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WINTER 2004 NEWSLETTER
& CATALOG SUPPLEMENT

A PRACTITIONER'S GUIDE TO MANTRA

AN INTERVIEW WITH BARDOR TULKU RINPOCHE

Tibetan Buddhist mantras are words originally spoken by a Buddha while deep in meditation. Reciting them helps to replace the endless, internal chatter of the mind with calming syllables that purify karmic imprints, bring beneficial energy, focus the concentration, and offer protection and blessings.

Chanting a mantra cannot by itself liberate a person from cyclic existence. While chanting, one also must transform and focus one's thoughts. To engage the mind in this way requires preparation—receiving teachings from a qualified master, reflecting and contemplating on those teachings, and engaging in skillful meditation practice.

Venerable Bardor Tulku Rinpoche recently shared some basic guidance regarding the use of mantras and malas (Tibetan rosaries) in Tibetan Buddhist practice. While the information Rinpoche provides here relates specifically to his tradition in the Kagyu school of Tibetan Buddhism, much of it also holds true for other Tibetan Buddhist traditions as well.

Q: Why are mantras said in Tibetan Buddhism? What is their significance, their power?

Above photo: Bardor Tulku Rinpoche

BARDOR TULKU RINPOCHE: Mantras are customarily an important aspect of Tibetan Buddhist practice. They usually correspond to specific deities; each deity has one or more mantras associated with him or her. Therefore, the reason for reciting a specific mantra is the wish to achieve the qualities associated with that specific deity. If someone wishes to develop discernment, they might meditate on Manjushri and recite his mantra. If purification is the main emphasis in practice, meditation on Vajrasattva and the recitation of his 100-syllable or six-syllable mantra is recommended. The most commonly practiced mantra is OM MANI PADME HUM, the principal mantra of Avalokiteshvara, the bodhisattva who embodies the compassion of all buddhas. The development of impartial love and compassion is the essence of spiritual practice; in the same way, this mantra is the essence of all mantras. Its six syllables prevent rebirth in the six realms of samsara, and contain the essence of the buddhas who liberate the six realms, and also the essence of the six perfections practiced in the mahayana.

The fundamental reason for the use of mantras in meditation on deities is that a deity's mantra is no different than that deity him or



herself. You can regard the recitation of mantra as calling a deity by name, and indeed, many mantras are phrased in that way. But really, a mantra is more than the deity's name—it is the deity appearing as sound. For that reason, the written form of a mantra is regarded as a type of nirmanakaya buddha.

Q: When did mantras and malas originate?

BARDOR TULKU: According to our tradition, all Buddhist mantras were first taught by the historical Buddha or his emanations. Since many Tantras describe the use of malas, and we believe them to have been taught by the Buddha, we also believe that the use of malas dates back to his time.

Q: What is the biggest mistake you see Westerners making when they say mantras?

BARDOR TULKU: Most Buddhist mantras are in the Sanskrit language. Pronunciation of mantras seems therefore to be an issue for those unfamiliar with Sanskrit. Tibetans tend to mispronounce Sanskrit consonants; Westerners do better with the consonants but have trouble with the vowels and stresses or rhythm.

Q: What is the most important thing

(Continued on page 8)



photo: John Smart

Kalachakra 2004

His Holiness the XIVth Dalai Lama will confer the Kalachakra Initiation for World Peace in Toronto, Canada from April 25-May 5 2004. The word Kalachakra or "Wheel of Time", refers to the unique presentation of cycles of time within the Kalachakra Tantra.

The Meaning of Kalachakra
The Kalachakra Initiation is the largest Buddhist ritual and initiation regularly conferred by His Holiness the Dalai Lama. It is traditionally given to large groups of people assembled from around the world and is considered a special blessing for those who

participate and for the environment in which it is given.

For those who are not Buddhists, or for those who do not wish to take the empowerment at this time, the initiation can be taken as a blessing. For everyone involved, regardless of the level of participation, the Kalachakra serves as a universal prayer for the development of the ethics of peace and harmony within one's self and humanity.

For more information, see www.Kalachakra2004.com.

(See page 3 for the Dalai Lama's schedule.)

April 25-27 **Kalachakra Ritual Preparation**

April 28-30 **The Preliminary Teachings**

His Holiness will teach on Chapter 18 (Examination of Self and Phenomena), Chapter 24 (Examination of Arya Truths) and Chapter 26 (Examination of Twelve Branches of Dependent Origination) from Nagarjuna's *Treatise of the Middle Way*

May 1 **Kalachakra Ritual & Offering Dance**

May 2-4 **Preparation & Kalachakra Initiation**

May 5 **The long life initiation for the public and long life offering to His Holiness/View of the Sand Mandala**

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The book also includes teachings on the nature of compassion by the highly regarded teacher Dzogchen Ponlop Rinpoche, praises to Avalokiteshvara by the Indian master Chandrakirti, and a fresh translation of the famed Mahayana text *The Thirty-Seven Practices of a Bodhisattva*.

Tyler Dewar translates for Nalandabodhi Buddhist centers and lives in Seattle, WA.

(See page 6 for an excerpt, by Dzogchen Ponlop Rinpoche, from *Trainings in Compassion*.)



translated by Tyler Dewar under the guidance of Dzogchen Ponlop Rinpoche

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commentary by James Low

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The commentary explains pivotal practices and addresses difficulties that arise in meditation. It provides both an expansion of the traditional concepts in the text and an examination of how they can function in contemporary life.

JAMES LOW has been a student of the fourth incarnation of Nuden Dorje for 30 years. He has translated numerous texts with Chhimed Rigdzin. He works as a consulting psychotherapist in a London hospital, and teaches dzogchen meditation around the world.

Below is an excerpt from *Being Right Here*.

attention on. You place it at a height about level with your heart at about an arms length from you. You allow your attention to rest on it. You could also use the flame of a candle or a butterlamp but the flickering may be unhelpful. In the early days of Buddhist practice they used to make a little disk with clay and put it on a stick, placed at the previously mentioned height and distance.

Or you can use an object which has an emotional impact. In particular people traditionally use a small statue of the Buddha. You could also use a statue of Padmasambhava so that your own faith and devotion toward this image acts as a strengthening factor for the focusing of attention on it.

Or you can use a symbolic object like the letter 'A' or the letter 'Hung'. Usually people use the letter 'A', often white on a dark blue background, and supported by a stick as previously. The distance the object is away from you needs to change depending on the temperature. If it is a very hot day and you are getting sleepy then if the object is too close to you and is causing an intensity of gaze this will increase the likelihood of distraction. So use the distance to the object as a method for helping your practice. With the view of dzogchen there are many choices and it is up to you to investigate what works for you.

The answer to the problem of suffering, the real nature of your own mind, will not arrive one day with the postman. You yourself will have to take the teaching and investigate it, so that you have the definite experience. Others give us concepts or some kind of enriched frame, which can optimise the possibility of experience, but we ourselves have to be hungry to gain that experience. In dzogchen self-responsibility is privileged very highly. There is

very little stress on rules and vows and regulations. The main factor is to understand the principles of how the mind becomes clear and how the mind becomes obscured and then to learn a range of practices, which you can use to keep yourself in clarity.

Where do the Arisings come from?

In looking into the nature of the mind, firstly make sure that you have enough stability and focus in order to be able to do the looking. If you don't have that, do some of these preliminary practices of focusing on the object that have just been described.

When we do *shiné* practice, for example focusing on the breath, keeping the awareness on the upper lip and feeling the keeping the

awareness on the diaphragm as it moves in and out, we have a sense that our mind wanders off. Then we have to catch it and bring it back to the point of focus.

So we start with a simple object that is easy to clarify; something outside ourselves or our own breath and then on the basis of this object is the primary focus of attention. We suddenly become aware that our mind has wandered and so very gently we just catch our attention and bring it back without any blame or faulting to the object of attention. When we have that kind of focus established we can sit relaxed and then watch this flow of stuff that is coming into our experience.

In my experience it is easier for most people to start with the ques-

tion: "Where do thoughts come from, where do they stay and where do they go to?" We focus on what it is that is occurring in our mind and try to get a sense of where it comes from. How did the stuff get into our mind? After all, we are sitting here quietly inside our little skin bag, and all this stuff is coming in. But when we look for where the thought comes from, we are not trying to find out what was the thought that was there before this thought. Otherwise we trace the lineage of samsara. And as it always says: "Samsara is without beginning." This would take us a very long time. We are not looking at where the thought comes from within the dimension of thought. We are stepping back and seeing the thought coming and having a sense of it when we ourselves are not resting on or identified with thought. In order to do this, the one who is looking has to be very relaxed and is themselves being teased out and gradually you experience an enormous loosening or relaxing of presence.

We apply the same approach to exploring where thoughts rest, 'Thought' in this context includes emotions, feelings and sensations. 'Thoughts' is being used as a short form for whatever is arising in our experience. We are sitting quietly. Where is this stuff staying? Where does it stay? It is in my mind but what is holding it up? So you have a lot of investigation to do. And then explore where do thoughts, feelings, emotions go to.

Because it is as if we have been sitting in a very dark room which is very busy for a long time. Many things have been going on but we have never really wondered what they are. We have just taken it for granted: "Oh, this is a thought. Oh yes, they come and go." Just as in the phenomenological method that was developed by Husserl the key point here is the ability to bracket off assumption so that you can see more clearly what it is actually presenting itself. In Buddhist meditation we need to recognise our many assumptions about the nature and status of

(Continued on page 17)



Shiné—Training of Concentration

We have to start to be able to separate what is occurring from the one who is aware of what is occurring. In order to do that we have to develop a focused concentration or mindfulness so that our attention doesn't flutter and flow into the constant stream of arisings. If you are a beginner in meditation and you find that your mind is wandering a great deal, it is necessary to practice with a simple

In Buddhist meditation we need to recognise our many assumptions about the nature and status of our thoughts, feelings and so on and learn to bracket them in order to look freshly at what is actually there.

focus in order to develop the capacity to stay calm (*shiné*, *Zhi gNas*). In order to practice clear investigation we have to set up laboratory conditions in which we can hold the frame and limit the number of variables. There are simple ways of helping the mind to focus. We can focus visually on an object outside of ourselves. We can focus on the breath or we can focus on something we imagine.

Generally speaking the external objects are divided in neutral objects, emotionally invested objects and symbolically enriched objects. As an example of the first you could find a small pebble rounded in shape with not a very interesting colour or pattern, just a simple shape to fix your

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Photo: Sogyal Rinpoche seated beneath the Bodhi tree in Bodhi Gaya, India, the place where Buddha attained enlightenment.

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The Dalai Lama's Schedule

2004

INDIA, Dharamsala

March 7-21

His Holiness will teach on Zpaltrul Ogyen Jigme Choekyi Wangpo's (1808-1887) *Kunzang Lama'i Zhal-lung (Words of my Perfect Lama)* and Jetsun Milarepa's *Spiritual Songs* and *Semnyid Ngalso (Relaxing the Mind Itself)*.

March 26 - April 4

At the request of Loseling Tulku Association, His Holiness will teach on Chakrasamvara Initiation. Those wishing to attend this teaching will have to do the daily practice of the Chakrasamvara Self-Generation of the Body Mandala as the commitment.

Contact: Office of His Holiness the Dalai Lama, P.O. McLeod Ganj, Dharamsala (H.P.) - 176219, INDIA
Tel: [91-(0) 1892] 221343/221879, Fax: [91-(0) 1892] 221813
E-mail: ohhdl@vsnl.com

CANADA

April 25 to May 5

The Dalai Lama will confer the Kalachakra Initiation in Toronto

April 25-27

Kalachakra Ritual Prayers

April 28-30

The preliminary teachings—His Holiness will teach on Chapter 18 (Examination of Self and Phenomena), Chapter 24 (Examination of

Arya Truths) and Chapter 26 (Examination of Twelve Branches of Dependent Origination) from Nagarjuna's *Treatise of the Middle Way*

May 1

The earth ritual dance

May 2

The preparation of the students

May 3-4

The actual Kalachakra Initiation

May 5

The long life initiation for the public and long life offering to His Holiness

Contact: Canadian Tibetan Association of Ontario, PO Box 38, Station C, Toronto, Ontario, M6K 3M7, Canada.
<http://www.ctao.org/>

Contact address of visit coordinator: The Office of Tibet, 241 East 32nd Street, New York, NY 10016 (USA)
Tel: (212) 213-5010 Email: otny@igc.org

UNITED KINGDOM

May 28

His Holiness will give a Public Talk in London organized by The Temenos Academy whose patron is Prince Charles. For booking tickets, please contact Stephen Overy at Temenos Academy Tel: 01233 813663 E-mail: stephenovery@onetel.net.uk

May 29-June 1

His Holiness will give a Public Talk (May 29) and teachings in Glasgow

(Scotland) on Kamashila's *Middle Stages of Meditation* and Thogme Sangpo's *Thirty-Seven Bodhisattava Practices*; followed by the Mithrukpa Initiation. For booking tickets and other arrangements in Glasgow, please contact the organiser, Dharma Network 2004, at their website www.dalailama2004.org.uk. Mailing address: Dharma Network 2004, Post Box 1923, Salisbury SP4 6XL (U. K.)

June 2-3

His Holiness will visit Edinburgh and Dunfermline (Scotland) at the invitation of the Edinburgh Interfaith Association and the Tibet Association of Edinburgh. For information about public talk/events and to book tickets, please contact Mr. Victor Spence by e-mail: scotlandtibet@hotmail.com

Contact address of visit coordinator: The Office of Tibet, 1 Culworth Street, London NW8 7AF (U.K.) Tel: 0044-20-7722 5378 Email: info@tibet.com

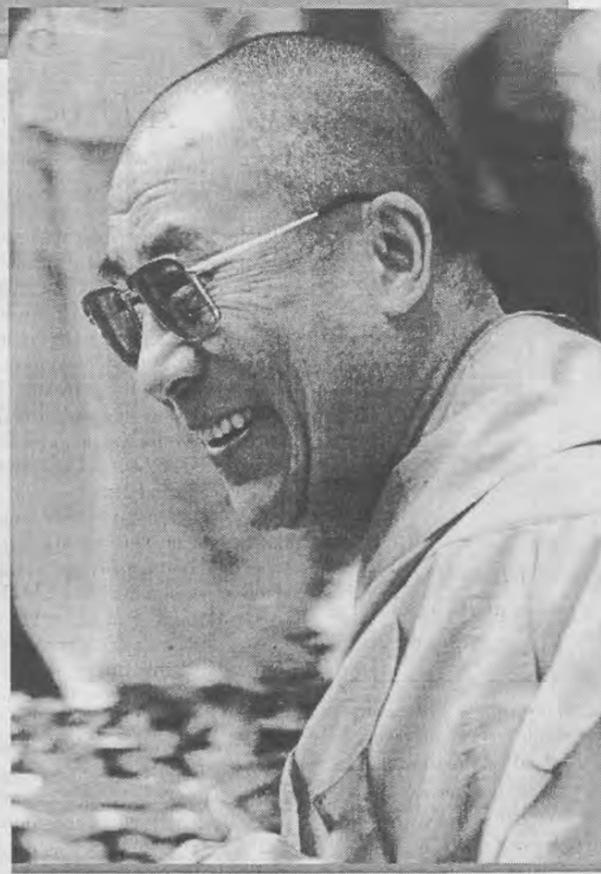
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SWITZERLAND (Tentative)

August 5 - 12 His Holiness will teach on Shantideva's *Bodhicharyavatara (Living the Bodhisattava Way of Life)* and Kamashila's *Bhavanakrama (Stages of Meditation)*

Contact email: teachings-in-zurich@bluewin.ch

Contact address of visit coordinator: The Tibet Bureau, Place de la Navigation 10, 1201 Geneva (Switzerland)
Tel: 0041-22-738-7940 Email: tibet@bluewin.ch

**Registration**

All teachings in India are free and except certain restricted and tantric teachings prior registration is not necessary.

Seating

In the West seating for public events is, likely as not, arranged by ticket and seat number and you keep the seat you are thus assigned. In Tibet and India for many public events seating is on the floor or on the ground. However, the convention amongst Tibetans is that you take your seat on the first day of a series of teachings, mark it with a cushion or a piece of cloth, and thereafter keep to that seat for the duration of the teachings. This is how Tibetans have traditionally avoided hassling each other over who sits where

every day. So, following the old adage about when in Rome do as the Romans do, it seems reasonable to suggest that when among Tibetans do as the Tibetans do.

Tea and offerings to the monastic community

It is customary for tea to be served to the gathering, so it is worthwhile carrying your own cup. You will often notice that money is offered to monks and nuns. This is an offering to the spiritual community. Both the tea and offerings are paid for by contributions from patrons and the general public. If you would also like to contribute there is nearly always an office near the teaching location where you can do so. How much you give is entirely at your discretion, but you will be given a receipt.

Shoes

Tibetans tend to keep their shoes on when they are sitting on the ground, or at least keep them on until they sit down. Taking your shoes off and carrying them in your hand through a crowd sitting on the ground means that you carry them right in front of people's faces, which most people prefer to avoid. ■

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Practical advice for attending H.H. the Dalai Lama's teachings in India

When His Holiness the Dalai Lama gives public teachings in India you would be well advised to bring: a cushion, an FM radio, a cup, and a sunhat and given the security checks that take place, as little else as possible.

Naropa

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Rupert Sheldrake
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Stanislov Grof
February 27 - 29

The Healing Power of Unconditional Presence
John Wellwood
March 5 - 7

Prajna Paramita and the Sky-like Mind
Tsultrim Allione
March 12 - 14

Dakini Poetics
Anne Waldman
March 12 - 13

Rhythmical Alchemy Playshop
Arthur Hull
March 19 - 21

Chanting: Devotional Yoga
Jai Uttal
April 2 - 4

Courageous Heart & Lojong Practice
Venerable Dzogchen Ponlop Rinpoche
April 9 - 11

Engaged Meditation:
Inner Practice & World Change
Ajaan Sulak Sivaraksa
April 16 - 18

Nature of Mind
Venerable Traleg Kyabgon Rinpoche
April 30 - May 2

Creativity and Compassion
Mayumi Oda
May 7 - 9

Buddhist QiGong & the
Legacy of Bodhidharma
Kenneth S. Cohen
June 4 - 6

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

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Tour leader: Glenn H. Mullin



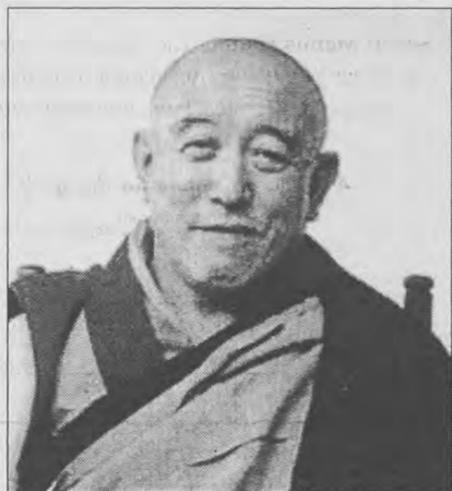
For the seventh time Snow Lion Publications is offering a tour in Tibet to a lucky customer. We have arranged to give one of our customers the opportunity to travel with Glenn H. Mullin on a two-week adventure in Tibet in 2004. Glenn lived in the Himalayas from 1972-1982 where he studied Tibetan Buddhism, 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.

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Please check the full-page ad in this newsletter to see what is and is not included in the trip. The main item not included is airfare to the starting point (the starting point used to be Kathmandu, but the present political climate has changed this). Also, since Glenn is responsible for every aspect of the trip, please contact him for any information that you need or to find out about this or other great trips. Glenn's website is: www.dharmatravel.com ■



Drepung Loseling Institute is pleased to announce a rare opportunity for initiations and retreats with **Kyabje Locho Rinpoche**



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As Chakrasamvara and Guhyasamaja are advanced Tantric practices, participants must have a basic grounding in Buddhist studies and meditation practice and make a commitment to daily meditation on "Six Session Guru Yoga." Therefore, in order to register for either of these retreats you must submit a recommendation from your teacher or make an appointment (in-person or over the phone) with one of the Drepung Loseling resident teachers to discuss your participation.

For more information please visit the Drepung Loseling Institute website, www.drepung.org.

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Practicing the Art of the Medicine Buddha in the West

BY VICTORIA HUCKENPAHLER

Five years have passed since the first International Congress on Tibetan Medicine. In that time, what progress has been made in welcoming Tibetan medicine into the growing family of alternative therapies sought in the West? The question was answered—and for the most part favorably—through the many presentations and panel discussions comprising the Second Congress on Tibetan Medicine, taking place in Washington D.C. November 5-8.

A number of sessions took up the theme of Tibetan spiritual practice in relation to mental health. In Monks in the Lab, Dr. Herbert Benson, pioneer in the study of meditation and its effects on physiological responses, recalled his early experiments among Tibetan yogis, and introduced one such, a Bon-trained

monk who participated in Benson's tummo studies. He noted that when there is deep immersion in tummo meditation, metabolism decreases as much as 64%, whereas even during sleep it normally decreases by only 13%. Benson's colleague, Dr. Michael Baime, who directs the University of Pennsylvania's Stress Management Program, is performing equally sophisticated SPECT-scan tests which measure brain activity at isolated moments in time. Converting a hospital closet into a shrine room, Baime measured brain function in meditators before and during the practice of Vajrayogini. The result was measurably increased activity in the parietal lobe, a brain center connected with spatial orientation. This, he said, would explain why deep meditation is often associated with a lost sense of orientation. Baime also

noted, that the brain area activated at the height of meditation was not the same as that activated when one experiences conventional emotions such as craving and lust.

Dr. Margaret Kemeny, a professor of psychiatry at U.C. San Francisco, reported on her work integrating the Buddhist contemplative tradition with Western psychological practice. Choosing fifteen school teachers who committed to a 5-week intensive on how to recognize one's own cognitive distortions, improve listening skills, and develop compassion, Dr. Kemeny discovered participants experienced a sizeable reduction in anxiety and hostility, and a great

• What progress has been
• made in welcoming
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• sought in the West? The
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• and for the most part
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reduction in depression. Part of her rationale in choosing school teachers was that theirs is a high-stress profession, and that they would hopefully pass along any benefits of the program to their students.

At this point, Dr. Alan Wallace, whose incisiveness and breadth of knowledge had the audience consistently awed, sounded a note of caution by recalling a conversation that had taken place years ago between the Dalai Lama and Jon



Above photo: Sand mandala specifically created for the Second Congress on Tibetan Medicine. Right: Gehlek Rinpoche, left, and Yeshe Dhonden, right, just prior to Tibetan Medicine and Cancer session.

Kabat-Zinn of the Stress Reduction Clinic, U. Mass. Medical Center. When Kabat-Zinn described how Buddhist techniques shorn of all spiritual dimension were being used at the clinic, and asked timidly if that was okay, His Holiness replied, Yes, if it's helping people. But don't confuse that with Buddhism!

During another session on Tibetan Medicine and mental health, Dr. Wallace asked the Bon master, Tenzin Wangyal Rinpoche, how Tibetans handle mental disease, given that they don't embrace the Western belief in a psyche. Rinpoche explained that Tibetan society holds a respect for parents, teachers, and elders that is

lacking in the West. Hence, when someone like the Dalai Lama gives troubled individuals the advice, Just be happy, whereas those words sound simplistic to the West, they resonate with Tibetans. It's as if they are being furnished with permission to discard dementia or depression by someone they wholly trust.

At different junctures both Tenzin Wangyal and Chimita Garmayeva, a researcher from Ulan-Ude specializing in the history and ethnography of Tibetan medicine, referred to external forces which, in the Bon-Buddhist worldview, can impact on health. Rinpoche described soul-retrieval

(Continued on page 10)



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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2004 Program Highlights

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Entering the Trainings in Compassion

by Dzogchen Ponlop Rinpoche

The following is an excerpt from a chapter by Dzogchen Ponlop Rinpoche from Snow Lion's new book *Trainings in Compassion*.

ENTERING THE TRAININGS IN COMPASSION

When looking at the notion of enlightenment, the possibility of becoming completely awake, the only method that can lead us to that state of total wakefulness is the practice of loving-kindness and compassion.

In the s tras, the Buddha said that in the beginning, compassion is like the seed without which we cannot have any fruit; in the middle, compassion is like water to nourish the seed we have planted; in the end, compassion is like the warmth of the sun that brings the fruit to ripening. Thus, without compassion, there is no seed of enlightenment, no path to enlightenment, and no fruition of enlightenment. The genuine heart of loving-kindness and compassion is crucial in achieving one's own freedom from suffering, and in achieving freedom for all sentient beings.

In Tibetan, the word for compassion is *nying-je* (Tib. *nying rje*), which literally means "noble heart." Compassion is the most dignified, noble, and profound treasure of our heart. There is nothing more profound or precious than this heart of compassion. What is this heart of compassion? It is a genuine concern, a genuine willingness to give anything of ourselves that is necessary to alleviate the sufferings of sentient beings. Compassion also has a quality of being passionate—a genuine, innocent desire and willingness, as well as a sense of openness and bravery. Bravery here refers to not being afraid of seeing and being with suffering, and to not being afraid of where you are or who you are in any given moment.

The Vast and the Profound

The path of training in the Tibetan Buddhist tradition that focuses on the development of loving-kindness and compassion is called *Mahiy na*—the "great vehicle." All of the many *Mahiy na* teachings are included within two categories: the vast and the profound. These two qualities correlate to the two types of bodhichitta, absolute bodhichitta and relative bodhichitta. Absolute bodhichitta is the profound reality, and relative bodhichitta is the vast methods for connecting to that reality.

Relative Bodhichitta: The Gateway to Absolute Truth

In order to genuinely connect with the profound reality of absolute bodhichitta, we must approach it through the vast methods of relative bodhichitta. Although the profound nature of reality may seem easy to theorize, it is actually very difficult to experience in a nonconceptual and immediate way. To work towards this nonconceptual understanding of the absolute truth, we need the path and practices of relative bodhichitta. Without such a path, our profound theories may sound nice, but they will still not have any true effect on our mindstream. In order to make manifest the profound

nature of reality in our hearts and in our world, we need the vast methods of relative bodhichitta, the trainings in compassion.

Training in compassion has the capacity to be both profound and vast—both absolute and relative. Compassion has the quality of being approachable and at the same time ungraspable. It manifests both the quality of *sh nyat *, emptiness, or egolessness, as well as the qualities of kindness and joyfulness. Therefore, from the Mahayana point of view, compassion is the most important

- The most effective
- and powerful way to deal
- with suffering
- and unpleasant
- circumstances is to be
- within those very states
- without any hesitation,
- without any kind of fear.

practice we could ever engage in. It can lead us to the full realization of enlightenment without any need for other practices.

Our Own Pain: The First Training in Compassion

Compassion must start with seeing our own suffering. If it does not, then seeing the suffering of others

The most effective and powerful way to deal with suffering and unpleasant circumstances is to be within those very states without any hesitation, without any kind of fear.

Fear and Fearlessness

Perhaps the first reaction we have to our own suffering is fear. Fear arises in us almost automatically when we experience strong emotions or pain. We don't have to sit there and generate fear—it just arises. When we experience a disturbing emotion such as jealousy we think, "No, I don't want this." We would rather not experience it. However, if we examine fear closely, we see that it is a thought to which we have been habituating our mind for a very long time. We have repeated this thought pattern of fear for many years, and from a Buddhist point of view, many lifetimes.

In just the same way, when we habituate our minds to being fearless, to being brave and open towards our emotions, fearlessness will also arise naturally. In order for this to happen we must train in applying antidotes to our thought patterns that are caught up in fear. In this way, we transcend fear first through a conceptual process, which later becomes nonconceptual, a natural fearlessness. In order to become fearless in this way, we need determination and the willingness to face our emo-



will be merely conceptual. It will merely be a matter of having learned about suffering from a book or philosophy. We may intellectually know about the different types of suffering and so forth, but without inward reflection, our understanding will always be a theoretical knowledge that is directed toward the outside. Starting from our own experience of suffering becomes most important for the practice of open and genuine compassion.

Being present with the immediate experience of our own suffering is, from a certain perspective, a great spiritual practice. Yet from another perspective, we have no choice but to be accompanied by our suffering. Therefore, why not use our suffering in a positive way, instead of wasting our time? Our usual reaction to suffering is to want to be somewhere else or someone else as soon as it arises. If such wishing actually improved our suffering, then perhaps there would be an argument for staying with that approach. Yet, as we know, regardless of what escape routes we create, we will still be stuck with our headaches, our painful emotions, and our irritations.

Illustrations from *Trainings in Compassion* by Chris Banigan

more selfish than compassionate. For example, when we have a pet dog or cat and they are sick or dying, we feel terrible. We feel sad and full of compassion towards that being. When they are gone, we shed tears for many days and experience the pain of losing them. Yet when we examine our hearts, are we really shedding these tears with genuine concern for the interests of that being? Or are we shedding these tears because we

miss their companionship? If it is the former, then our compassion is genuine. However, if it is the latter, then that is a self-centered motivation. Our main motivation is not compassion for our pet, but rather our own desire not to be alone after losing their companionship. Starting from such examinations, we can check our attitude continually and see how genuine the compassion is that we are trying to make manifest. ■

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We hope you will enjoy reading *Bodhi* and consider subscribing. This issue contains two full-length articles by The Dzogchen Ponlop Rinpoche, including, "Getting our Hands Dirty: Chaos, Courage and Liberation" as well as a teaching by Khenpo Tsultrim Gyantso Rinpoche. There are wonderful photos of H. H. Karmapa, as well as the Dalai Lama, Khenpo Rinpoche and Ponlop Rinpoche.

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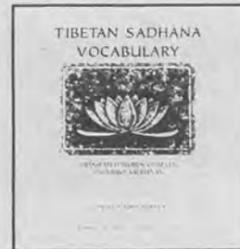


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BP divests its shares of PetroChina

British Petroleum (BP) divested all of its shares in PetroChina on January 13, 2004. PetroChina is a Chinese state-owned oil company that built a pipeline to carry gas out of Tibet to industrial cities on China's east coast.

In 2000 BP became the target of an intense international campaign by Tibetans and Tibet supporters after it invested \$578 million in PetroChina. That amount made BP the largest foreign investor in PetroChina and provided the capital to build the pipeline.

Since 1999, China has aggressively sought foreign investment

for its massive resource extraction and infrastructure projects in Tibet. Projects like the pipeline are part of the Chinese government's "Western Development Campaign," a politically motivated effort aimed at solidifying China's grip on Tibet and its other western areas.

Gary Dirks, president of BP China, said BP remained committed to its businesses with PetroChina and its other partners in China. BP reportedly made about \$1 billion in profit on its investment in PetroChina.

