

# Snow Lion

N46

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NEWSLETTER & CATALOG



## SETTLING INTO AMERICA: PART TWO

*Interviews with the  
Four Tibetan Employees  
at Snow Lion*



by Julie Tollen

In the last issue of this newsletter, we printed interviews with Palden Choedak Oshoe and Dhondup Dorjee Zurkhang, two of the four Tibetan employees at Snow Lion Publications. Presented here are interviews with the other two: Karma Dorjee and Kunga Nyima.

### KARMA DORJEE

Karma Dorjee has a degree in economics from the University of Mysore. In Dharamsala, India he worked as a loan officer for the Tibetan Government-in-Exile. He worked for three years as treasurer for the Tibetan Association of Ithaca. Karma is in charge of purchase ordering at Snow Lion.

**Karma Dorjee:** I was born in Bhutan in 1966 and directly afterwards moved to India. My mother passed away while giving birth to me and when I was maybe three or four, I don't remember which, my father sent me to the Tibetan Children's Village (TCV).

**Julie:** What do you know about your parents?

**K:** It's very sad actually—I don't really know anything about my mother and I don't know much about my fa-

ther either. I don't even know what my parents looked like. I only knew my father when I was very little. My sister told me that he worked as a "dopso"—that's a stone carver, a builder. Looking back now, I can see that I would never want my own daughter to miss out on the love that I missed from my parents growing up. So to answer your question, I don't know much about them at all.

**J:** How long did you stay at the TCV School?

**K:** I stayed at TCV for only two years, then in 1972 I went down to the south part of India to live with my sister and two uncles, both of whom are businessmen.

**J:** What did you do while you stayed there?

**K:** Oh, I went to school, in a place called the Central School for Tibetans [of Bylakuppe]. There, I learned to speak and write English, Hindi, and Tibetan. I don't really know exactly what age I was at that time, but my sister thought I must have been around 8, because my baby teeth had fallen out and my two front teeth were just beginning to come in. I'm very glad that my sister was there with me at that time. She would always help me with my school work, and she would always make sure I did all my chores and studying. I'm very grateful to her. And so, I lived with my sister and my uncles for ten years in the south part of India.

**J:** Did your sister go to school?

**K:** Yes, she went to a Christian school in Mysore to get a teaching degree. When I finished grade twelve, I also moved to Mysore to study there. I started doing my college degree course in economics at the University of Mysore at St. Philomena's College, a Christian college. I stayed there for three years, learning about many different things like politics, Indian sociology, Indian history.... Meanwhile, I studied English and Hindi. After I graduated from the University of Mysore, I went on to Madras University to do an M.A. in economics. I lived there in Madras and took classes for three months. It was expensive in Madras, though, and I really needed some kind of scholarship or aid to continue my studies there. The Tibetan Education department wasn't granting money to M.A. students at that time, so I was out of luck... and money (laughter). I decided to continue through a correspondence course only. I didn't need to stay in Madras to do that, so my cousin sug-

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We invite you to take advantage of this first ever opportunity to save 10% on every item that you purchase from us until July 15th—this includes statues, thangkas—everything. You might also **Win a Guided Tour to Tibet and Nepal in 2000**—just tell us with your order that you want to be entered in the Tibet trip contest. (If an item is already marked "on sale", use that sale price—we have a number of specially priced items for you to consider.)

Your direct purchases make possible the publication of new books on Tibetan Buddhism. Since we have many excellent projects scheduled for 1999, we especially appreciate your support! ■

## Transformation Through Art

by Russell Ellis

When I was arrested and sentenced on what I thought was going to be a minor drug conviction, I was shocked. Three years seemed like forever to me at that time (1975). I was 32 and wanted no part of prison. I felt like I was going to die.

To my surprise, I survived, and in fact found myself in a place where I could finally spend time on my religious practice, which I had always put on a back burner while on the streets. There was always something that seemed more important, so I became a part-time practitioner of Buddhism. At McNeil Island Federal Penitentiary, I found myself surrounded by what seemed to be hardened criminals—mostly bank robbers. That was the most common crime of the inmates locked behind those walls. However, when I was sent to the camp outside the walls I found myself in the company of drug dealers and white-collar types.

I was given a job working at the dairy, where I milked 165 cows every morning and evening. The best part of the job was that I was now working with two Lakota Indians who had been sentenced for their part in the Wounded Knee incident of the early 70s. Wow! These were heroes of mine, as I was a strong sympathizer to their cause. I found them to be very respectful and strong and solid in their quiet demeanor. They spent much of their time beading on buckskin or on looms creating ceremonial garb. I was totally fascinated with this work and soon asked if they would teach me. Cheyenne Big Crow was the first one to take me seriously. He gave me a loom and showed me how to string it, then showed me a few traditional patterns. Before long, I found myself tiring of the limitations of the loom. I felt I wanted to do something more free-form—something with motion, or curved lines at least. Big Crow then

showed me how to bead on buckskin using the lazy man stitch. I really loved this form and became quite proficient in a short time. Big Crow then introduced me to Jerry Peltier, who is a relative of Leonard Peltier, the famous Indian activist. Jerry is a master beader of traditional rosettes, which are used on ceremonial garb and are used as symbols of different clans as well as certain teachings and history of the Lakota people. They are round beaded large buttons about three inches in diameter, though many are larger. They are beaded onto buckskin which is split very thin and is also very strong and supple. Anyway, I became a good technician and started studying the different ways of bleeding colors together to create different effects. All of the ceremonial/traditional beadwork is done with opaque beads and by now I was discovering that there were many other types of beads with more exciting finishes. I decided one day that I would like to do a picture because I could see the potential of mixing all of the different finishes to create a more realistic effect. Buckskin was too expensive to do a picture of any size so I decided to use canvas because we had a large supply of heavy-duty prison-made canvas at the camp and my friend could get me a large piece.

I was sitting in my cubicle a few days later wondering what kind of picture I should do. I looked over at a picture of a Buddhist thangka that a dear friend had sent me and it only seemed natural that I should do a religious piece. Since the beautiful Green Tara seemed to be saying, "bead me," I decided to do just that. I wasn't sure how big it should be so I decided to do a small figure that was large enough to show the detail I felt a piece like that demanded. The figure I did was a Green Tara about eight inches high. With the clouds above

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## His Holiness the Dalai Lama in New York City August 12-15

*Public Talk in Central Park; Teachings at the Beacon Theater*

His Holiness the Dalai Lama visits New York City August 12-15. Events will include a public talk in Central Park and three days of teachings at the Beacon Theater. This visit is sponsored by the Tibet Center and Gere Productions, Inc. with support from the Gere Foundation.

The Central Park event will take place on Sunday, August 15, beginning at 11:00 AM. Open to all and free of charge, the gathering will be in East Meadow (entrance at 98th Street and Fifth Avenue). The Dalai Lama will speak on ways of leading a virtuous, compassionate and happy life, and diminishing anger, craving and pride. He will conclude by giving a traditional Tibetan Buddhist long life blessing.

At the Beacon Theater (2124 Broadway at 74th Street), the Dalai Lama will teach for three days from Thursday, August 12 through Saturday August

14th, 10:00 AM to Noon, and 2:00-4:00 PM each day. The teachings entitled, "Training the Mind/ Opening the Heart," will be based on two ancient texts, *Stages of Meditation* and the *37 Practices of Bodhisattvas*.

Tickets for the Beacon Theater teachings are available through Ticketmaster (212-307-7171/outside New York/New Jersey/Connecticut 800-755-4000) or at the Beacon Theater box office (212-496-7070). Tickets may be purchased for the entire series or for individual days. Seating is limited and is expected to sell out quickly so early reservations are suggested. In addition to regular seating, there are Sponsor and Friend seats available; for these tickets only, please call 212-780-1999. For the Central Park event, no tickets or reservations are necessary.

Gere Foundation is a non-profit

organization that contributes directly to His Holiness the Dalai Lama and the Tibetan community-in-exile. Founded by Richard Gere, the foundation's goal is to aid in cultural, religious, health and educational survival of the Tibetan people.

The Tibet Center, the oldest Tibetan Buddhist center in New York City, was founded in 1975 by Reverend Khyongla Rato Rinpoche, a scholar and Tibetan lama. The Tibet Center provides a space for members and the general public to explore Buddhist teachings and practices as well as those of other faith communities. The Tibet Center is located at 107 E. 31st Street.

For general information on the full schedule of the visit of the Dalai Lama to New York, please call 212-780-1999 or visit the web site at [www.thetibetcenter.org](http://www.thetibetcenter.org). ■



### Women's Freedom and Spiritual Liberation

Would you like to sponsor a benefit concert of the Chachoe Ghakyil nuns from Kathmandu?

Nuns from the sister institution of Lama Zopa Rinpoche's and Lama Yeshe's Kopan Monastery will tour the U.S. from March to October 1999. The tour's purpose is to support the fledgling nunneries. The nuns sing hauntingly beautiful sacred songs, make sand mandalas and perform traditional Tibetan sacred music and dance.

If you would like to sponsor an event in your town or if you want further information, please call or write:

Tsenla  
4557 Schneider Drive  
Oregon, WI 53575  
(608) 835-9717  
email: [Dekyong@compuserve.com](mailto:Dekyong@compuserve.com)

## GIFT OF DAILY PRAYERS

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

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



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### SETTLING INTO AMERICA *Continued from page 1*

gested that I go to Dharamsala to try

to find a job there. I took his advice and went to stay in Dharamsala. There, I got a job working for the Tibetan government-in-exile. It was in the Central Tibetan Administration (CTA). I worked in a department called the "Planning Council."

**J:** What did you do?

**K:** I worked in a section of the Planning Council called the "Revolving Loan Fund." It's a government program that was designed with the help of a man in Santa Fe, New Mexico. He loaned an amount of money to CTA to start a foundation for a Tibetan loan office in India. As a loan officer, it was my job to evaluate loan applications for Tibetan enterprises and societies. The purpose was to create jobs in the Tibetan community. It was meant to help people to learn skills besides street vending. Many people who had come from Tibet had very few skills, and we were trying to help them to learn some "real world" banking skills. I worked there for about two and a half years. That was in 1990, when I was about 23 or 24.

**J:** What caused you to leave that job?

**K:** Oh, that's a tough question! I left mainly because I came to America. Actually, that's the only reason I left!

**J:** Why did you come to America?

**K:** I came because the U.S. Senate passed a resolution allowing for one thousand Tibetans to immigrate into America (the Tibetan Resettlement Program). I am a part of that resolution. I left India because I was selected by the resettlement committee as a "well-qualified applicant" (laughter).

**J:** What were you thinking when that happened, when they told you that you were going to America?

**K:** It was okay with me. I was not re-

(Continued on page 3)

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# KATHMANDU

## A Collaborative Project of the University of Massachusetts and the Springfield Museums

*Kathmandu* is an artistic interpretation of a Nepali-Tibetan Temple that will be shown as progressive exhibits in Hampden Gallery on the University of Massachusetts campus before touring a variety of museums, galleries and community centers. After showing the *Green Tara* and *Black Mahakala Shrine Rooms* in Spring '99, Hampden Gallery will exhibit the *Shakyamuni Buddha Shrine* and other components in Fall '99. The first exhibition with all of the rooms complete and shown together will be at the George Walter Vincent Smith Art Museum in Springfield in conjunction with the exhibition *The Mystical Arts of Tibet* (2/2-4/30/ 2000) and a *Mandala Sand Painting* (2/20-4/30/ 2000) at the Museum of Fine Arts. *Kathmandu* (2/2-4/30/ 2000) will also serve as a three-dimensional backdrop for performances, demonstrations, school programs, symposia and other educational activities that will take place during the periods when

the exhibition is on public view.

*Kathmandu* is a multi-faceted community-based project which actively involves well-known area artists and schoolchildren from Springfield's elementary and secondary schools while demonstrating the commitment of the University of Massachusetts, the Springfield Museums and the Springfield Schools to provide effective outreach, multicultural education and innovative learning for students involved with the project.

The first component of the exhibition *Kathmandu* was the installation of the *Green Tara Shrine Room: a Work in Progress* (Feb 1-21, 1998) in the Hampden Gallery. The Shrine Room is a freestanding temple building with a life-size Green Tara sculpture and a 12' diameter mandala ceiling.

The second component of the exhibition *Kathmandu* will be the installation of the *Black Mahakala Shrine Room: a Work in Progress* in

the Hampden Gallery. A seven-foot-tall, six-armed wrathful deity (Mahakala) will be constructed by John Simpson, Thomas Matsuda, Tenzin Rigdhen, graduate students, undergraduates and volunteers to be the centerpiece of this shrine room.

For more information, contact John Simpson, (413) 545-3394 or e-mail: simpson@acad.umass.edu ■



Right: *Green Tara* (Photo: Joan Simpson)

Below: *Black Mahakala Shrine Room* (Photo: Peter McDonald)



### SETTLING INTO AMERICA

Continued from page 2

ally that excited though, because when my name was chosen, I was working in Dharmasala and I didn't really want to leave my job. I just thought, "Oh, it's okay." I'd seen a lot of Americans coming into the CTA office and a lot of American volunteers were working in the loan office with me, so I already knew some Americans.

**J:** What did you think America would be like?

**K:** I didn't have any imagination about that, really! I didn't have any kind of image of America, but I knew it was probably going to be like any country, where you have to work, make a living, things like that. Other people really get excited about America, they think it's the "land of opportunity," you know. They think that in America you can pull money from trees—that dollars are growing on trees... Me, I didn't have too much imagination like that!

**J:** You were married when you came here?

**K:** No, I met my wife living here in Ithaca. I came here in July 1993 and we met shortly after. It's already been five and a half years! You see, my wife was also chosen to come and resettle in America also. We were both chosen and we both came here to Ithaca. Then we met, we fell in love, got married, and now we have a daughter...

**J:** You had the first Tibetan child in Ithaca, right?

**K:** Uh-huh. Actually, she is the first Tibetan child born in this whole region! My wife and I named her Tenzin Kunsang, Tenzin meaning "the one who protects the Dharma" and Kunsang meaning "always very kind." She just turned three years old this New Year's Eve.

**J:** Okay, now that I know a little about your family life, how did you come to work at Snow Lion Publications?

**K:** Oh, Snow Lion! I remember seeing Snow Lion newsletters at the Tibetan Library of Works and Archives when I first started working at the Planning Council. That's how I knew of Snow Lion originally. How I actually got my job? Let's see... I knew Scott (Palmer, former Snow Lion employee), and Scott helped me find the job. Scott stayed with me and my wife for a while and he was working at Snow Lion. I asked him if they needed

any help over there. One day, someone from Snow Lion called for me and said, "We have a position open now. Are you still interested?" and I said, "I'll take it!"

**J:** What do you do here at Snow Lion?

**K:** I first started as a shipper. Now I do purchase ordering. I order new titles and work to keep backorders as up to date as possible. I guess my official title is "procurement agent," like it says in the newsletter. I also have another job here in Ithaca. I work part time as a waiter for the [world famous] Moosewood Restaurant. Working at Moosewood is totally different than working at Snow Lion. Over there when you're waiting tables, it's like putting your patience to the test. There are so many crazy customers to deal with! (laughter) I also worked for the Tibetan Association of Ithaca for three years as treasurer, maintaining the association's accounts, collecting funds... We've been working really hard in the past few years to increase America's awareness of the situation in Tibet. As treasurer I tried to help the association as much as I could. We organized a number of events such as the annual Week of Tibet, selling movie tickets to the general public for "Seven Years in Tibet" and "Kundun," and other related events. Things like these help to open people's eyes to the real situation between Tibet and China. We try to do things like that which will bring more awareness to people. I think education is important. My sister and I seem to feel very similar on this point. She became a school teacher at the same place where I went to school (Central School for Tibetans at Bylakuppe). She also has two children and we've been trying to have them sent here to America so they can get a superior education.

**J:** You keep in contact with your sister?

**K:** Yes, we talk to each other pretty often. Actually, I'm thinking of bringing her over here to America to visit. I got a letter from her the other day and she was saying, "I want to see America very soon. That country is so popular over here." Everybody in the Tibetan community in India talks about America. Everybody is trying to come over to America. So when I get citizenship (naturalization), in about two or three months, I'd like to

bring her over here to visit.

**J:** Karma, you seem to have adjusted pretty well to living here in America, but what do you see in the future for the younger generation of Tibetans here?

**K:** Oh, I think it's going to be a challenge for them. For my generation, it's been a hard time for us, a challenge for us. We have to keep up with the older generation, with our own culture, and also we have to pick up things from this new world. Our time is going to be mostly work. Our children, their time should be focused on becoming well-educated. I know this.

**J:** How do you know?

**K:** I think the only thing they will have to do in the future is study very hard. My generation was the first to come to this country. We are laying the foundation for the next generation. Once this is accomplished, our children will have the time it takes to study and become well-educated. You see, now that we are in America, there is much more emphasis on education. I want my own daughter to be able to take advantage of this fact.

**J:** Karma, what are your views on Buddhist practice regarding the upcoming generation of Tibetan-Americans?

**K:** I really cannot say what will happen, but it seems the Buddhist thought, the Buddhist practice among Tibetans in this country now, it's fading! There are a lot of reasons for this, though. The first is that everybody is extremely busy working, trying to make money—everybody—even in Ithaca, this very small county. Tibetans are trying to work long hours—a full time job plus a part time job. The little time they have left over they need to spend with their family, and, of course they have other things that they have to do too. There we go! We don't have any time for Buddhist practice! For example, myself, I live very close to the monastery, but I don't really see the monastery unless there's a gathering there! It's sad, I think... but you know, trying to live your own life well and giving help to others is also a part of Buddhism, and that's how I try perform my daily practice. Buddhist practice doesn't necessarily require wearing robes, reciting huge sutras and living in a monastery. Even if you aren't doing those things you can still practice.

**J:** Do you think American society is a danger to Buddhist thought?

**K:** No, I don't think so. It's not American society. The practice is an individual thing, society isn't the main factor—the practice depends upon the individual. It's their own choice. People can do what they like depending on their own needs.

**J:** What do you think about the situation in Tibet right now?

**K:** In Tibet? Oh, I believe things are very tense right now. I was in New York City a few days back and I met a Tibetan who recently came from Tibet and he said lots of the Tibetans, the Tibetan youth especially, are just hanging around, playing pool, you know... not knowing what to do with themselves! The culture is... well, I don't know why the Chinese don't like Tibetan Buddhism, why they want to destroy Buddhism. So for me, Tibet being an autonomous region of China is fine, it might be an okay solution, but it seems like they could leave our religion as it is!

**J:** Do you feel hopeful about Tibet's future?

**K:** I don't know how I feel about it. I don't know what is going to happen, but I always pray for the best for all Tibetans in Tibet, India, Nepal and everywhere.

**J:** Karma, is there anything you would like to say in closing?

**K:** Yes, I would like to thank Snow Lion for this opportunity, and also for the opportunity to spend my days working for the dharma. Good wishes to all. Save Tibet.



### KUNGA NYIMA

Kunga Nyima, who works in the shipping department at Snow Lion spent most of his youth in Lhasa, Tibet. He is trained in carpentry and learned tailoring from his father, Gyeten Namgyal, the former tailor of the 13th and 14th Dalai Lamas and creator of the first Tibet National Flag. Kunga is married to an American woman and they have twin daughters.

**Kunga Nyima:** I was born in Lhasa in the year of the metal pig. The American year was 1971, I think. Yeah, that's right, my papers say I was born on the 15th of August, 1971. I lived in Lhasa until I was twelve years old in American years, thirteen in Tibetan years.

**J:** Kunga, you are the only Tibetan at Snow Lion who actually grew up in Tibet. What was it like growing up in Lhasa? What do you remember?

**K:** Oh, I remember lots of things—

(Continued on page 5)



## Days Not to Hang Banners or Prayer Flags



We have received many requests for continued information about the astrological dates to avoid when first hanging banners or prayer flags. When you put these up to bring success on the wrong astrological dates, you will continuously receive obstacles. For as long as the banners or prayer flags last, obstacles will continuously arise:

\*10th and 22nd of the first, fifth, and ninth (Tibetan) months

\*7th and 19th of the second, sixth and tenth months

\*4th and 16th of the third, seventh and eleventh months

\*1st and 13th of the fourth, eighth and twelfth months

The inauspicious days converted to the Western Calendar for 1999 until the end of the current Tibetan year. Please note that the Tibetan calendar has, to our way of thinking, certain peculiarities—months and days can repeat and days can be skipped. The calendar from Rigpa (see New Items section) marks these days. See list to right.

This calculation is easy to do if you have a Tibetan calendar (available at the time of the Tibetan New Year), and save the formula of the months given here. Just look up the date of the Tibetan month and see the corresponding Julian calendar date. This list is also on our website: [www.snowlionpub.com](http://www.snowlionpub.com) ■

1	10th:	Feb. 25, 1999
	22nd:	Mar. 9
2	7th:	Mar. 24
	19th:	Apr. 4, 5
3	4th:	Apr. 19
	16th:	May 1
4	1st:	May 16
	13th:	May 27, 28
5	10th:	June 23
	22nd:	July 5
6	7th:	July 19
	19th:	Aug. 1
7	4th:	Aug. 15
	16th:	Aug. 27
8	1st:	Sept. 10
	13th:	Sept. 23
9	10th:	Oct. 19
	22nd:	Oct. 31
10	7th:	Nov. 15
	19th:	Nov. 26
11	4th:	Dec. 11
	16th:	Dec. 23
12	1st:	Jan. 7, 2000
	13th:	Jan. 19

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## 1999 North American Teaching Schedule of Chögyal Namkhai Norbu



### July 30-August 1, 1999—New York City

July 30 7:30pm  
July 31-Aug 1 2:00pm  
New York Blood Bank  
Tel: 718-398-0584  
[edw\\_goldberg@hotmail.com](mailto:edw_goldberg@hotmail.com)

### August 4-8, 1999—Conway, Massachusetts

Tsegyalgar  
*Teachings on Principles of Dzogchen*  
Tel. 413-369-4153  
Email: [74404.1141@compuserve.com](mailto:74404.1141@compuserve.com)  
*Advanced Yantra Yoga & Vajra Dance*  
Courses TBA

### August 13-15, 1999—Chicago, IL

*Teachings on General Awareness & Dream Practices*  
Contacts: voice mail: 847-475-4948  
Fax: 847-853-1667  
Email: [lynnsuth@aol.com](mailto:lynnsuth@aol.com)  
Website: [www.tashi.org/chicago](http://www.tashi.org/chicago)

### August 20-22, 1999—Houston, TX

Dawn Mountain Temple  
Contacts: 713-222-2331  
Email: [anne@dawnmountain.org](mailto:anne@dawnmountain.org)  
Website: [www.dawnmountain.org](http://www.dawnmountain.org)

### August 27-29, 1999—Santa Fe, NM

Contacts: 505-466-4280  
505-473-7176  
Email: [jcasilio@ix.netcom.ocm](mailto:jcasilio@ix.netcom.ocm)

### September 9-12, 1999—Pagosa Springs, CO

Tara Mandala  
September 9—Dedication of Stupa  
September 10-12—Teachings  
Contacts: 970-264-6177  
Email: [75402.1127@compuserve.com](mailto:75402.1127@compuserve.com)  
Website: [www.taramandala.com](http://www.taramandala.com)

### September 23, 1999—San Francisco, CA

Location and time TBA  
Contact: 510-524-0933  
Email: [carol.fields@ucop.edu](mailto:carol.fields@ucop.edu)

### September 24-28, 1999—Lake Tahoe, CA

West Coast Dzogchen Community  
Tel. 510-559-9753  
Email: [garuda@ix.netcom.com](mailto:garuda@ix.netcom.com)

### October 8-10, 1999—Portland, Oregon

World Forestry Center  
Contact: 503-284-1448

### October 15-17, 1999—Malibu, California

Cottontail Ranch  
West Coast Dzogchen Community  
Contact: Stephanie Denyer  
310-397-6605  
Email: [chiara@melong.com](mailto:chiara@melong.com)

### October 27-31, 1999—Hawaii

*Teachings on General Awareness & Dream Practices*

Contact: 808-328-2216  
Email: [jerene@aloha.net](mailto:jerene@aloha.net)  
Website to register:  
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## Dharma Works

### FIFTH WESTERN BUDDHIST MONASTIC CONFERENCE

by Bhikshuni Tenzin Kacho

The fifth conference for Western Buddhist monastics will be held June 4-6, 1999, at Shasta Abbey in northern California. These conferences provide space and voice to the special needs and concerns of Western monastics in adapting and integrating our lifestyle in the West. We bring together wisdom learned in different traditions and share the traditional and often-remarkable experiences we have had with our teachers and in our training. Topics for presentation or discussion this year include: being in community and being in solitude; the balance; developing your fullest potential and expression within monastic life; developing monastic leadership, pastoral care, counseling and teaching skills; teacher/disciple relationships; the role of Western monastics in teaching ethnic Buddhist children; Buddhist monastic interfaith dialogues; and Medical, insurance and aging concerns of monastics. Shasta Abbey is graciously hosting the event for the second time and there are a limited number of spaces available. We invite ordained, celibate Western monastics in all Buddhist traditions to attend our conference.

Past conference attendees have come from Chinese, Japanese, Korean, Thai, Tibetan and Vietnamese Buddhist traditions. We encourage representation from all traditions so we can all broaden our learning and understanding.

The original conference idea was the inspiration of Ven. Jigme Palmo, an American in the Tibetan Buddhist tradition who now studies with Ven. Geshe Losang Tharchin and Ven. Geshe Michael Roach and works for Tibet Fund in conjunction with the Office of Tibet in New York.

If you are an ordained celibate Western monk or nun in a Buddhist order, or have been seriously contemplating ordination and would be interested in attending our conference, please send your name, e-mail and/or postal address and phone number to Tenzin Kacho at 1130 No. Cascade Ave. #UR, Colorado Springs, CO 80903-2366 or e-mail: [tenzinkacho@juno.com](mailto:tenzinkacho@juno.com) for further information. Many monks and nuns live a very simple life with a limited income. If you are interested in helping a monastic to attend the event, please contact me at the above address. ■

### SETTLING INTO AMERICA

Continued from page 3

Lhasa was really different from Dharamsala. In Lhasa, everyone lived in what we call a "shoong gorah". That's a group of houses formed in a circle, where the houses face the middle. You would turn off the main road and walk down the alleyway and then you'd arrive in the center of the shoong gorah. My family stayed in the house straight across from the alleyway, the middle house. All the houses had flat roofs and I remember that around Losar (Tibetan New Year, mid-February by the American calendar) everyone who lived in the shoong gorah would go up on the roofs to celebrate with potluck dinners and dancing... that was on the third day of Losar.

**J:** And on the first and second days? What do you remember about those?

**K:** Traditionally on the first day we would all go out and circumambulate Jokhang Temple in the early morning. Then everyone went back home to play games, eat food, have fun with their family... it was really exciting to be a kid then because you would get presents, and people would stuff money in your pockets... it was lots of fun. Anyway, that first day is the day when people would go around to different homes, wishing everyone "Tashi Delek" ["Good Luck (in the New Year)"]. On the second day we would visit friends, and of course they all made lots of really good food....

**J:** And on the third day the celebration moved outside?

**K:** Yeah, on the third day everyone would hang prayer flags all over. There were hundreds of prayer flags everywhere you looked. The third day was a huge celebration. People danced, ate lots of food, drank lots of chang (barley wine), celebrated... On that day everyone would go outside and do what we call "Lingkor," circumambulations of the entire city of Lhasa. Then, we would gather with our family and friends on top of a special, sacred mountain where we would do an incense puja (offering).

Everyone would bring baskets of fresh incense and handfuls of tsampa (roasted barley flour) to throw up in the air afterwards as an offering.

**J:** What else do you remember about that time?

**K:** I remember one time in Lhasa the Panchen Lama came, and we all went to get blessings from him. That was the 10th Panchen Lama, you know,

the one before the present incarnation. Well, when we got to the temple, it was extremely crowded and we waited in line for a long time to see him. When we finally got to the front of the line, he gave us blessings and a red protection cord to wear around our necks. I was only a little kid, so I don't remember the details so well....

**J:** Did you also go to school in Tibet?

**K:** Yeah, I went to a school called "Mang-tso Lop-dra". That was its Tibetan name, in Chinese it was "Hwee Tung Sho Shway". It was a Tibetan school, and we were taught to read and write Tibetan and Chinese. Something kind of weird about that was that we were only taught Chinese history

there, nothing about Tibet's history at all. I had no idea that the histories of Tibet and China were different from each other when I was in school. I remember rooting for Chinese sports teams, thinking that we were all from the same country. Only later, when I

(Continued on page 16)

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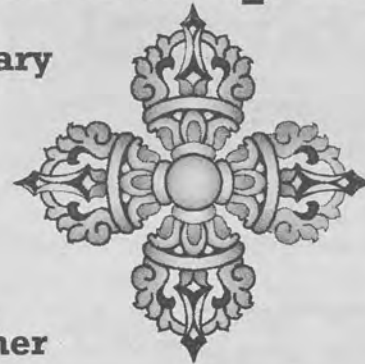
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## 1999 Ligmincha Institute Summer Retreat at Serenity Ridge

This summer's program will be led by two wonderful teachers: His Holiness Lungtok Tenpa'i Nyima, the Abbot of Menri Monastery and the most senior lineage holder of Bon, and Geshe Tenzin Wangyal Rinpoche, the founder of the Ligmincha Institute and the author of *Wonders of the Natural Mind* and *the Tibetan Yogas of Dream and Sleep*. Kyongtrul Rinpoche, a senior teacher at the Dialectic School at Menri, will again be accompanying His Holiness.

We will receive the inspirational biographies of the twenty-four Masters of the Oral Transmissions of Zhang Zhung. The teachings of these enlightened Dzogchen masters are synthesized into poetic, experiential key works which transmit the pith meditative instructions of Dzogchen, the AGreat Perfection teachings.

We will also continue our study of the Bon Mother Tantra, this year emphasizing the bardo (intermediate states) and the practices of the elements (tsa-lung). His Holiness and Tenzin Rinpoche plan to teach both of these cycles throughout the three weeks of our retreat.

Throughout the retreat, there will be meditation instruction and guided practice sessions for students at all levels of experience. Tenzin Rinpoche strongly recommends that newcomers attend the first week as special arrangements will be made for introductory instruction.

