayward*. 248 pp. #SAWO \$15

Combining Buddhist mindfulness practice and pre-Buddhist shamanic teachings, Shambhala warrior training teaches ways to call on powerful, natural energies for personal and collective transformation. It shows how to use everyday situations to unite mind, body and emotions in a harmonious whole. The Haywards are Shambhala program trainers.

SECRET BUDDHISM: Vajrayana Practices

by *Kalu Rinpoche*. 224 pp. #SEBU \$15.95

Discusses the essentials of Vajrayana, mantras, empowerments, the six yogas of Naropa, chod, Pure Land, the six bardos, history of the Kagyupa and Shangpa lineages, and some Tibetan medicine.



SECRET OF THE VAJRA WORLD: The Tantric Buddhism of Tibet

by *Reginald Ray*. 432 pp., cloth. #SEVAWO \$29.95

A comprehensive introduction to the Tantric practices and traditions of Tibetan Buddhism. Ray demonstrates how the practice of Tantra fosters an appreciation for ordinary life—the world of sensory experience, of happiness and sorrow—as the place where ultimate revelation occurs. He discusses the visualizations, liturgies, and inner yogas; the role of the tantric mentor; the preliminary practices that prepare the student for initiation; the practice of solitary retreat.



SHAMBHALA: The Fascinating Truth Behind the Myth of Shangri-la

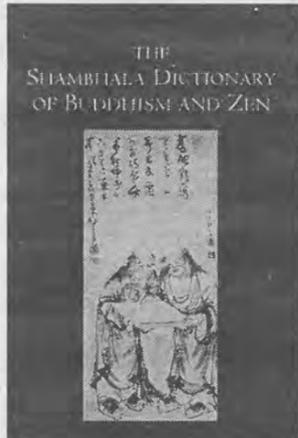
by *Victoria LePage*. 304 pp. #SHBEMY \$16

In this fascinating look behind the myth, Victoria LePage traces the links between this legendary Utopia and the mythologies of the world. She argues that Shambhala is real and may be becoming more available as humans learn to perceive other dimensions of reality.

SHAMBHALA: The Sacred Path of the Warrior

by *Chogyam Trungpa Rinpoche*. 216 pp. #SHSAPA \$13.95

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



THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN

by *Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn*. 280 pp. #SHDI \$20

Over 1500 entries in this compact reference to Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are covered.

THE SNOW LION'S TURQUOISE MANE: Wisdom Tales from Tibet

by *Surya Das*. 255 pp. #SNLITU \$19

A popular collection of over 150 short stories and teachings from the Buddhist traditions of Tibet. Most of the stories contained in this volume are short wisdom tales passed from teacher to student. Included are tales from the lives of Ashoka, Nagarjuna, Shantideva, Milarepa and many others.



SONG OF THE SNOW LION: New Writing from Tibet

ed. by *Frank Stewart*. 189 pp., 13 b&w photos. #SOSNLI \$16

(See Social Action, History, Environment & Politics)

SONGS OF NAROPA

by *Thrangu Rinpoche*. Approx 200 pp. #SONA \$18

In-depth commentary on two songs by the great Indian master Naropa: "The View, Concisely Put" and "A Summary of Mahamudra" provide a wealth of information on the practice of Mahamudra, and Thrangu Rinpoche's commentaries make this most profound practice clear and accessible.

SONGS OF SPIRITUAL EXPERIENCE: Tibetan Buddhist Poems of Insight and Awakening

selected and translated by *Thupten Jinpa & Jas' Elsner, fore. by the Dalai Lama*. 239 pp., glossary, notes, cloth. #SOSPEX \$25

Contains original translations of 52 poems by well-known Tibetan teachers, a lengthy introduction about the role of poetry in Tibetan Buddhism, and a glossary with commentary on the poems and brief biographies of the authors. Jinpa is the well-known translator for the Dalai Lama.

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA

by *E.K. Neumaier-Darggaj*. 288 pp. #SOALCR \$19.95

A translation of the eighth-century Kun byed rgyal po'i mdo that presents being as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses how to achieve a world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of the individual and the universe. When the world is seen to be beatific and intelligible, the Motherly Buddha, will be experienced

STAGES OF MEDITATION

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

(See Books by the Dalai Lama.)

A STUDY OF SVATANTRIKA

by *Donald S. Lopez, Jr.* 450 pp. #STSVP \$19.95, #STSVC \$35 cloth, A Nangyal Institute Textbook.

"A very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular.—Paul Williams, *The Middle Way*

Lopez presents a clear and extensive picture of Svatantrika Madhyamika through analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

TAMING THE MONKEY MIND

by *Thubten Chodron*. 189 pp. #TAMOMI \$12.95

"Shows how to find peace through a practical application of the teachings of the compassionate Buddha. Ven. Thubten Chodron has chosen a variety of situations and explained how to deal with them from a Buddhist viewpoint. She has made a valuable contribution to peace and human understanding."—The Dalai Lama

TAMING THE TIGER: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion

by *Akong Tulku Rinpoche*. 208 pp. #TATIG \$12.95

With his wit and wisdom, Akong Tulku teaches how to subdue the ceaseless mental chatter within. He argues that peace can be achieved through a practical program for cultivating awareness and provides a series of potent exercises to do so.

TANTRA IN PRACTICE

ed. by *David Gordon White*. 640 pp. #TAPR \$19.95

Tantra is an Asian body of philosophy and practices that seeks to channel in liberating ways the divine energy that grounds the universe. The wide geographical and temporal scope of Tantra is examined in 36 texts from Tibet, Nepal, India, Japan, and China, which represent the full spectrum of Tantric experience—Buddhist, Hindu, Jain and even Islamic.

དག་པའི་མཁའ་ལ་ཤར་བའི་གཟུང་སྐྱར་རྒྱམས།།

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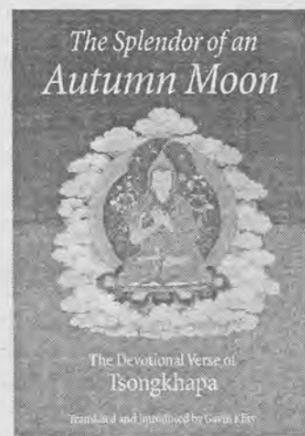
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THE SPLENDOR OF AN AUTUMN MOON
The Devotional Verse of Tsongkhapa

trans. and intro. by *Gavin Killy*
310 pp., Tibetan text. #SPAUMO \$16.95

Presents for the first time twenty-one devotional poems by Tsongkhapa, in both the original Tibetan and in artful English translation.

"The poems translated here are some of the most inspiring verses ever written in the Tibetan language. In addition to evoking powerful sentiments, the poems help provide a glimpse into Tsongkhapa's deep humility and his passionate commitment to the ideals of altruism. These verses also help the reader to see what is truly human behind the legend that is such a towering figure in the history of Tibetan Buddhism."—Geshe Thupten Jinpa



TANTRIC DISTINCTION

by *Jeffrey Hopkins*. 192 pp. #TADI \$14.95

Hopkins explains emptiness, the functions of the guru, meditation, the cherishing of others, and the Bodhisattva ideal. He unravels the differences between Hinayana and Mahayana, and the various schools of Mahayana. He reconciles conventional and ultimate reality, and describes the process of cutting through this craziness of cyclic existence—the final path being the tantric. Enlightenment is demystified and shown to be a possibility for all.



THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva

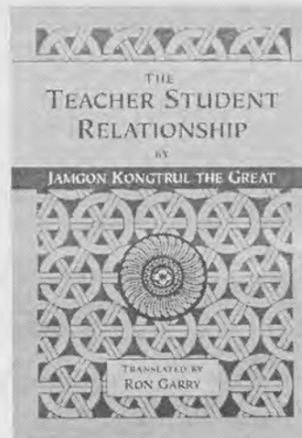
by *Lama Yeshe, compiled & ed. by Nicholas Ribush*. 280 pp. #TAPAPU \$18.95

Explains why purification is essential for spiritual advancement and how to accomplish purification with the practice of Vajrasattva (including retreat instructions). A manifestation of the purity of enlightenment, Vajrasattva practice overcomes negative karma.

TARA: The Feminine Divine

by *Bokar Rinpoche*. 176 pp., 45 line drawings, glossary, #TAFEDI \$18.95

Presents the various aspects of Tara and the origin of her tantra, relates contemporary examples of her benevolent activity, provides an explanation of her praise, offers instruction for devotional practice, and discusses remarkable women in Indian and Tibetan Buddhism. An extensive iconography completes the text.



THE TEACHER-STUDENT RELATIONSHIP

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

It is crucial for students of Vajrayana Buddhism to find an authentic wisdom teacher, and know how to properly rely upon that teacher in order to awaken to their buddha nature and thereby attain full enlightenment. Fortunately, the topic has been thoroughly explored by Jamgon Kongtrul in the tenth chapter of the *Treasury of Knowledge*. This essential text clearly lays out what credentials and qualities one should look for in a wisdom teacher, why a wisdom teacher is necessary, and how the relationship between this teacher and disciple best develops once it is established.

"This is a critical teaching especially suited for our confusing times, as students in the West continue to adapt to the Buddhist conceptions of devotion, submission, trust, and acceptance."—*Shambhala Siva*





TEACHINGS FROM THE VAJRASATTVA RETREAT
by Lama Zopa Rinpoche, ed.
by Ailsa Cameron & Nicholas Ribush. 700 pp., 7 appendices, #TEVARE \$20

An edited transcript of teachings during a three-month Vajrasattva retreat that Lama Zopa Rinpoche directed in 1999. He explains Vajrasattva practice and other practices done during the retreat such as light offerings, prostrations to the 35 Buddhas, long-life pujas, animal liberation, Medicine Buddha puja for the dead and so forth. The appendices include a short Vajrasattva practice and methods for making light offerings, liberating animals and offering water to Dzambhala and the pretas.

THE THREE PRINCIPAL ASPECTS OF THE PATH
by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 200 pp. #THPRAS \$14.95

The wish for freedom, altruistic intention, and the wisdom of emptiness constitute the three principal aspects of the path to enlightenment. The essential prerequisite is a strong wish for freedom. But to know how to attain freedom and cut the root of cyclic existence, it is necessary to have the correct understanding of reality. Even with a feeling of antipathy to this cycle of involuntary birth and death and an undistorted understanding of reality, supreme enlightenment will remain out of reach without the altruistic intention to act selflessly for the good and happiness of all living beings. These three are the key—everything that the Buddha thought necessary to attain enlightenment is contained in these teachings.

"Geshe Rinchen splendidly elucidates and expands on the short dialogue of Je Tsongkhapa."—John Tighe, Ph.D., for Explorations

THE THREE VEHICLES OF BUDDHIST PRACTICE
by Thrangu Rinpoche. 126 pp. #THVEBU \$12.95

To reach Buddhahood, according to the Tibetans, all three vehicles need to be studied and practiced. The Hinayana includes examination of self, accumulation of merit, meditation on the Four Noble Truths and the practice of shamatha and vipashyana. Mahayana involves understanding emptiness and the bodhisattva path. Vajrayana includes the preliminary practices, yidam meditation and mahamudra.

THREE TEXTS ON MADHYAMA
by Shakya Chokden. 101 pp., outline, notes, glossary, bibliography. #THTEMA \$11.00

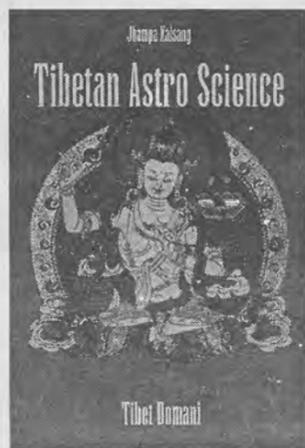
This great Sakyapa teacher wrote these three texts. *The Wish-fulfilling Meru* presents the Madhyamaka view that includes the Tantric-madhyamaka and its spread in India and Tibet. *Drop of Definitive Meaning* explains the spheres of definitive meaning by means of the two truths. *The Great Ship of Discrimination that Sails into the Ocean of Definitive Meaning* explains the divergence of the Madhyamaka into Svatantrika and Prasangika.

TIBETAN ASTROLOGY
by Philippe Cornu. 368 pp. #TIAS \$35 cloth

This comprehensive introduction includes: the historical roots; the two main branches derived from China and India; the twelve- and sixty-year cycles, animals and elements; auspicious days and years; the auspicious timing; and how to cast and interpret a Tibetan horoscope.

THE TIBETAN ASSIMILATION OF BUDDHISM: Conversion, contestation, and Memory
by Matthew T. Kapstein. 316 pp., 14 b&w photos, glossary, biblio., index, cloth. #TIASBU \$55

Explores the manner in which Buddhism penetrated Tibetan religious thought and became a core component of Tibetan identity. Kapstein examines Tibet's eighth-century conversion to Buddhism, the tensions that arose from competing lines of transmission and interpretation, and the continuing revelation of Buddhist teaching in the myths and doctrines of the ancient Nyingmapa school.



TIBETAN ASTRO SCIENCE
by Jhampa Kalsang, astrology paintings by Buchung Tsering, fore. By Prof. Robert Thurman. 148 pp., 10 x 14", over 80 color illus., cloth, 2 astrology decks of 82 cards, astrology multi-layered wheel. #TIASSC \$100

This excellent introduction to Tibetan astrology is fun to learn and use. The book, card decks and wheel provide the tools needed to explore this ancient system. In part one the Bon, Chinese and Indian contributions are presented as well as the Kalachakra Tantra astrological system, the inter-relationship of Tibetan medicine as astro-sciences and the role of the Tibetan astro-practitioner. In part two you learn the preliminaries of Elemental astrology and part three teaches the sixty-year animal cycle, howto interpret the yearly horoscope, marriage compatibility horoscope, birth parkha (eight trigram), and birth mewa (nine magic square numbers). Part four explains the astro-wheel and cards.

"Jhampa Kalsang's work proves to be extremely informative and eminently useful in presenting an overview of the tradition as well as making some of its most popular uses understandable to the lay person."—Robert Thurman.

TIBETAN ASTRONOMY & ASTROLOGY
by the Astro. Dept. of the Tibetan Medical and Astro. Institute. 65 pp. #TIASAS \$6.95

Discusses the importance of astrology in medical science and the traditional role of the astrologer in Tibetan society. The structure of the Tibetan horoscope and cosmological symbols are presented and commonly asked questions are answered.

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TIBETAN BOOK OF THE GREAT LIBERATION: Or the Method of Realizing Nirvana Through Knowing the Mind
ed. by Evans-Wentz. 307 pp. #TIBOGR \$17.95

Presents the life and teachings of Tibet's great guru Padmasambhava. It includes the famous Dzogchen text *The Yoga of Knowing the Mind*, the Seeing of Reality, Called Self-Liberation, also known as *The Yoga of Knowing the Mind in Its Nakedness*.

TIBETAN BUDDHISM: From the Ground Up
by B. Alan Wallace. 214 pp. #TIBUGR \$15.95

This fascinating book challenges us to question and investigate life's issues for ourselves in the light of an effective approach to the human condition. This is an overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of tantra.

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, 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.

TIBETAN LITERATURE: Studies in Genre
ed. by José Cabezón and Roger R. Jackson. 530 pp. #TILI \$29.95, #TILIC \$45 cloth

"An outstanding introduction to the panorama of literary arts in Tibet. Everyone with interest in this civilization should study these essays in which the true wealth of Tibetan intellectual life becomes clear—an excellent contribution to the field."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

Tibetan Literature addresses the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are divided among eight major themes: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

TIBETAN RELIGIOUS DANCES: Tibetan Text and Annotated Translation of the Chams Yig
by Rene de Nebesky-Wojkowitz. #TIRED A \$30

The author, an expert on Tibetan iconography and ritual, discusses Tibetan sacred dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and the persistence of an unchanging tradition over long periods.

TIBETAN YOGA AND SECRET DOCTRINES
ed. by Evans-Wentz. 433 pp. #TIYO \$17.95

Contains Gampopa's famous *Precious Rosary*; the *Epitome of the Great Seal* by Padma-Karpo; the *Six Yogas of Naropa*; the *Yoga of Consciousness-Transference* (Phowa); the *Path of the Mystic Sacrifice: the Yoga of Subduing the Lower Self* (Chod); the *Path of the Five Wisdoms: the Yoga of the Long HUM*; and the *Yoga of the Voidness* (Heart Sutra).



THE TIBETAN YOGAS OF DREAM AND SLEEP
by Tenzin Wangyal Rinpoche. 220 pp., 8 b&w photos, #TIYODR \$16.95

"If we cannot carry our practice into sleep," Tenzin Wangyal Rinpoche writes, "if we lose ourselves every night, what chance do we have to be aware when death comes? Look to your experience in dreams to know how you will fare in death. Look to your experience of sleep to discover whether or not you are truly awake."

The yogas of dream and sleep are used in the Bon and Buddhist traditions of Tibet to attain liberation.

Included are detailed instructions for the dream yoga including foundational practices done during the day. Dream practices are followed by sleep yoga, also known as the yoga of clear light. It is considered a more advanced practice to stay aware during deep sleep. Most Westerners do not even entertain this as a possibility.

"...extremely clear and detailed" —*Shambhala Sun*

"A detailed guide to using our night-lives for awakening: thought-provoking, inspiring, and lucid." —Stephen LaBerge

TIMELY RAIN Selected Poetry of Chogyam Trungpa
ed. by David Rome, fore. by Allen Ginsberg. 144 pp. #TIRA \$15

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



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.

TREASURY OF PRECIOUS QUALITIES: A Commentary on the Root Text of Jigme Lingpa

by Longchen Yeshe Dorje, Kangyur Rinpoche. 464 pp., cloth. #TRPRQU \$34.95

The root text of this study is by Jigme Lingpa. It presents the entire Buddhist path of the Nyingma school—both the sutras and the tantras. The sutra section is the subject of this volume and it covers the ethical, psychological, and philosophical teachings shared by all schools of Tibetan Buddhism.



THE TREASURY OF GOOD SAYINGS: A Tibetan History of Bon

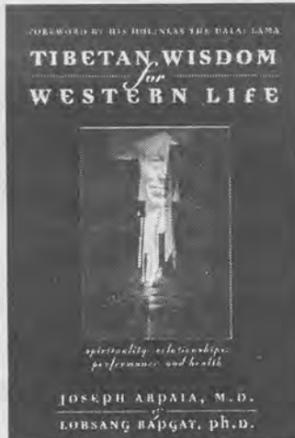
ed. and trans. by Samten Karmay. 365 pp., Wylie Tibetan text, biblio., glossary, index, cloth. #TRGOSA \$25.00

The *Legs bshad mdzod* is a history of the Tibetan religion known as Bon. It gives a full account of this ancient religion, its origins and development, its struggles against the later imported Buddhism, and its fight for survival in spite of persecutions and even abolition on two occasions. The editor assesses the historical value of the work and considers the extent of its reliability and factual accuracy.

TIBETAN WISDOM FOR WESTERN LIFE
Spirituality, Relationships, Performance, and Health

by Joseph Arpaia, M.D., and Lobsang Rapgay, Ph.D. 258 pp. #TIWIWE \$14.95

Positive mental and physical results can be produced by practicing four Tibetan exercises of centering, attending, concentrating, and opening. The authors describe these simple meditation techniques (which require fifteen minutes per day) to improve one's health, performance, relationships, and spirituality. Includes the experiences and explorations of two students as they apply the techniques.



THE TRIPLE TANTRA

by Panchen Ngawang Choedak, trans. by Lama Choedak T. Yuthok. 460 pp. #TRTA \$25

The Triple Tantra contains the most esoteric oral teachings of Mahasiddha Virupa according to the Hevajra Tantra. This text is the backbone of the Lamdre teachings and refers to the ground, path, and result of this practice. Lamdre is different from other Vajrayana teachings in its comprehensive, graduated methodology.



TSONGKHAPA'S SIX YOGAS OF NAROPA

translated, ed. and intro. by Glenn H. Mullin. 276 pp. #TSSIYO \$18.95

These six yogas represent one of the most popular Tibetan Buddhist presentations of yogic technology. Given by the Indian sage Naropa to Marpa, these teachings gradually pervaded thousands of monasteries and hermitages throughout Central Asia regardless of sect. Tsongkhapa's discussion of the Six Yogas is regarded as one of the finest and has served as the fundamental guide in the more than three thousand Gelugpa monasteries across Tibet.

"A masterful translation of Je Tsongkhapa's work. Glenn Mullin's comprehensible rendering makes this text accessible."—Georg Feuerstein, *The Quest*

THE TWO TRUTHS

by Guy Newland. 312 pp., Bibliography, Notes, Index #TWTRP \$39.95, cloth

"...a challenging, and worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College

The persistent problem of Buddhist philosophy has been to find the middle way, an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (sunyata). Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality and thus to build a Madhyamika system that is both ethically salutary and rationally coherent.

UNIQUE TENETS OF THE MIDDLE WAY CONSEQUENCE SCHOOL

by Daniel Cozart, Ph.D. 632 pp., Tibetan text, glossaries, bibliography, index, 6 x 9" #UNTEMI \$29.95 paper, #UNTEC \$45 cloth

According to Tibetan traditions, the Indian Buddhist Prasangika-Madhyamika school is the one that represents the final, literally true thought of the Buddha. *Unique Tenets of the Middle Way Consequence School* presents and analyzes the issues that separate that school from the other principal schools of Buddhism—issues such as the existence (or non-existence) of an external world, the way in which karma and reincarnation operate, the nature of consciousness, the nature of time, and the status of Arhats (enlightened, but not omniscient, beings). Parts Two and Three of the book are annotated translations of Tibetan texts that are used as source books in monastic education.

THE UTTARA TANTRA:

A Treatise on Buddha Nature
Commentary by Ven. Khenchen Thrangu Rinpoche. 200 pp., #UTT \$20 cloth

One of the most studied texts on the Buddha nature. It answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the Uttara Tantra by Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.

VAJRA SPEECH

by Tulku Urgyen Rinpoche. August. #VASP \$15.00

"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

VISIONS: Vol. 1

compiled & ed. by Acharya Migmar Tseten. 125 pp. #VI \$14.95

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

VISIONS: Vol. 2

compiled & ed. by Acharya Migmar Tseten. 140 pp. #VI2 \$14.95

This is volume 2 of teachings and contains: The Four Noble Truths, The Preliminary Practices, the enlightenment thought, the nature of mind, the Buddhist essence teaching. Contributors include H.H. Sakya Trizin, Khenpo Appey Rinpoche, Sakya Pandita, Peter Dell Santina, Jetsun Rinpoche Dragpa Gyaltsen.

VISIONS: Vol. 3

compiled & ed. by Acharya Migmar Tseten. 135 pp. #VI3 \$14.95

This is volume 3 of teachings: The Life of the Buddha by Peter Della Santina; The Buddha Nature, Five Paths, the Ten Bhumis, Qualities of Buddha by Khenpo Appey Rinpoche; Buddhist Tantra by H.H. Sakya Trizin; parting from the four attachments, how to guide students by Jetsun Rinpoche Dragpa Gyaltsen.

WAKE UP TO YOUR LIFE: Discovering the Buddhist Path of Attention

by Ken McLeod. 480 pp., cloth. #WAUP \$28.00

Ken's book is a systematic curriculum to Tibetan Buddhism. His insight, clear instructions and entertaining stories make this a manual for a lifetime of spiritual work. In addition to covering the variety of topics of any thorough Buddhist manual, he breaks new ground frequently. For example, he delineates the differences and synergies between mindfulness, awareness, and attention. He also clarifies the important distinctions between the purpose, methods, effects, and results of meditation practice—he packs the book with tools to help with many aspects of meditation practice. The relationship of the six realms and our negative emotions is explained and how understanding the five elements and dakinis can transform the energies of our reactivity.



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 \$35 cloth
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.



THE WHEEL OF GREAT COMPASSION: The Practice of the Prayer Wheel in Tibetan Buddhism

Compiled & ed. by Lorne Ladner. 168 pp., 10 color, 20 b&w illus., diagrams, cloth. #WHGRCO \$19.95

The first book to provide a complete understanding of the prayer wheel—an ancient and mystical practice that has been popular with Tibetan Buddhists for its ability to bless the environment, promote healing, increase compassion, and assist practitioners on their journeys to enlightenment. Offers a description of prayer wheel construction and practice with commentaries by lamas.

THE WHEEL OF LIFE

by Kulananda.. 76 pp., line drawings. #WHLIKU \$11.95

The Wheel of Life is a graphic representation of the Buddhist understanding of life's processes, a mirror held up to us to help us fathom the depths of our suffering and predicament. Within it we see the forces that bind us and the ephemeral happiness and suffering that we create. We see how the forces interdependently act to drive the karmic process.

WHEN THINGS FALL APART: Heart Advice for Difficult Times

by Pema Chodron. 148 pp. #WHTHFA \$12.95

Pema Chodron offers radical advice on what to do when things fall apart goes against the grain of our usual habits but throws us into the center of Buddhist wisdom. It is in the midst of chaos that we can discover the truth and love that are indestructible. This is a good read and a great practice.

WISDOM ENERGY: Basic Buddhist Teachings 25th Anniversary Edition

by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landaw with Alexander Berzin. 160 pp. #WIEN \$14.95

This compelling introduction discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them. It preserves the power, humor, and directness of the lamas' first teaching tour of N. America in 1974.

WISDOM ENERGY 2

by Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the "I," non-duality, and the complete path.

THE WISDOM OF NO ESCAPE

AND THE PATH OF LOVING-KINDNESS



PEMA CHÖDRÖN

WISDOM OF NO ESCAPE and the Path of Loving-Kindness

by Pema Chodron. 110 pp. #WINO \$11.95

This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks us to wake up wholeheartedly to everything and to use the abundant, richly textured fabric of everyday life as our primary spiritual teacher and guide.

THE WISDOM OF THE TIBETAN LAMAS

by Timothy Freke. 61 pp, 27 color images with color throughout, #WITILA \$6.95

Tibetan Buddhism has been inspired and shaped by a succession of living buddhas. Their wisdom, contained in this remarkable little book, nurtures the potential within all of us to experience enlightenment. Good quotes and beautiful illustrations.

WISDOM: TWO BUDDHIST COMMENTARIES

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries on the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* are written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

WRITINGS OF KALU RINPOCHE

by Kenneth McLeod. 71 pp. #WRKARI \$9.95

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the practice of the Six Perfections are explained. Includes a short story entitled "The Prince and the Stallion" which illustrates the magic-show nature of reality.

YOGIC DEEDS OF BODHISATTVAS:

Gyeltsap on Aryadeva's Four Hundred

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp., #YODEBO \$24.95, #YODEBC \$40.

Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness. Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue. In addition, Geshe Sonam Rinchen, instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

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.

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This section contains teachings traditionally used to train the mind to awaken bodhicitta or the bodhisattva aspiration to achieve enlightenment for the sake of all beings.

ACHIEVING BODHICITTA
by *Sermey Khensur Lobsang Tharchin*. 304 pp. #ACBO \$10.50

Two main methods of achieving bodhicitta are the Sevenfold Instruction on Cause and Effect and Equality and Exchange between Self and Others. Je Tsongkapa combined them into an eleven-step method of practice explained here along with meditation instruction.

ADVICE FROM A SPIRITUAL FRIEND

by *Geshe Rabten & Geshe Dhargye*. 176 pp. #ADSPFR \$15.95

Like wise old friends, two Tibetan masters offer down-to-earth advice for cultivating compassion, wisdom, and happiness in every situation. Based on practical Buddhist verses on seven and eight point thought transformation techniques plus Atisha's Jewel Rosary of an Awakening Warrior. *Advice from a Spiritual Friend* teaches how to develop the inner skills that lead to contentment by responding to everyday difficulties with patience and joy.

"Reading this book is akin to taking a personal retreat with two kindly and wise teachers. The instructions for realizing compassion in everyday life are readable and clear, and offer enhanced spiritual skills to readers of any background and orientation."—NAPRA REVIEW

AWAKENING THE MIND, LIGHTENING THE HEART: Core Teachings of Tibetan Buddhism

by *H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr.* 176 pp., #AWMLI \$21.00 cloth (see Dalai Lama section)

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

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

A fresh translation of Seven Point Mind Training with commentary. Mind training can bring peace of mind in any circumstance.

THE BODHICARYAVATARA

by *Shantideva, trans. by Kate Crosby & Andrew Skilton*. 191 pp. #BO \$10.95

Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.

Bodhicitta

CULTIVATING THE COMPASSIONATE MIND OF ENLIGHTENMENT



VEN. LOBSANG GYATSO

BODHICITTA: Cultivating the Compassionate Mind of Enlightenment

by *Ven. Lobsang Gyatso, trans. by Sherab Gyatso*. 146 pp. #BOCUCO \$12.95

One is unlikely ever to receive a Tibetan Buddhist teaching on either sutra or tantra in which Bodhicitta does not have a central role. Bodhicitta, the compassionate mind which aspires to attain full enlightenment in order to benefit beings, is the very quintessence of the Mahayana path of Buddhist practice. In this practical handbook, Ven. Lobsang Gyatso describes the classical methods for developing the mind of enlightenment and, based on his experience as a meditator and a teacher, examines a wide range of obstacles to its development.

COMPASSION: THE KEY TO GREAT AWAKENING (Thought Training and the Bodhisattva Practices)

by *Geshe Tsultrim Gyeltsen*. 160 pp. #COKEGR \$14.95

Arguing that one cannot attain awakening without compassion, Geshe Gyeltsen provides practical advice on how to combat negative mental states and conditioning. Through rigorously applying "thought training" and cultivating the bodhisattva's altruistic attitude, we can transform both ourselves and the environment around us.

THE CONCEPT OF BODHICITTA IN SHANTIDEVA'S BODHICARYAVATARA

by *Francis Brassard*. 193 pp. #COBOSH \$18.95

"This is a thorough and careful exploration of the psychology and soteriology of Shantideva's *Bodhicaryavatara*, with occasional reference to its only surviving Indian commentary (by Prajñākaramati)." — Paul Griffiths

Brassard surveys the various interpretations of bodhicitta, analyzes its possible functions in the context of the spiritual path of the aspirant to enlightenment, and discusses an understanding of bodhicitta in the context of the *Bodhicaryavatara*.



DOOR TO INCONCEIVABLE WISDOM AND COMPASSION

by *Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche*. 176 pp. #DOINWI \$20.00

Bodhicitta refers to the union of loving-kindness, compassion, and wisdom of ultimate reality. Khenpo skillfully presents a full spectrum of teachings and everyday applications regarding this powerful means of spiritual transformation and realization.

ENLIGHTENED COURAGE

by *H.H. Dilgo Khyentse Rinpoche*. 120 pp. #ENCO \$12.95

"This is a book to keep and reread, a book to jolt one out of oneself and back to one's senses." — *Tricycle: The Buddhist Review*

Rinpoche presents the Seven Point Mind Training—the very core of the entire Tibetan Buddhist practice. It condenses the compassionate path to Buddhahood into practical instructions which use the circumstances of everyday life.

"Filled with stories and examples, the great strength of Enlightened Courage is that it makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view." — *Shambhala Sun*

"An inspired and very clear explanation of the core of Mahayana Buddhism." — *The Tibet Journal*

(Outside N. America, please order *Enlightened Courage* from Padmakara in France.)

THE ESSENCE OF MAHAYANA LOJONG PRACTICE

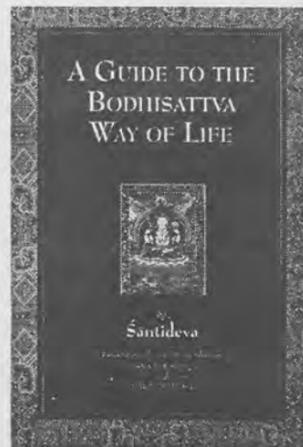
by *Sermey Khensur Lobsang Tharchin*. 113 pp. #ESMALO \$6.95

Mind training develops and strengthens Bodhicitta, (altruistic aspiration). Geshe Langri Tangpa Dorje Seng-ge (1054-1123), an early teacher in the Kadampa tradition established by Atisha's Tibetan followers, devised the eight-part method of teaching mind training explained here.

THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training

by *Jamgon Kongtrul, trans. by Ken McLeod*. 112 pp. #GRPAW \$12

A classic text for developing compassion and awareness, Kongtrul provides instructions for working with 59 traditional Buddhist maxims for mind training.



A GUIDE TO THE BODHISATTVA WAY OF LIFE

by *Vesna A. Wallace & B. Alan Wallace*. 175 pages, #GUBOSL \$12.95

"...will stand for many years as the standard English translation of this key Tibetan Buddhist text." — *Publishers Weekly*

In the whole of the Tibetan Buddhist tradition there is no single treatise more deeply revered or widely practiced than *A Guide to the Bodhisattva Way of Life*. Composed in the eighth century by the Indian Bodhisattva Santideva, it became an instant classic in the curricula of the Buddhist monastic universities of India, and its renown has grown ever since. Santideva's presents methods to harmonize one's life with the Bodhisattva ideal and inspires the reader to cultivate the perfections of the Bodhisattva—generosity, ethics, patience, zeal, meditative concentration and wisdom.

"The Wallaces have produced a concise, literal, and elegant translation. The extant Sanskrit edition frequently differs from the one used in Tibet a millennium ago, and the Wallaces have noted these differences in copious footnotes. These features make their translation both highly readable and an excellent source for scholars of the original languages." — *Tricycle: The Buddhist Review*

"Wallace and Wallace succeed with admirable eloquence where some earlier translations (such as S. Batchelor's) founder under the weight of the scholarly apparatus used to represent the voices in the text." — *Liz Wilson, Religious Studies Review*

A GUIDE TO THE BODHISATTVA'S WAY OF LIFE

by *Shantideva, trans. Stephen Batchelor*. 199 pp. #GUBOWA \$12.95

This book is highly recommended as a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

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See page 5 for details.

MIND TRAINING LIKE THE RAYS OF THE SUN

by *Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell*. 170 pp. #MITR \$10.95

The mind training teachings develop the altruistic mind of enlightenment, are directed towards the practitioner of great capacity, and concern the transformation of mental attitudes to turn adversity into advantage.

PEACOCK IN THE POISON GROVE: Two Buddhist Texts for Training the Mind

by *Geshe Lhundub Sopa*. 288 pp., August. #PEPOGR \$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.

THE PERFECTION OF WISDOM: The Career of the Predestined Buddhas, A Selection of Mahayana Scriptures

trans. by *E.J. Thomas*. 90 pp. #PEWI \$12.95 cloth

This is a bodhisattva manual that contains selections of the Prajnaparamita sutras pertaining to the life, training and purpose of a bodhisattva—the bodhisattva's initiation, confession, duties, worship, etc.—as explained by the Buddha.

PRAJNAPARAMITA: The Six Perfections

by *Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche*. 103 pp. #PR \$15.

Khenpo presents the six perfections necessary in training the mind of enlightenment.

PROFOUND VIEW, FEARLESS PATH: The Bodhisattva Vow

by *The Dzogchen Ponlop Rinpoche, trans. by Lama Yeshe Gyamtso*. 66 pp. #BOVO \$12

Presented are the two lineages of the Bodhisattva vow, aspiration and implementation bodhicitta, the commitments, the downfalls, the ceremony, and how to restore bodhicitta.

THE SIX PERFECTIONS

by *Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam*. 158 pp. #SIPE \$14.95

The Six Perfections of generosity, ethical discipline, patience, enthusiastic effort, concentration, and wisdom are practiced by Bodhisattvas who have the supreme intention of attaining enlightenment for the sake of others. These six are perfections because they give rise to complete enlightenment. Practice of them also insures the attainment of an excellent body and mind in the future and even more favorable conditions for effective practice than those we enjoy at present. Generosity leads to the enjoyment of ample resources, ethical discipline gives a good rebirth, patience leads to an attractive appearance and supportive companions, enthusiastic effort endows the ability to complete what is undertaken, fostering concentration makes the mind invulnerable to distraction, and wisdom discriminates between what needs to be cultivated and what must be discarded and leads to greater wisdom in the future.

"It speaks to the heart and connects with the mind." — *Explorations*

THE BODHISATTVA VOW

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

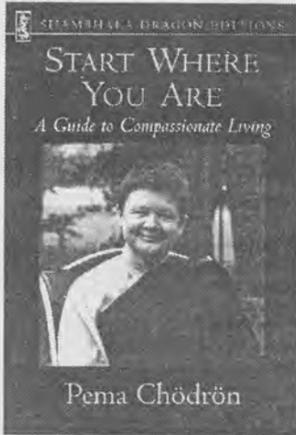
Bodhisattvas, the great beings of Mahayana Buddhism, are those who have generated bodhicitta, resolving to gain enlightenment in order to bring about lasting happiness for all living beings. This volume of oral teachings by Geshe Sonam Rinchen explains this altruistic wish to attain enlightenment and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

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 constitutes 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. The *Twenty Verses* are in English and Tibetan and a biography of Chandragomin is included.

THE BODHISATTVA VOW



As Oral Teaching by Geshe Sonam Rinchen
Translated and Edited by Ruth Sonam



**START WHERE YOU ARE:
A Guide to Compassionate Living**

by Pema Chodron. 208 pp.
#STWHAR \$12.95

A handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron has us make friends with ourselves by "starting where we are"—by embracing the painful aspects of our lives. Then she guides us through self-reflection and meditations that develop the courage to work with our pain and experience joy.

**TAKING THE
BODHISATTVA VOW**

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

Rinpoche presents and explains the Bodhisattva vow, its nature, the distinction between aspiring and realizing Bodhicitta, and he elucidates the various stages of the Bodhisattvas and their activity. He tells how to take the vow, the commitments, the precepts, and how to purify oneself if a vow is broken.



THE THIRTY-SEVEN PRACTICES OF BODHISATTVAS

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam. 112 pp.
#THSEPR \$12.95

"Rinchen makes the meaning and the demanding character of the Bodhisattva ideal realistic for the contemporary reader. Offers insight upon insight as to the way a life should be led."
—*Library Journal*

The Thirty-seven Practices of Bodhisattvas summarize the Mahayana path to perfection. Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey, Bodhisattvas entrust themselves to the path taught by the Buddha. Resisting disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding the nature of reality and the illusion-like nature of pleasure and pain, they overcome clinging attachment and aversion. Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all.

**TRAINING THE MIND and
Cultivating Loving-Kindness**

by Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9.95

This is a guide to traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.

**TRAINING THE MIND IN
THE GREAT WAY**

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

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

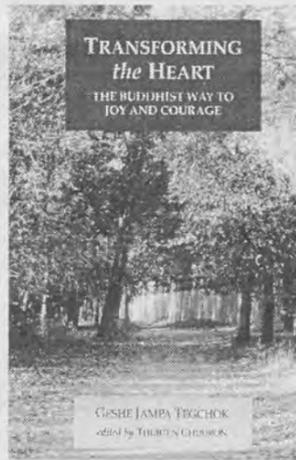
"For me, the lojong tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care, and how to transcend the limitations of conventional ego-grasping."
—The Dalai Lama

**TRANSFORMING
PROBLEMS INTO
HAPPINESS**

by Lama Thubten Zopa Rinpoche. 96 pp. #TRPR \$12.95

Lama Zopa brings contemporary relevance to timeless teaching on Buddhist psychology and everyday spiritual living. Commenting on a nineteenth-century Tibetan text, Lama Zopa inspires us to be happy by transforming our attitude and radically changing our approach to life's inevitable problems.

"A masterfully brief statement of Buddhist teachings on the nature of humanity and human suffering... This book should be read as the words of a wise, loving parent whose sternness underlines the importance of what is being taught."
—*Utne Reader*



**TRANSFORMING THE
HEART: The Buddhist Way
to Joy and Courage: A**

Commentary to the Bodhisattva Togme Sangpo's The Thirty-seven Practices of Bodhisattvas

by Geshe Jampa Tegchok, edited by Thubten Chodron. 228 pp., 6 x 9", #TRHE \$14.95

Geshe Jampa Tegchok gave this extraordinary explanation of the exchanging oneself with others meditation for developing love and compassion for all living beings. He lays open the methods for doing glance, stabilizing, and analytical meditations and offers an in-depth discussion of the nature of emptiness—all the essentials are here for transforming our attitudes and developing courage and joy.

**VAST AS THE HEAVENS,
DEEP AS THE SEA: Verses
in Praise of Bodhicitta**

by Khunu Rinpoche, fore. by H.H. the Dalai Lama. 208 pp.
#VAHE \$16.95

In this modern classic, Khunu Rinpoche's heartfelt verse bestows his unparalleled vision of the incomparable power of bodhicitta. This late Tibetan master was revered by the Dalai Lama as the very embodiment of this ultimate form of altruism. Text presented in English and Tibetan.



**THE WAY OF THE
BODHISATTVA:
A Translation of the
Bodhicharyavatara**

by the Padmakara Translation Group. 240 pp. #WABO \$14

Bodhisattvas renounce nirvana and vow to work for the welfare of all beings. This pivotal work outlines the path that bodhisattvas should follow as they seek to teach others the path to nirvana. It contains moral instruction and meditation exercises for bodhisattvas to practice as they engage in their work.

**THE WHEEL OF SHARP
WEAPONS**

by Geshe Dhargyey. #WHSHWE \$7.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego. Contains verses to be memorized and repeated.

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B UDDHIST ETHICS

B UDDHIST ETHICS

by Jamgön Kongtrül Lodrö Tayé, trans. and ed. by the International Translation Committee founded by the V.V. Kalu Rinpoché. 564 pp.
#BUETSL \$22.95

Buddhist Ethics is the fifth part of Jamgon Kongtrul's monumental Encyclopedia of Buddhism and considered by many scholars to be its heart. Buddhist ethics are not regarded as prohibitory rules, but rather the source of freedom. The three major systems of ethics found in the Tibetan tradition are known simply as the "three vows,"—the vows of personal liberation (pratimoksha), universal liberation (bodhisattva), and secret mantra (tantra). Jamgon Kongtrul explains the need for an authentic teacher-student relationship as the support for one's training. He then provides the complete code of personal liberation as it applies to both monastic and lay persons, the precepts for those aspiring to the life of a bodhisattva, and the exceptional pledges for practitioners on the tantric path of pure perception.