[From Students for a Free Tibet and *Financial Times*] ■



8th Sakyadhita International Conference on Buddhist Women

The 8th Sakyadhita International Conference on Buddhist Women will be hosted in Korea from June 27 to July 2, 2004. Since 1987, Sakyadhita: International Association of Buddhist Women has grown to include almost 2000 members in 45 countries, uniting the diversity of Buddhist cultures and traditions through an international communications network of laywomen, nuns, and well-wishers. Sakyadhita works at a grassroots level, supporting initiatives to improve conditions for Buddhist

Top photo: Buddhists from Bhutan, Cambodia, U.K., U.S. and around the world discover common ground at the Sakyadhita conferences. Photo at right: Women from Bhutan, Finland, India, Australia, and Thailand share their experiences of Buddhism.

women around the world. Members are actively engaged in research and publications on Buddhist women's history, challenges, and achievements. They work to gain equal opportunities for women in all Buddhist traditions by creating women's shelters, education projects, retreat facilities, and training centers.

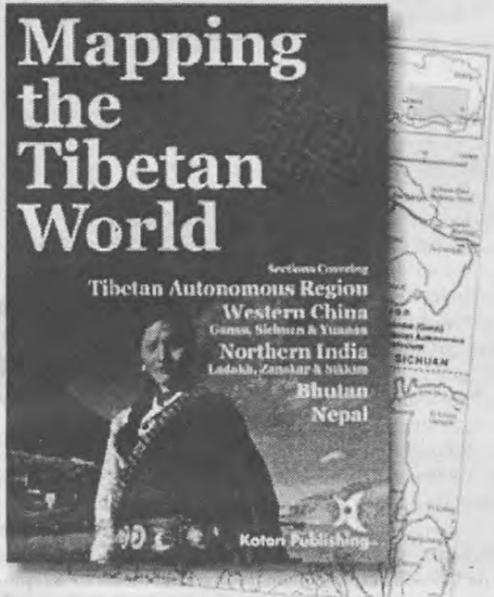
The general theme of the conference is "Discipline and Practice of Buddhist Women: Present and Past." Everyone is invited to attend the six-day program, featuring presentations by leading scholars, social activists, and practitioners. The conference will be a unique opportunity to share personal experiences and ideas on such topics as practice, Dharma in everyday life, tradition and adaptation, and Buddhist approaches to contemporary social issues. Simul-



taneous translation will be offered in several languages, making available diverse viewpoints and dynamic small-group discussions. This unique conference crosses boundaries of language, religion, gender, and ethnicity, offering a unique opportunity for personal growth and global understanding.

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A PRACTITIONER'S GUIDE TO MANTRA

Continued from page 1

to know about saying mantras effectively?

BARDOR TULKU: The most important thing in the use of mantra is the accompanying samadhi (state of deep meditation), which must be learned in the context of that specific practice, because it will be unique to that practice.

Q: Should one place any particular attention on the hands or body while reciting?

BARDOR TULKU: The physical posture recommended for mantra practice is roughly the same as that used for Buddhist meditation in general. This also requires personal instruction.

Q: What is the benefit of saying mantras on auspicious occasions?

BARDOR TULKU: There are certain times when the benefit of mantra repetition is especially great. These include the full- and new-moon days of the month, and many other days as well. This is because of the profound relationship between our minds, our bodies, and our environment.

Q: Are there times when it is inappropriate to say mantras?

BARDOR TULKU: Beginners should not recite mantras during teachings because they need to focus exclusively on what's being taught. Aside from that, there is no time at which it is wrong for mantras to be recited.

Q: Can you share any examples of stories of masters or students who had experiences while saying mantras?

BARDOR TULKU: All the siddhas of India, Tibet, and other lands have achieved siddhi by repeating mantra and seeing their chosen deity face to face as a result. All the stories are the same. As is said, "The many siddhas have but one biography."

Q: How should the mala be cared for and respected?

BARDOR TULKU: Since one's mala is a receptacle of the blessings of one's recitation, it should not be put on the ground or in dirty places.

Q: Is it appropriate to wear a mala around one's neck? or just around the wrist?

BARDOR TULKU: It is appropriate to either wear one's mala around one's neck, or keep it in a pocket on one's upper body. It is inappropriate to keep it in a pants pocket.

Q: Can it be effective to say mantras while engaging the mind in other activities—for example, while driving or while

watching television or movies? Also, I have seen high lamas working their mala beads while talking. Is it really possible they had been reciting mantras in their mind while speaking?

BARDOR TULKU: It is acceptable to recite mantras as a post-meditation practice while driving and in other situations, provided that doing so does not interfere with one's attention to one's driving. If you recite mantras in this way while conversing or teaching, you are supposed to pause while speaking and resume after you have spoken. Those who continue to move their beads while actually speaking are doing so out of habit.

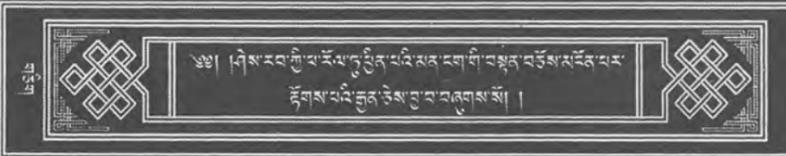
THE THIRD BARDOR TULKU RINPOCHE was recognized as a tulku (reincarnated lama) at an early age by His Holiness the Sixteenth Gyalwa Karmapa, the spiritual head of the Kagyu school of Tibetan Buddhism. Born in 1950, he began his formal training at Rumtek Monastery in Sikkim, India,

Above photo: Bardor Tulku Rinpoche

under the tutelage of His Holiness Karmapa. After completing many years of study and practice, Rinpoche accompanied His Holiness on several world tours, and in 1977 His Holiness asked Rinpoche to remain in Woodstock, New York, at Karma Triyana Dharmachakra Monastery.

In 1980 the monastery was designated as the North American seat and center of His Holiness. Bardor Rinpoche played an instrumental role in guiding the construction of the monastery, where he continues to teach and work today. Peter O'Hearn of Karma Triyana

Dharmachakra presented questions to Bardor Tulku Rinpoche on behalf of Polly Turner, editor of *Sangha Journal*, and translated Rinpoche's answers from the Tibetan. This article originally was slated to appear in *Sangha Journal*, which recently ceased publication. ■





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Tenzin Wangyal Rinpoche is the author of *Healing with Form, Energy, and Light*; *The Tibetan Yogas of Dream and Sleep*; and *Wonders of the Natural Mind*, all from Snow Lion Publications.

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Passing of an Extraordinary Mountain Yogi—Gen Lamrimpa

BY VEN. TENZIN CHOERAB

Venerable Jampel Tenzin, known to his Western students as Gen Lamrimpa, passed as glorious as he lived. A lifetime meditator, he unified his words and his actions. Humility to the n^{th} degree, kindness and love consistently given to all those whom he came in contact, and a wisdom that clearly recognized reality were his trademarks. His smile lit up the sky and made one feel inner joy and contentment.

Gen Lamrimpa lived most of his adult life in Dharamsala, Northern India. Initially, in the early 1970's, he lived for several years moving from cave to cave at the top of the mountains above Dharamsala. Often without food, meditating in a foggy and often wet place under a large rock overhang, he never feared. Food always seemed to appear when he really needed it. Many times self-rationed flour was about to finish, or was finished for one or two days, and almost like magic, or a gift from the buddhas, more flour, and maybe tea, or if very fortunate a little butter and tsampa (roasted barley flour) would arrive. These years of physical hardship, he told me later, were the best years for meditation; even though he claimed not to know much at that time.

Later he moved to a mud and stone one-room retreat hut where several other retreatants lived and practiced above the Tibetan Children's Village (TCV) near Trijang Rinpoche's Stupa. There he stayed nearly 18 years. Until 1990 he had no electricity, nor water. Water had to be fetched from afar, by carrying 40-50 lbs. of water up and down steep slopes often through snow or mud. Using candle and daggum (thick woolen Tibetan cape used for warmth during winter meditation), he meditated from 5 a.m. until 1 a.m. There were no week-ends or holidays off. There were breaks for preparing and eating food, gathering wood and fetching water, and occasionally teaching students who came by after lunch.

After one of my regular weekly afternoon-evening visits to receive teachings, with a full stomach of Genla's simple, yet delicious food, Genla told me to be careful of snakes. I told him there were no snakes here in the Himalayan foothills at 6000

feet elevation. He was silent, and handed me a torch (flashlight). Off I went with torch in hand. Soon crossing the path in front of me was a snake, (not a rope), the only one I saw in my many years in Dharamsala.

Last October 30th, about 4:30 a.m. I felt he was calling me. As I went into his room, he opened his eyes,

- Humility to the n^{th} degree, kindness and love consistently given to all those whom he came in contact, and a wisdom that clearly recognized reality were his trademarks.

and asked me to help sit him up and give him some water. Along with the water I gave him *chin.lap* (blessed substances). After three deep breaths, he stopped his gross breathing. Sitting behind him on his meditation seat, I held his back straight for several hours, then secured him using a meditation belt lying nearby. For five days his body remained fresh, and his mind remained in meditation in the state of clear light unified with emptiness—a remarkable, extraordinary achievement. Those of us who knew him were not surprised. He passed as he lived: clear, profound, and spacious.

Genla was cremated on November 4th. Three days after the ash was sifted for bones. Some had turquoise, others red colors within portions of the bones. Barry Kerzin (a medical doctor) wrote: "Something I have never seen before. Quite beautiful."

A little stupa was or is being erected at the burial site outside of Gangtok.

Gen Lamrimpa is the author of *Calming the Mind: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence*, translated by B. Alan Wallace, edited by Hart Sprager (\$12.95). Because Gen Lamrimpa was such a meditation master, he is eminently able to lead meditators step-by-step through the stages of meditation and past the many obstacles that arise along the way as well as clearly discuss the qualities of mind that represent each of nine levels of attainment and the six mental powers.

He also wrote *Realizing Emptiness: Madhyamaka Insight Meditation* (\$14.95), also translated by B. Alan Wallace. Here he draws on his theoretical training as well as his years of solitary meditative experience to show students, in a practical and down-to-earth way, how they can gain realization of ultimate reality. ■

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Clockwise: Gen Lamrimpa sitting on the porch of his mud/stone retreat hut in the mountains above Dharamsala, where he lived for about 21 years; portrait of Gen Lamrimpa later in his life; Gen Lamrimpa standing with the community of life-long meditators living in the mountains above Dharamsala near Trijang Rinpoche's Stupa.

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Hello my dear brothers and sisters,
I want to invite you to our Enlightenment Experience Celebration in Mongolia in May and June. This time, Kyabje Choden Rinpoche will give the oral transmission of Lama Tsongkhapa's entire collection of teachings. Denma Locho Rinpoche has also very kindly agreed to teach; he is one of the few living high reincarnate lamas educated in old Tibet, and served five years as the Abbot of His Holiness the Dalai Lama's Namgyal Monastery. Rinpoche is someone whose mind is constantly living in the Lam-rim without breaking for even one second, who is totally free of the eight worldly dharmas from which all our problems come. He is an incredibly inspiring example,

and his every word is more powerful than those huge bombs of America and Russia.

With much love and prayers,

Lama Zopa Rinpoche

Note: Lama Zopa Rinpoche will also give the lung of the sutra Ser wai dam pai do, the Sutra of Golden Light, which is the main text that Mongolians keep on their altar. Rinpoche will teach 'The Wheel of Sharp Weapons' and other things.

Enlightenment Experience Mission Statement

Today in Mongolia the older generation has lost the essence of its religious cultural heritage. Younger

Mongolians tend to see Buddhism as an undesirable remnant of their past history, or, at best, as a livelihood. This situation stems from the long-term, systematic elimination of Buddhism under the Soviets, followed by the arrival of Christian missionaries.

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lians realise educated westerners accept and value Buddhism as a path to success and happiness, they are inspired to return to their ancient Buddhist traditions with renewed enthusiasm.

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PRACTICING THE ART OF THE MEDICINE BUDDHA IN THE WEST

Continued from page 5

rituals and called Bon shamans in some sense environmentalists because they believe that when humans damage the natural elements, the spirits of those elements take revenge by visiting illness on the offenders. Garmayeva elaborated on the specifics, listing the various classes of demons which can enter the internal channels and force out the life-bearing wind energy.

A variety of other panels and activities added to the richness of the conference: a discussion of Tibetan medicine and cancer featured Dr. Yeshe Dhonden, who described the two major kinds of tumors and how the dominant humors can alter their growth rate; Dechen Shak-Dagsay, daughter of Dagsay Tulku, presented a workshop on the healing power of mantras (she has put out a CD of mantras, resonantly intoned); and filmmaker Andy Maleta showed a vivid documentary, soon to be available to the public, on traditional Ladakhi Amchis, including some of the last footage taken of the late Dr. Tenzin Choedrak.

The presence of Gehlek Rinpoche, whose familiarity with English expressions stands in witty contrast to his Tibetan accent, gave spiritual continuity to the conference, imbuing it with a feeling of over-arching blessing. Rinpoche graced many panels, signed copies of his book, *Good Life, Good Death* (at one point he quipped, I have to believe in reincarnation; I wrote a book about it!), and closed the event with a marathon three-hour teaching on the spirit of the Medicine Buddha. On the specific topic of remedies he proved very moderate, answering a question that has plagued many meditators: Is reliance on medications, especially those used to counteract depression and other mental problems, a betrayal of one's practice? If it's helpful, go for it—whether it's traditionally correct or not, he said, pronouncing himself traditional and conservative, but liberal, too! A chemical imbalance in the body can't be immediately balanced by meditation. That maybe takes years. You can wait till the cows come home, or you can do something now. Use a combination of meditation and medication. I don't personally support some people's idea of stopping medication and replacing it with White Tara!

At the start of the closing ceremonies Rinpoche reminded us of the impending lunar eclipse—an important event in the Tibetan tradition—and invited a colleague to show a slide of the day's unusual configuration of planets, lines drawn connecting them. There was a collective gasp from the audience at the image of two interlaced triangles recalling Vajrayogini's phenomena

source (Dharmakara). At exactly 8:16 PM, the moment of full lunar eclipse, Rinpoche led everyone in a heartfelt repetition of the Four Immeasurables, bringing to an auspicious close an event which bodes well for the future of Tibetan medicine in the West. ■

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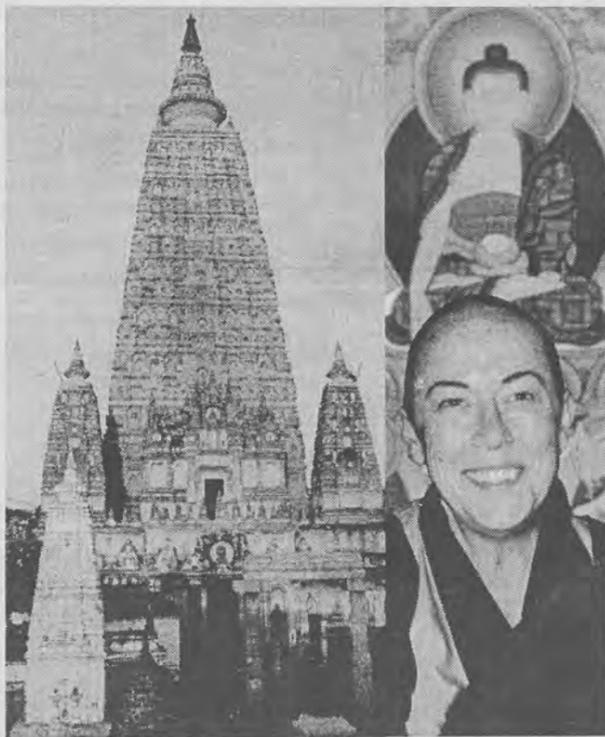
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Ex-Prisoners Meet with Dalai Lama

This past September, Ananda Baltrunas was one of 18 former prisoners who attended a conference in New York City called "Healing Through Great Difficulty," organized by Richard Gere's Initiatives Foundation. Most of the former inmates had had contact with Buddhism in prison. Also attending were six Buddhist teachers: Losang Monlam, Jack Kornfield, George Mumford, Ven. Robina Courtin, Michele Benzamin-Miki and Jon Kabat-Zinn, as well as two Tibetan nuns and a layman who had been imprisoned in Tibet.

The focus of the conference was helping people in prison overcome difficulties they face and to help foster healing and reconciliation. During the conference, the participants had an opportunity to meet and dialogue

with His Holiness the Dalai Lama.

The following is an interview conducted by an IOCC member and Ananda.

When did you first hear about the conference and how did you happen to become a participant?

Ananda: I first heard about it about a week after I was released from prison. It was very strange. I'd just done 20 years in prison and I was being nominated to participate in conference with His Holiness. I felt like I was in a dream.

So tell me about the conference.

Ananda: What I felt the main thrust of the conference was to talk with each other about how we were able not just to survive in prison but how to transform our lives. Hopefully this process of transformation could be transmitted to others in prison, prisoners and staff alike, to facilitate a healing process for the individuals, the prison community and the community-at-large as well....The event also served to make the Dalai Lama aware of the conditions of American prisons and educate him on how the industry of human suffering operates in the United States. He was shocked to find out we build prisons and then

fill them up as a matter of economic policy. He was also unaware that there are political prisoners in America.

What was it like to meet the Dalai Lama and what was the conversation with him?

Ananda: His Holiness sees into your heart and seems to understand who is there. He ignores the negatives and focuses on the positive within. Very strong energies flow around him. There is a sense of a greater presence.

Many people were looking for patented answers as to "how" to let go or relieve their suffering or change the system. His Holiness in his wisdom did not get sucked into that kind of "fix it for me" exchange. He listened and reacted with a simplicity. "You do what you can and you persist at doing it until you see changes. Then you still do what you can."

You also met with Tibetan leaders who have also served time in prison. What was that meeting like?

Ananda: It is easy to feel sympathy for the Tibetan nuns and film maker who did prison sentences in Tibet. We feel that they were harshly punished for their beliefs. Yet in the eyes of the Chinese Government these people broke the law and were given the standard sentences for it. It's a matter of law. What struck me is that we in the room for the most part also acted in accordance with our beliefs and broke the law. Like the Tibetans, except possibly the film maker, we did so with the intention of breaking the law and we knew there would be consequences. So the Tibetans like the other ex-prisoners in the room

shared that common experience. We did what we thought was necessary at the time and accepted the consequences of those actions. Of course, we in the United States have a history of civil protest and deal with it differently than the Chinese do. That makes us feel sympathy for the Tibetan sufferers. It may be unwise to ignore the similarities in the karma, the intentions behind the actions that we all seemed to have in common. That was a powerful lesson for me.

Any other comments, experiences, thoughts you want to share about the event?

Ananda: I'm not sure that one can transform a society or social problem. What we change is human hearts, our own. We can't change another's

• "I'm not sure that one can transform a society or social problem. What we change is human hearts, our own."

heart. They have to do that themselves. "No one can make another impure. One makes oneself impure. No one can purify another. One purifies himself."

At the conference I got the impression many were looking for His Holiness or someone to purify their resentments and pains as well as purifying our prison system. The things that arose in me are things that I have to deal with and one of those things is engaging the world with a deeper kindness and greater dynamic of compassion. I don't know that anything was accomplished at the conference other than opening a few hearts for a little while. Somehow I think that was enough. ■

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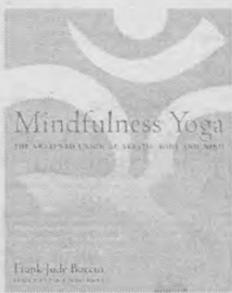
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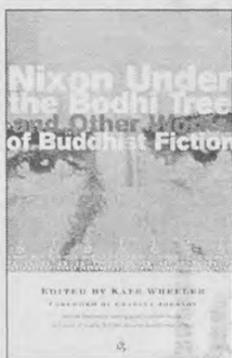
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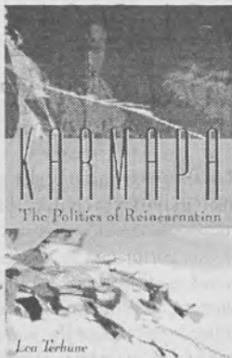
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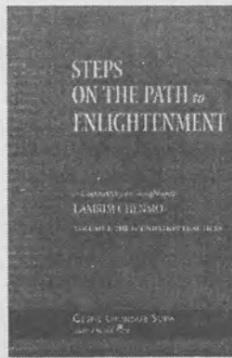
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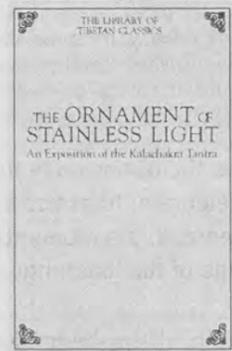
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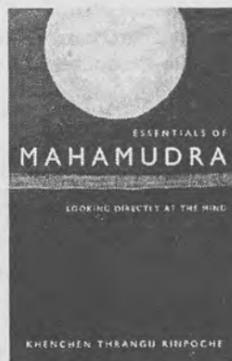
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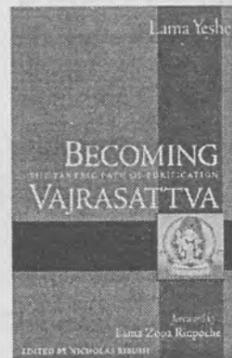
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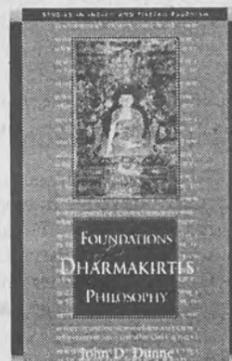
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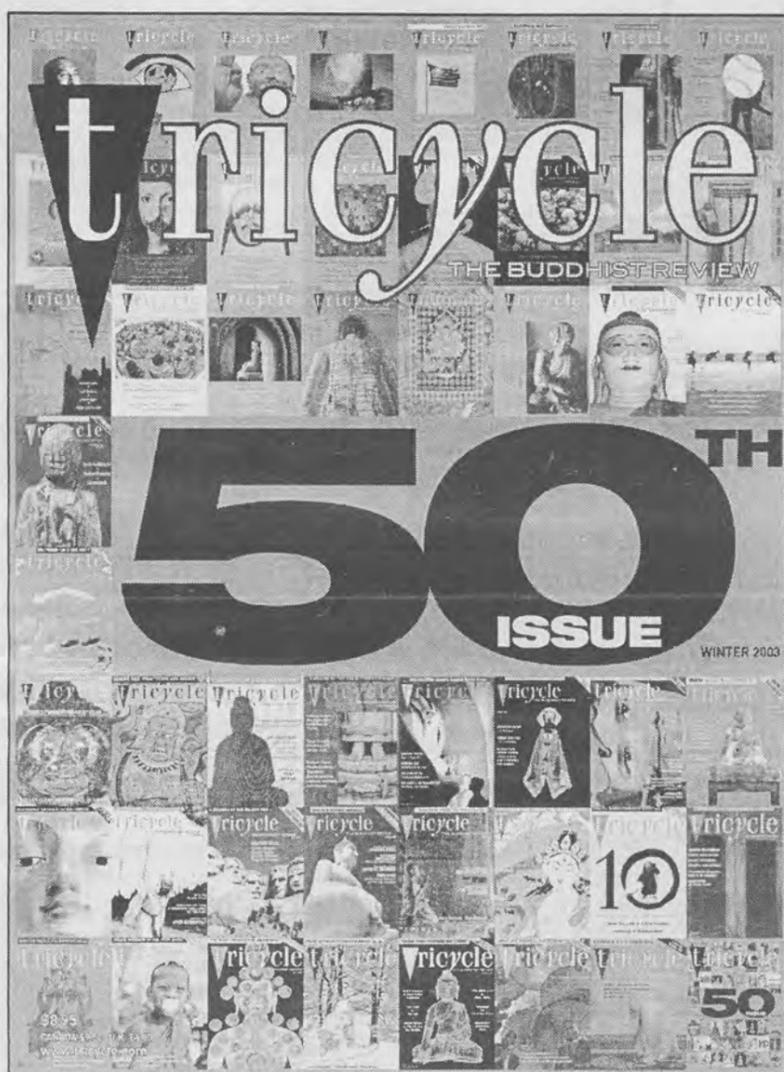
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TIBETAN NEW YEAR

February 21, 2004

Year of the Wood Monkey

The Tibetan New Year Festival, Losar, can be traced back to the time before the introduction of Buddhism in the sixth century, BC, when the Bon religion was predominant.

Every winter, a spiritual ritual was performed in which incense was offered to calm the spirits, deities and protectors of the land. It was said to have been started when an old woman introduced the measuring of time based on the different phases of the moon.

This later evolved into an annual Buddhist festival. Since the 13th century, Losar has traditionally fallen on the first day of the first month of the calendar year, which is lunar-based—unlike our solar western calendar.

However, before the coming of a new year can be celebrated, unfinished business and unhappy memories must be dealt with. And so, on the 29th day of the last month in the old year, there is a

- "The new year give us the opportunity to
- come together and celebrate; to notice and
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festival called Gutor, in which everyone whitewashes and cleans their houses. The last day of the old year is spent preparing for the New Year. People go to monasteries to make offerings, and to participate in the ceremonies conducted during the day. Many rituals take place that are designed to chase away any evil spirits. One of these is a play in which the lamas perform masked dances to symbolize the triumph of good over evil. New Year's Eve is Lu Yugpa, an opportunity to banish evil spirits from the old year and clear the way for starting the new year right.

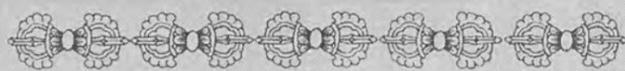
In modern times the preparations for Losar consist of collecting fresh roasted barley flour for phymar (this symbolizes good wishes); lophud, a young wheat sprout that is the symbol of the birth of a new year; chang, a mild barley beer; sweet rice, tea, butter, fried biscuits, sweets, fruits and butter lamps.

A complete collection of these seasonal foods is always placed on the family's Buddhist altar as an offering. The entire neighborhood is cleaned and houses are freshly painted. New clothing is sewn and new curtains are put over the doors and windows. There is a saying in Tibet, "Losar is Lekar," meaning the New Year is new work!

On the first day, at sunrise, the wife runs to collect the year's first bucket of water. She burns incense at the well or river, ties a white scarf around the tap or nearby tree and gives a food offering of the first portion of the special foods for the celebration to appease the nagas (subterranean serpents and spirits).

A special breakfast is prepared, everyone wears new clothes for the year and a special Buddhist practice is performed at the family altar. When the formal family ceremony is over, the household members run to their neighbors' houses shouting Tashe Delek!—literally, "Good Fortune!" Like Christmas morning in the west, on the morning of Losar the children love to fill their pockets with sweets and show off their new outfits.

According to Khenpo Tsewang Dongyal, "Each new year is an echo of the changing cycles and Losar reminds us of the true nature of impermanence. Everything that is born is bound to die. The old year is gone and will never exist again. The new year give us the opportunity to come together and celebrate; to notice and appreciate each moment, in the moment and to realize the blessings of the teachings." ■



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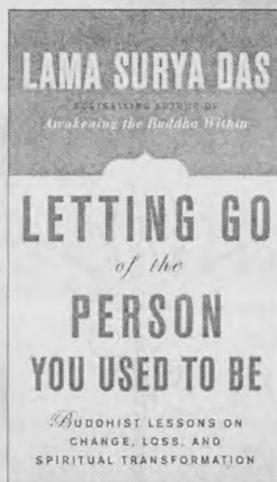
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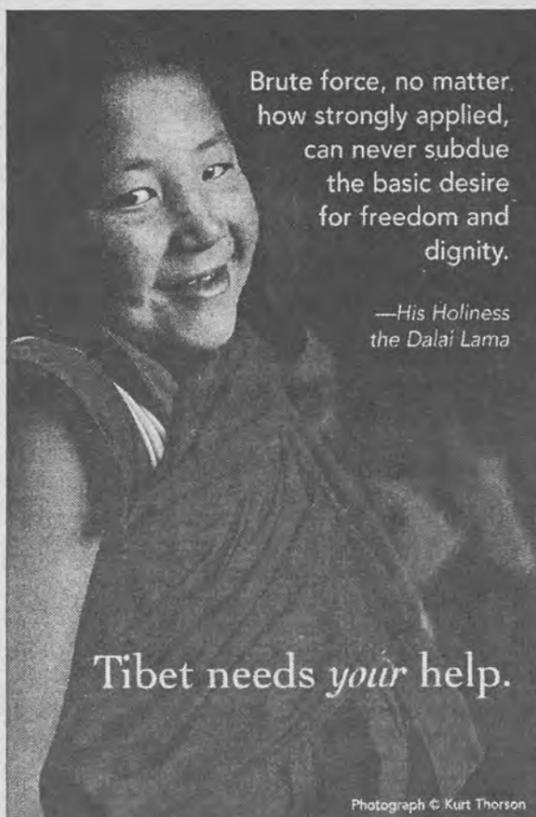
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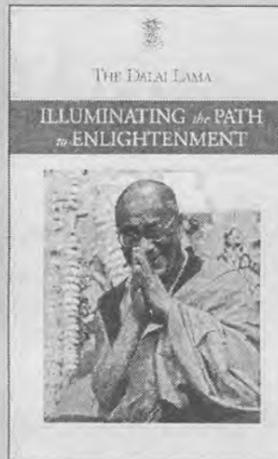
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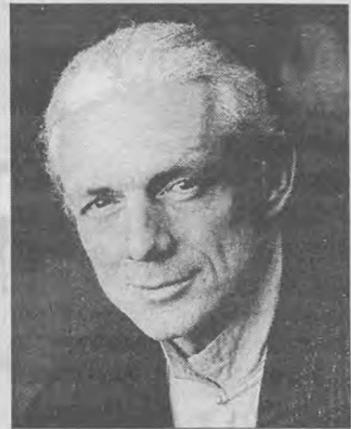


Tibet has many of the greatest power places of our planet: monasteries where early Dalai Lamas trained, temples visited for centuries by pilgrims, caves where meditators achieved enlightenment, and towering mountains that serve as the abodes of mysterious spiritual energies.

Join me on one of two mystical adventures in Tibet: (1) a vision quest to the Oracle Lake, Lhamo Latso, May-June 2004 (21 days in length, 3 of these involving tenting and walking); and (2) meditations in the Dakini power places of central Tibet, May-June 2005 (with NO tenting or difficult walks). This latter will emphasize the power sites mentioned in my latest book, *The Female Buddhas*.

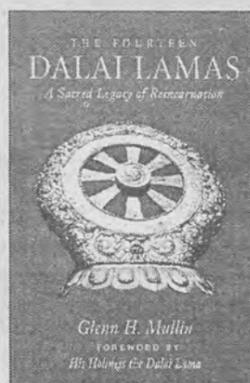
TRIP LEADER: Glenn H. Mullin studied in the Himalayas for twelve years under many of the greatest living Tibetan masters. He has written some twenty books on Tibetan Buddhism, a dozen of which specialize in the lives and works of the early Dalai Lamas. He divides his time between writing, teaching, and leading vision quests to the power places of Central Asia.

