

Snow Lion

Snow Lion Publications

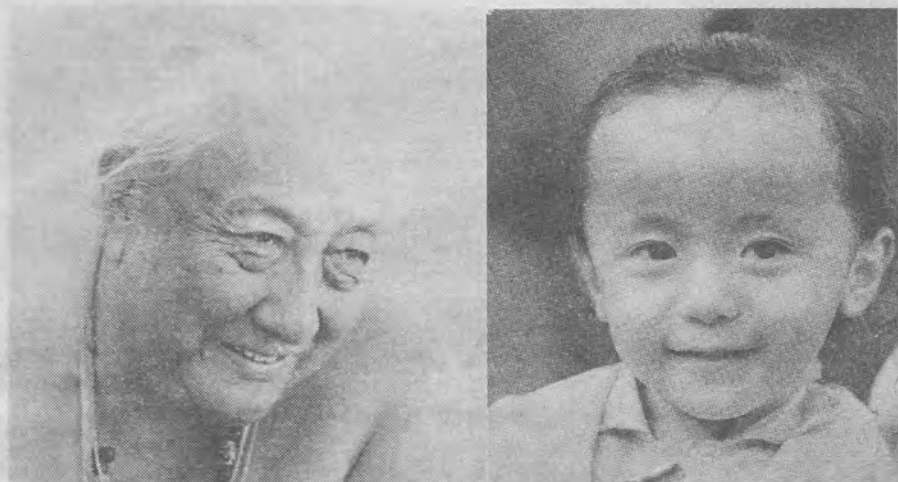
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SPRING 1996
NEWSLETTER AND CATALOG



The Reincarnation of Dilgo Khyentse Rinpoche



The reincarnation of Dilgo Khyentse Rinpoche, who passed away in 1991, has been found in Nepal.

The late Dilgo Khyentse Rinpoche (born in Tibet in 1910) was a unique Buddhist meditation master who was universally recognized by all traditions as one of the greatest realized masters. He was the head of the Nyingmapa School

of Tibetan Buddhism since 1988, and was the most eminent modern day proponent of the non-sectarian or Rimed tradition.

Khyentse Rinpoche was a teacher of the Dalai Lama, and the religious advisor to the King and Royal Family of Bhutan. His students included teachers from the four schools of Tibetan Buddhism, and he traveled throughout the world teaching. He spent over 20 years in retreat, and also wrote 25 volumes on Buddhist philosophy and practice. He passed away at the age of 81.

Trulshik Rinpoche, who lives in the Everest region of Nepal, is Khyentse Rinpoche's most senior

and realized disciple. It was prophesied in Khyentse Rinpoche's *Termas* (visionary teachings) that Trulshik Rinpoche would be the spiritual heir to these teachings, and Khyentse Rinpoche had often stated that in his absence Trulshik Rinpoche should be consulted on all important matters. When Khyentse Rinpoche passed away in 1991, his close students requested Trulshik Rinpoche to discover his reincarnation.

In 1993 during the second anniversary commemorative ceremony of Rinpoche's passing, this request to Trulshik Rinpoche was renewed. He said that he would announce

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Above left: Dilgo Khyentse Rinpoche, who passed away in 1991.

Above right: Ugyen Tenzin Jigme Lhundrup, confirmed by His Holiness the Dalai Lama as the reincarnation of Dilgo Khyentse Rinpoche.

On the 37th Anniversary of Tibetan National Uprising Day

The Statement of His Holiness
The Dalai Lama

March 10, 1996

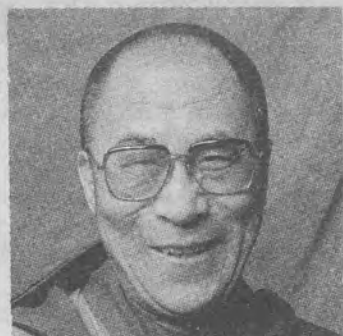
As we commemorate today the thirty-seventh anniversary of the Tibetan people's uprising, we are witnessing a general hardening of Chinese government policy. This is reflected in an increasingly aggressive posture toward the peoples of Taiwan and Hong Kong and in intensified repression in Tibet. We are witnessing fear and suspicion throughout the Asian-Pacific region, and a worsening of relations between China and much of the rest of the world.