"...a clearly structured and lucid exposition of the qualities of spiritual teachers and their students, as well as of the ethical systems of Hinayana, Mahayana, and Vajrayana Buddhism."
—*Choice*

"It represents a substantial contribution to the study of ethics from the standpoint of Tibetan Buddhism."
—*AAR Religious Studies Review*

B UDDHIST ETHICS

by Hammalava Saddhatissa. 224 pp. #BUET \$14.95

Beginning with an examination of Western notions of ethics, Saddhatissa goes on to show us how the study of morality is crucial to a clear understanding of the Buddhist tradition. He explains the development and position of Buddhist precepts from a traditional perspective and how to live the moral life of a lay Buddhist practitioner.

**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

(See General Tibetan Buddhism.)

LAMA MIPAM'S

**COMMENTARY TO
NAGARJUNA'S STANZAS
FOR A NOVICE MONK (With
Tsong Khapa's Essence of the
Ocean of Vinaya)**

translated by Glenn Mullin and Lobsang Rabgay. 67pp. #LAMICO \$8.95.

Contains two works on the Vinaya, or system of self-discipline as it is taught to young monks. The first is Nagarjuna's *Stanzas for a Novice Monk* with a commentary by Jamyang Mipam Rinpoche. The second is the *Essence of the Ocean of Vinaya*, by Je Tsong Khapa, which addresses the eight fundamental categories of the pratimoksha vows.

THE TIBETAN VINAYA:

Guide to Buddhist Conduct

by Ven. Khenchen Thrangu Rinpoche, trans. by Sonam Palden & Chojor Radha. 132 pp.
#TIVI \$15 cloth

The Buddha taught the Vinaya to monks and nuns so that they had a set of rules allowing them to devote their complete energy to reaching enlightenment. The Buddha did not simply give these rules all at once—he gave them in response to particular situations. In his discussion of vows, Thrangu Rinpoche explains how and why vows have changed over time in different Buddhist cultures.

B OOKS BY THE DALAI LAMA

**THE ART OF HAPPINESS:
A Handbook for Living**

by His Holiness the Dalai Lama and Howard C. Cutler, M.D. 322 pp. #ARHA \$23.95 cloth

If you ask him if he is happy, the Dalai Lama will give you an unconditional yes. He will tell you that happiness is the purpose of life. Through conversations, stories, and meditations, the Dalai Lama shows how to defeat anxiety, insecurity, anger, and discouragement as they occur in everyday life situations.

**THE ART OF PEACE: Nobel
Peace Laureates Discuss
Human Rights, Conflict and
Reconciliation**

ed. by Jeffrey Hopkins. 184 pp., cloth. #ARPE \$22.95

(See Social Action)

**ARYASURA'S ASPIRATION & A
MEDITATION ON COMPASSION**

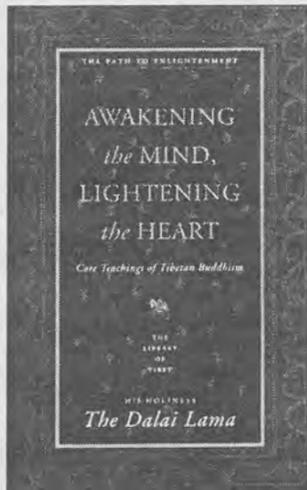
by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$10.95

Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. The commentary is by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* was composed by the present Dalai Lama.

**B UDDHA HEART, BUDDHA MIND:
Living the Four Noble Truths**

by H.H. the Dalai Lama. 177 pp., cloth. #BUHEBU \$19.95

For eight days, the Dalai Lama taught Buddhism on the basis of the Four Noble Truths at Institut Karma Ling in Savoie, France. He addresses: refutation of the self, karma, suffering, bodies of the Buddha, the path to omniscience, and more.



**AWAKENING THE MIND, LIGHTENING THE HEART:
Core Teachings of Tibetan Buddhism**

by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMLI \$21.00 cloth

His Holiness shows how the feeling and activity of compassion can be developed through simple practices that incorporate past and present relationships.

THE BUDDHISM OF TIBET

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

"Gives the beginner an excellent foundation in Tibetan Buddhism."
—*The Tibet Journal*

A concise introduction to principal Buddhist topics and practices. Included are: *The Key to the Middle Way* by the Dalai Lama—an insightful presentation on emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion. *The Song of the Four Mindfulnesses* contains all the essentials of sutra and tantra. It is for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.



COMMENTARY ON THE THIRTY SEVEN PRACTICES OF A BODHISATVA

by H.H. the Dalai Lama, trans. by Acharya Nyima Tsering, ed. by Vyvyan Cayley & Mike Gilmore. 106 pp. #COTHE \$9.95

One of Tibetan Buddhism's most popular texts, incorporating mind training and Lam-rim teachings. His Holiness elucidates each stanza and gives introductory talks on living one's Buddhism.

THE COMPASSIONATE LIFE

by Tenzin Gyatso, the 14th Dalai Lama. 128 pp., cloth, October. #COLI \$22.00

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.



CONSCIOUSNESS AT THE CROSSROADS: Conversations with the Dalai Lama on Brain Science and Buddhism

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

Addresses some of the most troublesome questions that have driven a wedge between Western science and religion. *Consciousness at the Crossroads* resulted from meetings of the Dalai Lama and a group of eminent neuroscientists and psychiatrists.

Is the mind an ephemeral side-effect of the brain's physical processes? Are there forms of consciousness so subtle that science has not yet identified them? How does consciousness happen? The Dalai Lama's incisive, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.

The panel of scientists in *Consciousness at the Crossroads* includes: Allan Hobson, M.D., Professor of Psychiatry at Harvard; Lewis L. Judd, M.D. then Director of the National Institute of Mental Health; and Dr. Robert Livingston, M.D., Professor Emeritus of Neurosciences at University of California, San Diego.

"How about getting a plain English rendition of the latest in brain research and psychology from the leading lights in the field? Step up to the roundtable and set your mind spinning."—Amazon.com

CULTIVATING A DAILY MEDITATION

by the Dalai Lama. 137 pp., #CUDAME \$10.95

The Dalai Lama explains how to cultivate a daily meditational practice. He also presents tantric meditations on Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara, and discusses how they transform the mind.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95

His Holiness gave this in-depth introduction to Buddhist theory and practice in a Harvard lecture series. He covers a spectrum of topics: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

DALAI LAMA, MY SON: A Mother's Story

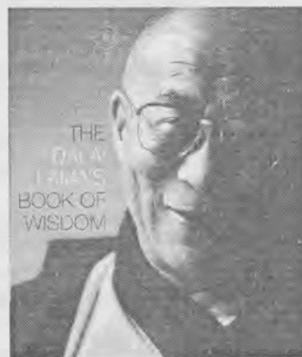
by Diki Tsering, ed by Khedroob Thondup. 176 pp. 8 pp. of photos, cloth #DALAMY \$23.95

Known now as the Grandmother of Tibet, Diki Tsering was born to a peasant family in 1901. Here she tells her own story and that of her son in his formative years. She recalls His Holiness' unfolding personality and Buddhist upbringing; the visitors who came to her town seeking the new Dalai Lama; and life in Lhasa until their escape and exile in India. "He was different from my other children right from the start. He was a somber child who liked to stay indoors by himself. He was always packing his clothes and his little belongings. When I would ask what he was doing, he would reply that he was packing to go to Lhasa, and that he would take all of us with him."

THE DALAI LAMAS OF TIBET

by Thubten Samphel and Tendar, fore. by H.H. the Dalai Lama. 128 pp., color photos throughout, 9.5 x 11.5", cloth. #DALATI \$24.95

Traversing the road backwards to the fifteenth century when Gendun Drub became the First Dalai Lama, over the centuries, the role of the Dalai Lama only grew in stature—with the Great Fifth and the Great Thirteenth, in particular, each proving to be an 'ocean of wisdom', a living testimony to the title conferred upon them. This book journeys through the lives of the 14 Dalai Lamas, Tibet's history, the exile and rebuilding of Tibetan culture outside of Tibet. The photos are remarkable—many are rare. Thubten Samphel works in the Department of Information and International Relations of the Central Tibetan Administration, in Dharamsala. Tendar is a translation in the same department—both are journalists.



THE DALAI LAMA'S BOOK OF WISDOM

by the Dalai Lama. 128 pp., 5 x 4.5", #DALABO \$8.95

The Dalai Lama offers wisdom to calm and inspire—advice on the importance of compassion and forgiveness, how to deal with difficult emotions. Its small size makes it an ideal travel companion.

DEITY YOGA in Action and Performance Tantras

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 274 pp., many photos of mudras, #DEYO \$19.95

Describes the profound process of meditation in Action and Performance Tantras—the basis of higher tantric practices. It explains the meditative rites of deity yoga—visualizing oneself as a Buddha's divine body manifesting compassionate wisdom. Parts 2 & 3 of the *Great Exposition of Secret Mantra* by Tsong-ka-pa, details special deity yoga techniques for developing the heart, mind and physical form of a Buddha. The mudras (hand gestures) that accompany the meditations are clearly illustrated. The sequel to *Tantra in Tibet*.

DISCOVERY, RECOGNITION AND ENTHRONEMENT OF THE 14TH DALAI LAMA

by Khemey Sonam Wangdu, Sir Basil Gould, & Hugh Richardson. 119 pp., 8 b&w photos. #DIREEN \$11.00

These exciting first hand accounts are written by people who were present for the discovery and enthronement of the present Dalai Lama. It describes the traditional Tibetan methods used to discover His Holiness.

ESSENTIAL TEACHINGS

by the Dalai Lama. 127 pp. #ESTE \$14.95

The Dalai Lama offers guidelines for compassionate living based on the 37 practices for the cultivation of bodhichitta, the bodhisattva's mind of awakening.

ETHICS FOR THE NEW MILLENNIUM

by the Dalai Lama and Alexander Norman. 250 pp. approx. #ETNEMI \$24.95

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.



A FLASH OF LIGHTNING IN THE DARK OF NIGHT

by Dalai Lama. 141 pp. #FLLIDA \$13.95

This commentary on the Guide to the Bodhisattva's Way of Life shows how to make the bodhisattva ideal a living experience. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom.

FOUR ESSENTIAL BUDDHIST COMMENTARIES

by The Dalai Lama. 154 pp. #FOESBC \$9.95

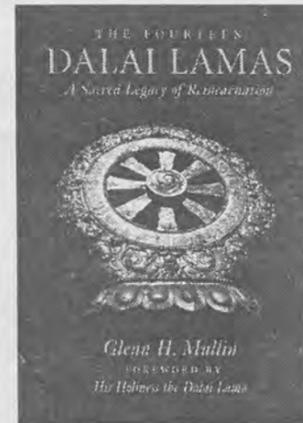
The Dalai Lama explains four central Tibetan Buddhist practice texts: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*, and the *Song of Four Mindfulnesses*.

THE FOUR NOBLE TRUTHS

by the Dalai Lama. 166 pp., 4 x 6" #FONOSM \$11

Examines the Four Noble Truths in the light of Nagarjuna's classic explanation of emptiness and the interdependent nature of reality. He focusses on suffering and karma, refuge, compassion, right action, true happiness, reducing negative emotion.

"...if you don't understand and experience the truth of this teaching personally, it is impossible to practice Buddha Dharma."—the Dalai Lama



THE FOURTEEN DALAI LAMAS: A Sacred Legacy of Reincarnation

by Glenn H. Mullin, fore. by H.H. the Dalai Lama. 535 pp., 15 illus., cloth. #SALERE \$29.95

The 600-year Dalai Lama tradition is both inspiring and colorful. Here are the life stories of all 14 Dalai Lamas with selected characteristic excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism that they expressed in their lives.

"He offers here not only luminous insight into the heart of spiritual practice, but also practical advice on how to bring such teachings into daily life. His humor adds a warm grace note throughout. Clear, easy to understand—*Dzogchen: The Heart Essence of the Great Perfection* is a perfect book for our times."—Tricycle: The Buddhist Review

DZOGCHEN

The Heart Essence of the Great Perfection

by H.H. the Dalai Lama, trans. by Thubten Jinpa & Richard Barron, fore. by Sogyal Rinpoche, ed. by Patrick Gaffney. 271 pp., 8 pp. of photos, 6 x 9", cloth. #DZDL \$24.95

This is the most informative and thorough book on Dzogchen available. 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.

Paying tribute to the uniqueness of Dzogchen, His Holiness sets it within the wider spectrum of Tibetan Buddhism as a whole. He explains the essence of Dzogchen practice and addresses questions such as why Dzogchen is called 'the pinnacle of all vehicles', what are its special features, and what are the crucial principles of the other Buddhist paths which a Dzogchen practitioner should know. This is a book of uncommon richness, and a remarkable testimony to His Holiness' learning, insight and many-sided genius.

"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*



STAGES OF MEDITATION

by the Dalai Lama, trans. by Ven. Geshe Lobsang Jordhen, 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.

"Will inspire and inform anyone who seeks to practice the Dharma today."—Stephen Batchelor, author of *Verses from the Center*

"For the budding practitioner, there are few teachings more essential or indispensable than Kamalashila's *Stages of Meditation*."—David Cosentino, *Foreword Magazine*



"Stages of Meditation is a wise, wonderful, and profound book."
—KEN WILBER, author

LIVE IN A BETTER WAY: Reflections on Truth, Love and Happiness

by the Dalai Lama. 240 pp. cloth. #LIBEWA \$23.95

Contains a decade's worth of public lectures given in India—each is followed by a question and answer section.

"Pay attention not only to the cultivation of knowledge but to the cultivation of qualities of the heart, so that at the end of education, not only will you be knowledgeable, but also you will be a warmhearted and compassionate person."—the Dalai Lama

LOVE, KINDNESS AND UNIVERSAL RESPONSIBILITY

by the Dalai Lama. 79pp. #LOKIUN \$7.95

Essays by H.H. the Dalai Lama: A Human Approach to World Peace, presents ways to embody mutual understanding and compassion; Compassion and the Individual, addresses the role of compassion in individual development and the role that the responsible individual assumes in the evolution of one's social environment; The Global Community and the Need for Universal Responsibility, argues for a greater sense of universal responsibility among all nations.

THE MEANING OF LIFE

by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 164 pp., 7 color illus., #MELI \$15.95

Presents the basic world view of Buddhism as depicted in the twelve links of dependent-arising of the Wheel of Life.

MY LAND AND MY PEOPLE

by the Dalai Lama. 271 pp. #LAPE \$12.99

As a young man in exile, the Dalai Lama wrote this testament which recreates the miraculous search that identified him as the reincarnated leader of Tibet. It paints a rare, intimate portrait of Tibetan Buddhism—a way of life that would end with a terrifying foreign invasion surpassing sanity and reason. It reveals his evolution from a gentle monk to a world leader who still struggles to free his country—and in the process has touched many hearts with the goodness that makes him one of the most beloved men.

MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversized cloth edition, 108 color photos. #MYTI \$29.95 paper (see Art & Photography).

MYSTICAL VERSES OF A MAD DALAI LAMA

by Glenn Mullin. 270 pp. #MYVEMA \$14

"The Second Dalai Lama's mystical poems and lyrical visions are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space'; sometimes, 'The Melodious Laughing Vajra'; but more often, 'The Mad Beggar' referring to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

OCEAN OF WISDOM: Guidelines for Living

by the Dalai Lama, photos by Marcia Keegan, fore. by Richard Gere. 86 pp, 19 color photos, 5 x 7.5", #OCWI \$14.95 cloth

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

OPENING THE EYE OF NEW AWARENESS

by H.H. the Dalai Lama, ed. by Don Lopez. 160 pp. #OPEYNE \$14.95

A succinct, thorough overview of the doctrines of Tibetan Buddhism. Written by the young Dalai Lama in his first years of exile, his erudition is brilliantly displayed as he discusses the need for religious practice and the importance of kindness and compassion. This was the Dalai Lama's first book on Buddhist philosophy to appear in English.



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*

THE PATH TO ENLIGHTENMENT

by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 238 pp. #PAEN \$14.95

"For its down-to-earth style and rich spiritual teachings, this must rank as one of the finest Buddhist books."—*The Middle Way*

The Dalai Lama provides an extensive teaching on the path to enlightenment. His discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" as he speaks directly to the reader offering spiritual advice, personal reflections, and scriptural commentary. He says in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism.



THE PATH TO TRANQUILITY: Daily Wisdom

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

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

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$25.00 cloth

The Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989.

FREEDOM IN EXILE: The Autobiography of the Dalai Lama.

by The Dalai Lama. 256 pp., 16 black & white photos, #FREX \$14

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion to the present life in exile and re-establishment of his culture in India.

THE GELUG/KAGYU TRADITION OF MAHAMUDRA

by H. H. the Dalai Lama and Alexander Berzin. 400 pp. #GEKATR \$22.95

Within the Gelug tradition, mahamudra teachings are exemplified in the First Panchen Lama's *Root Text for the Precious Gelug/Kagyü Tradition of Mahamudra*. The work presented here contains two brilliant commentaries by the Dalai Lama. Berzin's overview of mahamudra discusses the relation of mind, appearances and reality and offers practical techniques for overcoming problems due to excessive worry, anxiety and disturbing thought. This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of mahamudra, and the compatibility of Dzogchen and anuttarayoga tantra.

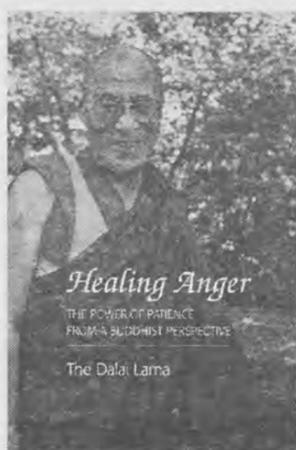
"An important addition to the body of works on advanced practices of Tibetan Buddhism."—*The Tibet Journal*

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?



HEALING ANGER: The Power of Patience from a Buddhist Perspective

by the Dalai Lama, trans. by Thupten Jinpa. 176 pp. #HEAN \$12.95

Buddhist traditions unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. The Dalai Lama shows how patience and tolerance overcome the obstacles of anger and hatred. His Holiness presents the practice of the Six Perfections, the central role of bodhichitta, the twelve links of dependent origination and offers a clear roadmap for the practitioner to achieve the goal of liberation. The techniques and methods are relevant for everyone—the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world.

"The Dalai Lama teaches with clear and forceful language."—*Publishers Weekly*

"The theme of healing anger has great relevance to our lives. It is what we all seek."—*Values & Visions Magazine*

"Healing Anger shows that Shantideva's teaching many centuries ago can still speak to this generation and be a source of strength to change our society."—*Asian Thought & Society*

THE JOY OF LIVING AND DYING IN PEACE: Core Teachings of Tibetan Buddhism

by His Holiness the Dalai Lama, ed. by Donald Lopez, Jr. 176 pp., #JOLIDY \$17

The Dalai Lama offers teachings on death, dying and living a meaningful life. He combines lessons on living well through compassion, patience, wisdom and effort with teachings on impermanence, the acceptance of death, and the achievement of joy, peace, and spiritual wisdom.

IMAGINE ALL THE PEOPLE: A conversation with The Dalai Lama on Money, Politics, and Life as It Could Be

by H.H. the Dalai Lama & Fabien Ouaki. 192 pp. #IMALPE \$14.95

The Dalai Lama offers his unique perspective on the issues of today: media, money and the economy, abortion, prozac, ethics, enemies and compassion.



KINDNESS, CLARITY, AND INSIGHT

by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95

"Though [the Dalai Lama] is one of the most erudite scholars...he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his book, *Kindness, Clarity and Insight*."—*Time Magazine*

This best-selling book contains teachings for Western audiences during His Holiness' tours of North America. He covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception. The teachings move ever deeper: Religious Values and Human Society, The Luminous Nature of the Mind, Altruism and the Six Perfections; Deities; Transforming the Mind Through Meditation; Eight Verses of Training the Mind; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views on Dying; Self and Selflessness; The Two Truths.

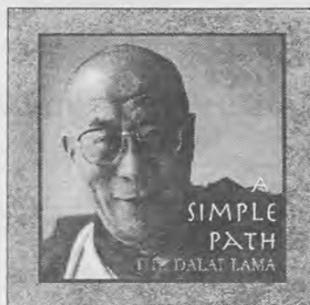
"This is an excellent book."—Choice



THE POWER OF COMPASSION

by H.H. the Dalai Lama. 192 pp. #POCO \$12

Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face confusion and suffering with wisdom and compassion. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—the strife in Bosnia, racial hatred, abortion, the environment and relationships.



A SIMPLE PATH: Basic Buddhist Teachings by His Holiness the Dalai Lama
by His Holiness, the Dalai Lama. 176 pp., 7 x 7", 93 color photos. #SIPA \$19.95

His Holiness' teachings on the Four Noble Truths are here presented in a beautiful photo book format at a very reasonable price. His Holiness' words inspire us to embrace the way of compassion, love, and peace in our lives and help us find a deeper satisfaction and fulfillment every day.

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 \$35.00

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.

TANTRA IN TIBET

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 252 pp. #TATI \$14.95

"This is a most valuable book for the serious seeker."—The Tibet Journal

Tantra in Tibet is composed of three parts. *Essence of Tantra* by His Holiness the Dalai Lama explains the central issues related to initiation and Tantric practice. *The Great Exposition of Secret Mantra* (Part 1) by Tsong-ka-pa distinguishes the Sutra and Tantra vehicles. The third part, *Supplement* by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice

by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$15.95

His Holiness explains the path to enlightenment via a general overview of its basic theories and practices, a commentary on selected readings from Shantideva's *Bodhicaryavatara*, the practice of love, kindness, and compassion, and lastly, a discussion of Vajrayana Buddhism and the path of tantra—we like this book!

TRANSCENDENT WISDOM

by H.H. the Dalai Lama; trans., ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$12.95

"The Guide to the Bodhisattva Way of Life" is a book highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter on Transcendent Wisdom is known as a challenging and profound exposition of Madhyamika philosophy. This clear exposition by the Dalai Lama elucidates core issues of Tibetan Buddhism.

"In this work we have the Dalai Lama at full strength...a profound work."—*Parabola*

TRANSFORMING THE MIND Teachings on Generating Compassion

by His Holiness the Dalai Lama

168 pp. #TRMITE \$20

Written by the 11th century meditator Langi Thangpa, the *Eight Verses for Training the Mind* are a source of inspiration for the Dalai Lama and a popular topic for discussion. In this commentary, His Holiness shows how to increase compassion and wisdom in our lives. He explains ways to transform adverse situations into opportunities for spiritual growth and effect changes in the lives of others.



THE UNION OF BLISS AND EMPTINESS

H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

Guru yoga is an important aspect of tantric practice and the foundation for the whole tantric structure; it is the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends upon inspiration transmitted in an unbroken lineage through a living guru. This book lays the framework for the entire Buddhist path and sets down guidelines for a complete form of daily practice that is both inspiring and compelling.

VIOLENCE AND COMPASSION: Dialogues on Life Today

by the Dalai Lama, Jean-Claude Carriere. 256 pp. #VICO \$10.95

French film writer Jean-Claude Carriere's conversations with the Dalai Lama cover the various issues and problems that challenge the world today—women's rights, education, terrorism, population explosion, environmental dangers, increases in violence. The Dalai Lama is able to cut through to the essence of each issue and offer insightful guidance.

THE WAY TO FREEDOM: Core Teachings of Tibetan Buddhism

by H.H. the Dalai Lama, ed. by Don Lopez. 144 pp. #WAFR \$19

Contains teachings on the precious opportunity of human birth, importance of hearing and practicing the dharma, karma, the bodhisattva, etc. Presented in easy-to-understand steps, this is an essential primer on Tibetan Buddhism.

THE WORLD OF THE DALAI LAMA:

An Inside Look at His Life, His People, and His Vision

by Gill Farrer-Halls. 160 pp., 158 color, 27 b&w photographs, 9 1/2" square. #WODALA \$29.95 cloth

This great photo book has an overview of Tibetan history, the life and role of the Dalai Lama, a survey of Tibetan Buddhism and the four schools of practice as well as an exclusive interview with the Dalai Lama. There is a wonderful mix of old and new photos that give a sense of the history of Tibet and Tibetan Buddhism as well as the current situation of both.

DEATH & DYING

THE BARDO GUIDEBOOK

by Chogyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

Rinpoche offers new information on the four bardos in this commentary on *The Mirror of Mindfulness* and provides a guide for practitioners desiring liberation.

BARDO TEACHINGS: The Way of Death and Rebirth

by Ven. Lama Lodo. 73 pp., illustrations #BATE \$8.95

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra, a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—*San Francisco Chronicle*

DEATH, INTERMEDIATE STATE AND REBIRTH

by Lati Rinbochay & Jeffrey Hopkins. 86 pp., numerous charts, biblio., #DEINST \$9.95

This fascinating book unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing a complete exposition of the channels, drops and winds which serve as foundations for consciousness. Highest Yoga Tantra simulates processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them.

"The work forms an excellent companion volume to the *Tibetan Books of the Dead*, and also to contemporary Western works on death and dying."—Prof. Janice Willis, Religious Studies Review

DELOG: Journey to Realms Beyond Death

by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche. 162 pp. #DELO \$13.95

"Delog" is a person who intentionally crossed the threshold of death and returned to tell about it. Delog Dawa Drolma, a great realization holder of Vajrayana and mother of Chagdud Tulku Rinpoche, laid in a death trance without any vital sign of breath, pulse, or warmth for five days. She journeyed to other realms where she experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion.

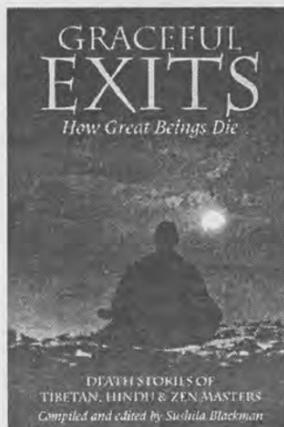


FACING DEATH AND FINDING HOPE: A Guide to the Emotional and Spiritual Care of the Dying

by Christine Longaker. 262 pp. #FADEFP \$14.95

The unique wisdom on dying and death as expressed in Tibetan Buddhist teaching is made accessible in this practical, warm, and moving guide—valuable for caregivers, loved ones, and those facing death.

"Unquestionably, this book will be of vital interest for anyone concerned with a dying person. And who of us, sooner or later, is not?"—Sogyal Rinpoche



GRACEFUL EXITS: How Great Beings Die

by Sushila Blackman. 160 pp., 20 photos, #GREX \$12.95

Here are 108 stories recounting the ways in which Tibetan, Hindu, and Zen Buddhist masters, both ancient and modern, have confronted their own deaths. It recounts the grace, clarity, and even humor with which these teachers have met the end of their days. Kalu Rinpoche, Ling Rinpoche, Jamyang Khyentse Rinpoche, Dilgo Khyentse Rinpoche, Trijang Rinpoche, H.H. Gyalwa Karmapa, and Lama Yeshe are among those whose stories are recounted.

ILLUSTRATED TIBETAN BOOK OF THE DEAD

by Stephen Hodge. 144 pp., 8 x 10" #ILTIBO \$14.95

A gorgeously illustrated translation of the ancient Tibetan masterpiece by monk-scholar Stephen Hodge. It is not only about death, the knowledge it imparts should guide us through life's constant changes and crises. The goal is to master these endless shifts, to recognize and take advantage of the opportunities that transitions offer. Now in paperback.

LIFE IN RELATION TO DEATH

by Chagdud Tulku. 86 pp., 2nd edition, #LIREDE \$7.95

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

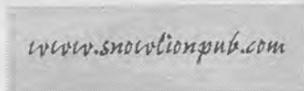
LIVING IN THE FACE OF DEATH: The Tibetan Tradition

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

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*



THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos

by Tsele Natsok Rangdrol. 128 pp. #MIMIN \$14.00

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.

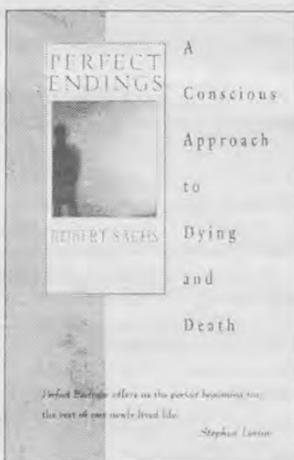


NATURAL LIBERATION: Padmasambhava's Teachings on the Six Bardos

commentary by Gyatrul Rinpoche, translated by B. Alan Wallace. 272 pp. #NALI \$16.95

Padmasambhava explains how to turn ordinary circumstances into opportunities for enlightenment. He describes six life processes or bardos and teaches how to transform them (includes meditation instructions).

DEATH & DYING



PERFECT ENDINGS: A Conscious Approach to Dying and Death
by Robert Sachs. 164 pp. #PEEN \$12.95

The author is a member of Sogyal Rinpoche's Spiritual Dying Network, a Social Worker and hospice counselor. His stories open the inner transformative workings of the dying process, and Sachs presents different solutions to the task of letting go of life and provides valuable guidance for care givers. He explains phowa, or conscious dying.

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

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

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

THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche. 356 pp., photos. #TIBOLP \$17 paper

Examines the dramatic healing that is released when we view death as the beginning of another chapter of life. Teaches how to transform the experience of death through contemplation and mindfulness. He discusses rebirth, near-death experience, and caring for the dying. (Also available on tape.)

THE TIBETAN BOOK OF THE DEAD

by Robert Thurman. 278 pp., 8 color photos., #TIBO \$14.95

The introduction to Buddhism, meditation instruction, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative editions available.

THE TIBETAN BOOK OF THE DEAD FOR READING ALOUD

adapted by Jean-Claude van Itallie. 80 pp., color art and photos, 9x9", #TIBORE \$20

"Jean-Claude, one of our most original playwrights and a longtime practitioner of Tibetan Buddhism, has taken Guru Padmasambhava's masterpiece and rendered its essential brilliance into deeply moving and inspiring poems meant to be read aloud. Its sole intent is to pilot us wandering voyagers through the illusory realms we call life and death."
—Richard Gere

www.snowlionpub.com



TRANSITION & LIBERATION: Explanations of Meditation in the Bardo
by Tenga Rinpoche. 114 pp., 14 color plates, 1 b&w photo, #TRLI \$20

Introduces the six kinds of bardo and gives instructions on how consciousness can be guided through each of these phases and liberated. This teaching was taken from Karma Lingpa's The Peaceful and Wrathful Deities.

WHO DIES? An Investigation of Conscious Living and Conscious Dying

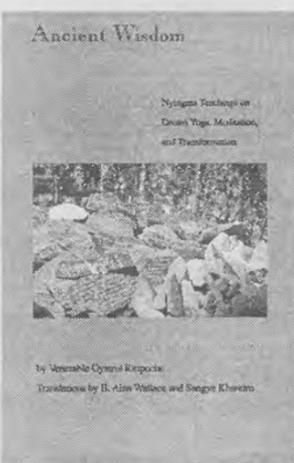
by Stephen Levine. 317 pp., #WHDI? \$12.95

"The bible of the conscious dying movement."—Harper's

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

This is a rare and insightful book. It prepares you for life as well as death.

DZOGCHEN



ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation
by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

"Ven. Gyatrul Rinpoche offers precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves—there is something here for all of us, at all times, day or night."—Robin Cooke, *The Mirror*

Includes: Dzogchen meditation practices of shamatha and vipassana written by H.H. Dudjom Rinpoche; one of the most direct and useful dream yoga accomplishment manuals, and *Transforming Felicity and Adversity into the Spiritual Path*, a contemporary classic for improving the quality of daily life experiences.

BUDDHAHOOD WITHOUT MEDITATION

by Dudjom Lingpa, Tibetan text edited by H.H. Dudjom Rinpoche, trans. by Richard Barron. 254 pp., glossary, #BUWIME \$21.95

Buddhahood Without Meditation, widely known by its subtitle, *Nang-jang (Refining Apparent Phenomena)*, presents the view of the Great Perfection through the approach known as t'hreg-chhod (cutting through solidity). From the lineage of Dudjom Lingpa, it is a direct transmission of Dzogchen so powerful that hearing it read aloud ensures that the listener will escape the suffering of cyclic existence.



CAREFREE DIGNITY
by Tsoknyi Rinpoche. #CADI \$18

Using the Dzogchen perspective, Rinpoche unfolds a vivid play through guided meditations and delightful examples.

"Carefree means being wide open from within, not constricted. Carefree is having compassion, being really simple, from the inside. Dignity is not conceit but rather what shines forth from this carefree confidence."—the Author

THE CRYSTAL AND THE WAY OF LIGHT Sutra, Tantra and Dzogchen

by Chogyal Namkhai Norbu compiled and ed. by John Shane 176 pp., 23 line drawings, 30 b&w photos, #CRWALI \$16.95

Chogyal Namkhai Norbu examines the spiritual path from the viewpoint of Dzogchen. He interweaves his life story with Dzogchen teachings, making them accessible through his living example. He discusses his education and how he met his principal master who showed him the real meaning of "direct introduction to Dzogchen."

"One of the most significant contributions to the understanding of Tibetan Buddhism to have appeared in recent years."—*The Middle Way*, Journal of the Buddhist Society, London.

Namkhai Norbu was born in eastern Tibet in 1938, and at the age of three was recognized as the incarnation of a great Dzogchen master. He received the full traditional education of a "tulku" or reincarnate lama, and went on to study and practice with several great masters in Tibet.

CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation

by Namkhai Norbu. 128 pp., #CYDANI \$14.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.

DZOGCHEN: INNERMOST ESSENCE

by Tulku Thondup, ed. by Brian Beresford. 129 pp., Tibetan text, #DZINES \$8.95

One of the best presentations of Dzogchen meditation. It begins with the *Prayer of the Preliminary Practice of Dzogpachenpo Longchen Nyingshiig*, then presents the common and uncommon preliminary practices, the actual path of guru yoga and the nine yantras.



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. 271 pp., 8 pp. of photos, 6 x 9", cloth. #DZDL \$24.95

"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*
(See Books by Dalai Lama.)

DZOGCHEN MEDITATION

by Khamtrul Rinpoche, annotated by Gareth Sparham. 117 pp., #DZME \$15

An explanation of the complete dzogchen meditation practice. It is Lochan Dharmasri's guide through a treasure text first taught by Padmasambhava to his inner circle of thirty extraordinary women with wisdom. The text is explained by Khamtrul Rinpoche, a master of Dzogchen practice.

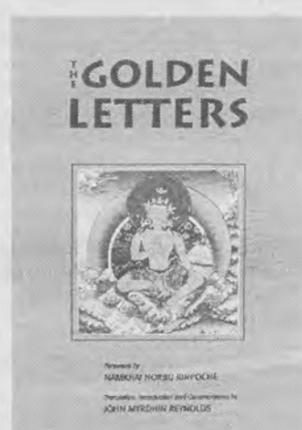
DZOGCHEN: The Self-Perfected State

by Chogyal Namkhai Norbu, ed. by Adriano Clemente, trans. by John Shane. 150 pp., 5 line drawings, #DZSEPE \$12.95

Our natural condition is self-perfected from the very beginning. What is necessary is that we re-awaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the self-perfected state that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present, through all activities. Rinpoche clearly explains Dzogchen and then reveals, in a simple and non-intellectual manner, what is meant by the practice of Dzogchen.

"Rinpoche's explanations and analogies simply and convincingly map a path to the self-perfected."—John Tighe, Daemen College

"A fine introduction to Dzogchen for the Western reader."—*The Tibet Journal*



THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master

trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 389 pp., #GOLE \$18.95

The teachings of Dzogchen which directly introduces the practitioner to the Nature of Mind were first expounded by Garab Dorje in the country of Uddiyana and later went to India and Tibet. The essence of Garab Dorje's message is "The Three Statements that Strike the Essential Points." Patrul Rinpoche wrote a brilliant commentary together with practices entitled "The Special Teaching of the Wise and Glorious King"—here translated with notes, commentaries, and glossary of terms.

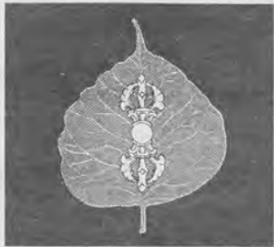
"In many ways the best guide to the Dzogchen teachings. Includes explanations of texts that were previously thought too secret to publish."—*Tricycle: The Buddhist Review*

"Contains clear translations and detailed commentaries. Careful study and practice of the knowledge revealed in *The Golden Letters* is indispensable."—*The Mirror*

"Many of the meditative practices this book introduces are among the most profound ever to appear in published form."—*Shambhala Sun*

Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.



KINDLY BENT TO EASE US I
by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$16.95

These three volumes are an inspiring introduction to Dzogchen by a leading master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

KINDLY BENT TO EASE US II

by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$14.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

KINDLY BENT TO EASE US III

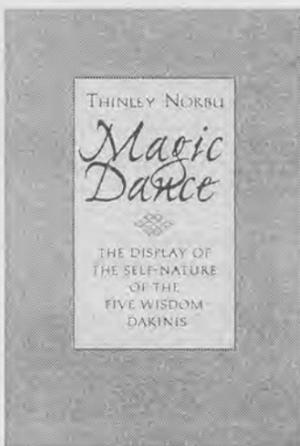
by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$14.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by rich imagery that derives from immediate experience.

LION'S GAZE

by Ven. Khenpo Palden Sherab Rinpoche and the Ven. Khenpo Tsewang Dongyal Rinpoche, trans. by Sarah Harding, ed. by Joan Kaye. 210 pp. #LIGAZ \$20

This is commentary on Patrul Rinpoche's *The Special Teaching of the Wise and Glorious Sovereign* and Vidyadhara Garab Dorje's *The Three Words that Strike the Crucial Point*.



MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis

by Thinley Norbu. 176 pp. #MADA \$14

In their gross and subtle forms, the five elements of earth, water, air, fire, and space combine to make up the infinite illusory displays of phenomenal existence. Thinley Norbu relates how the energies of the elements manifest within our everyday world, in individual behavior and group traditions, relationships and solitude, medicine and art. He explains their links to the five Buddha families and their respective Wisdom Dakinis and shows how each element relates to our senses, temperament, passions, and karmic potentials—and how to transform them with a calm, vast and playful state of consciousness.

MEDITATION DIFFERENTLY

by Herbert Guenther. 210 pp. #MEDI \$17.50 cloth

Contrasts Dzogchen and Mahamudra. Padmakarpo's definitive work on four tuning-in phases introduces the Mahamudra approach to meditation. Dzogchen is presented plus a discussion of empowerments which serve as stepping stones to realization.



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

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

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

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$22.95 (see General Tibetan Buddhism section)

NAKED AWARENESS

Practical Instructions on the Union of Mahamudra and Dzogchen



NAKED AWARENESS: Practical Instructions on the Union of Mahamudra and Dzogchen

by Karma Chagme, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace, ed. by Lindy Steele & B. Alan Wallace. 321 pp. #NAAW \$19.95

In this classic 17th-century presentation of the union of Mahamudra and Dzogchen, Karma Chagme, one of the great teachers of both these lineages of Tibetan Buddhism, begins with a discussion of the proper motivation for spiritual practice and the nature of karma. Next he gives exceptionally lucid instructions on the two phases of Dzogchen practice—the "Breakthrough" and the "Leap-over"—followed by an accessible introduction to the practice of the transference of consciousness at the time of death.

The concluding chapters of this treatise present a detailed analysis of Mahamudra meditation in relation to Dzogchen practice. Although this book stands alone, it is the concluding section of a single body of teachings by Karma Chagme, the earlier section published under the title *A Spacious Path to Freedom*.

"Students and practitioners of meditation will be especially grateful to the Venerable Gyatrul Rinpoche and his translator B. Alan Wallace for these ample and lucid elaborations of these instructions as they are traditionally taught."—Matthew Kapstein, author

NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs

by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95

This inspiring collection of Khenpo's teachings provides the deepest possible insight into how to understand and practice Dzogchen. He was a principal lineage holder of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

"Nyoshul Khenpo Rinpoche is a spiritual gem—the collection is an inspiration for practice, and a wonderful companion for retreat."—Daniel Goleman, author of *The Meditative Mind and Emotional Intelligence*

"This book is wonderful—a treasure house of liberating Dharma."—Joseph Goldstein

"...a testament to the vibrancy of Dzogchen lineages, proof that the natural Great Perfection is alive and well."—*The Mirror*

THE PHILOSOPHICAL VIEW OF THE GREAT PERFECTION IN THE TIBETAN BON RELIGION

by Donatella Rossi. 315 pp., bibl., Tibetan-English glossary, index. #PHVIGR \$21.95

"A fascinating and joyful book to recommend—perceptively edited"—*New Age Retailer*

Dzogchen is presented by way of two complete Bonpo texts belonging to the revered terma and oral traditions, here translated and critically edited for the first time in their entirety.

"Donatella Rossi has translated and annotated two important ancient Dzogchen texts from Bon, the native religious tradition of Tibet. Her useful *Introduction* gives a broad overview of the history of Bon, as well as a brief study of the history and doctrines of the teachings of Dzogchen in Bon. The short section on methodology that precedes a helpful examination of key Dzogchen terms offers a succinct appraisal of the two texts presented. Donatella is to be greatly commended and thanked for her work in translating and commenting two important Dzogchen texts and for the valuable insights it offers."—*The Mirror*

Donatella Rossi has a Ph.D. in History of Religions and Tibetology from the University of Oslo, Norway.