For more information, please contact Ligmincha Institute, P.O. Box 1892, Charlottesville VA 22903. Tel. (804) 977-7020, fax (804) 977-7020. Email: ligmincha@aol.com website: www.comet.net/ligmincha ■

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### HH Drubwang Pema Norbu Rinpoche

is one of the foremost masters and Supreme Head of the Nyingma School of Tibetan Buddhism. He holds all the lineages of the Nyingma Kama and Rinchen Terzod traditions and is the principal lineage holder of the Nam Chö, or "Space," Dzogchen treasure tradition. He is the Founder and Chief Rinpoche of the Palyul Namdroling Monastery situated in Mysore, South India and inhabited by over 1800 monks. He is the eleventh throne-holder of the Palyul mother monastery in Tibet, one of the six main monasteries of Nyingmapa school.



### Khenpo Tsewang Gyatso Rinpoche

is one of the three senior Khenpos at Ngagyr Institute in Bylakuppe, India. He has trained with His Holiness Dilgo Khyentse Rinpoche, His Holiness Dudjom Rinpoche, as well as His Holiness Penor Rinpoche. Khen Rinpoche's fluent English, quick sense of humor and deep insight into the Western mind makes him a welcome interpreter of His Holiness' teachings into the English language.

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Tsa Lung instructions detail the practices of utilizing one's channels and vital energy via the breath. The practice includes yogic techniques of the purification of the channels and inner air and consists of many physical exercises. The pre-requisite for attending this retreat is completion of Ngondrö. Please see the flier for more details. A full month's stay is required for those who wish to take this course of study.

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## Awakened Mind 1999

### PROGRAMS WITH VEN. BOKAR RINPOCHE CANCELLED

Due to the cancellation of his trip to the west, retreats with Bokar Rinpoche scheduled for this summer will not be held.

**Alternate Programs:** KCC and other centers nation-wide will offer Awakened Mind retreats for new and continuing practitioners this summer. Bokar Rinpoche will present his annual seminar in India, beginning about November 24.

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### SUMMER SESSION, 1999

Namgyal Monastery has a regular full session of summer courses for the six week session beginning on June 1 (and running through July 9) one weekend intensive the weekend of June 11-13, a full week retreat the week of July 18-24, and a special preparatory retreat for Kalachakra Initiation from July 29-August 1. To register for any of these events, please contact Namgyal Monastery at 607-273-0739, or visit our website at [www.namgyal.org](http://www.namgyal.org).

Deadline for regular summer course registration is May 25. Registration for summer retreats is ongoing, but space is limited and advance registration is suggested.

#### REGULAR SUMMER CLASSES

(Six week summer session June 1-July 9, 1999)

##### Literary and Spoken Tibetan I

(meets 5x per week) M-F 8:00-8:45 A.M.

Instructor: Ven. Salden Kunga

Tuition: \$195

This class is an introduction to the modern Tibetan language in both its spoken forms. Students learn basic grammar and develop speaking and comprehension proficiency through extensive use of drill and conversational practice with the native speaker instructor. The goal of this course is to lead the student to a working proficiency in the spoken modern language and a thorough grasp of its basic grammatical structures after a full year of instruction. Students with no previous background in Tibetan are invited to enroll in this class.

##### Literary and Spoken Tibetan, continued

(meets 2x per week) Tues. Thurs. 9:00-9:45 A.M.

Instructor: Ven. Salden Kunga

Tuition: \$85

This course is a continuation of the Literary and Spoken Tibetan I, and is open to those students who have completed the sequence of beginning language courses taught during 1998-1999 academic year, or the equivalent.

##### Intermediate Conversational Tibetan

(meets 2x per week) Tuesday and Thursday 8:15-9:00 A.M.

Instructor: Ven. Tenzin Gephel

Tuition: \$85

This course has a prerequisite of at least one year of Tibetan language study. Permission of the instructor is required to attend this course. Some students may select to enroll concurrently in Literary and Spoken Tibetan, continued (above by Ven. Salden Kunga) and will be given a joint tuition cost of \$350 if enrolling in both courses during this summer session.)

##### Meditation and the Nature of Mind

Instructor: Ven. Tenzin Gephel

Tuition: \$55

Mondays, 7:30-8:45 (Course will not meet the week of June 27)

#### SUMMER RETREATS

##### Placing One's Foot on the Path: A Guide to Establishing Buddhist Meditation in One's Daily Life

June 11-13, a weekend intensive

Cost: \$135

This weekend intensive explores the fundamentals of establishing a Buddhist practice in one's daily life. Through lectures, discussion and meditation, participants will explore the challenges and benefits of a daily meditation practice, and the endless occasions for putting the clarity of mind arising from this practice into concrete practice in daily life to overcome anger and fear, maintain equanimity of mind, and offer compassion and assistance to other sentient beings in all that we do.

##### Get Acquainted with Namgyal Retreat

July 18-25, 1999

Cost: \$490 (includes room and board) \$250 deposit by July 5 required to hold space; thereafter on a space available basis.

This retreat, our most popular annual event, offers a thorough introduction to meditation in the Tibetan Buddhist tradition, core doctrines and practice in the tradition concerning suffering, the nature of mind, overcoming attachment and anger, spiritual discipline, and the value of spiritual cultivation and a daily meditation practice. In addition to meditation sessions and dharma sessions with the monks of Namgyal Monastery, the retreat will also feature lectures, films and discussions about aspects of Tibetan culture, Tibetan Buddhist debate, and lectures with several western teachers of the Buddhist tradition, to explore some of the issues arising in the movement of Tibetan Buddhism out of a solely Tibetan context into the West. This retreat will help inspire you to live happily with your ability by understanding the reality of life while learning practical ways to cultivate your own Buddhist practice. There are many opportunities for individual sessions with the head teachers of Namgyal Monastery to discuss your own personal practice.

##### Introduction to Kalachakra

July 29-August 1, 1999

Cost: \$210

Kalachakra teaching is unique in the Buddhist tantric tradition. It also has very powerful methods for developing peace of mind as well as peace in the world. The Dalai Lama has often given teachings on Kalachakra. It has become a foundation practice in Tibetan Buddhism throughout the tradition. In order to study and practice the unique paths of Kalachakra, we need to first receive the Kalachakra initiation, which gives us permission to practice and also empowers us so that our practice will be successful. This year, from August 17 through the 25th, His Holiness the Dalai Lama, will bestow the Kalachakra Initiation in Bloomington, Indiana. The monks of Namgyal Monastery, the private monastery of the dalai lamas, have preserved and specialized in the Kalachakra tantra since the time of the seventh Dalai Lama.

This weekend intensive is an excellent preparation for those wishing to take Kalachakra initiation, as well as an opportunity to deepen and expand one's own Buddhist practice.







# Thangka Conservation

by Ann Shafel

Conservation of thangkas has been my major work since 1971. My approach to the conservation of thangkas is based on a combination of current scientific knowledge combined with traditional respect and training. I was trained as a thangka painter as well as an Art Conservator. My own Buddhist meditation practice began 30 years ago.

Who sends thangkas for me to work on? The thangkas are owned by monasteries, great Buddhist teachers, major museums, private collectors and individual Buddhist practitioners. Their approaches to handling their thangkas vary greatly; as does the age, style, iconography and condition of each thangka that arrives for conservation.

When a thangka arrives at my laboratory for conservation treatment, I thoroughly document its condition with a lengthy written report and technical photography. Written and photographic documentation is continued throughout the actual conservation treatment.

Because my clients' approaches to their own thangkas are so diverse, communication with the owner of the thangka is essential before treatment begins, during the actual work and beyond. I provide the owner with suggestions for the care of each individual thangka and answer any questions they might have about safe procedures for handling, packing, transport, and environmental conditions. Preventing damage is of utmost importance.

For example, a monastery in Sikkim would require different advice on thangka care than a major museum in San Francisco, or an American Buddhist who has one thangka in a home shrine room. I am often asked to travel to advise on thangka collections *in situ*.

Thangkas come to my laboratory in many forms. Some arrive complete with painting, mounting, cover, dowels and decorative dowel knobs. Some arrive simply as paintings with no mountings.

The relation of a thangka's painting to its mounting is interesting. Sometimes, there are notations on the mountings which provide valuable information about the artist, the monastery and the thangka's original location in the shrine hall. It is often possible to ascertain if the current mounting is in fact the original mounting for a picture panel. Carefully look on the edges of the painting support where several rows of stitch holes can indicate that the mounting has been changed. Tailors have been known to sew second or third mountings with a window so small that it covers sections of the painting composition, for example, covering the hat of the top central lineage figure.

There are many interesting things about every thangka. I truly love my work. Conservation of thangkas is delicate and labor-intensive work. Each thangka is unique, and each conservation treatment is designed for the specific thangka presented to

me by its owner. Every thangka is worthy of care.

Ann Shafel, MSc, MA is an Elected Fellow of the International Institute of Conservation, the American Institute of Conservation and a member of the Canadian Association of Professional Conservators. Ann holds the MA degree in Asian Art (thesis on Buddhist iconography), the MSc in Conservation, and a Conservation Certificate from UNESCO in Rome. She became interested in thangkas while in elementary school. She is considered a worldwide expert on the conservation treatment of thangkas, and has worked on thangkas at major monasteries and many major museums including the Asian Art Museum of San Francisco, Nelson-Atkins Museum, and the American Museum of Natural History. Ann is also a practicing Buddhist.

Please feel free to contact Ann with any questions concerning the care of your thangka: tel. 902-422-2327. ■



Above: Ann working on a thangka in her laboratory.

Below: In a Himalayan monastery, these thangkas are stacked on an empty throne. Their own weight is cracking the cloth support and causing the ground and paint layers to crumble. The thangkas will be put away for storage in moldy trunks. In many traditional monasteries in Asia, thangkas are regarded with respect but handled and stored and displayed in conditions which eventually cause serious damage.



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## What About Teachers?

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**H.H. SAYKYA TRIZIN & RATNA VAJRA RINPOCHE INTERVIEW**  
Continued from page 23

have to do a daily sadhana.

**L:** So people need to be prepared to make a serious commitment then?

**RVR:** Serious commitment—in the sense that people have to do practice daily. But someone may receive the Triple Vision teachings and not whole path, that is also okay. I mean, if you

don't receive the initiation, just the Triple Vision teachings, then you don't need to do the daily sadhana.

**L:** It is a great honor or special and extraordinary blessing to be able to receive the teachings from His Holiness. Could you comment on that?

**RVR:** His Holiness is a great master. He is born as a member of the Khön lineage and we believe that he is an emanation of Manjushri and also of Padmasambhava. There is no contradiction in being an emanation of Padmasambhava and Manjushri, as both of them are in reality Buddha. He is also a very great and learned master. He showed extraordinary abilities when he was very young, which ordinary people cannot do at that age.

For example, he undertook the Hevajra retreat when he was eleven years old, I think, for about 8 months, waking up at about 3 o'clock in the morning, and doing practice until night. So, it indicates that he is not just an ordinary person. When he was born, there were many auspicious signs that appeared.

I think his guru prophesied that he was a great master. He is also the one who keeps the Collection of Tantra teachings alive. Nowadays, it is difficult. There are not many great teachers who have received Collection of Tantra teachings and initiations. He is one of them. There are great teachers who have received all, but they are old, so they cannot bestow again. But, he can bestow the teachings, so he is the one who has kept the Collection of Tantra lineage alive.

**L:** And I think it is special for the West, as he speaks English too.

**RVR:** Yes, he can speak English. And many westerners say that his explanations are very clear.

**L:** Is there anything more you would like to say about the teachings for people who are going to receive them?

**RVR:** Yes, I think it is a very, very great opportunity to receive the profound Lamdre teachings from a very great master. Because the present time is a time of degeneration, it is very rare to receive Lamdre teachings and it is very hard to meet a great teacher too. Nowadays, there are many, many causes and conditions that lead us in a wrong way and interrupt our practice.

So, in order to practice well, it is important to have a teacher. Without a teacher we cannot practice properly. You cannot practice teachings just by reading a book, without meeting a good teacher or without having a good guide. How can we practice? So, it is important to have a teacher. And it is important not just to meet the teacher, but also to receive profound instructions from a good teacher. And as we have this opportunity, it is important to receive the Lamdre teaching.

For more information on this teaching event, please contact Sakya Tsechen Thubten Ling. Tel: (604) 244-8439; Fax: (604) 275-8933; email: sakya@vcn.bc.ca; web site: <http://www.vcn.bc.ca/sakya>; address: 9471 Beckwith Rd., Richmond, B.C., V6X 1V8, Canada. ■

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His Holiness Chetsang Rinpoche is the 36th Successor of Lord Jigten Sumgon - Founder of the Drikung Order of Tibetan Buddhism. He is considered to be an emanation of Chenrezig, The Lord of Great Compassion. After a miraculous escape from Tibet in 1975, walking



alone through the Himalayas to India, His Holiness has worked tirelessly, benefiting beings in countless ways. He has re-established the Drikung Kagyu lineage preserving the spirit of the teachings of compassionate action, and has founded many centers throughout the world.

### ❖ H. H. Drikung Kyabgon Chetsang Rinpoche - 1999 Boston Teachings ❖

Friday, June 18  
7 p.m.

Saturday, June 19  
9:30 a.m. - 12 noon

Saturday, June 19  
2:30 p.m. - 5:30 p.m.

Sunday, June 20  
2:30 - 5:30

Monday, June 21  
6:30 p.m. - 9:30 p.m.

Tuesday, June 22  
6:30 p.m. - 9:30 p.m.

**Public Talk : Bodhicitta - The Mind of Enlightenment**

Bodhicitta is the essence of compassion and the heart of the Mahayana path.

**Vajrasattva Empowerment and Bodhisattva Vow**

Vajrasattva is the Buddha of purification.

Bodhisattva Vow establishes the commitment to benefit others.

**Mahamudra Empowerment, Teachings, and Retreat**

Mahamudra is the profound practice of realizing the true nature of mind.

**Mahamudra Teachings and Retreat Continues**  
empowerment required

**Vajra Yogini Empowerment and Teachings - Short Sadhana**

Embodiment of wisdom, Vajra Yogini is the manifestation of enlightened energy.

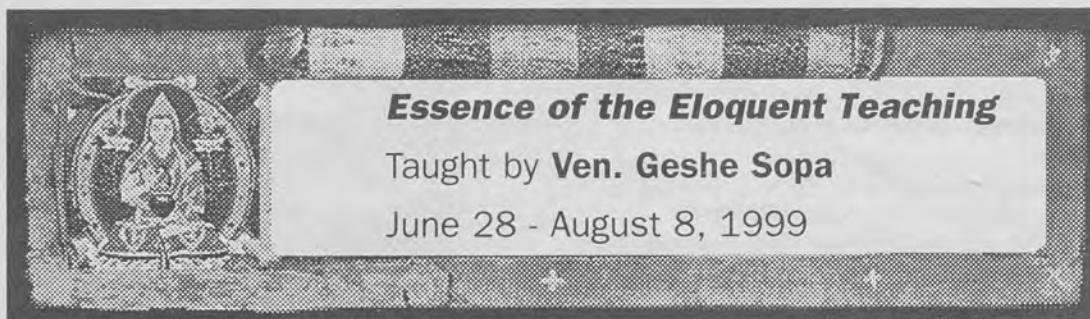
**Lord Jigten Sumgon Empowerment and Tsok Offering Puja**

Lineage founder, Lord Jigten Sumgon is the incarnation of Arya Nargarjuna

Public Talk : North Prospect Church, 1803 Massachusetts Avenue, Porter Square, Cambridge

All Other Events : First Parish Church, 3 Church Street, Harvard Square, Cambridge

For information and registration call (617)776-0026, (617)776-8360 or see [www.tiac.net/users/drikung](http://www.tiac.net/users/drikung)



### ***Essence of the Eloquent Teaching***

Taught by **Ven. Geshe Sopa**

June 28 - August 8, 1999

Venerable Geshe Lhundub Sopa will teach the entire *Essence of the Eloquent Teaching (Legs bshad snying po)* of Je Tsongkhapa at Deer Park Buddhist Center in Oregon, Wisconsin. Lectures will be given twice daily, from 10:00 am to noon and from 2:00 pm to 4:00 pm, Monday — Friday.

For further information send your name, e-mail address, mailing address, and telephone number to: Prof. John Newman • Email: [newman@sar.usf.edu](mailto:newman@sar.usf.edu)  
New College - Humanities • 5700 North Tamiami Tr. • Sarasota, FL 34243 USA  
[www.deerparkcenter.org](http://www.deerparkcenter.org)

## Medicine Buddha Retreat



## with the Very Venerable Thrangu Rinpoche

June 9-16  
near Seattle, WA

*In this rare event, Thrangu Rinpoche will teach the Medicine Buddha sutra and the Medicine Buddha sadhana. Participants will have the opportunity to study and practice intensively these teachings, which promote healing. Thrangu Rinpoche is a highly accomplished meditation master and one of the foremost teachers of the Kagyu lineage. His teachings are known for their great clarity, warmth, and humor.*



Cost is \$395 (food, lodging and registration) for those who register before April 15, 1999. After April 15, cost is \$450.

To register, contact  
Kagyü Shenpen Ösel Chöling  
4322 N Burke, Seattle, WA 98103  
206.632.1439



## 4th Vajravidya Maine Retreat



### Venerable Thrangu Rinpoche teaching on **The Ocean of Certainty** July 17-25, Topsham, Maine

The Venerable Khenchen Thrangu Rinpoche, one of the foremost teachers of the Kagyu lineage of Tibetan Buddhism, will teach on the Mahamudra text *The Ocean of Certainty* (Ngedon Gyatso) by the ninth Karmapa, Wangchuk Dorje.

Cost: \$470 including meals and lodging. Space is limited; preregistration is required. Call or write Sheila Denny-Brown, HCR 77, Box 164A, Hancock, ME 04640, (207) 422-3367 or E-mail Cindy Cochran at MEDharma@palermo.org.

## A Thousand Books of Wisdom

The Asian Classics Input Project is pleased to announce the release of *A Thousand Books of Wisdom*, an unprecedented collection of over 50,000 pages of sacred woodblock art and manuscripts, including hundreds of never-before-released images from the Buddhist hermitages of Mongolia and Siberia.

These images include special seals that were carved in stone and wood over the last 300 years, and stamped onto woodblock manuscripts that found their way into the personal collections of the Russian tsars. After the Russian Revolution, these manuscripts were hidden away in store-rooms in St. Petersburg, and left essentially untouched during the entire history of the Soviet Union.

Members of the Input Project, a collaboration of dedicated Tibetan refugee monks and young Americans from the Greenwich Village area of New York City, have spent the last 5 years combing more than 60,000

books in the woodblock collection of the Russian tsars to assemble this new CD-ROM. The CD works in any IBM-compatible home computer and includes special software for viewing and searching the images and books.

For the scholar, the CD-ROM includes the complete text of over 1,000 source books from the ancient Buddhist canon and later commentaries; extensive research tools and catalogs; and Tibetan and Sanskrit language aids for studying the original texts. The books are accessed from the screen and through a highly innovative menu system that breaks down the entire sacred literature of Tibet into standard subject categories.

The work of typing these thousands of pages into the computer has been accomplished by hundreds of dedicated Tibetan monks and nuns, and at special training centers for rural Tibetan refugee women, in refugee camps all over India, with support from a group of American corpora-

tions and foundations.

The new CD-ROM can be ordered in three different ways. The deluxe package includes an 800-page user manual and catalog together with the CD-ROM, and a \$32 donation plus shipping is requested to help defray costs. The standard package contains a CD-ROM with the user manual and catalog included on the CD itself; a donation of \$6 is requested for this package.

These packages can be supplied without charge, upon request, to needy parties such as Tibetan refugees. All the materials are also being made available without charge by direct download through the ACIP website at [www.asianclassics.org](http://www.asianclassics.org). For more information, please contact Dr. Robert J. Taylor, Assistant Director, ACIP Washington DC Area Office, 11911 Marmory Road, Gaithersburg, Maryland USA 20878-1839; fax (301) 349-2623; or email at: [r.taylor@ix.netcom.com](mailto:r.taylor@ix.netcom.com). ■



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## Snow Lion News for the Visually Impaired

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



# Vajrayana Foundation

## Eleventh Annual Summer Retreat June 9 - July 8, 1999

### Throma Nakmo

The Wrathful Black Dakini  
(June 9 - 16)  
(June 24 - July 8)

*The heart essence of Dudjom Ligpa's treasures, the cycle of the dakini practice of Throma contains the entire path of the Great Perfection. Through this cycle thirteen of his disciples attained rainbow body. The beautiful melodies of Throma, given by the dakinis, cause liberation through hearing. The sadhana itself is condensed, simple, and is ideally suited for Westerners*

### Drupchen

Collection of Seven Treasures:  
Mind Accomplishment of the Lama  
(June 17 - 23)

*A Guru Yoga retreat using an expanded and extensive ceremony, including chanting, dancing, and the rotation of practice sessions to keep the mantra of Padmasambhava going continuously day and night for seven days. H.H. Dudjom Rinpoche combined seven lineages together in one text. Through the accomplishment of this practice one is able to accomplish all seven lineages together.*

### Children's Dharma Retreat

(June 9 - July 8)

*Children will learn the basic teachings of Vajrayana Buddhism in a beautiful retreat setting. They will have the opportunity to practice meditation and study Tibetan art and ritual, as well as the freedom to play and learn. Pema Osel Ling has acres of beautiful hiking trails for exploring the natural wildlife of native California and a large lap pool for swimming.*



Lama Tharchin Rinpoche  
Tibetan Meditation Master

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# TRANSFORMATION THROUGH ART

Continued from page 1

and water below, it turned out to be about 12 inches high by 10 inches wide. When I finished it, I sent it to my teacher and he hung it on his wall and wrote back to me with a simple message to do this work. I had also asked him how to develop patience, so he told me to repeat something 108,000 times, which is a very typical Tibetan Buddhist idea. That was the final piece of the puzzle for me as to how large the picture should be. It would have to have at least 108,000 stitches. That equated to around 15 square feet. I started work on the thangka immediately. That was June of 1976. My Lakota friends were amazed that someone would be crazy enough to do a piece of beadwork that large. They would come by and sit on the bed next to me and watch me in silence as I beaded on my newly made wooden frame roller that could hold the canvas tightly so I could work. I didn't have any money and beads were relatively hard to come by because they had to be ordered and it could take months for an order to be processed, sent, and delivered back to the prison. I was making five dollars a month at the dairy. Soon after I started, a strange and truly wonderful thing started happening. I would come back from work and find a small package of beads sitting on my bed. There was never a note or explanation as to where they came from, but I soon realized it was my Lakota brothers giving the "crazy white man" the beads he would be needing as his work progressed. I never asked because there was this almost reverent knowing between us—and I knew that they understood what the beautiful Tara thangka meant and that they were trying to help me bring it to expression in beads. They would come and sit and give me silent blessings and I would be doing my silent prayers as I beaded and we would sort of rest in the energy created by our mutual respect and love of the art. By the time I finished her, I estimate I recited the Tara mantra 3 to 4 million times. I was paroled in February of 1977 and had not finished the Tara yet, but I kept on working on her until she was finished. When I started I had no idea what I was getting myself into. My Lakota friends would only shake their heads and laugh in their knowing way—they

were not laughing at me, but with me in my ignorance and joy and zeal and enthusiasm. It took me two thousand hours to finish the first thangka. I have to admit that it took 1500 of those hours to learn how to bead and by the time I was finished I was chomping at the bit to start the next one because there were so many things I had learned that I was dying to try on the next one. This work is so exhilarating to me! The blessings are amazing! I remember how I would, at first, spend a lot of time trying to figure out how to get certain effects, but when I would fall off to sleep after wondering I would often have vivid dreams in which I would see exactly how to create the effect I was hoping for. I don't know how to explain the things that obviously led me to this work and I realize now that the whys are not important anyway. I only know that when I sit down and bead I feel totally at ease and a serenity settles within me and I do not feel fatigue or anxiety or stress as to how it will look. There is a very mellow confidence and knowing that the work is the teacher and that I am within the blessings as I do it. I have so many stories of the transforming power of sharing the thangkas with others that are precious and exciting to me.

Anyway, on with the story. Between 1976 and 1985 I completed four thangkas. I did the Green Tara, a red Tara, another Green Tara, and a Prajnaparamita. Then in 1989 I made another very stupid mistake and found myself back in federal prison for cultivation of marijuana—this time with a ten-year sentence! I was shocked, depressed and outraged at myself for being so stupid. I was sure that my life was now totally ruined and that I would probably die there as my depression was so deep and my anger so consuming that I totally lost my ability to see anything but my own self-destructiveness; and I wore it proudly like a crown. Over the last four years I had gotten away from my religious practices and had gotten into the ego-gratification of making money growing pot and selling indoor growing equipment—at which I was very successful. Now I found myself back in prison. The government took everything my family owned. My wife had left me and I was unable to contact my children. Guess what? It was time to wake up. The thing that woke

(Continued on page 22)



Above left: Russell Ellis's bead thangka of Vajradhara. Above right: Vajrayogini. Bottom: The artist working on a thangka of Vajradhara with consort.

## For the First Time on Both Coasts CHANGE YOUR MIND DAY

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Rudolf Stingel, *Untitled*, 1994  
courtesy Paula Cooper Gallery, NY photo © James Dee



## The Golden Yoke



### The Legal Cosmology of Buddhist Tibet

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

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## EMPOWERMENTS & TEACHINGS

### TEACHING EVENT & VESAK DAY CELEBRATION

PRESENTED BY THE VIKRAMASILA FOUNDATION AND THE PALDEN SAKYA CENTERS

MAY 27 - JUNE 1, 1999

#### NEW YORK CITY

#### White Tara Cycle of Empowerment and Teachings

Thursday, May 27 • 7:30 PM  
Friday, May 28 • 7:30 PM  
Sunday, May 30 • 12 Noon - 2:00 PM

Location: Tibet House  
22 West 15th Street • New York City

White Tara meditative practices are for health, longevity and ultimately our spiritual growth. The first day of teaching will consist of the transmission of the blessing of the enlightened body, speech and mind of White Tara. The next two days will be instructions on meditative practices. The teachings were originally taught by Atisha and by Sakya masters.

Contribution: \$60.00 (entire 3 days)



#### Luding Shabdrung Rinpoche

Luding Shabdrung Rinpoche is the son of Her Eminence Jetsun Kushola and is one of the future lineage holders of the Ngor Monasteries of the Sakya order.

As a designated throne holder, he was trained since the early age of five on all the major esoteric and exoteric teachings at Ngor School of Ritual Studies and at the Sakya College for the advanced philosophical studies, along with meditative retreats on most of the major tantras.

#### Vesak Day Celebration

Vesak is celebrated as the most important Buddhist holiday. It is the 2542nd anniversary of Buddha's birth, enlightenment and mahaparinirvana.

12:00 PM - 2:00 PM  
Saturday, May 29

#### Open Public Event

Bring your family and friends. Children are welcome.

Tibet House • 22 West 15th Street • NYC  
(Light vegetarian refreshments will be served.)

#### WOODSTOCK, NY

#### Avaloketeshvara Cycle of Empowerment and Teachings

Monday, May 31 • 1:00 PM

Location: Palden Sakya Woodstock,  
234 Mead Mountain Road,  
Woodstock, NY; Tel: 914-679-4024

This is an initiation into the Great Compassionate One and instructions on meditation on love and compassion.

Contribution: \$20.00

#### CRESSKILL, NJ

#### Medicine Buddha Empowerment and Teachings

Tuesday, June 1 • 7:30 PM

Location: Palden Sakya New Jersey,  
289 Brookside Avenue  
Cresskill, NJ; Tel: 201-541-0007

This is the Buddha of healing from all the diseases of body and mind of all beings.

Contribution: \$20.00

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1999 Summer Teaching Schedule

Venerable Lama Pema Wangdak

#### Palden Sakya New York

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Mondays: June 7 - July 26  
*Tibetan Language* • 5:30-7:00 PM  
*Lojong* • 7:30-9:00 PM

Tuesdays: June 8 - July 27  
*"The Bodhisattva's Way of Life"*  
7:30-9:00 PM

Sundays: June 5 - July 24  
*Tara and Chenrezig Meditations*  
10:00 AM - 12:00 PM

#### Palden Sakya New Jersey

289 Brookside Avenue • Cresskill, NJ  
(201) 541-0007

Thursdays: June 10 - July 26  
*Lojong* • 7:30-9:00 PM

Saturdays: June 12 - July 24  
*Nechog Dupa* • 10:00-11:30 AM

#### Call for your free 1999 Holy Days Calendar

Pre-registration on all the events is requested.  
Send your registration or inquiries to:

#### New York City:

Vikramasila Foundation  
PO Box 1603, New York, NY 10025-1603  
Telephone: (212) 866-4339

#### Woodstock, NY:

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234 Mead Mountain Rd., Woodstock, NY 12498  
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## Be Informed about TIBET



It is *vitally important* that the people who are concerned about saving Tibetan culture through political action know about the key issues and do what they can to help. The way to be informed is to read some of the following journals and newsletters, which provide up-to-date news and information.

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

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

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

**Snow Lion Newsletter** (quarterly, free) Snow Lion Publications, PO Box 6483, Ithaca, New York 14851. tel: 607-273-8506. This is the paper you are presently reading. It is available to anyone on request and sent for free. We are also on the World Wide Web: <http://www.snowlionpub.com>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

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

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

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

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

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

**Tibet Monitor** (monthly, \$20/year). The only monthly publication of articles and action items in support of the Tibetan cause. Two-month free trial period to try it out! Tibetan Rights Campaign, 4649 Sunnyside Ave. N, #342, PO Box 31966, Seattle, WA 98103, 206-547-1015; fax# 206-547-3758.

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

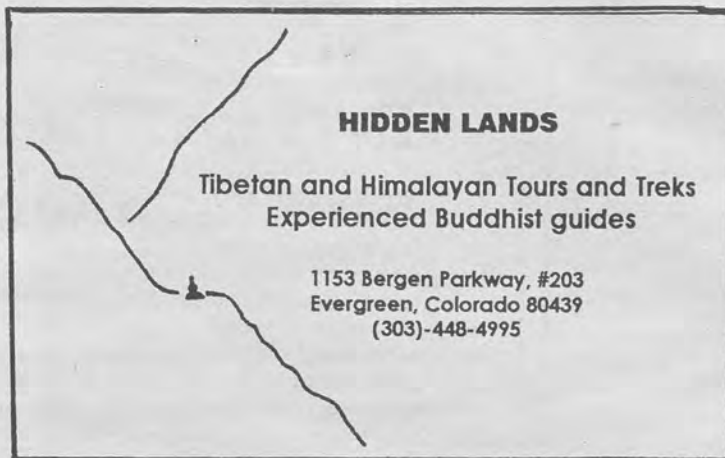
**Tibet Press Watch** (bi-monthly, \$25) From the International Campaign for Tibet, 1825 K Street NW #520, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343. Reproduces news articles from worldwide sources.