COSTS: Both trips cost approx. \$3,500 plus air to/from Kathmandu. To book or get more info, phone Dharma Passages, 404-402-6298. You can also visit my web site www.vajrayana.com; or e-mail me at glennmullin@yahoo.com



Books by Glenn H. Mullin

NEW RELEASES!



The Fourteen Dalai Lamas A Sacred Legacy of Reincarnation

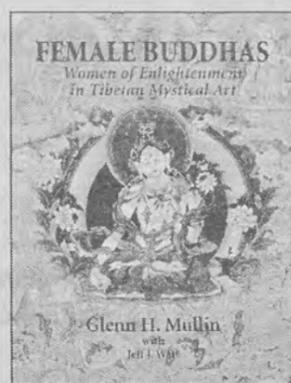
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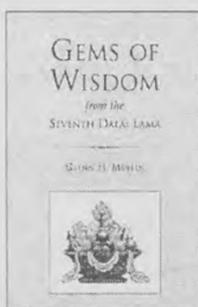
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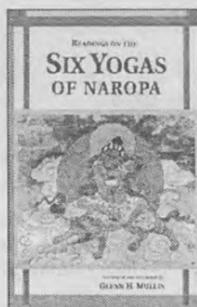
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BEING RIGHT HERE

Continued from page 2

our thoughts, feelings and so on and learn to bracket them in order to look freshly at what is actually there.

It might be interesting to sit outside. Relax and take up these questions and explore for yourself what is your way into this and you will start to feel the pressure of assumptions and feel the urge to be distracted and to fall into the flow of thoughts. Then if you think how many hours, months and years of your life you have spent looking at things, being fascinated by things that have now passed away, then how wonderful to spend even five minutes looking into the nature of your own mind.

Not to be busy

Tibetans say that once upon a time all the yaks that live in Tibet were living in India as water buffalo. It was very, very hot in India so some of them decided if they were to keep walking to the north they would get to a place that would be nice and cool. So they climbed up in the mountains, and as they were climbing their hair started to grow. Because of this the water buffalo in India often turn their head and look out expectantly and they are waiting for their brothers who have wandered off. In a similar way at one time all the buffalo of *samsara* and *nirvana* were living together and one day some of them wandered off and came into *samsara*. They keep looking around to see who else is there and where the other half is, because the basic quality of our ordinary sense of self is that it is very lonely.

Something is missing in our lives and we don't quite know what it is, but we keep looking and looking to find this missing part. We can look for it in terms of possessions, we can look for it in terms of the form of our body, trying to change it through dieting or hair style or whatever.

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You can look in terms of friends. Anything. And this keeps us very, very busy. Sometimes the busyness can be very exhausting, but when we stop then we feel lonely. So we get busy again. *Dharma* is very helpful here if you want distraction because there are many kinds of ways to be busy in the *dharma*. You can focus on having lots of *dharma* possessions. You can focus on learning the text by heart, on the *mantras* and *mudras*, on serving the *tsog*, on doing meditations. There is always something to be busy with.

In Tibet many, many people practiced *dharma* but not so many seem to get enlightened. There are many kinds of *dharma* and if we practice in a way that doesn't focus on the essential point but on secondary and tertiary levels it is easy to get lost. It is really important, given that we have limited time, to focus on what is essential. Many people when they get a plate of food will eat the things they don't like so much first and leave the special thing to the end. But when when we apply this to life we can make a big mistake. The time for deep practice is now. You can learn all about *Padmasambhava* and what his clothes mean and what his hair style means but if you don't know the nature of your own mind then knowledge about *Padmasambhava* is just some more concepts. ■

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After dinner and meditation there are games of volleyball, swimming in Seneca Lake, group discussions, evening strolls, slide lectures and videos on Tibetan culture, and the monks are accessible for individual or group discussions throughout the week.



Manjushri Retreat

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Manjushri is the synthesis of transcendent and perfect wisdom. His blessings are said to be like the all-pervading light of the sun whose radiance dispels the obscuring clouds of ignorance, revealing the most profound wisdom that awakens practitioners from the intoxication of the three poisons - ignorance, anger and attachment. His flaming sword represents discriminating wisdom - the ability of the enlightened mind to cut through the afflictions of delusion. Manjushri holds the stem of a lotus blossom which holds the Prajnaparamita Sutra, the scripture of Perfected Wisdom. This suggests the ability of the awakened mind and heart to see reality as it truly is, free from obscurations, dualistic, and separative views of reality. Practicing Manjushri is said to cultivate improved memory, mental clarity, and eloquence of speech.

This retreat is designed as a follow-up to the Get Acquainted Retreat, or to students who have completed a preliminary retreat within the last few years, but is most certainly open to anyone. This retreat will include a Manjushri empowerment. Like the 'Get Acquainted' retreat, after evening dinner and meditation there are games of volleyball or badminton, group discussions, and videos on Tibetan culture, and the monks are accessible throughout the week.

To Register

Both Retreats take place at Wisdom's Goldenrod Center for Philosophic Studies, a philosophic study-center on Seneca Lake, in the Finger Lakes Region of Upstate New York. To learn more about the site, visit www.wisdomgoldenrod.org

The cost for each week-long retreat is \$625, which includes the retreat, accommodations and vegetarian meals.

Register for both retreats and pay \$1200. Camping is also available at a discounted rate. Please call 607.273.0739 for more payment options or visit us on-line at .

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Lhundrup Topgye Ling, a Nyingma dratsang school, has been blessed and named by the supreme head of the Nyingma Lineage, His Holiness Minling Trichen Rinpoche. This dratsang offers a traditional education and preserves sacred cultural arts. Built near the secret womb space of Dorje Phagmo and the birthplace of

Dudjom Rinpoche, the school offers hope to many families. Projects include a nursery for young children and distribution of food, clothing and medical supplies. Beginning in 2004 the Pemakö Project, in partnership with the Himalayan Health Exchange, will establish medical camps to benefit the entire region.

The Pemakö Project provides a rare opportunity to empower the next generation of children through a traditional spiritual education. With the support of generous donations, the school, nursery, kitchen and dorm buildings have been constructed. Thirty-eight children currently attend Lhundrup Topgye Ling and an additional 20 are in the nursery. While much has been accomplished, many more children still need help. Every penny donated to the Pemakö Project directly benefits these children, and all donations are fully tax-deductible.

For more information or to make a donation call 734-741-1084 or visit www.pemakoproject.org



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Canadian Tibet Campaign

In 2000, the Canada Tibet Committee launched a national campaign to promote the opening of negotiations between representatives of the Dalai Lama and representatives of the Government of China. This CTC initiative, now entitled "Tibet-China Negotiation Campaign", calls upon the Prime Minister of Canada to serve as broker between the two parties.

Since 2000, CTC members have been approaching individual Members of Parliament, requesting that they sign a letter to the Prime Minister urging him to actively encourage negotiations without preconditions.

To date, more than 115 MPs from all political parties and all regions of Canada have signed the letter.

There is now renewed hope that negotiations could soon take place. In September 2002 and May 2003, special envoys appointed by the Dalai Lama visited Beijing and Tibet for the first direct contact with Chinese officials since 1993.

We are asking all Canadians to phone or meet with your MP to encourage her/him to sign the Campaign letter to the Prime Minister. For a copy of the letter, contact us at cantibet@tibet.ca ■

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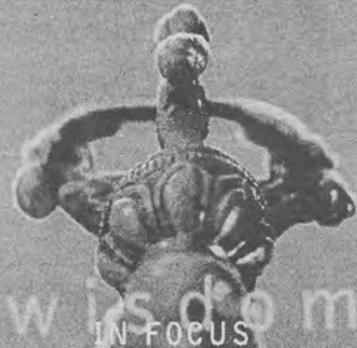
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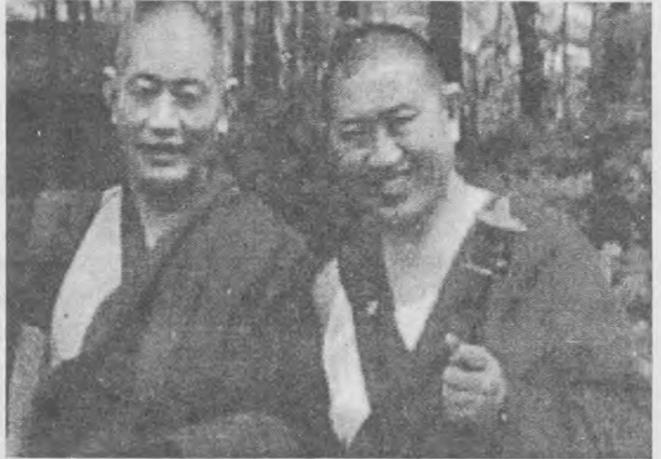


Tulku Nyima Rinpoche – Spiritual Director: Tulku Nyima Rinpoche was born in 1942 in Tromtar, Eastern Tibet (Kham). The great Jamyang Khyentse Chöki Lodrö recognized him as a reincarnate lama, a tulku, when he was just a small child. At the age of 12 he went to Nyoshul Monastery to study, and trained under many masters, including Orgyen Rigdzin, Khenpo Munsel, and Arig Rinpoche. During this time he studied and meditated on the classic works of the Nyingma and Sakya traditions. After being an abbot many times over in different monasteries in Tibet, in 2002 he became the abbot of the Dokho Monastery in Tibet. In 2003 he served as a Visiting Professor for one semester at the School of Tibetan and Buddhist Studies at the University of Virginia in Charlottesville.

A Tale of Many Traditions: Towards the end of his term at University of Virginia, Tulku Nyima Rinpoche met His Eminence Garchen Rinpoche (a highly-regarded reincarnated lama of the Drikung Kagyu tradition, known for his vast Compassion and Wisdom) at the Drikung Mahayana Center, Garchen Rinpoche's American Eastern seat in the Washington D.C. area. His Eminence Garchen Rinpoche and Tulku Nyima Rinpoche both had studied under the great Nyingma

Master Khenpo Munsel. Upon meeting, the two highly realized masters spontaneously ignited an ageless friendship. In an act so selfless during his teachings, Garchen Rinpoche publicly introduced Tulku Nyima Rinpoche and encouraged his students to receive teachings from him.

2003 Spontaneous Teaching Tour: Based on His Eminence's recommendation and Tulku Nyima Rinpoche's own radiant presence, the Drikung Mahayana Center sponsored a series of teaching events with Tulku Nyima Rinpoche in summer 2003. The purpose of these events was to receive the nectar of blessings that flowed spontaneously from Rinpoche's lips, and for the events to become a way for Rinpoche to raise funds to help rebuild his ailing Dokho monastery in Tibet, which traces its origins back to Chögyel Phakpa, one of the Five Founders of the great Sakya Tradition. Teachings in other parts of the country were also held for the benefit of the Dokho Monastery. Late in summer 2003, Garchen Rinpoche himself invited Tulku Nyima Rinpoche to the Garchen Institute – his American Western seat in Chino Valley, Arizona. There, being humble as he is well known for, Garchen Rinpoche offered his own throne to Tulku Nyima Rinpoche to teach his students!



The Sakya Leadership: In 2003, Tulku Nyima Rinpoche met His Holiness Jigdal Dagchen Sakya Rinpoche, a full lineage holder of the Sakya Tradition, at the Sakya Monastery of Tibetan Buddhism in Seattle. Following the meeting, Tulku Nyima Rinpoche received a letter of support from His Holiness Dagchen Sakya Rinpoche. The year 2003 also marked the auspicious year in which His Holiness Sakya Trizin, the current Head of the Sakya Order, visited North America to bestow teachings and to consecrate Tsechen Kunchub Ling, his North American seat in Walden, N.Y. Following a meeting between His Holiness Sakya Trizin and Tulku Nyima Rinpoche in New York City, His Holiness Sakya Trizin recognized Tulku Nyima Rinpoche as a "genuine reincarnate lama of the Sakya tradition," and offered his full support towards Rinpoche's efforts to rebuild the Dokho Monastery that currently houses over 800 monks.

Sakya Dokho Choling: Before traveling back to Tibet due to expiration of his visa, Tulku Nyima Rinpoche returned to the Drikung Mahayana Center. On his last day in the Washington, D.C. area, Rinpoche conducted a short Refuge ceremony and announced his intention to establish a Sakya center in the eastern United States, his first in the West. He named this center Sakya Dokho Choling. He said that he would come back to the U.S. in November 2004 along with a Chinese language translator/ attendant. He has offered to lead a three-month Dzogchen-style retreat *given sufficient interest among students*. This retreat would be organized to meet the needs of two types of students: those who can spend the entire three months with Rinpoche, and those who can come only on the weekends.

Current Status:
Tulku Nyima

Rinpoche is now in Tibet. Inspired by Rinpoche's boundless and joyful Compassion and Wisdom, many students who had received teachings from him are inspired to assist Rinpoche in his Buddha activities to spread the precious Dharma and enlarge the excellent Sangha. His Holiness Sakya Trizin has said that "in light of [Tulku Nyima's] knowledge and experience, it would indeed be invaluable for students of the Dharma to receive teachings from him." If you are interested in the potential Dzogchen-style retreat program being planned for the 2004-2005 timeframe, please email us before May, 2004. Seating is limited. We are currently requesting support from benefactors as well as retreat students to help us organize this retreat.

You Can Help! : Sakya Dokho Choling is still in the process of being established and needs your support, both monetary and non-monetary. If you have legal skills, you may be able to help us establish and conduct ourselves as a non-profit Dharma center. We need long-term help in the Web-development/ Web-hosting area. You may even be able to help us in ways we are not aware of – you tell us, please! Donations of any amount – small or large – are welcome, and are currently not tax-deductible until a non-profit status is obtained. His Holiness Sakya Trizin has said that Tulku Nyima Rinpoche is "greatly interested in sharing his knowledge and giving teachings." If you are able to host Rinpoche at your Dharma center for teachings, as some Dharma centers in the U.S. did in summer 2003, please contact us to cooperatively plan Rinpoche's itinerary.

For More Information:

Web: www.sakyadokhocholing.org

Email: sakya_dokho_choling@yahoo.com

Tel: Kanaya Chevli at 301-219-4471

His Holiness
Sakya Trizin
HEAD OF THE SAKYAPA ORDER
OF TIBETAN BUDDHISM



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TO WHOM IT MAY CONCERN

This is a letter to inform that Ven. Tulku Nyima Gyaltzen Rinpoche is a genuine reincarnate lama of the Sakya tradition of Tibetan Buddhism. He is well accomplished and has studied and meditated on many classic works of the Sakya and Nyingma traditions of Tibetan Buddhism. He has been an abbot many times over in different monasteries in Tibet since 1985 and has taught in schools and universities both in Tibet and in America.

Ven. Tulku Nyima Gyaltzen Rinpoche is greatly interested in sharing his knowledge and giving teachings, and in light of his knowledge and experience, it would indeed be invaluable for students of the Dharma to receive teachings from him.

Ven. Tulku Nyima Gyaltzen Rinpoche is also undertaking a project for the rebuilding of Dokho monastery in Eastern Tibet. Dokho Monastery is over 500 years old and houses over 800 monks. It urgently needs renovation and repair and your contributions to do so. The situation is not only urgent, but so is the need to preserve the culture and heritage of Tibet, its history, its people and its religion.

With prayers and blessings,

H. H. Sakya Trizin

2nd August, 2003

\$20,100 Reward for Information on Panchen Lama

A reward is being offered for information which results in outside contact with Gedun Choekyi Nyima, The Panchen Lama. It has been alleged that the Panchen Lama was kidnapped by the Chinese government within days of his recognition by the Dalai Lama in 1995 and they are holding him and his family incommunicado.

If you have information regarding the whereabouts of the Panchen

Lama, email glenn@tashilhunpo.org or phone 1-616-235-0284. Your name, and any information supplied, will remain confidential. \$20,100 (U.S. dollars) will be rendered to the person(s) who provides information resulting in outside contact with Gedun Choekyi Nyima.

If you wish to help increase the reward, email glenn@tashilhunpo.org your name, address, phone number and the amount in U.S. dollars you

can donate. Donations will be collected as soon as outside contact is established and verified. All funds

will then be rewarded to the responsible person(s) who provided contact information.

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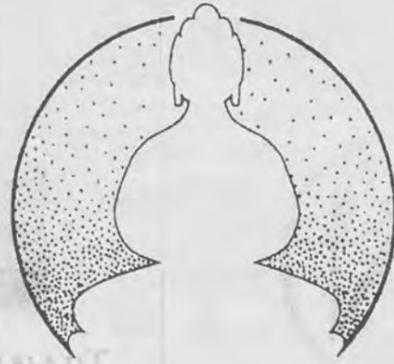
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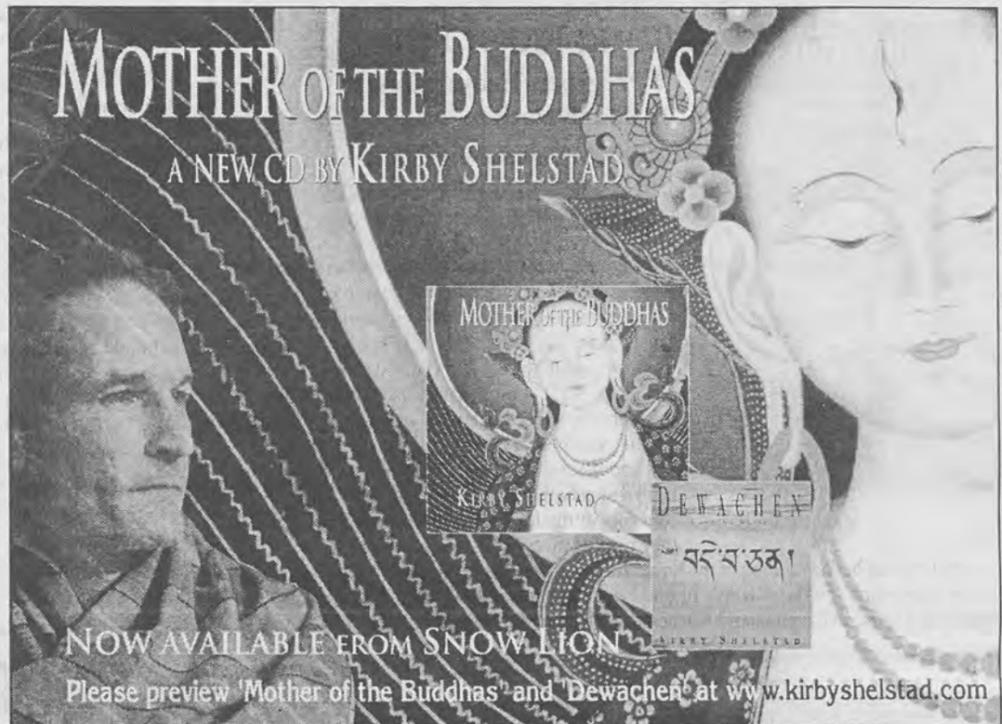
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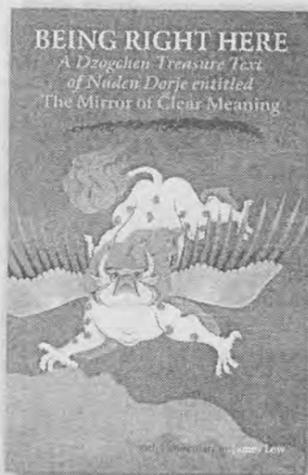


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A Dzogchen Treasure Text
of Nuden Dorje

with commentary by James Low
160 pp. #BERIHE \$14.95
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Tremendously accessible, fresh, and deep explication of the view and essential meditation of Dzogchen, the practice of non-dual experience. The wonderful commentary is based around the treasure text of Nuden Dorje, a text that is in the *Men ngag* style, a personal instruction distilling the author's own realization.

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JAMES LOW has been a student of the fourth incarnation of Nuden Dorje for 30 years. He has translated numerous texts with Chhimed Rigdzin. He works as a consulting psychotherapist in a London hospital, and teaches dzogchen meditation around the world.

**MAITREYA'S DISTINGUISHING PHENOMENA
AND PURE BEING** with Commentary by Mipham

trans. by Jim Scott under the guidance of
Khenpo Tsultrim Gyamtso Rinpoche

240 pp. #MADIPH \$18.95
Available April

Distinguishing Phenomena and Pure Being was composed during the golden age of Indian Buddhism. Mipham's commentary cogently supports Maitreya's text in a detailed analysis of how ordinary confused consciousness can be transformed into wisdom. Easy-to-follow instructions guide the reader through the incredibly profound meditation that gradually brings about this transformation. This important and comprehensive work belongs on the bookshelf of any serious Buddhist practitioner—and, indeed, of anyone interested in realizing their full potential as a human being.



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TRAININGS IN COMPASSION
Manuals on the Meditation of
Avalokiteshvara

trans. by Tyler Dewar, under the guidance
of The Dzogchen Ponlop Rinpoche
10" x 17", 132 pp. #TRCOMA \$15.95
Available March

This work includes translations of key Kagyu lineage meditation manuals for the practice of the deity of compassion Avalokiteshvara, one of the main introductory meditation practices presented in scores of Tibetan Buddhist centers across North America and Europe. The manuals included in this book were authored by the great Tibetan siddha Thangtong Gyalpo, the renowned nineteenth century master Jamgon Kongtrul, and the Fifteenth Gyalwang Karmapa, Khakhyab Dorje. The book also includes teachings on the nature of compassion by the highly regarded teacher Dzogchen Ponlop Rinpoche, praises to Avalokiteshvara by the Indian master Chandrakirti, and a fresh translation of the famed Mahayana text *The Thirty-Seven Practices of a Bodhisattva*.

TYLER DEWAR translates for Nalandabodhi Buddhist centers and lives in Seattle, WA.



THE ORNAMENT OF THE MIDDLE WAY
A Study of the Madhyamaka Thought of Shantarakshita

by James Blumenthal
400 pp, 6 x 9", cloth, #ORMI \$34.95
Available in March

Shantarakshita's *The Ornament of the Middle Way* is among the most important Mahayana Buddhist philosophical treatises to emerge on the Indian subcontinent. In many respects it represents the culmination of more than 1,300 years of philosophical dialogue and inquiry since the time of the historical Buddha, Shakyamuni. Shantarakshita set forth the foundation of a syncretic approach to contemporary ideas by synthesizing the three major trends in Indian Buddhist thought at the time (the Madhyamaka thought of Nagarjuna, the Yogachara thought of Asanga, and the logical and epistemological thought of Dharmakirti) into one consistent and coherent system.

Shantarakshita's text is considered to be the quintessential exposition or root text of the school of Buddhist philosophical thought known in Tibet as Yogachara-Svatantrika-Madhyamaka. In addition to examining his ideas in their Indian context, this study examines the way Shantarakshita's ideas have been understood by, and been an influence on, Tibetan Buddhist traditions.

This is the first book length study of the Madhyamaka thought of Shantarakshita in any Western language. It includes a new translation of Shantarakshita's treatise, extensive extracts from his auto-commentary, and the first complete translation of the primary Geluk commentary on Shantarakshita's treatise, *Gyal-tseb Je's Remembering [Shantarakshita's] The Ornament of the Middle Way*.

JAMES BLUMENTHAL holds a doctorate in Asian Religions from The Department of Languages and Cultures of Asia at the University of Wisconsin. He is currently an Assistant Professor in the Philosophy Department at Oregon State University.

"James Blumenthal's multi-faceted work includes a stimulating, critically astute analysis of the ways in which Shantarakshita's thought has been used—and misused—by Tibetan commentators over the years. Blumenthal's book is a fascinating excursion across 700 years and two Asian cultures, and should be required reading for all students of Indian philosophy and of the intellectual history of Tibetan Buddhism."—ROGER R. JACKSON, Professor of Religion, Carleton College, and author of *Is Enlightenment Possible?*

"This study is an invaluable contribution to the West's understanding of the history of Madhyamaka both in India and Tibet. Blumenthal's analysis of the Geluk materials on Shantarakshita's thought are particularly insightful."—GESHE LHUNDUP SOPA, Professor Emeritus, University of Wisconsin, and co-author of *Cutting Through Appearances*



THE HEART SUTRA

An Oral Teaching by Geshe Sonam Rinchen

trans. & ed. by Ruth Sonam

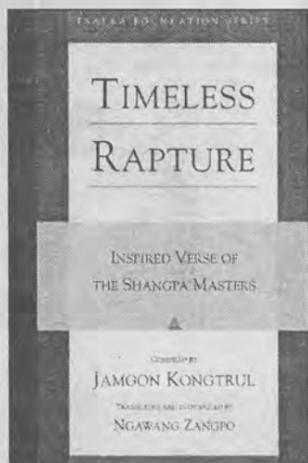
128 pp. #HESU \$14.95

This short gem of a book shows how distorted perceptions and disturbing emotions—arising from our misunderstanding of reality—can be completely uprooted, resulting in a freedom from suffering. Understanding the nature of reality is the key to liberation. The wonderfully concise Heart Sutra is considered the essence of the Buddhas' teachings.

The author's long experience in teaching Western students at the Dalai Lama's Library of Tibetan Works and Archives makes *The Heart Sutra* an ideal introduction for Westerners to this important subject.



TSADRA FOUNDATION SERIES



TIMELESS RAPTURE: Inspired Verse of the Shangpa Masters
compiled by Jamgon Kongtrul,
trans. & ed. By Ngawang Zangpo.
416 pp., 6 x 9", 2 b&w photos, 49
line drawings, cloth. #TIRAIN
\$29.95

Throughout history awakened ones have celebrated the rapture of mystical states with inspired verse, sung extemporaneously. This book offers a rare glimpse into the mysticism of the Shangpa Kagyu lineage, a tradition based mainly on the profound teaching of 2 women. This compendium of spontaneous verse sung by tantric Buddhist masters from the 10th century to the present includes translations as well as short descriptions of each poet's life and a historical overview of the lineage.

"Our lineage's past spiritual masters used songs to express their manifest experience and realization of the spiritual path's vital subjects, such as the trio of basis, path, and result; or view, meditation, and conduct; as well as dispelling hindrances and enriching meditative experience. The blessings of the lineage enter our heart, the very best technique to realize our mind's abiding nature, Great Seal. I pray that all who see, hear, or read this book be blessed."—BOKAR RINPOCHE

"This is a living, unbroken lineage, of fully realized mahasiddhas, both female and male, whose teachings burst forth in spontaneous song. Through the centuries these pith instructions have inspired and brought to full realization generations of yogis and yoginis. I highly recommend *Timeless Rapture* for its illuminating and joyful transmission."—LAMA PALDEN DROLMA, Sukhasiddhi Foundation

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—TRICYCLE MAGAZINE



THE AUTOBIOGRAPHY OF JAMGON KONGTRUL: A Gem of Many Colors

trans. & ed. by Richard Barron (Chokyi Nyima). 574 pp., cloth, A Tsadra Foundation Series book. #AUJA \$34.95

Jamgon Kongtrul Lodro Taye (1813-1899) was one of the most influential figures and prolific writers in the Tibetan Buddhist world. He was a founder and the single most important proponent of the nonsectarian movement that flourished in eastern Tibet and remains popular today.

"Filled with insight into the human heart. It stands out as a superb example of a genuinely unbiased approach to spirituality, which is of particular relevance to our modern world."—THE DZOGCHEN PONLOP RINPOCHE

"More than a biography, the story of the extraordinary Kongtrul is an inspiration to all serious students of Buddhist practice and scholarship. We are fortunate that one of the most gifted translators of our times, Richard Barron, has brought forth this treasure."—ERIK PEMA KUNSANG, translator of Kongtrul's "Light of Wisdom" series



MACHIK'S COMPLETE EXPLANATION: Clarifying the Meaning of Chöd

trans. & ed. by Sarah Harding. 368 pp., cloth, A Tsadra Foundation Series book. #MACOEX \$29.95

Machik's Complete Explanation is the most famous book of the teachings of Machik Labdrön, the great female saint and yogini of 11-12th century Tibet, now finally translated in its entirety into English. Machik developed a system, the Mahamudra Chöd, that takes the Buddha's teachings as a basis and applies them to the immediate experiences of negative mind states and malignant forces. Machik's unique feminine approach was to invoke and nurture the very "demons" that we fear and hate, transforming those reactive emotions into love. It is the tantric version of developing compassion and fearlessness, a radical method of cutting through ego-fixation.

"Sarah Harding's masterful translation is a real gift to students of Chöd and this extraordinary woman teacher. It provides much new material including intimate question and answer sessions between Machik and her disciples. The translation has such a fresh living quality you almost feel you are receiving teachings directly from Machik Labdrön herself."—TSULTRIM ALLIONE, author of *Women of Wisdom* and founder of the Tara Mandala Retreat Center

"In this remarkable work Sarah Harding gives us the most complete, detailed, lucid, and well-contextualized study to date of the meaning and practice of Machik's Chöd."—JAN WILLIS, author of *Dreaming Me*

BUDDHIST PHILOSOPHY

Losang Gönchok's Short Commentary to Jamyang Shayba's Root Text on Tenets

by Daniel Cozort and Craig Preston

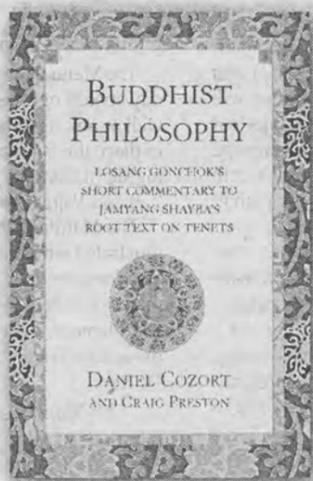
352 pp. #BUPH \$18.95

What are the most important points of difference between the major schools of Buddhist philosophy? This rich, medium-length survey offers a lively answer. The introduction, aimed at those new to Buddhist thought, sets up a dialogue between the schools on the most controversial topics in Buddhist philosophy.

JAMYANG SHAYBA was the greatest Tibetan writer on philosophical tenets. Losang Gönchok's *Clear Crystal Mirror*, a concise commentary on Jamyang Shayba's root text, represents a distillation of many centuries of Indian and Tibetan scholarship. Buddhist Philosophy skims the cream of Jamyang Shayba's intellect, providing a rare opportunity to sharpen our intellect and expand our view of Buddhist thought.

DANIEL COZORT is associate professor and chair of the Department of Religion at Dickinson College where he teaches the religions of India. He is the author of *Highest Yoga Tantra*.