THE PRACTICE OF DZOGCHEN

by Longchen Rabjampa, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbot. 482 pp. #PRDZ \$22.95

"This is undoubtedly one of the most comprehensive works on the Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

This book contains the writings on Dzogchen by Longchen Rabjam (1308-1363), a celebrated adept of the Nyingma School. Dzogchen is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself. (This book was originally published as *Buddha Mind*.)



SELF-LIBERATION THROUGH SEEING WITH NAKED AWARENESS

trans. & comm. by John Myrdhin Reynolds, fore. by Namkhai Norbu. 172 pp., 4 line drawings, glossary, biblio., index. #SELI \$14.95

Teaching the attainment of Buddhahood in a single lifetime, this text was written and concealed by Guru Padma-sambhava in the eighth century and rediscovered six centuries later by Karma Lingpa. The commentary by the translator is based on the oral teachings of Namkhai Norbu Rinpoche and Lama Tharchin Rinpoche.

"If you understand intrinsic awareness, all of your merits and sins will be liberated into their own condition.... If he practices, then even a cowherd can realize liberation."

John Myrdhin Reynolds (Vajranatha) is a writer, teacher, translator, and scholar/practitioner of Tibetan Buddhism. He was trained and ordained as a Tantric Yogin, or Ngagpa, in the Nyingmapa tradition of Tibetan Buddhism. He is also the author of *The Golden Letters*.



THE PRECIOUS TREASURY OF THE BASIC SPACE OF PHENOMENA

by Longchen Rabjam. 288 pp. #PRTRBA \$16.95

Longchen Rabjam is best known for *The Seven Treasuries*. *The Precious Treasury of the Basic Space of Phenomena* commonly known as the *Chöying Dzöd* concerns the spiritual approach known as trekchö (cutting through solidity), which brings spiritual practitioners of the highest acumen to freedom effortlessly. It consists of two companion volumes, Longchen Rabjam's source verses and his own commentary on them. Together, these summarize the definitive topics of trekchö from the perspective of the basic space of phenomena—naturally occurring timeless awareness, awakened mind. *The Precious Treasury of the Basic Space of Phenomena* contains the source verses (English translation and original Tibetan text). Longchen Rabjam's own commentary of the source verses is contained in *A Treasure Trove of Scriptural Transmission*.

THE PRECIOUS TREASURY OF THE WAY OF ABIDING

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

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

RAINBOW PAINTING

by Tulku Urgyen Rinpoche. 210 pp. #RAPA \$20

Explains how we become enlightened through experiencing what is always present within us. However, stability in this unexcelled state of unity is not attained independently of proper conduct and correct view of reality. The practices of accumulating merit and purifying karma soften our rigid character. He describes the complete path of practice to become established in our true nature.

SIMPLY BEING: Texts in the Dzogchen Tradition

by James Low. 175 pp. #SIBE \$17.99

Twelve teachings by Patrul Rinpoche, Garab Dorje, Chetsangpa, and others on how to recognize one's own enlightened being as infinite awareness free of all effort and artifice. Freed from limiting false assumptions, human nature is revealed as a joyful process of open responsiveness.

"A treasure of the most profound Tibetan Buddhist teachings."—Tulku Thondup

THE SIX VAJRA VERSES (Rigbai Kujyug)

by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a living knowledge which is transmitted and applied. To find real tranquility, you must have experience of the state of knowledge and know how to relax. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

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SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION

by *Sogyal Rinpoche*. 25 pp., #SOESAD \$4.50

Four talks by one of the leading Dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

A SPACIOUS PATH TO FREEDOM: Practical Instructions on the Union of Mahamudra and Atiyoga

by *Karma Chagmé, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace*. 250 pp. #SPPAFR \$18.95.

Karma Chagmé sets forth the stages of meditation practice including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga leading to perfect enlightenment. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single, integrated approach to realizing the ultimate nature of consciousness. Karma Chagmé was a major lineage-holder of the Karma Kagyu tradition of Tibetan Buddhism, and his writings are central to the Payül Nyingma order.

TANTRIC PRACTICE IN NYING-MA

by *Khelsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein*. 239 pp. #TAPRNY \$14.95 (See Ngondro section)

THE SUPREME SOURCE The Fundamental Tantra of Dzogchen Semde

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

The aim of Dzogchen is the reawakening of the individual to the primordial state of enlightenment which is naturally found in all beings. The master introduces the student to his or her real nature, already perfected and enlightened, but it is only by recognizing this nature and remaining in this state of recognition in all daily activities that the student becomes a real Dzogchen practitioner of the direct path of self-liberation. 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*

A TREASURE TROVE OF SCRIPTURAL TRANSMISSION

by *Longchen Rabjam*. 532 pp. #TRTRSC \$39.95

In this commentary, Longchen Rabjam expands on the topics presented in his source verses, quoting extensively from the tantras and pith instructions of the dzogchen tradition. About the *Choying Dzod*, Longchen Rabjam states, "Though the topics in this text are so profound that ordinary people will find it difficult to fathom their meaning, I have presented them without adulterating them with more common themes, and so have ensured that these teachings concerning the vajra heart essence, the most majestic spiritual approach, will last for a long time in this world. To those of you fortunate enough to have a devoted interest in this sublime spiritual approach, my earnest advice is: This text will serve as your eyes, so treat it with the highest respect."

This volume also includes a foreword by His Eminence Chagdud Tulku Rinpoche, an introduction by Venerable Tulku Thondup Rinpoche, and Patrul Rinpoche's "Exhortation to Read The Seven Treasures."

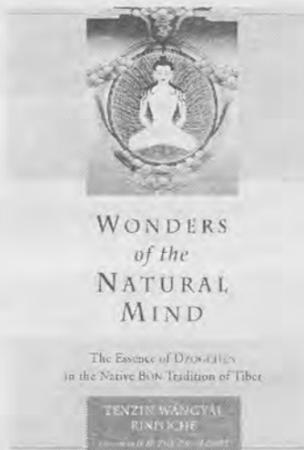
UNION OF MAHAMUDRA & DZOGCHEN

by *Tulku Chokyi Nyima Rinpoche*. 240 pp. #UNMADZ \$18 Second edition!

A commentary on two great vajrayana teachings based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master. Tulku Chokyi Nyima covers the essential teachings of all the stages of the path.

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See page 5 for details.



WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Native Bon Tradition of Tibet
by *Tenzin Wangyal Rinpoche, fore. by H.H. the Dalai Lama*. 224 pp. #WONAMI \$18.95

Wonders of the Natural Mind presents Dzogchen as taught in the *Zhang Zhung Nyan Gyud*, the fundamental Bon text. The book summarizes the main points of Dzogchen and its relation to the various systems of Bon teaching. Tenzin Wangyal Rinpoche provides the reader with a vivid and engaging portrait of Bon culture as he interweaves the teachings with his personal story and reflections on the practice of Dzogchen in the West.

"This book will be of great help to readers wishing to find a clear explanation of the Bon tradition, especially with regard to its presentation of the teachings of Dzogchen."—H.H. the Dalai Lama

WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet

by *Herbert Guenther*. 128 pp. #WHLOWH \$14.95

The quest of coming to know oneself is intimately intertwined with a phenomenological exploration of the dynamics of psychic life as it expresses itself in images as symbolic descriptions of itself. Guenther uses the experiential vocabulary of phenomenology and hermeneutics to interpret two stories from the Rigpa Rangshar, (one of the oldest Dzogchen texts) making it highly relevant to contemporary currents of thought.

YOU ARE THE EYES OF THE WORLD

by *Longchenpa, trans. by Kennard Lipman & Merrill Peterson, intro. by Namkhai Norbu, a Copper Mountain Series book*. 114 pp. #YOAREY \$18.95

Just as the images projected on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to, or feel enslaved by, these experiences. But they are only reflections. Their power fades as easily as the pictures vanish when the channel is changed, if we penetrate to the heart of reality—the light of the natural mind within everyone.

This book does not discuss how to turn ordinary life off, it does not describe how to create beautiful spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place. A breakthrough translation by Kennard Lipman and Merrill Peterson, introduced by Namkhai Norbu, author of many books on Tibetan Buddhism.

KALACHAKRA

THE INNER KALACHAKRA TANTRA: A Buddhist Tantric View of the Individual

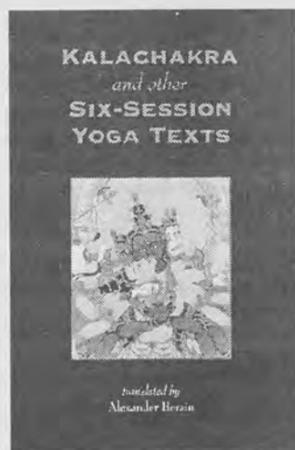
by *Vesna A. Wallace*. 288 pp., cloth. #INKA \$49.95

The *Kalachakratra* has three categories: Outer, Inner, and Other Kalachakra. The present work concentrates on the Inner, which deals with the nature of the human being. 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 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.

KALACHAKRA: RITE OF INITIATION

by *H.H. the Dalai Lama and Jeffrey Hopkins*. 511 pp. #KARIIN \$22.95

Details the entire rite of initiation which usually lasts three days. The book is introduced by Jeffrey Hopkins and many key ideas are explained.



KALACHAKRA AND OTHER SIX-SESSION YOGA TEXTS

by *Alexander Berzin*. 52 pp. #KASISE \$8.95

Six-session yoga practices are a common commitment of highest yoga tantra initiations. The Dalai Lama endorsed these four six-session yoga practices given with the Kalachakra Initiation. They are: *An Extremely Abbreviated Six-Session Yoga, An Abbreviated Six-Session Yoga, An Extensive Six-Session Yoga, and the Kalachakra Guru-yoga in Conjunction with Six-session Practice.*

"...masterfully rendered into English—combining the beauty of poetic expression and faithfulness to the original works."—*The Tibet Journal*



KALACHAKRA INITIATION

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

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.



KALACHAKRA TANTRA

by *Geshe Ngawang Dhargyey*. 180 pp., #KATA \$12.00

Provides a sound explanation of Kalachakra practice containing tantric information applicable to any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

This book is only available to people who have received the Kalachakra Initiation.



TAKING THE KALACHAKRA INITIATION

by *Alexander Berzin*. 199 pp., #TAKAIN \$12.95

Kalachakra tantra practice overcomes the limitations of historical, astrological and biological cycles, to achieve Buddhahood. Since 1970, many great Tibetan masters have given the initiation to large numbers of people. *Taking the Kalachakra Initiation* expands oral teachings Alex Berzin gave during several Kalachakra initiations to deepen participants' experience before and after the initiation. He explains the tantric theory, vows, commitments, how to visualize, and the thoughts and feelings participants need to generate at each step of the empowerment. It presents the variations in the Kalachakra initiation for the four lineages of Tibetan Buddhism, and relates Kalachakra teachings to karma, astrology, Tibetan medicine, the fabled land of Shambhala, and world peace.

THE PRACTICE OF KALACHAKRA

by *Glenn H. Mullin, foreword by H.H. the Dalai Lama*. 350 pp., illus. #PRKA \$16.95

This detailed study of the Kalachakra Tantra discusses the tantric path to enlightenment. Mullin outlines the four classes of tantra, compares the Kalachakra generation and completion stage yogas to mainstream tantras and details the unique Kalachakra methods for enlightenment in this lifetime. Translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama round out this excellent book.

TRANSCENDING TIME: An Explanation of the Kalachakra Six-Session Guru Yoga

by *Gen Lamrimpa, trans. by B. Alan Wallace, ed. by Pauly Filze*. 317 pp., gloss., notes, biblio., index, #TRTI \$21.95

Offers an overview of Kalachakra practice: the preliminaries, initiation, generation and completion stages—he especially makes the Six-Session Guru Yoga practice understandable by explaining its parts and how it is to be practiced six times every 24 hours.

THE WHEEL OF TIME: The Kalachakra in Context

by *Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama*. 158 pp., #WHTI \$12.95

The Kalachakra interweaves yoga, astrology, physiology, and mythology into a meditational system embracing the entire universe. Information on Kalachakra has been sparse—The Wheel of Time discusses the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices.

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The following books are part of the lam rim or "stages of the path to enlightenment" tradition of Tibetan Buddhism.

ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT
by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95 (see Tibetan Buddhism section)

THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master
by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp., #DOSA \$12.50

A teaching based on Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment, compiled by Lodro Gyalsen, a fifteenth-century Tibetan yogi. Lama Zopa reveals the essential meaning of this text which he discovered in his Himalayan retreat cave. After reading this text he understood the meaning of Buddhist practice.

ESSENCE OF NECTAR
by Yeshe Tsöndu. 110 pp., notes, glossary, #ESNEC \$8.95

An extensive commentary/prayer on the Buddhist path presented in the Great Exposition of the Graded Path (Lam-rim chenmo) by Tsongkhapa.

ESSENCE OF THE PATH TO ENLIGHTENMENT
by Geshe Acharya Thubten Loden. 346 pp., 16 line drawings, 4 color plates, #ESPAEN \$25

A clear presentation of the Lam Rim teachings—discusses the stages of spiritual development, leading progressively through deeper levels.

THE ESSENTIAL NECTAR
by Geshe Rabten, trans. & ed. by Marlin Willson. 308 pp. #ESNE \$14

Stages of the path teachings are presented here as meditations—they are methods for investigating and transforming one's attitudes and behavior and eradicate negative mental states and develop qualities of the enlightened mind.

GEMS OF DHARMA, JEWELS OF FREEDOM
by Je Gampopa, trans. by Ken & Katia Holmes, pref. by Tai Situpa Rinpoche. 319 pp. #GEDH \$30.00

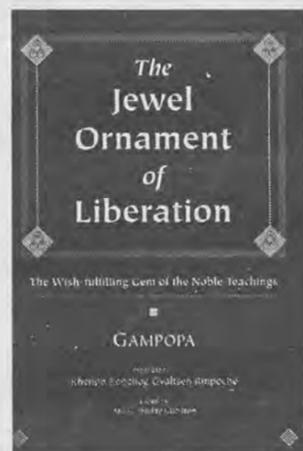
This translation of Gampopa's classic (The Jewel Ornament) is a handbook for many Tibetan Buddhists—it provides the quintessential meaning of hundreds of Buddhist scriptures by laying out the path of bodhisattva practice leading to Buddhahood.

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THE JEWEL ORNAMENT OF LIBERATION: The Wish-fulfilling Gem of the Noble Teachings
by Gampopa, translated by Khenpo Konchog Gyaltzen Rinpoche, fore. by the Dalai Lama, ed. by Delia Emmerich. 520 pp., glossary, study guide, bibliography, notes, 6 x 9" #JEORLI \$22.95

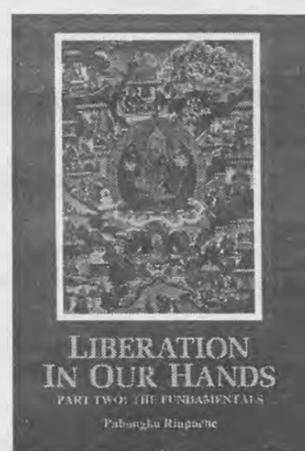
A master work of Tibetan Buddhism—providing the complete foundation for study and practice—from beginning to Buddhahood. Includes teachings on Buddha-nature, finding the spiritual master, impermanence, karma, cultivation of bodhicitta, development of the six perfections, the ten bodhisattva bhūmis, Buddhahood, and the activities of the Buddha.

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Pabongka Rinpoche, a lama famous for his direct, no-nonsense approach, gave a clear and elaborate explanation of the path to enlightenment based on Je Tsongkhapa. Throughout, he tells marvellous stories to bring his teachings alive. First of three volumes.



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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.

LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Path to Enlightenment
by Pabongka Rinpoche, edited by Trijang Rinpoche, and translated by Michael Richards. 980 pp. #LIPAH \$24.95

This guide for the study, practice, and realization of Buddhist teachings is perhaps the most popular Lam rim, or "stages of the path" teaching available. Pabongka Rinpoche, a legendary teacher who died in 1941, gave this twenty-four-day Lam rim teaching to a mass gathering in 1921.

MEDITATIONS ON THE PATH TO ENLIGHTENMENT
by Geshe Acharya Thubten Loden. 604 pp., 26 line drawings, #MEPAEN \$35

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THE PATH TO ENLIGHTENMENT
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Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia.

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THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT The Lamrim Chenmo

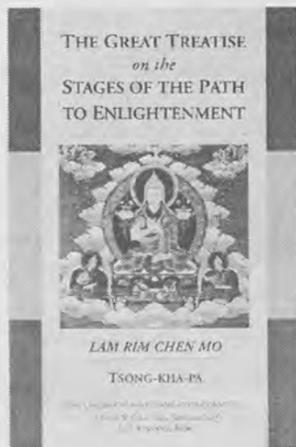
by Tsong-kha-pa, translated by the Lamrim Chenmo Translation Committee. Volume 1, 434 pp., cloth. #GRTR \$29.95
Vol. 2 & 3 will appear in 2002.

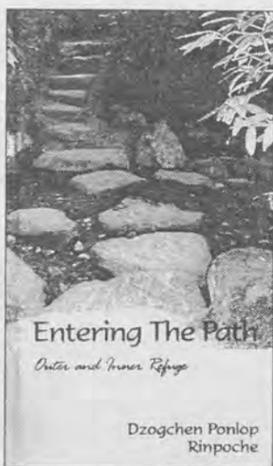
The Great Treatise on the Stages of the Path to Enlightenment (Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa (1357-1419), completed this masterpiece in 1402 and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Tsong-kha-pa took great pains to base his incisive insights on the classical Indian Buddhist literature, illustrating his points with classical citations as well as with sayings of the masters of the earlier Kadampa tradition. In this way the text demonstrates clearly how Tibetan Buddhism carefully preserved and developed the Indian Buddhist traditions.

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"Of the many works of the Tibetan master Tsong-kha-pa, none compare in terms of popularity and breadth of influence with his Great Treatise on the Stages of the Path to Enlightenment (Lamrim Chenmo), which has been treasured by practitioners and scholars alike for centuries. What distinguishes it as one of the principal texts of Mahayana Buddhism is its scope and clarity. It expounds the entire path from the way one should rely on a spiritual teacher, which is the very root, right up to the attainment of Buddhahood, which is the final fruit. The various stages of the path are presented so clearly and systematically that they can be easily understood and are inspiring to put into practice."—H.H. the Dalai Lama

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Contains the fundamental practices of Tibetan Buddhism. After explaining the major Buddhist paths, Kalu Rinpoche explains taking refuge, prostrations, Dorje Sempa purification meditation, mandala practice, guru yoga and the guru-disciple relationship. He discusses the vows of the lay person, the bodhisattva and the tantric practitioner, ending by explaining meditation with and without an object and the key points of mahamudra meditation. Originally published as *The Gem Ornament*.



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GURU YOGA According to the Preliminary Practice of Longchen Nyingtik

by *Dilgo Khyentse Rinpoche*, trans. by *Gelong Konchog Tenzin (Mathieu Ricard)*. 101 pp. #GUYO \$12.95

Why is the practice guru yoga, (union with the nature of the guru) so important? Because, with the help of the outer teacher, the inner teacher (the true nature of our own mind) is discovered. This particular guru yoga is called *The Wish-fulfilling Jewel* and is the outer practice of the guru from the Longchen Nyingtik revelation of Rigdzin Jikme Lingpa. It was during a summer retreat in France in 1984 that Dilgo Khyentse Rinpoche gave teachings on this text. This is a new commentary and not a re-edit of teachings in the book *The Wish-fulfilling Jewel*.

"This excellent work presents a succinct overview of the heart of the Vajrayana Buddhist tradition in Tibet."—*Values and Visions Reviews*

THE HEART TREASURE OF THE ENLIGHTENED ONES: The Practice of View, Meditation, and Action

by *Patrul Rinpoche with commentary by Dilgo Khyentse Rinpoche*, foreword by the *Dalai Lama*. 240 pp. #HETREN \$19.95

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With his characteristic thoroughness and gentleness, Rinpoche gives extensive commentary on Patrul Rinpoche's text. He has us reflect on our defects and on suffering, then gives essential practices and explains the freedom and harmony that result from this practice.

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NGONDRO COMMENTARY: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom; Compiled from the Teachings of H.E. Chagdud Tulku

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Written, then concealed by Padmasambhava, this concise ngondro was intended for these degenerate times when few people have leisure to practice. This ngondro is an extremely powerful practice for turning the mind toward dharma, for purifying obscurations, and for opening the mind to the Dzogchen perspective.

THE PRELIMINARY PRACTICE OF THE NEW TREASURE OF DUDJOM

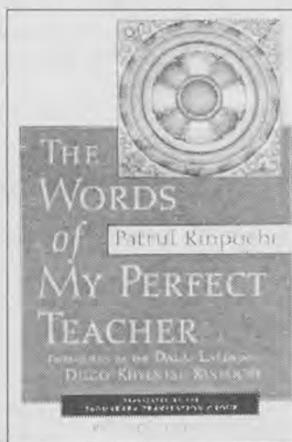
by *H.H. Dudjom Rinpoche*. 120 pp., color photos, #PRPR \$20 cloth

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by *Khetsun Sangpo, Rinbochay*, trans. & ed. by *Jeffrey Hopkins*, co-edited by *Anne Klein*. 239 pp. #TAPRNY \$14.95

Rinbochay's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nying-ma presentation of the Dzogchen preliminaries and practices which lead to Buddhahood. It is an oral commentary on Patrul Rinboche's *Kunzang Lamai Shelung (Words of My Perfect Teacher)*.

"...this text offers an all-encompassing presentation of Vajrayana philosophy and practice...the virtue of this work is its technical completeness. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*

THE TORCH OF CERTAINTY

by *Jamgon Kongtrul, fore. by Chogyam Trungpa*. 184 pp., 8 line drawings, #TOCE \$14.95

Describes the four common and uncommon Foundation Practices of Vajrayana. The nature of impermanence, the effects of karma, the development of an enlightened attitude, and guru devotion are discussed as well as prostration, vajrasattva, mandala offering, and guru yoga.

THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthig Tradition

by *Dilgo Khyentse Rinpoche*. 120 pp. #WIFUJE \$15

In the Tibetan Buddhist tradition, devotion to one's guru or spiritual master is considered to be of the utmost importance in spiritual practice. These teachings are based on the instructions of Rigdzin Jikme Lingpa.

WORDS OF MY PERFECT TEACHER

by *Patrul Rinpoche*, trans. by *Padmakara Translation Group*. 512 pp. #WOMYPE \$25

This is a classic commentary on the preliminary practices of Longchen Nyingthig, a cycle of teachings of the Nyingma school. Patrul Rinpoche teaches through a wealth of stories, quotations, and references to everyday life, giving the book the atmosphere of an oral teaching. This is a new and revised edition.

SADHANAS & COMMENTARIES

THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig

trans. by *Tulku Thondup*. 146 pp. #ASVI \$14.95

This terma is a guru sadhana of Padmasambhava as the embodiment of all the Knowledge-holders. Included are instructions for the Tsog ceremony. The Tibetan, English transliteration, and translation are given line-by-line.

THE ESSENCE OF BENEFIT AND JOY

by *Jamgon Kongtrul Lodro Thaye*, trans. by *Lama Yeshe Gyamtso*. 48 pp., Tibetan text w/phonetic rendering, plus Chinese translation. #ESBEJO \$12

This is a method and practice for the saving of lives of animals—it is the most beneficial of all composite roots of virtue. Through the blessing of their being offered to the three jewels, and of their hearing names and dharanis, they will be ultimately freed from inferior births. The practitioners themselves will receive benefits, such as an increased lifespan.

GARDEN OF ALL JOY

by *Jamgon Kongtrul Lodo Taye (The Great)*, trans. by *Lama Lodo Rinpoche*. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—an explanation of offering the body as a gift. It contains Machig Labdron's biography, a commentary on the "feasts," very valuable illustrations of the visualizations, and Tibetan text.

THE GURU PUJA 67 pp. #GUPU \$5.95

This presentation of the offering to the spiritual masters includes the tsog offering and *Song of the Spring Queen* and is accompanied by *The Hundred Deities of the Land of Joy*, a lam-rim dedication prayer, etc. In Tibetan phonetics and in English.

MEDITATION ON VAJRABHAIKAVA

by *Kyabje Phabongkha*, trans. by *Sharpa Tulku with Richard Guard*. 143 pp. #MEVA \$14.95

This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.

MEDITATIONS ON THE LOWER TANTRAS

compiled and edited by *Glenn Mullin*. 137pp. #MELOTA \$11.95

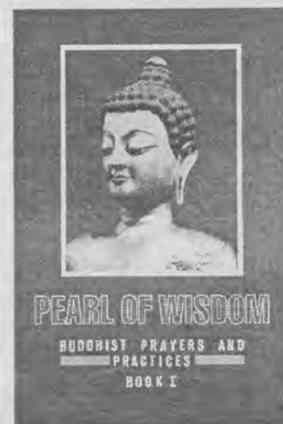
Taken from the collected works of the Dalai Lamas, this book is a collection of popular sadhanas, or meditation manuals. Included are meditations on Amitayus, Four-armed Avalokiteshvara, Manjushri, White Tara, Green Tara, Vajrasattva and others. It also contains a section on the preliminaries of tantric initiation.

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RED TARA: An Open Door to Bliss and Ultimate Awareness

by Chagdud Gonpa. #RETA \$8

RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara, by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7.95

The lineage of Red Tara practice and commentary to the sadhana.

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by H.H. Dudjom Rinpoche. 50 pp., 2 half-tones, #SAMEBU \$9.95

This is a short root text of the Medicine Buddha with commentaries and glossary. It was revealed by guru Padmasambhava into the mind of His Holiness Dudjom Rinpoche. This practice is extremely concise and potent, able to radiate multitudes of blessings and realizations for those who practice it for the benefit of all.

SELF-INITIATION OF VAJRABHAIKAVA

trans. by Sharpa Tulku with Richard Guard. 62 pp., #SEINVA \$7.95

An intermediate-length sadhana and concise self-initiation ritual of the Solitary Hero Vajrabhairava. The self-initiation restores broken vows and tantric commitments. It can be used after one completes the retreat and ritual fire offering of peace.

SIX-SESSION GURU YOGA: An Oral Commentary with a Detailed Explanation of the Bodhisattva and Tantric Vows

comm. by Sermey Khensur Lobsang Tharchin. 306 pp., 2 color plates, cloth. #SISEGU \$15.00

This is a complete description of the six-session guru yoga practice with extensive commentary. Refuge, bodhicitta, visualizing the field of merit, offerings and the bodhisattva, and tantric vows are presented and discussed for persons who have received a highest yoga tantra initiation from a qualified lama.

SUBLIME PATH TO KECHARA PARADISE:

Vajrayogini's Eleven Yogas of Generation Stage Practice commentary by Sermey Khensur Lobsang Tharchin. 351 pp., cloth. #SUPAKE \$15.00

Oral instructions on the Highest Yoga Tantra practice of Vajrayogini. Based on Kyabje Pabongka Rinpoche's extensive Vajrayogini sadhana entitled the Short Path to Great Bliss. Each section contains romanized Tibetan with an English translation and explanations of the entire Tibetan text. Detailed instructions are given for the meditations and visualizations in the eleven yogas of Vajrayogini's generation stage practice.

If you would like to read this book and be able to understand it properly, it is important that you receive the Vajrayogini initiation from a qualified lama.



VAJRAYOGINI SADHANA & COMMENTARY

by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for highest yoga initiates only. The text is a short sadhana of Vajrayogini and the commentary discusses the yogas composing the practice.

This book is restricted. Only persons who have received the Vajrayogini initiation may read it.

TIBETAN BUDDHISM & PSYCHOLOGY/SCIENCE

CHASING ELEPHANTS: Healing Psychologically with Buddhist Wisdom

by Diane Shainberg. 180 pp. #CHEL \$16.95

Shainberg writes as a psychotherapist, an ordained Zen Peacemaker Buddhist priest (Bernie Glassman), and Dzogchen practitioner. This book examines the question of how we really change and heal—how psychotherapy and Buddhist psychology work to create inner change. She shows how to use the methods for change on one's own or in combination with a therapist or spiritual guide.

Chasing elephants is a phrase that means looking for things outside rather than turning to ourselves and staying present and in the process discovering how things naturally transform.



THE EVOLVING MIND: Buddhism, Biology, & Consciousness

by Robin Cooper. 266 pp. #EVMI \$21.95

Discusses the distinctions and continuities between "lower evolution," culminating in self-reflective beings, and "higher evolution," which can include an effective "spiritual dimension," or program for raising one's consciousness beyond the average human level. A good introduction to general Darwinian and post-Darwinian evolutionary theory, and places such theories in a conversation with Buddhism.

GOING TO PIECES WITHOUT FALLING APART: A Buddhist Perspective on Wholeness

by Mark Epstein, M.D. 200 pp. #GOPIFA \$23 cloth

Western psychology has promised fulfillment through building and strengthening the ego—a strong, individuated self, constructed and reinforced over a lifetime. Based on the premise that the Western notion of self is flawed, Mark Epstein shows that happiness comes from letting go and from balancing our need to do with our inherent capacity to be. He explores key experiences such as emptiness, connection, passion and relief in an engaging manner.

THE RESONANCE OF EMPTINESS: A Buddhist Inspiration for a Contemporary Psychotherapy

by Gay Watson. 317 pp., cloth #REEMBU \$55

Explores Buddhist philosophy and practice as an approach to psychotherapy which is responsive to the needs of its time and context, and opens up a three-way dialogue between Buddhism, psychotherapy and contemporary discourse to compose a Buddhist and transpersonal theory and practice for a contemporary psychotherapy.



CHOOSING REALITY: A Buddhist View of Physics and the Mind

by B. Alan Wallace. 227 pp. #CHRE \$15.95

"Choosing Reality shares the podium with The Tao of Physics and The Dancing Wu Li Masters and wears the gold medal. It is a triumphant commentary on the relationship between physics and mind, science and religion."—John Tigue, Dept. of Philosophy, Religion, Humanities, Daemen College

Choosing Reality shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology. How shall we understand the relationship between the way we experience reality and the way science describes it? In examining this question, Alan Wallace discusses two opposing views: the realist view, which argues that scientific theories represent objective reality, and the instrumentalist view, which states that concepts cannot describe what exists independently of them. Finding both of these philosophies of science inadequate, the author explores the Buddhist middle way view and the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

"Choosing Reality is one of the best books I have read."—Mathieu Ricard

CONSCIOUSNESS AT THE CROSSROADS: Conversations with the Dalai Lama on Brain Science and Buddhism

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

THE EMBODIED MIND: Cognitive Science and Human Experience

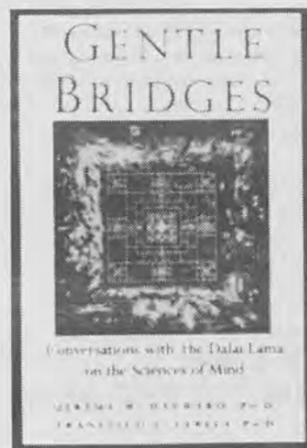
by Francisco J. Varela, Evan Thompson and Eleanor Rosch. 308 pp. #EMMI \$21.50

A sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be complete. They develop a dialogue between cognitive science and Buddhist meditative psychology and relate it to phenomenology and psychoanalysis. One of the very best treatments of Buddhism and cognitive science.

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.



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?

JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM

by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

Discusses the ideas and methods of Tibetan Buddhism and Jungian psychology. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deep yearnings for spiritual fulfillment and the demands of mundane life.

THE HAPPINESS PROJECT: Transforming the Three Poisons that Cause the Suffering We Inflict on Ourselves and Others

by Ron Leifer, M.D. 313 pp. #HAPR \$14.95

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."—Jerry Piven, The New School



SLEEPING, DREAMING, AND DYING:

An Exploration of Consciousness with The Dalai Lama. ed. and narrated by Francisco J. Varela, Ph.D. 224 pp. #SLDRDY \$16.95

Whether the topic is lucid dreaming, near death experiences, or the very structure of consciousness itself, the participants in this unique dialogue continually surprise us with their discoveries. The discussion revolves around the three key moments of consciousness of sleep, dreams, and death—what neuroscientist Francisco Varela calls the ego's shadow zones. The Dalai Lama and leading western scientists discuss the significance that these transitional states offer to our understanding of the nature of mind.



SYNCHRONICITY, SCIENCE, AND SOUL-MAKING

by Victor Mansfield. 328 pp. #SYSCSO \$18.95

"A masterful treatment...I liked the powerful synchronicity stories—they bring the reader to the mysterious and marvelous domain of synchronicity."—Dennis Merritt, Jungian analyst

"A brilliant book, engaging in style and sophisticated in argument...synthesizes material from quantum physics, Jungian psychology and Buddhist philosophy—it is an accomplishment of altogether a new order."—Prof. John McRae, Indiana University

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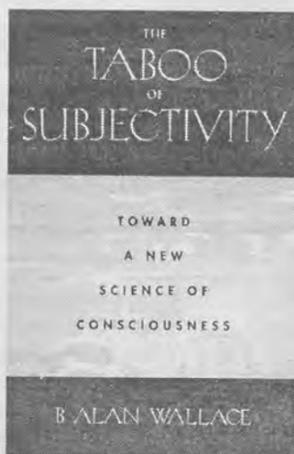
THE TABOO OF SUBJECTIVITY: Toward a New Science of Consciousness

by B. Alan Wallace. 218 pp., cloth. #TASU \$29.95

This book takes a bold new look at ways of exploring the nature, origins, and potentials of consciousness within the context of science and religion.

Wallace argues that the metaphysical principles of scientific materialism have long impeded scientific research into subjective states of awareness, including the nature of consciousness itself. Wallace draws on William James's idea for a "science of religion" that would study the nature of religious and, in particular, contemplative experience.

In exploring the nature of consciousness, this groundbreaking study will help to bridge the chasm between religious belief and scientific knowledge.



TWO VIEWS OF MIND: Abhidharma and Brain Science

by Christopher deCharms. 250 pp. #TWVIMI \$14.95

A clear overview of perception, thought, and awareness in Tibetan Buddhist psychology and in Western neuroscience. DeCharms lays out the Buddhist theory of perception side-by-side with the scientific view of Western neuroscience on the brain activity of human cognition. He discovers insights from each system that suggest exciting new approaches to perennial problems that the other has not been able to resolve. Directed to non-specialists, he focuses on the differences between the two traditions in methodology, assumptions, and purpose.

"DeCharms provides illuminating comparisons between the two systems of knowledge and proposes ways that further discussion could be of mutual benefit."—Choice

"Easily the best attempt to compare these very different disciplines."—Dharma Life

Christopher deCharms is a cognitive neuroscientist at the Keck Center for Integrative Neuroscience at the University of California, San Francisco.

OTHER BUDDHIST TRADITIONS

These books present material from Buddhist traditions other than Tibetan.

ABHIDHAMMA STUDIES: Buddhist Explorations of Consciousness and Time

by Nyanaponika Thera. 176 pp. #ABST \$16.95

The Abhidhamma maps out with remarkable rigor and precision the inner landscape of the mind to be crossed through the practical work of Buddhist meditation. The author penetrates the formidable face of Abhidhamma study by making its principles intelligible.

THE ACCIDENTAL BUDDHIST

by Dinty Moore. 208 pp. #ACBU \$12

"Moore's witty and candid "regular guy" approach to these experiences is entertaining and comforting, and his conclusions are right on target."—Booklist, American Library Association

Cutting through religious jargon and abstract concepts, Moore explains why Buddhism is becoming part of popular culture. He is both sincere about religion and good-humored about the human condition—a fun read.

THE ASIAN ANIMAL ZODIAC

by Ruth Q. Sun. 218 pp., line art, cloth. #ASANZO \$7.00

(See Children's Corner.)

THE AWAKENED ONE

A Life of the Buddha
by Sherab Chodzin Kohn. 176 pp. #AWON \$14.95

"Kohn's masterful blend of the life and teachings of the Buddha renders this book a valuable guide for those who would follow the path of the Awakened One."—Publishers Weekly

"A splendid combination of biography and instruction. Highly recommended."—Library Journal

AWAKENING THE BUDDHIST HEART

by Lama Surya Das. 256 pp., cloth. #AWBUHE \$25

Lama Surya Das shows how to integrate all the experiences of our lives, both positive and negative, into our spiritual search. Our connection with others is essential to our spiritual awakening, and ultimately our happiness. He gives: five steps to dealing with anger, tools for reconnecting to your authentic self, steps to simplify your life, a text to discover your spiritual IQ, ways of practicing compassion and passion, and methods to "lighten up".

AWAKENING TO THE SACRED: Creating a Spiritual Life from Scratch

by Lama Surya Das. 383 pp. #AWSAP \$15 paper

"Filled with beautiful teachings, gracious stories, dozens of practices, humorous takes, and wise, practical ways to invite our hearts to awaken to the highest wisdom in every part of our lives."—Jack Kornfield

Create a personalized, daily spiritual practice based on your beliefs and needs. Surya Das illuminates the natural meditations already present in daily life. His chants, prayers, affirmations, rituals, guided meditations, and breathing exercises help incorporate the notion of a continuous sacred presence into any routine.

BE AN ISLAND:

The Buddhist Practice of Inner Peace

by Ayya Khema. 160 pp. #BEIS \$14.95

An introduction to the teachings of Buddhism and a rich continuation of Ayya Khema's personal vision of Buddhist practice.

BEING GOOD: Buddhist Ethics for Everyday Life

Master Hsing Yun, trans. by Tom Graham. 165 pp. #BEGO \$14.95

The aim of this book is simple: to invite readers to consider what it means to lead a good life and to offer practical advice, based on Buddha's teachings, as to how this can be accomplished. In each of 30 essays Master Hsing Yun, the leading Buddhist teacher from Taiwan, treats a specific moral or ethical issue. The Buddhist precepts are introduced as guideposts along this path of liberation and developing our innate goodness.



BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path

by Ayya Khema. 192 pp. #BENO \$12.95

Gives meditations and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deep insight, a sense of calm well-being, and a greater capacity to love and feel loved.

"A valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg

BEING PEACE

by Thich Nhat Hanh. 115 pp. #BEPE \$10

Meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace.

"If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment."

BLUE JEAN BUDDHA: Voices of Young Buddhists

ed. by Sumi Loundon. 288 pp. #BJEJU \$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.

THE BODHISATTVA WARRIORS

The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China

by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables. #BOWA \$19.95

This study of Buddhist self-defense practiced by Chuan Fa monks and mystics presents their philosophical and physical basis. The practices of the North Chinese Chuan movement meditation traditions and the South Chinese Esoteric School explained here are both secret traditions. These martial arts are a meditation mandala in action and complement other Buddhist practices.

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

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

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*.



BREATH SWEEPS MIND: A First Guide to Meditation Practice

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

These insightful teachings include the timeless philosophies of Buddha to the Zen simplicity of Thich Nhat Hanh. Contains a gazillion meditation pointers, exercises and helpful aides from some of the leading masters of the Buddhist tradition. How to meditate, posture, breathing, walking, driving, eating, using mantras, listening, visualization, feeling and metta, dealing with problems.

BUDDHA LAUGHING: A Tricycle Book of Cartoons

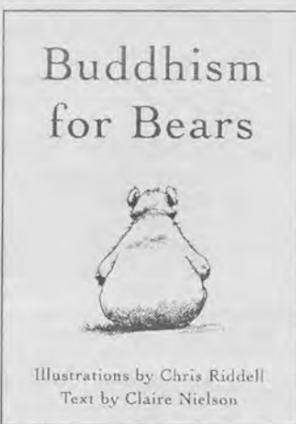
96 pp., small & cute. #BULACA \$4.95

A fun-filled adventure in Buddhist cartoons from *Tricycle: The Buddhist Review*

THE BUDDHA SPEAKS

compiled & ed. by Anne Bancroft. 112 pp. #BUSP \$14.95

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.



BUDDHISM FOR BEARS

illus. by Chris Riddell, text by Claire Nielson. 80 pp., cloth. #BUBECA \$12.95

A cartoon book with humor, light touch, and a generous spirit, *Buddhism for Bears* helps readers of every species come out of hibernation and scoop a humble paw into the honey pot of enlightened living.

BUDDHISM IN AMERICA

compiled by Al Rapaport. 568 pp., b&w photos, #BUAM \$29.95

800 people and 32 prominent Buddhist teachers met in Boston to address issues of Buddhist meditation as practiced in America. It was an unusual opportunity to learn from monastic and lay teachers who covered many interesting, provocative, and engaging topics. Some of the teachers: Tsultrim Allione, Robert Thurman, Tulku Thondup Rinpoche, Wes Nisker, Joan Halifax, Bernard Glassman, Peter Matthiessen, Sama Surya Das, Miranda Shaw, Jon Kabat-Zinn.



BUDDHISM PLAIN AND SIMPLE: The Practice of Being Aware, Right Now, Every Day

by Steve Hagen. 163 pp. #BUPLSI \$16.95 cloth

When the Buddha was asked to sum up his teaching in a single word, he said, "Awareness." He taught how to see directly into the nature of experience, to be in touch with what is actually happening. It is not about belief, doctrine, formula or tradition. It is about freedom of mind. This book offers a straightforward look at Buddhism.

BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening

by Stephen Batchelor. 129 pp. #BUWIBE \$12.00

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.

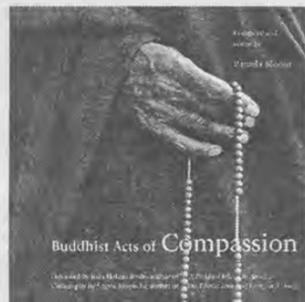
BUDDHISM, SEXUALITY, AND GENDER

ed. by José Cabezon. 241 pp. #BUSEGE \$21.95

Explores historical, textual, and social questions relating to the place of women and gay people in the Buddhist world in Asia. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality and offers new perspectives on the attitudes toward women in Buddhist societies.

THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History
by John Snelling. 384 pp. #BUHA \$16.95

The most comprehensive guide to Buddhism—teachers, teaching, practice, schools, and history. It provides a comprehensive, worldwide, and non-sectarian survey of traditions and their contemporary exponents.



BUDDHIST ACTS OF COMPASSION

compiled & ed. by Pamela Bloom, fore. by Joan Halifax Roshi, calligraphy by Sogyal Rinpoche. 194 pp. #BUACCO \$11.95

This is a collection of stories about the profound, tender, and often incredible acts of compassion practiced by Buddhists in all cultures throughout the world. "Beautiful!...illustrates how to heal the heart with peace and joy and open the mind with true understanding."—Tulku Thondup Rinpoche.

BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values & Orientations

by Reginald Ray. 508 pp. #BUSAIN \$25

A comprehensive examination of Buddhist saints in Indian Buddhism. Reginald Ray, co-chair of Buddhist Studies at Naropa Institute, identifies the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyeka-buddha, arhant and bodhisattva. He surveys the ascetic codes, conventions, and traditions of saints, and the cults of living saints and of those who have "passed beyond."

CHANGE YOUR MIND: A Practical Guide to Buddhist Meditation

by Paramananda (John Wilson). 184 pp. #CHMI \$16.95

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.



CHINNAMASTA: The Awful Buddhist and Hindu Tantric Goddess

by Elisabeth Benard. 162 pp. #CH \$14.95

Three rare texts of tantric practice examine Chinnamasta, the awesome Buddhist and Hindu tantric goddess and offer a large amount of information about tantric practice. In Buddhism, Chinnamasta is the severed-head form of Vajravahini or Vajrayogini. This marvellous and frightening Goddess pushes us beyond dualities into the unconditioned.



THE CLOUDS SHOULD KNOW ME BY NOW: Buddhist Poet Monks of China

compiled and ed. by Red Pine and Mike O'Connor. 224 pp. #CLSHKN \$15.95

Living so close to mind and to nature—where these are not two—these monk-poets present the eternal stuff of the poem: hills, crags, journeys, the solitary monk or nun, the gentle inexorable pace of the seasons, till the reader, too, begins to glimpse all this as his or her own original face.

THE CONNECTED DISCOURSES OF THE BUDDHA: A New Translation of the Samyutta Nikaya

trans. by Bhikkhu Bodhi. 2,080 pp., 2 volumes, cloth. #CODIBU \$120

A complete translation of the Samyutta Nikaya—the third great collection of the Buddha's discourses preserved in the Pali Canon—containing all of the important short suttas on such major topics as the Four Noble Truths, dependent origination, and the Noble Eightfold Path—this is one of the most inspiring and indispensable compilations in the Buddhist canon.

CULTIVATING THE MIND OF LOVE: The Practice of Looking Deeply in the Mahayana Buddhist Tradition

by Thich Nhat Hanh, foreword by Natalie Goldberg. 126 pp. #CUMILO \$14

Thich Nhat Hanh shares heartfelt moments in his own formation—drinking the clear water of a hermit's well; seeing the Buddha on a magazine cover; becoming a monk to practice for his society, and world; and falling in love. Interweaving these episodes with a close examination of the Diamond, Lotus, and Avatamsaka Sutras, he shows how to cultivate our "mind of love" and bring joy to ourselves and others.

DESCRIBING THE INDESCRIBABLE: A Commentary on the Diamond Sutra

by Master Hsing Yun, trans. by Tom Graham. 224 pp. #DEIN \$16.95

A gem among the vast Perfection of Wisdom literature, the Diamond Sutra elicits an experience of eternal truth through its use of a seemingly paradoxical style, as the reader goes back and forth between "what is" and "what is not." Master Hsing Yun skillfully plumbs the depths of the Diamond Sutra, illuminating for us its power to change who we are and how we interpret our world.

"A brilliant translation with a lucid and accessible commentary."
—Professor Lance E. Nelson, Univ of San Diego

THE DIAMOND SUTRA: Transforming the Way We Perceive the World

by Mu Soeng. 192 pp. #DISU \$16.95

A lyrical rendering of the Diamond Sutra combined with insightful commentary makes accessible the transforming wisdom of this profound text.

"I highly recommend this book."—Joseph Goldstein

DREAMING IN THE LOTUS
by Serinity Young. 288 pp., 8 color & 6 b/w illustrations, #DRLO \$18.95

A fascinating, culturally varied picture of the Buddhist dream experience and its revelations about Buddhist ideas of consciousness, cognition, and salvation. Dreams play a powerful role in Indo-Tibetan Buddhism—foretelling the future and revealing esoteric teachings. Explores the functions of dreams and maps their role at the intersection of biography, history, and religious belief using biographies of important Buddhists.



EIGHT MINDFUL STEPS TO HAPPINESS: Walking the Buddha's Path

by Bhante Henepola Gunaratana. 268 pp. #EIMIST \$16.95

Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the Noble Eightfold Path. He offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships as well as tools to overcome all the mental hindrances that prevent happiness.



THE ENCYCLOPEDIA OF EASTERN PHILOSOPHY AND RELIGION: Buddhism, Taoism, Zen, Hinduism

468 pp. #ENEAPH \$25

With more than four thousand entries and over one hundred illustrations, this encyclopedia surveys four traditions. Among the subjects: lives and teachings of philosophers and meditation masters, basic texts and scriptures, sects and schools of thought, mythological figures and events, and many important terms.

EPISTEMOLOGY AND SPIRITUAL AUTHORITY: The Development of Epistemology and Logic in the Old Nyaya and the Buddhist School of Epistemology with an Annotated Translation of Dharmakirti's Pramnavarttika

by Vittorio A. van Bijlert. 191 pp. #EPSAU \$40

An excellent resource for understanding "pramana" or "valid cognition," the foundation of Buddhist logic. Included is a translation of relevant parts of Pramnavarttika, along with its oldest commentary written by Dharmakirti's direct disciple, Devendrabuddha.



THE EXPERIENCE OF INSIGHT: A Simple & Direct Guide to Buddhist Meditation

by Joseph Goldstein. 169 pp. #EXIN \$14.95

A modern classic of unusually clear, practical meditation instruction—sitting and walking meditation and how one relates to the breath, feelings, thoughts, sensations, consciousness and everyday activities.



THE FACES OF BUDDHISM IN AMERICA

ed. by Charles Prebish and Kenneth Tanaka. 350 pp., 9 b/w photos, #FABUAM \$22

In America there is a rapidly growing Buddhist community. Asian traditions are undergoing changes to meet the expectations of a Western culture—issues confronting Buddhism for the first time are race, feminism, homosexuality, psychology, environmentalism, and notions of authority.

THE FIRST DISCOURSE OF THE BUDDHA

by the Ven. Dr. Rewata Dhamma, fore. by Ajahn Sumedho. 128 pp., #FIDIBU \$14.95

After his enlightenment, the Buddha delivered a discourse on the Four Noble Truths which forms the foundation of all his teachings. Dr. Dhamma, a Burmese monk, includes a history of Buddha's life, background on Buddhism and a commentary on the Four Noble Truths.



A CONCISE OF ENCYCLOPEDIA OF BUDDHISM

by John Powers. 288 pp. #COENBU \$17.95

John Powers is the author of the popular in-depth *Introduction to Tibetan Buddhism* published by Snow Lion. We are pleased to offer his encyclopedia containing over 900 entries covering all the schools of Buddhism with a chronology and substantial bibliography.

THE FOUR FOUNDATIONS OF MINDFULNESS

by Ven. U Silananda. 232 pp. #FOFOMI \$15.95

"The *Maha Satipathana Sutta*, the *Great Discourse on the Foundations of Mindfulness*, is one of the key teachings of the Buddha, and Ven. U Silananda has written one of the most illuminating commentaries."—Sharon Salzberg

If you are practicing vipassana meditation, this is an excellent teaching.

FUNDAMENTAL WISDOM OF THE MIDDLE WAY:

Nagarjuna's Mulamadhyamakakarika
trans. and commentary by Jay Garfield. 336 pp. #FUWIMI \$17.95

Nagarjuna's greatest philosophical work, the *Mulamadhyamakakarika*, is one of the most influential works on middle way philosophy. Jay Garfield offers this very accessible translation and commentary.

A GRADUAL AWAKENING

by Stephen Levine. 173 pp. #GRAW \$10.95

Stephen cuts to the core of life's issues and offers healing approaches in this close-to-the-earth Buddhist psychology. Some topics: Self Image and the Imagined Self, Judging Mind, The Sense of Unworthiness, The Hindrances, Watching from the Heart, A Guided Meditation on Energy in the Body. This is a teaching text in meditation centers, hospitals, hospices, wellness groups, healing centers and cancer and AIDS support groups.



HEARTWOOD OF THE BODHI TREE: The Buddha's Teaching on Voidness

by Ajahn Buddhadasa. 152 pp. #HEBOTR \$14.95

The heart of Buddhist teachings is non-clinging—living devoid of feelings of self. Ajahn Buddhadasa teaches about emptiness and is renowned throughout Thailand.

"A great and compassionate treasure."—Jack Kornfield

A CONCISE ENCYCLOPEDIA of BUDDHISM

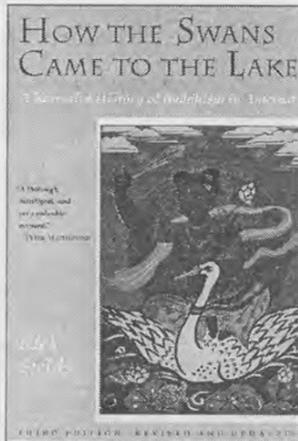


JOHN POWERS

THE HOLY TEACHING OF VIMALAKIRTI: A Mahayana Scripture

by Robert Thurman. 166 pp., notes, glossary. #HOTEVI \$14.95

Called the jewel of the Mahayana Sutras—it presents the major teachings of Mahayana Buddhism in a precise, dramatic, and even humorous form. Vimalakirti specializes in discourse that is subtle, lucid, one that balances on the razor's edge of paradox. He shows how the realization of emptiness leads to a joyous and compassionate commitment to living beings that is born from an unwavering confrontation with the inconceivable profundity of ultimate reality. Robert Thurman's translation will open your mind to the vastness of reality born from emptiness.



HOW THE SWANS CAME TO THE LAKE:

A Narrative History of Buddhism in America

by Rick Fields. 434 pp., third edition, revised and updated, 49 b&w photos, #HOSWCA \$29.95

"Crammed with the sort of lively and accurate information which I had for years been longing to find assembled. The leading characters emerge with a quality of independence and individuation that certainly dispels any stereotype of the Buddhist practitioner, teacher, or layman."—Nancy Wilson Ross, *The Washington Post*

This new updated edition discusses issues such as spiritual authority, the role of women, and social action.

THE HUNGRY TIGRESS: Buddhist Myths, Legends, & Jataka Tales

by Rafe Martin, fore. by Roshi Philip Kapleau. 261 pp. #HUTI \$16.95

Forty Buddhist stories combine themes of nonviolence, wisdom, environmental awareness, and compassion for all living things. A completely updated and rewritten edition with explanations on the meaning of Jataka tales (past life stories of the Buddha).

INDIAN BUDDHISM: A Survey

by Hajime Nakamura. 423 pp. #INBUDD \$28.95 cloth

"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.

LAND OF NO BUDDHA: Reflections of a Skeptical Buddhist

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

Examines the pitfalls awaiting those who search for the truth. Hayes proffers the radical path of the Buddha—becoming free from self-indulgent passions and delusions.

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

THE LARGE SUTRA ON PERFECT WISDOM with the Divisions of the Abhisamayalankara

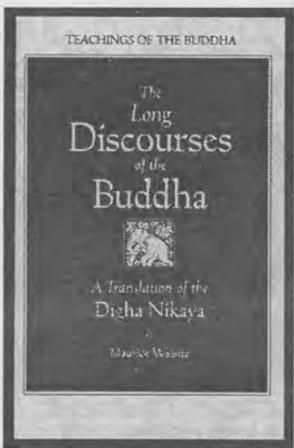
trans. & ed. by Edward Conze. 679 pp. #LASUPE \$27.50

A full translation of the 100,000 line perfection of wisdom sutra. Buddha Shakyamuni explains the evolution of beings into bodhisattvas and buddhas. A major portion of the traditional training offered in Tibetan monasteries is based on this text.

LIVING THE MINDFUL LIFE: A Handbook for Living in the Present Moment

by Charles Tart. 252 pp. #LIMILI \$17

Being awake—why is something that sounds so simple the primary goal of the spiritual path? In this workshop-in-a-book, Charles Tart shows why the seeming simplicity of the awakened state belies its transformative effect. These uncomplicated exercises put within everyone's reach the elusive art of "waking up" to live in the glorious present.



LONG DISCOURSES OF THE BUDDHA: A Translation of the Digha Nikaya

by Maurice Walshe. 648 pp. #LODIBU \$45.00 cloth

Contains thirty-four longer length suttas from the Pali Canon. Includes the Buddha's teachings on mindfulness, morality, concentration, wisdom, dependent origination, the roots and causes of wrong views and a long description of Buddha's passing.

LONG ROAD TURNS TO JOY: A Guide to Walking Meditation

by Thich Nhat Hanh. 80 pp. #LOROTU \$8.00

Instruction in "walking not in order to arrive, walking just for walking"—enjoy each step, each breath, the blue sky, and the many sights and fragrances along the path. This practice brings a spirit of gentle mindfulness into our everyday life.

LOTUS IN A STREAM

by Master Hsing Yun, trans. by Tom Graham. 173 pp. #LOST \$14.95

Master Hsing Yun, perhaps the foremost Buddhist teacher from Taiwan, offers an introduction to Buddhism that presents the major ideas and practices of Buddhism in a highly insightful and organized way.

LOVING-KINDNESS: The Revolutionary Art of Happiness

by Sharon Salzberg. 193 pp. #LOKI \$13.95

"From one of our finest meditation teachers comes the genuine article: the practice of the heart, of loving-kindness, by a heart made genuine through more than twenty years of committed practice."—Stephen Levine

Sharon offers twenty-three practices and moving stories that inspire a radiant, joyful heart.

LUMINOUS PASSAGE: The Practice and Study of Buddhism in America

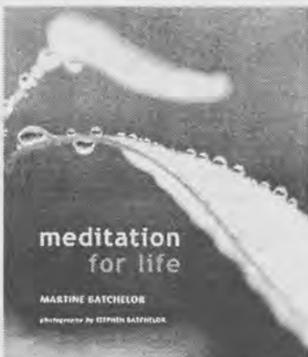
by Charles Prebish. 314 pp. #LUPA \$18.95

Based on extensive fieldwork, Charles Prebish offers a description of the historical growth and development of the American Buddhist movement and a clear delineation of the formative issues that have influenced the tradition in North America. He appraises the state of the religion at the millennium, evaluating the creative conclusions of both scholars and practitioners.

MEDITATION: The Buddhist Way of Tranquillity and Insight

by Kamalashila. 276 pp., large format #ME \$27.95

A comprehensive guide to Buddhist meditation—it provides a complete introduction to the techniques, physical exercises for improving meditation, detailed advice for experienced meditators wanting to deepen their practice and understanding of the meditative process, and many useful diagrams. The author has taught in England for over seventeen years.



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!

"This is truly a lovely work. Graceful, elegant, clear, helpful and wise; *Meditation for Life* demystifies meditation while making it available to all who need it. A treasure."—Mark Epstein, author of *Thoughts without a Thinker*

MIDDLE LENGTH DISCOURSES OF THE BUDDHA: A New Translation of the Majjhima Nikaya

trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MILEDI \$60 cloth

This collection of 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfolds in fascinating scenarios that show the Buddha in living dialogue. Replete with drama, reasoned argument, and illuminating parables and similes, the Buddha displays the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.

THE MIND AND THE WAY

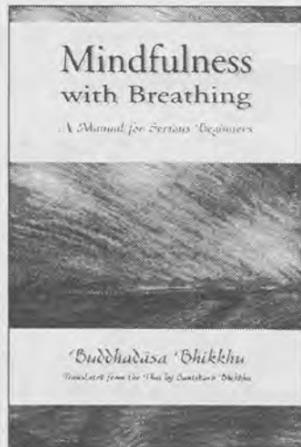
by Ajahn Sumedho. 304 pp. #MIWA \$16.95

Ajahn Sumedho offers advice for freeing the mind and opening the heart—through formal meditation and in daily life. He is eloquent and direct as he explains mindfulness, impermanence, non-attachment, and compassion.

MINDFULNESS IN PLAIN ENGLISH

by Venerable Henepola Gunaratana. 185 pp. #MIPLN \$14.95

This guide to insight meditation is the culmination of 40 years of teaching students across the US. Questions about mindfulness practice are answered—the conversational style and examples from everyday life make this a refreshing presentation.



MINDFULNESS WITH BREATHING: A Manual for Serious Beginners

by Ajahn Buddhadasa Bhikkhu, trans. & ed. By Ven. Santikaro Bhikkhu. 160 pages, #MIBR \$14.95

This book shows how to meditate on the breath and the benefits of the practice—health, calm, and clarity.

THE MIRACLE OF MINDFULNESS: A Manual on Meditation

by Thich Nhat Hanh. 140 pp., 11 b&w wash drawings, #MIMI \$12

This is a lucid and beautiful guide to mindfulness—being awake and fully aware. Thich Nhat Hanh's gentle anecdotes and practical exercises show that the opportunities for being mindful are numerous and close at hand—washing the dishes, answering the phone, drinking tea.

MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra

by Lex Hixon. 275 pp. #MOBU \$16

The *Prajnaparamita Sutra in 8,000 Lines* sets forth the bodhisattva path in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

"Lex's translation of the *Prajnaparamita Sutra* is wonderful. Lex phrases the concepts with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilbur

MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems

by Joanna Macy. 236 pp. #MUCA \$21.95

Remarkable convergences appear between Buddhist teaching on dependent co-arising and the general systems view of reality arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, this book shows how the interdependence of all beings clarifies the role of meditative practice and provides guidelines for effective action.

NAGARJUNIAN DISPUTATIONS: A Philosophical Journey through an Indian Looking-Glass

by Thomas E. Wood. 409 pp. #NADI \$22

Wood defends the original nihilist interpretation of the Madhyamaka and critiques recent non-nihilist views. He addresses the textual and epistemological arguments of the non-nihilist school and offers an interpretation of the Buddhist fourfold rejection or negation that is consistent with nihilism. He teaches comparative philosophy and religion at CIIS in San Francisco.

THE NEW BUDDHISM: The Western Transformation of an Ancient Tradition

by James Coleman. 265 pp., cloth. #NEBUWE \$25.00

(See Social Action, History, Environment and Politics.)



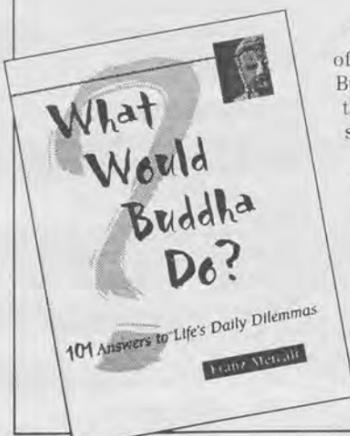
NIRVANA AND OTHER BUDDHIST FELICITIES

by Steven Collins. 655 pp. #NIBUFE \$85 cloth

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.

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

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



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

What Would Buddha Do? will help you be the Buddha you are.



OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice

by *Martin Lowenthal & Lar Short*. 194 pp. #OPHECO \$12.95

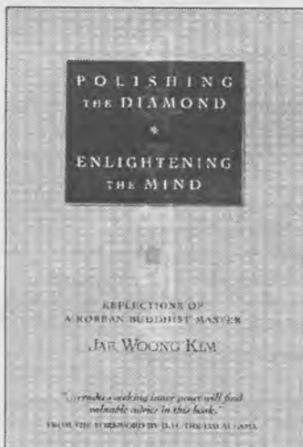
Combines descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises.

"An important contribution to the vital field of East/West psychology and spirituality."—Geshe Tenzin Wangyal Rinpoche

PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life

by *Thich Nhat Hanh*. 135 pp. #PEEVSP \$12.95

The deepest fulfillment can be found in everyday activities that we take for granted. Thich Nhat Hanh offers dozens of creative suggestions that can be put to work immediately so we can be truly awake to the perfection of every moment.



POLISHING THE DIAMOND, ENLIGHTENING THE MIND

by *Jae Woong Kim*. 246 pp. #PODIEN \$18.95

The Diamond Sutra is one of the most beloved and profound Buddhist scriptures for it contains the heart of the Buddha's teachings. Through instruction and stories Master Kim, a Korean Buddhist teacher, reveals the technique of "surrendering" to maintain meditative peace.

QUEER DHARMA: Voices of Gay Buddhists

ed. by *Winston Leyland*. 416 pp. #QUDH \$19.95

Gay writers discuss their sexuality and spiritual life and how they've integrated the two. Topics are divided into six major sections: Buddhism and Homosexuality; Historical Essay; The Dharma and Gay Life; Personal Accounts; Interview with John Giorno; Essays on Contemporary Buddhism and Homosexuality; Gay Fiction on Buddhism Themes; Dharma Poetry, including work by Allen Ginsberg.

QUEER DHARMA: Voices of Gay Buddhists, vol. 2

ed. by *Winston Leyland*. 222 pp., 17 b&w photos. #QUDH2 \$16.95

Gay men write about how they have integrated their sexuality and spirituality via Buddhist practice. Focus is practice and gay relationships.

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

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

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

STOPPING AND SEEING: A Comprehensive Course in Buddhist Meditation

by *Chih-i*, trans. by *Thomas Cleary*. 208 pp. #STSE \$12

Stopping (shamatha) and seeing (vipashyana) refer to stopping delusion and seeing truth, the twin processes basic to Buddhist meditation. The Chinese Buddhist master Chih-i covers the principles, dynamics, and methods Buddhist meditation practices.

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

by *Donald S. Lopez Jr.* 275 pp., cloth. #STBU \$25.00

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.

STUDIES IN ABHIDHARMA LITERATURE AND THE ORIGINS OF BUDDHIST PHILOSOPHICAL SYSTEMS

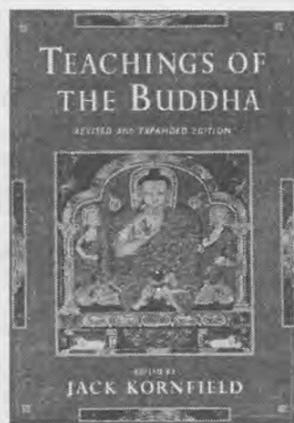
by *Erich Frauwallner*, trans. by *Sophie Francis Kidd*. 247 pp. #STABLI \$16.95

Frauwallner analyzes the literary traditions, doctrinal tendencies, and structural methods of the Buddhist Abhidharma canon to expose the beginnings of systematic philosophical thought in Buddhism. He offers insights on the path of meditation, the development of Buddhist psychology, and on causality, the problem of time, and the development of Buddhism from its early doctrinal beginning to some of the most complex philosophical edifices in history.

VISIBLE HERE AND NOW: The Buddha's Teachings on the Rewards of Spiritual Practice

by *Ayya Khema*. 214 pp. #VIHENO \$14.95

In response to questions posed by King Ajatasattu on why we should give up the satisfactions of worldly life and devote ourselves to meditation, the Buddha explained the tangible benefits of spiritual life. An important topic of this teaching was an account of the eight meditative absorptions, or jhanas—states of mind that bring joy, serenity, and peace and that open the way to clarity and liberation. Ayya Khema's commentary inspires us to roll up our sleeves and accomplish the meditative goals to the highest extent of our talents and efforts.



TEACHINGS OF THE BUDDHA

ed. by *Jack Kornfield*. 160 pp. #TEBU \$12

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers Buddha's instructions on sitting meditation, cultivating calm awareness and living with compassion, freedom and wisdom.

WAY TO BUDDHAHOOD: Instructions from a Modern Chinese Master

by *Venerable Yin-shun*. 416 pp., #WABU \$19.95

Drawing especially on the Madhyamaka tradition of Nagarjuna, Candrakirti, and Tsongkhapa, the Ven. Yin-shun presents the essentials of Buddhist thought that also embrace the modern world.



WHEN THE IRON EAGLE FLIES: Buddhism for the West

by *Ayya Khema*. 224 pp. #WHIREA \$16.95

This is a meditation course containing a wealth of exercises and advice. Grounding her teaching in our everyday experiences, Ayya Khema shows how to gain access to higher realization and liberation.

WHO IS MY SELF?: A Guide to Buddhist Meditation

by *Ayya Khema*. 192 pp. #WHMYSE \$14.95

Ayya Khema uses one of the earliest Buddhist sutras to guide us in a popular meditation practice for understanding the nature of "self." Her thoughtful contemplation of the Buddha's radical understanding of "self" and her practical advice for achieving insight offer both beginning and advanced practitioners a warm and down-to-earth approach.

WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition

by *Sangharakshita*. 295 pp. #WBI \$17.95

The Heart Sutra, The Diamond Sutra, and the Ratnaguna-Samcayagatha Sutra are pivotal texts for understanding reality. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life.



WORLD AS LOVER, WORLD AS SELF

by *Joanna Macy*, foreword by *Thich Nhat Hanh*. 252 pp. #WOLO \$15

Dependent co-arising is a fundamental and complex concept of Buddhism. Joanna Macy provides many insights on applying this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken

WOMEN & BUDDHISM



A BLIGHTED FLOWER AND OTHER STORIES

comp. and trans. from the Tibetan originals by *Riika Virtanen*. 154 pp., line drawings. #BLFL \$9.00

Provides a fascinating glimpse of modern Tibetan literary art. These four stories focus on women's lives in contemporary Tibet. The translation of Dondrub Gyel's *A Blighted Flower* forms the main work in this collection. It is considered to be one of the pioneering works in modern Tibetan storytelling. Other stories are *A Shameless Bride*, *A Girl with Her Face Concealed by a Scarf*, and *The Yellow Leaves of Summer*.

THE BOND BETWEEN WOMEN: A Journey to Fierce Compassion

by *China Galland*. 344 pp., 19 b&w photos. #BOBEWO \$14.00

"A stunning book—Galland introduces us to the stories of women who are towers of strength, inspiration, and hope. It reads like a beautiful novel, is a journey of compassion, and leaves our hearts uplifted."—Isabel Allende

Galland's pilgrimage is also a call to action to address many injustices: a Nepalese woman tirelessly rescues children sold to brothels; in India, women are working together to clean the waters of the Ganges; in Brazil, a woman teaches street children in a makeshift school under a freeway; and in the US, Mother Teresa's Sisters feed the poor and a Buddhist nun teaches the art of peacemaking.

"A wonderful book."—Jack Kornfield



BLOSSOMS OF THE DHARMA: Living as a Buddhist Nun

by *Thubten Chodron*. 204 pp., 14 b&w photos. #BLDH \$16.95

Fourteen American, European and Asian Buddhist nuns talk about the variety of lifestyles a nun can have and the varieties of communities that exist. They discuss the challenge and joy of being a celibate woman in a world where sensuality and sexuality are held up as the ultimate pleasures of life. It draws out the cross-cultural challenges of Western women fitting into male-dominated religious institutions, and shows how they are adapting traditional forms and designing new ones more appropriate for their Western culture.

BUDDHISM THROUGH AMERICAN WOMEN'S EYES

by *Karma Lekshe Tsomo* 180 pp. #BUAMWO \$12.95

Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: "Bringing Dharma into Relationships," "Dealing with Stress," "Abortion: A Respectful Meeting Ground," "Buddhism and the Twelve Steps," "Bodhisattva Peace Training," "The Monastic Experience," and "Forging a Kind Heart in an Age of Alienation." Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University



BUDDHIST WOMEN ACROSS CULTURES: Realizations

ed. by Karma Lekshe Tsomo. 326 pp. #BUWOCU \$21.95

Scholars and practitioners from a variety of Buddhist cultures, philosophical traditions, and academic disciplines analyze important dimensions of the new cross-cultural Buddhist women's movement: the status and experiences of women in Buddhist societies, feminist interpretation of Buddhist tenets, and the relationship of women to Buddhist institutions. It documents both women's struggle for religious equality in Asian Buddhist cultures as well as the process of creating Buddhist feminist identity across national and ethnic boundaries as Buddhism gains attention in the West.

BUDDHIST WOMEN ON THE EDGE: Contemporary Perspectives from the Western Frontier

ed. by Marianne Dresser. 321 pp. #BUWOED \$16.95

Brings together thirty ordained teachers, monastics, and longtime practitioners—these writings plunge into issues of gender, race, class and sexuality; lineage, tradition, and authority; teacher-student relationships; role of the emotions; how spiritual practice informs creativity; and more. Some of the writers: Tsultrim Allione, Pema Chodron, Barbara Gates, Jane Hirshfield, bell hooks, Anne C. Klein, Susan Moon, and others.

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

by Vicki Mackenzie. #CASN \$14.95 paper (see Biography)

CHARMING CADAVERS: Horrific Figurations of the Feminine in Indian Buddhist Hagiographic Literature

by Liz Wilson. 258 pp. #CHCA \$19.95

In this study of sexuality, desire, the body, and women, Wilson investigates first-millennium Buddhist notions of spirituality. Despite the marginal role women played in monastic life, they occupied a very conspicuous place in Buddhist hagiographic literature. In narratives used for the edification of Buddhist monks, women's bodies in decay served as a central object for meditation, inspiring a salutary sense of revulsion and a deepened commitment to chastity. Taking up universal concerns connected with the representation of women, Wilson displays the pervasiveness of androcentrism in Buddhist literature and practice.

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

(See Buddhist Ethics)

DOLMA LING: A Pilgrim's Progress Across the Himalayas

by Lucas Myers. 202pp. #DOLLI \$8.95

The story of a young girl's pilgrimage to Lhasa, a journey that makes her aware of what actually happened in Tibet prior to her birth, and what it means to live in perpetual fear. It presents a compelling and personal view of the life of Tibetans in occupied Tibet without a heavy political tone. This story was derived from interviews conducted with forty nuns at their nunnery, Dolma Ling, in the Kangra Valley, Himachal Pradesh, India.

DREAMING ME: An African American Woman's Spiritual Journey

by Jan Willis. 336 pp. cloth. #DRME \$23.95

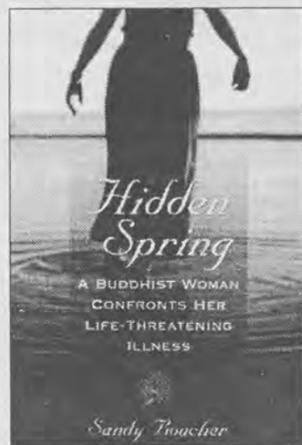
Journeying from the Jim Crow South to India, from the black Southern Baptist Church to Tibetan monasteries, *Dreaming Me* is one woman's story of overcoming the wounds of racism to bring a message of healing and hope to anyone facing insurmountable odds. She tells her story of growing up in the segregated South to becoming a professor—from being involved with the Black Panthers to cultivating a relationship with Lama Yeshe. Jan Willis has been a student of Tibetan Buddhism for nearly thirty years, is a professor of religion at Wesleyan University.

FEMININE GROUND: Essays on Women and Tibet

ed. by Janice D. Willis. 166 pp. #FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—*Pacific World*

Six western women scholars and practitioners explore issues of "women" and "the feminine" in Tibet. These critical and provocative essays discuss female role models, the nun's life, and gender and role identity as these manifested in Tibet. Contents: Jan Willis writes on "Dakini: Some Comments on its Nature and Meaning" and on "Tibetan Anis: The Nun's Life in Tibet"; Rita Gross on "Yeshe Tsogyel: Enlightened Consort"; Janet Gyatso on "Down with the Demons"; Miranda Shaw on "An Ecstatic Song by Laksminkara"; Barbara Aziz on "Moving Towards a Sociology of Tibet"; and Karma Lekshe Tsomo on "Tibetan Nuns and Nunneries."



HIDDEN SPRING: A Buddhist Woman Confronts Cancer

by Sandy Boucher. 192 pp. #HISP \$16.95

The first book that demonstrates in detail how Buddhist meditation and practice helps cope with the ordeal of a life-threatening disease. In 1995, the author was diagnosed with stage III colon cancer. She reveals how meditation techniques and understanding of Buddhist principles prepared her to meet the challenges of her illness.

HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95 (see Biography) "...a superior book."—Carebanu Cooper, *The Tibet Journal*

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

by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos. #GIMYLP \$15.95 (see Biography)

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

by Gyatso Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$29.95 cloth (see Biography)

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

trans. by Lama Chonam & Sangye Khandro. 224 pp., #LLIPR \$16.95 (see Biography)



MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self

by Anne C. Klein. 288 pp. #MEGRBL \$14

The Great Bliss Queen Yeshe Tsogyel embodies mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that Klein puts in conversation with contemporary feminist concerns, and especially with women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources and the writings of contemporary Western women.

MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America

by Lenore Friedman. 320 pp. #MEREWO \$19.95

Revised and updated, this book celebrates the flowering of women in American Buddhism. Seventeen remarkable teachers are profiled interviewed. This new edition describes the developments in these women's lives since 1987.

SAKYADHITA: DAUGHTERS OF THE BUDDHA

ed. by Karma Lekshe Tsomo. 346 pp. #DABU \$18.95 cloth

Links and encourages women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It contains the presentations from the first International Conference on Buddhist Nuns and investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment.

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

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

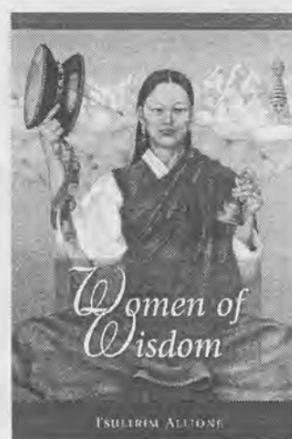
SISTERS IN SOLITUDE: Two Traditions of Buddhist Monastic Ethics for Women

by Karma Lekshe Tsomo. 192 pp. #SISO \$19.95

Documents the earliest system of ethics formulated especially for women and presents the first translations of the original texts. An essential sourcebook for studies on women's religious history and feminist ethics, it details the monastic guidelines that link Buddhist nuns of the different traditions.

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

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



WOMEN OF WISDOM

by Tsultrim Allione. 340 pp., new edition, 24 pp. of photos. #WOWI \$16.95

This new edition includes Tsultrim's expanded autobiography covering the last 15 years since the first edition appeared.

"One best books to bring out the riches of the feminine in Buddhism. Filled with inspired stories, *Women of Wisdom* is truly a classic."—Jack Kornfield

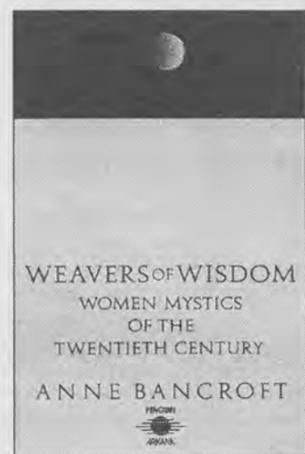
Women of Wisdom explores and celebrates the spiritual potential of all women, as exemplified by the lives of six Tibetan female mystics. These stories of great women who have achieved full illumination, overcoming cultural prejudices and a host of other problems which male practitioners do not encounter, offer a wealth of inspiration to everyone on the spiritual path.

In this revised and expanded edition, Tsultrim Allione's extensive autobiographical preface and introduction speak directly to the difficulties and triumphs of women in the West who pursue a spiritual life as she shares her own stories and experiences.

Tsultrim Allione is one of the most widely known contemporary Western women teachers of Buddhism.

She is founder and director of Tara Mandala, a retreat center in Pagosa Springs, Colorado, that has been described as one of the most dynamic new Buddhist centers in North America.

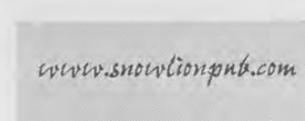
"For anyone interested in exploring new ground regarding either women and religion or Tantric Buddhist lore, this book is a treasure."—Anne C. Klein, *Parabola*



WEAVERS OF WISDOM: Women Mystics of the Twentieth Century

by Anne Bancroft. 177 pp. #WEWI \$11.95

Explores the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics—each has developed unique insights into the "truth that goes beyond the ordinary," and together they give a rare and cohesive view of women's ways of liberation.



WOMEN'S BUDDHISM, BUDDHISM'S WOMEN: Tradition, Revision, Renewal

ed. by Ellison Banks Findly. 512 pp. #WOBUBU \$24.95

In the past, Buddhist women have been hindered in their efforts to actualize their spiritual lives by a dominant male religious society. Focusing on the Buddhist tradition as one that historically responds to new circumstances and challenges, these essays describe how women have significantly shaped Buddhism to meet the needs and demands of contemporary life. This is a call for women to come forward and participate more actively in the transitions that are taking place and reap their benefits.

BOOKS FROM OTHER TRADITIONS

ENLIGHTENED BY DESIGN Using Contemplative Wisdom to Bring Peace, Wealth, Warmth & Energy into Your Home

by Helen Bertiner. 242 pp., oversized, many b&w illustrations and photos, #ENDE \$22.95

Shows how to use your home to realign with the basic forces of nature, heaven and earth, the four directions, and the elemental energies that arise from them. The author draws on traditional geomantic systems from both East and West—Celtic to feng-shui. Her approach is partially based on Tibetan Buddhist teachings on energy mandalas and the practice of space awareness.

LIVING WISDOM: Revisioning the Philosophic Quest

by Anthony Damiani. 269 pp. #LIWIS \$15.95

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.

BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body by John Mann & Lar Short. 192 pp., 10 diagrams. #BOLI \$14.95

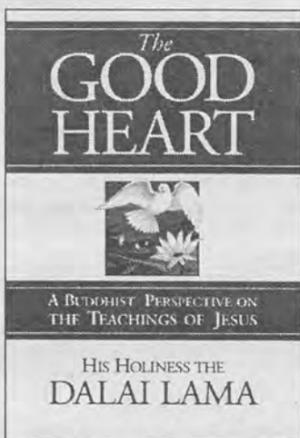
"Reveals secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, the Healing Tao Center

Now in paper

THE GETHSEMANI ENCOUNTER: A Dialogue on the Spiritual Life by Buddhist and Christian Monastics

ed. by Donald W. Mitchell & James Wiseman, O.S.B. 306 pp. #GEEN \$19.95

In July 1996, at the request of H.H. the Dalai Lama, an historic five-day meeting occurred at the Abbey of Gethsemani, in Trappist, Kentucky of fifty leading Buddhist and Christian monastics and other teachers from many traditions to engage in real dialog on the nature of ultimate reality and prayer, meditation, and spirituality and society. His Holiness spoke four times.



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

by the Dalai Lama. 224 pp., 2 photos, 4 illus. #GOHE \$15.95

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

THE JEW IN THE LOTUS

by Rodger Kamenetz. 225 pp. #JELO \$13.00

"With humor, compassion, and unfailing honesty, Rodger Kamenetz tells of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz deepens his understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists."—Jane Hirshfield, author

THE MONK AND THE PHILOSOPHER: A Father and Son Discuss the Meaning of Life.

by Jean-Francois Revel & Matthieu Ricard. 336 pp. #MOPH \$14

Jean Francois-Revel, a pillar of French intellectual life in our time, is world famous for challenging both Communism and Christianity. His son Matthieu Ricard, gave up a promising science career to study Tibetan Buddhism and immersed himself in its practice under the guidance of Dilgo Khyentse Rinpoche. Father and son explore questions together: Does life have meaning? What is consciousness? Is man free? Why is there suffering and hatred?—and frankly discuss the differences in the way each has tried to make sense of life.



NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit

by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10" #NATISA \$29.95

It is remarkable how similar the Navajo and Tibetan philosophies and practices are. Peter Gold draws extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. His sensitive comparison shows how to recover a sense of the sacred through our own cultural paradigms. Peter has lived many years in these two cultures and is uniquely prepared to bring this remarkable study to light.

SPIRITUAL ADVICE FOR BUDDHISTS AND CHRISTIANS

by H.H. the Dalai Lama, ed. by Donald Mitchell. 96 pp. #SPADBU \$10.95

The Dalai Lama shares his understanding of the practice of prayer and meditation in spiritual life, the stages of spiritual development, the role of the teacher and the community, the goals of personal and societal transformation. These teachings occurred at Gethsemani Abbey, Kentucky, at a meeting of Christian and Buddhist monks and nuns who came together to discuss their spiritual life.

WELCOMING FLOWERS from across the Cleansed Threshold of Hope: An Answer to the Pope's Criticism of Buddhism

by Thinley Norbu. 93 pp. #WEFL \$12

In the Pope's book, Crossing the Threshold of Hope, are serious misrepresentations of Buddhist doctrine which seemed to be based on misunderstandings. Thinley Norbu has corrected these to dispel misconceptions about Buddhism.

MUSIC & CHANTS

Because of the difficulty of reselling returns, tapes are not returnable unless defective.

TIBETAN CHANTS



BIG OM OF TIBET: Om chants, prayers and mantras recording by Stefan Ackermann. 75 min. CD #BIOM \$18

Recorded in monasteries in the Himalayas, this CD transports the listener to real life ceremonies in the actual monasteries and nunneries—not some studio. Traditional chants of Yamantaka, Mahakala, 1000 Buddhas, Offering the Mandala and others.

THE BLISS WHIRL OF THE SKY DANCERS: Sacred Music Performed by the Khachoe Ghakyil Nuns

1 hr. CD, #BLWHCD \$20
Four recordings by the Khachoe Ghakyil nuns: Tu Soel, Lam-Rim Dedication, Chod, Prayer to the compassionate Buddha. This CD is a fund raiser for the nunnery.

CHAKRA CHANTS

by Jonathan Goldman. CD 62 min. #CHCHCD \$17

Jonathan Goldman has been empowered by the Chant Master of the Drepung Loseling Monastery to teach sacred Tibetan overtone chanting. He is the author of Healing Sounds and founder of the Sound Healers Assoc. This release contains rich harmonic sound, deeply resonant overtone chanting that creates a gentle and powerful experience.