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*On the cultural side, we recommend:*

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

**Tibetan Nuns Project**, PO Box 374, San Geronimo, CA 94963, 415-488-1325, [tnp@igc.com](mailto:tnp@igc.com). This publication is about the nuns of Dolma Ling in India. ■



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email: [bodhi@bodhieductaion.org](mailto:bodhi@bodhieductaion.org)

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The Mirror is read in Dharma centers and libraries worldwide. By subscribing you will have access to information about international Dharma events, teachings by Namkhai Norbu Rinpoche and other great lamas, interviews, topical articles, schedules of worldwide Dharma activities, and updates on activities of ASIA and Shang Shung Institute (organizations working for the benefit of the Tibetan people and the preservation of Tibetan culture). The Mirror is a unique and invaluable addition to any Dharma-practitioners' library.

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## AN APPEAL TO ALL FRIENDS OF TIBET

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If you are interested in learning more about sponsoring a Tibetan or in helping with the project in your area please contact:

Steve Drago, National Coordinator  
Tibetan Sponsorship Project  
30 Lake Street • White Plains, NY 10603  
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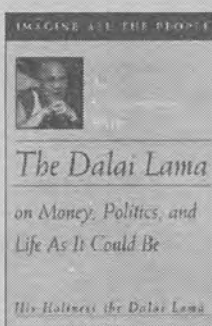
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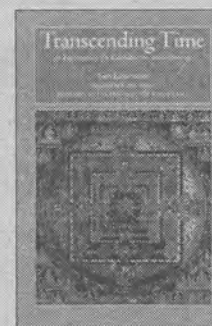


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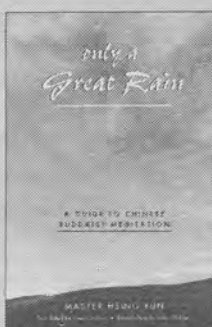
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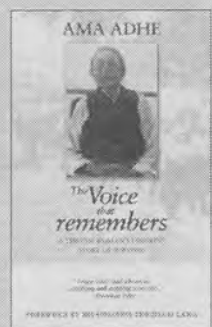
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## SETTLING INTO AMERICA

Continued from page 5

was in the TCV (Tibetan Children's Village) school in Dharamsala did I realize that the histories of Tibet and China were different.

**J:** What else can you tell me about your childhood?

**K:** Well, some times were good and some times weren't so good! When I was little, sometimes the kids at the shoong gorah would pick on me because they knew about my father "sha-mo yöd-ba". That means "wearing 'the hat'". "The hat" was assigned to people who had been labeled "reactionary" towards the Chinese government. My father wore "the hat" because he worked as a tailor for the Dalai Lama before the '59 uprising in Lhasa. The Chinese government suspected that he was involved in some kind of illegal actions. My father was

a monk and a simple tailor—he wasn't really concerned with politics. It didn't really matter to them. He was sentenced to three years in prison, and after he was released in 1962, was made to wear "the hat". It meant that he couldn't go anywhere or do anything without permission from his three overseers. My father wore "the hat" for about sixteen years, until 1978, when it was "removed". I was around seven at that time.

**J:** Did you live with your father while he wore "the hat"?

**K:** Oh, no. I lived with my mother up until I was twelve or thirteen. When she died, I went to live with my father in India. By that time, he had been without "the hat" for six years or so. No, my parents didn't stay together. My father lived in Lhasa nearby, and I would go to visit him pretty often until he went to India in

1980. After he left I stayed with my mother until she passed away.

**J:** How did that happen?

**K:** My brother told me that she died from cancer.

**J:** Oh, I see. So you went to stay with your father?

**K:** Yes, after that my uncle and I got on a bus and took it through Tibet—from Lhasa to Gyantse, from Gyantse to Shigatse, and from Shigatse through the Tibetan-Nepali border and into Dharamsala. I stayed in Dharamsala for about a year with my brother and father. I wasn't old enough then to learn my father's trade, so he sent me to the TCV school.

**J:** Your father tailored as a profession at that time?

**K:** At that time? Sure. He's did tailoring for his entire life. He tailored from when he was small until his dying day.

(Continued on page 19)

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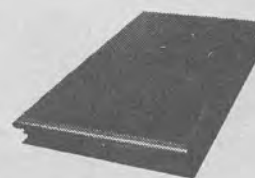
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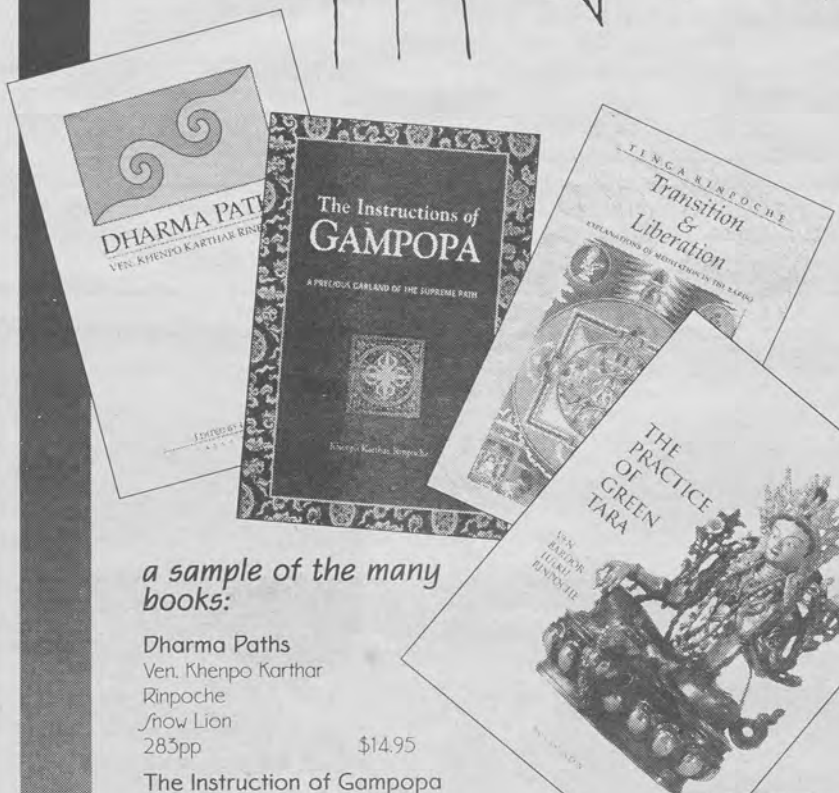
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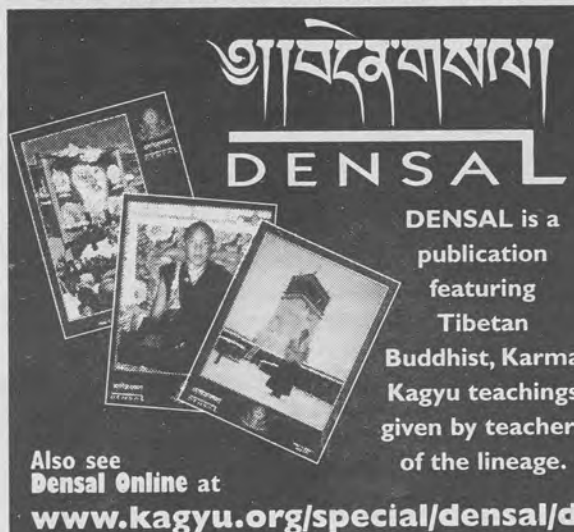
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## SETTLING INTO AMERICA

Continued from page 16

He was the tailor for the 13th and the 14th Dalai Lamas. My father's father did tailoring too. Both my father and grandfather were "Namsa Chenmo", or "Great Master of Robes", for the Dalai Lama. My grandfather taught my father to sew when my father was just eight years old. My father was really bright and picked it up very quickly. His Holiness the 13th Dalai Lama even asked my father to stitch the first Tibetan National Flag. My father was only fourteen years old at that time, and the flag that he stitched was made entirely of brocade. My father made fancy brocaded robes for HH, and any other thing that HH wanted—the 13th Dalai Lama really liked extravagant clothing. My father sewed the layman's clothes for the 14th Dalai Lama when he had to leave Tibet in 1959. My father said that, in general, the 14th Dalai Lama didn't really ask for much fancy clothing. He mostly asked for simple robes, but whatever it was, my father made it for him. My father's life story, by the request of the 14th Dalai Lama, has been documented in a few different places. Those can be found in *The Book of Tibetan Elders* and also in *Chö Yang* (issue No. 6). I think there are a couple more documentations too. [*The Book of the Tibetan Elders* by Sandy Johnson is available through Snow Lion; *Chö Yang*, issue No. 6 is available from the Dept. of Religion and Culture, located in Dharamsala, India.]

**J:** How did your mother and father meet?

**K:** When my father was let out of prison he moved into a house with some other tailors. He met my mother there. I guess they liked each other a lot—my mother became pregnant. She was having a hard time knowing what to do though because at that time my father wore "the hat". It would've been very bad for her to raise a child by a father with that stigma. She decided to leave before she had the baby. A couple years later she and my father met again, after my brother was born, and they stayed together for a short time. That's when my mother had me. After that my mother decided she didn't want any more kids, so she left again and took me with her. My brother stayed with my father. That's how I was brought up by my mother and my brother was brought up by my father.

**J:** I'm a little confused. Your father was a monk, right? I thought monks weren't allowed to get married and have kids.

**K:** That's right, he was a monk, but not at the time when he knew my mother. See, my father had had a wife a long time before this, and when she was having her first baby both she and the baby died. My father's whole family, especially his mother, were really torn up by this, and they decided along with my father to give up all worldly things and become monks and nuns. So he became a monk when he was twenty-four. Then, after the '59 uprising, he was no longer considered a monk. I don't really know what happened, but he wasn't a monk after that time.

**J:** Okay, I understand. When you went to live with your father, did he teach you how to tailor?

**K:** Not at that time. I didn't have the focus just then and it was decided that the best thing for me would be to go to the TCV school. For a while, when I was around thirteen, I wanted to become a monk. I thought it seemed like a pretty cool life. One time, when my father took me along with him to Namgyal Monastery to see His Holiness (the 14th Dalai Lama), HH asked me what I wanted to be. I told him "I'd like to be a monk." His Holiness knew that I was still very young and didn't really know what I really wanted yet. He said to me, "Go to school. Decide about that when you get a little older." I'm happy he gave me that advice because if I had become a monk I wouldn't have gotten married and had kids.

**J:** Did you stay at TCV until you graduated?

**K:** No, I didn't. In grade eight I went to Nepal to train at a vocational center. It was called the Vocational Training Center in Pokra, Nepal. I studied carpentry there for about one year. While I was there, I got typhoid. I got really sick and had to go back to India. Back in India, as I was recuperating, my father taught me tailoring. He cut, I stitched. That's how we started. I learned to sew brocaded for thangkhas and how to make clothes. Actually, during that time, I wasn't doing much outside of that except hanging out. Those were my "wild years" (laughter). I liked to go to bars and get into trouble. Finally, my father told me he wanted me to do something with myself. I started listening to him. I got a job for one year as a tour guide in Manali [in India]. After that, I joined the Tibetan Institute of Performing Arts (TIPA). I went to TIPA to learn traditional Tibetan dance, learn to play the Tibetan guitar, and also to sing Tibetan music. I studied at TIPA for a while and soon we had to take our final exams. We had to learn about sixty different songs and for our exam choose at random five to sing, five to dance to, and five to play. At the same time as these exams were going on my father died suddenly. I had a lot of stress from that and other things—I didn't pass the exam. The school told me this, but they also said that if I wanted to stay there at TIPA I could. They said I could stay and study carpentry. They were aware that I had some experience doing carpentry work, but I knew I was at a different point in my life than when I studied carpentry in eighth grade. I didn't want to do carpentry anymore. Also, around that time I had gotten in a motorcycle accident and I hurt my hand. I was afraid I might really damage it for good if I did carpentry. What I really wanted to do at the time was tailor. I wanted to study tailoring at TIPA.

**J:** Did they let you in to do tailoring there?

**K:** No, they didn't let me back in. I'm not sure what happened, but I couldn't get into the classes.

**J:** What did you do?

**K:** For this part of my life I just hung around. I was living with my sister (cousin in actuality), and she would give me meals, money for cigarettes, you know. I was also staying with Heather pretty frequently too.

**J:** Heather? Can you tell me about how you met her?

**K:** I met Heather when she came to

(Continued on page 21)

## The Spirit of Tibet Wins Awards in Regional Printing Competition

On March 17, 1999, *The Spirit of Tibet* published by Snow Lion Publications won the Gold Medal Award in the annual competition of the Syracuse Printing House Craftsman in the Four-Color Picture Book Division. The book also won the Peoples' Choice Award in the competition.

*The Spirit of Tibet*, by San Francisco photographer Alison Wright, is a portrait of Tibetan refugees living in the beautiful mountain settings of northern India and shows how they have preserved their unique culture and identity. John Flinn of the *San Francisco Examiner* said of the book,

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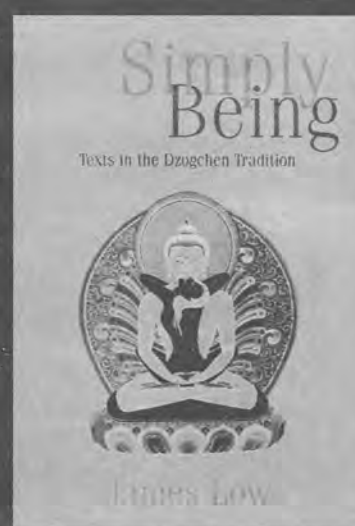
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*The Spirit of Tibet* now goes on to the international competition of the Printing House Craftsman. ■

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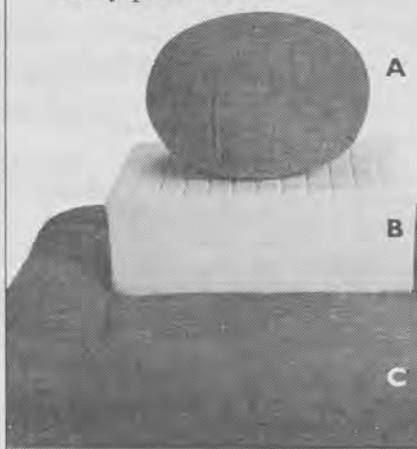
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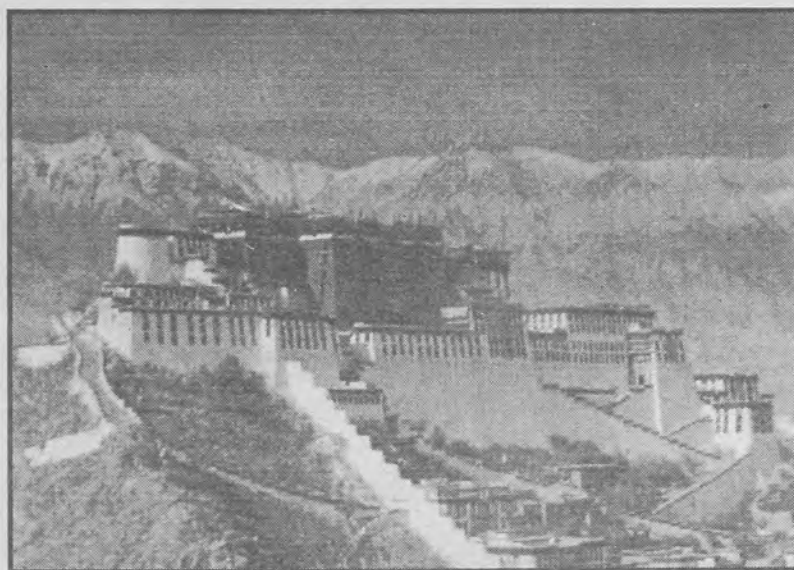
Glenn lived in the Himalayas from 1972-1982. Where he studied Tibetan language, literature, yoga, meditation, and mysticism, under 25 of the greatest masters in Tibet. He is the author of over a dozen books on Tibet (most of which are published by Snow Lion Publishing), as well as having traveled throughout the world conducting intensive workshops and credited course studies on all phases of Tibetan history and culture. He presented the Tibetan delegation at The World Parliament of Religions, and is regularly featured on television and radio. His tours are limited to just 20 participants, twice a year, and Snow Lion is proud to have been selected to host the spring and fall of 1999 itineraries!

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## SETTLING INTO AMERICA

India in, I think, 1992 for a college study abroad program. We met and became friends then, and stayed good friends. When she came back and was staying in Dharamsala I lived with her sometimes. I didn't have a job or anything—it wasn't like America where there are always places looking for work—there wasn't much going on there. Heather encouraged me to find something to do though, and so I started stitching brocading for thankgas as something to do. Anyway, Heather's father back in America got

sick, and she was really freaking out, so I went with her from Dharamsala to Delhi. We became a lot closer during that time, and when she returned to Dharamsala from visiting her dad in America, we spent a lot of time together and eventually got married over there in India.

**J:** How did you end up living in America?

**K:** Well, when Heather became pregnant she had a dream that she was going to have twins. We wanted to know if this was true, so we went to the doctor and got an ultrasound done and found out that her dream was right—she was going to have

twins. Originally, we thought that we were going to have one child and that it could be born in India and there would be no problem, but when we found out there were two, we knew that the only way we could get the best care for them was if they were born in the United States. That's why we're living here now.

**J:** *Why did you come to Ithaca?*

**K:** When we first arrived in America we lived in Westchester, not too far from Ithaca, but eventually we decided to move to Ithaca because there's much more of a Tibetan community here and we wanted to raise the girls in a community of Americans and Ti-

betans. There's also a monastery here. We feel that having these things is important since our children are half Tibetan. They should know about their own culture and language, and I was the only one speaking Tibetan to them back in Westchester.

**J:** How did you arrive at your job at Snow Lion Publications?


**K:** I had worked a few different jobs before I came here, but they were all odd hours and I was left feeling very tired afterwards or didn't have any time to see my girls. Finally, I got this good job working here. Karma knew I was looking for a job and he told me to come in here. He told me that the working environment here is a good one, and that here you are constantly surrounded by Tibetan things... books... ways...it was really a great place to come and work at.

**J:** *Kunga, it's really nice to hear you repeatedly mention how devoted you feel to raising your children.*

**K:** Sure, I do everything I can for them. They are my future and the future of all Tibetans and Tibetan-Americans. They are going to be grown-up someday and we have to make sure they get what they need to go out there and face the world. I feel very devoted to them in that way. Actually, I'm very happy here in general. I have a great wife, kids, and community; I have a good job and good friends—I have everything I need.

**J:** That's great to hear. What a happy ending! Thanks for your time, Kunga.

**K:** Thank you. ■



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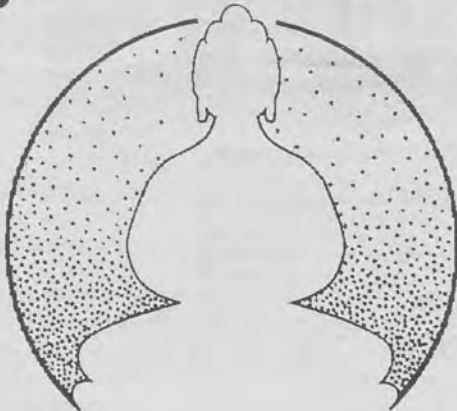
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**REALWORLD**





## TRANSFORMATION THROUGH ART

Continued from page 12

me up the most was starting to bead again and do the work that my heart/mind knew in its deepest place was the work I was supposed to be doing.

I found myself at Terminal Island Penitentiary in Los Angeles. It was totally different from the relatively laid-back place the McNeil Island had been some thirteen years later. This was an overcrowded place—1250 inmates in a prison designed for 490. The noise and violence were every-

where. It, like me, seethed anger. However, I found a shady place in the south yard at a table under a palm tree and started to bead there every day. Beads were still hard to get, but I managed to get enough to get started from inmates. As time passed there were people who appeared in my life

who actually smuggled the beads into the prison to me. Believe it or not one was a Chinese Buddhist nun who came to teach Dharma! She just beamed when she dug the beads out of her robes and gave them to me—along with five pounds of organic brown rice and miso! There was also an inmate who was released who bought beads and made sure they were smuggled in to me without any cost to me. I am so blessed.

I would sit and bead and other inmates would come and sit at the picnic-style table and we would talk about the thangka and what it meant and the Dharma would be transmitted to another circle. I did a Heavenly White Tara and a Vajrayogini while at Terminal Island. There were several hundred young black gang-bangers at Terminal Island. These were tough young men raised up in the violent streets of South Central, Compton and all the tough inner city neighborhoods of LA. It was so awesome for me to talk to them about the teachings the thangka represented and then watch when, later, they would bring a friend back to see me work and sit there and explain to their friend

less violence. I believe that would have been impossible at the special moment because all of our minds were stopped and we were all bathed in the non-compromising compassion of Vajrayogini. Over the 18 months I had worked on her, virtually everyone that lived or worked in the prison had passed by my table and spent time watching her being created—and knew that she was something sacred. I know that's why we all stopped and became one in compassion for that special moment. When it was over the police and inmates joined in a little celebration of appreciation of the beauty and then they left and we had a calm and joyous little party and welcomed her into our heart/minds. It was very profound.

In February of 1995, I was shipped to camp in Florence, Colorado. When inmates get "short," or close to getting out, they usually are sent to camp, which is a minimum-security facility where there are not walls or fences. There, they sort of decompress from the tension of the higher security prisons and get ready for the streets. In a way it is a reward for being a good inmate. Well, Florence was anything but a reward. The camp there furnishes inmates to work inside the ADX, which is the highest security prison in the world. It was like going into hell every day.

I would fluctuate between the ADX and my beading time at the camp. I spent nearly every spare minute working the Vajradhara thangka while I was at Florence. I finished it in late July of 1996 and was paroled in August of 1996. It too was a magnet for inmates to come and watch the progress. I worked in a small room known as the art room, which was situated between the gymnasium and the weight room, the two most popular places in the camp besides the chow hall, so it was an easy place for them to pop into for a brief look and chat. I spent about 2000 hours on Vajradhara in a space of ten months, which equates to 50 hours per week. Plus, I was working at the ADX most of that time which was at least 40 hours per week. Florence was a blur of busyness and intensity, but Vajradhara is a symbol of complete serenity.

That's about it, except that I am now working on a Vajradhara with consort. It is very powerful and I hope to finish it by the middle of 1999 at the latest.

It is Mr. Ellis's goal to provide everyone the opportunity to view the thangkas. With exposure we're hoping the perfect buyer or institution will purchase the art and allow the thangkas to be exhibited throughout the country, allowing inner city youth, young adults in drug rehabilitation, and the general public the opportunity to experience the powerful healing and transformative qualities of Tibetan art.

Mr. Ellis's dream is to use the proceeds from the sale of the art to establish a school for Native American beading, help jump-start a tour/exhibition of the thangkas for inner city youth, and to support the Tibetan community.

Contact Suzee Miller for interviews with Ellis or to purchase art, 800-499-7844 [reo@pacbell.net](mailto:reo@pacbell.net). To view additional photos see:

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# AN INTERVIEW WITH HIS HOLINESS SAKYA TRIZIN AND RATNA VAJRA RINPOCHE

*On Lamdre Lobshey, Uncommon Lamdre,  
to be bestowed in Vancouver, B.C. Canada in 2000*



## HIS HOLINESS SAKYA TRIZIN

**Linda Tokarchuk:** *Your Holiness, can you describe what the Lamdre teaching is?*

**His Holiness Sakya Trizin:** Lamdre is actually the most important teaching in the Sakyapa Order. *Lam* means the path, and *Dre*, the result. It actually means the complete teaching from the base, to the path and then to the final results.

It is a complete teaching of how an ordinary person can enter the path, the Vajrayana path. The complete teachings include the preliminaries and the main practices up to the final achievement. The Mahasiddha Virupa received this teaching. Mahasiddha Virupa is one of the very famous Indian masters, who received this teaching directly from the deities. Since then, it was passed down through Indian masters and then to the Tibetan translators and thus it came to Tibet.

**L:** *How is the master Virupa related to the Sakya lineage?*

**HH:** Not in the physical reality, but the Sakyapas consider themselves to be the main teaching holders of Virupa. As Virupa's main teaching is the Lamdre, the Sakyapa's main teaching is the Lamdre too.

**L:** *Within the Lamdre teachings, what is the difference between the Common Lamdre and Uncommon Lamdre?*

**HH:** In early Sakya tradition, Lamdre was actually one teaching. Later, during the time of Muchen Kunchog Gyaltsen, when he gave Lamdre teachings, he gave the most esoteric, essential and important teachings to his innermost disciples in his private room, whereas for the assemblies he gave the common one. Since then there have been two Lamdres.

**L:** *Is the Uncommon Lamdre more complicated?*

**HH:** Yes. It is much more profound and elaborate in explanation.

**L:** *Because of the difficult times, these days, with so many distractions, it is very difficult to be able to practice as in the past. Do you have any advice for people wishing to practice the Uncommon Lamdre? How hard is it, can people today have the opportunity to practice it properly?*

**HH:** Yes, well it depends on the individual. Some people can practice very, very seriously. Some people can't. So you can't say to everybody one thing. It all depends on the individuals. I think that today, with so many distractions, it is very important for practitioners to first train well in concentration before starting anything else. Your mind will sort of become calmer, more relaxed and steadier. Then your practice will be better, even the common practices.

**L:** *Unfortunately today, not many people are even at that level. So, what then? If someone were having*

*trouble to even calm their mind, would they still be able to benefit from going to the teachings?*

**HH:** Of course. Without studying, how can you practice? Without studying, we even don't know what to practice, what to discard, and what to take. So through the hearing, through the study, you gain knowledge, you will know what to do. So therefore, of course, for those who are interested it is beneficial.

**L:** *The uncommon Lamdre was very rarely given before?*

**HH:** Yes. Nowadays, it is given to quite a large number of people.

**L:** *Is there any reason for that? Why did it change?*

**HH:** Because the audience has increased. More people are interested to receive the teachings.

**L:** *That's wonderful, I would think.*

**HH:** Yes.

**L:** *Can you go into more detail about what the Lamdre teaching is?*

**HH:** You see it has everything—the ground, the base, which describes samsaric conditions. We need to know the samsaric conditions. So that is the base. Then the path, how the person who is dwelling in samsara enters the path. It has all the preliminary practices. And then how that person enters the Vajrayana path, to receive initiations, and support. And then you have all the higher practices such as the process of creation, the process of completion, etc. After you enter the higher, more advanced path, finally there is the result, which is Enlightenment.

**L:** *Is there anything that you feel is particularly important for students who would like to receive the teachings to know about or to understand?*

**HH:** Yes. People want to study Buddhism in order to overcome suffering, isn't it? And they want the highest teachings. They want to practice the Vajrayana teachings, teachings such as the Lamdre. I am not saying that Lamdre is the only teaching. Other schools don't have the Lamdre, but they have similar kinds of teachings. So the teachings like Lamdre are very important to receive and to practice.

The teachings explain the qualifications of the disciple. There are different levels, but the minimum qualification is someone who has an unshakable faith in the teachings. This is very important. Without faith you can't grow any of the other qualities. And also, this faith is not just a kind of blind faith.

In Buddhism, we explain different types of faith. But the most important faith is what is known as a believing faith—when through your own intelligence, through your own wisdom, you investigate and then realize that this is the genuine teaching, this is the real teaching.

It is not what somebody told you to believe, but through your own investigation that you come to the conclusion that this is a genuine teaching. When you have such faith you can receive teachings. So, it is really important to make such preparations.

**L:** *What can people do over the next year to prepare themselves properly?*

**HH:** Study and practice the common teachings and general Mahayana teachings. For example, the *Bodhicharyavatara*, and *Parting from the Four Attachments*. Such teachings are very important, and if you study these, it will help to receive the Lamdre teachings.

**L:** *Can you tell me about some of the great masters of the past and present who have practiced Lamdre?*

**HH:** The Lamdre lineage holders begin with Mahasiddha Virupa, then there are five Indian masters—Krishnapa, Damarupa, Avadhutipa and Gayadhara. And then the first Tibetan to bring Lamdre, Drogmi Lotsawa, the great translator. Then his disciples Seton Kunrig and Shangton Chobar.

And then there are the five great Sakyapa masters: Sachen Kunga Nyingpo, his two sons, Sonam Tsemo and Drakpa Gyaltsen, Drakpa Gyaltsen's nephew Sakya Pandita and Sakya Pandita's nephew Chogyal Phagpa. The great lama Sachen

**RVR:** Yes. I think only three times. His very first Uncommon Lamdre was in Puruwalla, I think. And the second in 1984, and third in Australia.

**L:** *What is so profound and special about Lamdre teachings?*

**RVR:** I think, the Lamdre teachings include all the essence of Hinayana, Mahayana and Vajrayana teachings.

**L:** *And could you, for people who don't know, describe what Triple Vision and Triple Tantra mean?*

**RVR:** Actually, the Triple Vision is like a preliminary teaching. You can receive the Triple Vision before you receive any initiation. It is not a Vajrayana teaching. It is like the *Bodhicharyavatara*. In the Triple Vision text, there are many quotations from *Bodhicharyavatara*. The Triple Tantra is a secret teaching. It belongs to Mantrayana.

Normally when you receive Lamdre, you receive Triple Vision, and then after that you receive the cause initiation. Hevajra cause initiation, is a wang chen—a two-day initiation: the preliminary and the main initiation. After that you receive the Triple Tantra. During the Triple Tantra teaching, you receive the Hevajra path initiation.

**L:** *And that is the pinnacle of the teachings, the result?*

**RVR:** Yes. Everybody has the capability to attain the enlightened state. But if you don't meet with the right cause and conditions, then you won't be able to attain it. For example, if the seed of the rice is kept in the box, then there cannot be a sprout from this seed as it has not met with the right causes and conditions, like water and so forth.

The method, the Body Method Tantra is like the path. To bear the fruit, you need to practice the teachings. For example, if you plant the seed on the fertile ground, then you need to put water, and fertilizers and so forth. And if you have met all the right causes and conditions, then you will bear the fruit. So like this, if you practice with all the right cause and conditions to gain the result, then finally you will get the result, which is the third Tantra, the Non-ordinary or Result Tantra.

**L:** *What are the benefits of receiving Lamdre teachings?*

**RVR:** Lamdre teachings will lead sentient beings from suffering and dissatisfaction to temporary and then ultimate happiness. If you practice Lamdre in a right way, then you will be happier. Your mind will be happier. You can practice more. And you can decrease the defilement, at the moment.

And finally, you can eliminate all the defilement that is within our own mind. And also, it makes our physical body healthier because in Lamdre, there is also a physical practice. So if you do this, then you will not get any illnesses. And you'll be healthier. And finally you will attain the highest, and the ultimate happiness, for both the mind and the body.