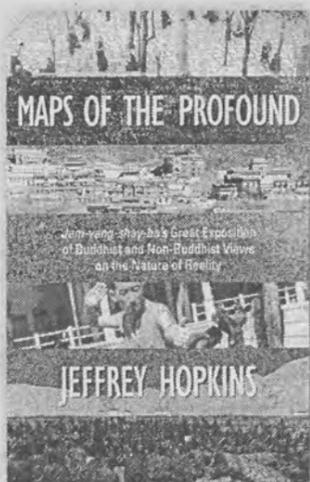
CRAIG PRESTON studied at the University of Virginia and has taught Classical Tibetan at Namgyal Institute. He is author of *How to Read Classical Tibetan, Vol. 1: A Summary of the General Path* and currently teaches Tibetan and Buddhist philosophy privately in Ithaca, New York.



MAPS OF THE PROFOUND

Jam-yang-shay-ba's "Great Exposition of Buddhist and Non-Buddhist Views on the Nature of Reality"

by Jeffrey Hopkins. 1136 pp., cloth. #MAPR \$49.95



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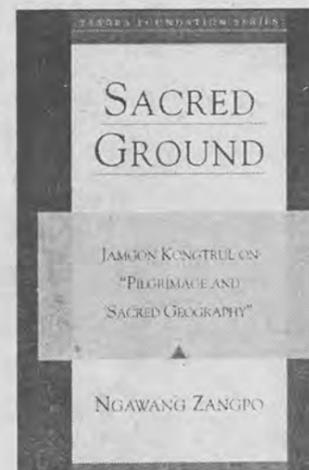
"Hopkins presents here a detailed and masterful translation and study of one of the most brilliant Tibetan minds' take on the Indian Buddhist tradition. This text examines carefully the whole range of Buddhist philosophy and hence provides an invaluable source for its study. By drawing from other texts and his own understanding, Hopkins makes available this important text and provides us with a brilliant and invaluable work, a real tour de force, that will be a must for any serious student of Buddhist philosophy."—GEORGES DREYFUS, Professor of Religion at Williams College; author of *Recognizing Reality* and *The Sound of Two Hands Clapping*, co-editor of *The Svatantrika-Prasangika Distinction*



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by Ngawang Zangpo. 362 pp., 6 x 9", cloth, A Tsadra Foundation Series book. #GURIHI \$29.95

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SACRED GROUND: Jamgon Kongtrul on "Pilgrimage and Sacred Geography"

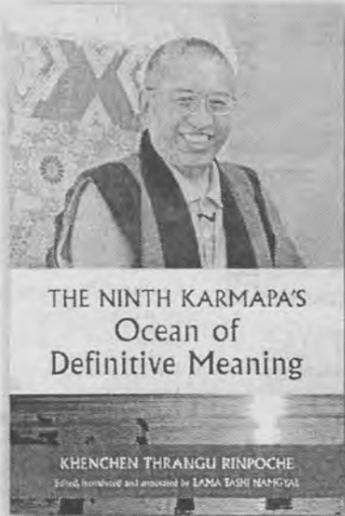
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author of *When Things Fall Apart*



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by *Khenchen Thrangu Rinpoche*
edited, introduced and annotated by *Lama Tashi Namgyal*
130 pp. #NIKAOC \$14.95

The most in-depth and famed text on Mahamudra ever written, *The Ocean of Definitive Meaning* by the 9th Karmapa offers a detailed, uniquely comprehensive presentation. Thrangu Rinpoche has distilled the essence of the 9th Karmapa's massive text and gives guidance in implementing the instructions.

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foreword by the *Dalai Lama*
intro. by *Lama Tashi Namgyal*
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MANUAL OF STANDARD TIBETAN

by *Nicolas Tournadre* and *Sangda Dorje*
576 pp. 8 1/2" x 11" with 2 CDs, 12 pages of color photos. #MASTTI \$80.00

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"The *Manual of Standard Tibetan*, with its wealth of insights into the language, is a delight to read. In offering such a breadth and depth of coverage for an introductory text of modern Tibetan as used in Central Tibet and among the diaspora community, it brings the field to a new level, particularly in the area of spoken Tibetan." —PHIL STANLEY, Naropa University

"I do not hesitate to recommend Nicolas Tournadre and Sangda Dorje's excellent *Manual of Standard Tibetan*. Their collaboration represents the confluence of linguistic analysis of the first order with the stylistic sensibilities of a leading contemporary master of Tibetan composition. Both share a keen appreciation of an approach in which the learning of language and of culture must inform one another, with the result that this is one of those rare language textbooks that is a pleasure to read." —MATTHEW KAPSTEIN, The University of Chicago

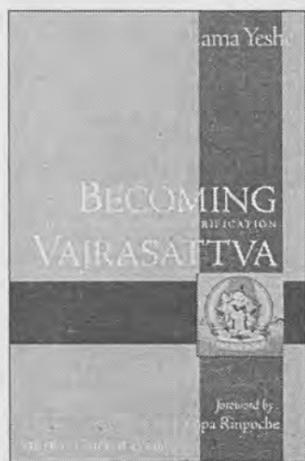


A TIBETAN VERB LEXICON
Verbs, Classes, and Syntactic Frames

by *Paul G. Hackett*. 224 pp. #TIVELE \$29.95

This is the first Tibetan-English verb resource to be published in more than thirty years. It is a verb dictionary containing extensive lexical information. Much more than a mere translation of existing works, this lexicon was compiled employing statistical techniques and data, and draws on sources spanning the 1200 years of Tibet's classical literature and covering all major lineages.

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BECOMING VAJRASATTVA: The Tantric Path to Purification (2nd edition)
by Lama Yeshe. 352 pp.
#BEVA, \$17.95
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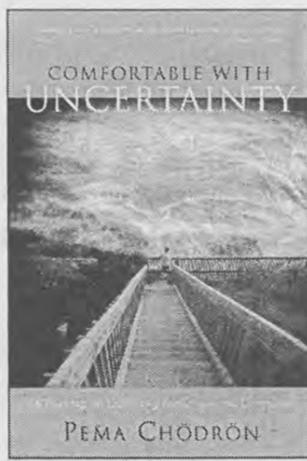
An essential guide to Vajrasattva practice, which works powerfully to purify obstacles, negative karma, and illness.

Lama Yeshe has authored several bestselling books.



THE CIRCLE OF BLISS: Buddhist Meditational Art
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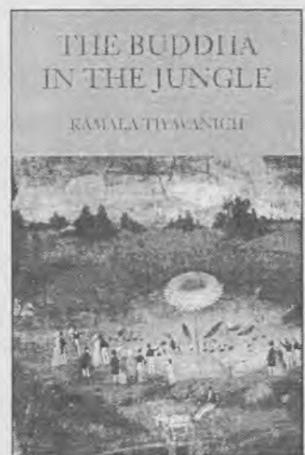
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146 pp. #MABOCH \$16.95

Internationally recognized Feng Shui expert Too demonstrates how to chant specific mantras to remove obstacles, increase longevity, calm babies, help the dying, generate wealth and so forth. Also she explains how to make prostrations and mandala offerings and how to combine mantras with the use of prayer flags and prayer wheels.

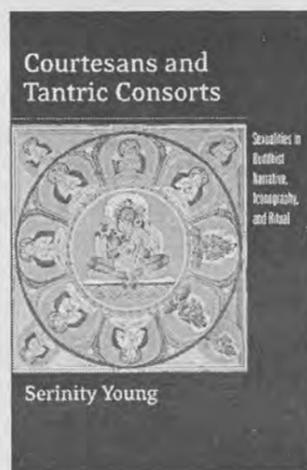


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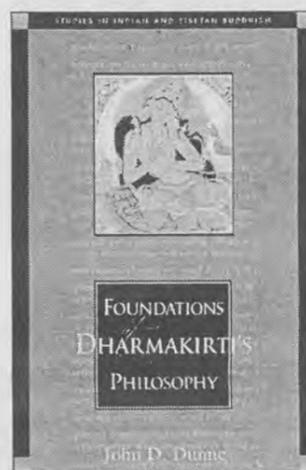
"Remarkable, honest, and rich."—Jack Kornfield



COURTESANS AND TANTRIC CONSORTS: Sexualities in Buddhist Narrative, Iconography, and Ritual
by Serinity Young. 288 pp., 12 half-tones. #COTACO \$22.95
Available March

What are the teachings on gender in Buddhism? An examination of 2000 years of texts, iconography, and ritual practices that reveals the mosaic of beliefs that inform Buddhist views on gender and sexuality.

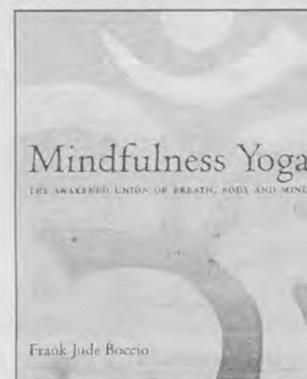
Serinity Young is Scholar-in-Residence at the American Museum of Natural History, an author, and editor of *Encyclopedia of Women and World Religion*.



FOUNDATIONS OF DHARMAKIRTI'S PHILOSOPHY
by John D. Dunne. 512 pp.
#FODHPH \$39.95
Available March

The work of Dharmakirti, a central figure in the history of Buddhist philosophy, is illuminated in this extraordinary piece of scholarship.

John Dunne is Prof. of Buddhist Studies at U. Wisconsin, Madison.



MINDFULNESS YOGA: The Awakened Union of Breath, Body and Mind

by Frank Jude Boccio, fore. by Thich Nhat Hanh. 320 pp., 8x10", 75 b&w illus. #MIYO \$19.95
Available February

A user-friendly manual with several yoga sequences, emphasizing the spiritual side of the practice, and outlining how the Buddha's teachings on breath, body and feelings correspond with the methods of physical yoga practice.

THE COLLECTED WORKS OF CHOGYAM TRUNGPA

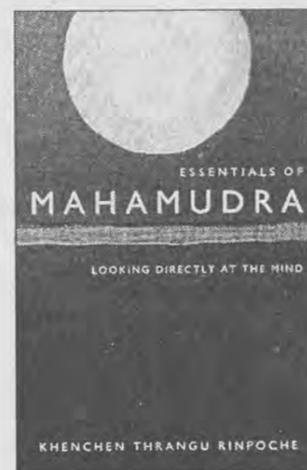


by Chogyam Trungpa

- Vol. 1: 512 pp., 36 halftones, 30 line art, cloth. #COWO1 \$45.00
 - Vol. 2: 704 pp., cloth. #COWO2 \$50.00
 - Vol. 3: 656 pp., 6 halftones, 18 line art, cloth. #COWO3 \$50.00
 - Vol. 4: 480 pp., 9 halftones, 6 line art, cloth. #COWO4 \$45.00
 - Vol. 5: 416 pp., 1 halftone, 10 line art, cloth. #COWO5 \$45.00
 - Vol. 6: 608 pp., 1 halftone, 1 line art, cloth. #COWO6 \$50.00
 - Vol. 7: 704 pp., 26 halftones, 49 line art, cloth. #COWO7 \$50.00
 - Vol. 8: 480 pp., 14 halftones, 22 line art, cloth. #COWO8 \$45.00
- Volumes 1-4 available March. Volumes 5-8 available April.

The works of one of the most dynamic and influential teachers of the 20th century. Volume 1 comprises many early teachings, including *Born in Tibet*, *Meditation in Action*. Volume 2 focuses on teachings on psychology and the human mind, including *The Path is the Goal*, *Training the Mind*, and more. Volume 3 contains key works, including *Cutting through Spiritual Materialism*, *The Myth of Freedom*, etc. Volume 4 presents introductory tantric teachings such *Journey without Goal*, *The Lion's Roar*, *Dawn of Tantra*, and so forth.

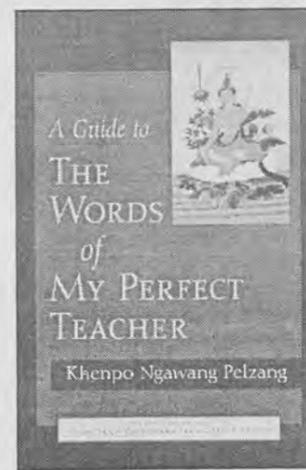
The works of one of the most influential and important Tibetan teachers of the 20th century. Volume 5 includes *Crazy Wisdom*, *Illusion's Game*, *The Life of Marpa the Translator* (excerpts), *The Rain of Wisdom* (excerpts), and *The Sadhana of Mahamudra*. Volume 6 focuses on advanced teachings on the nature of mind and tantric experiences, with a commentary on *The Tibetan Book of the Dead*. Also includes *Transcending Madness*, a unique view of the bardo. Volume 7 contains *The Art of Calligraphy*, *Dharma Art*, *Visual Dharma*, as well as selected poems and writings. Volume 8 includes matters of culture, state, society, the Shambhala teachings—Trungpa's view of an enlightened society—and *The Sacred Path of the Warrior*.



ESSENTIALS OF MAHAMUDRA: Looking Directly at the Mind
by Khenchen Thrangu Rinpoche. 288 pp., #ESMA \$16.95
Available February

Teachings by the tutor to H.H. the Karmapa, this clear book details the whys as well as the hows of Mahamudra, a direct and powerful practice that can be done in conjunction with a busy work life.

www.snowlionpub.com



A GUIDE TO THE WORDS OF MY PERFECT TEACHER
by Khenpo Ngawang Pelzang. 336 pp. #GUWOMY \$17.95
Available March

Essential background for Patrul Rinpoche's 19th century classic, *Words of My Perfect Teacher*. Goes through each of its chapters, expanding and providing helpful information on topics such as Vajrasattva practice, the significance of the Three Jewels, and Madhyamika philosophy.

"Offers a great deal."—*Reviewer's Bookwatch*



MODERN TIBETAN LANGUAGE

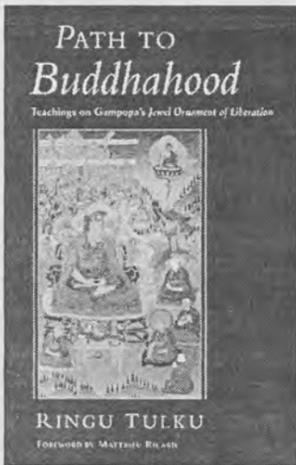
by Losang Thonden.
Vol 1: 275 pp. #MOTIL1 \$18.95;
Vol 2: 209 pp., #MOTIL2 \$18.95

Two-volume comprehensive textbook on Tibetan language written by the language instructor at the Library of Tibetan Works and Archives in Dharamsala, India. The study begins with the alphabet and how to write the letters and presents many exercises.



AN OCEAN OF THE ULTIMATE MEANING: Teachings on Mahamudra
by Khenchen Thrangu. 304 pp.
#OCULME \$17.95
Available February

Clear instructions that make the profound Mahamudra practice accessible to practitioners at all levels. Written with warmth and humor, this explication of the most comprehensive Mahamudra treatise composed by the 9th Karmapa gives detailed information on the entire path, from preliminaries to meditative awareness.



PATH TO BUDDHAHOOD: Teachings on Gampopa's Jewel Ornament
by Ringu Tulku, foreword by Matthieu Ricard. 208 pp. 208 pp.
#PABU \$16.95

Popular teacher Ringu Tulku presents a fresh, accessible explanation of one of the most important classics, The Jewel Ornament. Easy to read and understand presentation of topics includes: seeing through illusions, acting with kindness, putting others first, and attaining lasting peace and compassion.



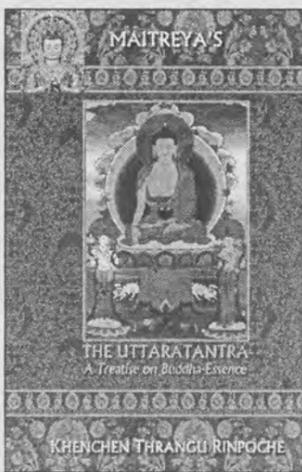
PORTRAITS OF THE MASTERS: Bronze Sculptures of the Tibetan Buddhist Lineages
ed. by Donald Dimwiddie. 396 pp., fully illustrated in color, 10.75 x 12.5", cloth. #POMA \$95.00.

108 portrait bronzes of great masters of the Tibetan Buddhist traditions, beautifully displayed. The collection is presented in sections devoted to the Arhats, and to each of the major schools of Tibetan Buddhism. Each section opens with a history of the tradition, drawn from Tibet's rich literary heritage, and then examines the sculptures within that context.



THE TIBETAN BOOK OF YOGA: Ancient Buddhist Teachings on the Philosophy and Practice of Yoga
by Michael Roach. 128 pp., 20 b&w photos, 30 prints.
#TIBOYO \$15.95
Available March

Based on a number of previously unknown Tibetan works on yoga, this program combines yoga exercises with special Tibetan poses to create a spiritual and physical yoga that includes methods to create a healthy and happy heart.

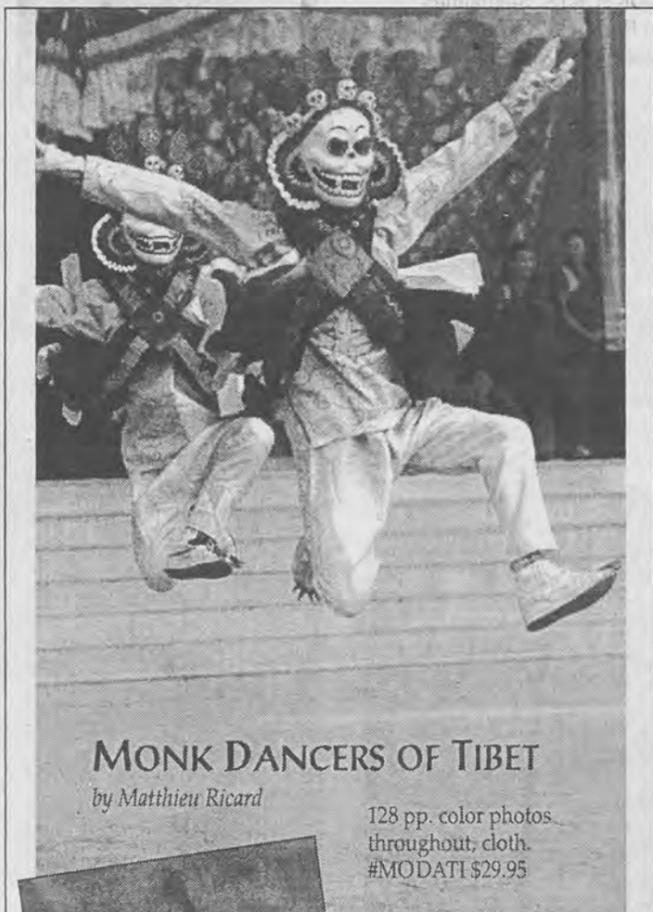


UNITING WISDOM AND COMPASSION: Illuminating The Thirty-Seven Practices of a Bodhisattva
by Chokyi Dragpa, trans. by Heidi Koppl, intro. by Chokyi Nyima Rinpoche. 192 pp.
#UNWICO \$14.95
Available March

This faithful and lively translation of Chokyi Nyima's often-quoted commentary on The 37 Practices is a trove of Buddhist wisdom designed for in-depth practical application.

THE UTTARATANTRA: A Treatise on Buddha-Essence
by Ven. Khenchen Thrangu Rinpoche. 484 pp.
#UTTRBU \$21.00
Available February

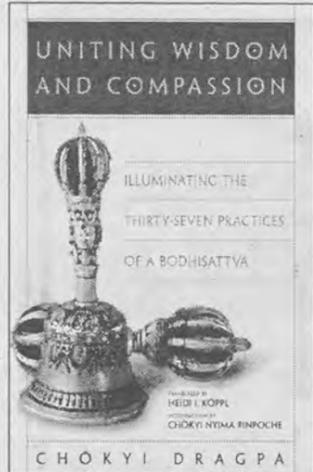
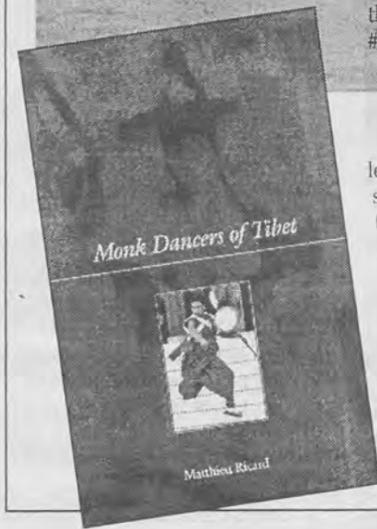
The Uttaratantra elucidates the inseparability of emptiness and luminosity, the bridge between Sutra and Tantra, the view of Vajrayana and the ground of Mahamudra. A wonderful commentary by the tutor of the present Karmapa.



MONK DANCERS OF TIBET
by Matthieu Ricard

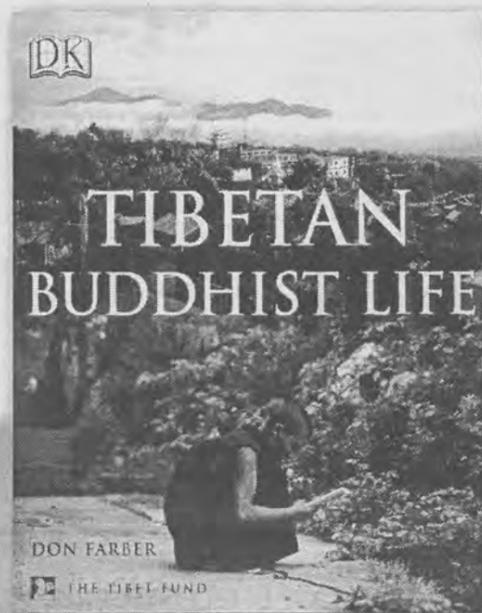
128 pp. color photos throughout, cloth.
#MODATI \$29.95

Sacred dances, depicting legendary stories, rituals and spiritual teachings, are central to the Tibetan tantric tradition. Each mask, costume and gesture has significance. In vivid, full-color photos and descriptive text, the well-known author reveals the meanings behind the dances, as well as the intriguing history of this spiritual practice.



TIBETAN BUDDHIST LIFE
by Don Farber
192 pp., cloth. #TIBULI \$30.00

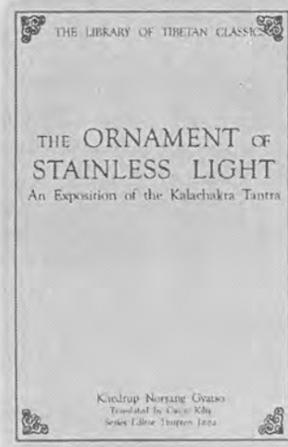
A truly beautiful book, with extraordinary color photos interwoven with the text on every page. Explores the development of Tibetan Buddhism, spiritual and daily life, the diaspora, and rare interviews with Buddhist masters including the Dalai Lama. Dan Farber's work has appeared in *Life* and *Time*.



ORNAMENTS OF STAINLESS LIGHT
An Exposition of the Kalachakra Tantra

by Khendrup Norsang Gyatso
672 pp. #ORSTLI \$49.95
Available May

The inaugural volume of Thupten Jinpa's LIBRARY OF TIBETAN CLASSICS, released to coincide with the Dalai Lama's conferral of the initiation rite of Kalachakra in Toronto in April 2004. The text develops the highly complex theory of correlation between the internal elements within a living human body and the elements of the external world, and gives a detailed account of Tibetan astronomy.



New in paper at lower price!

WILD AWAKENING
The Heart of Mahamudra and Dzogchen

by The Dzogchen Ponlop Rinpoche.
304 pp., #WIAW, \$18.95

Rinpoche presents Mahamudra and Dzogchen, revealing their simplicity and value—emphasizing that we can experience our world more directly, with responsibility, freedom, and confidence.





CALLING THE LAMA FROM AFAR CD

by Lama Lobsang Dorje. 45 min. CD, #CALACD, \$20.00

Recorded in the private shrine of H.H. the 17th Karmapa, this 19-track CD includes chanting by Lama Lobsang Dorje of mantras for Chenrezig, Green Tara, Medicine Buddha, Guru Rinpoche and Vajrasattva as well as Mandala Offering, Mahakala, Long Life Prayers for the Dalai Lama, Karmapa, Thrangu Rinpoche and more! Sales help support Vajra Vidya Institute.

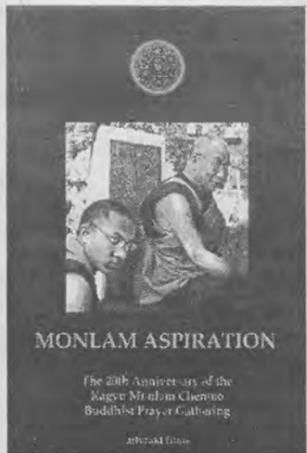


COMPASSION AND WISDOM: A Guide to the Bodhisattva's Way of Life

by James Zito, Approx. 2 1/2 hr. DVD, #COWI, \$22.00

A primer of compassionate living, this DVD combines interviews with many of the world's greatest Buddhist teachers—including Sakya Trizin, Tai Situ, Tsultrim Allione and others, plus 45 minutes with the Dalai Lama—with rare footage of Buddhist art and architecture. An in-depth examination of the Bodhisattva path, with discussions of issues such as pollution, stress, care of the dying etc.

"A masterpiece!!"—Prof. David Chappell, U. Hawaii



MONLAM ASPIRATION: The 20th Anniversary of the Kagyu Monlam Chenmo

76 min. DVD, #MOAS, \$25.00

This fascinating and well-photographed DVD of the Kagyu Monlam, an international Buddhist prayer gathering for world peace in Bodhgaya, India, features footage of many great teachers, including H.H. the Karmapa and Dalai Lama, Thrangu Rinpoche, Bokar Rinpoche, and the reincarnation of Jamgon Kongtrul. Interesting details of the festival—cooking, preparations, and so forth and interesting narration combine to help you feel like you're really there.

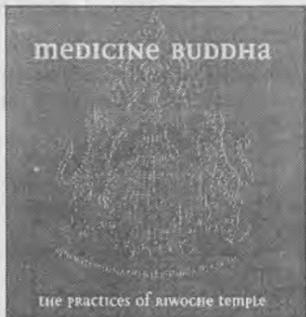


SWEET MELODY OF JOYFUL ASPIRATION

by H.H. the 17th Gyalwang Karmapa. 53-min CD. #SWMEJO \$15.95

This extraordinary CD contains pieces composed and/or performed by the young Karmapa: flute music, His Holiness chanting the Four-Armed Bodhisattva Simple Practice, Joyful Aspiration, and much more. Beautifully packaged with portrait photos.

Search your favorite Dharma topic using our website catalog search.



MEDICINE BUDDHA: The Practices of Riwoche Temple

by Ven. Khenpo Sonam Tsogyal Rinpoche et al. 56 min. CD. #MBCD \$20.00

This healing practice was assembled in the 17th century, based on a revelation by Namcho Mingyur Dorje and the lineage originating with the Buddha. Reciting the Medicine Buddha mantra—according to Shakyamuni Buddha himself—protects the practitioner from illness and epidemic. This 10-part Medicine Buddha chant includes seven-line prayer, refuge, cleansing rite and so forth.



BLESSING FROM PENOR RINPOCHE

by Penor Rinpoche, Lama Channo, Khenpo Pema Chopel Rinpoche. 36-min CD. #BLPECD \$20.00

A teaching in Tibetan on world peace (and war) by Penor Rinpoche (translation included), mantras of Guru Rinpoche, Medicine Buddha, Parnashavari, and White Tara nicely blended with Western-style instruments.



TSONGKHAPA CD

by Duchen Rinpoche and Shapey Rinpoche. 46 min CD. #TSCD \$20.00

Traditional prayers with Western instrumentation blended with sounds from nature. Includes Refuge, Purification, Heart Mantra of Tsongkhapa, Tsongkhapa prayer, Homage to Tara and more.



VOICE FROM TARA

by Kelsang Chukie Tethong. 43-min. CD. #VOTA \$17.00

Considered one of the most outstanding classical singers of her generation, Kelsang Chukie Tethong sings a variety of Tibetan songs, chants and mantras in a truly lovely arrangements. Highly recommended.

www.snowlionpub.com

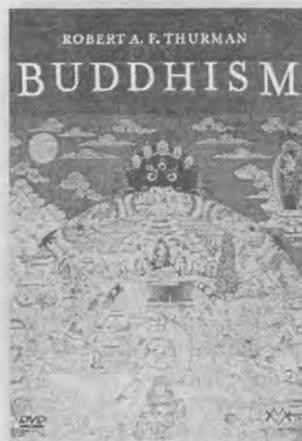
ETHICS FOR THE NEW MILLENNIUM

by the Dalai Lama
81-min DVD.
#ETNEDV \$24.98

In this intimate talk, filmed in London, His Holiness speaks of the inner "new millennium" that must precede an outer, transformed world. Blending realism and optimism, he recommends ways in which each of us can begin to make inner changes that will affect outer problems.



Two beloved teachings from ROBERT THURMAN now on DVD



ON BUDDHISM

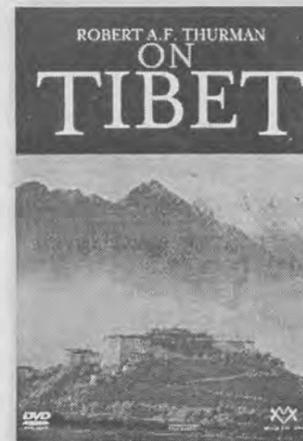
by Robert Thurman. 4-hour DVD. #ONBUDV \$29.98

With his characteristic brilliance, Thurman shares his insight into Buddhism. Deals in-depth with major components 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. 240 min. DVD. #ONTIDV \$29.98

Robert Thurman shares his passionate insight into Tibetan culture and history from ancient to modern times. In this newly released DVD, 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.



NEW DHARMA ITEMS



SINGING BOWLS—ETCHED

6" diameter x 2" deep. #SIBOB6 \$60.00
7" diameter x 2 1/4" deep. #SIBOB7 \$70.00

Very lovely dark metal singing bowls, finely etched with the Eight Auspicious Symbols. Come with striker. Each bowl handpicked by our buyer!



SINGING BOWLS—deep

7.5" diameter, 4" deep. #SIBO7B \$70.00
8" diameter, 4" deep. #SIBO8 \$80.00
9" diameter, 3.5" deep. #SIBO9 \$90.00

Hand-hammered brass bowls, very resonant. Hand-picked in Nepal. Come with wooden dowel.

Practical and broad-ranging teachings from VEN. TENZIN PALMO



THE FOUR LEVELS OF MINDFULNESS

by Ven. Tenzin Palmo. 5-CD pack, 3.75 hours. #FOLEMI \$45.00

These broad-ranging teachings cover a wonderful array of topics: finding joy in the practice, breath meditation, ethics, dealing with sensation, working with pain, and a lot more. From talks given September 2002 in Santa Rosa, CA. Tenzin Palmo is a nun, highly popular teacher, and author.