CHANT RETROSPECTIVE 2000

by the Gyuto Tantric University. 70 min. CD. #CHRECD \$20.00

The monks of the Gyuto Tantric University are well known for their vocal and chanting skills. They perfected the overtone chants—each monk is capable of producing three tones simultaneously. On this CD you will hear chants of Palden Lhamo, Yamantaka, Mahakala, Guhyasamaja, and others.

CHANTS BY LAMA SURYA DAS

CD #CHLASU \$16.95

"Om Mani Padme Hung"; "Benzar Guru Mantra: Tara Mantra"; "Heart Sutra"—all chanted by famous Buddhist teacher Lama Surya Das.



CHENREZIK

#CHCD \$18; Tape #CHT \$12

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

CHÖ

by Choying Drolma & Steve Tibbetts. Cassette #CHO \$12; CD #CHOCDD \$18

Choying Drolma is a member of Nagi Gampa, 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 Gampa's water supply.

CHOD

by Wangdu Lama. 2 CDS #CHODCD \$32

This double CD set gives the entire Chod ritual.

CHOD: Cutting Through Dualism

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

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

CHÖD AT THE MARATIKA CAVE, NEPAL

by Thrangu Rinpoche. 62 min., CD. #CHMACA \$20

"Chöd is for cutting through obstacles. The sounds of the chanting and instruments, such as on this CD, can give blessings and a feeling of peace to the listener and this is very good."—Ven. Thrangu Rinpoche. Recorded in the lower cave of Guru Rinpoche in eastern Nepal.



THE CHOD FEASTS

by Chagdzud Tulku Rinpoche. #CHFCD \$15.95

Chod 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."—Chagdzud Tulku Rinpoche



DEWA CHE: Universal Healing Power of Tibetan Mantras

by Dechen Shak-Dagsay. 72 min. CD #DECHCD \$17

Dechen is a Tibetan singer of wonderful mantras with music of flutes, sitar, singing bowls, harmoniums and tanpura. The mantras are suitable for listening, meditation and to support healing. Some of the selections: Avalokiteshvara, Medicine Buddha, Vajra Guru, Tara, Amitabha, Vajrasattva. Dechen is the eldest daughter of the Venerable Dagsay Tulku and lives in Switzerland.



THE GYUTO MONKS: Freedom Chants

Cassette #GYMOFR \$12
CD #GYMOCD \$16.98

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.

HEALING MEDITATION

(soundtrack of the film: The Knowledge of Healing)
CD #HEMECD \$16

These prayers, mantras and ritual music play a very important role in Tibetan medicine. According to the Dalai Lama, these prayers reinforce the effects of medications by promoting self-healing.



IN SEARCH OF HAPPINESS: Invocations of the Sakya School of Tibetan Buddhism

by the Ngagpas Monks of Sakya Tashi Ling. 55 min. CD #SEHACD \$15.98

Chants by the male and female ngagpa resident monks of Sakya Tashi Ling including lineage prayers, long life prayers to H.H. Sakya Trizen, offering the mandala, parting from the four attachments, and Amitayus-Hayagriva. Composer Abelardo Oquendo created music for each prayer in a way that honors the traditional aspects of the chants yet adds to their beauty.

LAMA CHOPA: A Buddhist Tantric Celebration

by the monks of Drepung Loseling Monastery. 56 min. CD. #LACOCD \$16

Monks of Drepung Loseling Monastery based in Atlanta recorded these sacred chants. These selections are clear and the studio quality is excellent. Although the Lama Chopa is a single piece, it is comprised of 14 sections. It begins with arousing the inner meditative mind of the performer and the invocation of the forces of goodness from the ten directions. It then goes on through the stages of worship and meditation, and eventually concludes with a dedication to world peace. This ritual was written by the First Panchen Lama.

MAHAKALA CHANTS

by Bardor Tulku Rinpoche, Tenzin Chonyi, and the retreatants and students at Karma Triyana Dharmachakra Monastery. CD, 69 min. #MACH \$18

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



MAHAKALA: Puja with H. H. the 17th Gyalwa Karmapa
by H.H. the 17th Gyalwa Karmapa, music by Sina Vodjani. 73 min. CD, booklet with color photos. #MACD \$20

Every day in the late afternoon a puja (offering ceremony) for the Dharma Protectors is celebrated in the monasteries and retreat places. The most popular protector is Mahakala who protects the tantric practitioner from his or her own obscurations—greed, aggression and ignorance. This puja is led by the 17th Karmapa. Sina Vodjani has created a musical environment that enhances the sounds of the chant which took place in Tsurphu Monastery in 1996.

MANDALA DANCE OF THE TWENTY-ONE PRAISES OF TARA

by Prema Dasara & Anahata Iradah. cassette #MADAT \$12.98, CD #MADACD \$17.98

"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 Chogyur Lingpa and shaped into verse for singing and movement. The dance has been performed internationally.

MEDICINE BUDDHA

by Khenpo Konchog Gyaltsen Rinpoche. 60 min. #MEBUCD \$16.00

Medicine Buddha, a vajrayana mantra to strengthen and renew caregivers, is sung by Khenpo Konchog Gyaltsen Rinpoche, Abbot for the Drikung Kagyu lineage of Tibetan Buddhism. Of the two versions included on this album, the first half-hour features his simple unaccompanied voice and the second half-hour is Khenpo Gyaltsen's voice accompanied by harmonic drones and keyboard. Tadyatha Om Bhekhaze Bhekhaze Maha Bhekhaze Raza Ramungate Svaha.

MEDICINE BUDDHA PUJA

by the Monks of Gaden Jangtse. 60 min. CD. #MEBUPU \$16

This is a fund-raiser for the Gaden Jangtse Monastery. Seven monks chant the prayers of the Medicine Buddha and the various forms of the Medicine Buddha which helps establish a connection with the healing Buddha. On the CD is printed the Medicine Buddha mantra in English and Sanskrit, and as the CD spins, prayers are sent into the universe.

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

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

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

NAMDRUK, THE SKY DRAGON: A Collection of Prayers and Mantras Recited by the Great Dragon.

by H.H. the Twelfth Gyalwang Drukpa. Double CD, 85 min. #NASKCD \$20

Contains: The Seven Line Prayer of Guru Padmasambhava, refuge & bodhicitta, Amitabha mantra, Chenrezig prayer, Mani mantra, Praise to the Twenty-One Taras, Green Tara mantra, Vajra Guru mantra, Vajrasattva mantra, Yellow Jambhala Mantra, and much more.

OM MANI PADME HUM: Tibetan Monk Chants

by the Monks of Maitri Vihar Monastery. 70 min. CD #OMCD \$18

These chants of Yamantaka contain the deepest and most resonant chanting that we have heard. The CD contains a sadhana, not simply mantras, and is over an hour long.



PRAISES OF TARA

by the Tibetan Buddhist Nuns of Kopan Monastery. 50 min., CD. #PRTACD \$18.00

Almost every Tibetan knows by heart the prayer/song that is the core of this recording. Tara is known as "The Mother of All Enlightened Beings." She inspires beings toward peace, happiness, prosperity, growth and transformation. The nuns of Kopan beautifully sing this practice which is performed on new or full moon days—it is known as Dolma Mandel Zhichok, "The Universe Four Times to Tara the Liberator." This CD is a fund-raiser.



PRAISES TO CHENREZIG: Nyung Ne Prayers

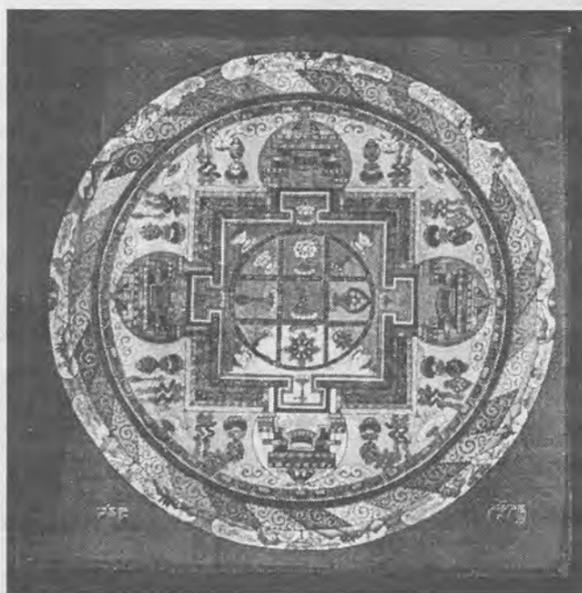
by the Tibetan Buddhist Nuns of Kopan Monastery. 42 min., CD. #PRCHCD \$18.00

The Nyung Ne fasting practice is a powerful and skillful means of purification and accumulating merit. It combines special vows, fasting, silence, mantra recitation and prostrations and can be done in two days. This selection of devotional songs from this practice are sung by the nuns of Kopan in Nepal. This CD is a fund-raiser.

RAIN OF BLESSINGS: Sacred Feast Melodies Chanted by Monks and Nuns of East Tibet

by monks of Korche Monastery and nuns of Kala Rong Convent. CD w/ English trans., #RACD \$16.98

Recorded live in Nangchen, east Tibet these 10 pieces contain beautiful chants by monks and nuns. Kagyu Thubten Choling produced this CD of sacred feast songs which express the transcendent joy of the mind soaring free from attachment and aversion, devotional songs and mantras to support humanitarian projects in east Tibet. The sound quality and voices are excellent.



RAIN OF BLESSINGS: Vajra Chants

by Lama Gyurme & Jean-Philippe Rykiel. 54 min. CD #RABLCD \$15.98

A serenely eloquent expression of Tibetan Buddhism in delicate arrangements of piano, violin and kora with deeply resonant chants of Lama Gyurme: Offerings, Medicine Buddha, Chenrezig, Sangye Menla, Om Mani Padme Hum, Refuge, and others.

SACRED BUDDHA

music by Sina Vodjani. 60 min. CD, booklet contains photos. #SABUCD \$20

This selection of 11 sacred Tibetan prayers, mantras and sacred songs are composed by Sina Vodjani and includes the voice of H.H. the 17th Karmapa and others. There are prayers to Karmapa, Milarepa, Dorje Chang, Mahakala, mantras of Chenrezig, and Tara, song to the four immeasurables.

SACRED CHANTS FROM A TIBETAN CHANT MASTER

by Segyu Gaden Dhargye Ling. 1 hr., #SACHTI \$18

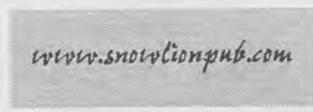
Here are fourteen chants that are regularly performed by the monks of the Tibetan Segyu Monasteries. Included are Medicine Buddha chants and Yamantaka Self-initiation.

"The two deep, gravelly voices fill the room with a sense of well-being, rising and falling like swells on a tranquil ocean."—*Yoga Journal*

SACRED DRUM OF TIBET: Chöd, Cutting through Ego

by monks and nuns of Nangchen, Kham. CD. #SADRCD \$17

Traditionally practiced in charnel grounds by wandering yogis, Chöd is a sacred meditation that dissolves fear and ego-clinging into the expanse of luminous awareness. Also included is the *Eight Verses of Auspiciousness*, a traditional prayer for the removal of obstacles and the accomplishment of one's aspirations, chanted by Ven. Lama Norlha and the monks of Korche Monastery.



SACRED HEALING CHANTS OF TIBET

by the monks of Gaden Sharitse Monastery. #SAHECC \$16.95 CD

"Listening to this musical program confers healing benefits. The compositions are sacred, significant parts of colorful, elaborate healing ceremonies which magically open up consciousness."—Lobsang Rappagay.

SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SAMUC \$12, CD #SAMUSA \$18

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

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.



SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SATIC \$12, CD #SATICD \$18

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



SHOWER OF BLESSINGS: Mantras, Chants, and Music from Some of the Great Contemporary masters of Tibetan Buddhism

by ZAM on behalf of Rigpa. 65 min., CD, 26 pp. CD Insert, #SHBL \$15.98

Contains 24 selections of sacred Tibetan chants and music gathered over a 20 year period. These prayers and mantras are sung in the traditional way, and the insert contains both the Tibetan text and an English translations for each of the practices. Some of the best known mantras and practices are here, as are the voices of Sogyal Rinpoche, Chagdud Tulku Rinpoche, Nyoshul Khen Rinpoche, and Khandro Tsering Chodron. An excellent guide for hearing and practicing these prayers.

THE SOUND OF DHARMA

Ven. D.C. Ayang Rinpoche & the monks of the Drikung Kagyu World Peace Tour, 1999. 72 min. CD. #SODHCD \$18

Recorded in Germany, this CD offers many traditional chants and the booklet offers explanations for each. Included are: prayers to Milarepa, lineage lamas, Guru Padmasambhava; mantras of Vajra Guru, Amitabha, Chenrezig; also the Heart Sutra!



SOUNDS OF TIBET: Sacred Music from Shechen Monastery

by the monks of Shechen Monastery. CD #SOTICD \$18

Eleven selections from the sacred music of Dilgo Khyentse's monastery in Nepal.

TEMPLE MUSIC FROM TIBET

by Deben Bhattacharya. CD #TEMUCD \$17

Contains: Drugpa Kagyu from Tashijong, Padmasambhava birthday ritual; Nyingma prayers praising Buddha; Afternoon Prayer at Rumtek; Lhabab temple ceremony and fire puja of the Gelugpa.

TIBET: Ritual Music and Chants of the Gelug Tradition

by Monks of the Sera Je Monastery. 48 min. CD plus 96 page book, color and b&w photos throughout #TIRIMU \$19.95

Selections include: Praise to Tara, Prayer to Tsongkhapa, Prayer of Universal Love, the Graded Path, Invocation, Confession and Purification of Secret Hayagriva, Practice of Exchanging Oneself and Others, Dedication of Merits. The book features numerous exceptional photos of Tibet and Sera Monastery prior to its destruction and describes Tibet's history, ritual music, and Buddhism. Some of the proceeds support Sera Monastery and Tibetan Children's Village in India.

TIBET: The Heart of Dharma, Buddha's Teachings and the Music They Inspired

produced and written by David Lewiston, Glenn H. Mullin, Cynthia Josaya, et al.; music by the monks of Loseling Dratsang of Drepung Monastery and Kham-pagar Monastery. 63 pp. book, 29 color photos and other illus. & CD #TIHEDH \$19.95

A lovely package—this book and CD contain the philosophy and music of Tibetan Buddhism. The major teachers and teachings of the four lineages are presented, the Dalai Lama is introduced as well as three meditational deities: Chenrezig, Tara, Kalachakra. The chants are *Ornament for Clear Realization, The Hundred Buddhas of Tushita, The Eastern Snowy Mountain, Splendid Knowledge, and Life Enhancement.*

TIBET, TIBET

by Yungchen Lhamo. CD, #TI \$18

Yungchen Lhamo was given her name by a Buddhist Lama—it means Goddess of Song. Born and raised in Tibet, her spirituality and her voice were nurtured by her family. At 25, she walked over the Himalayan mountains from Tibet to India to receive the blessings of H.H. the Dalai Lama. The power and purity of Yungchen's voice gives heart to her spiritual devotion. This CD contains a number of prayers (refuge) and chants (such as Om Mani Padme Hum) as well as some beautiful folk songs from Tibet.

TIBETAN BUDDHISM:

Tantras of Gyuto

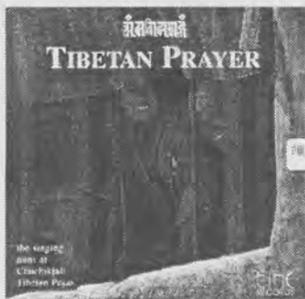
recorded by David Lewiston. CD #TIBUCD \$18

The tantric chants of the Sangwa Dupa (Guhyasamaja) and Mahakala are performed in Dalhousie, India by the monks of Gyuto Tantric College. The sound of the full monastery chanting is impressive.

TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY

CD #CHNACD \$16

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



TIBETAN PRAYER:

The Singing Nuns at Chuchikjall

75 min. CD #TIPRCD \$18

Moving prayers and pujas sung in hypnotic voices by the nuns of Chuchikjall.

TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung

Cassette #SATEDR \$10

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

TIBETAN SONGS OF GODS AND DEMONS: Ritual and Theatrical Music of Tibet

produced by Steven Beyer.

40 min. cassette #GODE \$12

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.

TOUR 2000 PRAYERS

by the Drepung Tehor Khangtsen. 70 min., CD. #DRTECD \$20.00

Drepung Monastery is one of the largest and best known—these monks have toured in the West numerous times sharing their ritual talents freely. There are eight selections on this CD: Making Prostrations to the Buddhas, Inviting the Buddhas and Making Offerings, Guru Yoga Prayer, Tsok Offering, Torma Offerings to the Dharma Protectors, Lam Rim Prayer, Praise to Tsongkhapa.



TURQUOISE LEAF

by Ani Tsering Wangmo. 59 min., CD. #TULECD \$15.98

Chants of Chod, Om Mani Padme Hung, Vajra Guru Mantra, Vajra Offerings, Praises to the 21 Taras, beautifully chanted by Ani Tsering Wangmo of the Turquoise Leaf Nunnery. Ani Wangmo was originally from Shuksep Nunnery near Lhasa. The CD is a fund-raiser—for more information contact Ewam.

For more information visit:

THE TWENTY-ONE PRAISES OF TARA

by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$8 for book containing transcription of text #TWPRTP (optional).

Contemplating Tara's qualities dispels the mental cloud of afflictions. Free from fear, one meets life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places. Chanting and booklet are in English.

THE VAJRA SONGS OF THE GREAT DAGPO KAGYUD LINEAGE

by Ven. Minam Rinpoche. 35 min., CD. #VASOCD \$16

Contains supplication to Lineage Guru, Vajra Guru Mantra and long life prayers for H.H. the Twelfth Gyalwang Drukpa. Helps support Drukpa Kargyud Nangchen Wanglung Monastery.

VOICE OF TIBET

by Chagdud Tulku Rinpoche. CD #VOTICD \$16

Aspirational songs and mantras chanted and sung by Chagdud Tulku Rinpoche. This recording includes three versions of the Vajra Guru mantra, the Vajrasattva mantra, an Avalokiteshvara prayer, the Prayer to the 21 Taras, the Seven-Limb Prayer, folk songs, and more. It is well recorded, and Chagdud Tulku Rinpoche has an exceptionally clear and strong voice.

www.snowlionpub.com

THE MUSIC OF NGAWANG KECHOG

Born in Tibet, Nawang now lives in the USA. He has been a musician since childhood and was a Tibetan monk for 11 years. The experience of peace is very present in his lyrical and spacious flute music. Nawang has toured with the world-renowned artist Kitaro.



IN A DISTANT PLACE

by Nakai, Eaton, Clipman, and Nawang Khechog. 69 min., CD. #DIPLCD \$16

The sweet voices of the Native American flutes of Carlos Nakai and the Tibetan flutes of Nawang Khechog blend together with harp and guitar to musically explore the worlds of Native America and Tibet.

This CD has been nominated for a 2001 Grammy Award.

QUIET MIND: The Musical Journey of a Tibetan Nomad

by Nawang Khechog. CD #QUMICD \$16.98

Born of Tibetan nomads, Nawang Khechog discovered a deep affinity with the bamboo flute in early childhood. His gentle flute explorations are music as meditation.

RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting

CD #RHPECD \$16.98

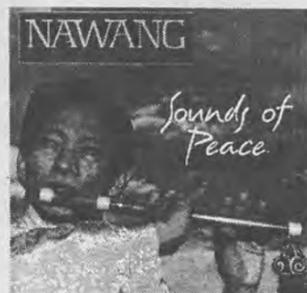
The meditative sounds of Nawang Khechog. This is an otherworldly masterpiece that uses soothing melodic textures to explore the inner stillness.

KARUNA

by Nawang Khechog. CD #KACD \$18

"I rely on music to promote understanding and harmony between people and toward nature."

This is a wonderful offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture.



SOUNDS OF PEACE: Bamboo Flute & Didgeridoo

Cassette #SOPE \$10 CD #SOPECD \$16.98

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



MEDITATIVE MUSIC OF SINGING BOWLS

BELL OF TIBET: Soundbath with Tibetan Bowls and Gongs

by Acama. 63 min. CD #BETI \$17

Peter Hess has specialized in finding and importing genuine singing bowls. The tradition of making them has nearly been lost and the market has been filled with cheaper versions. The harmonies and rhythms of the bowls on this CD are meant to soothe and bring joy to the listener.



GOLDEN BOWLS

by Karma Moffett. CD #GOBO \$18

Thirteen Tibetan singing bowls create a meditative sound environment, easing the mind out of its chatter. Rich tones and harmonics unfold and dissolve into ever-changing patterns.

GOLDEN BOWLS OF COMPASSION

by Karma Moffett. 60 min. CD. #GOBOCO \$16

This stereo recording incorporates the sounds of 22 singing bowls.

NADA HIMALAYA: Music for Meditation

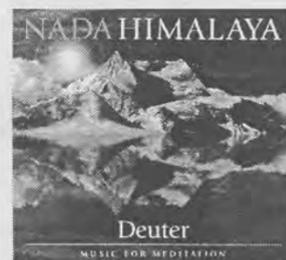
by Deuter. 48 min. CD, #NAHI \$15.98

Contains only the natural sounds of Tibetan bells and bowls, chimes and mountain stream. The sounds are gentle but powerful in helping to bring quiet from the inside and raise one's energetic vibration. Deuter is a famous composer of meditation music.

SINGING BOWL MEDITATION 1

by Hans de Back. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch inviting listeners inward.



SEVEN METALS: Singing Bowls of Tibet

by Benjamin Iobst. 56 min. CD #SEMECD \$15.98

Recorded by a health care professional interested in the therapeutic power of Tibetan singing bowls for use in bodywork and meditation sessions. This recording includes the sounds of 25 bowls, the larger of which sustain audible sounds for up to four minutes.



OTHER MUSICAL RECORDINGS

DEWACHEN: Land of Bliss

by Kirby Shelstad. CD 72 min. #DECD \$16

Kirby Shelstad is a world, jazz and rock musician who has brought his talents to Buddhist themes. Compositions include: "Calling the Lama from Afar"; "Samadhi Pada"; "The Joyful Path"; "Namo Buddhaya"; "Longchenpa Prayer"; "Jang Chub Kyi Sem." Kirby is a student of Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche.



CHANGSHAY: Traditional Tibetan Drinking Songs

by Techung. 17 songs on CD #CHTRDR \$16.50

Contains lyrics in Tibetan with English translation.

DRAYANG: The Best Selection of Tibetan Songs

by the Tibetan Institute of Performing Arts. 73 min., CD. #DRCD \$19.00

TIPA was founded in 1959 in India to preserve the traditions of performing arts. The members travel around the world and this recording was made in Japan. The 14 selections represent the classical music of Tibet—lively singing voices, friendly melodies, and music that makes life colorful. Nature, tradition and the breath of freedom are found in the songs of the Tibetan people.

OTHER MUSICAL RECORDINGS

HIMALAYA ROOTS:
Inspiring Music from Nepal
55 min. CD #HIRO \$18

Classical Nepali music featuring flute, sarangi, tabla, cymbal just like you hear in Kathmandu.

NAKED SPIRIT
by Sainkho. 38 min. CD #NASP \$16

Sainkho is an extraordinary vocalist from the republic of Tuva. Her unique vocal techniques range from crystalline soprano to vibrant baritone and include shamanic throat/overtone singing as well as traditional folk styles. Naked Spirit blends all of these talents in a series of original compositions which transmit the pure essence of her Buddhist inspiration and spiritual power.

REFUGE
by Gabrielle Roth & The Mirrors. CD #RECD \$16.98

Boris Grebenshikov, the former Soviet Republic's most famous underground pop artist, has been a practicing Tibetan Buddhist for years. Gabrielle and Boris have crafted a body of work based on the spiritual traditions of Tibet with the use of ancient chants as the focus. Meditative and peaceful, with mantra-like grooves of percussion and other instruments, the music lends well to sitting, sacred dance and bodywork.

RENEWAL: Contemporary Tibetan Folk Songs
by Chaksampa. CD #RECOCD \$16.50

Twelve Tibetan folk songs from this famous Tibetan group.

RISING SUN OF NANGCHEN: Tibetan Folk Songs

sung by the people of Nangchen. 33 selections on 6 tracks. CD. #RISUCD \$17

These authentic Tibetan folk songs evoke the buoyant spirit of old Tibet—a spirit that delights in the beauty of the natural environment and the intimate connection between the inner spirit and the outer world.

SEEING NOTHING BUT THE SKY: The Songs of Tibetan Nuns Recorded in a Chinese Prison

by 14 imprisoned Tibetan nuns. 29 songs, approx. 1 hr., #SENOCD \$15 CD

In October 1993, 14 Tibetan nuns held in Drapchi prison recorded songs with a tape recorder that had been smuggled into the prison. They are serving sentences for participation in the 1989 pro-independence rally. Because of this recording, their sentences were doubled. The songs are patriotic and sung in folk style. The sale of this CD supports the Free Tibet Campaign.



TIBET IS CALLING: Authentic Folksongs from Tibet

55 min. CD #TICA \$18
Wonderful Tibetan folksongs with clear solo vocal and moving melodies—one of the best recordings we have heard. Proceeds aid the Ganden Shartse Monastery.

TIBETAN HORN
by Phil Thornton & Steven Cragg. Cassette #TIHOT \$12, #TIHOC \$16

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

TRANCE TARA by Jonathan Goldman
CD #TRTA \$18

This is a musical offering to Tara with Tibetan overtone chanting, mantric choral chanting, tribal drumming, Tibetan singing bowls and bells. "Tantric Tara" contains the mantra OM TARA TU TARE TURE SVAHA with male and female voices and instruments. "Dreamtime Tara" is a trance dance mix featuring dominant drumming. All sounds are acoustic and naturally created.

SKY TREASURE
by Techung and Kit Walker. 56 min., CD. #SKTRCD \$16

Techung has a classic Tibetan singing voice. These arrangements with Kit Walker feel traditional and sound beautiful.

SONGS OF THE JATAKA TALES, by Penny Nichols and members of the Karma Kagyu Institute
Cassette #SOJATA \$12; #SOJATC \$20 CD

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

TIBET/WATERBONE
by D. Kendall Jones, Jimmy Waldo, David Evans. 62 min., CD #TIWACD \$16

Tibet began as a basic motif composed by D. Kendall Jones. It slowly found its way through the clouds, lifted its arms to the heavens and became a symphony of beauty and rhythm transfused with crystal chants of monks, the jubilant choruses of Nepali and Tibetan children singing traditional hymns along with horns, drums, and flutes—the harmonic heartbeat of a place of pristine holiness and pleasure. Tibetan electronica.



12 TREASURES: Gesar Songs and Prayers from The Saltmen of Tibet

by Ulrike Koch. 65 min. CD, #12TR \$20

Here are songs from the Gesar epic, prayers and mantras that are sung during the long journey to retrieve salt from the 12 salt lakes in Northern Tibet. The singer of the epic of Gesar is Yumen. Her special skill to recite the epic was transferred to her during a dream when she was 16. The repertoire of Gesar songs fills 37 volumes and she is one of the greatest living interpreters of it and highly venerated.

WAY TO KATHMANDU: Sitar and Rhythm
by Karma Moffett. 60 min. CD. #WAKACD \$16

Karma takes you into the valley of Kathmandu. Floating with exhilarating music of the sitar and drums.

WHITE CRANE: Nangma and Toesche, Light Classics of Tibet

by Loten. 68 min. CD w/ booklet, #WHCRCD \$17.98

These songs express the heartfelt emotions of the Tibetan people. Their elegance and charm evoke the lost world of ancient Lhasa, Tibet. Nangma means "insiders" and these pieces were originally performed by Tibetan aristocrats, exclusively for themselves. Toesche are songs of the upperland. These light classics are her sung by Loten, a Tibetan from Dharamsala, with an ensemble of four instruments: a Dranyen (six-stringed lute), Piwang (two-stringed fiddle), Gyuemang (dulcimer), and Threling (transverse flute).

AUDIO TEACHINGS

H.H. THE DALAI LAMA

THE ART OF HAPPINESS: A Handbook for Living

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

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



COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATTVA

by H.H. the Dalai Lama; translated by Thubten Jinpa and Jeffrey Hopkins. 8 cassettes, #COTHTSA \$39.95

Based on teachings given prior to a Kalachakra Empowerment, The Thirty-Seven Practices of the Bodhisattva is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. He summarizes the quintessence of the Mahayana path in these teachings including sections on the six perfections and cultivating bodhicitta.

THE 14TH DALAI LAMA IN HAWAII

produced by Edgy Lee and Karma Lekshe Tsono. 1 hr. #DLHACD \$15

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.

THE FOUR NOBLE TRUTHS
by H.H. the Dalai Lama. 4 cassettes, 6 hours, #FONOC \$35

In 1996, the Dalai Lama gave a wonderful teaching in London on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as being ultimate objects of refuge.

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. cassette, 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.

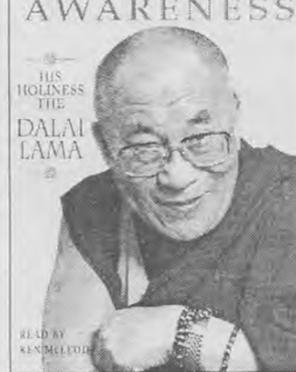
THE PRECIOUS GARLAND: A Commentary by His Holiness the Dalai Lama

by H.H. the Dalai Lama; translated by Thubten Jinpa. 6 cassettes in vinyl case, #PRGATA \$49.95

A commentary on Nagarjuna's Precious Garland, An Epistle to a King given in Los Angeles 1997. He focuses on the first chapter but includes overviews of the other four and elaborations on important sections. Also includes a small booklet with translations of a popular praise to Nagarjuna, The Light of Madhyamika and a prayer from the Precious Garland.

AUDIO RENAISSANCE

OPENING THE EYE OF NEW AWARENESS



OPENING THE EYE OF NEW AWARENESS

by H.H. the Dalai Lama, read by Ken McLeod. cassette, 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.

TEACHINGS ON PATIENCE
by the Dalai Lama. 8 tapes #TEPA \$100

An outstanding teaching on the practice of patience—it is a detailed commentary on Shantideva's classic A Guide to the Bodhisattva Way of Life. This is an excellent teaching in which to immerse oneself.

LECTURES BY PEMA CHODRON

AWAKENING COMPASSION

by Pema Chodron. (6) 7 hrs.
#AWCO \$39.95

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

BE GRATEFUL TO EVERYONE

by Pema Chodron. (1) #BEGREV \$10

How to transform difficult people and circumstances into the path of awakening. A good summary of the lojong path, teachings which make every experience useful in the path.

EMPTINESS AS GOOD NEWS: The Practice of the Heart Sutra

by Pema Chodron. (1) #EMGOTA \$10

FACING THE MONSTER

by Pema Chodron. (1) #FAMO \$10

Real peace of mind and stability do not come from denying the parts of ourselves that we'd rather not look at—from labeling things good or bad and belittling ourselves for our continuing failures. If we instead learn to be compassionately aware of the many sides of our experience, the poisons we fear will slowly change into the virtues of patience and loving-kindness.



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

by Pema Chodron. 3 hrs., study guide, tape set. #GOMETA \$18.95
2 1/2 hrs, 12-page digital study guide, CD-Rom. #GOMECD \$24.95

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

The enhanced CD Rom includes rare live video footage with Pema Chodron, interview excerpts, and music.

THE LOVE THAT CANNOT DIE

by Pema Chodron. (6 tapes)
#LOCADI \$49

Chodron expands our capacity for maitri, compassion, joy and equanimity. What blocks joy and true self-love? Holding an ideal that is so high we can't possibly meet it, and then using that to beat ourselves up. She discusses the seven near and far enemies of joy and peace and gives powerful methods for healing the energy drain of false self-concept.

KNOWING THE NATURE OF FEAR: Teachings on Warriorship

by Pema Chodron. 6 cassettes
#KNAFAE \$49.95

In the Shambhala tradition, warriorship is based on cultivating inherent gentleness, fearlessness and intelligence—not on aggression. By opening to your own fear, you can discover fearlessness—it is going beyond it.

NOBLE HEART: A Self-Guided Retreat on Befriending Your Obstacles

by Pema Chodron. (6) 9 hrs., study guide, #NOHE \$59.95

Structured so that you can create your own retreat, this complete curriculum delivers key teachings on how to recognize and cultivate the "soft spot" that is the gateway to your own noble heart. Pema teaches the four great catalysts of awakening: love, compassion, joy, and equanimity and advises how to draw strength from them every day, in any situation. She also guides us to understand the six paramitas and how to connect with your innate "unlimited friendliness" which can grow to contain the whole world.

PEMA CHODRON AND ALICE WALKER IN CONVERSATION: On the Meaning of Suffering and the Mystery of Joy

by Pema Chodron. 71 min. cassette with booklet #PECHAL \$11.95

This is an intimate sharing on how to celebrate the human condition. With honesty and humor, Walker and Chodron explore the most pressing spiritual riddles of our time. What is the purpose of suffering? Are activism and meditation mutually exclusive? Can sexuality block the path to enlightenment? Comes with an eight-page booklet including Chodron's tonglen instructions and many other helpful resources.

PURE MEDITATION

by Pema Chodron. 2 cassettes, 3 hrs., #PUMET \$18.95

Chodron uses her vibrancy and clarity to guide the listener into a proper and profound meditation practice. She covers the preparations of posture and breathing and then explains the methods for transformation and letting go.

START WHERE YOU ARE

by Pema Chodron. (1) #STWHYO \$10

"You cannot walk a mile in someone else's shoes until you have truly walked in your own."

WHEN THINGS FALL APART: Heart Advice for Difficult Times

by Pema Chodron. 3 hours, 2 cassettes #WHTHTA \$18.95

This is an abridgement of her popular book by the same name. Included are ways to use painful emotions to cultivate wisdom, compassion and courage; ways to communicate that lead to openness and true intimacy with others; practices for reversing negative habitual patterns; methods for working with chaotic situations; and ways to cultivate compassionate, energetic social action.

WORKING WITH PAIN: How to Develop Inner Strength

by Pema Chodron. (5 tapes)
#WOWIPA \$45

Pema Chodron teaches the methods of lojong and tonglen for transforming suffering.

ROBERT THURMAN

THE JEWEL TREE OF TIBET

by Robert Thurman. 6 cassettes, 9 1/2 hours, study guide, vinyl binder.
#JETRTI \$59.95

Tibetan Buddhism is a "Wish-fulfilling gem tree" that offers the gifts of enlightenment and happiness to all who seek it. Now, in twelve detailed sessions, listeners have the opportunity to join acclaimed scholar and practitioner Robert Thurman to learn the core teachings of this vast lineage from sources such as Padmasambhava, Naropa, and Tsong Khapa. Program includes guided meditation instruction to experience the blessings of the wish-fulfilling lineage tree and other traditional practices.

THE YOGA OF IDENTITYLESSNESS

by Robert Thurman. (8 tapes)
#YOID \$49

Discusses the nature of emptiness and selflessness.

MAKING THE WORLD WE WANT

by Robert Thurman. 4 cassettes, 5 hours #MAWOWE \$29.95

Thurman speaks openly on this most important issue for our time—how Buddhism is poised to revolutionize the entire course of humanity. In this passionate, incisive and often hilarious joyride of the mind and spirit, Thurman explores mindful communities as "enlightenment factories" and how they have sparked inner revolutions through history, the Buddha's philosophy of life, liberty, and the pursuit of real happiness, how compassion and non-duality spur social action.

THE YOGA OF SELF-CREATION

by Robert Thurman. (8 tapes)
#YOSECR \$49

Discusses the generation stage of highest yoga tantra.

LAMA SOGYAL RINPOCHE

LIVING AND DYING TODAY

by Lama Sogyal Rinpoche. 4 cassettes, 4 1/2 hrs. #LIDYTO \$26

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

LIVING WELL, DYING WELL

by Lama Sogyal Rinpoche. 1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

RIGHT VIEW: Living Your Dying

by Lama Sogyal Rinpoche. #RIVI \$9.95

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



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

by Sogyal Rinpoche. 1 cassette
#SPOSE \$10.99

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 \$9.95

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

KHENPO KONCHOG GYALTSHE RINPOCHE

CHENREZIG Teachings & Practice

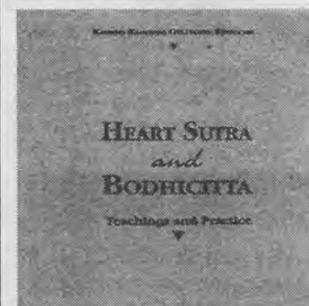
by Khenpo Konchog Gyaltshe Rinpoche. 4.5 hrs., (3) cassettes, #CHTEPR \$25

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

GREEN TARA: Teachings and Practice

by Khenpo Konchog Gyaltshe Rinpoche. Three 90-min. cassettes #GRTAT \$30

Contains a commentary on a supplication to Tara, questions and answers on Tara practice, and a practice of Tara in Tibetan.



HEART SUTRA & BODHICITTA: Teachings and Practice

by Khenpo Konchog Gyaltshe Rinpoche. Seven 90-min. cassettes #HEBOT \$55

Combines the essential Heart Sutra teachings with the teachings on Bodhicitta, the single most important factor for attaining enlightenment. The Heart Sutra is chanted in Tibetan.

ILLUSORY BODY TEACHINGS

by Khenpo Konchog Gyaltshe Rinpoche. Five 90-min. cassettes #ILBOTE \$40

The illusory body practice is one of the six Yogas of Naropa involving seeing all phenomena as lacking inherent existence. Khenpo unfolds the practice, step-by-step teaching the practices of the impure and pure illusory body.

MEDICINE BUDDHA TEACHINGS

by Khenpo Konchog Gyaltshe Rinpoche. (2) #MEBUTE \$17

Khenpo gives a teaching, commentary and practice on the Medicine Buddha sadhana.

TONGLLEN: The Practice of Sending and Receiving

by Khenpo Konchog Gyaltshe Rinpoche. Four 90-min. cassettes #TOPRT \$35

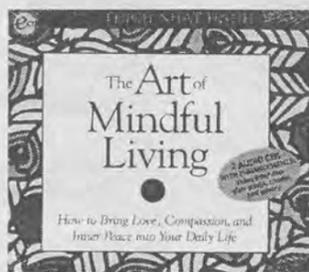
Tonglen is a powerful practice for generating loving-kindness and unconditional compassion for all beings, a vital element in bodhisattva training. Included are guided meditations, visualizations and mantra practices.

Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us.

See page 5 for details.

TAPE SETS BY THICH NHAT HANH



THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life
by Thich Nhat Hanh.
Two CDs (PC or MAC), #ARMICD \$24.95
Two Cassettes, 3 hrs. #ARMILI \$18.95

Meditation master Thich Nhat Hanh offers his practical teachings about how to bring love and mindful awareness into our daily experience. Kind, purposeful, and illuminating—here is an abundant treasure of traditional *gathas* (teachings) that unify meditation practice with the challenges we face in today's world. Enhanced CD features include Vietnamese music from Plum Village, video footage of Thich Nhat Hanh on mindfulness, and a text interview with the author, songs, chants, and poetry from Thich Nhat Hanh and Sister Chan Khong.

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

MINDFULNESS AND PSYCHOTHERAPY: Working with Anger and Nourishing Inner Peace

by Thich Nhat Hanh. two 90-min. cassettes, #MIPST \$18.95

Originally created for those in the helping professions, this tape set has proven profoundly useful to anyone who wants to understand why we are at war with ourselves and one another—and how to mend our conflicts through time tested Buddhist techniques.

TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation

by Thich Nhat Hanh with Sister Chan Khong. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer to divine creation and is designed to release anger and cultivate compassion.

THE FOUR IMMEASURABLES

by Lama Tsering Everest. 2 cassettes, 120 min. #FOIMT \$14.00

The four immeasurables of love, compassion, joy, and equanimity are qualities of the bodhisattva that can grow limitlessly. In learning how to develop them, Lama Tsering teaches that all beings have been our mothers and how this is a difficult perspective for Westerners. Yet it is just this perspective when applied to daily life that gives rise to the four immeasurables in us. Lama Tsering also discusses relative and absolute truth and the importance of working with a spiritual teacher.

TEACHINGS BY LAMA SURYA DAS

DZOGCHEN: The Innate Great Perfection

by Lama Surya Das. 3 cassettes #DZINGR \$28.50

Recorded during a week long retreat in Germany, talks include: Happiness Is the Way; Joy of Meditation; Buddhist Sense of Integrity; Mingling Dharma with Daily Life.

INTRODUCTION TO DZOGCHEN

by Lama Surya Das. Cassette #INDZ \$12

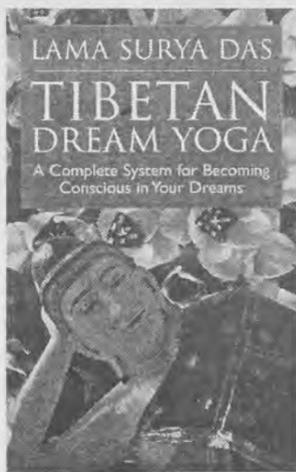
This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

NATURAL PERFECTION: Teachings, Meditations, and Chants in the Dzogchen Tradition of Tibet

by Lama Surya Das. 6 hrs., 4 cassettes, study guide #NAPE \$29.95

"Buddhist masters of Tibet believe that dzogchen practice was destined to become the single, most powerful spiritual vehicle in the West, because it takes the struggle out of meditation—it is spacious, natural, and relaxing."—Lama Surya Das

In six sessions, listeners are guided through each step of dzogchen practice, where they will learn sky gazing, natural awareness, prayers and chants to open the heart and mind, etc.