**L:** *What is the physical practice?*

**RVR:** In Lamdre teaching, there is a kind of yoga practice. Actually one difference between the Common and the Uncommon Lamdre teaching is that in Uncommon teaching, there is a physical practice like a yoga, whereas in Common, there isn't one.

**L:** *Are there a lot of practices to do afterwards? Like for example you said that part of the practice afterwards is the physical yoga?*

**RVR:** Actually, after receiving the initiations, the Hevajra initiations, you

- The most important faith
- is...when through your
- own intelligence,
- through your own
- wisdom, you investigate
- and then realize that
- this is the genuine
- teaching, this is the real
- teaching.

Kunga Nyingpo received the Lamdre from Shangton Chobar.

Thus the teaching was passed down. Then there is the great master Ngorchen Kunga Sangpo, the founder of the Ngorpa school. Then later, there is Tsarchen Losel Gyaltsen, the founder of the Tsarpa school or subset of the Sakyapa Order.

Today, the greatest practitioners of Lamdre teachings are His Eminence Chogyé Trichen Rinpoche, His Eminence Luding Khen Rinpoche, Khenpo Appé Rinpoche, Khenpo Kunga Wangchuk, etc. There are many more masters, khenpos and practitioners too.

## RATNA VAJRA RINPOCHE

**Linda Tokarchuk:** *I would like to ask you, when did you receive the Lamdre teachings?*

**Ratna Vajra Rinpoche** (His Holiness Trizin's elder son) (RVR): Actually I have received Lamdre four times, all from His Holiness. The first one was in Puruwalla in 1980, or something like that. The second one was in 1996, in Sakya Center. The third one was in Australia, in 1997, and the fourth one also in 1997 and in Singapore.

**L:** *His Holiness has given the Uncommon Lamdre only a few times, is that right?*

## PILGRIMAGE TRAVEL

### "A BUDDHIST ODYSSEY"

June 28-July 21, 1999

Join Lobsang Samten, former assistant to the Dalai Lama and renowned Buddhist teacher in the U.S., on this pilgrimage to his birthplace. We will learn about the history and culture of Tibet, through Lobsang's gentle presence. We explore Tibetan monasteries, meditate, and meet with local villagers.

### "GURU RIMPOCHE PILGRIMAGE"

Sept. 25-Oct. 23, 1999

Join Keith Dowman, author of *Power Places of Central Tibet*, on this unique itinerary focused on Guru Rinpoche. We will visit sacred monasteries, hot springs and caves of Tibet in search of the roots of early Tibetan Buddhism.

### "UTSE 3 KAYAS PILGRIMAGE"

May 17-June 11, 1999

This trip includes the three Kaya meditation caves of Guru Rinpoche at Samye Chimpu, and several sacred hot springs and monasteries of Tibet. Join Dana Chubb, student of Buddhist masters for 23 years.

### "BHUTAN AND NEPAL PILGRIMAGE"

April 24-May 12, 1999 and Oct. 16-Nov. 4, 1999

As Buddhist pilgrims with Dana Chubb, we will learn and enjoy the Himalayas like no others. We will meet with Buddhist masters, including Nyulsho Khempo Rinpoche, and meditate in sacred monasteries. We visit some of the most sacred sites of Nepal and Bhutan.

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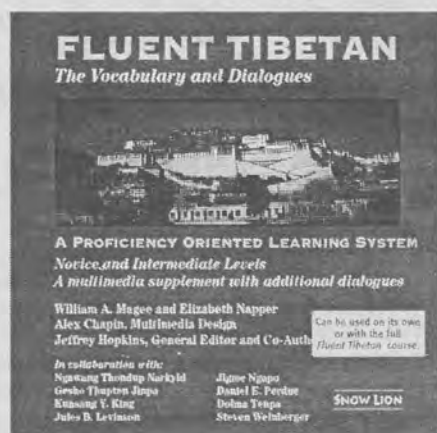




Snow Lion is pleased to be able to offer you this selection of titles on Tibetan Buddhism and culture. We hope that this publication, our web site, plus the services our staff provide you—answering questions, filling your orders promptly and with care, and publishing new books—are of value to you. We are able to offer these services and our newsletter because people purchase the items they want from Snow Lion.

We would also like to let you know that items are returnable within ten days of receiving them—so if you order something and it is not what you wanted, you can return it for a refund. We appreciate your continued support of this project.

## New Tibetan Language CD-ROM



### FLUENT TIBETAN

The Vocabulary and Dialogues  
A Proficiency-Oriented Learning System  
Novice and Intermediate Levels

A multimedia supplement with additional dialogues  
by William A. Magee and Elizabeth S. Napper, Alex Chapin—  
Multimedia Design, Jeffrey Hopkins—General Editor and Co-  
Author, In collaboration with: Ngawang Thondup Narkyid,  
Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson,  
Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N.  
Weinberger. #FLTICD \$45

This CD-ROM is a supplement and addition to *Fluent Tibetan* which is a four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four-volume textbook as well as an additional

seventeen intermediate-level dialogues. A large number of the vocabulary items are accompanied by context sentences which demonstrate their usage. All of the vocabulary words, context sentences, and dialogues are linked to audio resource files so that one can hear the proper pronunciation of any given word or phrase simply by the click of a mouse button. Also provided on this CD is a Tibetan-English glossary that is searchable in both Tibetan and English, and an introduction to the Tibetan alphabet along with a presentation of Tibetan phonemics.

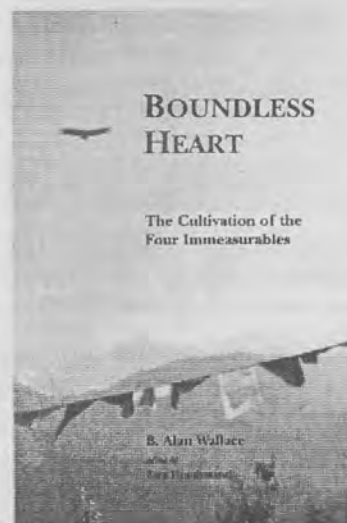
Vocabulary lists can be presented in a variety of ways for drilling purposes including a random sort with sound at varying rates, much like talking flash cards. Dialogues can also be presented automatically with sound at varying rates in Tibetan with English translation below or in English with Tibetan translation. The function of this CD-ROM is to bring together sound and text in a format that allows for quick access to whatever material is currently being studied. Beyond that, by means of randomization and user-defined programmed presentations, this CD attempts to bring the language to life, so that the student is constantly challenged to pick out familiar words in new contexts and to discover new words in familiar contexts.

This CD is an excellent introduction to the Tibetan language, providing the resources needed to read Tibetan script and enough vocabulary and dialogues to develop significant mastery of the language. The printed *Fluent Tibetan* publication contains 752 drills with over 7000 practice sentences arranged in a sequence of increasing complexity to provide thorough-going opportunities for familiarizing with creative manipulation of sentence patterns. Practice with the twenty-six hours of tapes—with alternating male and female indigenous Tibetan voices—has been proven to yield both acquaintance and facility with basic forms of the spoken language. This CD focuses on vocabulary and dialogues and additional intermediate level dialogues that extend beyond the material covered in the printed publication.

System requirements:

—Macintosh: 68030/25 MHz or higher (native Power Macintosh) system 7.5 or later, 5 Mb free RAM, Sound Manager 3.0 or later, 256 color monitor, speakers or headphones.

—Windows: 80386/25 MHz or higher Windows 3.1 or later, 5 Mb free RAM, 8-bit sound card, 256 color monitor, speakers or headphones.



### BOUNDLESS HEART

The Cultivation of the Four Immeasurables  
by B. Alan Wallace, ed. by Zara Houshmand. 200 pp. #BOHE \$14.95

*Boundless Heart* presents a unique combination of teachings on the Four Immeasurables interwoven with instruction on quiescence, or shamatha, meditation practices. These two themes complement each other powerfully.

Alan Wallace's teachings on the Four Immeasurables are based on Buddhaghosa's *Path of Purification*, and address the cultivation of loving kindness, compassion, equanimity, and empathetic joy. It is a rich suite of practices that open the heart, counter the distortions in our relationship to ourselves, and deepen our relationship to others. To these foundation practices of Theravada Buddhism, Alan brings to bear the insights and approaches of the Tibetan tradition. Juxtaposed with the Four Immeasurables, he presents teachings on shamatha meditation practice to empower the mind and render it "fit for service" rather than an unruly enemy. The shamatha teachings provide an overview of classical presentations of the conditions for, and steps to the complete achievement of shamatha, as well as a detailed discussion of meditation techniques and issues concerning the integration of the practice into daily life.

## FOUNDATIONS OF TIBETAN BUDDHISM

The Gem Ornament of  
Manifold Oral Instructions



by His Eminence Kalu Rinpoche.  
205 pp. #FOTIBU \$16.95

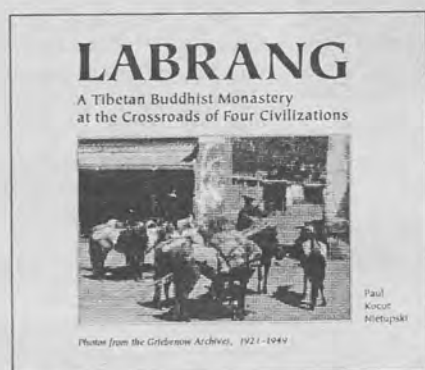
*Foundations of Tibetan Buddhism* contains the fundamental practices of Tibetan Buddhism. After an explanation of the major paths that Buddhists follow, Kalu Rinpoche details the correct manner in which to practice the taking of refuge, prostrations, Dorje Sempa purification meditation, mandala practice, guru yoga and the guru-disciple relationship. Then he discusses the vows of the lay person, the bodhisattva and the tantric practitioner. He then ends with a wonderful explanation of meditation with and without object and the key points of mahamudra meditation.

The late KALU RINPOCHE was born in 1905 in Eastern Tibet. From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then began a period of mountain retreat. After twelve years, H.E.

Tai-Situ Padma Wangchuk requested that Rinpoche leave his ascetic study and practice to become the director of a prominent retreat center.

Rinpoche spent many years teaching and directing retreats in Tibet. By 1955, he had revitalized the Shangpa Kagyu lineage and was a senior lama of the Karma Kagyu lineage when the sixteenth Gyalwa Karmapa sent him to India and Bhutan. Rinpoche was given a site for a monastery, retreat center, and residence in Sonada, India in 1962.

In 1971, H.E. Kalu Rinpoche was sent on a teaching journey to the West by His Holiness Karmapa. He traveled many times to the West, during which he founded numerous dharma and retreat centers for serious study in the Kagyu tradition in France, Sweden, Canada and the United States before his passing in 1989. Originally published as *The Gem Ornament*.



### LABRANG

A Tibetan Buddhist Monastery at  
the Crossroads of Four Civilizations

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

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

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

Author Paul Nietupski draws on the photographs and memoirs of Marion and Blance Griebenow, Christian missionaries resident in the area for nearly twenty-seven years, as well as the memoirs of Apa Alo, a local leader whose family included some of the highest in-

carnations of Labrang Monastery, to detail Labrang's unique and colorful Tibetan border culture.

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



## Delayed

### GURU YOGA



Dilgo Khyentse Rinpoche

### GURU YOGA

According to the Preliminary Practice of  
Longchen Nyingtik

by Dilgo Khyentse Rinpoche,  
trans. by Gelong Konchog Tenzin  
(Matthieu Ricard). 95 pp. #GUYO \$10.95

Why is the practice guru yoga, (union with the nature of the guru) so important? Because, with the help of the outer teacher, the inner teacher (the true nature of our own mind) is discovered. Until that point is reached, it is risky to be overconfident and rely solely on one's own methods for self-transformation. Although the path can be trodden only by individual effort, the advice of an experienced guide is invaluable. Since the guru is a living person, he or she is able to deal directly with the student's ego. Whether this is achieved wrathfully or gently doesn't matter, but in the end this is what the guru is there to do, and this is why guru devotion is so important. In the end, the guru who we have seen as the Buddha is known to be the same as one's own mind.

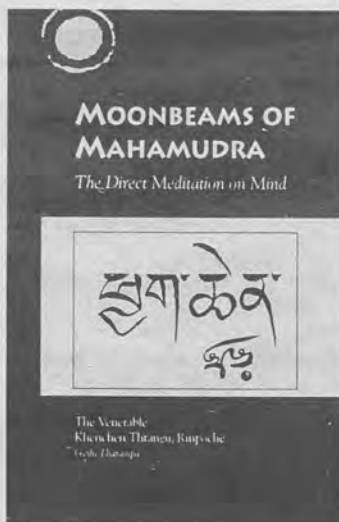
This particular guru yoga is called *The Wish-fulfilling Jewel* and is the outer practice of the guru from the Longchen Nyingtik revelation of the visionary master Rigdzin Jikme Lingpa. It was during a summer retreat in France in 1984 that Dilgo Khyentse Rinpoche gave teachings on this text at the request of Sogyal Rinpoche (author of *The Tibetan Book of Living and Dying*).



## MOONBEAMS OF MAHAMUDRA The Direct Meditation on Mind

by Venerable Khenchen Thrangu, Rinpoche  
translated by Ken McLeod  
120 pp. #MOMA \$12.95 (Delayed until late spring)

*Moonbeams of Mahamudra* presents a direct meditation on the mind that has led thousands of practitioners to complete enlightenment in one lifetime. It begins with a detailed explanation of shamatha and vipashyana meditation and then shows how these basic meditations differ in the mahamudra practice. Shamatha meditation trains the mind to rest upon a single point whether the object is the breath or the mind itself. Vipashyana meditation in mahamudra is the realization of the true nature of reality which is emptiness of the individual and all phenomena. Thrangu Rinpoche explains the nature of emptiness in detail and describes how the meditator can arrive at this realization by "looking directly at mind." When this is done with repeated effort, the meditator sees through the mistaken appearances of mind and sees how mind really is luminous clarity. This is the essence of mahamudra meditation.



A Buddhist Psychology of Emptiness



Commentary on Nagarjuna's text by Geshe Sonam Rinchen  
Translation of text and commentary by David Ross Komito

## NAGARJUNA'S SEVENTY STANZAS

A Buddhist Psychology of Emptiness

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

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

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

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

## THE PRACTICE OF MAHAMUDRA

by H. H. Chetsang Rinpoche, trans. by Dr. Robert Clark, ed. by Ani Trinley Chodron. 120 pp. #PRMA \$12.95

Mahamudra is known as the highest level of teaching within Tibetan Buddhism. Its study and practice lead to the realization of the very nature of reality itself—there is not a single phenomenon which is not subsumed within the realizations of Mahamudra. In 1994, H.H. Chetsang Rinpoche toured the USA and gave a detailed instructions on the Mahamudra methods based on the ancient traditions of Tibet and India. Each of the five stages of Mahamudra was carefully explained in turn, many meditation practices were given including precise instructions on posture and breathing, and students asked and received helpful answers to their questions. Teachings of Tilopa and Gampopa are used to illustrate various points and different levels of practitioners and their corresponding attainments are outlined. This book is a record of those Mahamudra teachings.

His Holiness Chetsang Rinpoche was born in 1946 in Lhasa, Tibet to the well-known Tsarong family. He was recognized as the 37th Drikung Kyabgon, head of the Drikung Kagyu order of Tibetan Buddhism in 1949. He has worked tirelessly to re-establish its academic and meditation traditions in many countries including the USA.



## THE PRACTICE OF VAJRAKILAYA

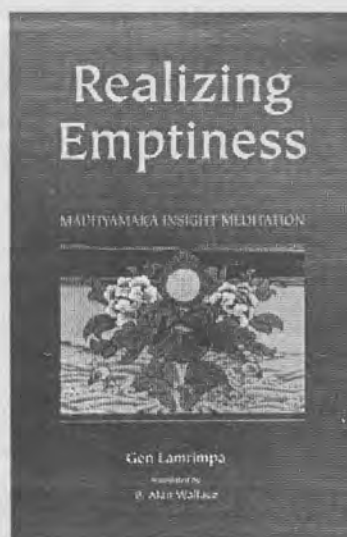


by Khenpo Namdrol Rinpoche. 87 pp., 5 photos, 2 line drawings  
#PRVA \$12.95

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

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

Khenpo Namdrol Rinpoche is a senior khenpo (abbot) at the Ngagjur Nyingma Institute, which has become the largest Nyingma study college outside of Tibet, with over 300 monks enrolled on courses and a reputation for outstanding scholarship. By 1995 at least 30 students had qualified to teach the sutras and tantras, which stands as a tribute to the 18 years Khenpo Namdrol spent establishing and teaching at the Institute. He has received teachings from many of the greatest Tibetan masters, and is considered to be one of the leading khenpos in the Nyingma tradition.



## REALIZING EMPTINESS

Madhyamaka Insight Meditation

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

Trained in Buddhist philosophy and meditation by some of the greatest Gelugpa masters of the twentieth century, the Tibetan contemplative Gen Lamrimpa went on to spend some twenty years in solitary retreat. Then His Holiness the Dalai Lama requested that he teach others. *Realizing Emptiness* contains practical instructions on gaining realization of ultimate reality. They were given by Gen Lamrimpa after leading a one-year meditation retreat in the cultivation of meditative quiescence in 1988 in the Pacific Northwest to a group of Westerners. Drawing from his wealth of study and personal experience, Gen Lamrimpa shows how to use Madhyamaka reasoning to experience the way in which all things exist as dependently related events. This is accomplished by analyzing experience to fathom how it has been misperceived and misunderstood because of our many delusions.

Gen Lamrimpa, Ven. Jampal Tenzin, was born in Tibet in 1934. A close disciple of H.H. the Dalai Lama, He has been living in meditative solitude in the mountains high above Dharamsala, India, since 1971. There he has gained a reputation for his deep experience of the "stages of the path" practices. He is also renowned as an accomplished practitioner of meditative stabilization and tummo (psychic heat) as well as other tantric meditations.

## THE SPIRIT OF TIBET Portrait of a Culture in Exile

photographs and text by Alison Wright, foreword by H.H. the Dalai Lama

200 pages, 180 color photos, 9 1/2" high x 10" wide, #SPTI \$34.95

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

These extraordinary images portray skilled Tibetan artists creating paintings, statues, and wood carvings; Tibetan doctors with their herbal remedies and pulse diagnoses; opera singers; young Tibetan children and lay people in their daily lives; monks and nuns engaged in study and practice; examples of Tibetan architecture and majestic mountain scenes.

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

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

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

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





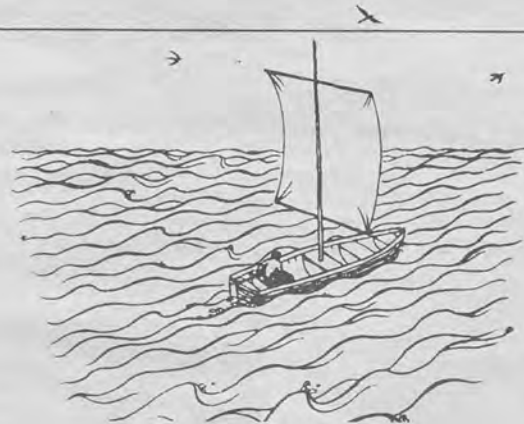
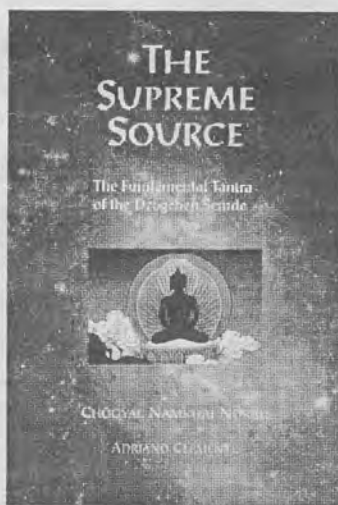
## THE SUPREME SOURCE

**The Fundamental Tantra of Dzogchen Semde**

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

The aim of Dzogchen is the reawakening of the individual to the primordial state of enlightenment which is naturally found in all beings. The master introduces the student to his or her real nature, already perfected and enlightened, but it is only by recognizing this nature and remaining in this state of recognition in all daily activities that the student becomes a real Dzogchen practitioner of the direct path of self-liberation which is very different from the other Buddhist paths of renunciation, peculiar to the sutras, and of transformation, peculiar to the tantras. The Dzogchen practitioner is aware of the absolute clarity and purity of his or her own mind and, without trying to modify what is already perfect in itself, without striving to obtain from somewhere else the state of realization, remains always in the real nature of existence, in the supreme source of all phenomena. "Those who try to meditate and to realize this condition through effort are like a blind man chasing the sky."

In this book, the Dzogchen teaching is presented through one of its most ancient texts, the tantra Kunjed Gyalpo or "The King who Creates Everything"—a personification of the primordial state of enlightenment. This tantra is the fundamental scripture of the Semde or "Nature of Mind" tradition of Dzogchen and is the most authoritative source for understanding the Dzogchen view. The oral commentary by Chogyal Namkhai Norbu gives easier insight into the depths of these teachings from a practical point of view. Adriano Clemente translated the main selections of the original tantra. *The Supreme Source* will be of great interest to all students of Tibetan Buddhism.



## TRANSFORMING THE HEART

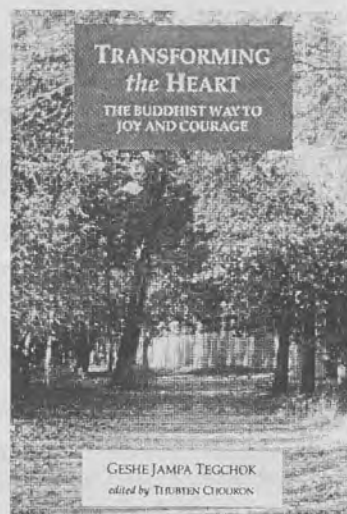
**The Buddhist Way to Joy and Courage**

A Commentary to the Bodhisattva Togme Sangpo's *The Thirty-seven Practices of Bodhisattvas*

by Geshe Jampa Tegchok  
edited by Thubten Chodron.  
228 pp., 6 x 9", #TRHE \$14.95

*Transforming the Heart: The Buddhist Way to Joy and Courage* is a practical and inspiring guide for developing our ability to be happy and benefit others. It is a commentary on *The Thirty-seven Practices of Bodhisattvas* by Gyalsay Togme Sangpo. Studied by monastics and followers of all schools of Tibetan Buddhism, the root text gives, in 37 short verses, the essential practices leading to enlightenment. Gyalsay Togme Sangpo (1295-1369) was renowned as a bodhisattva in Tibet and revered for living according to the bodhisattva ideals and practices what he taught. He continuously practiced exchanging oneself with others and transforming adverse circumstances such as sickness and poverty into the path to enlightenment. In this way, he inspired not only his direct disciples but also generations of practitioners up to the present day.

In the late 1980s, Geshe Jampa Tegchok gave this extraordinary commentary on *The Thirty-seven Practices of Bodhisattvas*. He clearly explains the exchanging oneself with others meditation for developing our love and compassion for all living beings. He lays open the methods for doing glance, stabilizing, and analytical meditations and offers an in-depth discussion of the nature of emptiness—all the essentials are here for transforming our attitudes and developing courage and joy.



## THE THREE PRINCIPAL ASPECTS OF THE PATH



An Oral Teaching by Geshe Sonam Rinchen  
Translated and edited by Ruth Sonam

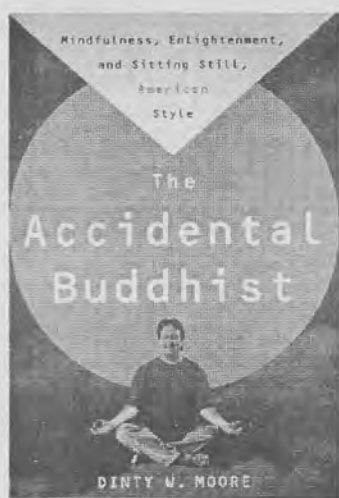
## THE THREE PRINCIPAL ASPECTS OF THE PATH

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam  
200 pp. #THPRAS \$14.95

The wish for freedom, altruistic intention, and the wisdom of emptiness constitute the three principal aspects of the path to enlightenment. The essential prerequisite is a strong wish for freedom. But to know how to attain freedom and cut the root of cyclic existence, it is necessary to have the correct understanding of reality. Even with a feeling of antipathy to this cycle of involuntary birth and death and an undistorted understanding of reality, supreme enlightenment will remain out of reach without the altruistic intention to act selflessly for the good and happiness of all living beings. These three are the key—everything that the Buddha thought necessary to attain enlightenment is contained in these teachings.

Geshe Sonam Rinchen was born in Tibet in 1933. He studied at Sera Je Monastery and in 1980 received the Lharampa Geshe degree. He is currently resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practice.

## NEW BOOKS FROM OTHER PUBLISHERS



### THE ACCIDENTAL BUDDHIST

by Dinty Moore. 208 pp. #ACBU \$12

"Moore's witty and candid 'regular guy' approach to these experiences is entertaining and comforting, and his conclusions are right on target."—*Booklist*, American Library Association

Cutting through religious jargon and abstract concepts, Moore explains why Buddhism is becoming part of popular culture. He has the rare ability to be at once sincere about religion and good-humored about the human condition—a fun read.

### AWAKENING TO THE SACRED: Building a Spiritual Life from Scratch

by Lama Surya Das. 400 pages #AWSA \$26

Shows how to create a personalized, daily spiritual practice based on individual beliefs and needs. Das' unique approach illuminates the natural meditations already present in daily life. His chants, prayers, affirmations, rituals, guided meditations, and breathing exercises help incorporate the notion of a continuous sacred presence into any routine.

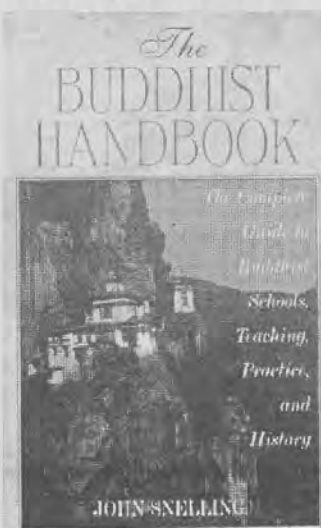


### THE BOND BETWEEN WOMEN: A Journey to Fierce Compassion

by China Galland. 344 pp., 20 b&w photos & illus., #BOBEWO \$25.95

Part travel memoir, part spiritual pilgrimage, and part call to action, China Galland takes the reader to Nepal, India, S. America and back to the USA to meet women—both mythological and real—of fierce compassion. Their stories form the heart of this powerful narrative, into which she weaves strands of her own searing, personal journey.

### New updated edition!



### THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History

by John Snelling. 384 pp. #BUHA \$16.95

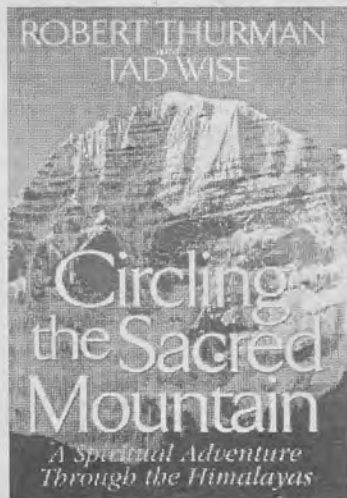
The most comprehensive guide to Buddhism—teachers, teaching, practice, schools, and history. It provides a comprehensive, world-wide, and non-sectarian survey of traditions and their contemporary exponents.



### BUDDHIST WOMEN ACROSS CULTURES: Realizations

ed. by Karma Lekshe Tsomo. 326 pp. #BUWOCU \$21.95

Scholars and practitioners from a variety of Buddhist cultures, philosophical traditions, and academic disciplines analyse important dimensions of the new cross-cultural Buddhist women's movement: the status and experiences of women in Buddhist societies, feminist interpretation of Buddhist tenets, and the relationship of women to Buddhist institutions. It documents both women's struggle for religious equality in Asian Buddhist cultures as well as the process of creating Buddhist feminist identity across national and ethnic boundaries as Buddhism gains attention in the West.



### CIRCLING THE SACRED MOUNTAIN: A Spiritual Adventure Through the Himalayas

by Robert Thurman & Tad Wise. 384 pp., color photos #CISAMO \$25.95 cloth

It was a promise of transformation that inspired Robert Thurman, pre-eminent Buddhist scholar and teacher, to lead a group of eager pilgrims on the spiritual trek of a lifetime—to Mount Kailash, the most magical place on earth where one's prayers are answered instantly. Among the group was a former student and longtime friend, Tad Wise. They recount their experience circling the mountain, in chapters that counterpoint the most profound inner teachings of Tibetan Buddhism with a magnificent description of a land of awesome beauty and unexpected hardships.



## THE CULT OF PURE CRYSTAL MOUNTAIN: Popular Pilgrimage and Visionary Landscape in Southeast Tibet

by Toni Huber. 320 pp., 3 maps, 9 halftones, #CUPUCR \$65 cloth

The Tibetan district of Tsari with its sacred snow-covered peak of Pure Crystal Mountain has long been a place of symbolic and ritual significance for Tibetan peoples. Toni Huber of Victoria University, New Zealand, explores the esoteric and popular traditions of ritual at this major pilgrimage center. She focuses on the period of the 40s and 50s and documents Tibetan life patterns and cultural traditions which have largely disappeared since 1959. Huber offers discussion and analysis of the construction and meaning of Tibetan cultural categories of space, place, and person, and the practice of ritual and organization of traditional society in relation to them.

## Imagine All the People



### The Dalai Lama

on Money, Politics, and Life As It Could Be

His Holiness The Dalai Lama

## IMAGINE ALL THE PEOPLE: A conversation with The Dalai Lama on Money, Politics, and Life as It Could Be

by H.H. the Dalai Lama & Fabien Ouaki. 192 pp. #IMALPE \$14.95

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

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

by Gyalwa Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$27.50 cloth

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

## THE LAZY LAMA LOOKS AT BUDDHIST MEDITATION

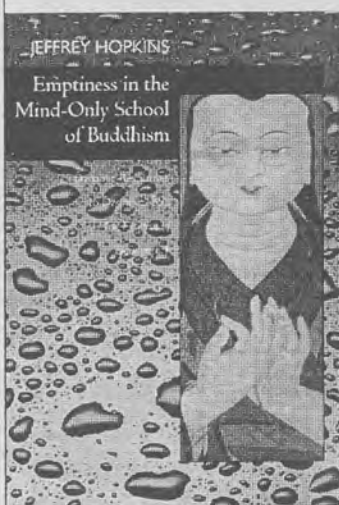
by Ringu Tulku. 36 pp. #LALALO \$6

Ringu Tulku received extensive training from lamas of all Tibetan orders and is an authority on the works of Jamgon Kongtrul and the Rimay movement. Here he discusses the essentials of meditation—to learn that whatever experience arises—whether good, bad or indifferent—it doesn't matter. It's just an experience, and you can relax in that.

by Jeffrey Hopkins  
542 pp. #EMMION \$45 cloth

In this first of three volumes, Jeffrey Hopkins focuses on how the conflict between appearance and reality is presented in the Mind-Only, or Yogic Practice School. *The Essence of Eloquence* is so rich that over the past six centuries numerous Tibetan and Mongolian scholars have been drawn into a dynamic process of both finding and creating consistency in Dzong-ka-ba's often terse and cryptic tract. Hopkins has made extensive use of these commentaries to annotate the translation in such a way that the issues come alive. Included are historical and doctrinal introductions, a critical edition of the text, and a lengthy synopsis to aid the general reader. Specialists and nonspecialists alike will find this important book indispensable.