MINDFULNESS

by Ven. Tenzin Palmo. 60-min. video. #MI \$28.00

How to stay in the moment and not run away mentally? How to discard excess "mind baggage" and wake up to the present moment? The benefits of mindfulness training on body and breath is discussed in these teachings held in Singapore. Wonderfully practical advice from popular author of *Reflections on a Mountain Lake*.



COPPER PRAYER WHEEL
#PRWHCO \$32.00

Shining copper prayer wheel, with Om Mani Padme Hum in Sanskrit. Lotus designs on top and bottom. Wooden handle, Mani mantra inside. 2 1/2 x 6 1/2".



PRAYER WHEEL PENDANT
Handheld style
#PRHAPE \$15.00

Keep your prayers going with this functional, beautiful small prayer wheel. Designed as a pendant to wear conveniently around your neck. Made of silver, with Om Mani Padme



FIVE BUDDHA PLAQUE #PLFIBU \$44.00

Great for a wall hanging or on an altar, this gold painted plaque depicts images of each of the 5 Buddhas—representing the 5 directions. Gold on fiber wood, 14 x 5 1/2".

GAUS

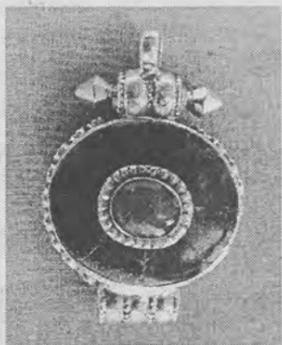


GAU: TURQUOISE & CORAL PENDANT
#GATUCO \$25.00

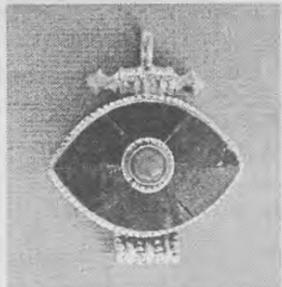
Round silver gau pendant, with clear blue turquoise and deep red coral on top. Silver back pulls out to reveal small inner space for holding precious items. Approx. 3/4" across.

GAU: LAPIS & CORAL PENDANT

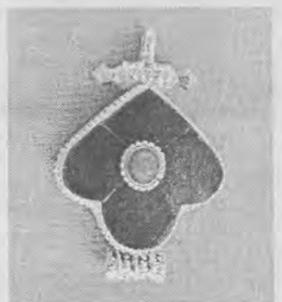
Gloriously deep blue lapis lazuli surrounding red coral on the top of these beautiful silver gau, each of which opens to a small compartment for holding small precious items. Fine silver detail work. Choose from oval, eye, or lotus shape.



Oval. Approx 1" across.
#GAOVLA \$32.00



Eye shape. Approx. 1" across.
#GAEYLA \$25.00 Lotus shape.



Lotus shape. Approx 7/8" across.
#GALOLA \$25.00



KALACHAKRA GAU PENDANT
#KAGA \$15.00

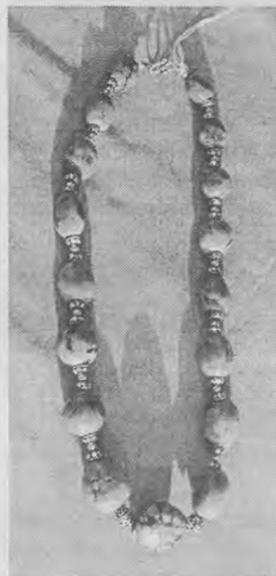
Very attractive small gau, perfect for discretely carrying something precious close to you. Finely worked silver pendant with Kalachakra mantra on the lid. Approx. 3/4" long x 2/3" wide. A clasp holds it firmly closed.

TURQUOISE NECKLACES

These are astounding, unique pieces. Each turquoise bead on these necklaces has real presence and character, and is beautifully joined to the others with intricate silver separators. Silver hook clasp. Choose small, medium or large-sized beads. The "small" strands may have one or two beads up to an inch across, but most beads will be smaller.



Small. #NETUSM \$95.00



Medium. #NETUME \$120.00



Large. #NETULG \$130.00



TURQUOISE STONE BRACELETS

With red pull closure. #TUSTBA \$22.00
Small 7-7 1/2" total length. #TUSTBG \$22.00
Medium 7 3/4-8" total length. #TUSTBM \$22.00

Wonderful turquoise stones joined by fine silver work in these great bracelets. Come with either a red cloth pull cord or a standard clasp as closure. Please chose between small and medium length bracelets.



CORAL & SILVER BANGLE

Approx. 3/8" wide. #BRCO \$35.00

Elegant silver bangle with three red pieces of coral mounted along the top. Delicate silver work on the edges and surrounding the stones. Open-ended design allows you to adjust this lovely piece to fit your wrist.

ZIPPER POUCH

#ZIPO \$5.00

This really lovely brocade pouch is lined in black, and comes with a zip top to keep your precious items secure. Approx. 3x3".



TIBETAN TREASURE VASE

approx. 9.75" high. #TITRVA \$395.00

The Tibetan Treasure Vase is an ancient Tibetan remedy that can restore vitality and harmony as well as invoke wealth and abundance, improve health, and increase wisdom and compassion. It is said that the blessings extend in a 15-mile radius. The vases are filled with many sacred objects including medicine balls containing "mother pills", originally created by Dudjom Rinpoche from precious substances from Mipham Rinpoche, Mindroling Terchen, and Khyentse Rinpoche. The mother pills also contain a rich collection of jewels and minerals: opals, diamonds, sapphires, rubies, as well as stones and water from the world's holy places. Stunningly beautiful, gold finish.

This is a fragile item made of ceramic and covered with gold. To protect it, we are shipping it by Federal Express two-day service to U.S. locations and charging \$25 to cover the shipping cost. For international orders, please contact us to make arrangements.



DOUBLE DORJE CUSHION COVER

Approx. 15x15". #DODOCU \$21.95

Beautiful deep yellow brocade pillow cover intricately woven with pale gold central double dorje surrounded by auspicious symbols and lotuses. Zippered deep yellow back so that you can insert your own cushion.



ENDLESS KNOT CUSHION COVER

Approx. 15x15". #ENKNCU \$21.95

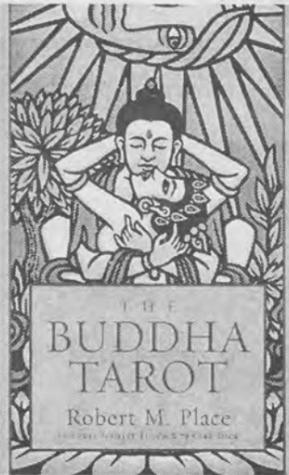
Impressive emerald green brocade cushion cover with gold endless knot. Deep green back. Zipper closure so you can insert your own pillow.



WHEEL OF DHARMA CUSHION COVER

approx. 15 x 15". #WHDHCU \$21.95

Impressive red brocade cushion cover with gold Wheel of Dharma. Red back. Zipper closure so you can insert your own pillow.



THE BUDDHA TAROT Deck
by Robert M. Place. #BUTACA \$24.95

Created by one of this world's foremost Tarot experts, this divination deck works with the stages on the mystic's path in Buddhist terms. A fun and different experience! Boxed kit includes 79-card deck, pouch, and 72 pp. instruction book.

Would you like to receive a quotation from the Dalai Lama or other remarkable teachers? See "Join our mailing lists" at www.SnowLionPub.com

MINI PRAYER FLAGS

These sets of small, brightly colored prayer flags (10 in each) are perfect for small spaces! Each flag 6" high. A perfect stocking-stuffer.



White Tara. #MIWHTA \$6.50



Green Tara. #MIGRTA \$6.50



25 PRAYER FLAGS

Colorful set of 25 flags, each with image of the deity and mantras. Large flags measure 13" x 13". Medium flags measure 10" x 10".

Large Sampa Lhundup (Padmasambhava's Prayer: "Spontaneous Accomplishment of All Wishes") Prayer Flags. #25SALH, \$12.00

Large Long Life (Amitayus) Prayer Flags. #25LOLI, \$12.00

Large Chenrezig Prayer Flags. #25CHPR, \$12.00

Large Medicine Buddha Prayer Flags. #25MEBU, \$12.00

Large Green Tara Prayer Flags. #25GRTA, \$12.00

Large Vajrasattva Prayer Flags. #25VAPR, \$12.00

Large White Tara Prayer Flags. #25WHTA, \$12.00

Large Windhorse Prayer Flags. #25WIPR, \$12.00

25-FLAG PRAYER FLAGS—Medium

Colorful sets of 25-flag prayer flags. Medium size.

- Chenrezig. #25MECH \$10.00
- Vajrasattva. #25MEVA \$10.00
- Windhorse. #25MEWI \$10.00
- White Tara. #25MEWH \$10.00
- Padmasambhava. #25MEPA \$10.00



VAJRAYOGINI STATUE Tsa Tsa

2". #VAJST2 \$15.00 4". #VAJST4 \$30.00

Detailed, lovely small statue of Vajrayogini. Cream color ceramic. In two sizes: 2" or 4".



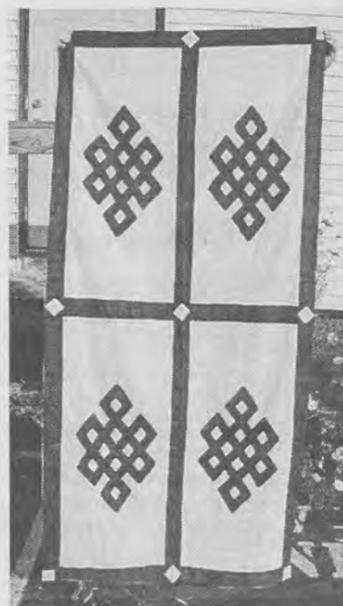
LOTUS DOOR CURTAIN "May All Beings Be Happy"
#DOCULO \$50.00

Light-weight white cotton background with embroidered lotus and message: "May All Beings Be Happy". It measures 37" x 76".



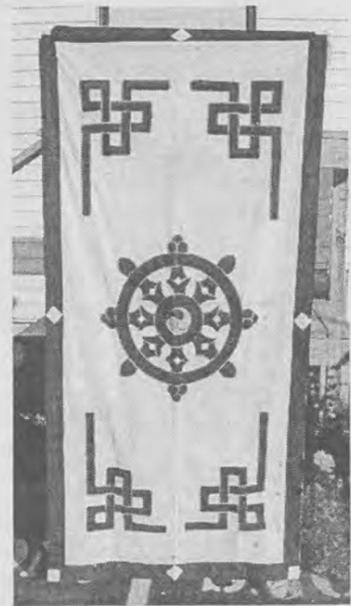
TAM GREEN TARA DOOR CURTAIN
#DOCUTA \$50.00

Light-weight green cotton with Green Tara's seed syllable "Tam" and the Tara mantra and eight auspicious symbols embroidered on it. Measures 37" x 83".



WHEEL OF DHARMA DOOR CURTAIN w/ Detachable Skirted Trim
#DOCUWH \$75.00

Heavyweight superior quality door curtain measures 41" wide by 83" high. It comes with a detachable traditional skirted trim for the top that you can use or not. It features the Wheel of Dharma sewn onto the surface in maroon with fine turquoise trim.



FOUR ETERNAL KNOT DOOR CURTAIN w/ Detachable Skirted Trim
#DOCUSU \$75.00

Heavyweight superior quality door curtain measures 41" wide by 83" high. It comes with a detachable traditional skirted trim for the top that you can use or not. It features four eternal knots sewn onto the surface in navy blue with maroon trim.

WOODEN BOX INCENSE BURNERS

These impressive and beautiful incense burners come with a pull-out storage drawer for incense. The burner is a metal tray inlaid underneath the hinged top, so that the fragrant smoke rises through a golden slot in the lid. Deep red-brown wood, with details picked out in gold, plus brightly colored front panels, one with snow lions, the other with the 8 auspicious symbols.



9 x 3.5 x 3.5", snow lions, #INBUSN, \$30.00

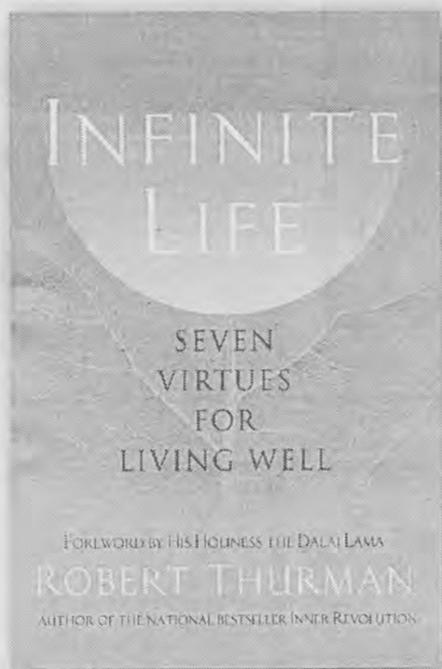


9 x 3.5 x 3.5", 8 auspicious symbols, #INBUEI, \$30.00



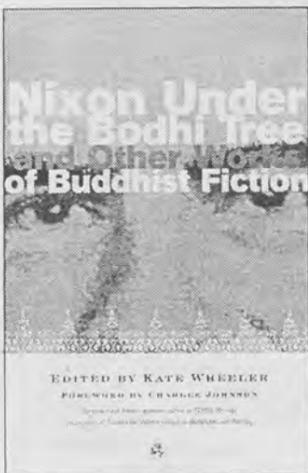
GREEN TARA PRAYER WHEEL
6.5 x 3.5", #PRWHGR, \$35.00

Finely decorated prayer wheel containing tara mantras. 8 auspicious symbols are painted on a red background, with multicolored lotuses. Gold detailing.



INFINITE LIFE: Seven Virtues for Living Well
by Robert Thurman, fore. by H.H. the Dalai Lama. 300 pp., cloth, available Feb. #INLI \$24.95

Thurman demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the seven virtues for carefully reconstructing body and mind in order to reduce negative consequences and cultivate the positive. In his powerful style, Thurman delivers life-changing lessons and invites us to take responsibility for our actions.



NIXON UNDER THE BODHI TREE and Other Works of Buddhist Fiction

ed. by Kate Wheeler. Available April. #NIUNBO \$16.95

This first collection of a growing genre includes pieces from famous authors (Pico Iyer, Lama Surya Das) and award-winning newcomers. A fun, varied, and moving read of interest to the general reader—and of course, to Buddhists.

Kate Wheeler has won Guggenheim and O. Henry awards.



Chenrezig 2x3'. #GICH3 \$160.00 Chenrezig 3x4'. #GICH4 \$298.00

LARGE MUSEUM QUALITY
THANGKA REPRODUCTIONS

on canvas by Holmes and Cottrell Graphics

We're very excited to be able to offer these fine quality deity images on canvas at perhaps a quarter the price of a thangka of a comparable size. They are reproductions of original Tibetan thangkas. The giclee method creates images with a fidelity and subtlety of color that is far beyond what's attainable in ordinary prints. And because they're printed on cloth, they can hang like a thangka. At your choice of 2x3' or 3x4', these are sizable images that have a truly substantial impact, whether hanging on your wall or at your altar. These reproductions already hang in various dharma centers. The images are taken from the finest thangkas of these deities—Green Tara, Chenrezig, 21 Tara, Medicine Buddha and White Tara. A portion of the proceeds go to help feed the monks at Sera Jey Monastery. Price includes 3-day priority shipping. For shipping outside the continental U.S., \$30 FedEx shipping.

This is a special order item that is printed for you when you order it and is therefore not returnable unless it is damaged in transit to you.

See color images on our website: www.SnowLionPub.com.



Medicine Buddha 2x3'. #GIME3 \$160.00
Medicine Buddha 3x4'. #GIME4 \$298.00



White Tara 2x3'. #GIWH3 \$160.00
White Tara 3x4'. #GIWH4 \$298.00



21-Tara 2x3'. #GI213 \$160.00
21-Tara 3x4'. #GI214 \$298.00



Green Tara 2x3'. #GIGR3 \$160.00
Green Tara 3x4'. #GIGR4 \$298.00

In preparation for H.H. the Dalai Lama's visit to North America and Kalachakra initiation in Toronto in April, we're offering a wide selection of items on the Kalachakra—books and other materials to deepen the understanding of this very important event.



BUDDHIST BASICS & KALACHAKRA ANIMATED: An Interactive Multimedia CD
by She Drup Ling. 2 multimedia CDs. #BUBAKA \$40.00

Features a detailed 3-dimensional model of the Kalachakra mandala palace and its main deities. The CD offers a practical guide for the Kalachakra initiation by providing the user with a visual aid to the complex initiation process as well as an explanation of the Inner, Outer and Alternative Kalachakra, and for those who have had the initiation, an animated sadhana. Includes interactive explanations of essential Buddhist topics: dependent origination, the Wheel of Life, Four Noble Truths, the Six Perfections, and the nine stages of training in calm-abiding meditation. This project was sponsored by She Drup Ling Graz who organized the Kalachakra in Austria with the support of the Dalai Lama. System requirements: QuickTime 5 or higher (included) PC: Pentium 300 Mhz, 32 MB RAM, 4MB of graphics card memory, sound card, Windows 95/98/NT/ME/2000/XP MAC: Power Macintosh Power PC processor, Mac OS 7.5.5 or later, OSX in classic mode, 32 MB of Ram.



HIGHEST YOGA TANTRA
by Daniel Cozort. 192 pp.
#HIYOTA \$14.95

"This book is an extremely lucid overview of the generation and completion stages of Highest Yoga Tantra."—*The Middle Way*

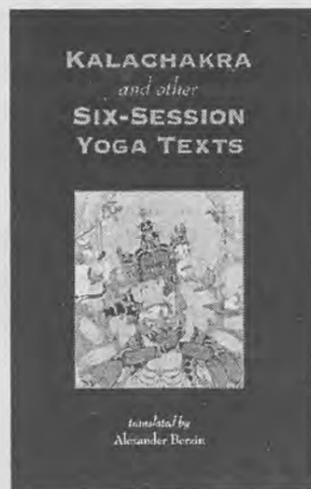
This discussion of Highest Yoga Tantra is based on "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets" by Ngawang Belden, and is explained by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary. The text includes practices common to sutra and tantra, generation stage and completion stage yogas, and compares the Kalachakra and Guhyasamaja completion stages.

Would you like to receive a quotation form the Dalai Lama or other remarkable teachers? See "Join our mailing lists" at www.SnowLionPub.com



KALACHAKRA
ed. by Monks of Namgyal Monastery, ed. by Laura Harrington. 310 pp., 9.5 x 12.5", 293 color plates, fold-outs. #KAMONA \$85.00

A complete guide to the world of Kalachakra—hundreds of deities, Shambhala, the history and transmission of the Tantra, the mandala, Kalachakra yoga, lineage masters and the initiation. Images from the Kalachakra Temple in Dharamsala, India, next to Namgyal Monastery. The murals contain complete and detailed depictions of the Kalachakra deities and lineage gurus and the main deities and lineage gurus of the Guhyasamaja, Chakrasamvara, Thirteen-Deity Yamantaka, and Vajra Kilaya Tantras.



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 \$6.00

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.



KALACHAKRA: The Tantric Buddhist Ritual Given
by H.H. the Dalai Lama photos-tory by Bojan Breclj, text by Maja Megla. CD; Win 98 or higher, Mac OS 8.5 or higher. #KATACD \$25.00

Image after image with intelligent narrative—here is the Kalachakra Initiation in the Spiti Valley in India, August, 2000. The landscape at 13,000 feet is spectacular—every day the 15,000 devotees gathered and experienced this most remarkable of initiations. This is a beautiful way to experience the daily events and teachings of this two-week event.



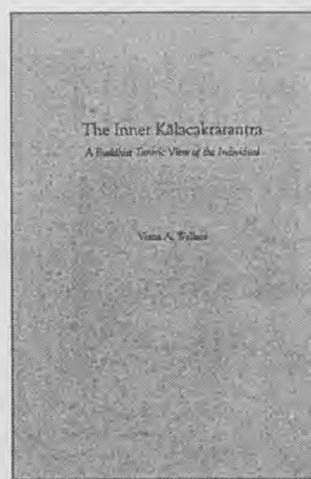
KALACHAKRA: RITE OF INITIATION
by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIIN \$22.95

Details the entire rite of initiation which usually lasts three days. The book is introduced by Jeffrey Hopkins and many key ideas are explained.



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 INNER KALACHAKRA TANTRA: A Buddhist Tantric View of the Individual
by Vesna A. Wallace. 288 pp., cloth.
#INKA \$52.00

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

PRAYER FLAG



KALACHAKRA Prayer Flags
#KAPRFL \$12.00



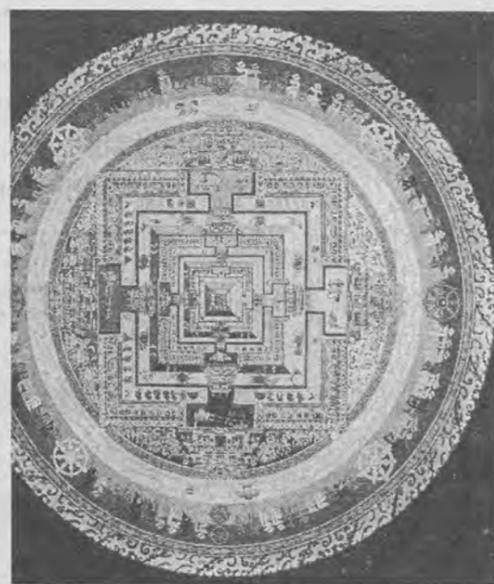
THE WHEEL OF TIME SAND MANDALA

Visual Scripture of Tibetan Buddhism

by Barry Bryant, in cooperation with Namgyal Monastery

268 pp., 8 x 8", 36 color, 199 b&w photos, 30 line drawings. #WHTISA \$24.95

A stunning visual introduction to the artistic and spiritual heart of Tibetan Buddhism. According to the monks who create it, the Kalachakra Sand Mandala, also known as the Wheel of Time, imparts peace and healing to all beings and to the planet. Remarkable not only for its stunning beauty but also for the intricate process of its construction—a delicate sifting of colored sands into elaborate patterns and symbols rich in meaning—the mandala serves as a visual scripture and vital key to understanding the essential teachings of Tibetan Buddhism. This lavishly illustrated volume captures each stage of the mandala's construction, the serene joy and painstaking discipline of the monks, and the fascinating history behind its symbolism. The late Barry Bryant was artistic director of Samaya Foundation in New York City.



"A self-contained lay-person's introduction to the entire Tibetan Buddhist tradition that takes as its starting point the visual window offered by the Kalachakra mandala." — *Tricycle Magazine*

"This book brings a crystal clarity to one of the most profound rituals of Tibetan Buddhism. Barry Bryant has produced a gorgeous, powerful, and thorough guide to everything about the Kalachakra, from the technical details of the mandala's architecture to the deep spiritual meanings it embodies." — Daniel Goleman, author of *Healing Emotions*

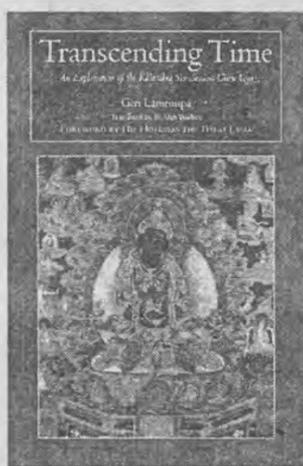
EXPLORE THIS TITLE FURTHER: http://www.snowlionpub.com/store/display.cgi?cart_id=&page=N61_7.html (Article from the *Snow Lion*)



THE PRACTICE OF KALACHAKRA

by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 50 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 Fitze. 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.

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

ORNAMENTS OF STAINLESS LIGHT

An Exposition of the Kalachakra Tantra

by Khendrup Norsang Gyatso

672 pp. #ORSTLI \$49.95

Available May

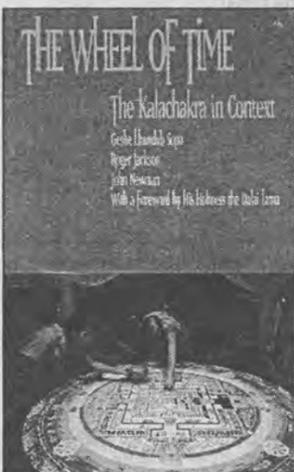
The inaugural volume of Thupten Jinpa's LIBRARY OF TIBETAN CLASSICS, released to coincide with the Dalai Lama's conferral of the initiation rite of Kalachakra in Toronto in April 2004. The text develops the highly complex theory of correlation between the internal elements within a living human body and the elements of the external world, and gives a detailed account of Tibetan astronomy.



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.



KALACHAKRA CHANT CD

Monks of Palyul Nyingma Tradition. 27 min. music CD. #KACHCD \$17.00

The Ra lineage of Kalachakra was transmitted to Jamyang Khyentse Wangpo, then to Mipham Namgyal and eventually to H. H. Penor Rinpoche; the throne holder of Nyingmapa Palyul tradition. The Ra lineage remains pure and unbroken. The CD was sung by Dorje Lama and Orgyen Lama from Nyingmapa Palyul tradition. Recorded in Taiwan.



POSTERS



KALACHAKRA
#BEKAPO 18 x 23", \$14.00

This is a gold on black fine art image by the artist Robert Beer.

JEWELRY



ROUND DOUBLE DORJEE GAU
#RODODO \$28.00 1 1/8" dia., 3/4" deep, silver, Kalachakra Mantra on reverse.

THE XIV DALAI LAMA, TENZIN GYATSO

Photo by John Smart #DALAPR 16 x 21" \$15

This is one of the most beautiful photographs of His Holiness that we have ever come across. It was taken by worldrenowned 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 in Bodhgaya, India. 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 tritone printing, these posterized 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.



CARDS



Shri Kalachakra Mandala

KALACHAKRA SAND MANDALA CARD

#KASAC \$1.00

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



H.H. THE DALAI LAMA GIVING THE KALACHAKRA INITIATION

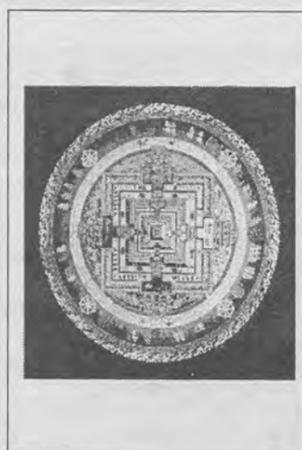
#BDC38 \$1.00
His Holiness wears the attire and the Five Buddha crown of the deity, whilst holding the vajra and bell in his right and left hands symbolising the union of compassion and wisdom.



KALACHAKRA MANDALA & WORLD

#KA9605 \$2.00

The images on these colorful notecards interweave traditional Tibetan and modern imagery. Each 4 1/2 x 6 1/2" card comes with an envelope. Blank interior. Karma Phuntsok, the artist, was born in Lhasa and lives in Australia. His work has been shown



WHEEL OF TIME MIND MANDALA NOTECARD

5 x 7". #WHTIMI \$2.00

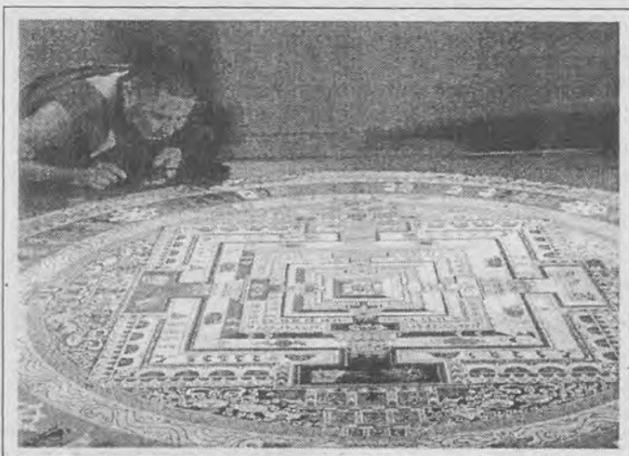
The Wheel of Time Mandala is utilized in the initiation of the deity Kalachakra. It consists of five mandalas Body, Speech, Mind, Wisdom and Great Bliss.



WHEEL OF TIME SAND MANDALA NOTECARD

#WHTICA \$2.00

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.



MONK FROM NAMGYAL MONASTERY CREATING A KALACHAKRA SAND MANDALA

4 x 6". #NACA2 \$1.00

The monks of Namgyal Monastery (the personal monastery of the Dalai Lama) are well known for the creation of exquisite sand mandalas.



WHEEL OF TIME FIRE OFFERING SAND MANDALA NOTECARD

5 x 7". #WHTIFI \$2.00

The Wheel of Time Fire offering Sand Mandala is utilized as a meditation practice, traditionally created by a practitioner at the beginning & end of a Kalachakra retreat.



SYLLABLES OF THE KALACHAKRA MANTRA

#BDC85 \$1.00

Known as "The Mighty Ten Stacked Syllables," these ten syllables (Om Ham Ksha Ma La Va Ra Ya Sva Ha) of Kalachakra's mantra also represent his entire mandala base and retinue of deities.

CD

The highly-anticipated follow-up to "CHAKRA CHANTS"



CHAKRA CHANTS 2

by Jonathan Goldman. 62-min. CD #CH2C \$16.98

This long-awaited follow-up to a highly popular CD creates a sonic environment designed to balance and align the chakras according to spiritual and scientific principles. Designed for healing. Includes a 24-page instruction booklet.

LATE ARRIVALS

THREE TEACHINGS BY KARMAPA CD

by 17th Karmapa #THTEDV \$35.95

97-minute DVD features H.H. 17th Karmapa speaking on bodhicitta, the guru/student relationship, and shinay and lhagtong meditations. These are the first video teachings by His Holiness to be released publicly. Much of the proceeds go to H.H. Karmapa.



Teachings by **TAI SITU RINPOCHE**



THE FOUR NOBLE TRUTHS AND THE FOUR IMMEASURABLES DVD

by Tai Situ Rinpoche. 75-min. DVD #FONDVD \$35.95

The enormous range of teachings to be found within Tibetan Buddhism can be summarized by the Four Noble Truths, which the Buddha expounded shortly after his enlightenment. The four immeasurables help us cultivate loving kindness, compassion, equanimity and empathetic joy. Comprehensive talk on these topics given by Situ Rinpoche during the week of his 50th birthday celebration. Has 2nd audio track with Mandarin translation. Much of the proceeds go to support Tai Situ.



THE PROFOUND PATH OF MAHAMUDRA

by H.E. Tai Situ Rinpoche. 2 DVDs, 172 min., English with Mandarin option. #PRPADV \$65.95

This double DVD set features teachings given by Tai Situ Rinpoche at Sherab Ling in Baijnath, India in 2003. Mahamudra is the principle meditation of the Kagyu Lineage. It involves looking directly into the mind to understand the true nature of reality. Rinpoche gives Mahamudra meditation instruction, including a 28 minute guided session!