TIBETAN DREAM YOGA: A Complete System for Becoming Conscious in Your Dreams

by Lama Surya Das. 3 hrs., 2 CDs, #TIDRC \$24.95

2 cassettes, 25 pp. study guide. #TIDRYO \$18.95

During his 30 years of study with the lamas of Tibet, Surya Das learned firsthand how anyone can use these exercises and meditations to become conscious within the dream state—and thereby accelerate spiritual development. He also teaches many yogic dream techniques to help enhance problem solving and creativity, overcome our deep-rooted fears and false beliefs, and free ourselves from harmful habits.

NOTE: The CD-ROM format enhanced CDs containing audio, music and video clips are meant to be played on your computer, using an internet connection, speakers and Real Player programs, which are free for downloading.

THE POWER OF DREAMS

by Tenzin Wangyal Rinpoche. 6 cassettes #PODRT \$50

Rinpoche teaches the ancient dream practice of Bon-Tibetan Buddhist traditions. The goal of this practice is to recognize the sacred spiritual dimension of the dream, and by applying it in meditation, to harmonize one's life as well as ultimately to achieve enlightenment. He discusses ancient methods of developing lucid dreams by which one can maximize the potential of mind and body.

TEACHINGS BY JACK KORNFIELD

AFTER THE ECSTASY, THE LAUNDRY: How the Heart Grows Wise on the Spiritual Path

by Jack Kornfield. 6 cassettes. #AFEC \$29.95

Perfect enlightenment appears in many texts, but how is it viewed among Western teachers and practitioners? Kornfield spoke with more than one hundred Zen masters, rabbis, nuns, lamas, monks and senior meditation students from all walks of life. The result is this extraordinary look at the hard work we all must do—our laundry—no matter how often we experience ecstatic states of consciousness.

BUDDHISM FOR BEGINNERS: A Complete Course on the Heart of the Buddha's Teachings

by Jack Kornfield. 6 cassettes, 9 hrs. #BUBECO \$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.

MEDITATION FOR BEGINNERS

by Jack Kornfield. 6 cassettes 8 1/2 hrs. #INAR \$59.95

A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowing and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.

MEDITATION FOR BEGINNERS

by Jack Kornfield. One 90-min. cassette, #MEBET \$10.95

Offers a straightforward, step-by-step method for bringing meditation effortlessly into your life. He teaches how to use your breath, physical sensations—even difficult emotions—to create tranquility and lovingkindness in your everyday life.

THE ROOTS OF BUDDHIST PSYCHOLOGY

by Jack Kornfield. 6 cassettes in vinyl case, 9 hrs., #ROBUPS \$60

Kornfield offers practical ideas on the interior life and what brings awakening, freedom and happiness. Topics include turning unskillful states into root opposites, meditation, grasping, resisting and delusion, fear and separateness, skillful anger, liberation of the heart, vows of Bodhisattvas, happiness and connection, types of giving, liberation, compassion, the limits of intention, Buddha and the four heavenly messengers.

YOUR BUDDHA NATURE: Teachings on the Ten Perfections

by Jack Kornfield. 6 cassettes (9 hours), #YOBUNA \$29.95

The ten perfections provide the most basic foundation for mindful living. By using them as keys, one can unlock the human gate to supreme wisdom, and fully open to the perfection within each moment.

OTHER TEACHERS

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 \$30

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



BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening

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

The Buddha 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. 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.

FEEDING THE DEMONS: Relaxing Dualism

by Tsultrim Allione. (1) #FEDE \$10

Ignoring or attacking the demons within us only makes them grow larger. Paradoxically, acknowledging and feeding the parts of ourself that we are most afraid or ashamed of turns out to be the most effective way of disarming their power and reintegrating them back into the original wholeness from which they came. Allione explains the practice of chod and guides us in meditation.

FOUR YOGAS OF MAHAMUDRA

by H. H. Drikung Kyabgon Chetsang Rinpoche. 2 90-min. cassettes #FOYO \$17

Teachings on Mahamudra based on Gampopa's advice on the different stages of Mahamudra meditation and how to work with difficulties that arise on the path. His Holiness describes the characteristics of a qualified teacher and student, the four different ways of falling off the path of Mahamudra, results of practice, the four different levels of yogic meditation, and the four levels of yogic attainment.

GREAT WOMEN PRACTITIONERS

by H.E. Chagdud Tulku Rinpoche. 2 cassettes, 180 min., #GRWOPR \$18

Rinpoche recounts the life histories of several women who have achieved profound spiritual realization: Machig Labdrön, Yeshe Tsogyal, mandarava and his mother, Delog Dawa Drolma. These accounts make clear for men and women alike, anyone who exerts enthusiastic and one-pointed effort can attain enlightenment.

GUIDED MEDITATIONS ON THE LAMRIM: The Gradual Path to Enlightenment

by Bhikshuni Thubten Chodron. 14 CDs, booklet & guide to the meditations. #GUMELA \$99.95

"As I often tell people, the analytical meditations on the points of the Lamrim will transform our minds and enable us to become more compassionate and wise. I encourage people to do these meditations as part of their daily practice."—the Dalai Lama

Bhikshuni Thubten Chodron provides a simple, directed way to bring into one's daily meditation practice all the points of the Gradual Path to Enlightenment. She leads you through analytical meditations on anger and attachment, joyous effort, karma, death, rebirth, and much more—it will enable you to bring your life and the Buddhist path together.

RELATIONSHIPS IN SPIRITUAL LIFE

by Lama Tsering Everest. 2 cassettes, 100 min. #RESPLI \$14.00

In the warm, direct, and humorous manner for which she is known, Lama Tsering Everest discusses how to make relationships an important element of spiritual growth. From the Buddhist perspective, relationships are about giving selflessly, without expecting anything in return—and this begins with our closest relationships. Lama Tsering shows us how to overcome self-interest and transform small-mindedness in order to alleviate the suffering of others. She has studied extensively with H.E. Chagdud Tulku Rinpoche and is now Chagdud Gonpa's resident lama in Brazil.

ROAD SAGE: Mindfulness Techniques for Drivers

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

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

SHAMBHALA WARRIOR TRAINING: How to Manifest Courage, Authenticity and Gentleness in Every Situation of Your Life

by Cynthia Kneen. 6 cassettes, 8-page booklet, #SHWATR \$59.95

From the discovery of basic goodness—your innate human capacity for direct, personal experience through the rousing of windhorse energy—Kneen offers time-tested methods for meeting your moment-to-moment experience with a brave and open heart. You learn how to balance your physical and mental energies; how to break free of the cocoon that stifles your intrinsic richness; how to move beyond fear into fearlessness, how to overcome the obstacles to meditation, the relationship between fear and courage, why vulnerability makes the warrior strong, etc.

ATTENTION PLEASE! Most of these films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.



ANCIENT SECRET OF THE FOUNTAIN OF YOUTH
#ANSEV \$19.95

This is the video that can show you how to achieve the benefits of the famous Five Tibetan exercises. Fitness experts show step-by-step how easy and fun it is for anyone of any age to become healthier, younger-looking, more energetic and alive in just minutes a day.

ARISING FROM FLAMES: Overcoming Anger Through Patience

by *The Dalai Lama*. 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

THE ART OF DYING: A Window into the Tibetan Way of Life

by *J. Casper Jensen & Majbritt Munck*. 63 min. #ARDY \$29.95

This film could have been called the Art of Living—it is a wonderful view into the life of the people of Mustang. It is the story of an ancient culture tucked away in the largest mountains in the world, and of joyful people who sustain themselves under great odds. Slow moving scenes allow time to soak up the images, and the dialogue is by the people themselves: simple villagers, the king of a remote village of Mustang, and Tibetan monks. The Art of Dying explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds.



CHASING BUDDHA: Life Is Not a Sentence
written and directed by *Amiel Courtin-Wilson*. 52 min. video. #CHBU \$22

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 to 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.

COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATVA

by *H.H. the Dalai Lama*; translated by *Thubten Jinpa and Jeffrey Hopkins*. 6 videos, 12 hours, #COTHSV \$79.95

This video collection is based on teachings given prior to the Kalachakra Empowerment. The Thirty-Seven Practices of the Bodhisattva is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. This teaching summarizes the quintessence of the Mahayana path—including the six perfections and bodhicitta.

www.snowlionpub.com

COMPASSION IN EXILE: The Story of the 14th Dalai Lama

by *Mickey Lemle*. 60 min. #COEX \$29.95

An intimate portrait of the Dalai Lama. Behind his story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet. This is the best film we have seen on the current plight of the Tibetans.

THE CUP

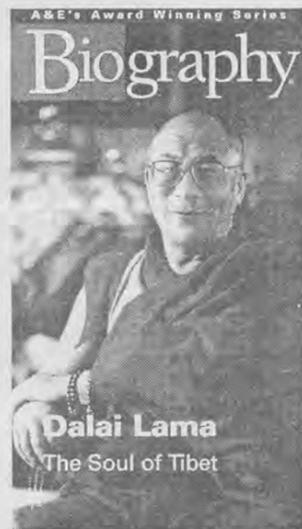
written and directed by *Khyentse Norbu*. 94 min. #CUP \$22.98

Now you can own *The Cup*, an inside look at life in a Tibetan monastery whose youth have soccer fever. Inspired by true events, *The Cup* follows two young Tibetan boys, Palden and Nylma, who escape hardship and danger in Tibet to become monks in Bhutan. The World Cup Final creates a stir in the monastery as the boys sneak out to watch the play. The cast is mainly members of the Chokling Monastery—a true to life adventure, a monastic thriller.

DAKINI WISDOM

by *Lama Chagdud Tulku Rinpoche*. 93 min. #DAWIVI \$29.95

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respokey by Tsering Everest.



DALAI LAMA: The Soul of Tibet

by *A&E's Award Winning Series, Biography*. 50 min. video. #DALASO \$16.95

If you want the best biography of the Dalai Lama with amazing film of old Tibet and the 13th and 14th Dalai Lamas (in Tibet), that gives the historical context of his life and covering all the major events since his exile—this is the video for you! We are impressed to see so much rare historical footage. There are excellent interviews with His Holiness, John Avedon, Richard Gere and others.

THE DANCING NUNS OF KOPAN

Produced and directed by *Anahata Iradah*. 30 min. #DANUKO \$24.95

The nuns of Kopan Monastery, under the direction of their abbot, are receiving the same training that was previously only given to monks. Here they are shown in Nepal and on tour in the USA—chanting, performing sacred dance, making sand mandalas, and debating. Anahata Iradah, Prema Dasara, and the women of Tara Dhātu were invited to teach the nuns the Dance of the 21 Taras and to create other dances for the nuns.

ETHICS FOR THE NEW MILLENNIUM

by *H.H. the Dalai Lama*. 81 min. #ETNEV \$29.98

From London's Royal Albert Hall, the Dalai Lama speaks of the need for an inner transformation as a prerequisite to a new and transformed outer world. His Holiness urges us to link individual happiness to an ethical vision of the world in which we care about others.

EXPLORING THE MANDALA

by *Pema Losang Chogyen*. 10 min. #EXMA \$19.95

"an extraordinary visual aid."—*TRICYCLE: The Buddhist Review*

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala of Yamantaka) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the sequence of visualization, presenting a visual introduction to Tibetan mandalas. There are three showings of the film for a total of 30 minutes.

THE EIGHT MOVEMENTS OF YANTRA YOGA: An Ancient Tibetan Tradition

by *Chogyal Namkhai Norbu*, instructor *Fabio Andrico*, produced by *Shang Shung Institute and Angelo Fontana*. 75 min., video w/ 32 page booklet #EIMOYA \$29.95, PAL (overseas standard) #EIPOYP \$29.95

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

Yantra Yoga, or Union of the Sun and the Moon, is one of the more ancient Tibetan yogas, taking its origin from the great masters Humkara and Padmasambhava. These eight movements are the preparatory to a more complex system of Yantra Yoga. They harmonize and strengthen our energy through simple and effective methods. They act on the physical level through the body movements, and on the subtle level through the coordination of the breath. Through these eight movements one can achieve a calmer and more harmonious state of mind, for it is a yoga of harmony in movement.

"As a practitioner of Yantra Yoga, I found this video to be very correct and precise, as well as enjoyable to watch."—*Paula Barry*

"This is a compelling introduction to this ancient Tibetan tradition, and I highly recommend it."—*Richard Rosen, Yoga Journal*

THE FOUR DHARMAS OF GAMPOPA

by *H.E. Tai Situ Rinpoche*. 3 video tapes. #FODHGA \$70

Rinpoche gives a commentary on a text by Gampopa. Turning the mind to Dharma begins with taking refuge in Buddha, Dharma, and Sangha. To make sure one's practice does not deviate from the path, it is important to practice bodhicitta, the mind of loving-kindness and compassion. Proper practice will clear up delusions leading to the recognition of primordial wisdom, symbolized by Vajradhara.



THE FOUR NOBLE TRUTHS
by *the Dalai Lama*. 4 videos, 6 hours, #FONOV \$108

The Dalai Lama gave a wonderful teaching on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as ultimate objects of refuge.

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

by *the Milarepa Fund*. 90 min. #FRITVI \$29.95

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

FROM TIBET TO TURTLE ISLAND: A Journey of Spiritual Liberation

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

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



GOOD MEDICINE How to Turn Pain into Compassion with Tonglen Meditation

by *Pema Chodron*. 3.5 hrs., 2 videos plus study guide, #GOMEV \$49.95

Tonglen is a simple and elegant meditation system for everyone. Through tonglen, the difficulties in life can be used as a way to befriend ourselves, accept the past and widen our circle of compassion—this breathing meditation quickly cuts through suffering.

AUDIO TEACHINGS

BOOKS ON TAPE

SHAMBHALA: The Sacred Path of the Warrior

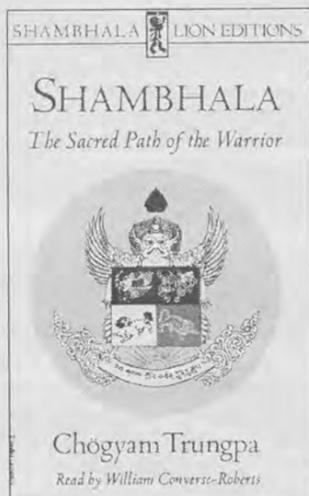
by *Chogyam Trungpa Rinpoche*. 2 hrs., 2 cassettes #SHSAT \$16.95

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

THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo

trans. by *Francesca Fremantle & Chogyam Trungpa*, narrated by *Richard Gere*. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$18.95

This classic Buddhist scripture is traditionally read aloud to the



dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

GUIDE TO THE BODHISATVA'S WAY OF LIFE

by His Holiness, the Dalai Lama. 8 video tapes averaging 2 hrs. each. #GUBOV \$150

This outstanding teaching on the practice of patience was given by His Holiness in 1993. It is a detailed commentary on Shantideva's classic work on the bodhisattva practices. His Holiness combined his own personal experience in developing patience with his extensive scholarship to explicate the text. These sessions include question and answer periods, meditation practice, and a teaching on the 12 links of dependent arising.



A GUIDE TO WALKING MEDITATION

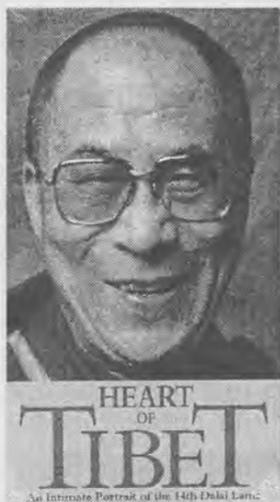
by Thich Nhat Hanh. 30 min. #GUVAMV \$35

Thich Nhat Hanh instructs a group of students in the joys of this simple practice. His underlying theme: "Be happy, peaceful, and serene." On this video you can see and feel the power that emanates from the deep experience of a man who truly lives his teaching.

HEALING ORACLES OF LADAKH

by Elan Golomb, with voice-over by Joan Halifax, author. 28 min. #HEOR \$29.95

Western concepts of health and disease are not universally recognized and often are not as effective in promoting and maintaining well-being as they could be. Cultures that have practiced other types of healing and ritual recognize the effect of our "spirit" on our physical being. This film (on videotape) candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this video of an almost lost tradition.



HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama

60 min. #HETIV \$29.98

Heart of Tibet is a very candid view of His Holiness during a Kalachakra Initiation. Starting his day with 4 AM meditation, he conducts press interviews, complex Kalachakra rituals and touches the hearts of everyone he encounters.

HOME TO TIBET: The Story of Sonam Lama's Return to His Homeland

by Alan Dater and Lisa Merton. 55 min. #HOTI \$29.95

Home to Tibet documents the return of the Tibetan stone mason Sonam Lama to his homeland for the first time since his escape twelve years ago. His sister had asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dangerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people.



HUMAN RIGHTS AND MORAL PRACTICE

by H.H. the Dalai Lama. 35 minute video #HURIV \$24.98

This video recording of a talk given by the Dalai Lama at the University of California at Berkeley addresses some of the most pressing social issues of our time with great insight and sensitivity. His Holiness urges the audience to consider intelligently those dilemmas which lie at the core of our society—questions of immediate concern to the future of humanity. He speaks on birth control, the arms trade, the global economy, and the recent Gulf War, and outlines ways to bring about a more peaceful world.

THE INNER ART OF MEDITATION

by Jack Kornfield. 90 min. video, #INARV \$19.95

This is a beginner's course on insight meditation that helps generate calm and awaken to truth. Meditations include: awareness of breath, body sensations, thoughts and feelings; practice of forgiveness and loving-kindness.



IN THE SPIRIT OF MANJUSHRI: The Wisdom Teachings of Buddhism

by H.H. the Dalai Lama. 4-tape box set, 5 hours, #SPMAVI \$108

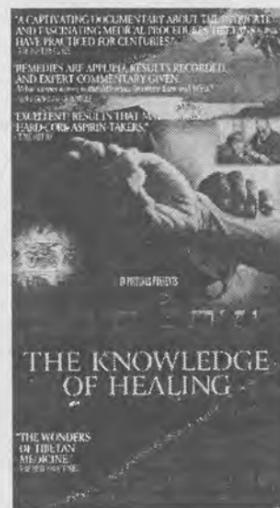
During three days the Dalai Lama taught the three principle elements of the wisdom path: renunciation, bodhicitta, and the correct view of emptiness. This teaching is an elaboration of the third Noble Truth, the cessation of suffering. It is only by understanding emptiness that one can fully appreciate the meaning of cessation. The end of the teaching culminated in a dialogue on these teachings between the Dalai Lama and the Ven. Master Sheng-yen, one of the most revered living Buddhist masters in the Ch'an lineage.



KARMAPA: The Lion Begins to Roar

directed and produced by Ward Holmes, presented by Tsurphu Foundation. 85 min. video, #KALIRO \$45

This is a digital film documentary of His Holiness the 17th Karmapa produced in Tsurphu Monastery, Tibet, 1999. The Karmapa is the supreme head of the Kagyu lineage of Tibetan Buddhism. In this film, he performs many various kinds of Dharma activities, performing the sacred Lama dancing that the Karmapa rarely does in a lifetime, performing the Mahakala offerings, bestowing blessings and empowerments, and giving interviews. The Karmapa is an emanation of Avalokitesvara and he will be the 6th Buddha of the age: Buddha Simha, the Lion. The Buddha Shakyamuni predicted that 2,000 years after his death, the lion-voiced Bodhisattva, Karmapa would benefit many beings who by just seeing, hearing or remembering will attain peace.



THE KNOWLEDGE OF HEALING

by Franz Reichle. 89 min. #KNHEV \$29.95

This is the first full length film dealing extensively with Tibetan medicine. It is an inside look at the unique philosophy and dramatic benefits of Tibetan healing. In the cinema verite tradition, the audience journeys with Tibetan practitioners as they treat patients, make house calls and share secrets of ancient herbal remedies, traveling through Dharamsala in northern India, Ulaan Ude, and in the northern region of Mongolia. Treatments include the use of herbs, roots and minerals. The film also documents research done in Europe to test the healing properties and produce medicines.

Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us. See page 5 for details.



THE LION'S ROAR: The Life and Times of H. H. Rangjung Rigpe Dorje, the 16th Karmapa

produced by Centre Productions. 50 min. video. #LIROV \$29.98

The Lion's Roar is a magnificent work-dramatic, moving, richly colorful in both sound and sight. It depicts the life and times of one of Tibetan Buddhism's most respected leaders. It traces the Karmapa's lineage from its earliest roots to the 20th century. The Tibetan tradition of enlightened reincarnation began in the 8th century with the Karmapa lineage and continues to this day. Karmapa, the Black Hat Lama of Tibet, has been honored as a Living Buddha in his seventeen successive incarnations. The coming of the first Karmapa fulfilled a prophecy made by the Buddha that this emanation of Compassion would appear in the world in order to alleviate the sufferings of humanity in the Dark Ages of materialism.

LOJONG: Transforming the Mind

by H.H. the Dalai Lama. 4 tape boxed set, 5.5 hours, #LOTRMI \$108

The Eight Verses on Transforming the Mind is one of the Dalai Lama's main sources of inspiration. It enhances compassion, cultivates balanced attitudes towards oneself and others, develops positive ways of thinking, and transforms adverse situations into conditions favorable for spiritual development.

MAHAMUDRA

by Kalu Rinpoche. #MAHAV \$29.95

As the highest goal and practice of the Kagyu tradition, Mahamudra is a teaching on sunyata (emptiness) which leads to the realization of the dharmakaya or primordial mind. Rinpoche describes the nature of mind and teaches a clear and direct meditation to introduce one to Mahamudra, the non-separateness of awareness and emptiness. This was the last filmed teaching of Rinpoche.

MANDALA: The Sacred Circle of Vajrabhairava

featuring monks of Namgyal Monastery, written & produced by Dan Cozart & Lonna Malmshemer. 55 min. #MASACI \$29.95

This is a fascinating look at the creation and profound inner meaning of the world's richest religious symbol, the Buddhist mandala, an intricate and vividly colored pattern that represents an enlightened universe. Filmed during the construction of the sand mandala of the Buddha Vajrabhairava (the Diamond Terrifier). It intimately shows the artistry of the Namgyal monks as they build the mandala grain by grain. Mandala is dedicated to the late Ven. Pema Losang Chogyen whose impressive 3-dimensional, computer-generated mandala is excerpted.

"It is an especially effective presentation of the wonder and the precision of the sand mandala and of the philosophies behind the art form."—Tibet Journal

THE MESSAGE OF THE TIBETANS

by Arnaud Desjardins.

Part 1: Buddhism, 52 min. #METIBU \$32

Part 2: Tantrism, 52 min. #METITA \$32

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgye Kazi, the senior interpreter to the Dalai Lama at that time. There are many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are unusual scenes of yogis performing preparatory meditation exercises.

"These portraits of the legendary Tibetan masters are not simply a unique historical record, not only a stunning and moving inspiration for now and for the future, but an extraordinary testimony, a treasure. I believe that it was not by chance that Arnaud Desjardins made his films."—Sogyal Rinpoche

NADIA STEPANOVA, BURYATIAN SHAMAN

30 min. #NAST \$29.95

It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror. Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.



NATURAL LIBERATION through Contemplating the Peaceful and Wrathful Deities

by *Mirror of Wisdom Publications*. 24 min. #NALIV \$25

Padmasambhava explains how to turn ordinary circumstances into opportunities for enlightenment. He describes six life processes or bardos and teaches how to transform them. Prayers are read by B. Alan Wallace and others while images of the peaceful and wrathful deities are presented one by one. By familiarizing ourselves with these images and applying these teachings, we have the potential to recognize these images in the bardo as the nature of our own awareness and liberate our mindstreams. The prayers are recited from the book *Natural Liberation: Padmasambhava's Teachings on the Six Bardos* available through Snow Lion.

NATURAL MEDITATION: An Ancient Tibetan Practice for Clearing the Mind and Opening to Effortless Being

by *Lama Surya Das*. 34 min., study guide, #NAMEV \$19.95

In four sessions, Surya Das teaches dzogchen. There are skygazing practices, meditations, breathwork, chanting sessions, energy flow exercises.

NICHOLAS ROERICH: MESSENGER OF BEAUTY

43 min. #ROMEBE \$24.95
Introduces the ennobling example of Roerich's life through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that—beautiful.

NOT JUST PRO-TIBETAN ...PRO-JUSTICE: The Dalai Lama's Historic Visit to Brandeis University

by *H.H. the Dalai Lama*. 1 hour video, #NOJUPR \$25

In 1998, the Dalai Lama spent two days at Brandeis University. He gave two impressive talks on Buddhism and sustainable development. He draws important parallels between the difficult experiences of the Tibetans and the Jewish people and how they have each managed to survive despite repression. These inspiring talks make plain the goodness and power of the Dalai Lama and his message. One highlight was the Dalai Lama's participation in the dismantling of a sand mandala made by nuns of the Keydong Nunnery in Nepal—this was a first.



ON BUDDHISM

by *Robert Thurman*. 3 video tape boxed set 4 hours, #ONBUV \$59.95

Thurman shares his insight into Buddhism. Each tape deals in-depth with a major component of the three jewels: the Buddha, the Dharma, the Sangha. The conditions for buddhahood are examined; the Four Noble Truths, the Three Wheels of Dharma, The Three Vehicles, the meaning of turning the wheel, and the Sangha, the alternative social world founded on enlightenment, detachment and love.

ON TIBET

by *Robert Thurman*. 3 video tape boxed set 4 hours, #ONTIV \$59.95

Robert Thurman shares his passionate insight into Tibetan culture and history from ancient to modern times. In this three-part series, He tells us the stories and legends of the ancient Tibetan kings heroes, sages, saints and adepts. He shows how the Dharma progressed in Tibet and how a powerful renaissance spirit seized the nation and a life dedicated to evolutionary progress towards buddhahood became the prevalent model for Tibetans.

OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama

by *Trueheart Productions*. 90 min. #OVDIVI \$29.95

In 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness and survive.



OVERCOMING THE FEAR OF DYING

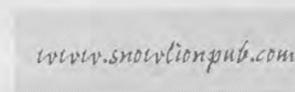
by *H.E. Tai Situ Rinpoche*. 3 video cassettes. #OVFEDY \$70

Rinpoche discusses death and the bardo to liberate us from our fear of dying and shows how a natural death is a sacred event. He presents the view, meditation and action of the bardo practice, including an understanding of the two truths. He gives specific practices related to the bardo, such as meditating on the illusory body when awake and meditating on dream yoga during sleep.

THE PRECIOUS GARLAND: A commentary by His Holiness the Dalai Lama

by *H.H. the Dalai Lama*; translated by *Thubten Jinpa*. 6 video cassettes, #PRGAV \$90

This is the Dalai Lama's commentary on Nagarjuna's *Precious Garland, An Epistle to a King* given in 1997. Nagarjuna offers intimate counsel on conducting one's life and constructing social policy that reflects Buddhist ideals. The advice for personal happiness is concerned with improving one's condition over the course of lifetimes and with release from all types of suffering, culminating in Buddhahood. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.



THE QUIET REVOLUTION: Empowering Tibetan Women through Sacred Dance

produced & directed by *Anahata Iradah*. 40 min. video, #QURE \$25

In 1998, 50 dancers and musicians from 11 countries traveled to India and Nepal to fulfill a request of the now late H.E. Jamgon Kongtrul Rinpoche. The Dance of the 21 Taras was performed in Dharamsala for the Dalai Lama, for the Tibetan Children's Village, at Kopan, at the Central Institute of Higher Tibetan Studies and elsewhere. It is a beautiful and empowering dance to see and the response of the Tibetans was very moving. Many Tibetans are now learning these sacred dances.



REINCARNATION OF KHENSUR RINPOCHE

62 min. #REKHRI \$29.98

This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.

THE XVII KARMAPA'S RETURN TO TSURPHU

by *Tsurphu Foundation*. 100 min. #KAREV \$29.98

The reincarnation of the 16th Karmapa was recently discovered in Tibet, where many wondrous signs appeared at his birth. The seven year old Karmapa, destined to be one of the greatest living masters of our time, arrived in triumphal celebration at his original seat at Tsurphu Monastery and was enthroned on Sept. 27, 1992.

SECULAR MEDITATION

by *H.H. the Dalai Lama*. 50 minute video, #SEMEV \$19.98

The Dalai Lama addresses the benefits of mental peace. He emphasizes that distinction between religious subjects, such as faith, and what he calls "basic human good qualities," such as compassion, love, forgiveness, harmony and brother-and sister-hood. Likewise, meditation should be approached not as a religious object but, rather, as a training of the mind to achieve a state of mental comfort. By way of example, the Dalai Lama explains the positive conclusions of meditation on compassion, making clear the relevance of meditation for everyone.

TANTRA OF GYUTO: Sacred Rituals of Tibet

52 min. #TAGY \$29.98

Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is prefaced by an account of Tibetan history that uses footage from the 1920's.



THE SPIRIT OF TIBET: Journey to Enlightenment, The Life and World of Dilgo Khyentse Rinpoche Video

narrated by *Richard Gere*. 46 min. #SPTIV \$29.95

A video documentary of the life of one of the greatest Tibetan teachers of this century—Dilgo Khyentse Rinpoche. Filled with footage of rarely photographed parts of Tibet, Bhutan and Nepal, this unique tribute tells Rinpoche's story from birth to death to rebirth. Includes an interview with His Holiness the Dalai Lama.

TANTRIC BUDDHIST DANCE OF NEPAL

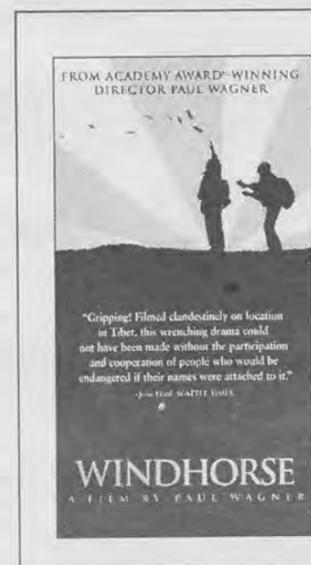
by *Dance Mandala & Prajwal Ratna Vajracharya*. Video. #TABUV \$29.95

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, Simhamukha, Mahakala, Kurukulla. The film quality is not perfect but the content is so unusual that we wanted to offer this to you.

TIBET: A Moment in Time

by *William Bacon III*. 55 min. #TIMOTI \$29.95

From its glacial peak of 25,436 ft. to the turbulent waters of the Yarlung Tsangpo River, the world's deepest canyon is 19,386 ft. deep. It is a sacred land that Tibetans believe to be the body of Vajrayogini, mother of all Buddhas. This is a photographically stunning journey among Tibetans living the life they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where yak-powered ploughs till the rich soil. The latter part of the film contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.



TIBET: On the Edge of Change

prod. by *William Bacon*. 1 hr. video, #TIEDCH \$24.95

Over hundreds of years, Tibet's isolation and mountainous inaccessibility has nurtured a unique society characterized by harmonic interdependence in a place of harsh and indescribable beauty. Most of this video shows life as it was before the Chinese impact—you see the eco-sensitive traditional methods of farming the rugged Himalayan landscape by hand, the festive religious life of the lay people, their prayer wheels and prayer flags that send wind-borne prayers for peace and brotherhood out into the skies of the world. A farming village in East Tibet, nomadic camp and city life are shown in their traditional form. The last ten minutes of the video shows how the Chinese are progressively destroying these people's lives.

Buy Both for \$49.90

TIBETAN BOOK OF THE DEAD, Part 1

narrated by *Leonard Cohen*. 46 min. #TIBOV1 \$29.95

Filmed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. The Dalai Lama speaks of his own view of life and death.

TIBETAN BOOK OF THE DEAD, Part 2

narrated by *Leonard Cohen*. 45 min. #TIBOV2 \$29.95

The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

WINDHORSE

a film by *Paul Wagner*. 97 min., color. #WIVI \$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.

**TIBETAN ENERGY YOGA:
A Traditional Workout to
Liberate and Elevate Your
Energy.**

by Lama Surya Das. 40 min. video, 11 pp. study guide, #TIENYO \$19.95

Join Lama Surya Das to learn eight of Tibet's most effective energy yoga practices—a quick 30 minute workout to boost your body's vital energies and elevate your spirits. They work by balancing the two vital currents of the body that promote well-being. These are various breathing exercises performed in a meditation position.

**TIBETAN MEDICINE:
A Buddhist Approach to
Healing**

29 min. #TIMEV \$29.98

Dr. Lopsang Dolma shows how medicines are made from animal, vegetable and mineral substances and how acupuncture and moxibustion is used during her daily rounds. The film explores the relationship of physical health to magnetic and other forces and shows how Tibetan medicine heals the body and mind by treating the patient rather than the disease.

TIBET'S HOLY MOUNTAIN

52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, the 11th-century capital of the old Tibetan kingdom of Guge, at Khojamat, where a stately monastery remained open despite the Chinese Cultural Revolution, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.

TIBET'S STOLEN CHILD

by Garthwait & Griffin Films & The International Campaign for Tibet, narrated by Patrick Stewart. 56 min. video, #TISTCH \$29.95

Identified by the Dalai Lama as the reincarnation of Tibet's second highest spiritual leader, the Panchen Lama was kidnaped by the Chinese government just days after the announcement. This is the story of a search for the truth about the Panchen Lama and includes personal accounts by six Nobel Peace Laureates and others. This is the best account of the scope of this tragedy.

**WE WILL MEET AGAIN IN
THE LAND OF THE DAKINI**

30 min. #MEAG \$29.95

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

S TATUES, STUPAS & TSA TSAS

LARGE STATUES

You can select from this current list high quality statues of various deities. These are among the very best that we have seen and we highly recommend them to you. Statues are gilded bronze with gold-painted faces unless otherwise stated.

Contact us (call/fax/e-mail/write) for photos of the images that you want. Nearly any photo can be sent over the Internet as an email attachment. You always have 100% right of approval upon receipt of items!

BUDDHA SHAKYAMUNI

Bronze with painted face, 8". #RUBUSS \$295

Painted face, 3". #SMSHST \$60

GREEN TARA

Painted face with gold highlights, 8". #RUGRTA \$295



JAMBHALA STATUE

5" statue. #RUZA \$150.00

2 1/2" statue. #SMJAST \$50.00

1 1/2" #MEJA \$5

These are bronze with gold highlights, painted face statues of Jambhala, the deity of wealth. The small one can be used with the Jambhala Offering Set.



MANJUSHRI STATUE

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

PADMASAMBHAVA STATUE

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

**MEDICINE BUDDHA
STATUES**

Gold highlights with painted face, 3". #SMMEBU \$60



Painted face with gold highlights, 8". #RUMEBU \$295

Gold highlights with painted face, 5". #RUMEB5 \$150



**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.

VAIROCANA BUDDHA

3" high, painted face. #SMSHST \$60.00

One of the 5 Dhyani Buddhas.

WHITE TARA

Painted face with gold highlights, 8". #RUWHTA \$295

TARA STATUE ROBES

These are brocaded 2-piece outfits used to cover 8" statues. They tie on with straps. #ROTAST \$40



STUPAS

STUPA FROM ANDY WEBER

This stupa was designed by Andy Weber, a long-time Tibetan Buddhist and artist. It is plated in gold and measures 2 1/2" high. It's a jewel.

STUPA

#STBR \$55

This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often seen at centers. It is reasonably good looking for \$55 and is suitable for consecration.

TSA-TSAS

by Tsa Tsa Studio/Center for Tibetan Sacred Art



**1000-ARM CHENREZIG
PLAQUE**

#CHPL \$30.00

7 x 6" gold finish plaque of 1000-Arm Chenrezig surrounded by Buddhas and stupas.



20 BUDDHA TILE

6 1/4 x 5" tile with four rows of five Buddhas each. The Buddha appears in his Dharmakaya form. An ornate stand is included. Two finishes are offered.

Copper finish. #20BUCO \$30.00

Sandstone finish. #20BUSA \$25.00

GREEN TARA PLAQUE

#GRTAPL \$30

7 1/4 x 5" plaque of Green Tara in copper finish with ornate stand.



MINI BUDDHA TSA TSAS

These small buddhas are 1 3/8 x 3/4". They come in four finishes: sandstone, copper, bronze, and gold.

They depict the Dharmakaya form of Shakyamuni. He holds a vajra in his left hand and right hand touches the ground. They are packaged with mounting pads to stick the back to a surface.

Gold. #MIBUGO \$4

Bronze. #MIBUBR \$4

Sandstone. #MIBUSA \$4

Copper. #MIBUCO \$4



**POCKET BUDDHA TSA
TSAS**

These small buddhas are 1 3/8 x 3/4". They come in four finishes: sandstone, copper, bronze, and gold. They depict the Dharmakaya form of Shakyamuni. He holds a vajra in his left hand and right hand touches the ground. They are mounted on a classy card back and have a folding cardstock package with a button.

Copper. #POBUCO \$8

Bronze. #POBUBR \$8

Gold. #POBUGO \$8

Sandstone. #POBUSA \$8



**SINGLE STANDING TSA
TSAS**

These are tsa tsas of varying size that stand on a surface. They differ in finishes and all are beautifully made.

Lama Tsongkapa, bronze finish, 2 3/4 x 2 1/4". #SISTTS \$15

Long Life Deities (White Tara, Amitayus & Namgyalma, gold, 3 1/2 x 3". #SISTLO \$15



Manjushri, bronze finish, 2 3/4 x 2 1/2". #SISTMA \$15

Medicine Buddha, bronze finish, 2 1/2 x 2". #SISTME \$15

Vajrasattva, bronze, 3 1/2 x 3". #SISTVA \$15

SINGLE TILE TSA TSAS

These are tsa tsa reliefs on a 4 x 4" tiles that fit in a supplied ornate stand. They differ in finishes and all are beautifully made.



Buddha, rust-brown finish. #SITIBU \$20



Vajrayogini, copper finish. #SITIVA \$20

Hayagriva w/consort, copper finish. #SITHIA \$20

SMALL STATUES

SMALL CERAMIC STATUES

You will be impressed with the detailing of these high quality ceramic miniatures. They are made to look like antiqued ivory and like fine ivory should be protected from direct heat and sunlight which will eventually yellow them. They are very hard and not easily broken.

SHAKYAMUNI BUDDHA STATUES

Buddha Statue, 2" high, #BUST2 \$15

Buddha Statue, 4" high, #BUST4 \$30

GREEN TARA STATUES

Green Tara Statue, 2" high, #GRTA2 \$15

Green Tara Statue, 4" high, #GRTA4 \$30

VAJRASATTVA STATUES

These high quality ceramic miniatures are finely detailed.

Vajrasattva Statue #VAST2 \$15 2" high

Vajrasattva Statue #VAST4 \$30 4" high

www.snowlionpub.com



Win a FREE TRIP to Tibet and Nepal.

See page 5 for details.

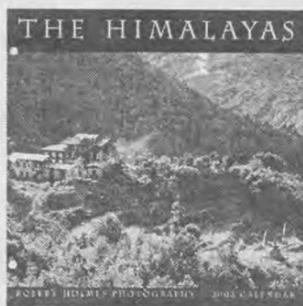
CALENDARS 2002



BUDDHIST PAINTINGS

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

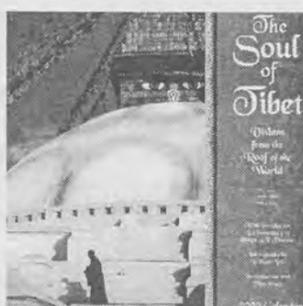
These 12 Buddhist paintings from Asia date from the 13th to 19th centuries.



THE HIMALAYAS

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.



THE SOUL OF TIBET

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 ART CALENDAR 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.



TIBETAN NUNS PROJECT 2002 CALENDAR

6.5 x 7", #TINUDI, \$10.00

An inspirational calendar filled with images of Tibetan nuns and accompanied by insightful quotes for each month. Includes the full Tibetan lunar calendar with special ritual days for Tibetan Buddhist practice. This is a fund raiser for Tibetan nuns in Asia.



DALAI LAMA QUOTATION

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

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



SACRED ART OF TIBET

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

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

TIBETAN CALENDAR 2002

Water Horse Year

by Liberation Prison Project. Opens to 6 x 12.5", #MACA, \$9.00

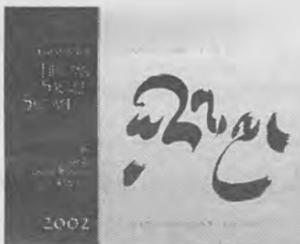
Elegant full-color wall calendar featuring Tibetan Buddhist images and including: lunar days, Tsog days, Sojong, Mahayana precept days, birthdays and anniversaries of holy beings, Shakyamuni Buddha special days. This is a fund-raiser for the Liberation Prison Project which sends Buddhist books to prisoners who want them.



TIBETAN VOICES

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 fund-raiser for Seva Service Society's Sight Programs in Tibet, India and Nepal.



UNBORN & CLEAR, LIKE THE SKY: Calligraphy of Tibetan Sacred Syllables 2002 Calendar

by Geshe Tenzin Wangyal Rinpoche, 14 month, opens to 17 x 11", #UNBOCA, \$14.95

Each work of calligraphy can be used as an object of meditation and is also suitable for framing. This calendar contains Tibetan Buddhist and Bon auspicious days and Western holidays.

RIGPA CALENDAR 2002 Water Horse Year

#RIGPA2, \$10.00

This is the indispensable, non-sectarian annual pocket calendar from Rigpa with Buddhist holidays, special practice days, and anniversaries as well as information on Tibetan Buddhism and photos of prominent lamas. It also has days not to hang prayer flags.



POSTERS

All posters are illustrated on the Snow Lion website.

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. There is remarkable presence in the photograph as the Dalai Lama's eyes meet the camera. The photographer used a Linhof large format 4 x 5" camera for incredible detail in creating this superb photograph. Then, in a supervised custom tri-tone printing, these poster-sized fine art prints were produced. The photographic image measures 12 x 16" on a 16 x 24" sturdy weight, acid free, high quality printing paper.