Within the context of this tense political atmosphere, Beijing has once again sought to impose its will on the Tibetan people by appointing a rival Panchen Lama. In doing so, it has chosen a course of total disregard both for the sentiments of the Tibetan people in general and for Tibetan spiritual tradition in particular, despite my every effort to reach for some form of understanding and cooperation with the Chinese government. Significantly, the official Chinese media compares the present political climate in Tibet with that in Poland during the Solidarity years of the 1980's. This demonstrates a growing sense of insecurity on the part of the Chinese leadership as a result of which, through a continuing campaign of coercion and intimidation, Beijing has greatly reinforced its repression throughout Tibet. I am therefore saddened to have to report that the situation of our people in Tibet continues to deteriorate.

Nevertheless, it remains my strong conviction that change for the better is coming. China is at a critical junction: its society is undergoing profound changes and the country's leadership is facing the transition to a new generation.

It is obvious too that the Tiananmen massacre has failed to silence the call for freedom, democracy and human rights in China.

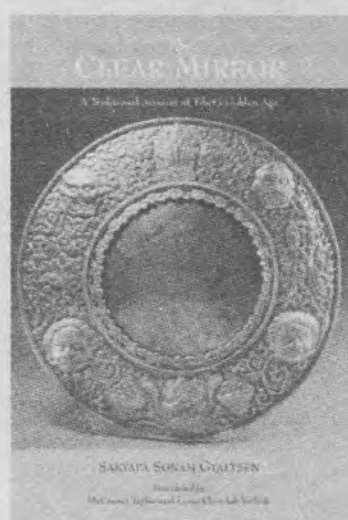
Moreover, the impressive democratization in process across the Taiwan Strait must further invigorate the democratic aspirations of the Chinese people. Indeed, Taiwan's historic first direct presidential elections later this month are certain to have an immense political and psychological impact on their minds. A transformation from the current totalitarian regime in Beijing into one



which is more open, free and democratic is thus inevitable. The only outstanding question is how, when and whether the transition will be a smooth one.

As a human being, it is my sincere desire that our Chinese brothers and sisters enjoy freedom, democracy, prosperity and stability. As a Buddhist monk, I am of course concerned that a country which is home to almost a quarter of the world's entire population and which is on the brink of an epic change, should undergo that change peacefully. In view of China's huge population, chaos and instability could lead to large-scale

Continued on page 3



THE CLEAR MIRROR A Traditional Account of Tibet's Golden Age

by Sakya Sonam Gyaltsen,
translated by McComas Taylor
and Lama Choedak Yuthok

315 pp., 16 line drawings, 2 maps,
#CLMI \$16.95

**NEW from
Snow Lion!**

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of the traditional narrative and folk wisdom of Tibet. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories as well as a rich oral tradition, the text treats the era during which Buddhism came to Tibet, the city of Lhasa was established as the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltsen, 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 maintained a preeminent position in Tibetan society and is still popularly read today.

Sakya Sonam Gyaltsen (1312-1375), born into the powerful Khon

family that ruled much of Tibet, was teacher and mentor to many great masters of all traditions of Tibetan Buddhism. He is still widely revered for his scholarship and sanctity.

Lama Choedak Yuthok was born in a yak-hair tent in Central Tibet in 1954. After becoming a monk and studying for twelve years under the Most Venerable Chogay Trichen Rinpoche, he completed a three-year solitary retreat. Since

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CHOOSING REALITY

A Buddhist View of Physics and the Mind

by B. Alan Wallace

227 pp. #CHRE \$15.95

**NEW from
Snow Lion!**

Alan Wallace was a Tibetan Buddhist monk for 12 years. Then he graduated summa cum laude in physics, philosophy and Sanskrit at Amherst College and went on to complete a doctorate in religious studies at Stanford University. He is the author and translator of several books such as *A Passage from Solitude*, *Calming the Mind*, and *Tibetan Buddhism from the Ground Up*.

Choosing Reality was written to show how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology. It answers the question: "How shall we understand the relationship between the way we experience reality and the way science describes it?" In examining this question, Alan Wallace discusses two opposing views: the realist view, which argues that scientific theories represent objective reality, and the instrumentalist view, which states that our human concepts cannot presume to describe what exists independently of them. Finding both of these philosophies of science inadequate, the author goes on to explore the middle way view of Buddhism and show the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

Here are some excerpts from the book:

Science arose from the intellectual tyranny of the Middle Ages. Since then it has provided us with a wealth of knowledge about the physical world, and in the process it has formulated a new article of faith: all of reality essentially boils down to matter and energy subject to the mindless, immutable laws of nature. Life is reduced to an epiphenomenal by-product of complex configurations of chemicals; and mind is a coemergent property of the organization of the neural system. Such physicalist reductionism is not simply a conclusion based upon scientific research. Rather, it provides the metaphysical context in which such research and theorizing are pursued; and as such, much evidence is interpreted as being supportive of this view.