Mahamudra meditation is particularly appropriate for modern students because this meditation does not require taking monastic ordination or doing extensive retreats. Through Mahamudra practice, the 84 mahasiddhas attained enlightenment while practicing their everyday occupations, such as being a cobbler, king, arrow maker, and sweeper.

NGONDRO: Karma Kagyu Preliminaries DVD

by Tai Situ, Kenchen Thrangu Rinpoche, 17th Karmapa, et al. 70-min. DVD #NGKADV \$35.95

Excellent DVD featuring Ngondro teachings as well as useful practice loops that can work like a personal coach for each of the foundational practices. Step-by-step instructions, complete sadhanas, and commentaries by Kenchen Thrangu Rinpoche, Tai Situ, and Lama Karma Wangdu, plus an aspirational prayer by the 17th Karmapa. Includes Tibetan transliteration and English translation. Much of the proceeds go to support Thrangu Rinpoche.



THE SIX PARAMITAS: Part 1 & 2 DVD

by Tai Situ Rinpoche. 95-min. DVD #SIPADV \$35.95

The Paramitas are the six stages of study and practice followed by Bodhisattvas on their way to Buddhahood. With clarity and humor Tai Situ teaches on generosity, morality, patience, diligence, and meditation as well as the Prajnaparamita. These teachings were given by Situ Rinpoche during the week of his 50th birthday celebration. There is a second audio track with Mandarin translation. Much of the proceeds go to support Tai Situ.





ADVICE AND PRACTICES FOR DEATH & DYING: For the Benefit of Self and Others

Commentary by Lama Zopa Rinpoche. 360 pp., line drawings. #ADPRDE \$30.00

A truly useful manual for preparing for death, with clear and helpful advice from Lama Zopa Rinpoche as well as a suite of practices, including Medicine Buddha practices, Amitabha Phowa, Prayer to Be Reborn in the Land of Bliss, Giving Breath to the Wretched, Tonglen (taking and giving) and a lot more.



THE YOGA METHOD OF CHENREZIG: Sadhana and Commentary

by Lama Zopa Rinpoche, commentary by Thubten Chodron. 150 pp., line drawings #YOMECH \$18.00

Contains a meditation practice for Thousand-Arm Chenrezig—also known as Avalokiteshvara—that combines a short sadhana composed by Lama Zopa with elements of a longer practice written by the 7th Dalai Lama. Thubten Chodron's inspiring, often humorous commentary offers tips on how to make this practice very relevant to our lives.

These malas can be designed according to your specifications; please call us for details.

MOTHER OF PEARL MALA

8mm. beads. #MOPEMA \$48.00
Soft and lovely white shell mala. A popular choice.

ROSE QUARTZ MALA

8mm. beads. #ROQUMA \$58.00
Translucent pale pink stones—a symbol of universal love—make for beautifully delicate mala.

BLACK ONYX

8mm. beads. #BLONMA \$80.00
This striking and smooth black stone is a variety of chalcedony.

TIGER EYE MALA-8 mm.

8mm. beads. #TIEMA \$80.00
A very popular mala, with glowing stones named for their sparkling golden swirls.

AMETHYST MALA

8 mm. beads. #AMETMA \$180.00
Finest quality, translucent purple. Comes with amethyst guru bead and deep purple tassel.



LAPIS LAZULI MALA

8mm. beads. #LALAMA \$250.00
Fine grade, deep blue lapis from Afghanistan. Has lapis guru bead and blue tassel. Lapis is associated with the Medicine Buddha.

AMBER MALA

8mm. beads. #AMMA \$200.00
Fine quality Baltic amber—warm and smooth. Deep golden yellow. Finished with either a carnelian or a rock crystal guru bead.



RED CRYSTAL INCENSE

10 inch box #RECRIN, \$5.00

Traditional Tibetan herbal incense compounded from 23 herbal medicinal ingredients brought from their native environments.



GREEN TARA INCENSE

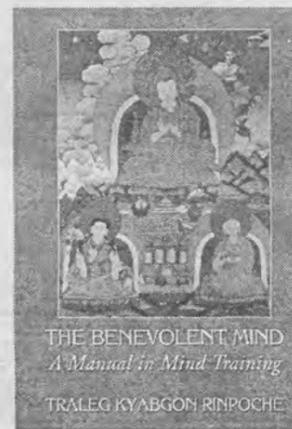
16 sticks in a 6 inch box. #GRTAIN \$2.50

Hand prepared from highly flavoured medicinal herbs and other precious substances—a high quality incense.

THE BENEVOLENT MIND: A Manual in Mind Training

by Ven. Traleg Kyabgon Rinpoche. 242 pp. #BEMI \$19.95

The 7-point mind training—a quintessential teaching of all the Tibetan Buddhist schools—focuses on the cultivation of bodhicitta and the enlightened heart. This line-by-line commentary by one of the most respected contemporary Kagyu masters, is a clear and practical guide in understanding and implementing these techniques.



SNOW LION'S New Website!

With our daily updates of Tibet-related news, dharma events, etc., our new website is the most comprehensive site for Tibetan Buddhism available on the web. Take a look at our easy-to-navigate site, full of resources that include:

- complete Snow Lion newsletter
- full-color catalog
- international searchable events database
- a Tibetan calendar of special days
- special news on Tibetan Buddhism
- dharma center listings
- appeals
- Buddhist astrology column
- political action items
- history of Tibet
- special web order discounts
- sound clips of CDs— and more!

Looking for something special? With our word search you can locate every item in our catalog with, for example, the word "Manjushri" in the description. Our products are illustrated with color photos, and most CD's have sounds clips— so you can really see (or hear) what you're getting.

If you like, order on-line through our user-friendly website. Credit card transfer is secure so that you can shop this way with confidence.

If you would prefer to receive a digital version of the Snow Lion Newsletter and Catalog instead of this print version, let us know and give us an e-mail address so that we can notify you quarterly when each new catalog becomes available. It's free-plus we save some trees!

Our website works best when used with at least Windows 98 or MacOS using the latest Internet Explorer (5+) or Netscape 6+. We hope you'll find the website interesting and informative—and we appreciate your feedback.. ■

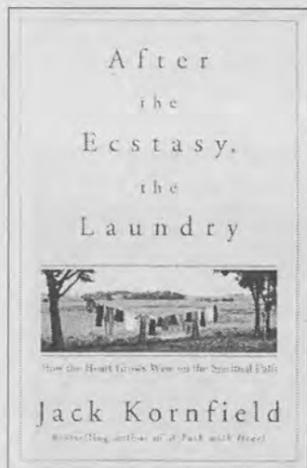
The screenshot shows the Snow Lion Publications website. At the top, there are navigation links for 'WHAT'S NEW', 'Calendars', 'New Books', and 'New Dharma Items'. The main content area is divided into several sections: 'NEWS' with a headline 'Deported Tibetan Youths Detained in China'; 'BUDDHIST ASTROLOGY October 2003'; 'EVENTS CALENDAR' with a description of a comprehensive database of events; 'NEW PUBLICATIONS AT SNOW LION' featuring 'How to Read Classical Tibetan' by Craig Preston and 'Manual of Standard Tibetan' by Nicolas Tournadre and Sangda Dorje; and 'FEATURED NEWS' with several articles. A search bar is visible on the left. A customer testimonial is overlaid on the bottom right of the screenshot.

"I just wanted to comment on how much I like your new website format and how much I appreciate your weekly Dalai Lama and Dharma quotes. It usually gives me a reason to reflect on the meaning of the message because it's easy to get caught up in the frenetic world. Thank you again and I look forward to buying more books from you in the future. Best wishes!"—A CUSTOMER

TIBETAN NEW YEAR SALE!



Save 30% on most items!



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

by Jack Kornfield. 336 pp. #AFECLA \$15.95, now \$11.17
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.



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, now \$20.97

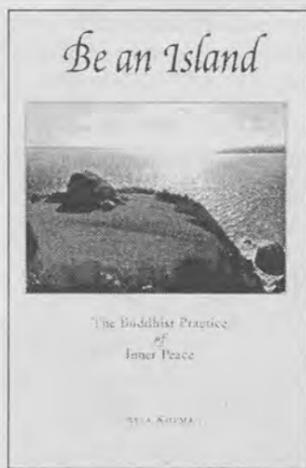
The Tibetan Homes Foundation in Mussoorie, India, receives many refugee children. A painting club was established to provide these children a creative way to share their stories of leaving Tibet, their remembrances of home, and to give colorful expression to their lives as exiles. A moving collection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



ART PRINTS

by Robert Beer. Kalachakra: gold on black, 18 x 23". #BEKAP0 \$14.00, now \$9.80

The colors are very striking and the images well-drawn.



BE AN ISLAND: The Buddhist Practice of Inner Peace

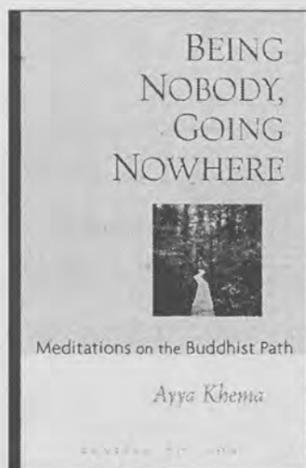
by Ayya Khema. 160 pp. #BEIS \$14.95, now \$10.47
An introduction to the teachings of Buddhism and a rich continuation of Ayya Khema's personal vision of Buddhist practice.



BEARING WITNESS: A Zen Master's Lessons in Making Peace

by Bernie Glassman. 218 pp., 6 b&w photos. #BEWI \$13.00, now \$9.10

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.



BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path

by Ayya Khema. 192 pp. #BENO \$16.95, now \$11.87

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.



BLUE JEAN BUDDHA: Voices of Young Buddhists

ed. by Sumi Loundon. 288 pp. #BLJEBU \$16.95, now \$11.87

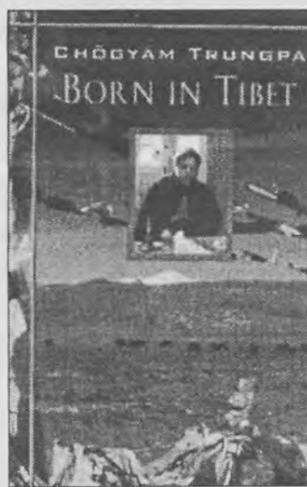
Offers real stories about young Buddhists in their own words that affirm and inform the young adult Buddhist experience. Thirty young adults talk about how they came to Buddhism, and what it means—and doesn't mean—to them.



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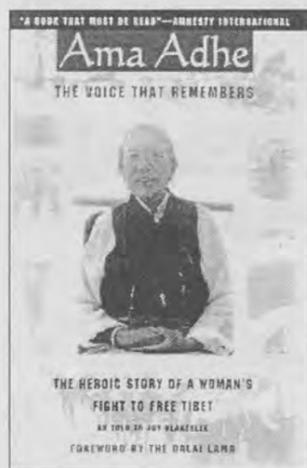
Twenty-one bodhi seeds on an elastic cord—wear on your wrist or carry in your pocket to use whenever you have time. This mala was obtained from the monks of Namgyal to help them fund-raise. You can even buy several and custom string your own mala.



BORN IN TIBET

by Chogyam Trungpa. 296 pp., 18 line drawings, 36 photos. #BOTI \$15.95, now \$11.17

The autobiography of the legendary teacher and meditation master which offers a rare glimpse into the life and training of a tulku in Tibet. Trungpa describes his duties as the abbot and spiritual head of a great monastery and his intimate and moving relationships with his teachers.



AMA ADHE: The Voice that Remembers

by Ama Tapotsang and Joy Blakeslee, fore. by the Dalai Lama. 258 pp., 6 b&w photos. #AMADP \$14.95, now \$10.47

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.

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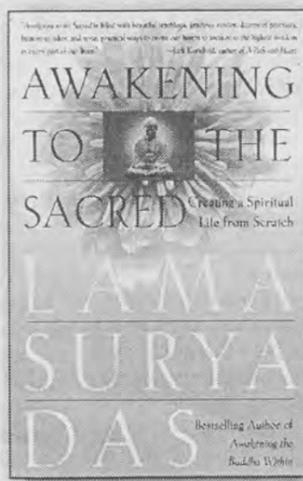
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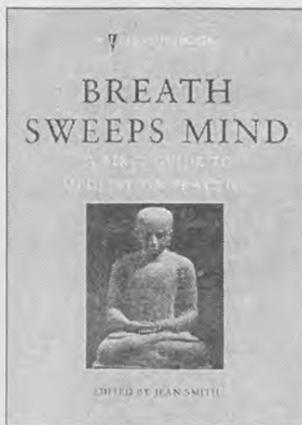


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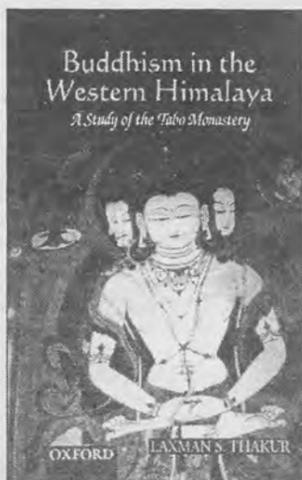
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These insightful teachings include the timeless philosophies of Buddha to the Zen simplicity of Thich Nhat Hanh. Contains a gazillion meditation pointers, exercises and helpful aides from some of the leading masters of the Buddhist tradition.



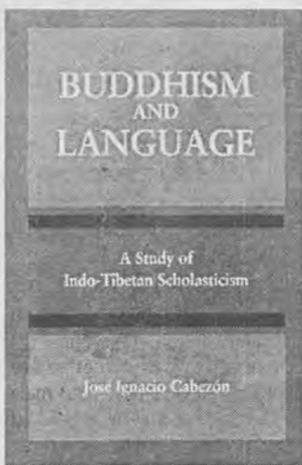
BUDDHISM IN THE WESTERN HIMALAYA: A Study of the Tabo Monastery

by Laxman S. Thakur. 354 pp., 72 color and b&w photos, 21 figures, cloth. #BUWEHI \$32.00, now \$22.40

Tabo, located on the river Spiti, in Himachal Pradesh, India, is a historical center of Indo-Tibetan Buddhism. Founded in 996 AD, it contains and is a magnificent legacy of Mahayana Buddhism in the Western Himalaya. This multi-disciplinary study covers a period of a thousand years and includes the architecture and the aesthetic styles of the sculpture, paintings, and Tibetan inscriptions.



Tibetan New Year ("Losar") celebration in Dharamsala, India.
(From The Spirit of Tibet, by Alison Wright)



BUDDHISM AND LANGUAGE:
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by José Cabezón. 300 pp. #BULAN \$26.95, now \$18.87

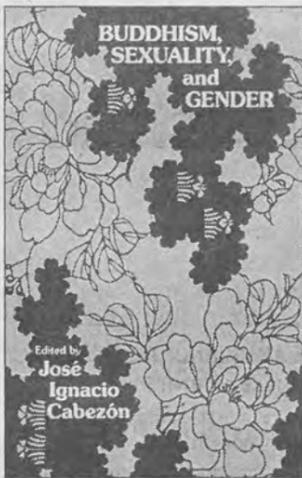
Explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. Investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions 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.



BUDDHISM WITH AN ATTITUDE: The Tibetan Seven-Point Mind Training

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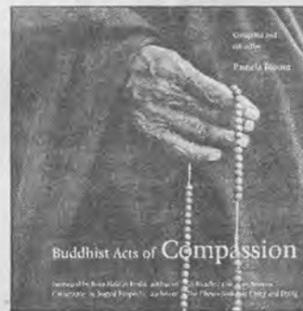
"Readers who put the advice this book contains into practice may indeed transform their minds and achieve a sense of inner peace, the key to greater peace and happiness within and in the world at large."—The Dalai Lama



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compiled & ed. by Pamela Bloom, fore. by Joan Halifax Roshi, calligraphy by Sogyal Rinpoche. 194 pp. #BUACCO \$11.95, now \$8.37

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.

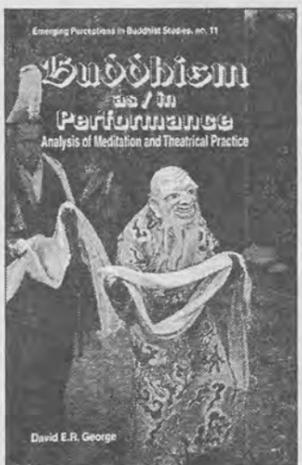
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BUDDHISM AS/IN PERFORMANCE: Analysis of Meditation and Theatrical Practice

by David George. 225 pp., cloth. #BUPEAN \$19.95, now \$13.97

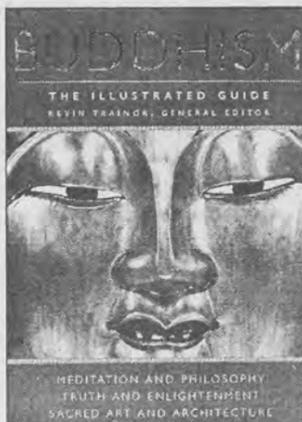
Spelling out the epistemology of performance in all its different nuances, George opens out a vast panorama of the Buddhist theatrical practices in Tibet, Nepal, Japan, China, and Sri Lanka. He demonstrates three kinds of theatrical practices based on the paths of Hinayana, Mahayana, and Vajrayana.



BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening

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Kevin Trainor, general ed.. 256 pp., 9 x 11", over 150 color photos, cloth. #BUILGU \$39.95, now \$27.97

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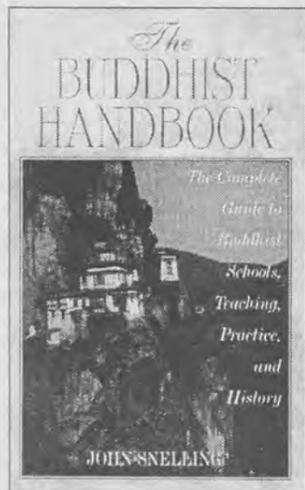
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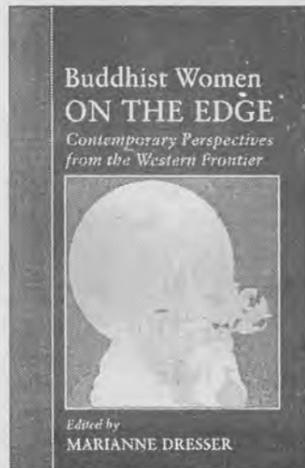
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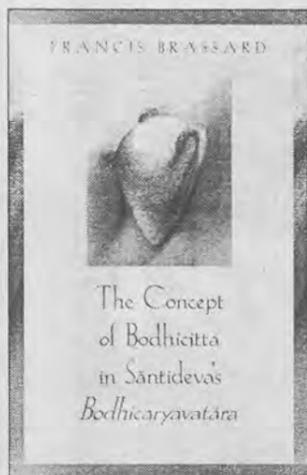
BUDDHIST WOMEN ON THE EDGE: Contemporary Perspectives from the Western Frontier

ed. by Marianne Dresser. 321 pp. #BUWOED \$16.95, now \$11.87
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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 Vajravarahi or Vajrayogini. This marvelous and frightening Goddess pushes us beyond dualities into the unconditioned.



THE CONCEPT OF BODHICITTA IN SHANTIDEVA'S BODHICARYAVATARA

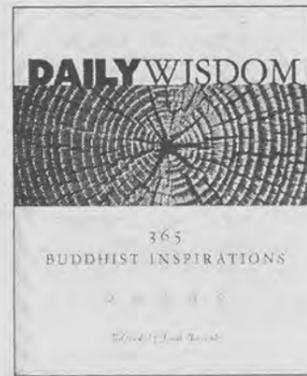
by Francis Brassard. 193 pp. #COBOSH \$19.95, now \$13.97

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"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



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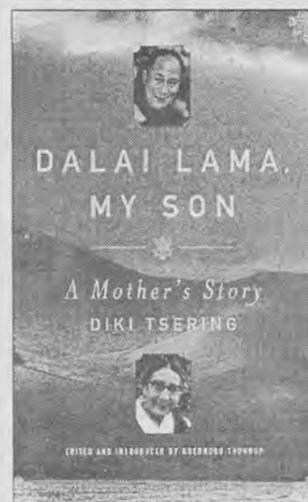
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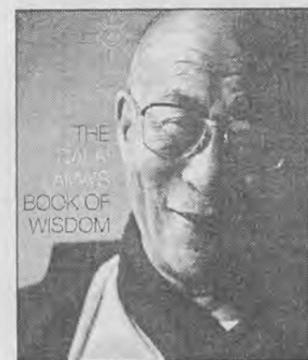
The author of *Dakini Wisdom: The Feminine Principle in Tibetan Buddhism* presents lore of the dakini and teachings that evoke within us the experience of wisdom, emphasizing non-conceptuality. Includes: Wisdom of Emptiness, Wisdom of Devastation, Wisdom of Embodiment, Wisdom of Passion, Wisdom of Protection.



DALAI LAMA, MY SON: A Mother's Story

by Diki Tsering, ed. by Khedroob Thondup. 176 pp., 8 pp. of photos, now in paper. #DALAMY \$12.00, now \$8.40

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."



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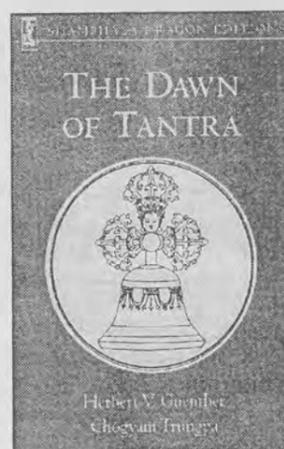
Chakrasamvara w/ Four-Armed Mahakala. #PECHFO

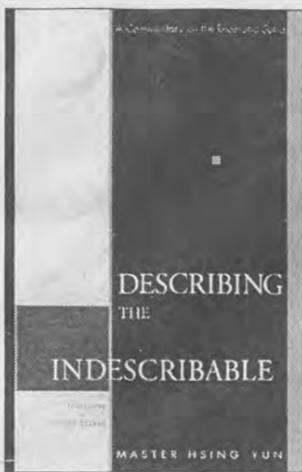
THE DAWN OF TANTRA

by Herbert Guenther & Chogyam Trungpa. 104 pp. #DATA \$12.95, now \$9.07

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.

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DESCRIBING THE INDESCRIBABLE: A Commentary on the Diamond Sutra by Master Hsing Yun, trans. by Tom Graham. 224 pp. #DEIN \$16.95, now \$11.87

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.



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, now \$13.97

Dharamsala ("a place for shelter") is home to the Dalai Lama and the Headquarters of his Government-in-Exile, this tiny dot on India's vast landscape is steeped in history. The aura of the Buddhist spiritual culture, its pervading serenity, the patient preparedness of the Tibetans towards returning to their homeland—fill the land with a silent grace that leaves a visitor with a feeling that he has indeed, visited a 'chosen land.'



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, now \$11.87

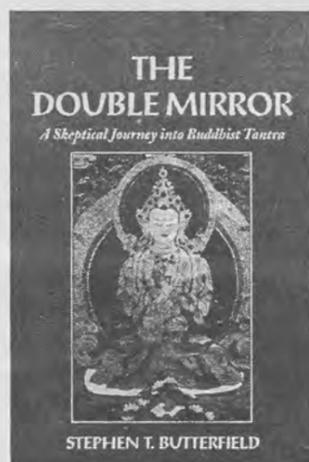
"Disciples of the Buddha is a treasure of Buddhist art, history and wisdom. These centuries-old rare images, with expressions as realistic as if we were in the very presence of the living sages in their true states of being, nourish our hearts with blessings of peace, joy and power."—Tulku Thondup



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, now \$7.70

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.



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by Stephen Butterfield. 250 pp. #DOMI \$14.95, now \$10.47

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.



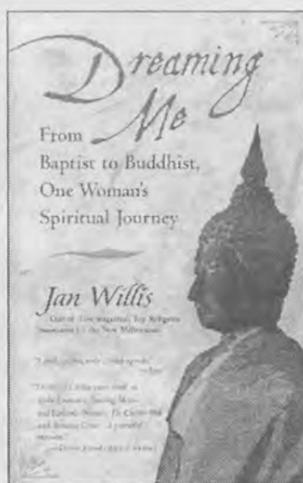
DREAMING IN THE LOTUS

by Serinity Young. 288 pp., 8 color and 6 b&w illustrations. #DRLO \$18.95, now \$13.27

A fascinating, culturally varied picture of the Buddhist dream experience and its revelations about Buddhist ideas of consciousness, cognition, and salvation. Tibetans play a powerful role in Indo-Tibetan Buddhism—foretelling the future and revealing esoteric teachings.



Some Ithaca Tibetans and friends during a visit by Palden Gyatso to Namgyal Monastery in Ithaca, NY.



DREAMING ME: An African American Woman's Spiritual Journey

by Jan Willis. 336 pp., paperback. #DRMEP \$14.00, now \$9.80

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.



ECHOES FROM DHARAMSALA: Music in the Life of a Tibetan Refugee Community

by Keila Diehl. 337 pages, 26 b/w photographs, 1 map. #ECDH \$19.95, now \$13.97

A charmingly written, ethnographically rich, theoretically ambitious book about a Tibetan community in exile. Keila Diehl joined a Tibetan rock band as its keyboard player, and from that perspective gives us a fresh and honest look at the Tibetan refugee experience through its soundscapes.



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, now \$7.00

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.

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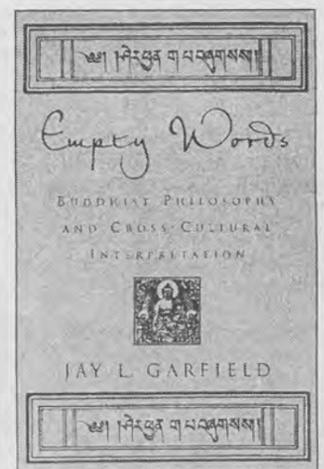
25 x 37". #EIMAGU \$20.00, now \$14.00

Guru Rinpoche is surrounded by his eight manifestations, each relating to a different portion of his life.

EMPTY WORDS: Buddhist Philosophy and Cross-Cultural Interpretation

by Jay L. Garfield. 320 pp. #EMWO \$24.95, now \$17.47

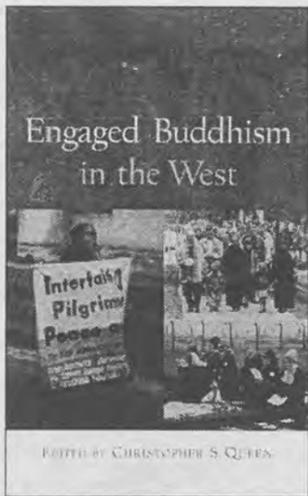
Jay Garfield's essays on Madhyamaka, Yogacara, Buddhist ethics and cross-cultural hermeneutics are collected here. The first part addresses Madhyamaka, supplementing Garfield's translation of Fundamental Wisdom of the Middle Way, a foundational philosophical text by the Buddhist saint Nagarjuna. Garfield then considers the work of philosophical rivals, and sheds important light on the relation of Nagarjuna's views to other Buddhist and non-Buddhist philosophical positions.



THE ENCYCLOPEDIA OF EASTERN PHILOSOPHY AND RELIGION: Buddhism, Taoism, Zen, Hinduism

468 pp. #ENEAPH \$25.00, now \$17.50

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.



ENGAGED BUDDHISM IN THE WEST

ed. by Christopher Queen. 512 pp. #ENBUWE \$24.95, now \$17.47

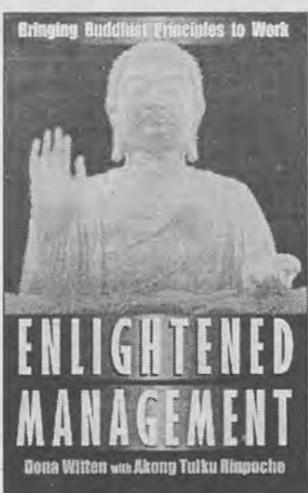
Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Queen illuminates the evolution of Buddhist activism—including its history, leadership, organizations and teachings—and addresses such issues as violence and peace, race and gender, homelessness and AIDS.



ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters

by Tulku Thondup. Approx 140 pp. #ENLI \$15.00, now \$10.50

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.



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by Dona Witten with Akong Tulku Rinpoche. 168 pp. #ENMA \$14.95, now \$10.47

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.



THE ESSENTIAL CHOGYAM TRUNGPA

ed. by Carolyn Rose Gimian. 272 pp. #ESCHTR \$15.95, now \$11.17

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.



EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR

by Siegbert Hummel. 117 pp. #EUMYTI \$12.00, now \$8.40

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.

THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life

by Joel & Michelle Levey. 232 pp. #FIARRE \$14.95, now \$10.47

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.

ESSENTIAL TIBETAN BUDDHISM

by Robert A.F. Thurman
272 pp. #ESTIBP
\$14.00, now \$9.80

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.



EXCELLENT BUDDHISM: An Exemplary Life

by Kalu Rinpoche. 160 pp. #EXBU \$15.95, now \$11.17

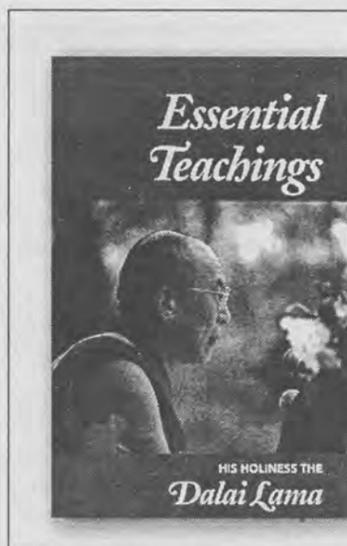
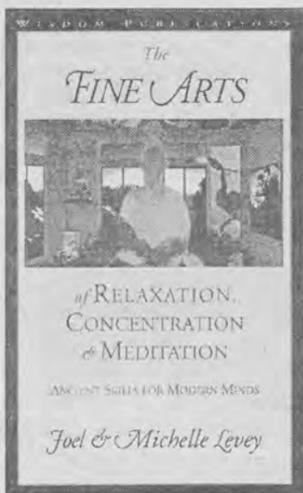
Contains biographical reminiscences on Kalu Rinpoche, his teachings and inspiring stories about Buddhist practitioners of the past, and reflections on Buddhism and the West.



FESTIVALS OF TIBET

by Tsepak Rigzin. 70 pp. #FETI \$8.95, now \$6.27

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.



ESSENTIAL TEACHINGS

by the Dalai Lama
127 pp. #ESTE
\$14.95, now \$10.47

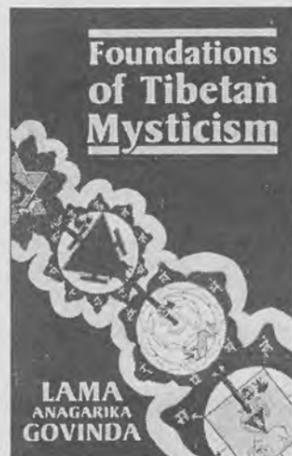
The Dalai Lama offers guidelines for compassionate living based on the 37 practices for the cultivation of bodhichitta, the bodhisattva's mind of awakening.