## EMPTINESS IN THE MIND-ONLY SCHOOL OF BUDDHISM: Dynamic Responses to Dzong-ka-ba's *The Essence of Eloquence*: 1



## WORLDS OF TRANSFORMATION Tibetan Art of Wisdom and Compassion

by Marilyn Rhie & Robert Thurman. 480 pp., 9 x 12", 319 illustrations, 285 in color, 2 maps, #WOTR \$95 cloth

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



## The Miracle of Mindfulness

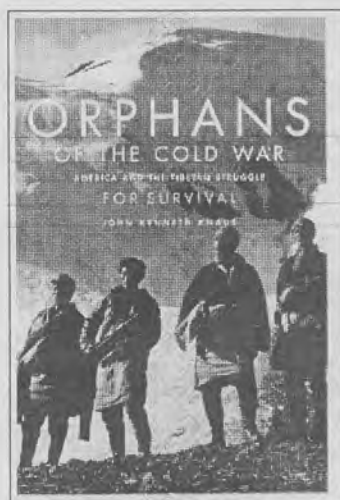
A Manual on Meditation

Thich Nhat Hanh

## THE MIRACLE OF MINDFULNESS: A Manual on Meditation

by Thich Nhat Hanh. 140 pp., 11 b&w wash drawings, #MIMI \$12

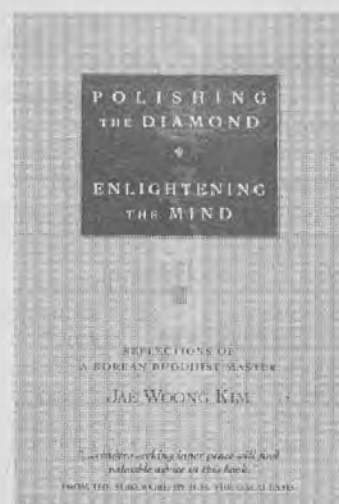
This is a lucid and beautiful guide to mindfulness—being awake and fully aware. Thich Nhat Hanh's gentle anecdotes and practical exercises show that the opportunities for being mindful are numerous and close at hand—washing the dishes, answering the phone, drinking tea.



## ORPHANS OF THE COLD WAR: America and the Tibetan Struggle for Survival

by John Kenneth Knaus. 384 pp., 54 photos, illus., #ORCOWA \$27.50 cloth

A secret war has been waged over Tibet involving the Chinese, Indians, British, Tibetans and Americans—this is a vivid account written by the man who knows the subject: a 44-year veteran of the CIA. John Knaus participated in the planning, direction and execution of America's covert attempts to aid the Tibetan resistance. He describes secret UN negotiations to brutal violence in the Himalayas—a gripping tale of geopolitics and courage, faith and abandonment—essential reading for anyone interested in the modern history of Tibet.



## POLISHING THE DIAMOND, ENLIGHTENING THE MIND

by Jae Woong Kim. 246 pp.

#PODIEN \$18.95

*The Diamond Sutra* is one of the most beloved and profound scriptures in Buddhism 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" for the purpose of keeping the peacefulness of sitting meditation in any situation.

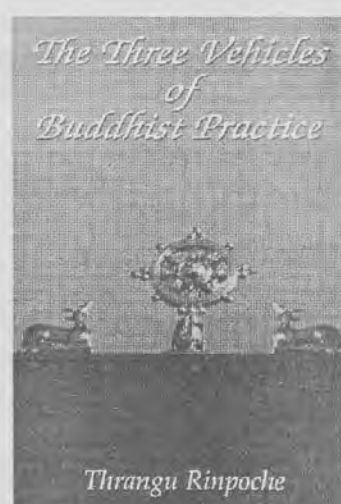


## SOARING AND SETTLING: Buddhist Perspectives on Contemporary Social and Religious Issues

by Rita Gross. 258 pp. #SOSE \$19.95

This is a book about Buddhist practice, feminism, and social change. It is in the stream of emerging discussions from the Engaged Buddhist movement. The essays, however, focus on themes not often emphasized in the Engaged Buddhist movement, beginning with feminism itself—internal critiques, such as those brought up by Buddhist feminists concerning patterns within Buddhism itself. Sixteen essays present Buddhist feminism, social issues from a feminist perspective and the feminist theology of Buddhism.

"Her reflections are incisive, and express her social activism, intellectual creativity, and personal candor."—Judith Simmer-Brown



## THE THREE VEHICLES OF BUDDHIST PRACTICE

by Thrangu Rinpoche. 126 pp.

#THVEBU \$12.95

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.



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

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

Twelve thangka line images ready to color.





## NEW BOOKS FROM OTHER PUBLISHERS



### THE TIBETAN BOOK OF THE DEAD FOR READING ALOUD

adapted by Jean-Claude van Itallie. 80 pp., color art and photos, 9x9", #TIBORE \$20

"Jean-Claude, one of our most original playwrights and a longtime practitioner of Tibetan Buddhism, has taken Guru Padmasambhava's masterpiece and rendered its essential brilliance into deeply moving and inspiring poems meant to be read aloud. Its sole intent is to pilot us wandering voyagers through the illusory realms we call life and death."—Richard Gere



### TRANSITION & LIBERATION: Explanations of Meditation in the Bardo

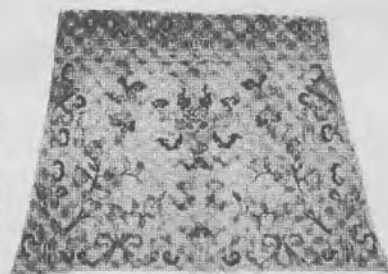
by Tenga Rinpoche. 114 pp., 14 color plates, 1 b&w photo, #TRLI \$20

Rinpoche introduces the six kinds of bardo and gives instructions on how consciousness can be guided through each of these phases and liberated. This teaching was taken from Karma Lingpa's *The Peaceful and Wrathful Deities*.

### TIBETAN RUGS

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

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



### THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthig Tradition

by Dilgo Khyentse Rinpoche. 120 pp. #WIFUJE \$15

In the Tibetan Buddhist tradition, devotion to one's guru or spiritual master is considered to be of the utmost importance in spiritual practice. These teachings on Guru Yoga are based on the instructions of Rigdzin Jigme Lingpa.

## WIN A TRIP TO TIBET & NEPAL

Tour Leader: Glenn Mullin

You can be entered into the drawing for a free trip to Tibet and Nepal everytime you place an order with us. Just mention that you'd like to be in the contest when you place your order. See pg. 13 for more details.

## NEW DHARMA ITEMS

### VIDEOS AND AUDIOS!

#### DZOGCHEN: The Innate Great Perfection

by Lama Surya Das. 3 cassettes #DZINGR \$28.50

Recorded during a week long retreat in Germany, talks include: Happiness Is the Way; Joy of Meditation; Buddhist Sense of Integrity; Mingling Dharma with Daily Life.



### THE EIGHT VERSES FOR TRAINING THE MIND

by the Dalai Lama, produced by the Conservancy for Tibetan Art and Culture. 4 cassettes in a slip box #EIVETR \$24.95

"It could be said that *The Eight Verses for Training the Mind* contain within them the entire essence of the Buddha's teachings in a distinct form."—H.H. the Dalai Lama

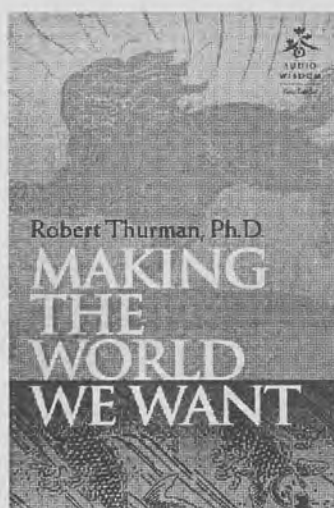
This tape-set contains the complete teaching and commentary by His Holiness on the *Eight Verses* as well as the conferring the Generation of Bodhicitta Mind—both given November, 1998 in Washington, D.C. His Holiness has described the *Eight Verses* as a profound source of personal inspiration. The Generation of Bodhicitta Mind transmission strengthens the Lojong teaching by establishing the heart-felt motivation to become enlightened in order to benefit others.

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

### GOM RIM BAR PA

by H. H. the Dalai Lama. 7 videos, 11 hrs. #GORIV \$100; 10 audio tapes #GORIT \$85

The *Gom Rim Bar Pa* (*The Stages of Meditation*) was written by Kamalasila and addresses the central issues and is a meditation handbook for Mahayana Buddhism. The Dalai Lama presents this text and gives his own commentary. Topics include: the nature of mind and how to train it, the development of compassion and equanimity, the nature of suffering, wisdom and how to unite it with compassion, and the meditations of calm abiding and penetrative insight. This teaching was given at Deer Park in Wisconsin.



### MAKING THE WORLD WE WANT

by Robert Thurman. 4 cassettes, 5 hours #MAWOWE \$29.95

Thurman speaks openly on his most important issue for our time—how Buddhism is poised to revolutionize the entire course of humanity. In this passionate, incisive and often hilarious joyride of the mind and spirit, Thurman explores mindful communities as "enlightenment factories" and how they have sparked inner revolutions through history, the Buddha's philosophy of life, liberty, and the pursuit of real happiness, how compassion and non-duality spur social action.

### THE POWER OF DREAMS

by Tenzin Wangyal Rinpoche. 6 cassettes #PODRT \$50

Rinpoche teaches the ancient dream practice of Bon-Tibetari Buddhist traditions. The goal of this practice is to recognize the sacred spiritual dimension of the dream, and by applying it in meditation, to harmonize one's life as well as ultimately to achieve enlightenment. He discusses ancient methods of developing lucid dreams by which one can maximize the potential of mind and body.



### MEDITATIONS & PRAYERS TO THE GODDESS TARA

by Prema Dasara, music by Anahata Iradah. 50 min. #MEPRGO \$12

Exquisite musical accompaniment for Prema Dasara's voice as she leads a complete visualization of Tara, prayers of praise and longing to Tara, and a golden spiral meditation.

### Best Selling!

### THE DALAI LAMA OF TIBET OVERCOMING DIFFERENCES



### OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama

by Trueheart Productions. 90 min. #OVDIVI \$29.95

On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness and survive.



### PEMA CHODRON AND ALICE WALKER IN CONVERSATION: On the Meaning of Suffering and the Mystery of Joy

45 min. video with booklet #PECHAL \$19.95

This is an intimate sharing on how to celebrate the human condition. With honesty and humor, Walker and Chodron explore the most pressing spiritual riddles of our time. What is the purpose of suffering? Are activism and meditation mutually exclusive? Can sexuality block the path to enlightenment? Comes with an eight-page booklet including Chodron's tonglen instructions and many other helpful resources.

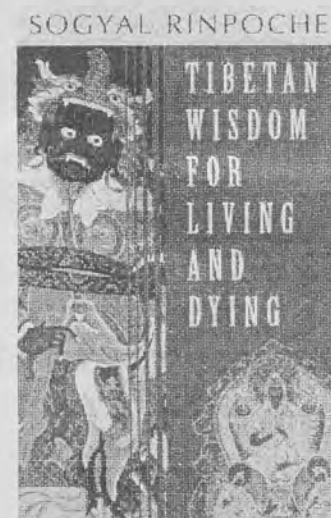
### Editor's pick!

### TIBET: On the Edge of Change

prod. by William Bacon. 1 hr. video, #TIEDCH \$24.95

Over hundreds of years, Tibet's isolation and mountainous inaccessibility has nurtured a unique society characterized by harmonic interdependence in a place of harsh and indescribable beauty. Most of this video shows life as it was before the Chinese impact—you see the eco-sensitive traditional methods of farming the rugged Himalayan landscape by hand, the festive religious life of the lay people, their prayer wheels and prayer flags that send wind-borne prayers for peace and brotherhood out into the skies of the world. A farming village in East Tibet, nomadic camp and city life are shown in their traditional form. The last ten minutes of the video shows how the Chinese are progressively destroying these people's lives. This is the video on Tibetan life that we give the highest recommendation.

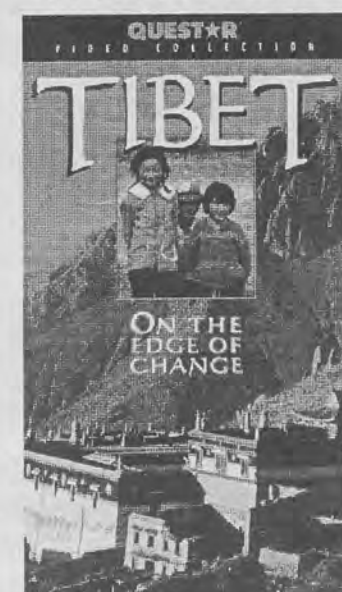
### Was \$59.95, new package for \$29.95



### TIBETAN WISDOM FOR LIVING AND DYING

6) 9 hrs. #TIWIT \$29.95

The definitive workshop on the teachings of Sogyal Rinpoche. He covers many, many topics—here are a few: active laziness; facing the truth of yourself; death as a mirror; what survives; discipline; futility of grasping; spacious mind in meditation; bardo teachings; buddha-nature; rigpa; obstacles; giving inspiration to the dying; taking on the suffering of others; openness and truth in relationships; working with people in pain; purifying negative karma; love as the only security; grieving; the inner and outer teacher; Padmasambhava's instructions for the bardo; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.





## MUSIC & CHANTS



### CHANTS BY LAMA SURYA DAS

#CHLASU \$16.95

Om Mani Padme Hung; Benzar Guru Mantra; Tara Mantra; Heart Sutra—all chanted by famous Buddhist teacher Lama Surya Das.



### SACRED CHANTS FROM A TIBETAN CHANT MASTER

by Segyu Gaden Dhargye Ling. 1 hr., #SACHTI \$18

Here are fourteen chants that are regularly performed by the monks of the Tibetan Segyu Monasteries. Included are Medicine Buddha chants and Yamantaka Self-initiation. "If you have enjoyed the chanting of the famous Gyuto and Gyumne monks, you will also treasure these powerful and rarely heard Segyu chants. Their potent resonances focus the mind and their blessing free the heart."—Georg Feuerstein, author



### SACRED SOUNDS FROM THE SNOW MOUNTAINS

sung by Ani Rinzing, music by Richard Page. CD 33 min. #SASOCD \$18

Tibetan mantras sung by the nun Ani Rinzing with music composed by Richard Page (best known as singer/songwriter of the band Mr. Mister). Includes the Chenrezig *Om Mani Padme Hum*, Mahakala, Prayer to Guru Rinpoche, Prayer to Amitabha, and Perfection of Wisdom. Instruments include keyboard, guitar, tablas, Tibetan flute and electric sitar. A spacious, tasteful blend of ancient and contemporary sounds. Proceeds go to Dashang Kagyu Ling Monastery.

### Highly Recommended!

#### TIBET/WATERBONE

by D. Kendall Jones, Jimmy Waldo, David Evans. 62 min., cassette #TIWAT \$10; CD #TIWACD \$16

Tibet began as a basic motif composed by D. Kendall Jones which, after a field recording trip to the Himalayas, became an electronic symphony transfused with monks chanting, choruses of Nepali and Tibetan children, horns, drums, flutes and individual vocal performances—including one by a woman named Lobsang who has one of the most enchanting voices you will ever hear. This is a great album.

## SILVER PENDANTS

These pendants are finely crafted in silver.

Tibetan Om #TIOMPE \$16

Tibetan Ah #TIAHPE \$16

Tibetan Hung #TIHUPE \$16



Large Tibetan Om #TIOMPL \$32



**SPIRIT OF TIBET Notecards**  
by Alison Wright. Twelve cards, plus envelopes #SPTINO \$23.40

Six exquisite images of Tibetan culture, most of which are taken from Alison Wright's *Spirit of Tibet* photobook. There are twelve cards, two of each image.



### THANGKAS: Buddhist Paintings from Tibet

#THBO \$9.95

A book of thirty oversized postcards of classical thangkass from the American Museum of Natural History. Contains images of the Buddha and many peaceful and wrathful deities, protectors, mandalas, lamas, and other subjects.



### CHENREZIG T-SHIRT

#CHTSXL \$15

Extra large gray Hanes t-shirt with World Citizens for Peace logo on front (left-side of chest) and beautiful Chenrezig line drawing in blue on the reverse. World Citizens for Peace is an organization that requires only the desire to foster peace in one's heart and between people. For more information contact Arya Aham, 203-335-9555.

### GARUDA POSTCARDS

\$1 ea.

GAC143 Buddha Shakyamuni w/ 16

Arhats

GAC152 Tapiriza



GAC153 Dorje Legpa



GAC154 Garuda

GAC155 Medicine Buddha

### New from Andy Weber

WDC18 Green Tara



WDC20 Mandala of Heruka Chakrasamvara



WDC19 Five Mothers  
These are the consorts of the five Dhyani Buddhas. They represent and purify the five elements.

### CARDS FROM ANDY WEBER

4 X 6" \$1 ea.

WDC1 Long Life Thangka

WDC2 Four Friends

WDC3 Eyes of the Stupa

WDC4 Eight Auspicious Symbols

WDC5 Om Mani Padme Hung

WDC6 Hri

WDC7 Om Ah Hung

WDC8 Double Dorje

WDC9 Prajnaparamita

WDC10 Samajavajra

WDC11 Heruka Chakrasamvara

WDC12 Mahakala

WDC13 Mandala of Avalokitesvara

WDC14 Mandala of the Five Elements

WDC15 Path of Samatha Meditation

WDC16 Inner Offering

WDC17 Eight Precious Offerings

## SNOW LION T-SHIRT

Large #SLTL and extra-large

#SLTX \$15.00

The Snow Lion, the national symbol of Tibet, in deep blue on natural color 100% cotton shirt.



## CALENDARS

On Sale! Now \$6



### IN TIBET

1999 Wall Calendar

by The International Campaign for Tibet. 18 high x 12" wide when open, #INTICA \$12

This is one of the best photo calendars this year and includes pictures of Tibet by Galen Rowell, Nick Day, Sonam Zoksang, and Kevin Bubriski. This calendar is a fund raiser for the Campaign's efforts on behalf of Tibet.

On Sale! Now \$7



### THE ART OF ENLIGHTENMENT: Buddhist Paintings from the Far East

#ARENCA \$12.95

Twelve exquisite images of the Buddha and other Buddhas from Tibet, Nepal, China, Korea and Japan.



### MANDALA CALENDAR 1999

Including the Tibetan lunar calendar for the year of the Earth Hare, 2126

by the staff of Mandala Magazine. #MACA \$12

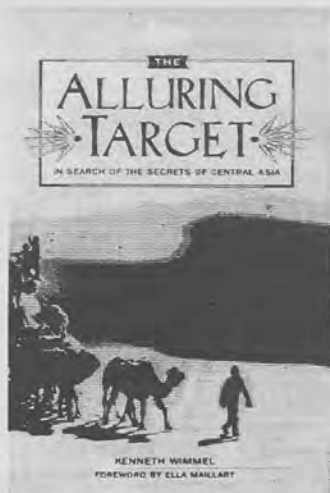
This is a 15 month calendar (Jan. 99 to March 2000). It is a full color wall calendar produced by Mandala to help support the publication of their fine dharma magazine. When open the calendar is 6 1/2" wide by 13" high and contains special days of Lord Buddha, birthdays and anniversaries of other holy beings, tsog days, full and new moons, eclipses and monks and nuns' confession days.

### RIGPA CALENDAR

#RIGPA \$8.95

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





## THE ALLURING TARGET: In Search of the Secrets of Central Asia

by Kenneth Wimmel. 256 pp., 57 photos and illus., #ALTA \$16.95

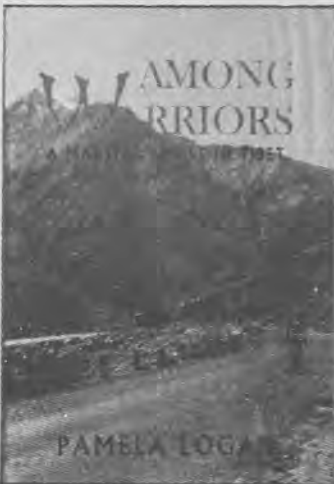
Daring expeditions on camel and yak; biplanes buffeted by gales in the Himalayas; shootouts with bandits as paleontologists race across the Mongolian steppes; lost cities beneath desert dunes, priceless art treasures and manuscripts along the ancient Silk Road—here are real-life stories of famous adventurers and explorers in the great uncharted Central Asia during the period from 1890 to 1935.

## ALTAR OF THE EARTH

by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95

*Altar of the Earth* goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike. Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

"...humorous and insightful, as well as poetic...a readable introduction to Tibetan civilization."  
—*Tibet Journal*



## AMONG WARRIORS: A Martial Artist in Tibet

by Pamela Logan. 264 pp., 16 color photographs, 5 maps, #AMWA \$23.95

Dr. Pamela Logan, an aerospace scientist and third-degree black belt in karate, embarked on a rare journey to investigate warrior tribes in Kham in eastern Tibet. From her initial stopping-off post, the monastery of Kumbum, to her final destination Logan details the challenges and rewards of her trek as she travels across Tibet by mountain bike, train, truck, horseback and foot. She uses all of her resources to gain entrance to both the physical and spiritual Tibet.

## THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$15.95

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

## THE COMPLETE GUIDE TO BUDDHIST AMERICA

by Don Morreale, fore. by H.H. the Dalai Lama. 464 pp. 136 illus., 8 x 9," #COGU \$23.95

This is a completely revised and vastly expanded edition of Buddhist America. In addition to being thoroughly updated, this new edition contains more than twice the number of listings and articles.

## Seventh Edition!

### INDIA: A Travel Survival Kit

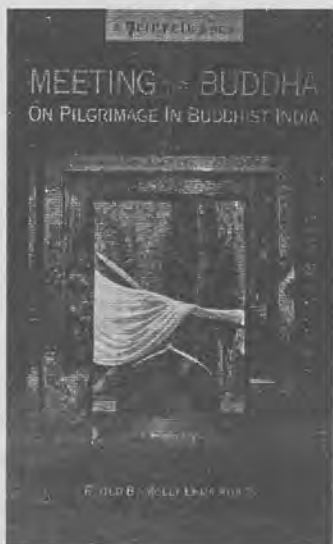
by Crowther, Raj and Wheeler, 1139 pp., 205 maps, 224 color photos #INTRSU \$25.95

The best and most popular guide to India—winner of the Thomas Cook Guidebook of the Year award—just got better. Want to find a houseboat in Kashmir or a palace in Rajasthan—or your way around Dharamsala? The facts are all in this definitive guide.

### MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$8.95

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



## MEETING THE BUDDHA: On Pilgrimage in Buddhist India

Ed. by Molly Emma Aitken. 370 pp., 38 photos and maps. #MEBUPI \$12

"*Meeting the Buddha* will stimulate a renewal of faith in all who have made the Buddhist pilgrimage, and will immerse all who want to set out in the love and wisdom of the sages. This rare and rich collection of pilgrims' voices from the origins of Buddhist India to the present."—Andrew Harvey

The eight places of Buddhist pilgrimage seen through the eyes of these marvelous writers opens us to the special qualities of Buddha's life.

### MONGOLIA: Travel Survival Kit

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

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

### NEPAL: The Rough Guide

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

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



## SKY BURIAL

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

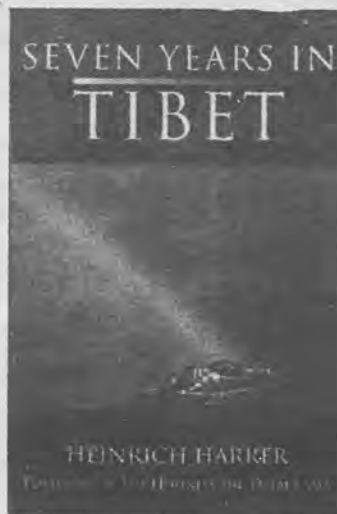
This a riveting, first-hand account by Blake Kerr, an American doctor who inadvertently walked into one of the grimmest scenes of political oppression in the world. Blake Kerr had just graduated from medical school and was visiting Tibet with his old college friend, John Ackertly. They were enjoying the sights and sounds of Lhasa, the capital of Tibet, and hitch-hiking to Everest, where they "humped loads" for an American expedition assaulting the mountain.

Upon returning to Lhasa, Kerr and Ackertly swiftly became aware of the oppressive character of the Chinese occupying forces and their efforts to eradicate Tibetan culture. A series of demonstrations by Tibetan monks exploded into pro-independence protests greater than anything witnessed by foreigners since China entered Tibet in 1949.

Kerr and Ackertly attempted to aid the rebels, but were arrested and endured a brief, harrowing imprisonment. Their efforts to alert the international media met with success. After their forced departure from the country both Kerr and Ackertly became activists committed to ending China's oppression.

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

"This is the best account of the 1987 Tibetan uprising against Chinese police control in Lhasa and the subsequent crackdown on dissent. Blake Kerr captures the beauty, terror, and tragedy of Tibet."—*Washington Post*



## SEVEN YEARS IN TIBET

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

This is the exciting and enjoyable classic of adventure and personal transformation. During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.

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

### TALE OF THE INCOMPARABLE PRINCE

by Tshe-ring-dbang-rgyal, trans. by Beth Newman. 240 pp. #TAINPR \$14

This is a sweeping epic of intrigue, passion, war and religion set in the context of a traditional Buddhist world-view. This is Tibet's *only* novel. The story tells the life of a prince from the realm of Kumaradvitiya, who, after a series of adventures that teach life lessons, goes into self-imposed exile and arrives at the bodhisattva state of selflessness. Because his life story mirrors that of the Buddha, *The Tale of the Incomparable Prince* is an elucidation of Buddhism as well as an extraordinary work of literature.

### TIBET: Travel Survival Kit

by Chris Taylor. 241 pp., 108 illus., maps and color photos. #TITRSU \$14.95

This is another edition (3rd) of the excellent guide to Tibet. It has been completely rewritten, with 29 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.

## TALES OF THE TURQUOISE:

### A Pilgrimage in Dolpo

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

In the early spring of 1961, Dr. Jest undertook a three-week circumambulation of the valley in the company of Tibetans, visiting temples, shrines and sacred mountains. His companion Karma, an elderly nomad from Western Tibet and a gifted story-teller, punctuated the journey with traditional tales and his own reflections.

Charmingly written, colorful and engaging, the narrative transports the reader to a world of Tibetan spirit that stands outside time in ways not readily accessible to outsiders.

### TIBET HANDBOOK with Bhutan

ed. by Gyurme Dorje. 768 pp., over 200 maps and plans, #TIHABH \$21.95

This new handbook has authoritative details of the entire country including the far west, north and the eastern provinces of Kham and Amdo—not previously covered in any other guidebook. Informative details on monasteries and sacred sites, accommodations, culture, history, places to eat, transportation, festivals, staying healthy, money, documents, trekking, adventure travel, etc. Gyurme Dorje has travelled to Tibet over 30 times since 1985, on academic research projects and as tour guide. He has a Ph.D. in Tibetan studies.

### TIBETAN PILGRIMAGE

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

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life.

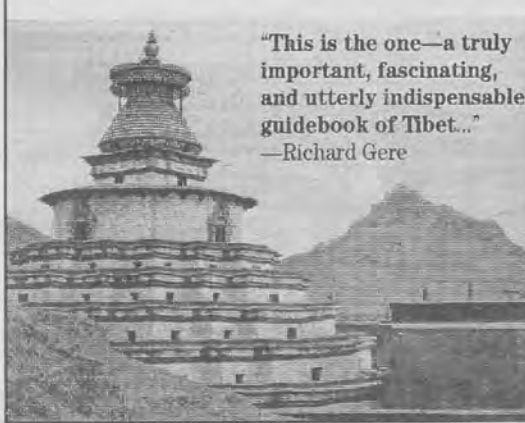
To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodhi Gaya, India for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm ceter of Buddhism.



## TIBET GUIDE

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

This completely revised and updated edition of the award-winning *Tibet Guide* contains an illustrated iconography guide, a phrase book, and a glossary of terms. Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet.



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





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

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

In 1986 John Crook went to Ladakh with Tibetologist James Low to investigate the social organization, history, meditational practices and philosophy of the yogins who still lived and practiced in the remote parts of the area. This book is a record of the authors' adventurous journeys to meet these remarkable practitioners—an informative and enjoyable read.

## MAP AND INDEX OF LHASA CITY

by Amnye Machen Institute, Centre for Occupied Tibet Studies. #MPINLH \$20

This is the most detailed map of Lhasa city—the map provides the correct names and exact locations of all monuments, temples, monasteries, schools, hospitals, hotels, shopping centres, various offices of the Chinese Communist occupation administration, etc. In addition to road, street, lane and place names, all the mountains surrounding Lhasa have been delineated with contour lines. A separate main index in both Tibetan and English includes a historical survey of Lhasa and a recollection of the old city by the late W.D. Shakabpa.



## MAPS

### MAP OF TIBET

by Amnye Machen Institute #MATI \$12.95

This is a five color 39 x 27" map on Tibet has over 4,000 names of villages, cities, monasteries, counties, prefectures, provinces, lakes, rivers, roads, railways, airports and border crossing points. The map is in Tibetan. Over 50 maps were consulted and cross-checked by many people in the making of this one.

### INDIA

#MAIN \$11.95

### MONGOLIA Travel Map

#MOMA \$7.95

This is a road map of Mongolia with city plan for Ulaan Baatar.