The use of mechanical instruments and mathematical analysis has been enormously productive in the physical sciences. But such methods have yielded scanty in-

sight into the nature of the mind. More importantly perhaps, the physicalist view denies that mind as a subjective phenomenon is deserving of scientific research: since it is nothing more than an epiphenomenon of matter, a thorough understanding of the nervous system will provide all pertinent information about the mind. Does this attitude not have a familiar ring? How easy it is to imagine a medieval churchman admonishing his contemporaries: since the physical world is nothing more than an epiphenomenon of God, a thorough understanding of the scriptures (and possibly Aristotle's writings) will provide all pertinent information about nature.

Modern science established its identity by insisting upon directly probing into the natural world as opposed to submitting to authority as the means for understanding. Its original instruments were relatively crude by today's standards, but by using them to their fullest, scientists have developed finer, more sophisticated tools. These instruments are wonderfully suited to objective physical research, but their use in directly probing the mind is extremely limited. Nature in its wholeness includes both objective physical events and subjective mental events. A science that ignores or fails to produce means for investigating the latter must be an unnatural kind of science. Its theories must be incomplete and may be profoundly misleading.

For generations the notion that scientific theories represent objective, independent physical reality has been seriously challenged by philosophers of science. Indeed, there are few today who adhere to

such straightforward scientific realism. Among the many problems with the realist position is the fact that multiple, mutually incompatible theories can often be presented that equally account for a given body of experimental evidence. A philosophically unreflective approach to science gives the impression that objective reality screens out false hypotheses, leaving only one true theory. In fact multiple hypotheses are often put forth, and the choice among them is based on various human factors.

Does science give us knowledge of the objective world? At the very least we have grounds for seriously calling this into question. If we conclude that it provides us with no ultimately reliable, objective knowledge, we may ask: what, then, is the purpose of creating scientific theories? One response is that such theories do make natural events intelligible in their relation to our human existence. A second purpose is that they are extremely useful in learning to deal with natural events that have a strong bearing on our well-being. One facet of that purpose is the development of technology.

Let us now return to the question of scientific research into the nature of the mind. If theories are unable to represent objective physical reality, can they any more reliably represent subjective cognitive reality? Might even direct investigation into the nature of mental events yield multiple, mutually incompatible theories to account for the same body of empirical evidence? This may very well be so, in which case, of what use are such cognitive theories? The situation is similar to that for physical theories: cognitive theories can make the mind intelligible in terms of our present worldview; they can enable us to deal more effectively with the mental causes of both joy and sorrow, contentment and discontent; and they may provide means for transforming and refining the mind in ways previously not imagined.

At present, Western civilization has no cognitive science comparable to its physical science. On the basis of this discussion thus far, one might assume that they are two autonomous disciplines. As we employ more revealing techniques

for exploring the nature of consciousness, however, we may find ourselves delving into some of the deepest facets of the physical world. As insights into the nature of consciousness are related to physical science, physicists may find themselves confronting the profound role of the mind in their own field of inquiry. Indeed, if the universe is not composed of two autonomous substances of mind and matter (or matter alone), such integration of physical and cognitive science is bound to take place.

How shall we develop a cognitive science that penetrates so deeply into the nature of awareness? Cognitive science in its present Western form investigates mental states objectively in the sense that the researcher performs tests on other people's mental functions. Since the scientist has no direct access to anyone else's mind, this approach treats the mind as a "black box." The information that is analyzed concerns input and output from the mind and senses, but cognition itself is not directly examined. This would entail a subjective perspective, which is still regarded as unprofessional in today's scientific arena. This "black box approach" to the mind provides one means of questioning that can provide a certain body of knowledge about cognitive functions. But it leaves us in the dark as to other important aspects of the nature and potential of consciousness.

- ...we may avoid
- [impeding the quest
- for truth] by asking not
- whether a theory is
- true, but by inquiring
- to see how meaningful
- it is.

A central theme of this book will be that a particularly useful method for exploring the mind entails refined introspection: let the mind directly probe the mind, for no other instrument has that ability! As soon as we try to do so, however, we run into problems: the mind in its present state is a very unreliable instrument for the observation of mental states. It is exceedingly unstable, strongly subject to compulsive conceptualization, and lacking in clarity. These are some of the reasons why the school of introspectionism died just a few decades after its birth about a century ago.