THE FIRST DISCOURSE OF THE BUDDHA

by the Ven. Dr. Rewata Dhamma, fore. by Ajahn Sumedho. 128 pp. #FIDIBU \$14.95, now \$10.47

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.



FOUNDATIONS OF TIBETAN MYSTICISM

by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$16.95, now \$11.87

A thorough presentation of Tibetan esoteric principles written by a Western Tibetan Buddhist monk with over 20 years' experience in Tibet and India. The inner meaning of the mani mantra is explained with special reference to the five Dhyani Buddhas.

THE FOUR FOUNDATIONS OF MINDFULNESS

by Ven. U Silananda. 232 pp. #FOFOMI \$14.95, now \$10.47

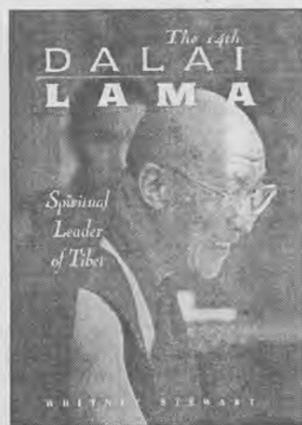
"The Maha Satipathana Sutta, the Great Discourse on the Foundations of Mindfulness, is one of the key teachings of the Buddha, and Ven. U Silananda has written one of the most illuminating commentaries."—Sharon Salzberg



THE FOUR LIMITLESS QUALITIES: Love, Compassion, Joy, Equanimity

by Pema Chodron. 7 cassettes in vinyl case. #FOLIQU \$69.95, now \$48.97

These four feelings are unlike most emotions in that they dissolve the barriers between ourselves and the world. Working with these awakens bodhichitta and overcomes self-centeredness. Each of these feelings has a negative look alike which needs to be seen to be overcome. Concentrating on the four immeasurables increases them without limit and lead to the omniscience of buddhahood.



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, cloth. #FODALA \$25.00, now \$17.50

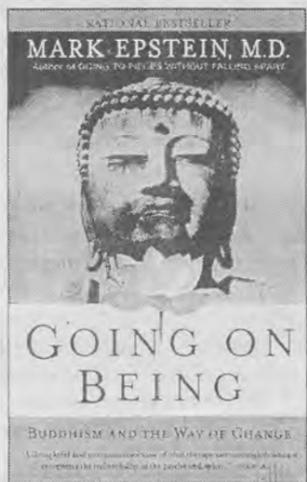
The Dalai Lama's fascinating life story. Whitney Stewart recounts the Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989.





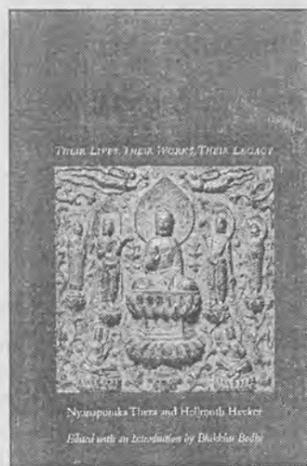
GLIMPSES OF ABHIDHARMA
by Chogyam Trungpa. 128 pp.
#GLAB \$15.95, now \$11.17

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.



GOING ON BEING
by Mark Epstein, M.D. 240 pp.
#GOBE \$13.95, now \$9.77
2 audio cassettes, 3 hrs., approx.
#GOBET \$17.95, now \$12.57

Mark Epstein relates how a Buddhist understanding of psychological problems makes change for the better possible. He eloquently synthesizes Buddhist teaching, psychoanalytic theory, and illustrates this with stories from his own life and clinical practice—he shows what therapy can accomplish when grounded in Buddhism.



THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy
by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95, now \$20.97

Twenty-four of the Buddha's most distinguished disciples are brought to life. These stories sharpen our understanding of the Buddhist path through the people who fulfilled the early Buddhist ideals of human perfection.



GREEN TARA 8 x 10" Print
by Andy Weber. 8 x 10" limited edition giclee color prints on fine art paper. #WDC18P \$48.00, now \$33.60

Green tara, the embodiment of active compassion.

These Giclee prints stand out because of their superb color reproduction (longlasting - pigmented inks) and print quality—they appear hand-painted. Printed on German etching paper they will last a long time (min. 75 years) and are published to Fine Art Trade Guild standards. A superior product!



HEALING IMAGE: The Great Black One
by William Stablein. 274 pp., 37 color plates, 4 line drawings.
#HEIM \$14.95, now \$10.47

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.



THE HEART OF THE BUDDHA
by Chogyam Trungpa. 176 pp.
#HEBUD \$19.95, now \$13.97

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.

www.snowlionpub.com



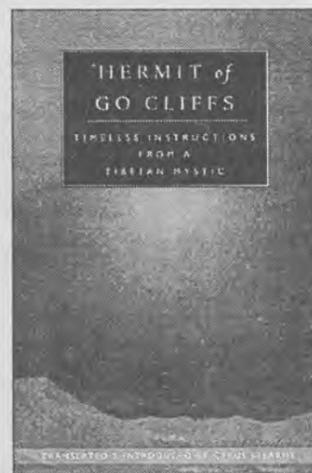
A narrator at Losar festivities in Labrang, Tibet; c. 1930-39 C.E.
(From Labrang: A Tibetan Monastery at the Crossroads of Four Civilizations by Paul Kotot Nitupski)



HEART SUTRA and BODHICITTA: Teachings and Practice

by Khenpo Konchog Gyaltsen Rinpoche. Seven 90-min. cassettes.
#HEBOT \$55.00, now \$38.50

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.



HERMIT OF GO CLIFFS: Timeless Instructions from a Tibetan Mystic trans. & intro. by Cyrus Stearns. 224 pp., Tibetan text.
#HEGOCL \$19.95, now \$13.97

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.

HIDDEN TREASURES AND SECRET LIVES

by Michael Aris. 278 pp., cloth.
#HITR \$19.95, now \$13.97

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.



A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State
by Melvyn Goldstein. 898 pp.
#HIMOTI \$34.95, now \$24.47

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.



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, now \$11.17

Ayya Khema (1923-1997) was the first Western woman to become a Theravada 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.



IDENTITY, RITUAL AND STATE IN TIBETAN BUDDHISM: The Foundations of Authority in Gelukpa Monasticism
by Martin A. Mills. 404 pp., 12 b/w photos, 3 maps. #IDRIST \$85.00, now \$59.50

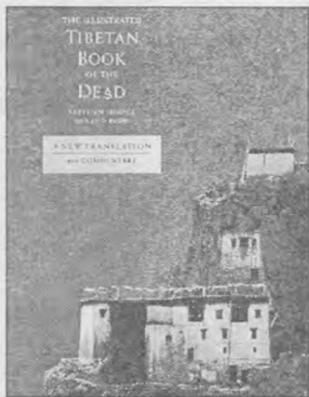
A major anthropological study of the place of monasticism, tantra and reincarnation within Tibetan religious culture. An exploration, based on a study of Kumbum Monastery, containing descriptions and analyses of monastic ritual and examining how tantric and monastic traditions have been integrated into localized understanding of body, landscape, and cosmology.



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, now \$20.97

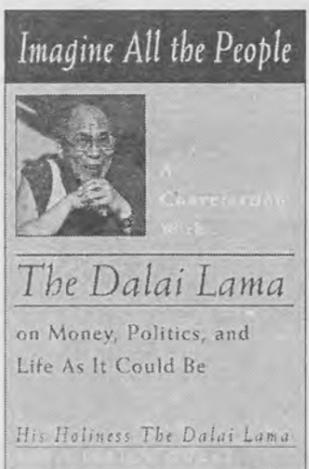
This is an outstanding introduction to Buddhism and focuses on the principles common to all traditions and then devotes space to Theravada, Zen, and Tibetan Buddhism and their impact on Western culture. Gill explains what to expect when visiting a Buddhist center and teaches how to meditate.



ILLUSTRATED TIBETAN BOOK OF THE DEAD

by Stephen Hodge. 144 pp., 8 x 10". #ILTIBO \$14.95, now \$10.47

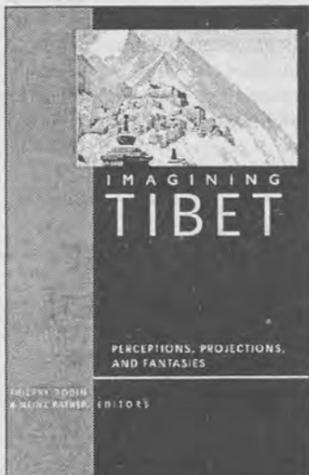
A lavishly illustrated translation of the ancient Tibetan masterpiece by monk-scholar Stephen Hodge. It is not only about death, the knowledge it imparts should guide us through life's constant changes and crises.



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, now \$10.47

The Dalai Lama offers his unique perspective on the issues of today: media, money and the economy, abortion, prozac, ethics, enemies and compassion.



IMAGINING TIBET: Perceptions, Projections, and Fantasies

ed. by Heinz Rather and Thierry Dodin. 512 pp. #IMTIPE \$28.95, now \$20.27

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

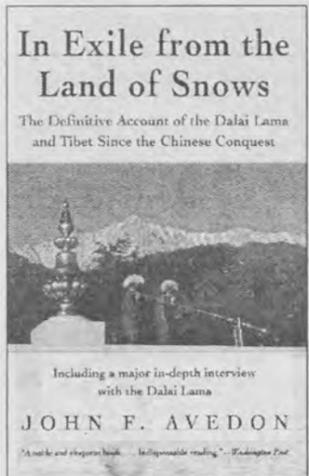
Wondering about an article in a back issue of the Snow Lion? Many are available on the web at: www.SnowLionPub.com



IMMORTALITY AND REINCARNATION: Wisdom from the Forbidden Journey

by Alexandra David-Neel. 176 pp. #IMRE \$12.95, now \$9.07

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 read.

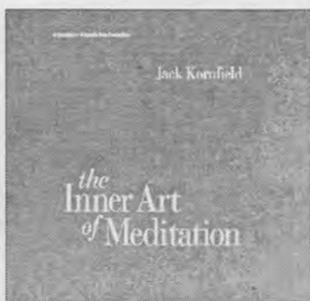


IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$16.00, now \$11.20

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*



THE INNER ART OF MEDITATION

by Jack Kornfield. 6 cassettes, 8 1/2 hrs. #INAR \$59.95, now \$41.97

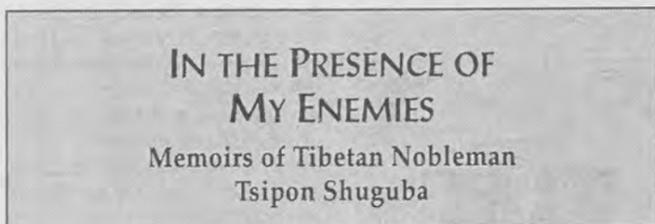
A comprehensive course on vipasana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowledge and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; 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.



ISLAM IN TIBET and The Illustrated Narrative: TIBETAN CARAVANS

by Abdul Wahid Radhu, Dr. William Stoddart, José Ignacio Cabezon, fore. by H.H. the Dalai Lama, preface by Marco Pallis, trans. by Jane Casewit, ed. by Gray Henry. 312 pp., 33 b&w photos, 2 maps. #ISTI \$24.95, now \$17.47

"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

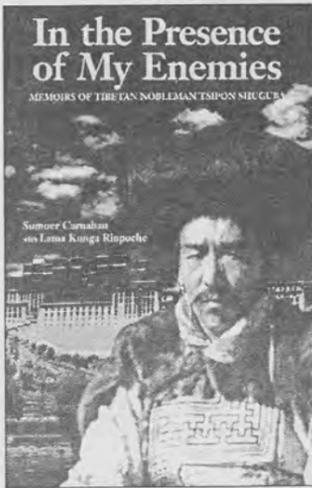


IN THE PRESENCE OF MY ENEMIES

Memoirs of Tibetan Nobleman Tsipon Shuguba

by Sumner Carnahan with Lama Kunga Rinpoche intro. by R. Thurman. 236 pp., 46 photos. #INPREN \$14.95, now \$10.47

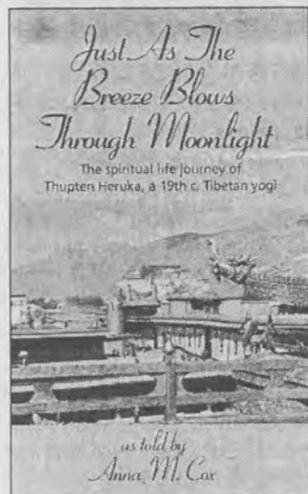
After his release from Chinese prison in 1980, Tsipon Shuguba was instructed by the Dalai Lama to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter, and his own nineteen-year imprisonment.



INTO TIBET

photographs of Yeo Dong-Wan
155 pp., 8 3/4 x 12", 160 color photos.
#INTOTI \$40.00, now \$28.00

These photos were taken primarily in Central Tibet and Kham. 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 inspirational.



JUST AS THE BREEZE BLOWS THROUGH MOONLIGHT: The Spiritual Life Journey of Thupten Heruka, a 19th c. Tibetan Yogi

by Anna M. Cox. 320 pp. #JUBRBL \$22.95, now \$16.07

A magical tale of a spiritual journey in 19th century Tibet, detailing the psychological and emotional struggles common to those on the path. An adventure story involving the young 13th Dalai Lama, written by a psychotherapist.



KUNDUN: A Biography of the Family of the Dalai Lama

by Mary Craig. 392 pp., 19 b&w photos. #KUN \$20.00, now \$14

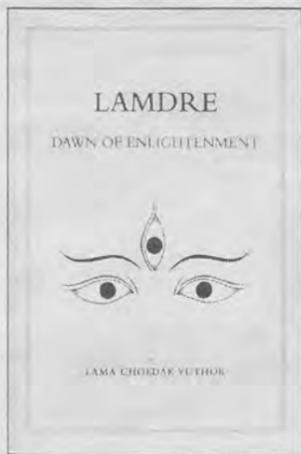
Mary Craig's portrayal focuses on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable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

KAGUYA HIME (A Japanese Folk Tale)

trans. by Tsewang Gyalpo Arya & Tibet Book House. 16 pp., 16 color illus. #KAHI \$4.95, now \$3.47

"This story reminds us of the impermanence of everything and fortifies the concept of emptiness—for our world is an illusion and dream-like. This is one of the oldest folk tales still alive and being enjoyed in Japan."—the translator





LAMDRE: Dawn of Enlightenment
by Lama Choedak Yuthok. 217 pp., 3 illus. #LAMDRE \$18.00, now \$12.60

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.

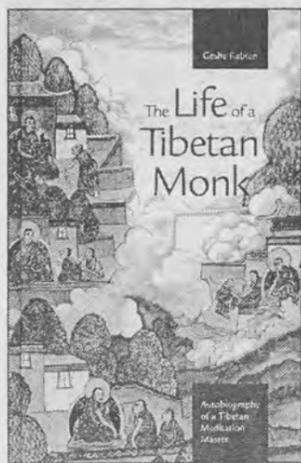


Officers and attendants during Losar Festival, Lhasa, Tibet c. 1910-1920.



LHASA: TIBET'S FORBIDDEN CITY
by Frank and Christine Brignoli. 108 pp., 79 color photos, 11 x 11". #LHTIFO \$15.95, now \$11.17

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



THE LIFE OF A TIBETAN MONK
by Geshe Rabten. 320 pp., many color and b&w photos, plus line drawings, glossary, index, cloth. #LITIMO \$17.95, now \$12.57

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.



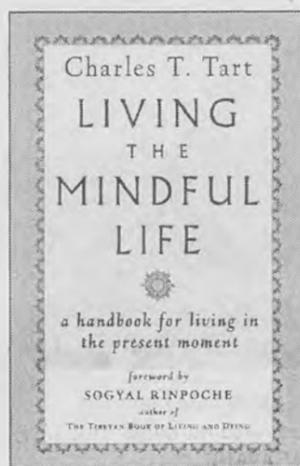
LIVE IN A BETTER WAY: Reflections on Truth, Love and Happiness
by the Dalai Lama. 240 pp. #LIBEWP \$13.00, now \$9.10

Contains a decade's worth of teachings given in India—with question and answer section following each talk. Topics covered: transforming mind, happiness, compassion and nonviolence, how to live in a better way, path for spiritual practice, two truths. An introduction to Buddhism and the Dalai Lama's own spiritual heritage is written by Lama Thubten Zopa Rinpoche.



LIVING DHARMA
by Venerable Lama Yeshe Losal. 150 pp., 8 color photos. #LIDHAR \$16.95, now \$11.87

Lama Yeshe Losal is the Abbot of Kagyu Samye Ling Monastery and Tibetan Centre in Scotland. He writes about the application of Buddhism in one's life. His style is direct and down to earth as he demystifies and illuminates many topics: A crazy way of life, freedom and responsibility, taming body, speech and mind, forgiveness, not engaging the past and future, confronting obstacles, benefits of right posture and meditation, etc.



LIVING THE MINDFUL LIFE: A Handbook for Living in the Present Moment
by Charles Tart. 252 pp. #LIMILI \$17.00, now \$11.90

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.



LORD OF THE DANCE: The Autobiography of Chagdud Tulku
246 pp. #LODAB \$16.95, now \$11.87

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.



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. #LODAMA \$30.95, now \$21.67

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.



LOTUS IN A STREAM
by Master Hsing Yun, trans. by Tom Graham. 173 pp. #LOST \$14.95, now \$10.47

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.

Win a FREE TOUR in TIBET!
You can enter everytime you place an order with us.

LUMINOUS LIVES
The Story of the Early Masters of the Lam 'Bras Tradition in Tibet
trans. and ed. by Cyrus Stearns

261 pp., 10 b&w, biblio., Tibetan text, index, notes. #LULI \$34.95, now \$24.47

"Cyrus Stearns presents in this book a rare manuscript history of the Path with Its Fruit instructions, the teaching that is at the very heart of the Sakya school of Tibetan Buddhism. Stearns makes accessible a precious work that was until recently unavailable even to the masters of the tradition."—David Jackson, Hamburg University

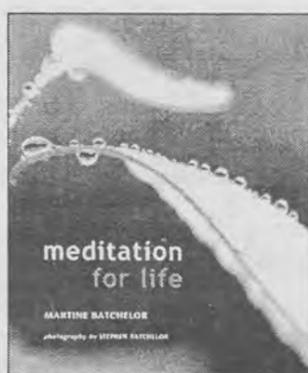


LUMINOUS PASSAGE: The Practice and Study of Buddhism in America
by Charles Prebish. 314 pp. #LUPA \$18.95, now \$13.27

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.

Win a **FREE TOUR** in TIBET!

You can enter everytime you place an order with us. See page 16 for details.



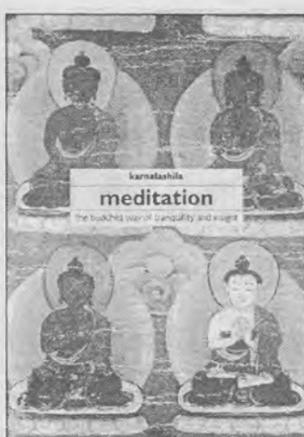
MEDITATION FOR LIFE
by Martine Batchelor, photos by Stephen Batchelor. 168 pp., 8.5 x 10", 80 color and b&w photos. #MEFOLI \$22.95, now \$16.07

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!

MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America

by Lenore Friedman. 320 pp. #MEREWO \$19.95, now \$13.97

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.



MEDITATION: The Buddhist Way of Tranquillity and Insight
by Kamalashila. 276 pp., large format. #ME \$27.95, now \$19.57

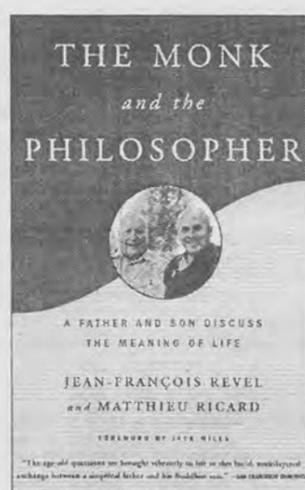
A comprehensive guide to Buddhist meditation—it provides a complete introduction to the techniques, physical exercises for improving meditation, detailed advice for experienced meditators wanting to deepen their practice and understanding of the meditative process, and many useful diagrams. The author has taught in England for over seventeen years.



MEMOIRS OF KEUTSANG LAMA: Life in Tibet after the Chinese 'Liberation'

by Keutsang Trulku Jampel Yeshe. 260 pp., 11 b&w photos. #MEKELA \$15.00, now \$10.50

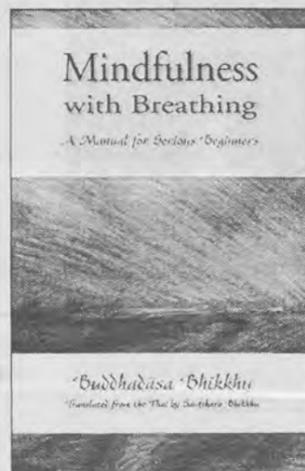
Born a peasant in 1944, Jampel Yeshe was recognized as the reincarnation of Keutsang Rinpoche. After the Chinese invasion, he was branded as class enemy, arrested and imprisoned for twenty years. Now living in Dharamsala, he has written his memoir as much as a tribute to the courage and sacrifices of many who gave their lives for the cause of freedom as a testimony to the unspeakable bestiality the still characterizes many aspects of the Chinese rule today.



THE MONK AND THE PHILOSOPHER: A Father and Son Discuss the Meaning of Life

by Jean-Francois Revel & Matthieu Ricard. 336 pp. #MOPH \$14.00, now \$9.80

Jean Francois-Revel, a pillar of French intellectual life in our time, is world famous for challenging both Communism and Christianity. Twenty-seven years ago, 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.



MINDFULNESS WITH BREATHING: A Manual for Serious Beginners

by Ajahn Buddhadasa Bhikkhu, trans. & ed. By Ven. Santikaro Bhikkhu. 160 pp. #MIBR \$14.95, now \$10.47

This book shows how to meditate on the breath and the benefits of the practice—health, calm, and clarity.



THE NEW BUDDHISM

by David Brazier. 276 pp., index. #NEBU \$16.95, now \$11.87

Buddha was a radical critic of society—his vision of a new social order transcended racial and economic divisions. For Buddhism to create genuine renewal must be more than about contemplation and personal growth but also about the engagement with the world. *The New Buddhism* is a rational manifesto for a more active, compassionate, and socially engaged Buddhism. Brazier traces Buddhism's history, engagement and its' adaptability.

POCKET BUDDHA TSA-TSAS

by Tsa Tsa Studio/Center for Tibetan Sacred Art. \$10, now \$7 ea.



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Sandstone. #POBUSA



MONGOLIA: Empire of the Steppes

by Claire Sermier, translated by Helen Loveday. 320 pp., 60 color photos, 7 maps. #MOEMST \$23.95, now \$16.77

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.



MUDRA: Early Poems and Songs

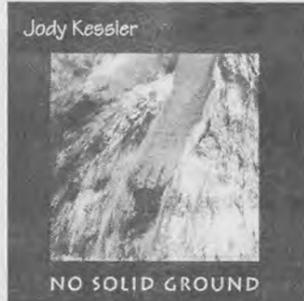
by Chogyam Trungpa. 112 pp. #MUEAPO \$11.95, now \$8.37

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.

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White letters on red. #NOOLBU \$1.00, now \$.70

This bumper sticker will show your support for Tibet. It is also a fund-raiser for the Ithaca Tibetan Association that helps refugees.



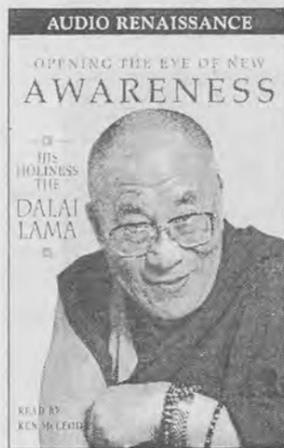
NO SOLID GROUND
by Jody Kessler. 54 min. CD, 11 selections. #NOSOGP \$15.95, now \$11.17

Known for her blend of Buddhism and folk—Jody will pull you in with melody and grace to a sacred place. A great guitarist, with spiritually reflective lyrics as well as humor and poetic story. Her compositions include many instruments and voices.



ON ZHANG-ZHUNG
by Seibert Hummel. 166 pp. #ZHZZH \$14.00, now \$9.80

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.



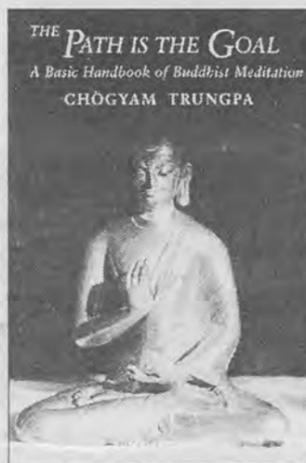
OPENING THE EYE OF NEW AWARENESS
by H.H. the Dalai Lama, ed. by Don Lopez. 160 pp. #OPEYNE \$14.95, now \$10.47

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.



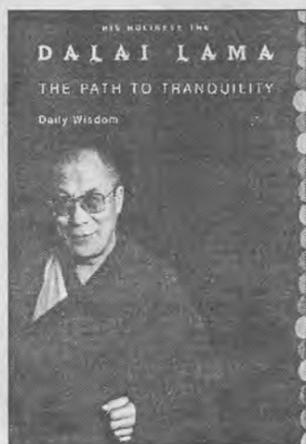
PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism
by Miranda Shaw. 312 pp., 18 illus. #PAENL \$19.95, now \$13.97

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.



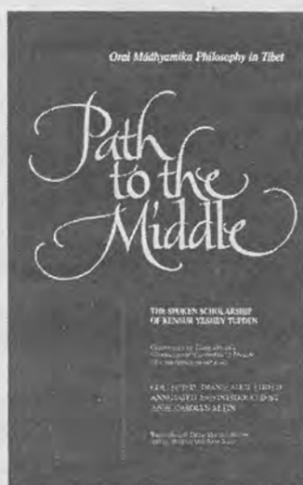
THE PATH IS THE GOAL: A Basic Handbook of Buddhist Meditation
by Chogyam Trungpa. 176 pp. #PAGO \$12.95, now \$9.07

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 see things just as they are.



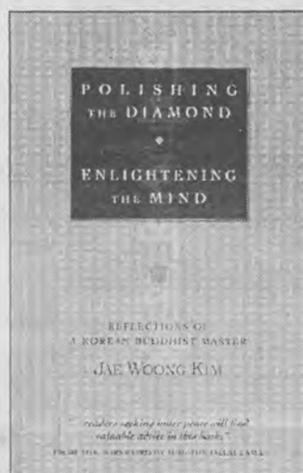
THE PATH TO TRANQUILITY: Daily Wisdom
by the Dalai Lama, compiled and ed. by Renuka Singh. 427 pp. #PATRP \$14.00, now \$9.80

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.



PATH TO THE MIDDLE: Oral Madhyamika Philosophy in Tibet
by Anne C. Klein. 288 pp. #PAMI \$24.95, now \$17.47

Does a Bodhisattva's initial cognition of emptiness differ from subsequent ones? Can one "improve" a non-dualistic 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.



POLISHING THE DIAMOND, ENLIGHTENING THE MIND
by Jae Woong Kim. 246 pp. #PODIEN \$18.95, now \$13.27

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.



PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth
by Sir Charles Bell. 460 pp. #PODALA \$22.95, now \$16.07

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.



A Losar ritual in which a designated person signifies the community ridding itself of the previous year's bad luck; Labrang, Tibet, c. 1930-39 C.E. (From Labrang: A Tibetan Monastery at the Crossroads of Four Civilizations by Paul Kocot Nitupski)



POSITIVE HEALTH IN TIBETAN MEDICINE
by Vaidya Bhagwan Dash & Ven. Doboorn Tulku. 115 pp., cloth. #POHETI \$14.95, now \$10.47

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



PRAYER WHEEL (hand-held style) PENDANT
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PROFOUND BUDDHISM
From Hinayana to Vajrayana

by Kalu Rinpoche
208 pp. #PRBU \$15.95, now \$11.17

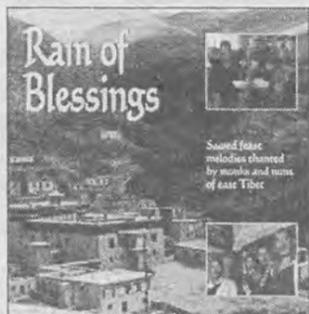
Teachings on emotions from a Hinayana, Mahayana, and Vajrayana point of view. Includes teachings on the nature of mind, the mind-body relationship, emptiness, compassion, the cycle of existence and karma.

Profound Buddhism
From Hinayana to Vajrayana



QUEER DHARMA: Voices of Gay Buddhists, Vol. 2
ed. by Winston Leyland. 222 pp., 17 b&w photos. #QUDH2 \$16.95, now \$11.87

Gay men write about how they have integrated their sexuality and spirituality via Buddhist practice. Focus is practice and gay relationships.



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 translation. #RACD \$16.98, now \$11.89

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.



REASONING INTO REALITY: A System-Cybernetics Model and Therapeutic Interpretation of Buddhist Middle Path Analysis
by Dr. Peter Fenner. 260 pp., diagrams. #RERE \$18.00, now \$12.60

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.



THE ROOTS OF HAPPINESS

by Pema Chodron

9 audio cassettes in vinyl case. #ROHA \$89.95, now \$62.97

Starting with the view of basic goodness, the practitioner trains in proper conduct and practices the three disciplines: not causing harm, gathering virtue, and benefiting others. This set is about how to do these things, how to work with vows and precepts without falling into being judgmental or self-denigrating, and about how to develop joy and steadfastness practicing with all life situations.

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by Tsa Tsa Studio/Center for Tibetan Sacred Art



Medicine Buddha, bronze finish, 2 1/2 x 2". #SISTME \$16.00, now \$11.20



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Vajrasattva, bronze, 3 1/2 x 3". #SISTVA \$16.00, now \$11.20



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Long Life Deities (White Tara, Amitayus & Namgyalma, gold, 3 1/2 x 3"). #SISTLO \$16.00, now \$11.20



Vajrayogini, copper finish. #SITIVA \$24, now \$16.80

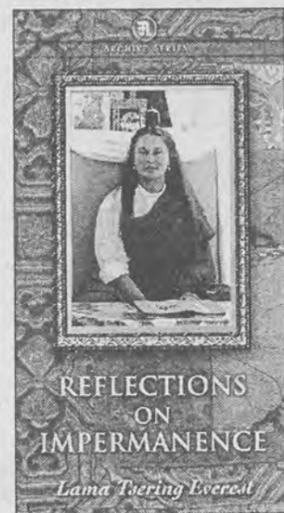
These are tsa tsa reliefs on a 4 x 4" tiles that fit in a supplied ornate stand. They differ in finishes and all are beautifully made.