H.H. THE XIV DALAI LAMA, TENZIN GYATSO

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

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

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.

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

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

CHENREZIG SAND MANDALA POSTERS

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.

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.

ILLUMINATED REFUGE PRAYER

8 1/2 x 11" #ILREPR \$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.

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.

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.



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.



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.

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.

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.

REFUGE TREE LINEAGE POSTERS

Here are the refuge trees of the Kagyu and Sayka lineages. In the near future, we will also have the Gelupa and Nyingma lineage trees. These are posters measuring 11.5 x 16.5", and are beautiful to see.

MEDICINE BUDDHA

Painted by Robert Beer. #MEBUBE \$6
11 x 16" image of this deity—simple and penetrating.

Sakya Refuge Tree. #RETRSA

\$11.00

Kagyu Refuge Tree. #RETRKA

\$11.00

POTALA PALACE

#POPAP0 \$9
One of the most outstanding pictures of the Potala Palace we've seen.

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.

SAND MANDALA OF VAJRABHAIKAVA POSTER

by the Monks of Namgyal Monastery. 11 x 17". #SAVAPO \$5.00

The full-color sand mandala of the wrathful Vajrabhairava deity is beautifully printed on a blue background.



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 *The Spirit of Tibet*. It is intensely red and conveys the strength of the Tibetan people.

VAJRADHARA POSTER

24 x 36" #VAPO \$15
It is truly a beautiful poster, with fine gold ink.

VAJRAYOGINI MANDALA

by Andy Weber. 18" square, fine art paper. #VAYOMA \$65

The mandala of Vajrayogini has a six pointed star with bliss whirls. Andy Weber has produced a limited printing of this fine art mandala with description on the reverse.



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.

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

ART PRINTS

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

1. Gold on Black, 12 x 15" \$8 ea. Guhyasamaja #BEGUPO Vajrapani #BEVAPO Six-Armed Mahakala #BESIAJ Vajrakila #BEVASI
2. Gold on Black, 18 x 23" \$14 ea. Kalachakra #BEKAP0
3. Red on Gold, 9 x 11" \$5 ea. Milarepa #BEMIP0
4. Red on Gold, 12 x 15" \$8 ea. Yeshe Tsogyal #BEYEP Green Tara #BEGTPR Nagarjuna #BENAP0 Padmasambhava #BEPAP0 White Tara #BEWHTA
5. Gold on Red, 12 x 16" \$8 ea. Sakyamuni Buddha #BESBPR



6. Green on Gold, 19 x 23" \$14 ea. Large Green Tara #BELAGR

CARDS

All cards are illustrated on the Snow Lion website.

DZOGCHEN NOTECARDS

by Glen Eddy. 7 cards w/ envelopes. #DZNOCA \$14.00

Glen Eddy is part of the Dzogchen Community and an excellent artist. He created these fine line art notecards: Garab Dorje, Vajrapani, Ozer Chenma (Tara), Vajrasattva w/ Samantabhadra, Simhamukha, Machik Lapdrön, and Vajrasattva yab/yum. They are lovely to look at.



TRANSFORMATIVE ART NOTECARD SET II

by Marianna Rydvald. 6 notecards, 5.25 x 7.25". #TRARN2 \$12.00

These thangkaks, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see.

They are full of myth, fun and spirituality. In this set of six are: Padmasambhava with Healing Chalice, Milarepa, Green Tara in Sandalwood Grove, Golden Tara, Dorje Drakpo, austerity of the Buddha mural.

LOSAR GREETING CARD

set of 10 w/envelopes, #LOGRCA \$12.50

This lovely full-color Tibetan new year's card has Tibetan offerings on the front and Tibetan and English inside.

SPIRIT OF TIBET Notecards

by Alison Wright. Twelve cards, plus envelopes #SPTINO \$23.40

Six exquisite images of Tibetan culture taken from Alison Wright's Spirit of Tibet photobook. There are twelve cards, two of each image.

TIBETAN GREETING CARD

set of 10 w/envelopes, #TIGRCA \$12.50

The same card as above but blank inside to receive your personal message.

TRANSFORMATIVE ART NOTECARD SET

12 cards w/envelopes, #TRARNO \$24

These thangkaks, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see. They are full of myth, fun and spirituality. Two of the images are life of the Buddha murals that she painted in Bero Khyentse's monastery in Kathmandu. Some are huge murals that were painted on the sides of buildings. There are also images of Green Tara, White Tara, Chenrezig, and the Medicine Buddha.

THANGKAS: Buddhist Paintings from Tibet

#THBO \$9.95

Thirty classical thangkaks from the American Museum of Natural History. Contains images of the Buddha and many peaceful and wrathful deities, protectors, mandalas, lamas, and other subjects.

TIBETAN ASTROLOGICAL TALISMAN CARD

by Robert Sachs & Robert Beer. 2.25 x 3.5", yellow-gold card in plastic. #TIASTA \$3.00

This card displays two talismans found on the bottom of all classical Tibetan astrological calendars. Their purpose is to invoke the protection of Enlightened and worldly beings for those who see or possess it. It comes with a description that explains them.

GREEN TARA Bookmark

#GRTABO \$2
This is a detail of a 13th century painting of Green Tara that we think is lovely. It is 2.25 x 7".

BUDDHA EYES BOOKMARK

#BUEYBO \$2
BUDDHA EYES NOTECARD #BUEYNO \$2
The "Buddha Eyes" is one of our favorite images.

H.H. PENOR RINPOCHE

#HHPR \$1.50
Head of the Nyingma order, informal photo at a teaching.

GURU RINPOCHE

#GURI \$1.50
Thangka image of Padmasambhava. On the back is the Seven Line Prayer to Guru Rinpoche in Tibetan and English.

WHITE TARA LONG LIFE CARD

#WHTACA \$1
A lovely White Tara graces this card, surrounded by Amitayus, Namgyalma, Buddha, Padmasambhava, Tsongkhapa.

THE DALAI LAMA

DALAI LAMA IN ARIZONA

by Kathryn Bacher. 5 x 7", full color. #DALAAR \$16

The Dalai Lama is standing in front of a saguaro cactus. Comes in photo folder which serves as a frame and protection when traveling.

THE DALAI LAMA POCKET PUJA

2 1/4 x 3 1/2", #DALAPP \$2.50
Four-color photo of His Holiness printed in quality vinyl. With long-life prayer and Shantideva's bodhisattvas' aspirational prayer on the reverse side.

HIS HOLINESS THE DALAI LAMA LAMINATED PHOTO

2 x 3", color, #DLLAPH \$3.00
His Holiness is smiling with joy.

Four card images of His Holiness!

H.H. THE FOURTEENTH DALAI LAMA PORTRAITS

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

We picked four of our favorite images of His Holiness to offer you. They are high-quality photos, measuring 4 x 6" and are \$1 ea. Quantity discounts are available.

- #DL1 H.H. The Dalai Lama (in his garden)
- #DL2 H.H. The Dalai Lama (at a teaching)
- #DL3 H.H. The Dalai Lama (portrait)
- #DL4 H.H. The Dalai Lama (informal address)

H.H. THE DALAI LAMA, POSTCARD-SIZE IMAGE

Close-up of his face. BDC30 \$1

Photographs of H.H. the 17th Karmapa

H.H. the 17th KARMAPA

5 x 7" color photo. #KADLPH \$6.00

Photo of H.H. Karmapa and H.H. the Dalai Lama shortly after the Karmapa's escape.

H.H. the 17th KARMAPA

5 x 7" color photo. #KAPH2 \$6.00
A recent photo of His Holiness with a warm smile.

H.H. the 17th KARMAPA

4 x 6" color photo. #KAPH3 \$4.00
His Holiness is seated in front of a thangka. His head is freshly shaved and he looks directly into the camera with his clear, strong eyes.

H.H. the 17th KARMAPA

5 x 7" color photo. #KADLPH \$6.00
Photo of H.H. Karmapa and H.H. the Dalai Lama shortly after the Karmapa's escape.

GYUTO HIGHEST YOGA TANTRA DEITY CARDS

\$1.25 ea.
These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.
GY1 Chakrasamvara
GY2 Chakrasamvara Mandala
GY3 Sambhogakaya Buddha
GY4 Guhyasamaja
GY5 Guhyasamaja Mandala
GY6 Six-Armed Mahakala
GY7 Yamantaka (Vajrabhairava)
GY9 Kalarupa

TUSHITA POSTCARDS

\$1 ea.
TU30 HHDL w/Ling & Trijang Rinpoche
TU42 Tanks in Lhasa



SNOW LION DEITY CARDS

Here are fifteen thangka images of popular deities that we selected for the quality of the paintings. These simple, yet very elegant images were painted in the traditional manner and measure 4 x 6". We consider them the best cards available for people wanting clear, iconographic representations of deities. By the way, since these are reproductions of thangkas, we can have any of these images painted for you, should you desire a full sized thangka. These cards are \$1 ea.

- DC1 Shakyamuni Buddha
- DC2 Avalokiteshvara (Chenrezig)
- DC3 Manjushri (Jampal-yang)
- DC4 Green Tara (Drol-jang)
- DC5 White Tara (Drol-kar)
- DC6 Vajrasattva (Dorje-sempa)
- DC7 Medicine Buddha (Sangye Men-la)
- DC8 Samantabhadra (Kuntuzangpo)
- DC9 Padmasambhava (Guru Rinpoche)
- DC10 Vajrakilya (Dorje Phurba)
- DC11 Vajrayogini (Dorje Phagmo Naro Khachoma)
- DC12 Vajrayogini (Dorje Phagmo)
- DC13 Vajrakilya (Black Thangka Dorje Phurba)
- DC14 Yamantaka Vajrabhairava (Dorje Jigje)
- DC15 Machig Labdron

SNOW LION TIBET CARDS

IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4-1/4" x 6" and are normally .75 each. The special sale price is .25 each.

- CUCA1 Statue
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer
- CUCA13 Tibetan Man & Child
- CUCA15 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA21 Red-Masked Dancer
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA37 Young Monk on Roof
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
- CUCA47 Sakya Monastery
- CUCA48 Milarepa's Cave
- CUCA49 Drepung Monastery
- CUCA50 Kumbum Monastery
- CUCA51 Sera Monastery



CUCA54 Woman with Headdress

- CUCA55 Lamayuru Monastery
- CUCA56 Woman Chanting
- CUCA59 Horseman
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof

HELP SUPPORT THE TIBETAN REFUGEES: To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of the price of every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fourteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards.

Cards measure 4-1/4" x 6" and are normally .75 cents each. Our special price is .25 each

IMAGES OF LOST TIBET

- IMT11 Tibetan from Chamdo
- IMT12 Monks Sounding Trumpets
- IMT13 Tibetan Nomad Tent
- IMT14 Norbu Linga & 13th Dalai Lama
- IMT15 Officials During Losar
- IMT17 Potala During Losar
- IMT18 Tantric Meditator
- IMT19 Tibetan Men & Horses
- IMT111 Wife of Tibetan Governor

FACES OF TIBET

- FAT151 Nomad Yogi
- FAT152 Yogi of Milarepa Tradition
- FAT153 Woman with Prayer Beads
- FAT154 Young Tibetan Girl
- FAT155 Yeshi Dorje, Weather Controller

DEITY CARDS FROM ROBERT BEER!

- BDC1 White Syllable AH
- BDC2 Shakyamuni Buddha



- BDC3 Manjushri
- BDC4 Four-Armed Avalokiteshvara
- BDC5 1000-Armed Avalokiteshvara
- BDC6 Standing Avalokiteshvara
- BDC7 Green Tara
- BDC8 White Tara
- BDC9 Face of White Tara
- BDC10 Vajrasattva w/consort
- BDC11 Padmasambhava
- BDC12 Vajra Varahi
- BDC13 Simhamukha
- BDC14 6-Arm White Mahakala
- BDC15 Rahula
- BDC16 Vajrakila
- BDC17 Shakyamuni w/peaceful & wrathful deities

- BDC18 Vajradhara
- BDC19 Face of Avalokiteshvara
- BDC20 Medicine Buddha
- BDC22 Padmapani
- BDC24 Face of Vajrasattva and consort
- BDC50 Sarasvati
- BDC51 Amitabha Buddha
- BDC52 Amitayus
- BDC53 Red Tara
- BDC54 Samantabhadra
- BDC55 Offering Goddess
- BDC56 Red Chenrezig (Gyalwa Gyantso)
- BDC57 Face of Heruka Chakrasamvara
- BDC58 Ganapati (Buddhist form of Ganesha—Newari style, 6 x 7") \$2

LARGE GREEN TARA CARDS

from Robert Beer \$2 ea. These cards are approx. 5.5 x 7".



- BDC60 Standing Green Tara (Newari style) Beautiful in grace and form.
- BDC61 Green Tara (Newari style) Copy of famous early masterpiece
- BDC62 Khadiravani Tara (Tara of the acacia forest) With bothisattvas Marici & Ekajata.

ROBERT BEER NOTECARD

- \$1.25 ea. with envelope. Fine line drawings of deities and lineage gurus:
- #BEGADO Garab Dorje
- #BEMANO Marpa
- #BEMINO Milarepa
- #BEPANO Padmasambhava
- #BESHBU Sakyamuni Buddha
- #BESAGR Samantabhadra
- #BESHGR Shantideva
- #BETSKH Tsongkhapa
- #BEVANO Vajradhara
- #BEYETS Yeshe Tsogyal

REHO CARDS

- from Robert Beer \$1 ea.
- Excellent images from thangkas, Dalai Lama, India and photos from Tibet.
- BDC30 H.H. the Dalai Lama
- BDC32 Wheel of Life
- BDC33 Lotus Pool-Bodh Gaya
- BDC34 Rock Paintings-Lhasa
- BDC35 Padmasambhava-in Jokhang
- BDC36 Maitreya-in Potala
- BDC37 Potala Palace
- BDC38 H.H. the Dalai Lama wearing 5 Buddha crown at Kalachakra
- BDC39 Dragon and Tiger
- BDC40 Wishfulfilling Tree
- BDC41 Eight Auspicious Symbols
- BDC42 Lotus

CARDS FROM ANDY WEBER

- 4 X 6" \$1 ea.
- WDC1 Long Life Thangka
- WDC2 Four Friends
- WDC3 Eyes of the Stupa
- WDC4 Eight Auspicious Symbols
- WDC5 Om Mani Padme Hung
- WDC6 Hri
- WDC7 Om Ah Hung
- WDC8 Double Dorje
- WDC9 Prajnaramita
- WDC10 Samajavajra
- WDC11 Heruka Chakrasamvara
- WDC12 Mahakala
- WDC13 Mandala of Avalokiteshvara
- WDC14 Mandala of the Five Elements
- WDC15 Path of Samatha Meditation
- WDC16 Inner Offering
- WDC17 Eight Precious Offerings

- WDC18 Green Tara
- WDC19 Five Mothers
- These are the consorts of the five Dhyani Buddhas. They represent and purify the five elements.
- WDC20 Mandala of Heruka Chakrasamvara
- WDC21 Twenty-one Taras
- WDC22 Akshobya
- WDC23 Medicine Buddha
- WDC24 Offering of the Five Senses
- WDC25 Seed Syllable and Mantra Garland of Vajrayogini
- WDC26 Mandala of Vajrayogini
- WDC27 Manjushri
- WDC28 Lama Tsong Khapa & Two Disciples
- WDC29 Five Dhyani Buddhas
- WDC30 \$1 Vajrayogini (Naro Khachoma)
- Vajrayogini symbolizes the female tantric aspect of the buddha embodying the union of bliss and emptiness.
- WDC31 Buddha Shakyamuni
- WDC32 Vajrasattva
- WDC33 Avalokitesvara (Four Arm)
- WDC34 Amitabha
- WDC35 Vaishnavana
- WDC36 Vajrapani
- WDC37 Kinkara Skeleton Couple
- WDC38 Tara Mantra
- WDC39 Mandala of Guhasamaja
- WDC40 Heruka Chakrasamvara



- WDC41 Mount Kailash
- WDC42 1000-Armed Avalokiteshvara
- WDC43 Vajradhara with Consort
- WDC44 Stupa of Enlightenment
- WDC45 Kalarupa

MANTRA CARDS \$1 ea.

- Andy Weber has created these cards to aid in mantra visualization.
- WDC50 Avalokiteshvara
- WDC51 Amitayus
- WDC52 Green Tara
- WDC53 Manjushri
- WDC54 Medicine Buddha
- WDC55 Sakyamuni
- WDC56 Om Ah Hung

EIGHT MEDICINE BUDDHAS

by Andy Weber. 6 x 8", fine art paper. #EIMEBU \$7.50

Contains the eight Medicine Buddhas and Buddha Shakyamuni with a description on the reverse of each of them.

MEDICINE BUDDHA

by Andy Weber. 6 x 8", fine art paper. #MEBUCA \$7.50

Attractive and colorful, this is an excellent painting of the Medicine Buddha. It has a description on the back.

GARUDA POSTCARDS

- \$1 ea.
- Traditional thangka images.
- GAC101 Buddha Shakyamuni with Shariputra & Maudgalyayana
- GAC102 Gelugpa Guru Tree
- GAC105 Avalokiteshvara
- GAC106 Amitabha in Dewachen
- GAC107 Padmasambhava
- GAC108 The 35 Buddhas
- GAC109 White Tara
- GAC110 Green Tara
- GAC111 Jambhala
- GAC113 Vairocana
- GAC114 Simhavaktra
- GAC115 White Mahakala
- GAC116 Vajrapani

- GAC117 Machig Labdron
- GAC118 Peaceful Bardo Deities
- GAC119 Wrathful Bardo Deities
- GAC120 Tsong-ka-pa on Lion
- GAC121 Cakrasamvara
- GAC124 Yamantaka
- GAC126 Ushnishavinijaya
- GAC127 White Tara Mandala
- GAC128 Depiction of Universe
- GAC130 Vajrasattva w/Consort
- GAC132 1st Karmapa
- GAC136 Manjushri
- GAC139 Vajrayogini
- GAC142 Green Tara & 21 Taras
- GAC143 Buddha Shakyamuni w/ 16 Arhats
- GAC148 Mandala with Simhanada-Avalokiteshvara
- GAC149 Sitatapatra
- GAC150 Amitayus
- GAC151 Domtonpa
- GAC152 Tapiriza
- GAC153 Dorje Legpa
- GAC154 Garuda
- GAC155 Medicine Buddha
- GAC161 Kunsang Gyalwa Dupa
- GAC162 Tsewang Gyagarma
- GAC163 Padmasambhava as Medicine Buddha

PAINTINGS OF DHAWA DHONDUP NGOCHETSANG

- 6 x 8 1/2", color, \$3 ea.
- Buddha Shakyamuni DDC1
- Green Tara with Manjushri, Chenrezig, Vajrapani DDC2
- Machig Labdron DDC3
- Green Tara above the water DDC4

SAND MANDALA POST and NOTECARDS

- Kalachakra Sand Mandala** #KASAC \$1
- Full-color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.
- Wheel of Time Fire Offering Sand Mandala notecard** 5 x 7" #WHTIFI \$2
- Wheel of Time Mind Mandala notecard** 5 x 7" #WHTIMI \$2
- Wheel of Compassion Sand Mandala Notecard** #WHCOSA \$2

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.



Medicine Buddha Mandala: Essence of Healing #MEBUMA \$1

The Ven. Ngawang Chojor created this sand mandala of the Medicine Buddha. It is reproduced here as a 4x6" card.

Monks from Namgyal Monastery Creating a Vajrabhairava Sand Mandala 4 x 6" #NACA1 \$1

The monks from Namgyal Monastery, the personal monastery of H.H. the Dalai Lama, create a Vajrabhairava sand mandala in this lovely image.

Monks from Namgyal Monastery Creating a Kalachakra Sand Mandala 4 x 6" #NACA2 \$1

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

CHAKRASAMVARA THANGKA

Large, Extra-Special Brocade, Two-armed form. #THCHA \$550.00

Extra large, 3 x 5' overall, exquisite brocade, Multi-armed form. #THMUCH \$900.00

CHENREZIG THANGKA

Medium. #THCHE \$495.00

Medium, Extra-special Brocade. #THFOA \$495.00

Medium, Extra-special Brocade. #THFOAR \$550.00

EKAJATI THANGKA

Medium, Extra-special Brocade. #THEK \$495

GARAB DORJE THANGKA

Medium size. #THSHGA \$395.00

GREEN TARA THANGKAS

Medium. #THGRTA \$495.00

This Green Tara was painted with a beautiful face.

KALARUPA THANGKA

14 x 20" image with exquisite brocade. #THKA \$500.00

Another Sanskrit name of this deity is "Dharmaraja"—the King of the Dharma. In this wrathful and protective aspect Manjushri (Vajrabhairava), the Buddha of wisdom, appears to conquer hindrances and to remove inner or outer obstacles.

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

MANJUSHRI THANGKA

Medium. #THSP5 \$400.00



MANJUSHRI THANGKA
Medium. #THSP5 \$400.00

MILAREPA THANGKA

Medium, Extra Special Brocade. #THME \$550.00

Excellent thangka of the most famous yogi of Tibet.

PADMASAMBHAVA THANGKA

Medium, Eight Manifestations. #THGURI \$495.00

Has the eight manifestations of Padmasambhava.

Medium, Red with gold, Eight Manifestation, Extra-special Brocade. #THRURE \$695.00

Has the eight manifestations of Padmasambhava

VAJRADHARA THANGKAS

Medium. #TH93 \$495.00

Medium. #THT9 \$395.00

VAJRAKILAYA THANGKA

Medium size. #THSP6 \$495.00

VAJRASATTVA W/CONSORT THANGKA

Large, Special Brocade. #THVAYA \$550.00

VAJRAYOGINI (and Vajravarahi) THANGKAS

15 x 22" image, exquisite brocade, Vajravarahi in form of Maitri's Dakini. #THVAMA \$650.00

Medium size, exquisite brocade, Vajravarahi. #THVAVA \$550.00

Medium size, Vajravarahi. #THT22 \$495.00

Medium size, Vajravarahi. #THT14 \$495.00

Medium size, Vajrayogini. #THSP2 \$495.00

WHITE TARA THANGKA

Medium, Extra-special Brocade, with knobs. #THWHT \$425.00

YAMANTAKA THANGKA

Medium. #THYA \$450.00

Solitary hero Yamantaka—very well painted.



EKAJATI THANGKA
Medium, Extra-special Brocade. #THEK \$495



VAJRAKILAYA THANGKA
Medium size. #THSP6 \$495.00



KALARUPA THANGKA
14 x 20" image with exquisite brocade. #THKA \$500.00



CHENREZIG THANGKA
Medium. #THCHE \$495.00



PADMASAMBHAVA THANGKA
Medium, Red with gold, Eight Manifestation, Extra-special Brocade. #THRURE \$695.00



MILAREPA THANGKA
Medium, Extra Special Brocade. #THME \$550.00



CHAKRASAMVARA THANGKA
Large, Extra-Special Brocade, Two-armed form. #THCHA \$550.00



VAJRAVARAHI THANGKA
15 x 22" image, exquisite brocade, Vajravarahi in form of Maitri's Dakini. #THVAMA \$650.00



VAJRAVARAHI THANGKA
Medium size, exquisite brocade. #THVAVA \$550.00

PRAYER FLAGS

Each of the following sets of deity prayer flags has five flags, one in each of the Tibetan colors and they are strung on a cord. Each flag measures approx. 13 x 16" and has the mantras of the deity printed on it:

CHENREZIG Prayer Flags
#CHPRFL \$12

KALACHAKRA Prayer Flags
#KAPRFL \$12

MAHAKALA Prayer Flags
#MAPRFL \$12

MANJUSHRI Prayer Flags
#MNPRFL \$12

MILAREPA Prayer Flags
#MIPRFL \$12

PADMASAMBHAVA Prayer Flags
#PAPRFL \$12



TARA Prayer Flags #SETAPR \$12

VAJRAYOGINI Prayer Flags
#VAPRFL \$12

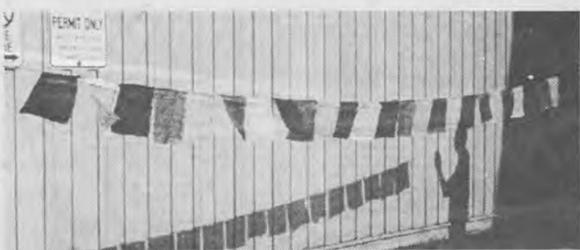
Please note that most prayer flags are designed to destruct over time. In this way, the earth as well as the wind receives the prayers.



WINDHORSE PRAYER FLAGS

Set of five.

This is a set of traditional prayer flags in the five colors with windhorse and other animals and mantras printed on them. In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig, Kalachakra, Mahakala and many others. Each flag measures 13" x 16". #SEPRFL \$14



GURU RINPOCHE PRAYER FLAGS

#GURIPR \$35.00

25 flags on a string, each 8 1/2" w, 5 different colors. A larger set of prayer flags of Guru Rinpoche for larger spaces.

RADIANT HEART PRAYER FLAGS

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

Eight Manifestations of Guru Rinpoche
25 x 37" #EIMAGU \$16

Four Dignities
24 x 24", red-purple on white,
#FODIPR \$12

The Garuda, Dragon, Snow Lion, Tiger represent sacred qualities and attitudes that bodhisattvas develop on the path: awareness, confidence, joy, humility, and power.

Or purchase them separately:

The Garuda
18 x 18", green on white, #GAPR \$8

Represents freedom and the vast mind.

Green Tara
14 x 20" #GRTAPR \$8

Gyaltsan Semo
20 x 26" #GYSEPR \$8

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

Kalachakra Monogram
9 x 16" #KAMOPR \$5

This symbol contains the seed syllables of the Kalachakra Heruka. It presents the essence of the teachings of the Kalachakra Tantra concerning the energy which transcends the relative concepts of time and space. These ten syllables of power represent the 84,000 teachings of enlightenment. Rainbow colored.

Kurukulle Prayer Flag
22 x 30", black on red, #KUPRFL \$10 way that pacifies the situation.

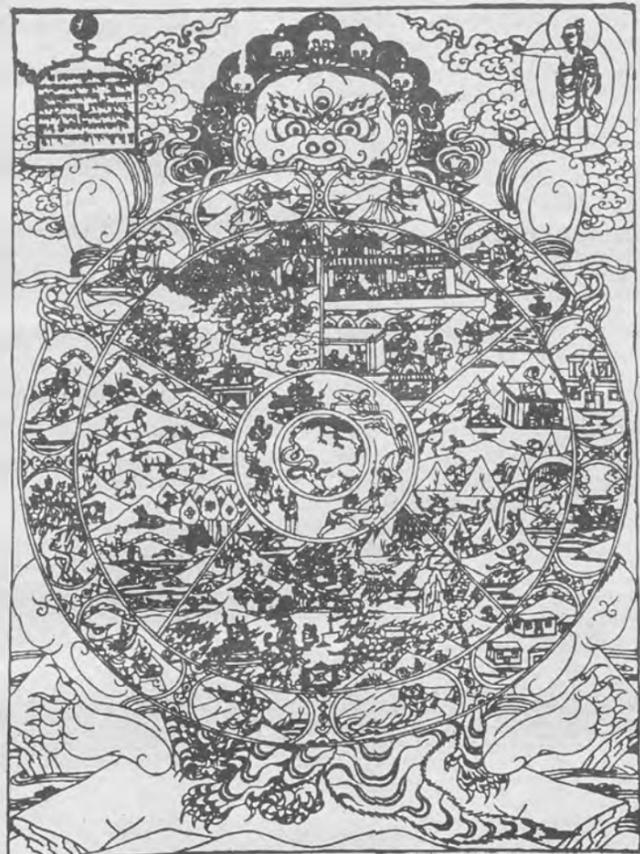
Mig Thong (Thousand Eyes)
13" x 38", black on white,
#MITHPR \$10

Protects against the envy and jealousy of others which can cause obstacles, accidents, and loss of wealth and energy. The symbols and daranis on the flag return the negativity back to the initiator in a way that pacifies the situation.

Prayer to the Twenty-one Taras
20 x 26" #PRTWPR \$8

Sampa Lhundrup
19 x 28" #SALUPR \$8

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



Wheel of Life 12 x 16" #WHLIPR \$5

Shakyamuni Buddha
14 x 20" #SHBUPR \$8

The Sky Dragon
18 x 18", turquoise on white,
#SKDRPR \$8

Represents spontaneous achievement, elegance, and equanimity.

Small Wind Horse
13 x 16" #SMWIPR \$5

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

The Snow Lion
18 x 18", purple on white,
#SNPRFL \$8

Represents unconditional cheerfulness, mind free of doubt, clear and precise.

The Tiger
18 x 18", red-orange on white,
#TIPR \$8

Represents unconditional confidence, awareness, and modesty.

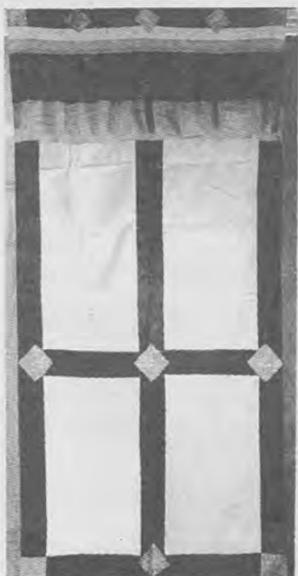
Turquoise Dragon
#TUDR \$8

28 x 13", turquoise on white. In heaven the Turquoise Dragon thunders, the sound of compassion that awakens us from delusion and increases what we can know through hearing. Dragons have the power of complete communication and protect one from slander.

Wheel of Life
12 x 16" #WHLIPR \$5

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

DOOR CURTAINS



DOOR CURTAIN
#DOCU \$50

Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.



EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN
#EIAUDO \$50

This curtain has eight panels with an auspicious symbol embroidered in each one. Measures 36 x 70".



ETERNAL KNOT DOOR CURTAIN
#ETKNDU \$50

This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.



FOUR ETERNAL KNOT DOOR CURTAIN
#FOKNCU \$50

Four Eternal Knots, one in each panel, are sewn on this traditional door cover. Measures 6' long x 42" wide.



TIBETAN CYMBALS

We have various sets of Tibetan ritual cymbals. They are beautifully made with pads and covers. Call to check availability.

12" Ritual cymbals
#RICY \$210

11" Ritual cymbals
#RICYSM \$200

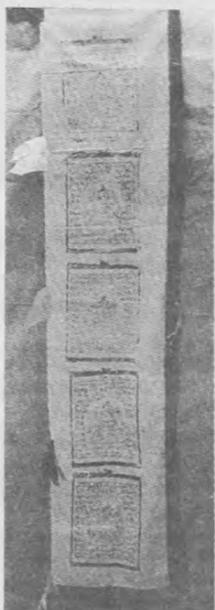
13" Wrathful deity cymbals
#WRDECY \$225

www.snowlionpub.com

BANNERS

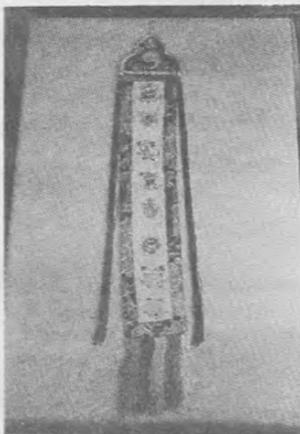
DEITY BANNERS FROM INDIA!

These vertical banners are approx. 6 ft. x 18" wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.



- CHENREZIG Banner**
#CHBA \$16
- KALACHAKRA Banner**
#KABA \$16
- MAHAKALA Banner**
#MABAN \$16
- MANJUSHRI Banner**
#MNBAN \$16
- MILAREPA Banner**
#MIBA \$16
- PADMASAMBHAVA Banner**
#PABA \$16
- TARA Banner**
#TABA \$16
- VAJRAYOGINI Banner**
#VABA \$16
- WINDHORSE Banner**
#WIBA \$16

OTHER BANNERS



AUSPICIOUS SYMBOL BANNER
Approx. 28" x 4 1/2" wide #AUBA \$16

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.



KALACHAKRA EMBLEM BANNER
#KABRBA \$25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade. 24" x 13" wide.

EIGHT AUSPICIOUS SYMBOLS THANGKA
12 wide x 29" high. #EIAUTH \$55

The Eight Auspicious Symbols are hand painted and mounted thangka style to make a beautiful wall hanging.

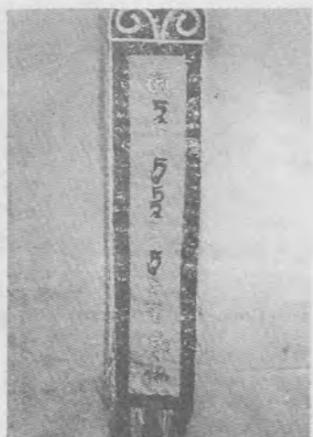


MANI BANNER
#MABANN \$16
26" x 4 1/2" wide. Embroidered Om Mani Padme Hum mounted in brocade. Very striking.

DEITY MANTRA BANNERS

Vertical banners 3.5 ft. long x 6" wide, brocade with embroidered mantras in Tibetan.

- BUDDHA Mantra Banner,**
#BUMABA \$22
- KALACHAKRA Mantra Banner,**
#KAMABA \$22
- MANJUSHRI Mantra Banner,**
#MAMABA \$22
- MEDICINE BUDDHA Mantra Banner,**
#MEMABA \$22
- PADMASAMBHAVA Mantra Banner,**
#PAMABA \$22
- TARA MANTRA Banner,**
#TAMABA \$22



LARGE AUSPICIOUS SYMBOL BANNER
Approx. 44 x 13" wide. #LAAUBA \$30

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.

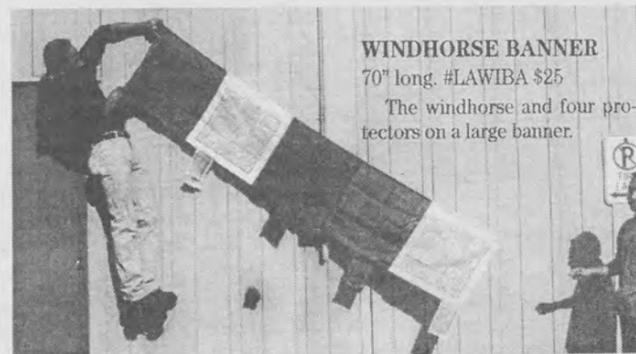


MANI HANGING #MAHA \$40
44" x 18" wide. Om Mani Padme Hum is embroidered and mounted in brocade. The central color is orange and the brocade is yellow and blue. Very striking.

KATAS

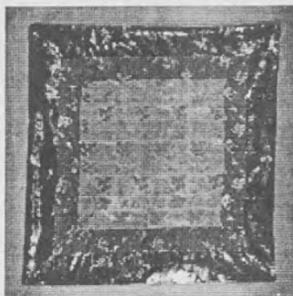
No Tibetan custom is as well-known as the offering of a kata or white scarf used in greeting. The kata is considered as an auspicious symbol. It lends a positive note to the start of any enterprise or relationship and indicates the good intentions of the person offering it. Katas are offered to religious images, such as statues of the Buddha, and to lamas. There are a number of types of katas, some of the most popular are listed below (white unless otherwise mentioned).

- Plain Offering Scarf,** 4' long x 14" wide, #PLOFSC \$4
- Natural Golden Color Offering Scarf,** 4' long x 14" wide, #GOOFSC \$5
- Brocaded Offering Scarf,** 6' long x 16" wide, with auspicious symbols #BROFSC \$12
- Fancy Brocade Offering Scarf,** #FABROF \$25 8' long with auspicious symbols

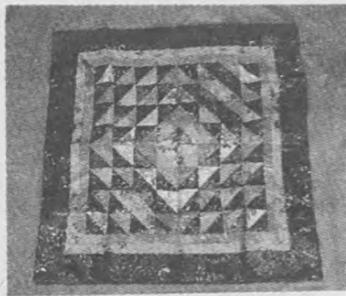


WINDHORSE BANNER
70" long. #LAWIBA \$25
The windhorse and four protectors on a large banner.

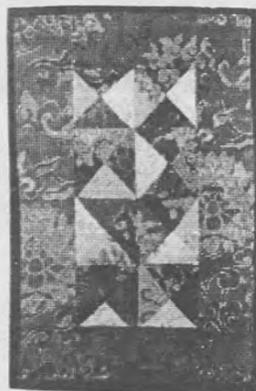
RITUAL ITEMS



LARGE DRAGON ALTAR CLOTH
30 x 30" #DRALCL \$60
Quality brocade design with dragons.

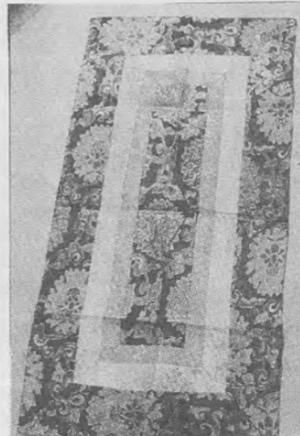


LARGE FANCY ALTAR CLOTH
30 x 30" #ALCL \$45
All brocade piece with triangle pattern in the center.



TIBETAN-STYLE TILDEN (left)
#TTTIL \$25
This brocade tilden has pieced triangle design in the middle. The brocade is the kind you find on many thangkass. It measures 16" x 10."

LARGE TIBETAN-STYLE TILDEN (right)
#LATIL \$40
This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



RITUAL ITEMS



BHUMPA FEATHERS
#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa. Approx. 12" high.

BUTTER LAMPS



BUTTER LAMP (white metal)
#BULA \$16

White metal, well-made, 3 1/2" high.



BRASS BUTTER LAMPS

These lamps look great and brass is very durable.

Extra-Large Brass Butter Lamp
4.50" high, EXBRBU \$13.50

Large Brass Butter Lamp
4.25" high, #LABRBU \$11

Small Brass Butter Lamp
3" high, #SMBRBU \$6



COPPER BUTTER LAMP
#COBULA \$19

4 1/4" high with auspicious symbols in silver-like metal.

DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 5" high and 5" in diameter.

White Metal Serkyem #SEWH \$28

Brass Serkyem #BRSE \$26

Copper Serkyem #COSE \$16
It has lovely highlights in a second lighter metal.



BHUMPA
#BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is 7" high and used for blessed water.

JAMBHALA OFFERING SET (Torjang) #JAOFSE \$82

This is the offering set used for Jambhala water offerings. It is made of copper (required for the practice) and has several parts: A small copper statue of Jambhala, 7 offering bowl dishes (used under your existing set), a 9" deep dish to catch the water, a stand that goes in this dish to hold a smaller dish with Jambhala in it, and finally, the copper water pitcher.



KAPALA (skull cup)

It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

Medium Brass Kapala #MEBRKA \$20



MEDITATION BELL & CUSHION

#MEBECU \$45

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



DINGSHA BELLS (cymbals)

The sound of these bells is psychically cleansing.

Standard Dingsha Bells
#DI \$20

These are 2.75" in diameter.

Large Dingsha Bells
#DIBELA \$26

These are 3.25" in diameter.

MANDALA PLATES



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

Large Silver #MALASI \$80

Small Silver #MASMSI \$70

Large Copper #MALACO \$80

Small Copper #MASMCO \$70

Small Gold & Silver (alloys)
#MASIGO \$150



MEDITATION SHAWLS

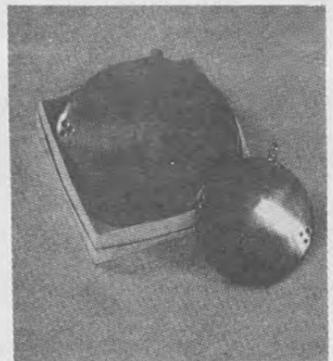
Large cotton (summer) and wool (winter—hand loomed and dyed) meditation shawls for men and women imported from India. They are the maroon color that monks and nuns wear. They measure 4' x 8'.

Meditation Shawl—summer
#MESHS \$30

Meditation Shawl—winter
#MESHW \$45

MELONGS

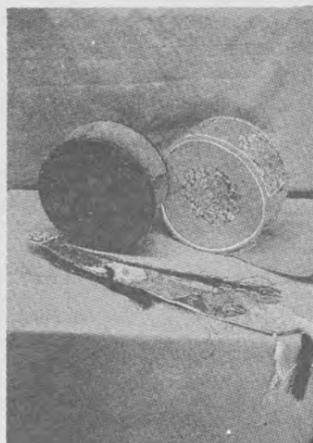
Brass concave circular ritual mirrors.



Small Melong #MES \$12
2 1/4" dia.

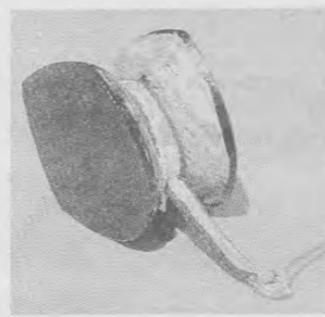
Large Melong #MEL \$16
4" dia.

DRUMS



CHOD DRUM
#CHDR \$170

This is the authentic chod drum. It has a diameter of 9 3/4" and is 4 1/2" wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



DAMARUS (wood)
4" in diameter #DA \$20

This is the hand drum used in many tantric practices.



DAMARU BANNERS
#DABA \$20

Beautiful brocade banners in 5 traditional colors. They are approx 22" long and attach to the Damaru to make a lovely tail.



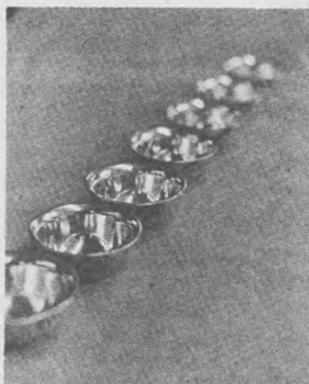
DAMARU SET
#DASE \$45

Includes damaru (4 1/2" to 5" at longest dia.), cover, & banner.