### THE EASTERN REGIONS OF TIBET

by Academia Tibetica, 24 x 29", #EARETI \$13.50

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

# A RT & PHOTOGRAPHY

## ANCIENT WISDOM, LIVING TRADITIONS

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

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

## ART OF EXILE: Paintings by Tibetan Children in India

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

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

## ART OF TIBET

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

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



## BHUTAN: Mountain Fortress of the Gods

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

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

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

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

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

## BUDDHISM: Flammarion Iconographic Guides

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

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



## DIE GOTTER DES HIMALAYA: Buddhistische Kunst Tibets

by Gerd-Wolfgang Essen & Tsering Tashi Thingo, pref. by the Dalai Lama, photos by Hans Meyer-Veden. 299 pp., 206 color photos, 9 x 12", text in German, #DIGO \$50 cloth

The Gerd-Wolfgang Essen Tibetica Collection in Hamburg, Germany contains some of the finest Tibetan antiquities preserved anywhere. There are many pieces dating from the 10th century—exquisite and beautifully preserved. The majority of the book contains thangkas and statues that illustrate aspects of: Buddha, Dharma and Sangha as well as Lama, Yidam and Dakini. These are followed by mandalas, a section on Mahakala and Dharmapalas, directional guardians and a section of priceless ritual objects, masks, musical instruments, amulet boxes, and carpets.

## DHARMA ART

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

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

## GOLD JEWELRY FROM TIBET AND NEPAL

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

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

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

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

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

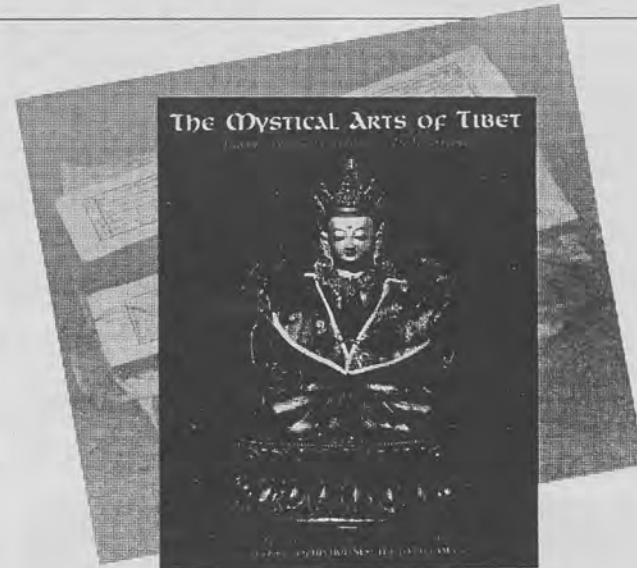


## THE HIDDEN TRADITION:

### Life Inside the Great Tibetan Monastery, Tashilhunpo

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

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



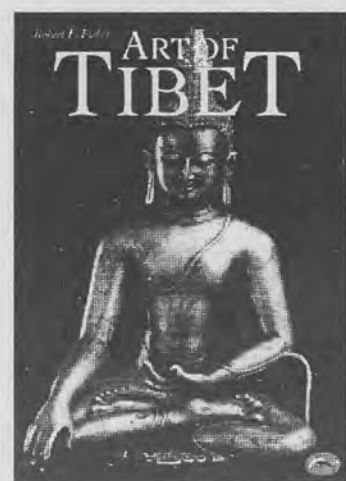
## THE MYSTICAL ARTS OF TIBET

Featuring Personal Sacred Objects of the Dalai Lama

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

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

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



## ART OF TIBET

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

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



## A HISTORY OF TIBETAN PAINTING

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

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



## IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

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

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

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

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



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

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

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



## THE KATHMANDU VALLEY

photos by Fredrik Arvidsson, text by Kerry Moran. 240 pp. 160 color photos, 11 x 11" #KAVA \$49.95 cloth NOW \$35.00

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

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

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

Labrang Monastery, located in the northeast corner of the Tibetan plateau at the strategic intersection of four major Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities in Tibet. This rare book captures the life of this monastery when it was in its height—it housed several thousand monks who studied and practiced the full range of Buddhist doctrines and rituals.

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

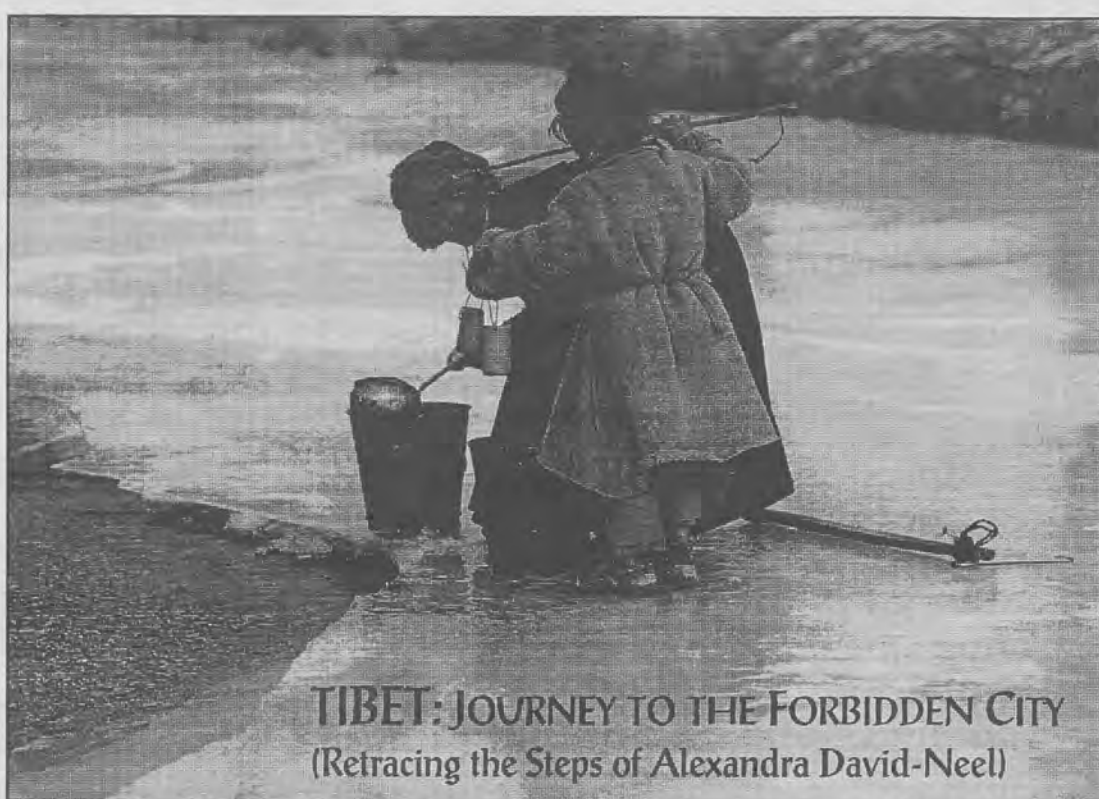
Author Paul Nietupski draws on the photographs and memoirs of Marion and Blance Griebenow, Christian missionaries resident in the area for nearly twenty-seven years, as well as the memoirs of Apa Alo, a local leader whose family included some of the highest incarnations of Labrang Monastery, to detail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



## LIVING BUDDHISM

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

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



## 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", #TLJOFO \$40.00

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



## THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

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

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

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

## LIVING TIBET: The Dalai Lama in Dharamsala

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

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

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

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

## LOST LHASA: Heinrich Harrer's Tibet

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

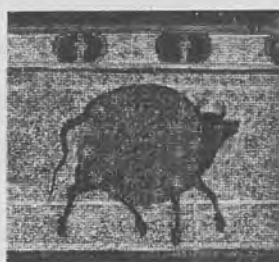
*Lost Lhasa* is the visual sequel to Heinrich Harrer's classic *Seven Years in Tibet*.

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

## MANDALA: The Architecture of Enlightenment

by Robert Thurman and Denise Patry Leidy. 144pp. 70 color/30 b&w photographs. #MAAREN \$25

This book is based on an exhibition sponsored by Tibet House and the Asia Society in New York. It presents the art and philosophy of the mandala with over one hundred photographs. The text has a history and overview of mandala art by the Asia Society Curator, Denise Leidy, and an essay on the uses of the mandala in tantric visualization practice by Robert Thurman.



## THE MANDALA: Sacred Circle in Tibetan Buddhism

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

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

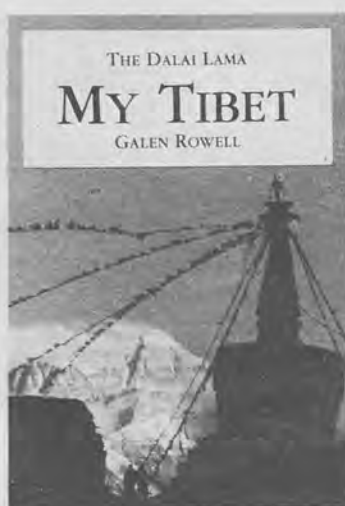


## MONGOLIA: The Legacy of Chinggis Khan

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

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





### MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTIP \$25 paper; #MYTI \$40 cloth

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



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

By Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$21.95

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

### PILGRIM: Photographs by Richard Gere

with a foreword by H.H. the Dalai Lama, an intro. by Richard Gere and a poem by Patti Smith. 144 pp., 12 x 13, 64 b&w photos, map, #PI \$75 cloth. ON SALE, now \$50.00

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

### THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas

by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2, #SAMOTI \$24.95

Spectacular photography and narrative provide a journey through Himalayan scenery to Kailas, Asia's most sacred mountain. Sublime, this snow-clad pyramid has been a place of pilgrimage for over a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape traversed by vital and determined pilgrims.

### SACRED MOUNTAINS OF ASIA

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

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

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

### THE SAND MANDALA OF VAJRABHAIKAVA

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

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

### SACRED VISIONS: Early Paintings from Central Tibet

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

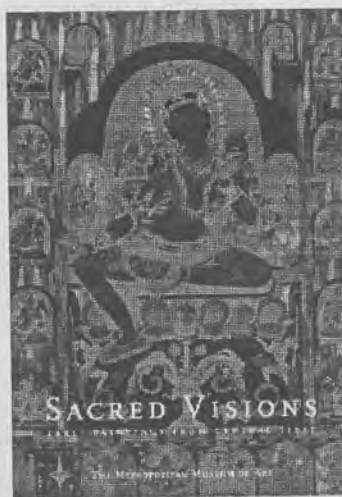
A major exhibition of Tibetan thangka at the Metropolitan Museum of Art is featured here. The authors discuss the individual works in reference to their style, iconography, provenance, and date. This collection and discussion documents the way that Indian, Nepalese and Chinese styles influenced the early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



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

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

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



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

#### SPIRIT OF TIBET: Portrait of a Culture in Exile

photographs and text by Alison Wright, foreword by H.H. the Dalai Lama. 200 pages, 180 color photos, 9 x 11" high x 10" wide, #SPTI \$34.95

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

These extraordinary images portray skilled Tibetan artists creating paintings, statues, and wood carvings; Tibetan doctors with their herbal remedies and pulse diagnoses; opera singers; young Tibetan children and lay people in their daily lives; monks and nuns engaged in study and practice; examples of Tibetan architecture and majestic mountain scenes.

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

#### THE STUPA: Sacred Symbol of Enlightenment

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

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

### SYMBOLS AND MOTIFS OF TIBETAN ART

by Robert Beer. 336 pp., line art throughout, 9 x 12", #SYMOTI \$55

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



### TABO: A Lamp for the Kingdom

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

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

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

### TARA'S COLORING BOOK

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

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

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

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

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

## THE TIBETANS: A STRUGGLE TO SURVIVE

by Steve Lehman

200 pp., 125 illustrations, 90 in color 10 x 9", #TISTSU \$45 cloth

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





## Closeout sale!

## TIBET

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

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

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

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



## TIBET: Land of Mystery

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

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

## TIBET: Photographs by Kazuyoshi Nomachi

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

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

## TIBET: THE SACRED REALM

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

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

## TIBETAN ART: Toward a Definition of Style

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

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

## TIBETAN BUDDHIST ALTAR

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

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

## TIBETAN COLLECTION: Sculpture and Painting

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

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

## TIBETAN MANDALAS

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

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



## TIBETAN NOMADS

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

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



## TIBETAN THANGKA PAINTING: Methods &amp; Materials

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

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

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

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



## TIBETAN VOICES: A Traditional Memoir

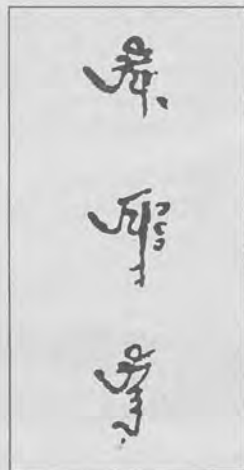
photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Iain Marrs, George Koller. 8 3/4" x 11" wide, 150 pp., 50 photos, #TIVO \$31.95

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

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

by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8.5 x 11", #TRTJAR \$29.95

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



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

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

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



## WISDOM AND COMPASSION:

## The Sacred Art of Tibet

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

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

## BIOGRAPHY

## AMA ADHE: THE VOICE THAT REMEMBERS (The Heroic Story of a Woman's Fight to Free Tibet)

by Adhe Tapontsang and Joy Blakeslee. 272 pp. 6 b&w photos, #AMAD \$14.95

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



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

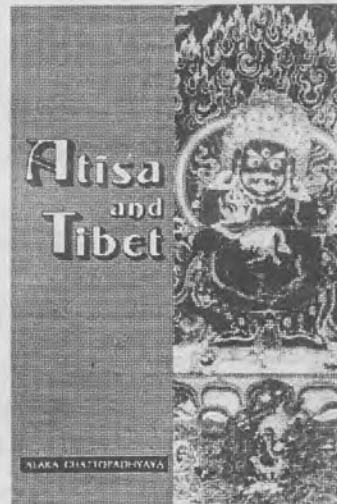
by Janet Gyatso. 360pp. #APSE \$39.50 cloth NOW \$25.00

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

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

by Alaka Chattopadhyaya, trans. under Prof. Lama Chimpa. 593 pp. #ATTI \$23.95 cloth NOW \$16.00

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





## Now in paper!

### THE AUTOBIOGRAPHY OF A TIBETAN MONK

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

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

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

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

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

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

### BORN IN TIBET

by Chogyam Trungpa. 296 pp., 36 photos, 18 line drawings, #BOTI \$15

Identified at the age of thirteen months as a major reincarnation of an enlightened teacher, Chogyam Trungpa underwent a period of intensive training in meditation, philosophy, and fine arts, receiving full ordination as a monk in 1958. He then narrowly escaped the Chinese army in Tibet—this memoir concludes with his safe arrival in India and his life in the West.



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

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

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

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

by Vicki Mackenzie. #CASN \$24.95 cloth (see Women's Studies)

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

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

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

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

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

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

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

### DILGO KHYENTSE RINPOCHE

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

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

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

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

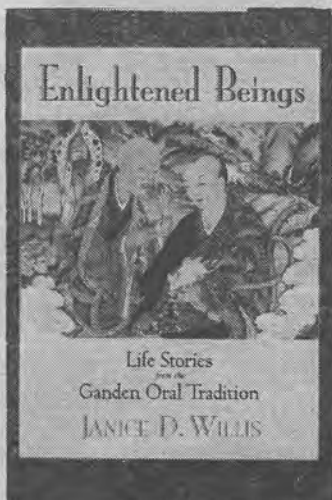
This is the secret biography of one of Tibet's foremost saints who is greatly loved by Tibetans for his outrageous behavior and ribald humor which were intended to awaken common people and yogis alike from religious dogmatism and egoic self-possession. He was recognized as an incarnation of the great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

### FINDING FREEDOM: WRITINGS FROM DEATH ROW

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

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

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



## ENLIGHTENED BEINGS

### Life Stories from the Ganden Oral Tradition

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

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



### FOREST RECOLLECTIONS: Wandering Monks in Twentieth-Century Thailand

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

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



### FOUR LAMAS OF DOLPO: Autobiographies of Four Tibetan Lamas

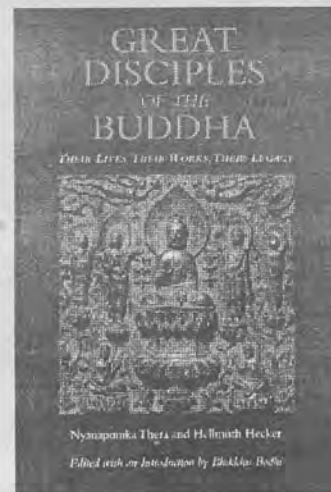
ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21.

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

### A GARLAND OF IMMORTAL WISH-FULFILLING TREES

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

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



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

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

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

### THE GREAT KAGYU MASTERS

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

"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche.



### HIDDEN TREASURES AND SECRET LIVES

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

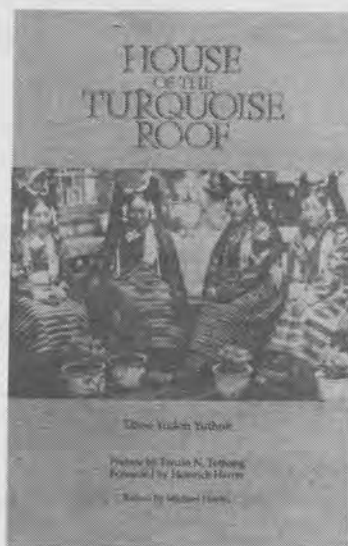
This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry.

### HIS HOLINESS THE XVII GYALWANG KARMAPA

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

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





## HOUSE OF THE TURQUOISE ROOF

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

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

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

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



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

by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos, #GIMYLI \$22 cloth

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

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

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

## KARMAPA: Ugyen Trinley Dorje

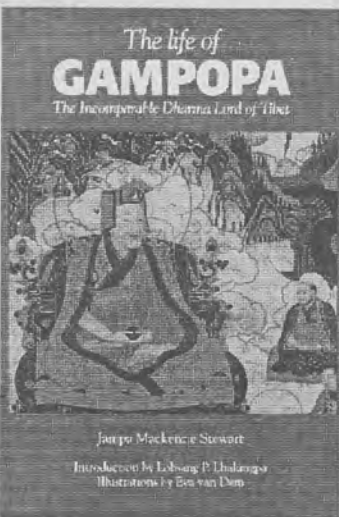
by Ken Holmes. 152 pp., 18 color plates, 38 b&w photos and line drawings, 7 x 9" #KAURTR \$22.95

Drawing on twenty-five years of experience close to the senior lamas of the Kagyu tradition, Ken Holmes presents extremely useful and not always widely available information on topics such as the Karmapa's lineage, reincarnation, Tibet and Tibetan Buddhism. Contains photos of the new incarnation, the 16th Karmapa and other lamas.

## KUNDUN: A Biography of the Family of the Dalai Lama

by Mary Craig. 392 pp., 19 b&w photos, #KUN \$26 cloth

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



## THE LIFE OF GAMPOPA: the Incomparable Dharma Lord of Tibet

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

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

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

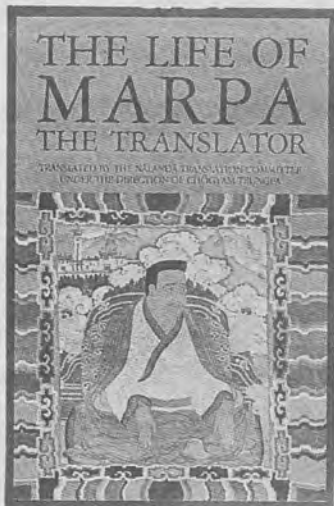
"Comprehensive and inspiring."—Midwest Book Review



## LIFE OF THE MAHASIDDHA TILOPA

86 pp. #LIMATI \$9.95

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



## LIFE OF MARPA THE TRANSLATOR

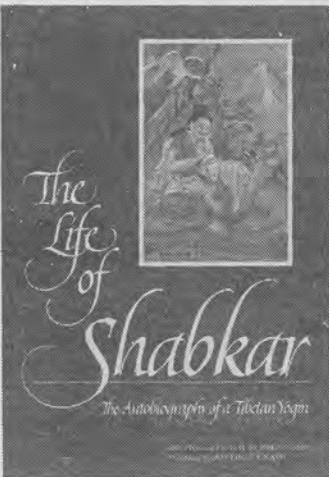
by the Nalanda Translation Committee. 320 pp. #LIMA \$16

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

## THE LIFE OF MILAREPA

by Lobsang Lhalungpa. 220 pp. #LIMI \$13.95

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



## THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi

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

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



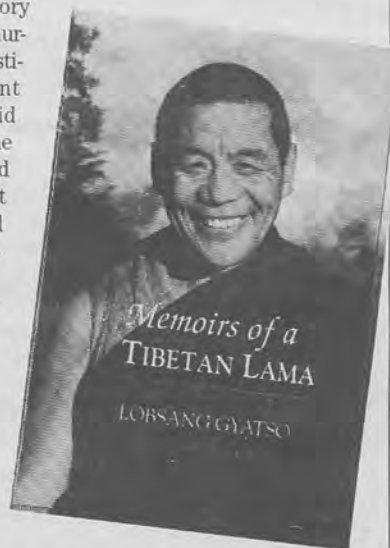
## MEMOIRS OF A TIBETAN LAMA

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

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

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

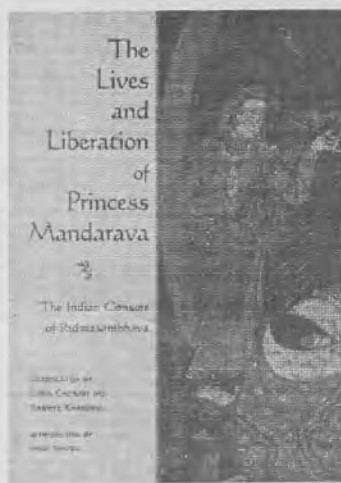
Lobsang Gyatso was murdered, in his room at the Buddhist Dialectic Institute with two of his students, in the late winter of 1997. The motive is thought to involve his unswerving support for the Dalai Lama's views.



## THE LITTLE LAMA OF TIBET

by Lois Raimondo. 40 pp., 41 color photos #LILATI \$15.95

This most impressive book on the present life of a prominent Tibetan tulku is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. However, it is an inspiration for Tibetan Buddhists of any age—a fascinating look at the bright young boy who represents hope for the future of Tibet.



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

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

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



## LORD OF THE DANCE, The Autobiography of Chagdud Tulku

246 pp. #LODAB \$16.95

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

## THE LOTUS-BORN: The Life Story of Padmasambhava

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

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

## LUNGTA #10: THE LIVES OF THE PANCHEN LAMAS

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

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



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

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

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

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

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

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

## MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

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



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

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

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

## THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche

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

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



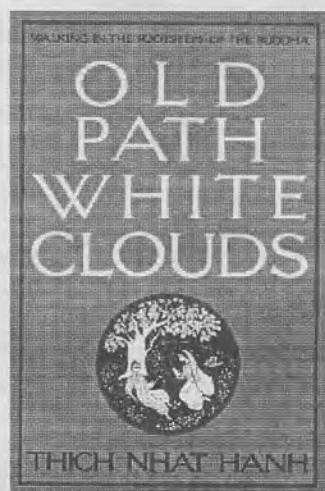
## REBORN IN THE WEST: The Reincarnation Masters

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

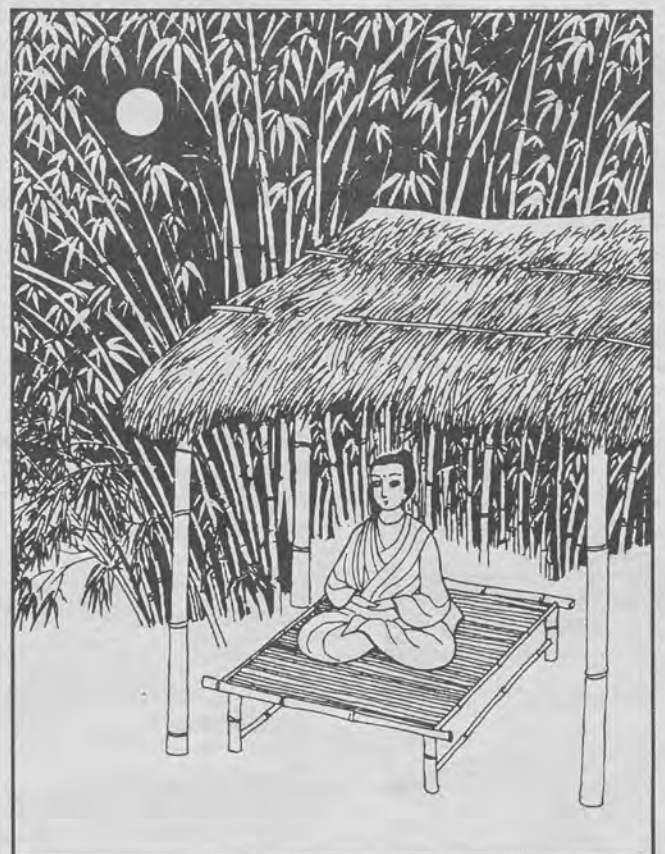
Among the wealth of information that currently fuels the reincarnation debate, there is one story that towers above the rest. For the first time "reincarnation masters" (tulkus) are appearing in the West. Vicki Mackenzie seeks them out and tells their stories—how they were identified and what their mission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

## OLD PATH WHITE CLOUDS WALKING IN THE FOOTSTEPS OF THE BUDDHA

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



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



## REINCARNATION:

### The Boy Lama

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

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

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

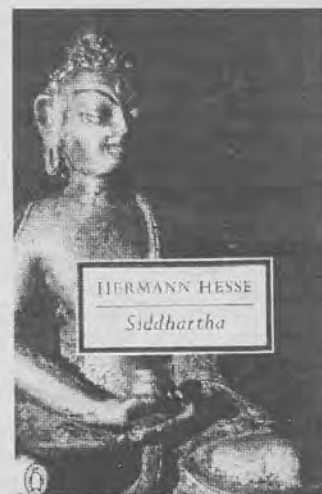
by Barbara and Michael Foster. 329 pp., 26 b&w photos, 2 maps, #SELIAL \$32.50 cloth

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

## TALES OF UNCLE TOMPA: The Legendary Rascal of Tibet

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

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



## SIDDHARTHA

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

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

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

by Keith Dowman, fore. by Trinley Norbu Rinpoche, illustrations by Eva van Dam. 400 pp., indexes, #SKDA \$18.95 (see Women & Buddhism)

## THE TEACHER: Eleven Aspects of Guru Rinpoche

23 pp. #TE \$2.95  
This little book reproduces woodblock images of Padmasambhava in his eleven forms or aspects. A really great book for the price!

## THE WARRIOR SONG OF KING GESAR

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

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

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

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

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

## TIBET: MY STORY

by Jetsun Pema. 304pp. #TIMYST \$24.95 cloth

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

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

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

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



# A DOG'S TOOTH

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

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

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



# AMY AND GULLY IN RAINBOWLAND

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

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

# THE BOY WHO HAD A DREAM

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

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

# BUDDHA

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

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



# BUDDHA STORIES

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

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

# THE BUDDHA'S QUESTION

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

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

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

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

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

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

# DHARMA FAMILY TREASURES: Sharing Mindfulness with Children

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

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

# EXPLORE TIBET

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

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

# THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$17.95 cloth (see Biography)

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

# THE GOLDEN GOOSE KING: A Tale Told by the Buddha

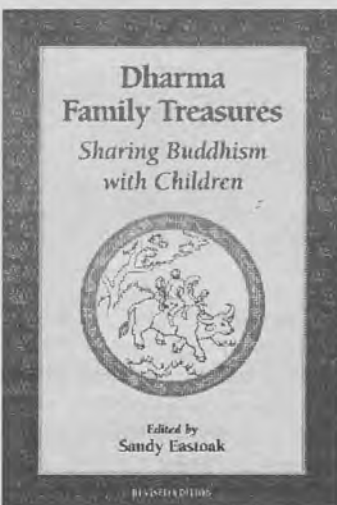
by Judith Ernst. 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

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

# HER FATHER'S GARDEN

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

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



# THE RABBIT & THE TIGERDILE

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



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

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

"An endearing tale of trust and generosity."—*NAPRA ReVIEW*

# THE LAND OF SNOWS

by Christopher G'bb. 93 pp., many illustrations and photos, #LASN \$7.95

This history of Tibet, written for children up to 15 years old, is a concise, colorful and lively introduction to the history and daily life of the Tibetan people. The Tibetan Children's Village published this book. Ages 8-14.

# THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha

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

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

# MEDITATING WITH CHILDREN: The Art of Concentration and Centering

by Deborah Rozman. 160 pp.

# #MEWICH \$14.95

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

# PRINCE SIDDHARTHA

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

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

# PRINCE SIDDHARTHA COLORING BOOK

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

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



# THE GIFT: A Magical Story about Caring for the Earth

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

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





## THE STORY OF PEMA WOEBAR: A Traditional Tibetan Tale

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

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

## TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, 10 x 13", #TACOB \$12.95 NOW \$9.00

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

## TINTIN IN TIBET

by Herge. 62 pp. #TTTI \$9.95

Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.

## THE THREE SILVER COINS: A Story from Tibet

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

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

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

## TIBET THROUGH THE RED BOX

by Peter Sis. 60 pp., fully illustrated in color, 11 x 11", #TIREBO \$25 cloth NOW \$15.00

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

## TWENTY JATAKA TALES

retold by Noor Inayat Khan, illus. by H. Willebeek Le Mair. 154 pp., 21 illus. #TWJATA \$9.95

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

## WHERE IS TIBET?

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

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

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

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



# C COOKBOOKS

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

by Khatsa & Co. Three 9-oz. jars, #KHHOSA \$18.95 (outside N. America, please allow \$15 for shipping by surface)

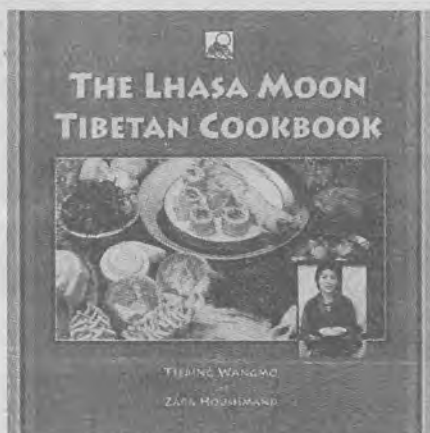
Khatsa means "hot mouth" and these three Tibetan sauces come from Dachen Kyaping's father who was able to leave Tibet after 21 years as a political prisoner. These sauces are not only authentic but they taste fabulous—spicy but not too hot for most people—we are enthusiastically recommending that you try them. The ingredients are vegetarian and the nettles come from Milarepa's cave! Seven percent of the profits are donated to a nature preserve in Tibet and to provide educational opportunities for Tibetan children. (no preservatives, no artificial flavors or colors).