REFLECTION OF MY HEART: Poems

by Bhakhang Tulku Rinpoche. 96 pp., color plates. #REMYHE \$20.00, now \$14

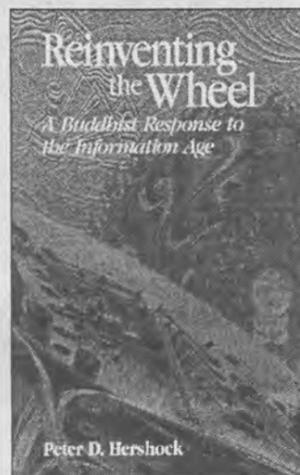
An unusual volume of love poetry—with tantric overtones—from the founder and throne-holder of the Kanta Monastery in Kham, Tibet. The poems are accompanied by full-color plates of paintings.



REFLECTIONS ON IMPERMANENCE

Lama Tsering Everest. Two audio cassettes in box, 2.5 hours. #REIM \$14.00, now \$9.80

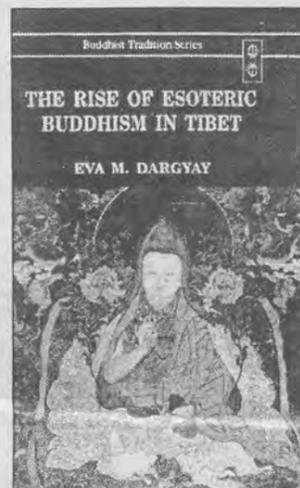
Lama Tsering once asked Chagdud Tulku Rinpoche "What is the meaning of life?" His immediate response, "To prepare to die." Lama Tsering adds her own insights to this teaching to bring us to a deep understanding of impermanence. She also discusses the opportunity available to a practitioner at the moment of death, as well as how to help others through this transition.



REINVENTING THE WHEEL: A Buddhist Response to the Information Age

by Peter Hershock. 320 pp. #REWH \$16.95, now \$11.87

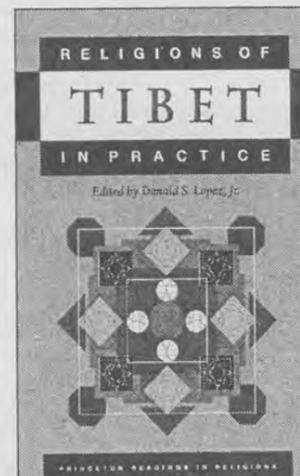
Hershock assesses the personal and communal costs of our global economic and technological commitments. He reveals the suppositions of western cultural dynamics, while contrasting its fundamental values such as independence, individual freedom, and a control of the world, with those of Buddhism. If people continue to accept these western cultural presuppositions, they will trap us in a wheel of existence, in life's karmic circle.



THE RISE OF ESOTERIC BUDDHISM IN TIBET

by Eva M. Dargyay. 272 pp., appendix, biblio., index, cloth. #RIESBU \$20.00, now \$14

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 Nyingmapa 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.



RELIGIONS OF TIBET IN PRACTICE

ed. by Donald S. Lopez, Jr. 560 pp. #RETIPR \$24.95, now \$17.47

These thirty-six chapters display the vast scope of religious practice in the Tibetan world. This is the largest source book on Tibetan religions ever assembled—hagiographies, pilgrimage guides, prayers, accounts of visits to hell, epics, consecration manuals, sermons, and exorcism texts.



SACRED BUDDHA

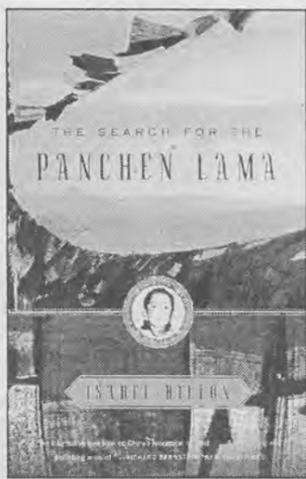
music by Sina Vodjani. 60 min. CD, booklet with photos. #SABUCD \$20.00, now \$14

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 SPACES AND POWERFUL PLACES IN TIBETAN CULTURE
 ed. by Toni Huber. 403 pp.
 #SASPP \$29.00, now \$20.30

These essays document and interpret ways in which Tibetan peoples have distinguished and related to certain places as having higher value than other sites of human life. The focus is broad to reflect the multitude of traditions of thinking about space and place found in Tibetan culture.

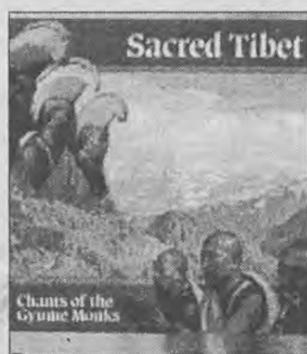


THE SEARCH FOR THE PANCHEN LAMA
 by Isabel Hilton. 352 pp., now in paperback! #SEPALA \$14.95, now \$10.47

"Lively and vastly entertaining, Hilton has seen and participated in one of the final moments of a lost Tibet."—*Boston Sunday Globe*



A roaring New Year purificatory fire, prepared every year by monks from Namgyal Monastery, blazes near the entrance to the Buddhist School of Dialectics in Dharamsala, India. (From *Living Tibet* by Bill Warren and Nanci Rose)



SACRED TIBET: Chants of the Gyume Monks
 by the Monks of Gyume Tantric College. CD. #SATICH \$16.98, now \$11.89

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.



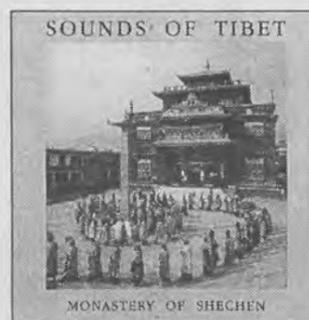
SEVEN YEARS IN TIBET
 by Heinrich Harrer. 331 pp., 2 maps, 15 photos. #SEYETI \$13.95, now \$9.77

"It tells one of the grandest and most incredible adventure stories I have ever read, compounded of the infallibly exciting elements of mountain climbing, daring escapes, life in secret, forbidden Tibet, and encounters with extraordinary people."—*New York Times Book Review*



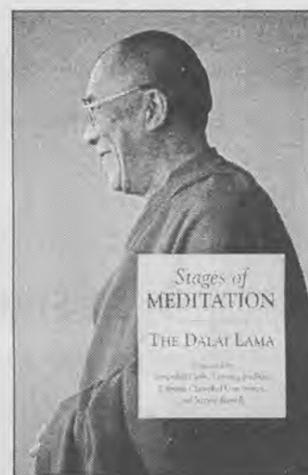
SIDDHARTHA
 by Hermann Hesse, trans. by Sherab Chodzin Kohn. 144 pp. #SIDD \$6.95, now \$4.87

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.



SOUNDS OF TIBET: Sacred Music from Shechen Monastery
 by the monks of Shechen Monastery. CD. #SOTICD \$18, now \$12.60

Eleven selections from the sacred music of Dilgo Khyentse's monastery in Nepal.



STAGES OF MEDITATION
 by the Dalai Lama, trans. by Ven. Geshe Lobsang Jordhen, Losang Chopel Ganchenpa, and Jeremy Russell. 216 pp., Tibetan text, Cloth at Paper Price! #STME \$16.95

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."



SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL
 Monks from Drepung Loseling, text by Glenn H. Mullin and Damdul Namgyal. CD. #SATICD \$18.00, now \$12.60

Five historic sacred chants from the Monlam Chenmo, the commemoration of Shakyamuni Buddha's public display of miracle powers.

SHERLOCK HOLMES: The Missing Years
 by Jamyang Norbu. 279 pp., cloth. #SHHO \$23.95, now \$17.96

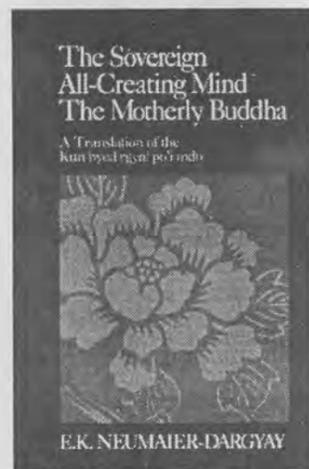
In 1891, the public was horrified to learn that Sherlock had died—two years later he turned up unexpectedly and told a stunned Dr. Watson, "I travelled for two years in Tibet and amused myself by visiting Lhasa." Nothing was known of those missing years until Jamyang Norbu discovered a package in a rusting box which revealed Hurree Mookerjee's own account of his travels with the great detective.



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, cloth. #SIMO \$35.00, now \$24.50

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.

www.snowlionpub.com



THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA
 by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$20.95, now \$14.67

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 individual and universe. When the world is seen to be beatific and intelligible, the Motherly Buddha, will be experienced.

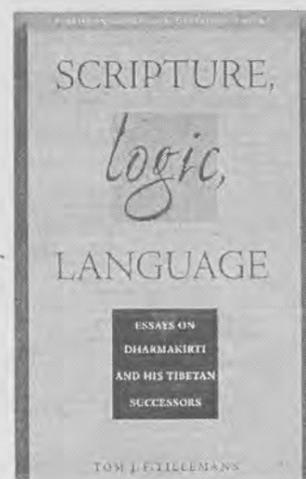


THE STORY OF BUDDHISM: A Concise Guide to Its History and Teachings
 by Donald S. Lopez Jr. 275 pp., cloth. #STBU \$25, now \$17.50

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.

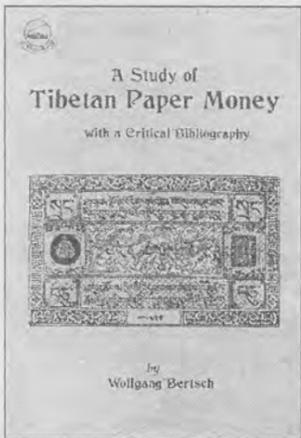
SCRIPTURE, LOGIC, LANGUAGE: Essays on Dharmakirti and his Tibetan Successors
 by Tom J. F. Tillemans. 256 pp. #SCLOLA \$32.95, now \$23.07

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



THE STATUS OF TIBET: History, Rights, and Prospects in International Law
 by Michael C. van Walt van Praag. 450 pp., cloth. #STTI \$26.95, now \$18.87

Reviews the history of Tibet from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides the basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.



A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)
by Wolfgang Bertsch. 93 pp., color plates, b&w photos. #STTIPA \$10.95, now \$7.67

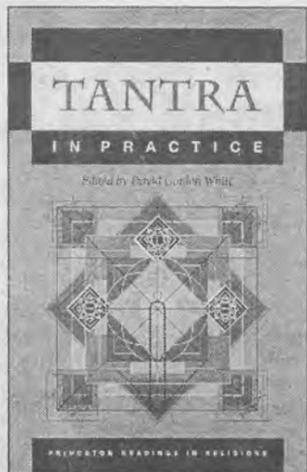
Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.



TAMING THE TIGER: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion

by Akong Tulku Rinpoche. 208 pp. #TATIG \$12.95, now \$9.07

With his wit and wisdom, Akong Tulku teaches how to subdue the ceaseless mental chatter within. Peace can be achieved through a practical program for cultivating awareness—he provides a series of potent exercises to do so.



TANTRA IN PRACTICE
ed. by David Gordon White. 640 pp. #TAPR \$24.95, now \$17.47

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.

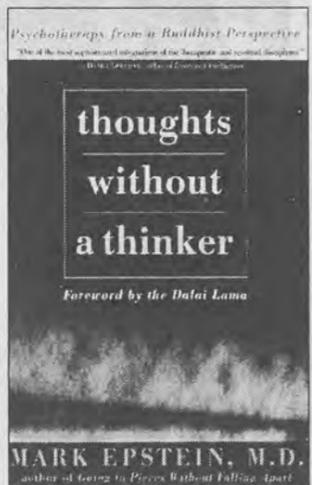
TANTRIC DISTINCTION
by Jeffrey Hopkins. 192 pp. #TADI \$14.95, now \$10.47

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.



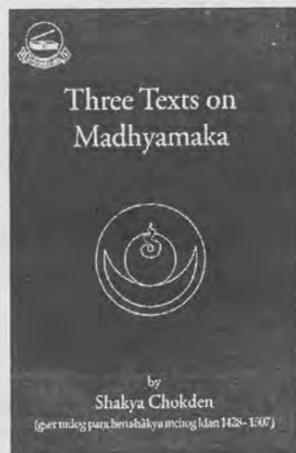
TEMPLE MUSIC FROM TIBET
by Deben Bhattacharya. CD. #TEMUCD \$17.00, now \$11.90

Contains: Drugga Kagyu from Tashijong, Padmasambhava birthday ritual; Nyingma prayers praising Buddha; Afternoon Prayer at Rumtek; Lhabab temple ceremony and fire puja of the Gelugpa.



THOUGHTS WITHOUT A THINKER
by Mark Epstein. 222 pp. #THWITH \$16.00, now \$11.20

In a highly personal, thoughtful, illuminating synthesis, Mark Epstein draws on his own experience as therapist, mediator and patient in an unusual attempt to integrate Western psychotherapy and Buddha's teachings on suffering, delusion, wisdom and non-attachment.

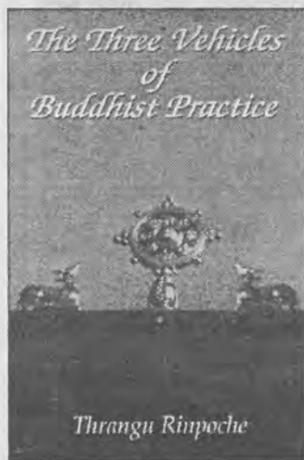


THREE TEXTS ON MADHYAMAKA
by Shakya Chokden. 101 pp., outline, notes, glossary, bibliography. #THTEMA \$11, now \$7.70

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.

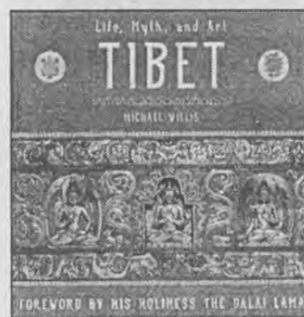
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THE THREE VEHICLES OF BUDDHIST PRACTICE
by Thrangu Rinpoche. 126 pp. #THVEBU \$12.95, now \$9.07

To engage in Buddhism according to the Tibetan way, 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.



TIBET: Life, Myth, and Art
by Michael Wills, fore. By H.H. the Dalai Lama. 144 pp., 30 color illus., 10 x 10". #TILIMY \$19.95, now \$13.97

This richly illustrated volume presents Tibetan art in all its glory—temples, wall paintings, forests of prayer flags, detailed statues. Various Tibetan themes are interpreted visually through iconography, pattern, motif, and symbolism to help readers understand their historical and spiritual significance.



TIBET: Travel Survival Kit
by Chris Taylor. 351 pp., 108 illus., 42 maps and many color photos. #TITRSU \$17.95, now \$12.57

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.

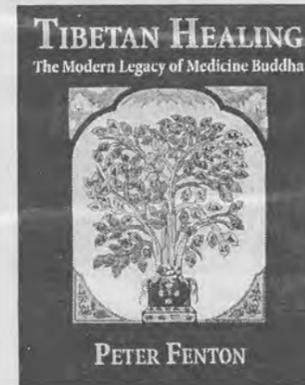


TIBETAN FLAG T-SHIRT \$16, now \$11.20
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TIBETAN HEALING: The Modern Legacy of Medicine Buddha

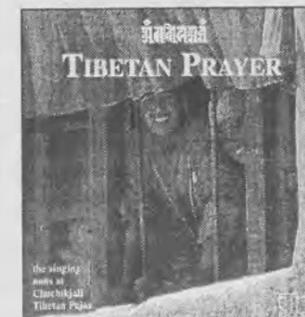
by Peter Fenton. 206 pp., 41 b&w photos, 22 illus., tables. #TIHE \$22.95, now \$16.07

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



TIBETAN MEDICINE: East Meets West/West Meets East
edited by Jurgen Aschoff and Ina Rosing. 130 pp. #TIMEEA \$20, now \$14

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 presents basic classificatory and documentary studies. It examines institutional issues and the problems experienced in the cross-cultural transfer of Tibetan medicine to the West and vice versa.



TIBETAN PRAYER: The Singing Nuns at Chuchikjall
CD, 75 min. #TIPRCD \$18, now \$12.60

Moving prayers and pujas sung in hypnotic voices by the nuns of Chuchikjall.

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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" #TIJOFO \$40, now \$28

These photographers traveled to places Tibet visited by Alexandra David-Neel seventy-plus years ago. They "give color" to the places that have inspired her writing. 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.





TIBETAN RELIGIOUS DANCES:
Tibetan Text and Annotated Translation of the Chams Yig
by Rene de Nebesky-Wojkowitz.
Cloth. #TIREDA \$30, now \$21

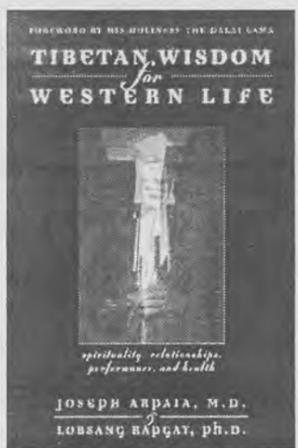
The author, an expert on Tibetan iconography and ritual, discusses Tibetan Sacred Dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and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



TIBETAN 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, now \$22.37

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 Organization, The Nuns Project and Delek Hospital Aid Foundation.



TIBETAN WISDOM FOR WESTERN LIFE: Spirituality, Relationships, Performance, and Health

by Joseph Arpaia, M.D., and Lobsang Rappay, Ph.D. 258 pp. #TIWIWE \$14.95, now \$10.47

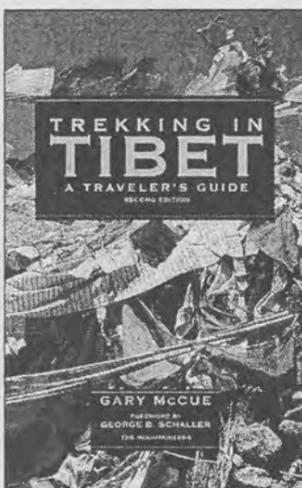
Positive mental and physical results can be produced by practicing four Tibetan exercises of centering, attending, concentrating, and opening. The authors describe these simple meditation techniques (which require fifteen minutes per day) to improve one's health, performance, relationships, and spirituality. Includes the experiences and explorations of two students as they apply the techniques.



TIMELY RAIN: Selected Poetry of Chogyam Trungpa

ed. by David Rome, fore. by Allen Ginsberg. 144 pp. #TIRA \$15, now \$10.50

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.

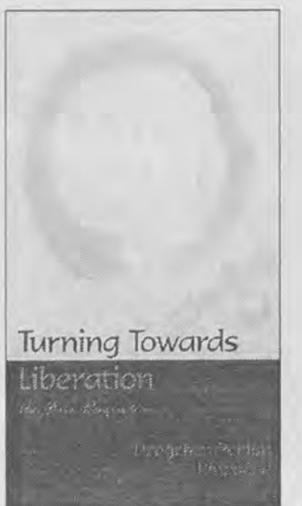


TREKKING IN TIBET: A Traveler's Guide

by Gary McCue. 320 pp., 19 color photos, 65 b&w photos, 15 maps, 2nd ed. #TRTTR \$18.95, now \$13.27

"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 and meet its hard-pressed but loving people."—Robert Thurman

"A comprehensive trekking guidebook."—David Breashears



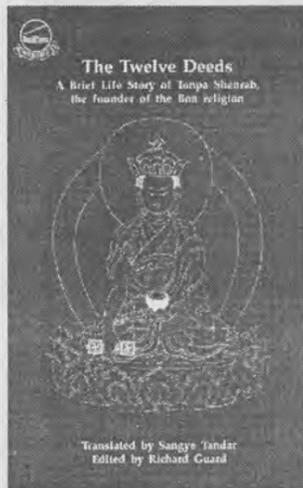
TURNING TOWARDS LIBERATION: The Four Reminders

by Dzogchen Ponlop Rinpoche. 53 pp., pocket size. #TUTOLI \$10, now \$7

The precious human birth, impermanence, karma, shortcomings of samsara—these are the four reminders that turn the mind toward the dharma. To contemplate them deeply is to set one's feet firmly on the path to enlightenment.



Tibetans dancing in the streets during week-long Losar celebrations in Dharamsala, India. (From Living Tibet by Bill Warren and Nanci Rose)



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, now \$3.50

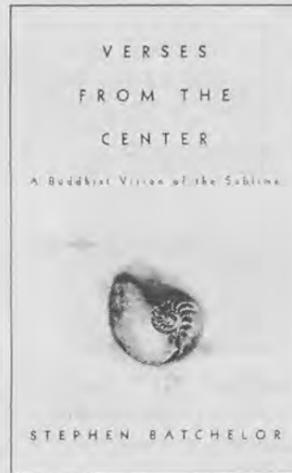
Tonpa Shenrab, the founder of Bon, was the first Buddha to appear in the Kaliyuga with the express purpose of relieving suffering. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.



VAJRAYOGINI MANDALA
by Andy Weber. 18" square, fine art paper. #VAYOMA \$65, now \$45.50

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.

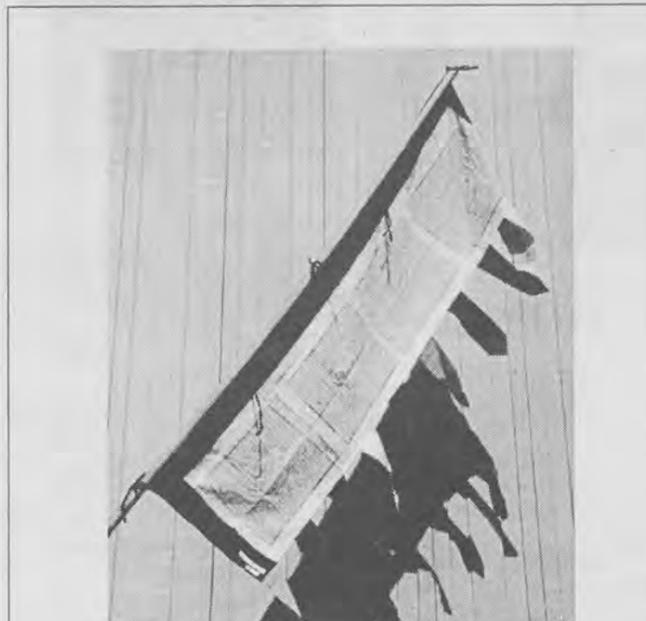
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VERSES FROM THE CENTER: A Buddhist Vision of the Sublime

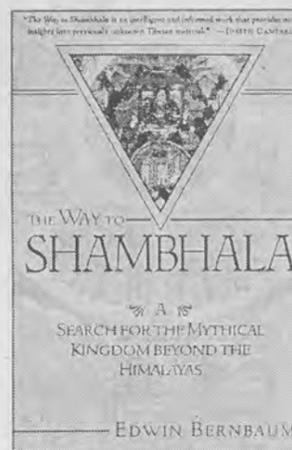
by Stephen Batchelor. 203 pp. #VECE \$12, now \$8.40

"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 how to live a free and a more 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."



VAJRASATTVA PRAYER BANNERS
by Radiant Heart. 20" wide x 9' high. #VAPRBL \$35, now \$24.50

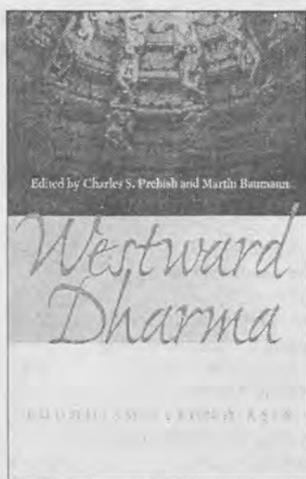
These Vajrasattva w/ consort prayer banners are white with a blue border. Vajrasattva mantras purify negative karma—there are also prayers to the five Buddha families, Manjushri, Avalokiteshvara, Vajrapani, Tara, and Guru Rinpoche. There are two sizes—they can be attached to any pole the correct length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



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

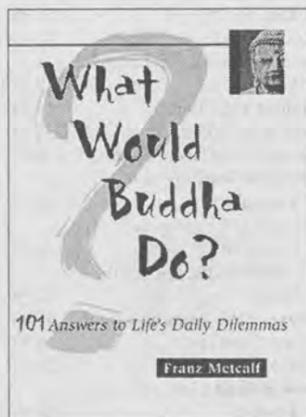
by Edwin Bernbaum. 336 pp., 24 halftones, 14 line drawings. #WASH \$16.95, now \$11.87

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.



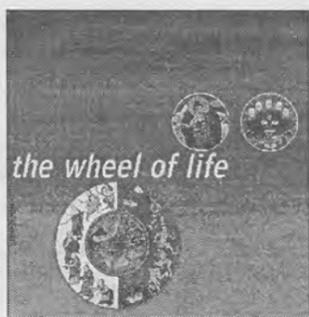
WESTWARD DHARMA: Buddhism beyond Asia
 ed. by Charles S. Prebish and Martin Baumann. 388 pp. #WEDA \$21.95, now \$15.37

Leading scholars explore the plurality and heterogeneity of traditions and practices that characterize Buddhism in the West—a comparative and theoretical perspective for considering the variety of schools, centers, and teachers that have developed outside Asia.



WHAT WOULD BUDDHA DO?: 101 Answers to Life's Daily Dilemmas
 by Franz Metcalf. 130 pp., cloth. #WHWOB \$15, now \$10.50

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



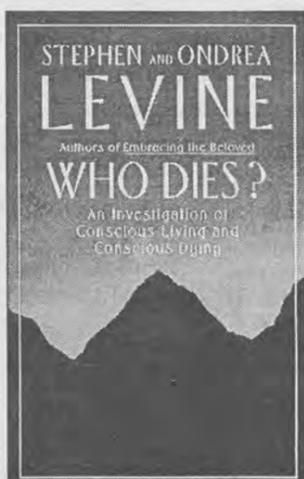
THE WHEEL OF LIFE
 by Kulananda. 76 pp., line drawings. #WHLIKU \$11.95, now \$8.37

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 THE IRON EAGLE FLIES: Buddhism for the West
 by Ayya Khema, fore. by H.H. the Dalai Lama. 224 pp. #WHIREA \$16.95, now \$11.87

A complete and jargon-free meditation course, from one of the most beloved and universally respected teachers you're likely to hear of. Ayya Khema has retained her status years after her death; her clarity and commitment really come through on the page.



WHO DIES? An Investigation of Conscious Living and Conscious Dying
 by Stephen Levine. 317 pp. #WHODI \$12.95, now \$9.07

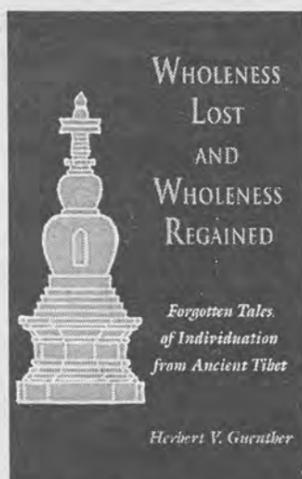
"The bible of the conscious dying movement."—Harper's

This is a rare and insightful book. It prepares you for life as well as death.



WHO IS MY SELF?: A Guide to Buddhist Meditation
 by Ayya Khema. 192 pp. #WHMYSE \$14.95, now \$10.47

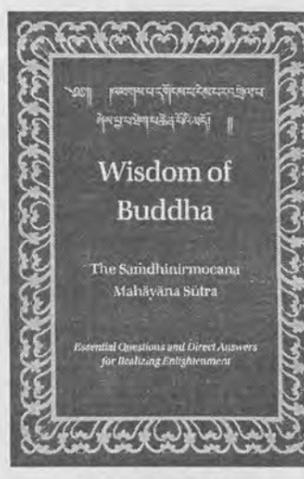
Ayya Khema uses one of the earliest Buddhist sutras to guide us in a popular meditation practice for understanding the nature of "self." Her thoughtful contemplation of the Buddha's radical understanding of "self" and her practical advice for achieving insight offer both beginning and advanced practitioners a warm and down-to-earth approach.



WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet

by Herbert Guenther. 128 pp. #WHLOWH \$14.95, now \$10.47

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.



WISDOM OF BUDDHA: The Samdhinirmocana Sutra
 trans. by John Powers. 397 pp., 1 color plate, 12 line drawings. #WIBU \$25, now \$17.50

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.

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WORLD AS LOVER, WORLD AS SELF

by Joanna Macy
 foreword by Thich Nhat Hanh
 252 pp. #WOLO \$15, now \$10.50

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.

Foreword by Thich Nhat Hanh



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, now \$13.97

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.



WHITE TARA 8 x 10" Print
 by Andy Weber. 8 x 10" limited edition giclee color prints on fine art paper. #WDC64P \$48, now \$33.60

White Tara (Tib. Dolkar) is born from a tear of Avalokitesvara, the Buddha of compassion. She grants long life.

These Giclee prints stand out because of their superb color reproduction (longlasting - pigmented inks) and print quality—they appear hand-painted. Printed on German etching paper they will last a long time (min. 75 years) and are published to Fine Art Trade Guild standards. A superior product!

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CALENDARS 2004



COMPLETE TIBETAN CALENDAR
 #COTICA was \$14.95 now \$11.96

This terrific full-color calendar comes complete with daily Tibetan astrological forecasts (with explanations of favorable and unfavorable energies) and notes special practice and lunar days, Buddhist holidays and anniversaries, days not to raise prayer flags. For each date the corresponding Tibetan dates are given according to both the common Phukluk and Karma Kagyu Tsuruluk system. Beautiful illustrations of the 8 manifestations of Guru Rinpoche, 3 protectors of his mandala, and H. H. the 17th Karmapa. 12 x 24" when open. Designed by The Dzogchen Ponlop Rinpoche.

RIGPA CALENDAR 2004 Wood Monkey Year
 #RIGPA4 \$10.00

This is the indispensable, non-sectarian annual pocket calendar with Buddhist holidays, special practice days, and anniversaries as well as information on Tibetan Buddhism and photos of prominent lamas. Contains days not to hang prayer flags.

Calendar begins with Losar (February 21st.)



TIBETAN NUNS CALENDAR
 6.5 x 7". #TINU04 \$10.00

This small wall calendar features colorful images of Tibetan nuns, as well as inspiring quotes for each month. Includes Tibetan lunar calendar and ritual dates. Great gift item! Proceeds help support and educate nuns in Dharamsala.

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