Perhaps it is time to give the mind another chance. Are there ways to transform the mind into a stable, reliable, clear instrument of observation? In seeking methods toward this end, we may simply rely upon our own resources—that is, start from scratch—or we may look around for techniques that have already been developed by others. If we follow the latter, time-saving course, we may have to break down some conceptual barriers that we have set up among science, philosophy, and religion. Why? Because the most effective means for transforming human consciousness in this way have been developed by the great contemplative traditions of the world. Those of the East in particular do not distinguish science, philosophy, and religion as autonomous disciplines, as we are prone to do in the West. In our culture meditation and contemplation are widely

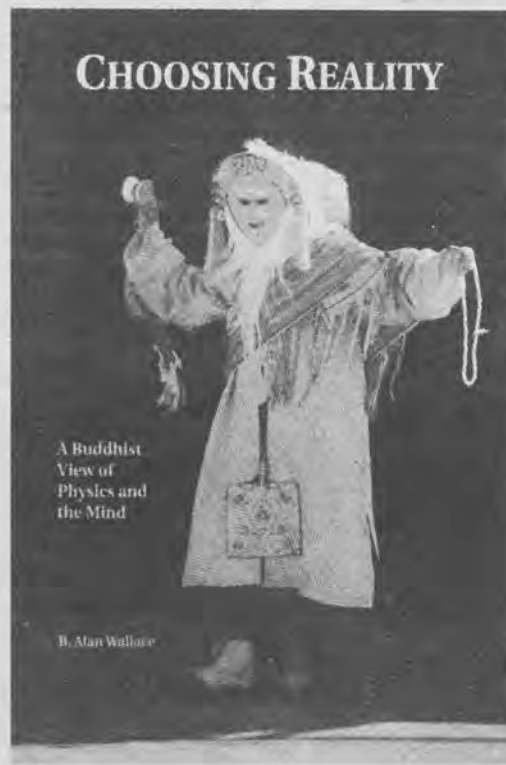
regarded as means for relaxation and, in the religious context, for deepening one's experience of the divine. Are there contemplative techniques that can provide us with knowledge that can be integrated into our scientific understanding of the world? This we must judge for ourselves, and it is one aim of this book to introduce some of these techniques for appraisal.

In the Buddhist tradition the chief purpose of refining and stabilizing the mind is to cultivate wisdom and compassion. A mind that has been trained in concentration and clarity is a superb tool for investigating the nature of reality—of the self, consciousness, the physical world, and so on. This instrument can be an effective one for developing the insight needed to eliminate the fundamental distortions of the mind—ignorance, craving, and hostility. The healing of the mind from these afflictions, and the cultivation of wisdom and compassion for all living creatures are the greatest miracle. When mental powers are developed within that spiritual context, their use is guided by wisdom and motivated by compassion. They are used in the service of others, and the danger associated with them is thereby avoided.

Objective scientists must take great care to keep their research equipment in excellent running order, both during and between the times that it is being used. Otherwise the results that such instruments yield in experiments would be unreliable, and the research would be pointless. However, the scientists' own minds—their most basic research equipment—do not necessarily receive such care. They may be subject to such distortions as craving, selfishness, hostility, absent-mindedness, and egotism; but the attenuation of such afflictions usually plays no explicit role in scientific education. There may be a similar lack of attention to examining motives for scientific research. Some scientists feel no qualms about using our most advanced knowledge for devising state-of-the-art methods of polluting our planet with radiation and biological and chemical poisons. Powers that become available through scientific research are swiftly put to use for the destruction of life and the stimulation of fear. Clearly the use of such research is not simply determined by scientists—politicians and the people who put them in power are largely responsible. But it must also be said that much research done by scientists is explicitly aimed at destroying life on earth. We may feel little sympathy for the possible response that scientists devoting themselves to such work are simply following the orders of their employers. The development of such weapons is considered by many people as the only realistic way to preserve peace in the modern world. Peace of mind, however, seems to be a necessary casualty, regardless of the external semblance of peace that may be achieved with that program.

The ground of Buddhist practice is the cultivation of an ethical way of life in thought, speech, and deed. The essence of this foundation of spiritual growth is the avoidance of harm to others. Buddhist contemplatives recognize their own minds as the essential instrument for research.

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Teachings by HIS HOLINESS THE DALAI LAMA 1996



India

KALACHAKRA INITIATION AT TABO

June 24-July 1

1996 marks the 1000-year anniversary of the oldest, and archaeologically most important, monastery in India's Spiti Valley, the Tabo Monastery, Himachal Pradesh. To commemorate the event, His Holiness the Dalai Lama will bestow the Kalachakra Initiations. Bring your own FM radio for English translation.