## LHASA MOON TIBETAN COOKBOOK

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

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

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



## THE NEPAL COOKBOOK

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

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

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

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

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

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

# H HEALTH & FITNESS

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

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

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

## ANNOTATED BIBLIOGRAPHY OF TIBETAN MEDICINE (1789-1995)

by Jürgen Aschoff. 426 pp. #ANBITI \$86 cloth

Jürgen Aschoff has collected and annotated more than 1700 written sources on Tibetan medicine from all over the world. This annotated bibliography offers a great amount of information on Tibetan medicine. The author has also included shamanistic as well as the religious and philosophically based healing rituals. A rich resource for the person deeply interested in Tibetan forms of healing—published in Switzerland and hence the price. 20% of the entries are in German.

## BUDDHA'S ART OF HEALING: Tibetan Paintings Rediscovered

Essays by John Avedon, Tamdin Bradley, Fernand Meyer, N.D. Bolsokhoeva, and K.M. Gerasimova, foreword by H.H. the Dalai Lama. 208 pp., 10 x 12", 140 illus., 120 in color, #BUARHE \$65 cloth

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

## EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

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

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



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

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

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



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

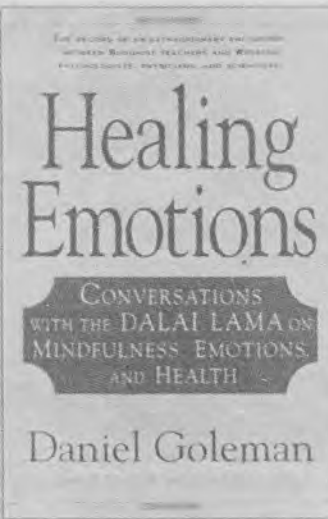
by T.J. Tsarong. 101 pp. #HATRTI \$6

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

## HEALING INTO LIFE AND DEATH

by Stephen Levine. 294 pp. #HELIDE \$9.95

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



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

edited by Daniel Goleman. 208 pp. #HEEM \$14.00

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



## HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshi Donden, ed. & trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

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

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

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

## LECTURES ON TIBETAN MEDICINE

by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

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

## POSITIVE HEALTH IN TIBETAN MEDICINE

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

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



## THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

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

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

*Quintessence Tantras of Tibetan Medicine* is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

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

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

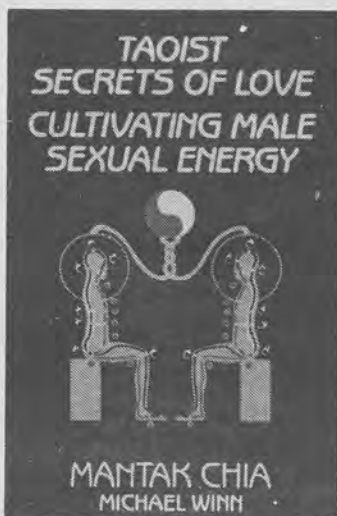
An adaptation of the Tibetan Arts of Love as a gay sex guide, Hopkins shows how sexual passion can open the door to spiritual growth and bring lovers to a powerful level of consciousness. He concludes with four ruminations on the sex-friendly nature of Tibetan Buddhism.

## STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STIME was \$9.95, now \$7.95!

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. It presents the Tibetan medical tree and diagrams all its parts.

Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.



## TAOIST SECRETS OF LOVE: Cultivating Male Sexual Energy

by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

The secrets revealed here enable men to conserve and transform sexual energy through its circulation in the microcosmic orbit, invigorating and rejuvenating the body's vital functions. Hidden for centuries, these esoteric techniques and principles make the process of linking sexual energy and transcendent states accessible.

## THE TIBETAN ART OF HEALING

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

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

## THE TIBETAN BOOK OF HEALING

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

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

## TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95 NOW \$9.50

Here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.

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



## TIBETAN ARTS OF LOVE

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

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

*Tibetan Arts of Love* presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It includes a complete translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost intellect of the twentieth century. He gives titillating advice to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.



## TIBETAN MEDICAL PAINTINGS

ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

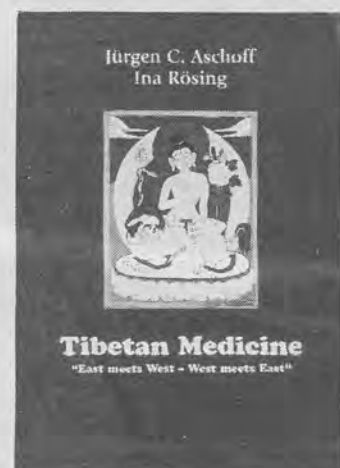
Sangye Gyamtso, regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa created *The Blue Beryl* treatise which integrates Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge visually presented in 76 brilliant paintings. A foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates put the facsimiles in context.



## TIBETAN MEDICINE and Other Holistic Health-Care Systems

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

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



## TIBETAN MEDICINE: East Meets West/ West Meets East

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

*Tibetan Medicine* presents a summary of a symposium organized by Jürgen Aschoff in July, 1996 at the University of Ulm. It includes a collection of nine papers, an introduction by Fernand Meyer, and concluding remarks by Barry Clark. Part I addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. Part II focuses on institutional issues and the problems experienced in the cross-cultural transfer of Tibetan medicine to the West and vice versa. This book will appeal to anyone interested in current scholarship in the field of Tibetan Medicine or the issues surrounding the transfer of culturally different medical systems.

## TIBETAN MASSAGE CHART

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

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

## TRADITIONAL CHINESE MEDICINE

by Sheila McNamara. 274 pp. #TRCHME \$14

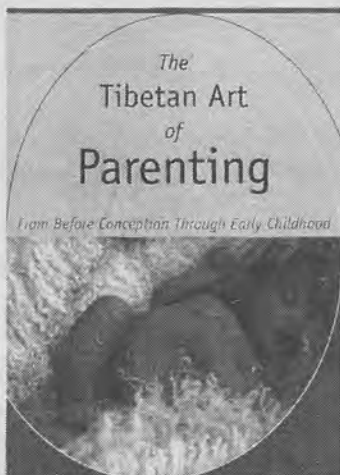
Traditional Chinese medicine has proven effective in easing a wide range of conditions using herbs, nutritional balance, acupuncture and other methods. With an A-Z list of conditions and their remedies, this comprehensive manual tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the foundational system of mental and physical discipline.

## THE TIBETAN ART OF PARENTING

From Before Conception Through Early Childhood

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

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



Anne Hubbell Maiden and Edie Farwell





## A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook

by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences and not in the abstract. A good book!

## THE CLASSICAL TIBETAN LANGUAGE

by Stephan Beyer. 503 pp. #CLTILA \$24.50

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language. It treats the classical language on its own terms rather than by categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with linguistic phenomena encountered in the classical texts.



## LEARNING PRACTICAL TIBETAN

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

*Learning Practical Tibetan* is a revised version of the *Tibetan Phrasebook*, which was published in 1987 by Snow Lion Publications. Many students of Tibetan language have expressed to Snow Lion that this book is a wonderful language tool and much more than a phrasebook. Not only that, but it is accompanied by two fantastic 90 minute tapes. This combination is extremely useful for students of Tibetan except that the book relied only on a phonetic system and did not include the Tibetan script.

So, Snow Lion has expanded the *Tibetan Phrasebook* into a larger format and included the Tibetan script in addition to the phonetic system so as to be most useful as a practical Tibetan language study tool. The new book is titled *Learning Practical Tibetan* and was designed to accompany the original excellent tapes.

*Learning Practical Tibetan* begins by introducing both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

The clear and simple form of the romanization, along with the cassette tapes, ensures that the student will be understood when speaking. The accompanying tapes are exceptionally clear and can be purchased from Snow Lion.

## A SANSKRIT-ENGLISH DICTIONARY

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

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

## TIBETAN-CHINESE DICTIONARY

3294 pp., 2 volumes  
#TICHDI \$120 NOW \$90

We have a few copies of a dictionary printed in Lhasa. This was formerly a 3-volume set and has now been printed in two volumes. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, and as we only have a few, please telephone us to see if there is still one left for you.

## TIBETAN EDITION OF KINDNESS, CLARITY, AND INSIGHT

by The Dalai Lama. 309 pp. #TIEDKI \$20

Translated by the Institute of Buddhist Dialectics from the Snow Lion English language edition of *Kindness, Clarity, and Insight*, this is an ideal tool for Tibetan language students because it offers a variety of topics in short essay form.

## A TIBETAN-ENGLISH DICTIONARY (compact edition)

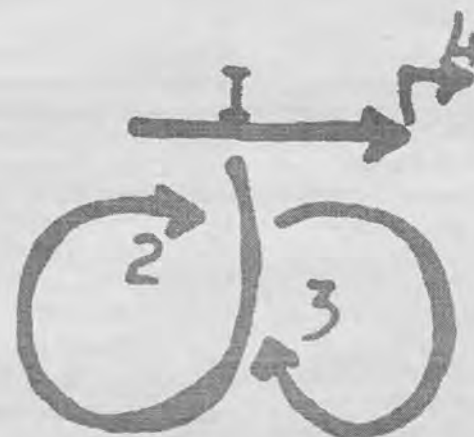
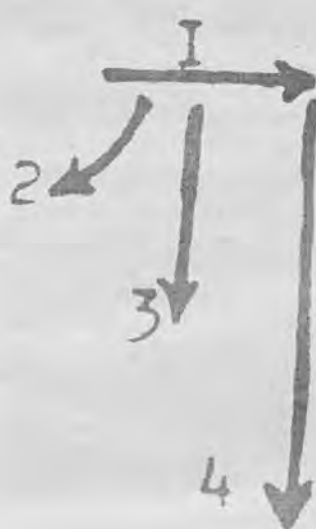
Sarat Chandra Das. 1353, #COTIEN \$25

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

## TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY

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

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



## TIBETAN FOR WINDOWS

by Marvin Moser. #TIWIN \$60

Now it's possible to use Tibetan in the popular Microsoft Window environment for IBM compatible computers at a very reasonable cost! Tibetan For Windows makes entering and editing Tibetan easy. You see Tibetan script on the screen as you type with Wylie or other input modes. Tibetan text can be easily cut and pasted between different Windows programs. The program runs under Windows 3.1 or Windows 95, using either Word for Windows 6.0 or WordPerfect for Windows 5.2 and up. (If you are using Windows 3.1, you can also use the Write editor included free with Windows).

You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the Tibetan File Converter to translate between Wylie, ACIP, Macintosh Tibetan and phonetic formats. This version also includes the Lmantra font for expanded Tibetanized Sanskrit stacks. Marvin generously allows his software to be copied.

## Best language package!



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

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

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

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed by language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

*Fluent Tibetan* is based upon courses developed by the U.S. State Department's Foreign Service Institute (FSI) for diplomats needing to learn a language quickly—a model unsurpassed in its effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling the quick mastery of increasingly complex structures, and thereby promoting rapid progress in speaking the language. *Fluent Tibetan* is the best course available anywhere for learning on your own.

The package consists of textbooks and tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts thereby teaching how to use the language creatively. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan.

*Fluent Tibetan* roughly corresponds to two semesters of college-level language study. Having completed this course, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.

## Tibetan Phrasebook

Andrew Bloomfield and Yanki Tshering



## TIBETAN PHRASEBOOK

by Andrew Bloomfield & Yanki Tshering, x152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

The *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

*Tibetan Phrasebook* begins by introducing a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and Tibetan customs and etiquette. Appendices include helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

Two 90-minute cassette tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native.

## TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS

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

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

## TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan

by Joe Wilson, Jr. 845 pp., 7 x 9", glossary #TRBUTI \$65 cloth, A Namgyal Institute Textbook.

This complete textbook on classical Tibetan has 19 chapters suitable for beginning or intermediate students. *Translating Buddhism from Tibetan* begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns seen in the formation of words, and into the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference.

*Translating Buddhism from Tibetan* balances traditional Tibetan grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, serving as an introduction to reading and translating and to Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and is the standard text in universities and Buddhist centers.

Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

## TRANSLATING BUDDHISM FROM TIBETAN TAPE

by Joe Wilson. 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our book *Translating Buddhism From Tibetan*.



**BITTER WINDS: A Memoir of My Years in China's Gulag**  
by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$14.95

In 1960, Harry Wu, a senior at Beijing's Geology Institute, was arrested by Chinese authorities and, without ever being formally charged or tried, spent the next nineteen years in hellish prison labor camps. Released in 1979, he came to the US. Determined to expose the truth of the gulag, he returned to China in 1991 with a "60 Minutes" news crew. Posing as a US businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film haunting images of life behind those forbidding walls.

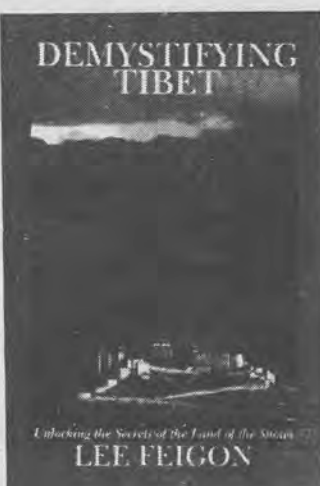
**BUDDHISM IN CONTEMPORARY TIBET: Religious Revival and Cultural Identity**  
ed. by Melvyn Goldstein & Matthew Kapstein. 235 pp., 37 b&w photos, #BUCOTI \$15.95

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. They observed the revival of the Buddhist heritage in monastic communities and among lay persons at popular pilgrimages and festivals. Demonstrating how that revival must contend with tensions between the Chinese state and aspirations for greater Tibetan autonomy, the authors discuss ways that Tibetan Buddhists are restructuring their religion through a complex process of social, political, and economic adaptation.

## On Sale!

**BUDDHIST ECONOMICS: A Middle Way for the Marketplace**  
by Prayudh A. Payutto. 102 pp. #BUEC \$14.95 NOW \$10.00

P.A. Payutto, one of Thailand's foremost Buddhist scholars, challenges the misconception that Buddhism is only for renunciants by outlining an ethically Buddhist approach to economics. Production, consumption and other economic activities are not to be treated as ends in themselves but as means to the ultimate development of individual and social well-being. *Buddhist Economics* provides guidelines for ethically responsible money-making.



**DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows**  
by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.95 cloth

An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.

**ENGAGED BUDDHIST READER**  
ed. by Arnold Kotler. 264 pp. #ENBURE \$18

*Engaged Buddhist Reader* represents the "cream" of sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

**FESTIVALS OF TIBET**  
by Tsepak Rigzin. 70 pp. #FETI \$8.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.

**HIGH PEAKS, PURE EARTH: Collected Writings on Tibetan History and Culture**  
by Hugh Richardson. 790 pp., 104 b&w photos, maps, index, #HIPEPU \$40

Hugh Richardson is an authority on Tibet, its history and culture. As the last British diplomat to serve there, he lived in Lhasa from 1935-50 while heading the British and later the Indian Missions. He had many opportunities to study Tibetan life and later he became a scholar. *High Peaks, Pure Earth* contains 65 contributions to Tibetan Studies. Topics: the crucial and formative phase of Tibet's history in the seventh to ninth centuries; later history to the twentieth century, including a number of important studies of the Chinese and Western involvement in Tibet; *Tibetan Precipice*, a previously classified publication summarizing British relations with Tibet; the author's testimonies and recollections of life in traditional Tibet.

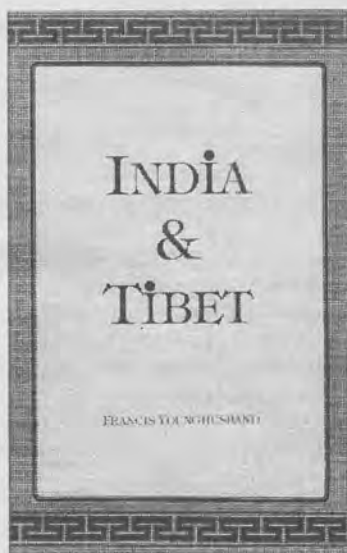
**A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State**  
by Melvyn Goldstein. 898 pp. #HIMOTI \$32.50

This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet. It is well-researched even though it has been criticized for its viewpoint on the events it documents.

"Brilliant...the only complete picture of what occurred in Tibet in the last century. Unlike Tibetan writings on the subject (an exception being *A Political History of Tibet*), it does not gloss over the failure of the Tibetans to comprehend the situation into which they walked, step-by-step, that culminated in the loss of Tibet in the 1950s."—Glenn H. Mullin

**HISTORY OF THE "WHITE CRYSTAL" (Shel dkar chos 'byung): Religion and Politics of Southern La Stod**  
translated by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 by 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

Presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions of the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La stod. The author outlined the history of the area of southern La stod, of its lords, and of the monastery, whose early abbots adhered to the Sakya tradition.



**INDIA & TIBET**  
by Sir Francis Younghusband. 409 pp. #INTI \$14.95 NOW \$10.00

Francis Younghusband provides a detailed and very revealing account of British-Indian relations with Tibet from the time of Warren Hastings in the 1770s to 1910, with special emphasis on the British Mission to Lhasa in 1904. He gives information on Tibetan domestic and international relations, enabling the reader to gain a deeper understanding of British Imperial relations with Tibet which was based primarily on trade. It also shows that China's present claim to Tibet is based on sentiments that pre-date the 1950s by hundreds of years.

**THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995**

by the International Campaign for Tibet. #INTIRE \$7

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

**IN EXILE FROM THE LAND OF SNOWS**  
by John Avedon. 391 pp. #EXLASN \$16

This new edition has the extensive "An Interview with The Dalai Lama" by John Avedon.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*



**IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba**

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

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

**ISLAM IN TIBET & 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

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This is the first work to make this aspect of Tibetan culture and society known through a narrative that is authentic."—*Seyyed Hossein Nasr*

Professor Cabezon writes on Islam, followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" describes centuries-old trading business between India, Central Asia and Tibet and the interplay between Islam and Buddhism.

**THE KINGDOMS OF GU GE PU HRANG (According to mNga' ris rgyal rabs by Gu ge mkhan chen Ngag dbang grags pa)**

by Roberto Vitali. 642 pp. Tibetan text included, #KIGUGE \$35.00

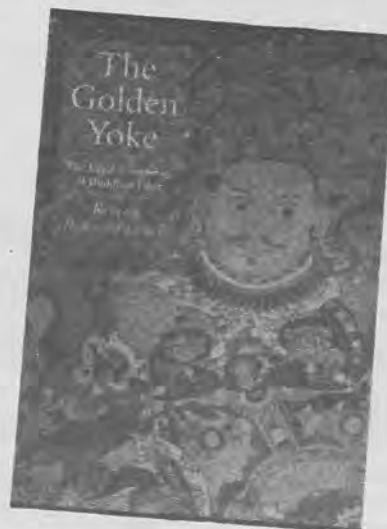
This study of the kingdoms of Gu ge Pu hrang in western Tibet is based on a rare manuscript written by one of Tsong kha pa's direct disciples, Ngag dbang grags pa. Its strength lies in its detailing the history of a large region in western Tibet of which little is known—the region of Tibet visited by Atisha in the eleventh-century. Entire genealogies of dynasties, political and religious events, the foundation of temples, codes of law and religious laws issued by rulers, and narrative accounts are presented.



**THE GOLDEN YOKE**  
The Legal Cosmology of Buddhist Tibet

by Rebecca French. 528 pp, 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$37.50 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. Rebecca French reconstructs the Tibetan legal system as a series of layered narratives from the people who participated in the daily operation of law in Tibet prior to 1959. The practice of law in this unique legal world ranged from the fantastic use of oracles in the search for evidence to the more mundane presentation of cases in court.







**PRISONERS OF SHANGRI-LA: Tibetan Buddhism and the West**

by Donald S. Lopez, Jr., 283pp.  
#PRSH \$25.00 cloth SALE! \$15.00

To the Western imagination, Tibet evokes the exotic, the spiritual, and, since its invasion by China, the political. Prisoners of Shangri-La is a provocative analysis of the romance of Tibet, a romance that, even as it is invoked by Tibetan lamas living in exile, ultimately imprisons those who seek the goal of Tibetan independence from Chinese occupation. Lopez explores the mirror-lined cultural labyrinths that have been created by Tibetans, Tibetophiles, and Tibetologists.

**A SEASON TO PURGE**

Religious Repression in Tibet



A Report to the  
International Campaign for Tibet  
April 1986

**A SEASON TO PURGE: Religious Repression in Tibet**  
A Report by the International Campaign for Tibet. 102 pp.  
#SEPU \$5

This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.

**SEEDS OF PEACE: A Buddhist Vision for Renewing Society**

by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12

"Sulak Sivaraksa is one of the heroes of our time. To the soul and Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

**SKY BURIAL**

by Blake Kerr, photos by John Ackerly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp. #SKBU \$12.95 (see Adventure & Travel)

**THE STATUS OF TIBET: History, Rights, and Prospects in International Law**

by Michael C. van Walt van Praag. 450 pp. #STTI \$26.95 cloth

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

**A STRANGE LIBERATION: Tibetan Lives in Chinese Hands**

by David Patt. 270 pp. #STLI \$12.95

"...an intensely moving account of the plight of the Tibetans."—*The Tibet Journal*

David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities and recalls the events that followed.

"Her story is incredible."—*Buddhism Now*

Tenpa Soepa was a government official intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the fall of Tibet.

**A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)**

by Wolfgang Bertsch. 93pp. Color plates/b&w photos #STTIPA \$10.95

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



**TEARS OF THE LOTUS: Accounts of Tibetan Resistance to the Chinese Invasion, 1950-62**

by Roger E. McCarthy. 312 pp., 14 b&w photos, 3 maps, #TELOT \$48.50 cloth

As a CIA officer, Roger McCarthy trained members of the Tibetan resistance in the late 1950s. Roger tells the story of the Tibetan resistance, the role of Tibetans who collaborated with the Chinese invaders, the unforgivable Chinese brutalities, excesses, and deceptions, and the sorry role of the Free World—the United Nations and that of Prime Minister Nehru—when Tibet desperately needed help.

**TIBET AND THE BRITISH RAJ: The Frontier Cadre 1904-1947**

by Alex McKay. 293 pp. #TIBR \$49.00 cloth NOW \$35.00

More than one hundred British-Indian officials lived and worked in Tibet during the years 1904-1947. Following Colonel Younghusband's 1903-1904 mission to Lhasa, these officers and their supporting staff were posted in central and southern Tibet, and, after 1936-1937, at the British Mission in Lhasa. This ground-breaking work examines the character, role, and influence those who formed a small, distinct, group of Tibetan specialists: 'the Tibet cadre'. These men were diplomatic representatives of the Raj, but they were also scholars, spies, and empire-builders, who not only influenced events in Tibet but also shaped our modern understanding of that land.

**TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights**

384 pp., 17 photos and illus. #TIFA \$10.50

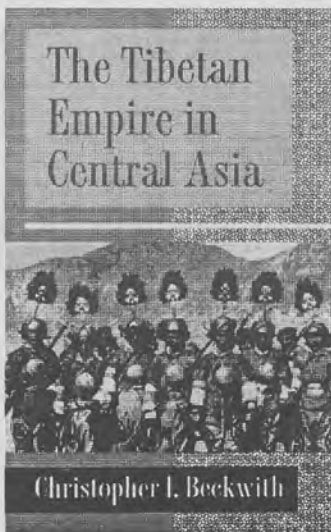
This is an unbiased and powerful account of China's invasion and occupation of Tibet, and China's continuing campaign to obliterate Tibetan religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.

**TIBET OUTSIDE THE TAR**

by Steven D. Marshall and Susette Ternent Cooke (*The Alliance for Research in Tibet*). CD ROM #TIOUTA \$10

This unprecedented report contains 2700 pages of text, hundreds of photographs, tables, charts, and maps of the half of Tibetan land and people that China has designated "Tibetan autonomous," but severed from "Tibet" and submerged under four Chinese provinces. The entire report, complete with images and graphics, has been presented in Adobe's easy-to-use Acrobat Reader software. There is a full search index. Photographic images can be zoomed into with startling detail.

"A fantastic tool for anyone who wants to research Tibet—or go to Tibet—revealing what is actually happening in Tibet now. Replete with photographic, demographic and political information in a thorough historical framework."—Prof. Jeffrey Hopkins



**THE TIBETAN EMPIRE IN CENTRAL ASIA**

by Christopher Beckwith. 290 pp. #TIEMAS \$18.95

This narrative history of the Tibetan Empire in Central Asia from about 600-866 AD depicts the struggles of the great Tibetan, Turkic, Arab, and Chinese powers for dominance over the Silk Road lands that connected Europe and East Asia. It elucidates Tibet's role in the conflict over Central Asia.

**TIBETAN HISTORIES: A Bibliography of Tibetan-Language Historical Works**

by Dan Martin. 295 pp. #TIHI \$45.00 cloth

This bibliography, over ten years in the making and numbering over seven hundred items, attempts to provide for the first time a comprehensive listing in chronological sequence of Tibetan language works belonging to the typical historical genres that have evolved between the 11th century and the present. Included are not only the dates and details of composition or publication, authorship and title, but also references to the burgeoning secondary literature in other languages. An extensive index of proper names, titles and subjects in English alphabetical order maximizes the value of the bibliography as a tool for easy reference.

**Three books on the environment of Tibet**



**On Sale!**

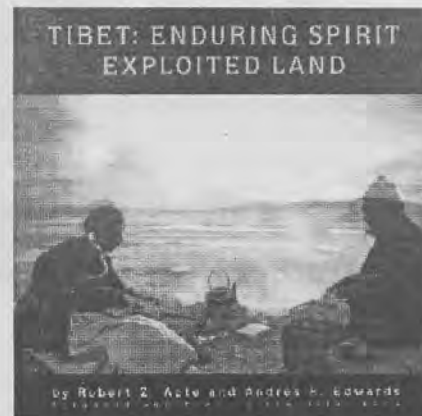
**TREES & SHRUBS OF NEPAL AND THE HIMALAYAS**

by Adrian & Jimmie Storrs. 367 pp., 650 b&w and color photos, #TRSHNE \$25 NOW \$17.50

The Nepal Himalaya is home to many thousands of plant varieties. This comprehensive guide to the trees and shrubs of this region will be of interest to anyone that enjoys knowing about plant life. Many species are described, classified, positioned in the vertical stratification of plants and their uses discussed.



**TIBET Enduring Spirit, Exploited Land**



by Robert Apte & Andres Edwards. 192 pp., 48 color photos, 8.5 x 8.5", #TIENSP \$29.95

Shows how the environment of Tibet impacts the culture and presents a compelling picture of Tibet's ongoing ecological struggle which resulted from the Chinese occupation. Photos and descriptions of Tibet's unspoiled wilderness are interwoven with the country's nomadic and farming traditions and the wisdom gathered over the centuries. The overall picture makes it clear that what happens in Tibet has direct bearing on the environmental balance of the world.

**WILDLIFE OF THE TIBETAN STEPPE**

by George B. Schaller  
374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus.  
#WITIST \$55 cloth.

**Wildlife of the Tibetan Steppe**



George B. Schaller

The author is the Director of Science for International Programs for the Wildlife Conservation Society in New York. He is the author of *The Year of the Gorilla*, *The Serengeti Lion*, *The Last Panda*, and most recently, *Tibet's Hidden Wilderness*. Since 1985, with his Tibetan and Chinese co-workers, he has surveyed the flora and fauna the vast and remote Tibetan steppe. This is the first detailed look at its natural history.



## TIBETAN NATION

A History of Tibetan Nationalism and Sino-Tibetan Relations



### TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations

by Warren W. Smith, Jr. 733 pp. #TINA \$32

"A monumental one-volume political history of Tibet, which is particularly comprehensive and up-to-date on Tibet's modern period. Dr. Smith's skillful reading of Chinese propaganda material, uncovering the process of Chinese Communist takeover of Tibet and the nature of its rule, is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers the most comprehensive account available of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Warren Smith explores Tibet's ethnic and national origins, the birth of the Tibetan state, the Buddhist state and its relations with China, Tibet's quest for independence, and the Chinese takeover of Tibet after 1950. Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism. Concluding that the essence of the Tibetan issue is self-determination, Smith bolsters his argument with a comprehensive analysis of modern Tibetan and Chinese political histories.



### TIBETAN NATIONAL FLAG

Authorized by the Kashag of H.H. the Dalai Lama. 12 pp. #TINAFL \$2

The origin and symbolism of the Tibetan National Flag, designed by the 13th Dalai Lama, are explained in this brief but very informative booklet. The design of the Tibetan National Flag clearly indicates all aspects of Tibetan culture. A two-sided color page of the Flag and Tibetan text are included.

### TIBET THROUGH DISSIDENT CHINESE EYES: Essays on Self-Determination

ed. by Changqing Cao & James Seymour. 160 pp. #TITHDI \$48.95 cloth

The world has not heard many Chinese voices supporting Tibetan self-determination. These essays by famous Chinese writers and activists will contribute towards changing the overall attitude to the issue of Tibet (especially that of the Chinese). It also demonstrates to the world the nature of the Chinese propaganda machine.

### TRIGG IN TIBET

64 pp. #TRTIB \$6.95.

TRIGG in Tibet is a series of topical cartoons from *The Hongkong Standard*, a daily newspaper. The creator of the series uses satire, barbed humor, symbolism—any device at hand to express the concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.



### WARRIORS OF TIBET

The Story of Aten and the Khampas' Fight for the Freedom of Their Country

by Jamyang Norbu. 152 pp. #WATI \$12.95

This is a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese invasion. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.



## THE SNOW LION AND THE DRAGON

China, Tibet, and the Dalai Lama

by Melvyn C. Goldstein. 130pp. #SNLIDR \$19.95 cloth SALE! \$13.95

With the death of Deng Xiaoping, the future of Tibet is more uncertain than ever, and Goldstein argues that the conflict could easily erupt into violence. Drawing upon his deep knowledge of the Tibetan culture and people, Goldstein takes us through the history of Tibet, concentrating on the political and cultural negotiations over the status of Tibet from the turn of the century to the present. Clearly written and carefully argued, this book is an excellent source for anyone seeking an understanding of the Tibet Question.



## TIBETAN BUDDHISM

The editors at Snow Lion offer you this large selection of books on Tibetan Buddhism. We have restructured what in the past was the "Religion and Philosophy" section and have created separate subject divisions to make finding books by subject easier. See the list at right.

A complete alphabetical listing of titles is found in the summer and winter issues—please keep these for easy reference.