*The Snow Lion
Internet Shop*
www.snowlionpub.com

OFFERING BOWLS

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items. These bowls can discolor—to use them properly, the bowls must be filled to the top and the water must be changed every day and the bowls wiped dry with a soft cloth (don't use silver polish) and turned upside down. Water allowed to evaporate will leave mineral deposits which are hard to remove. Another option to protect them from discoloration is to spray the bowls with polyurethane before using them.



Copper Offering Bowls
#COOFBO \$38

Includes set of 7 bowls

COPPER OFFERING BOWLS w/ AUSPICIOUS SYMBOLS

#COOFAU \$38

These bowls are 3" in diameter, copper, and have 3 auspicious symbols around the side.

Engraved Silvery Offering Bowls

#SIOFBO \$33

Includes set of 7 bowls. Silvery offering bowls that measure 3 1/4" dia.—lovely engraved pattern.



Plain Silvery Offering Bowls
#PLSIOF \$33

Includes set of 7 bowls. Plain silvery offering bowls that measure 2 1/4" dia.—Elegant and perfect for smaller altars.

Large Brass Offering Bowls

2.75" in dia., #LABROF \$32

Small Brass Offering Bowls

2" in dia., #SMBROF \$19

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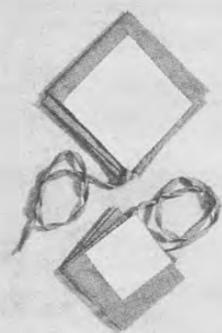


PRAYER WHEEL
#PRWH \$30

Authentic Tibetan prayer wheel consisting of a hollow cylindrical body engraved with the Mani prayer. It is approx. 9" long and is filled with the Om Mani Padme Hum prayer. The cylinder of the wheel is rotated in the same direction as the sun, and each turn is the equivalent of a reading of the prayers enclosed within.

PECHA HOLDERS & WRAPS

Used to cover sacred texts.

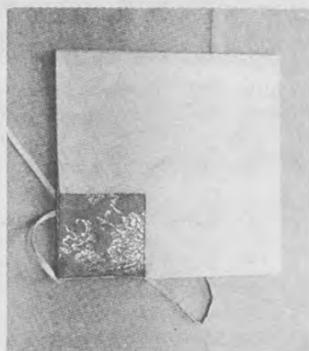


STANDARD

Two sizes of traditional book covers in red cloth with yellow square and cord.

Standard Pecha Wrap #PEWR \$15
Approx. 22" sq.

Standard Pecha Wrap #PEWRL \$15
Approx. 30" sq.

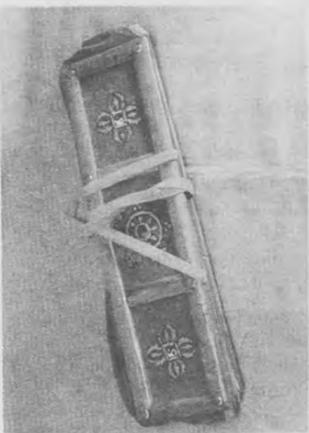


FANCY

Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

Fancy Pecha Wrap #FAPE \$17
Approx. 31" sq.

Fancy Pecha Wrap #FAPEL \$20
Approx. 33" sq.



WOODEN PECHA HOLDERS

The wooden frame, brocade, ties and cloth sides make this a very attractive item for holding sadhana and sacred texts.

4 x 17", extra large. #PEHOL \$45

4 x 15". #WOPEHL \$40

4 x 12". #WOPEHS \$35

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PURBAS

Tantric daggers made of iron used to expel negative forces.

9" Purba #9PU \$30

5" Purba #5PU \$12

SINGING BOWLS

These singing bowls are made in Nepal from a hand-worked alloy, and picked up by us for sound quality.

8" in dia. with thick wall.
#SIBOS \$100



SINGING BOWLS

#BRSIBO \$48.00

Shiny brass singing bowl. 5 3/4" singing bowls with smooth finish and excellent sound. Comes with striker.

#COSIBO \$48.00

Copper singing bowl with eternal knot on bottom and Tibetan design on side. 5 3/4" singing bowls with smooth finish and excellent sound. Comes with striker.



SNOW LION PRACTICE TABLE

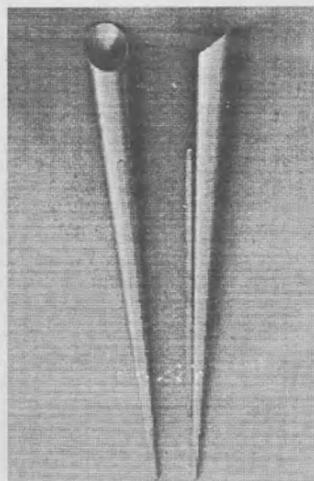
#SNLIPR \$300

Hand carved wooden practice table, hand painted in red, gold and traditional snow lion colors. This table folds down for transport and measures 27" wide by 14" deep and 13" high. A lovely piece of work for sadhana practice.

TIBETAN CHAKPUS

#TICH \$160

A pair of brass chakpus, made in the US for Namgyal Monastery, are now available to everyone who would like to try their hands at the ancient technique of sand painting. They are 10" long and have two sizes of openings for sand dispersal of 1/16th and 1/32nd of an inch. These come in a box with instructions and small starter packs of sand.



BELL AND DORJE

Standard set. #BEDO \$36.00

High grade bell and dorje—2 metal or better. #BEDOHI \$150.00

Supreme grade bell and dorje—5 metal. #DABEDO \$225.00

The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje is approx. 4 1/2" long, has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is approx. 6" high and composed of an alloy of metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.



BELL & DORJE COVERS

#BEDOCO \$16

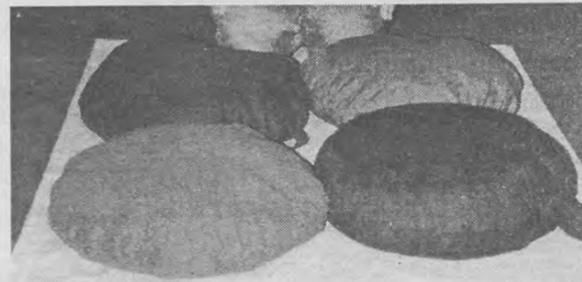
These are elaborately brocaded covers that are perfect for the standard size bell and dorje.



ZAFU MEDITATION CUSHION

We now have meditation cushion covers with liners that you can fill with your favorite substance. They are available in eight colors: black, burgundy, red, purple, navy, rust, brown, and royal blue. Please tell us your first and second color choice. You can fill the liner with a variety of items: buckwheat hulls, beans, seeds, kapok, pine needles, herbs or whatever—it will even take a beach ball for an inflatable travelling cushion! (Wholesale prices are available to dharma centers retailers for quantity orders.)

ON SALE STUFFED \$25.00



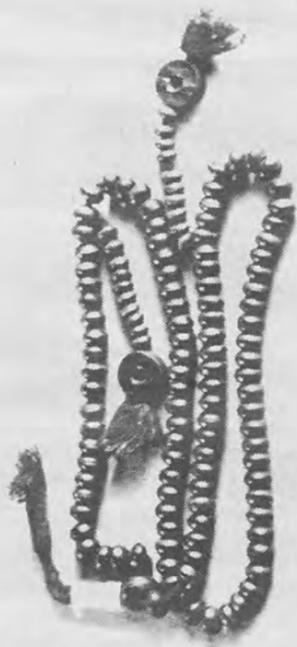
Cushion Only—no stuffing #ZAMECU \$25

Buckwheat Hulls Stuffing #ZAST \$12.95

MALAS



Bodhiseed #BOSEMA \$40



Regular Bone Mala #BOMA \$20
Brown bone beads

BONE MALAS

Strung on a red cord these malas have bone counters too!



White Bone Mala #WHBOMA \$20



Yak Bone Mala #YABOMA \$60
Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see. Guru beads can vary in appearance.



Linden Nut Disc Mala #LINUDI \$36
This beautiful mala has abacus shaped beads that are chocolate color with tiny beige speckles from the Linden tree.

LOTUS SEED MALAS



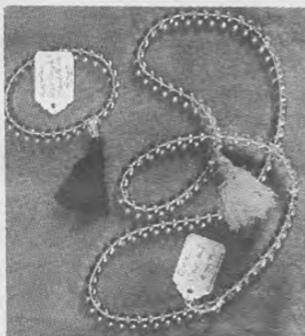
Lotus Seed Mala, #LOSEMA \$20
Mala has lotus seed guru bead and Tibetan-style tassel.



Lotus Seed Mala, with semi-precious marker beads #LOMA \$30

SEMI-PRECIOUS STONE & CRYSTAL MALAS

Amber 6mm #AMMA \$130
Cobalt Blue Glass Mala #COMA \$30



Rock Crystal Mala #CRMA \$70
Red Glass Mala #REMA \$30

TIBETAN HAND MALAS

These hand-crafted malas contain 27 beads of genuine semi-precious stones that are 8 mm. in diameter. You can also wear the mala on your wrist. The qualities reputed to be associated with the stones are mentioned in the descriptions.

- Amber Hand Mala #AMHAMA \$44**
- Amethyst Hand Mala #AMYHA \$48**
- Aventurine Hand Mala 6mm #AVHAMA \$24**
- Black Onyx Hand Mala #ONHAMA \$28**
- Cobalt Blue Glass Pocket Mala #COHAMA \$15**
- Lapis Lazuli Hand Mala #LAHAMA \$80**
- Malachite Hand Mala #MAHAMA \$48**
- Mother of Pearl Hand Mala #MOHAMA \$24**
- Rock Crystal #CRHAMA \$28**
- Rose Quartz Hand Mala #QUHAMA \$24**
- Tiger Eye Hand Mala #TIHAMA \$35**
- Turquoise Hand Mala #TUHAMA \$45**

Bodhi Seed Pocket Mala #BOHAMA \$5
Twenty-one bodhi seeds on an elastic cord—wear it on your wrist or carry it in your pocket to use whenever you have time. This mala was obtained from the monks of Namgyal to help them fund-raise.

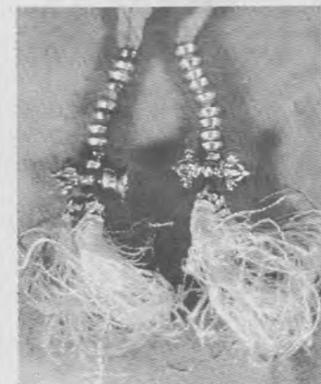
Regular Sandalwood Hand Mala #RGSAHA \$7.00
Aromatic sandalwood on an elastic cord.

The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery.

- Amethyst \$250**
- Aventurine 6mm \$50**
- Black Onyx \$80**
- Hematite 6mm \$50**
- Lapis Lazuli \$270**
These excellent quality lapis malas contain lapis guru bead and blue tassels. Perfect for Medicine Buddha practice.
- Malachite 6mm \$120**
- Mother of Pearl \$50**
- Rhodonite (pink with black) \$120**
- Rose Quartz \$60**
- Tiger Eye \$100**
- Turquoise \$80**
Color will vary from green to blue but each mala has uniform color. Has crystal guru bead and turquoise tassel.

MALA COUNTERS & BAGS

- Gold Counters #GOCO \$22**
High quality gold plated bell & dorje.
- Phurba & Curved Knife Counters #PHCUCO \$30**
Silver counters on thick red cord with tassels.
- Sandalwood Counters**
These have a bell and dorje and are strung on red cord.
- Regular Sandalwood Counters #RGSACO \$8**
- Red Sandalwood Counters #RESACO \$8**

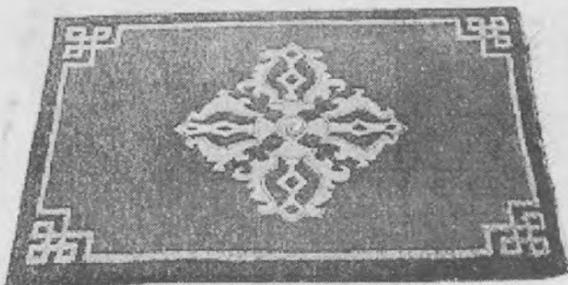


- Silver Counters #LASICO \$30**
Beautiful silver counters on thick red cord with tassels with bell & dorje.
- Wheel of Dharma Counters #WHDHCO \$28**
Silver Dharmachakras strung on red cord with multicolored tassels.
- White Metal Counters #WHMECO \$8**



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

MEDITATION CARPETS



DOUBLE DORJEE CARPET

#DODOCA \$175

This double-dorjee wool carpet is an excellent base for meditation or as a covering. It measures 2 x 3' and has a lovely mix of harmonious colors which you can view on our website.



TIBETAN PADDED MEDITATION CARPET

#TIPAMI \$145

A traditional Tibetan carpet (28 x 28") with a yellow double dorjee on maroon background. Padded underneath (2 1/5" thick) and covered with Tibetan cotton cover. An excellent meditation seat for you or your lama.



WHEEL OF DHARMA CARPET

#WHDHCA \$175.00

This wheel of dharma wool carpet is an excellent base for meditation or as a covering. It measures 2 x 3' and has a lovely mix of harmonious colors (same as double dorjee carpet) which you can view on our website. Made by Tibetans in Nepal.

SANDALWOOD MALAS

Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful!



Regular Sandalwood
#RGSAMA \$14.00



Red Sandalwood #RESAMA
\$14.00
Wood #WOMA \$16

TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

Ritual Grade Tibetan Incense
#CHTIIN \$5.00

Medium Grade #RE \$6

Highest Grade #BL \$8

Extra-Grade Tibetan Incense
#EXGRTI \$10

This incense comes from another source and is a popular high-grade product.

Pure Sandalwood #SAIN \$5
Comes in an 8" bundle.

THERAPEUTIC INCENSE!



TARA HEALING CONE INCENSE

#TAHECO \$15

Approximately 50 cones of healing incense per jar.

TARA HEALING INCENSE

#TAIN \$5

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six inch sticks per box.

AGAR 31 HERBAL INCENSE

#BLAG \$5

Made by Dr. Lobsang Choephel. Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds."

NIRVANA BRAND

#NIBRIN \$6

For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aroma-therapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim. Sometimes called relaxense.



SNOW LION INCENSE BURNER

#SNINBU \$7.00

3 inches in diameter and 1 1/2 inches high, this snow lion incense burner holds a standard stick of Tibetan incense. Made in Kathmandu by Tibetans.



INCENSE BURNER

#INBUWO \$70

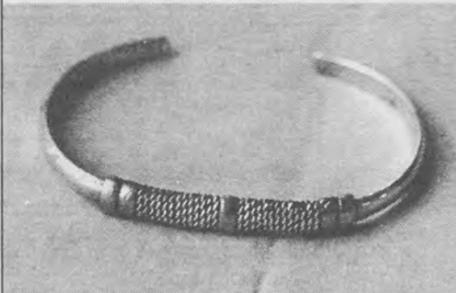
This is a painted wood incense burner that measures 14" long x 4 1/4" wide and high. It has a carved front with snow lions and the three jewels. A sliding drawer slides out and holds incense. You fill the burner with sand or rice, lay the burning stick down on top of it and the smoke flows out through a slot on the top of the box.

BRACELETS

TIBETAN BRACELETS

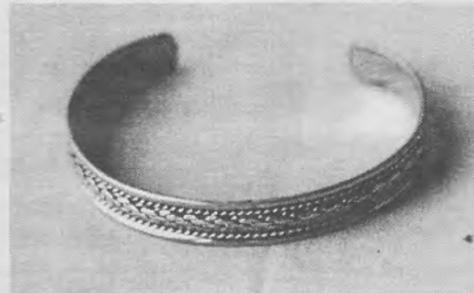
3-Metal Designs

The tri-metal formula is thought to have healing properties and the ability to balance energies. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and nickel. They are attractive, adjustable and functional.



1/4" wide, cross-weave bracelet. #CRWEBR \$8

Woven 3-Metal Band #WOTHME \$4



1/2" wide, mostly copper. #COBEBR \$10

3-Metal Design with Beaded Edge #BEEDBR

FINELY CRAFTED THREE-METAL MEDICINE BRACELETS

by Sergio Lub

These finely crafted silver, copper and brass Tibetan medicine bracelets were hand-crafted by Sergio Lub, a westerner who learned from the Tibetans how to make these bands and has refined the technique to a high degree. They are gorgeous!



SHERPA'S ROPE

#SHROBR \$25

This is a three-metal weave 3/16" wide



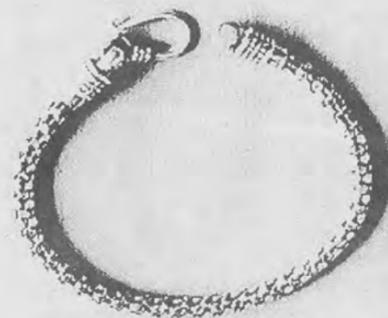
SEVEN METAL BRACELET #SEMEBR \$40

This is a seven-metal weave that is 5/16" wide.



TIBETAN ROPE #TIRO \$25

This is a three-metal weave that is 1/4" wide.



Silver Mirror Bracelet #BRSIMI

\$22

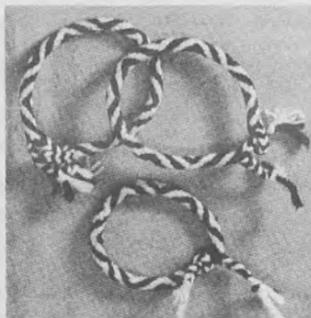
BRACELETS FROM PEMA

These measure 7 to 7.25" in length.

Silver Snake Thin Bracelet
#BRSNTN \$20



Silver Snake Thick Bracelet
#BRSNTH \$20



TIBETAN FREEDOM BANDS

#BLWHFR \$4

In Tibet where there is no freedom of expression the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community-in-exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and are worn like friendship bands.



TIBETAN MEDICINE BRACELETS

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable, and functional.

Woven 3-Metal Band
#WOTHME \$4

3-Metal Design with Beaded Edge #BEEDBR \$4



YAK BONE BRACELET

#YABOB \$10

This bracelet features six oval panels with auspicious symbols



OM BRACELET

#SAOMBR \$30

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

NECKLACES



SILVER NECKLACE CHAIN

#SICHNE \$15

This 26" elegant chain is perfect for pendants and gaus.



YAK BONE NECKLACE

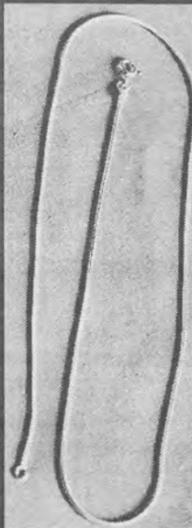
#YABON \$10

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

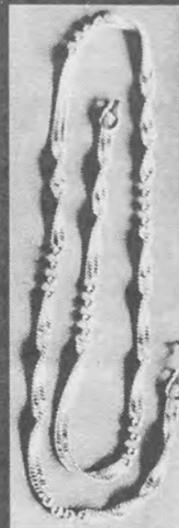
NECKLACES FROM PEMA



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



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



Silver Twisted with Bead Necklace 16" in length, #NETWBE \$25



Silver Coil Chain Necklace 16" in length, #NECOCH \$15

EARRINGS

CURVED KNIFE EARRINGS

#CUKNEA \$24

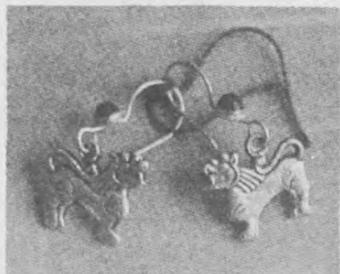
The curved knife of Vajrayogini worn as silver earrings.



PHURBA EARRINGS

#PUEA \$24

The phurbas are 1 1/2" long.



SNOW LION EARRINGS

#SNLIEA \$12

Silver snow lions with semi-precious stone.



OM MANI PADME HUNG

Pendant

#OMPE \$9.95

1 3/8" in diameter, this pendant has a circular Om Mani Padme Hung mantra in Tibetan letters circling around the central Hrih. It is a silver alloy and has a ring for a chain or string.

PENDANTS

SILVER PENDANTS by Irit

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



Tibetan Om #TIOMPE \$10

Large Tibetan Om #TIOMPL \$32, 1 1/2" long

Tibetan Ah #TIAHPE \$16



Mani Mantra Pendant #MAMAPE \$45

Silver Om Mani Padme Hum mantra in a circle on silver background. Approx. 1" in dia.



Tibetan Hung #TIHUPE \$10



OM with Turquoise Agate Pendant #OMBLAG \$35

1.5" long turquoise agate with silver OM on a Moon disk. The agate beautifully sets off the silver Tibetan OM.



Turquoise with Gold Earrings #TUGOEA \$45

Disks of turquoise held by 18k gold plated silver hangers. The contrast of the gold and turquoise is striking.

DEITIES, LAMAS, and MANTRAS Pendants

We are pleased to be able to offer these colorful pendants. They are 1 1/4" in diameter, hang with a red cord and have images of deities, lamas, and mantras—one on each side in different combinations. The whole piece is covered with a clear resin to protect the images. \$8 each.

16th and 17th Karmapa. #PE1617

Amitabha w/ Mantra #PEAMMA

Chakrasamvara w/ Four-Armed Mahakala #PECHFO

Chenrezig w/ Green Tara #PECHTA



Chenrezig w/ Mantra #PECHMA



Dalai Lama w/ Chenrezig #PEDACH

Dudjom Rinpoche w/ Mantra #PEDUMA

Ekajati w/ Mantra #PEEKMA

Green Tara w/ Mantra #PETAMA

Guru Rinpoche w/ Dorje Phurba #PEGUDO

Guru Rinpoche w/ Mantra #PEGURI

Jambhala w/ Mantra #PEJAMA

Karmapa (16) w/ Marpa #PEKAMA

Manjushri w/ Mantra #PEMAMA

Medicine Buddha w/ Mantra #PEMEMA

Palden Lhamo w/ Mantra #PEPAMA



Samantabhadra/Consort w/ Guru Rinpoche/Consort #PESAGU

Sitatapatra w/ Mantra #PESIMA

Six-Armed Mahakala (blue) w/ Mantra #PESJAR



Vajrasattva w/ Mantra #PEVAMA

White Mahakala w/ Mantra #PEWHMA

White Tara w/ Mantra #PEWHTA

The Snow Lion Internet Shop
www.snowlionpub.com

Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us. See page 5 for details.

DHARMA ITEMS

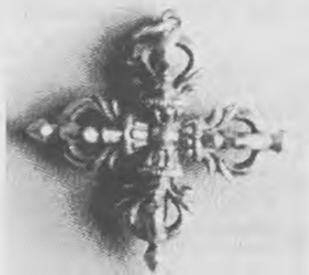
OTHER SILVER PENDANTS



Curved Knife Pendant #CUKNPE
\$8
1" high, 7/8" wide, silver



Dorje Pendant #DOPE \$8
1 1/4" long, silver



Double Dorje Pendant #DODOPE
\$16
1 1/4", silver



Eternal Knot Turtle Pendant #ETTUPE \$25
This is lovely turtle symbolizing patience has the eternal knot on its shell. The shell opens to hold small precious objects.



Mani Gau Pendant #MAGAPE \$25
2" long rectangular silver gau with the Mani mantra on the front and dorje design on sides. It opens up from behind.



Prayer Wheel (drum) Pendant #PRDRPE \$25
1.25" long. This exquisite silver prayer wheel has the Tibetan *Om Mani Padme Hum* both on the drum and inside too—as a roll of Mani mantras!



Prayer Wheel (hand-held style) Pendant #PRHAPE \$25
A small (1.5") version of a real prayer wheel that turns. It is made of silver and has the *Om Mani Padme Hum* mantra on it.



Precious Stone Mandala Pendant #PRSTPE \$30
Turquoise and red coral highlight this silver mandala design pendant with gold plating on the four directions. It is 1" in diameter.

DEITY PENDANTS

Fine pendants with real silver finish from Nepal. 1 1/4" high



Buddha #SIBUPE \$12.00
Chenrezig #SMCHSI \$12.00



Padmasambhava #SMPASI \$12.00
Tara #SMTASI \$12.00

ENDLESS KNOT EARRINGS & PENDANT

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion. Marta Macbeth has designed and produced beautiful sterling jewelry featuring the endless knot symbol. A percentage of each sale goes to the Tibetan Resettlement Project.



Endless Knot Earrings #ENKNEA \$44
All silver, 1 1/4" long



Endless Knot Pendant (w/circle) #ETKN \$28
Silver w/cord, knot is enclosed by a circle, 1 3/8" dia.

Endless Knot Pendant (w/o circle) #SETKNP \$28
This popular design is now available without the enclosing circle. It is silver.



ETERNAL KNOT KEY CHAIN #ETKNKE \$28
Great-looking sterling silver eternal knot is attached to key ring.



ETERNAL KNOT PIN by Marta Macbeth. #ETKNPI \$30
Marta has crafted this silver eternal knot pin with a turquoise bead (1 1/2" long) ideal for clothing, hats or cloth bags.

FANCY ETERNAL KNOT EARRINGS

Matte Silver Eternal Knot Earrings #MASIEA \$20
Comes with a turquoise bead.



Gold Eternal Knot Earrings #GOEA \$20
Comes with a red carnelian bead.



ETERNAL KNOT NECKLACE by Marta Macbeth #ETKNNE \$150

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

ETERNAL KNOT KEY CHAIN

#ETKNKE \$28
Great-looking sterling silver eternal knot is attached to key ring.

MANDALA PENDANT AND EARRINGS

These silver earrings and pendant are in the shape of mandalas and have a deep red garnet in the center. The pendant is 1 1/2" in diameter and the earrings are 7/8" in diameter.



Mandala Earrings #MAEA \$26



Mandala Pendant #MAPE \$26

RINGS



OM MANI PADME HUM RINGS #OMRI \$17
Women and men's styles; adjustable.

Silver Non-Pierced Ring #RINOPI \$3



DOUBLE-DORJE JEWELRY

by Lauren Cottrell Designs

This exquisite double dorje jewelry is made with 24k gold. Most gold jewelry that you see is not pure gold but an alloy. This means that other metals, such as copper or nickel, have been added to the gold to make it harder—for instance 14k gold is only 55% pure gold. Only 24k gold is pure. 24k is generally too soft to be used in lightweight jewelry, but a method has been discovered that makes the gold firm. The pieces being offered bring together the finest and purest with an image that embodies one of the highest spiritual values and it is the hope of the designer that wearing these will bring both beauty and wisdom into one's life. A percentage of the profits goes to the Sera-Je monastery food fund.

*Available as a special order.

24k Gold Double Dorje Earrings \$260

These measure 1" in diameter. The posts and hooks cannot be obtained in pure gold so are being offered in 18k gold.

—with 18k posts #GODOPO

—with 18k wire hooks #GODOHO

24k Gold Double Dorje Lapel Pin #GODOLA \$150

This also measures 1" in diameter and has a heavier 18k gold post.

PINS



H.H. the 17th KARMAPA Pin
#HHKAPI \$8

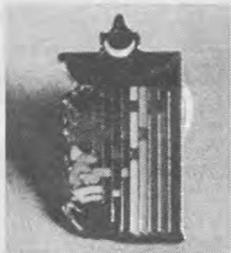
H.H. the Karmapa has now left Tibet and dharma students everywhere are eager to see him. This pin carries his image and measures 1 1/2" in diameter.



TIBETAN FLAG PIN
#TIFLPI \$3

This is a great pin for people who like to show their interest in Tibet. It is 3/4" wide and high, full color with clear finish.

KALACHAKRA MANTRA PINS: The Power of Ten



Power of Ten Small Pin
#POTESP \$8

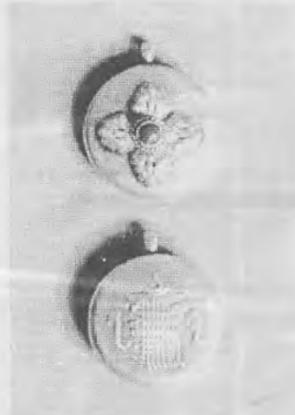
1" high, this gold pin with colored enamels looks great. It only shows the mantra with no additional border.



Power of Ten Large Pin
#POTELP \$9

1 3/8" high, this gold pin with colored enamels also looks great. In addition to the Kalachakra mantra, it stands on a lotus, disk and has a golden aura around it.

GAUS

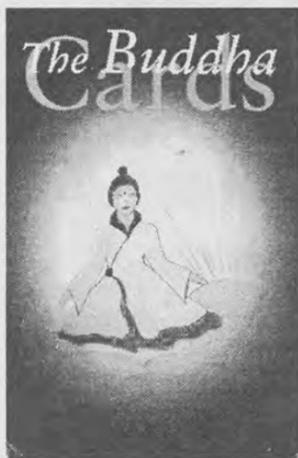


Round Double Dorjee Gau
#RODODO \$28

1 1/8" dia., 3/4" deep, silver, Kalachakra Mantra on reverse

Small Round Double Dorjee Protection Gau
#PRGACO \$12

5/8" dia., silver. This gau comes with a red cord and inside are blessed protection seeds of the Nechung Oracle while in trance.



BUDDHA CARDS

created by Lin McNulty & Gayan Sylvie Winter. 60 cards, 1.75 x 2.75", text booklet. #BUCA \$10.00

The Buddha Cards offer insight and awareness into the ever-changing movement of energy. This deck of 60 full-color cards with text describing their use offers the opportunity to connect with the ideas of Buddhism as guides in our lives.



ENDLESS KNOT CHIME
14" high plus 4" leather cord.
#ENKNCH \$50.00

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.

T-SHIRTS

All these shirts are good quality 100% cotton.



ETERNAL KNOT T-SHIRT

"We are all connected" is the message of this great-looking shirt. It comes in black with red and white designs or white with black and red designs on 100% Fruit of the Loom cotton.

- White Large #WHKNSL \$15.00
- X-tra large #WHKNSX \$15.00
- Black large #BLKNSL \$15.00
- Extra large #BLKNSX \$15.00



SNOW LION T-SHIRT

The Snow Lion, the national symbol of Tibet, in deep-blue on a natural color 100% cotton shirt.

- Large #SLTL \$15.00
- Xtra-large #SLTX \$15.00



TIBET FLAG T-SHIRT

A five-color image of the Tibetan national flag is printed on a white 100% cotton quality t-shirt. The word "Tibet" is printed under the flag.

- Medium #TIFLTM \$16
- Large #TIFLTL \$16
- Xtra-large #TIFLTX \$16

DORJEE T-SHIRTS: Sayings of the Dalai Lama

We have two dorjee shirt designs with a dorjee on the left pocket area of the front and quotations by the Dalai Lama on the back. The themes are: "A Precious Human Life", and "Never Give Up". These shirts were manufactured in India and brought here by the Namgyal monks. The sizes available are large and medium in several color options. Supplies are limited so order now if you think you might like these items. The shirts all \$15 each. *Call for availability.



"A PRECIOUS HUMAN LIFE" T-SHIRT



"NEVER GIVE UP" T-SHIRT

MISCELLANEOUS ITEMS



FOLKWEAR: Tibetan Clothing Patterns

Tibetan Chupa & Wrap Skirt.
#TICHSK \$16.95

Tibetan Panel Coat.
#TIPACO \$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.

PEACE MANDALA SCREEN SAVER

by Samaya Foundation. #PEMASC \$40

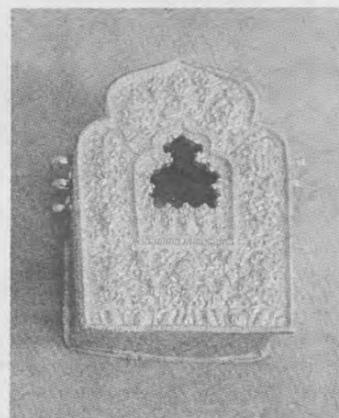
Starting at the center of the Kalachakra Mandala, symbols representing the central deity and his consort appear. The mandala continues to grow until all the details are in place. System requirements: 386, 486, or Pentium based computer or higher. Microsoft Windows 3.1, Windows 95, 98 or Windows NT. Super VGA compatible graphics card.



"FREE TIBET" BUTTONS

#REFRTI \$1

2 1/2" dia. Yellow letters on red. Call us for information on wholesale pricing and quantities.



LARGE GAU
#LAGA \$18

Made from copper with brass cover, this 4" gau will hold many precious objects.

BAGS

DHARMA SHOULDER BAGS

These bags have an attractive velveteen cloth with brocaded patterns of either buddha eyes or the eternal knot. They measure 6 x 8" and have two zipper pouches and one open pouch. The shoulder cord has a knob that allows the wearer to adjust its length.

Eternal knot, forest green cloth. #DHKNGR \$10

Buddha eyes, indigo blue cloth. #DHEYBL \$10

Buddha eyes, forest green cloth. #DHEYGR \$10

Buddha eyes, red cloth. #DHEYRE \$10

Eternal knot, indigo blue cloth. #DHKNBL \$10



BROCADE BAG

Approx. 6 x 8" #BRBA \$8

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



GREEN TARA BAG

#BAGRTA \$10

6 x 8.5", this bag has two zippered pouches, a cord that allows the bag to hang 21", and Green Tara is brocaded in shades of green with warm highlights.



BUDDHA SHAKYAMUNI BAG

#BASHBU \$10

7.5 x 9", the bag has two zippered pouches and a cord that allows the bag to hang 21". The Buddha is brocaded in warm colors.

METAL DOOR MANTRA: Om Mani Padme Hum

#MEDOMA \$10

This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".



BUMPER STICKERS AND DECALS

BOYCOTT CHINESE GOODS

"BOYCOTT CHINESE GOODS" #BOCHGO \$1.50

Yellow letter on strong red background. Show your support for human rights and Tibet and encourage others to do the same.

COMMIT RANDOM ACTS OF KINDNESS

"COMMIT RANDOM ACTS OF KINDNESS" #CORAAC \$1.50

Red letters on yellow background.

FREE TIBET!

"FREE TIBET" #FRTIBU \$1.50

Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place.

HONK IF YOU DON'T EXIST

"HONK IF YOU DON'T EXIST" #HOIFYO \$1.50

Bumper sticker with blue letters on white background.

I ♥ TIBET

"I (HEART) TIBET" #HEBUST \$1.50

Blue letters, red heart and yellow background.

MY OTHER VEHICLE IS THE MAHAYANA

"MY OTHER VEHICLE IS THE MAHAYANA" #MYOTVE \$1.50

Bumper sticker with blue letters on a yellow background.



LIBERATION UPON SEEING #LISEBU \$3

Terma revelation by Tertön Migyur Dorje, written in dakini script (yellow letters outlined in orange on blue background). "Those who see this script will not experience the three lower realms and will be liberated from the fear of falling into the lower realms; will be purified of the five poisons and freed from the results of one's karma; will be freed from the fear of remaining in samsara."—terma revelation of Tertön Migyur Dorje.

LIBERATION UPON SEEING

Clear Acetate Decal #LISEDE \$3

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

NO OLYMPICS FOR CHINA UNTIL TIBET IS FREE!

NO OLYMPICS IN CHINA UNTIL TIBET IS FREE #NOOLBU \$1.00

White letters on a red background. This is a fundraiser for Tibetans in Ithaca, NY.



Sooner or Later: DHARMA

#SOLADH \$1.50

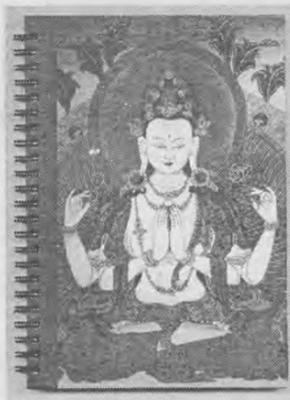
Yellow letters on a maroon background with dharma wheel and deer.



"TIBET FOREVER"

#TIPOBU \$1.50

With endless knot design.



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.



TIBETAN JOURNAL

8.5 high x 6.5 wide. #TIJO \$15.00

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



TIBETAN DINGSHA CHIME

8" high. #TIDICH \$38.00

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

DHARMA STICKERS

One of our Tibetan friends has found a source for stickers of deities and a few other dharma symbols. They peel and stick. Most stick on the outside of a surface. Only the Karmapa Dream Flag goes on the inside of glass (like a car window). Unless mentioned otherwise the stickers are circular and 3.5" in dia.



Chenrezig dharma sticker #CHST \$2

Green Tara dharma sticker #GRTAST \$2



Kalachakra Power of Ten dharma sticker, 3 x 3.75" #KAPOST \$2

Karmapa Dream Flag dharma sticker, 3 x 5.75" #KADRST \$2

Mani Mantra dharma sticker, Om Mani Padme Hum, color on gold, #MAMAST \$2



Manjushri dharma sticker, #MAST \$2

Medicine Buddha dharma sticker #MEBUST \$2



Padmasambhava dharma sticker #PAST \$2

Sitatapatra dharma sticker, 2.75 x 3.75", #SIST \$2

Vajrakilaya dharma sticker #VAST \$2



White Tara dharma sticker #WHTAST \$2

DHARMA ITEMS

TIBETAN CLOUD BELL

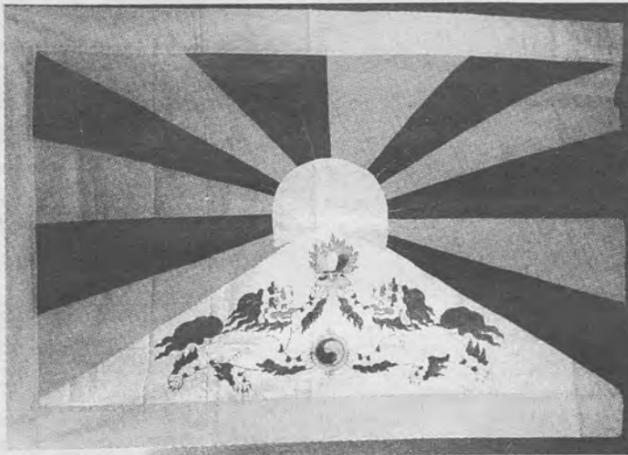
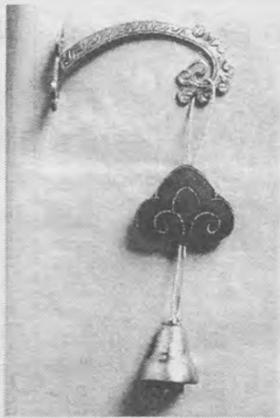
11" high with cord. #TICLBE
\$19.00

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 2 screws which are supplied



TIBETAN NATIONAL FLAG

#SMTIFL \$6

10" x 14". A small Tibetan flag printed on cotton.

TIBETAN NATIONAL FLAG

#LATIFL \$35

5 x 3'. This lovely large flag is silk-screened. Has grommet.



TIBETAN PICTURE FRAME

#TIPIF \$15

Gao-shaped frame holds 2-1/2" x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



TIBETAN MANI STONE

3" wide, grey with brown paint to highlight the mantra. #TIMAST \$9.00

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 TEA CUPS AND BOWLS

4" dia., Oct.. #TIBOS \$12.00

6" dia., Oct.. #TIBOM \$20.00

8" dia., Oct.. #TIBOL \$28.00

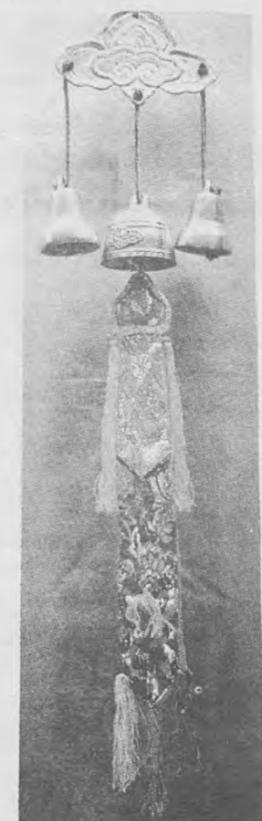
Traditional Tibetan tea cups and bowls—these look great! The bowl is a dark wood with metal lining (aluminum) and ornate metal strip on base. They can be used for nuts, dry fruit, crackers and other foods. Tibetans drink chang (Tibetan beer) from the larger ones. Can be washed with dish soap and soft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



TIBETAN STAMPS

#TIST \$5

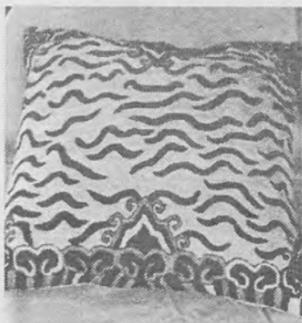
60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



TIBETAN WINDCHIMES

#TIWI \$50

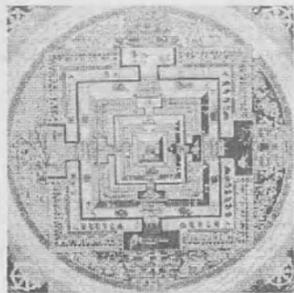
Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch. Made by Tibetans in India.



TIBETAN TIGER PILLOW

18" square, stuffed. #PICOTI
\$57.00

Traditional tiger design, chain stitch pillow, comes ready-to-use. Each hand-stitched wool cover is backed with heavy cotton and has hand-carved buttons for an artful closure.



WHEEL OF TIME MIND MANDALA BUTTON

#WHTIBU \$3

2 1/4" dia.



WHEEL OF TIME MIND MANDALA MAGNET

#WHTIMA \$3



TIBETAN WOOL SCARF

#WOSC \$20

Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' x 10" wide.



TIBETAN WALLET

#TIWA \$8

Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.



SNOW LION T-SHIRT

The Snow Lion, the national symbol of Tibet, in deep-blue on a natural color 100% cotton shirt.

Large #SLTL \$15.00

Xtra-large #SLTX \$15.00



Win a FREE TRIP to Tibet and Nepal.

You can enter everytime you place an order with us.

See page 5 for details.

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Internet Shop
www.snowlionpub.com