### Tibetan Buddhism

General Tibetan Buddhism  
Buddhist Ethics  
The Dalai Lama  
Death & Dying  
Dzogchen  
Kalachakra Teachings  
Lojong Teachings

### Ngondro Practice

Sadhanas & Commentaries  
Tibetan Buddhism & Psychology/Science

### Other Buddhist Traditions

Inter-religious Dialogue  
Women & Buddhism  
Other Traditions

## GENERAL TIBETAN BUDDHISM

### ADVICE FOR MONKS AND NUNS

by Lama Yeshe & Lama Zopa Rinpoche. 80 pp. #ADMONU \$5

The continued existence of the Buddhahood depends upon the continued existence of the Sangha—the community of ordained practitioners, monks and nuns. The Lamas explain the benefits of practicing Dharma as an ordained person, how to keep the ordination pure, the purpose of the monastic community, how to live together as monks and nuns and the necessity for the lay community to support the Sangha.

### ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples

intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances.

### ALTRUISM AND REALITY

by Paul Williams. 288 pp. #ALRE \$48 cloth

Williams interprets the eighth and ninth chapters of the *Bodhicaryavatara*. In *The Absence of Self and the Removal of Pain: How Santideva Destroyed the Bodhisattva Path*, Williams engages with central issues of Buddhist thought on the coherence of a reductionist model of the person. He shows how the *Bodhicaryavatara* is used by different Tibetan traditions according to their religious and philosophical agendas.

## ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wö, and his nephew Jangchub Wö. His coming initiated the period of the "second transmission" of Buddhism to Tibet, the revival which followed the persecution of Buddhism by the Tibetan king Langdarma in the ninth century, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism.

Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, was written for the Tibetan people at the request of Jangchub Wö. It sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the *lamrim* tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

Geshe Sonam Rinchen's lucid and engaging commentary draws out Atisha's meaning for today's practitioners with warmth and wit, bringing the light of this age-old wisdom into the modern world.

### Atisha's LAMP FOR THE PATH TO ENLIGHTENMENT



Commentary by Geshe Sonam Rinchen  
Translated and Edited by Ruth Sonam

"...well-written and edited...a useful starting point for understanding the Gelugpa presentation of Tibetan Buddhism, and is suitable for public, undergraduate and graduate collections."—*Religious Studies Review*



## AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World

by Lama Surya Das. 414 pp.  
#AWBUWI \$15

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awaken the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppered with anecdotes and stories from the author's own experience, this book can serve as a manual for applying some basic Buddhist principles to everyday life, not to mention an enjoyable and informative read.

## AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95

Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on Tsong Khapa's teachings, he shows how to develop ourselves.

## AWAKENING THE SLEEPING BUDDHA

by The Twelfth Tai Situpa. 160 pp., 10 calligraphies, #AWSLB \$15

With a simple and direct approach, Tai Situ discusses enlightenment, reincarnation, and karma, and interprets cosmological principles in commonsense terms with practical examples.

## BHAVANAKRAMA OF KAMALASHILA

translated by Parmananda Sharma. 125 pp., #BHKA \$14.00

Kamalashila, the great Indian scholar, visited Tibet during the reign of Trisong Detsen (742-798 CE). He defeated the Chinese monk Hoshang in the great Samye debate over issues regarding "sudden" and "gradual" approaches to the attainment of enlightenment. The *Bhavanakrama* ("Stages of Meditation") is a distillation of Kamalashila's gradualist approach, and an overview of the meditator's path to a direct realization of emptiness. It is the most popular treatise on sutra meditation ever composed in Tibet.

## THE BLISS OF INNER FIRE: Heart Practice of the Six Yogas of Naropa

by Lama Thubten Yeshe. 224 pp.  
#BLINFI \$16.95

Based on Lama Je Tsongkhapa's *Having the Three Convictions*, this book is a commentary on the Six Yogas of Naropa. Lama Yeshe focuses mainly on the practice of inner fire, or tummo, the first of the six yogas and the foundation stone of the path to Buddhist enlightenment. Through commentary, guided meditation, and practical advice, Lama Yeshe brings the reader a tantalizing taste of the blissful technology of tantra as well as its direct application to everyday living.

## THE BODHICARYAVATARA

by Shantideva, trans. by Kate Crosby & Andrew Skilton. 191 pp.  
#BO \$9.95

A new translation of Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.

## BODHICITTA: Cultivating the Compassionate Mind of Enlightenment

by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 146 pp.  
#BOCUCO \$12.95

One is unlikely ever to receive a Tibetan Buddhist teaching on either sutra or tantra in which Bodhicitta does not have a central role. Bodhicitta, the compassionate mind which aspires to attain full enlightenment in order to benefit beings, is the very quintessence of the Mahayana path of Buddhist practice.

In this practical handbook, Ven. Lobsang Gyatso describes the classical methods for developing the mind of enlightenment and, based on his experience as a meditator and a teacher, examines a wide range of obstacles to its development. His concern is to clarify the goal and the means to its achievement. Anyone who wishes to understand the heart of Buddhist practice will benefit from reading this book.

Ven. Lobsang Gyatso (1928-97) was born in Kham, Tibet, and educated at Drepung Monastic University. In 1973, with the blessing of H.H. the Dalai Lama, he founded the Institute of Buddhist Dialectics in Dharamsala, where he was the Director since its inception. He was above all a meditation master who lived his life according to the Buddhist philosophy of wisdom and compassion.

## THE BODHISATTVA PITAKA: Its Doctrines, Practices and Their Position in Mahayana Literature

by Ulrich Pagel. 478 pp.,  
#BODOPR \$50.00 cloth

Ulrich Pagel presents an in-depth study of *The Bodhisattva Pitaka*. He outlines the path of the Bodhisattva emphasizing the practice of the six perfections. The author's analysis places the text in its historical context and also provides a complete study of the development of early Mahayana thought. There is a translation of chapter 11, the chapter dealing extensively with the Bodhisattva's cultivation of meditative insight.

## THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects

by Eva Rudy Jansen. 112 pp.  
#BOBU \$10.95

This is a compact overview of the iconography of Tibet illustrating and describing the popular images, positions and symbols of Mahayana and Tantrayana Buddhism. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

## THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation

by B. Alan Wallace. 288 pp.  
#BRQU \$18.95

Wallace provides valuable meditative practices and offers a bridge from Eastern meditation to Western philosophy, science, and religion. His discussion draws upon his knowledge of experimental psychology, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, he offers a well-rounded discussion of Tibetan meditation.

## BUDDHAHOOD EMBODIED: Sources of Controversy in India and Tibet

by John J. Makransky. 544 pp.  
#BUEM \$24.95

This book addresses those issues around which Indians and Tibetans read very different perspectives on buddhahood into Maitreya's *Abhisamayalamkara* (*Ornament for Clear Realizations*). The author shows how these perspectives provide alternative ways to resolve a logical tension at the heart of Mahayana thought, revealed in the doctrine that buddhahood paradoxically transcends and engages the world simultaneously.

## BUDDHA NATURE: Ten Teachings on The Uttara Tantra Shastra

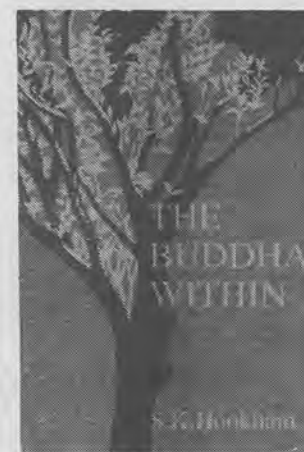
Ven. Thrangu Rinpoche. 128 pp. #BUNA \$14

*Buddha Nature* explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

## THE BUDDHA WITHIN

by S.K. Hookham. 422 pp. #BUWI \$23.95

Central to understanding Mahamudra and Dzogchen is insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. An excellent presentation of Kagyu views on liberation and a good starting place for dialogue with other lineages.



## BUDDHIST ADVICE FOR LIVING AND LIBERATION:

### Nagarjuna's Precious Garland

by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 285 pp. including Tibetan text, 9" x 8", #BUAD \$19.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

Nagarjuna is renowned for his penetrating analysis of reality. In the *Precious Garland*, he offers intimate counsel on how to conduct one's life and how to construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life as well as the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.

In his advice on social and governmental policy, Nagarjuna emphasizes education, compassionate care for all living beings, not using the death penalty but reforming criminals, and charity for the poor. Calling for the appointment of government figures who are not out after profit or fame, he advises that a selfish motivation will lead to misfortune.

The book includes a detailed analysis of attachment to sensual objects as a preparation for realization of the profound truth that, when realized, makes attachment impossible.

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

## THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice

by Lama Daboom Tulku. 183 pp.  
#BUPAEN \$14.95

Lama Daboom Tulku is a respected Buddhist scholar and leader in the engagement of Buddhist ideals. He discusses the Buddha Nature, Nirvana and the path to enlightenment; aspects of tantra and the meaning of mandalas as well as world peace, green Buddhism and Buddhist principles for a just society. He is director of Tibet House in New Delhi.

## BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

by José Cabezón. 300 pp. #BULAN \$21.95

Cabezón explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. He investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. The Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies are also discussed.



## BUDDHIST SYMBOLS IN TIBETAN CULTURE

by Loden Sherap Daggyab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Rinpoche presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment.

## BLESSING POWER OF THE BUDDHAS Sacred Objects, Secret Lands

### BLESSING POWER OF THE BUDDHAS SACRED OBJECTS, SECRET LANDS



Foreword by The Twelfth Tai Situpa  
Norma Levine

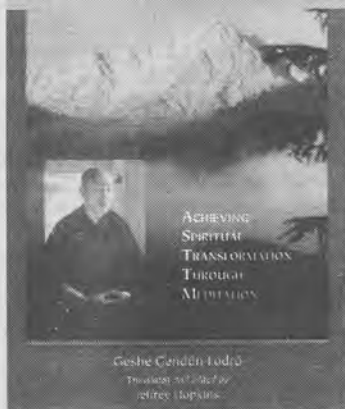
by Norma Levine  
foreword by The Twelfth Tai Situpa  
155 pp., b&w photos  
#BLPOBU \$15.95

Discusses the significance and power contained in Buddhist sacred objects. Levine explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas—she spent five years at Tai Situpa's monastery. Along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas—a powerful story of spiritual quest and adventure.





## CALM ABIDING and SPECIAL INSIGHT



### CALM ABIDING AND SPECIAL INSIGHT: Achieving Spiritual Transformation Through Meditation

by Geshe Gedun Lodro and  
Jeffrey Hopkins. 334 pp., glossary,  
bibliography, index, #CAAB  
\$19.95, A Namgyal Institute  
Textbook

This manual presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan worldview of spiritual development. Geshe Gedun Lodro, one of the foremost scholars of Tibet, reveals methods for overcoming afflictive states and disorders to create a mind which is stable, calm and alertly clear. The dangers of not recognizing states contrary to successful meditation are great, and the possibilities of implementing the wrong antidote or of over-extending an appropriate one until it becomes counter-productive are many. Through such detail Geshe Gedun Lodro makes vividly clear a Tibetan approach to meditative transformation. This is a completely revised new edition of *Walking Through Walls*.



### CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

by Gen Lamrimpa, translated by  
B. Alan Wallace, edited by Hart  
Sprager. 148 pp. #CAMI \$12.95, A  
Namgyal Institute Textbook.

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

"...a step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

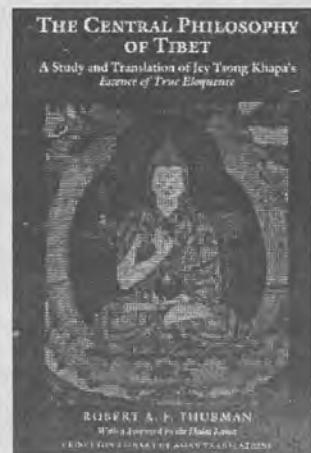
"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*

Previously titled *Shamatha Meditation*.

## CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab  
Rinpoche, trans. by Khenpo  
Tsewang Dongyal Rinpoche. 102  
pp., #CEECGR \$15

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.



### THE CENTRAL PHILOSOPHY OF TIBET

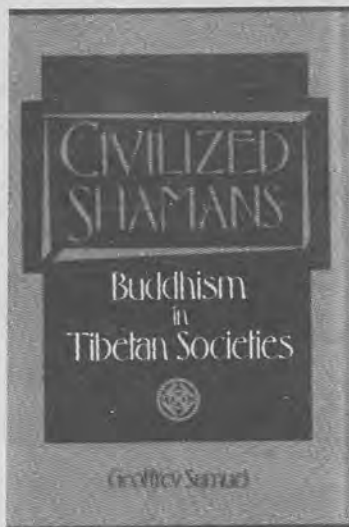
by Robert A. F. Thurman. 442 pp.  
#CEPHI \$19.95

This is the first full study of Tsong Khapa's *Essence of True Eloquence*—a study of Vijnanavada and Prasangika Madhyamika. This translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal how the Prasangika is a rigorous, critical philosophy relevant to our own time.

### CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp.  
#CHLOLO \$12.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are sleep state practices.



### CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7  
maps, #CISHP \$27.50

"*Civilized Shamans* is an astonishing work and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Samuel identifies the two main orientations of Tibetan Buddhism as monastic and shamanic (associated with tantric yoga). Tibetan Buddhism is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of the Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

## THE CLEAR MIRROR: A Traditional Account of Tibet's Golden Age

by Sakya Sonam Gyaltzen,  
translated by McComas Taylor  
and Lama Choedak Yuthok. 315  
pp., 16 line drawings, 2 maps,  
#CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the oft-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

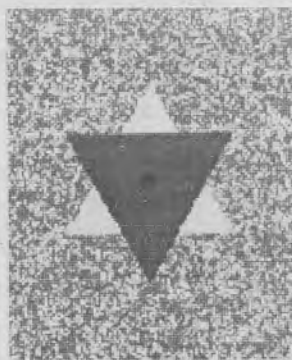
Compiled in 1368 from earlier histories and a rich oral tradition, the text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltzen, narrates the traditional accounts in an engaging and highly readable style, in his words, "to give pleasure to the faithful and to those who desire a history of the propagation of the Teachings". Written to inform and entertain, the book has a preeminent position in Tibetan society and is popularly read today.

### A COMPENDIUM OF WAYS OF KNOWING.

by Akya Yongdzin Yangchan  
Gawai Lodro, comm. by Geshe  
Dhargyey. 67 pp. #COWAKN \$7.95

A compendium on the nature of mind and the ways in which it knows. It is traditionally memorized for debate. Of the seven ways of knowing, two are considered valid. Understanding the nature of knowing and the known forms the basis of properly understanding emptiness.



### CONCEALED ESSENCE OF THE HEVAJRA TANTRA

trans. by G. W. Farrow and I.  
Menon. 364 pp. #COESHE \$20  
cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogaratanmala*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the uninhibited Indian classic period.

### CONSTRUCTING TIBETAN CULTURE

edited by Frank J. Korom. 256pp.  
#COTICU \$19.95

This book unravels earlier colonial and romantic representations of Tibet in both historical and contemporary ethnographic contexts and focuses on Tibetan culture as a dynamic process involving the interplay of different cultural groups, both indigenous and foreign. By examining a variety of themes, *Constructing Tibetan Culture* attempts to relocate modern Tibetan studies squarely within the realms of anthropology and cultural studies. Contributors include Mary Van Dyke, Peter Bishop, Frank Korom, Steven Venturino, Keila Diehl, Clare Harris, and Donald Lopez.

## THE CULT OF TARA Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16  
photos, 45 illus. #CUTA \$18

Features the practices and philosophic basis of tantra and especially the Tara Tantra: initiation and ritual service, offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.



### CREATION AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by  
Sarah Harding. 128 pp. #CRCO  
\$14.95

An excellent guide to tantric Buddhist meditation practice. It leads the way along a clear path of meditative self-transformation; from visualization of oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangu Rinpoche



### THE CREATIVE VISION: The Developing Phase of Tibetan Tantra

by Herbert Guenther. 192 pp.  
#CRVI \$15

This pioneering work makes tantric symbolism practical. Life, according to *The Creative Vision*, evolves by recreating and re-envisioning experience. This book decodes the real-life meaning of the complex array of symbols developed by Tibetans to express their insight into life.

### THE CULT OF THE DEITY VAJRAKILA

by Martin J. Boord. 271 pp.,  
#CUDEVA \$40.00 cloth

A comprehensive study of the origin and development of Vajrakila doctrines and practices. According to the author, the texts and practices of Vajrakila were first codified in the Nepal Valley by Padmasambhava, Vimalamitra, and Silamanju. These teachers collected an entire corpus of Vajrakila lore, both oral and written, harmonized it into a unitary system fitting the general scheme of Vajrayana Buddhism, and created a cult of Vajrakila. The author analyzes the doctrines and practices as found in the "Northern Treasure" literature, including rites of empowerment, rituals for gaining power to subdue mischievous spirits, and longevity practices.

### CURATORS OF THE BUDDHA: The Study of Buddhism under Colonialism

ed. by Donald S. Lopez, Jr. 298  
pp. #CUBU \$16.95

This is a critical history of western Buddhist study. Chronicling the emergence of Buddhist academic study in Europe and America in the context of the ideologies of empire, this volume begins with the nineteenth century origins of Buddhist studies and then focuses on Aurel Stein, D.T. Suzuki, Carl Jung and others who played a significant role in disseminating knowledge about Buddhism. The essays discuss social, political, and cultural conditions that have shaped Buddhist studies.



## CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$15.95 paper, A Namgyal Institute Textbook.

An authentic presentation of the practice and theory of Tibetan Buddhism, set down in a beautiful text. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path.

Next is the *Presentation of Tenets*, written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

## CUTTING THROUGH SPIRITUAL MATERIALISM

by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of common spiritual self-deceptions.



## THE DAY OF A BUDDHIST PRACTITIONER

by Bokar Rinpoche., 95pp. #DABUPR \$8.95

For those who must juggle work, family, friends, and the corresponding emotional mayhem, a guideline for integrating one's spiritual practice into daily life is much needed. In this book, Bokar Rinpoche provides practical guidance and advice for developing mindfulness and grounding one's spiritual practice in the ordinary routines of every day life.

## DEBATE IN TIBETAN BUDDHISM

by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Namgyal Institute Textbook.

The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. An essential prerequisite in Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach Buddhist philosophy by sharpening analytical capacities. Since the Tibetan commentarial tradition incorporates the debate style as the means of conveying philosophical concepts, to understand the various philosophical stances in Tibetan studies it is essential to master the procedure of debate.

Using a debate manual by Pur-buk-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers the form and substance of elementary debate and demonstrates the application of debate to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.



## THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon

by Kalu Rinpoche. 222 pp. #DHILAL \$18.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharma of Gampopa, the four noble truths, etc.

## DEPENDENT-ARISING AND EMPTINESS

by Elizabeth Napper. 849 pp. #DEARM \$37.50 cloth

This lucid presentation of the Gelugpa view of the ultimate and conventional natures of phenomena shows how the Madhyamika completely denies any concrete, solid status to the world and yet maintains a valid presentation of that world based on ethical principles. Based on Tsongkhapa's *Lamrim Chen mo*, it includes a critical review of contemporary Western interpretations of Madhyamika.

## DEVELOPING BALANCED SENSITIVITY: A Workbook of Practical Buddhist Exercises for Daily Life

by Alexander Berzin. 275 pp. #DEBASE \$14.95

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The book includes exercises which deal with the difficult situations of everyday life. Topics include: accessing our mind's natural talents, dispelling nervousness, insecurity, and low self-esteem, making decisions, deconstructing deceptive appearances, and recognizing the clear light nature of the mind.

"Berzin has pulled off the tricky feat of addressing an erudite discussion of Buddhist psychology to the here and now without falling into either psycho-babble or translationese....intellectually lucid and eminently practical."—John Pettit, *Tricycle: The Buddhist Review*

"Alex has given us a precise, thoughtful, and sophisticated book on the central question of human sensitivity. As one of Buddhism's most knowledgeable western teachers, he creatively combines analytical Buddhist psychology, trainings of the mind, intuitive heart practices and dozens of practical techniques to nurture a life of sensitivity."—Jack Kornfield

"Dr. Berzin presents a clear and practical method to develop balanced sensitivity that can serve as an interesting bridge between classical Buddhist teaching and modern psychotherapy. It provides the reader with means to move from self-centered preoccupations to consideration for others."—Ivan Boszormenyi-Nagy, M.D.



## DHARMA PATHS

by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHAP \$14.95

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharmachakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States. In *Dharma Paths*, Rinpoche tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

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by Stephen Butterfield. 250 pp. #DOMI \$14.95

An incisive, eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a Tibetan Buddhist and student of Chogyam Trungpa—known for his "crazy wisdom." The author examines the effects of practice on himself and the compatibility of Buddhism with American life. He offers an insider's perspective and a dose of healthy skepticism in this balanced portrayal of spiritual life.



## THE DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI \$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. Robert Thurman and Jeffrey Hopkins are two of his most prominent students.

"The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins

## DOOR TO INCONCEIVABLE WISDOM AND COMPASSION

by Khenpo Palden Sherab Rinpoche, trans. By Khenpo Tsewang Dongyal Rinpoche. 176 pp. #DOINWI \$17.00

Bodhicitta refers to the union of loving-kindness, compassion, and wisdom of ultimate reality. Khenpo Palden Serab Rinpoche skillfully presents a full spectrum of teachings and everyday applications regarding this powerful, immediate and practical means of spiritual transformation and realization.

## A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang

by José Cabezon. 590 pp. #DOEM \$29.95 cloth at the paper price!

This is a detailed, critical exposition of emptiness as taught in the major Mahayana schools: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

## DRINKING THE MOUNTAIN STREAM: Inspiring Songs of Tibet's Beloved Saint, Milarepa

trans. by Lama Kunga Rinpoche & Brian Cuttillo. 192 pp., b&w illus. #DRMOST \$14.95

Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers through his songs of liberation.



## DRUNG, DEU AND BON: Narrations, Symbolic Languages and the Bon Traditions in Ancient Tibet

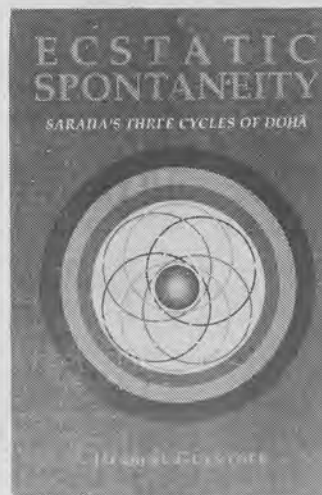
by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$21.95

Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu begins by investigating the epic poems and legends of Tibet's secular culture (*drung*), then he explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (*deu*). Lastly, he elucidates the complexities of the pre-Buddhist Bon tradition.

## ECHOES OF VOIDNESS

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Voidness—the emptiness of inherent existence—is central to Buddhist thought and practice. *Echoes* makes understanding voidness easier by presenting it from three different perspectives: devotional, logical and experiential.



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by Herbert Guenther. 241 pp. #ECSP was \$25, available now for \$18!

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material has been supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

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by Donald S. Lopez, Jr. 320 pp. #ELEM \$39.50 SALE! NOW \$22 cloth, \$15 paper

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by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$19.00

This is the first readable translation and study of Candrakirti's *The Entry into the Middle Way*, a treatise of critical importance to Buddhism's development in Tibet.

"Huntington's philosophical interpretation...is argued with force and clarity. It corrects (with panache) many misinterpretations of Madhyamika current among Anglophone writers."—*Journal of the American Oriental Society*

## EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, #EMYO \$39.95 cloth, A Namgyal Institute Textbook.

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

An absorbing, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Professor Jeffrey Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism.

His personal and accessible presentation is based on Jang-gya's famous work which was studied in Tibet's largest monasteries. The original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

## EMPTY BLUE PLANET

by Charlie Singer. 39 pp. #EMBL \$6

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Four Noble Truths, bodhicitta, emptiness, the nature of mind, and Dzogchen. Charlie Singer, a blues musician and long time student of Tibetan Buddhism, writes in a way that is clear and engaging without being popish or overly academic.

## ENLIGHTENED JOURNEY: The Practice of Buddhism as Daily Life

by Tulku Thondup. 240 pp. #ENJO \$16

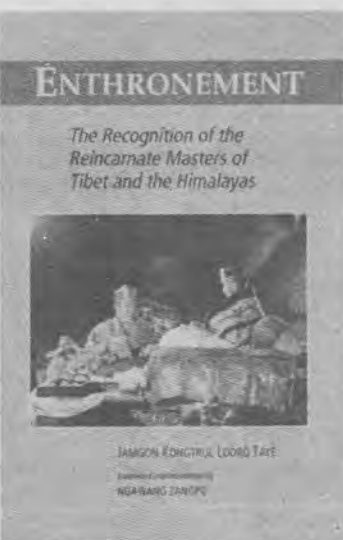
A manual showing how to transmute life's situations into spiritual disciplines and experiences. Tulku Thondup, a Nyingma teacher, explains how suffering can be a more powerful tool than happiness for achieving enlightenment and how meditation can arouse compassion. He discusses the symbolism of holy places, temples, and statues, and how Tibetan art is a source of teaching, inspiration, and power. He explains the experience of dying, the after-death state, and the Longchen Nyingthig ngondro practices.

## ENLIGHTENMENT BY A SINGLE MEANS: Tibetan Controversies on the "Self-Sufficient White Remedy"

by David Jackson. 220 pp. #ENSIME \$46

This is a detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th-century Sakya Pandita. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual means or insight? This question arose again in Tibet with certain masters' teachings about Mahamudra.

To clarify the positions of masters representing the "simultaneous" or "all-at-once" doctrine, Jackson has presented the references in Gampopa's and Lama Ahang's writings. On the other side, Sakya Pandita criticized the notion that any single teaching or spiritual factor was sufficient, including meditative stoppage of conceptual processes known as "seeing the nature of mind." This book will interest anyone practicing Mahamudra, tantra or Dzogchen.



## ENTHRONEMENT: The Recognition of the Reincarnate Masters of Tibet and the Himalayas

by Jamgon Kongtrul Lodro Taye, translated and introduced by Ngawang Zangpo. 190 pp. #EN \$14.95

Even the most casual contact with the culture, politics, or religion of Tibet and the surrounding region brings outsiders face-to-face with the institution of reincarnate spiritual masters. In a tradition that is both uniquely Tibetan and genuinely Buddhist, past masters are identified as small children, installed in their predecessor's monastery in a ceremony called *enthronement*, and educated to continue the work of their former incarnation. This custom has provided a principal source of spiritual renewal for Himalayan Buddhists for the past thousand years.

The introduction places the subject of reincarnate meditation masters within two major contexts—in the activity of bodhisattvas, those highly realized beings who vow to return to the world in order to help others; and in modern Tibetan society, where the reappearance of past masters is both perfectly natural and profoundly moving.

Part One contains an interview with Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage of Tibetan Buddhism, who is often requested to find and recognize other reincarnate masters. He describes the fascinating process of recognizing reincarnations.

Part Two contains a translation of a text by Jamgon Kongtrul Lodro Taye, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthronement of reincarnate masters.



## ESSENCE OF MIND TRAINING

by Acharya Nyima Tsering. 111 pp. #ESMITR \$9.95

Contains succinct teachings on three topics: Lam Rim, based on H.H. Dalai Lama's commentary to *Oral Transmission of Manjushri* by the 5th Dalai Lama; an overview of the four tenet systems, based on the *Precious Garland* by Kunchok Jigme Wangpo; and a brief course on Dzogchen, based on teachings of H.H. the Dalai Lama and Khamtrul Rinpoche on *Hitting the Essential Meaning Through Three Words*.

## ESSENTIAL TIBETAN BUDDHISM

by Robert A.F. Thurman. 272 pp., #ESTIBU \$14.00

Here is a rich collection of key teachings about: the Buddha and our Buddha nature; meeting the Buddha in the teacher; practicing transcendent renunciation; prayer texts and meditation techniques; practicing the creation, perfection and great perfection stages; stories of hermits and yogis; practicing the loving spirit of enlightenment; lessons of ancient monks and modern nuns for training the mind.

## EXCELLENT BUDDHISM: An Exemplary Life

by Kalu Rinpoche. 160 pp. #EXBU \$15.95

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



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

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

This practical book is written in workbook style. It is full of clear, easy-to-follow instructions for mastering life's stresses. For over fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands these arts.

"*The Fine Arts* is a skillful blend of time-proven antidotes to the stress of modern life."—Dan Goleman, author & psychology writer, *New York Times*

## FOUNDATION OF BUDDHIST MEDITATION

by Kalu Rinpoche. 31 pp. #FOBUME \$4.95

Kalu Rinpoche covers the essentials of Buddhist practice by offering active meditations on topics that must be deeply realized to propel spiritual practice to the goal.

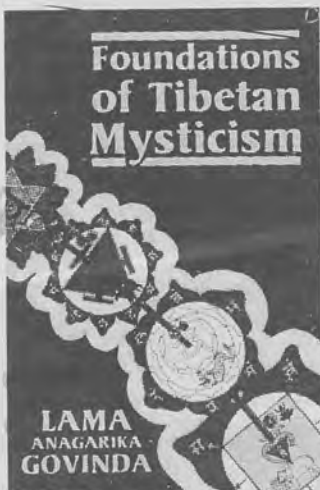


Everlasting Rain of Nectar  
Purification Practice in Tibetan Buddhism



Everlasting Rain of Nectar  
Purification Practice in Tibetan Buddhism  
by Geshe Jampa Gyatso, ed. by Joan Nicell  
160 pp. #EVRANE \$14.95

Spiritual progress depends upon mental purification. The "confession of downfalls to the thirty-five buddhas" is a short, daily ritual practiced to purify oneself. The author discusses karma and how purification is essential for experiencing happiness and avoiding suffering.



## FOUNDATIONS OF TIBETAN MYSTICISM

by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$12.95

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

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by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

This collection of teachings first grounds the practitioner in Buddhist principles and then dives deep into the Vajrayana. It captures the warmth and vastness of Rinpoche's heart-mind, the humor of his stories and the simplicity with which he communicates the spiritual path.

## THE FOUR NOBLE TRUTHS

by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 96 pp., #FONOTR \$9.95

After his enlightenment, the Buddha taught the Four Noble Truths—the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses and neuroses. The second explores their causes and conditions for arising. The third shows that the causes of our problems can be removed and that we can be free from suffering. The fourth includes the many paths of practice that Buddhism offers to realize that goal. The Buddha has shown that the spiritual path is pragmatic and works directly with everyday experience in order to fundamentally transform the practitioner.

The late Ven. Lobsang Gyatso was the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy.

## THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE

by Ven. Khenchen Thrangu Rinpoche. 99 pp. #FOORFO \$12 cloth

The four thoughts that turn the mind towards dharma taught by the great meditator Gampopa provide the basic reasons and motivations for practicing dharma. They are contrasted with the four special foundations (ngondro).