England

FOUR NOBLE TRUTHS

July 17 and July 18

The Barbican Hall, Barbican Centre, Silk Street, London EC2Y 8DS

CHENREZIG INITIATION

July 18

The Barbican Hall, Barbican Centre, Silk Street, London EC2Y 8DS

COMPASSION, THE BASIS FOR HUMAN HAPPINESS

July 19

Free Trade Hall, Peter Street, Manchester M2 3NQ

THE NEED TO BALANCE SPIRITUAL AND MATERIAL VALUES

July 20

Alexandra Palace, Alexandra Palace Way, Wood Green, London N22 4AY

For further details on the visit to England, please contact the Office of Tibet, London, Tel: 44-171-722-5378. E-mail: tibetlondon@gn.apc.org

Australia

KALACHAKRA INITIATION IN SYDNEY

September 19-September 29

For ticketing contact: Elizabeth O'Dwyer, Unit 8/106A Botany Street, Randwick NSW 2031 Australia. Tel/Fax 61-2 398 6048

For further details on the visit to Australia please contact the Tibet Information Centre, Canberra Tel: 61-6-285-4046. E-mail: oftibet@peg.apc.org.

DALAI LAMA STATEMENT

Continued from page 1

bloodshed and tremendous suffering for millions of people. Such a situation would also have serious ramifications for peace and stability throughout the world. As a Tibetan, I recognize that the future of our country and our people depends to a great extent on what happens in China during the years ahead.

Whether the coming change in China brings new life and new hope for Tibet and whether China herself emerges as a reliable, peaceful and constructive member of the international community depends to a large degree on the extent to which the international community itself adopts responsible policies toward China. I have always drawn attention to the need to bring Beijing into the mainstream of world democracy and have spoken against any idea of isolating and containing China. To attempt to do so would be morally incorrect and politically impractical. Instead, I have always counseled a policy of responsible and principled engagement with the Chinese leadership.

It became obvious during the Tiananmen movement that the Chinese people yearn for freedom, democracy, equality and human rights no less than any other people. Moreover, I was personally very moved to see that those young people, despite being taught that "political power comes out of the barrel of a gun" pursued their aims without resorting to violence. I, too, am convinced that non-

violence is the appropriate way to bring about constructive political change.

Based on my belief in non-violence and dialogue, I have consistently tried to engage the Chinese government in serious negotiations concerning the future of the Tibetan people. In order to find a mutually acceptable solution, I have adopted a 'middle-way' approach. This is also in response to, and within the framework of, Mr. Deng Xiaoping's stated assurance

- If [the Tibet issue was]
- solved properly through
- negotiation, not only
- would it be helpful in
- creating a political
- atmosphere conducive
- to the smooth transition
- of China into a new era
- but also China's image
- throughout the world
- would be greatly
- enhanced.

that "anything except independence can be discussed and resolved." Unfortunately, the Chinese government's response to my many overtures has been consistently negative. But, I remain confident that his successors will realize the wisdom of resolving the problem of Tibet through dialogue.

The Tibet issue will neither go away of its own accord, nor can it

Dalai Lama Will Visit Mid-West and West Coast

To Further Interreligious Dialogue and Give Teachings to the Chinese Community

The Dalai Lama will visit the Mid-West and the West Coast from July 22, to August 2, 1996, during which he will participate in dialogue with representatives of the Christian community, give Buddhist teachings to the Chinese community, and address the student community.

The Dalai Lama is to participate in an interreligious dialogue in Gethsemani, Kentucky, from July 22 to 25, which will be attended by prominent Buddhist and Christian scholars from all denominations. The Conference will serve as a follow-up to the Parliament of World Religions conference held in 1993. Gethsemani has been chosen as a venue due to its connection with the late Thomas Merton with whom the Dalai Lama had close ties. For several years, the Dalai Lama has been calling for closer interaction between the different religions of the world, and he is expected to make a fervent call in Gethsemani for better understand-

ing between Christians and Buddhists through dialogue. Attendance at the Conference is by invitation only.

The Dalai Lama will next visit Bloomington, Indiana, where he will give a public talk at Indiana University. He will also lay the foundation stone for the Tsongkhapa Sanctuary. For more information please contact Professor Elliot Sperling at 812-855-2233 or the Tibetan Cultural Center at 812-855-8222.

The Dalai Lama's next stop is Chicago, Illinois. He will be in Chicago from July 27 to 29 to participate in a conference at DePaul University on "Socially Engaged Buddhism and Christianity." Besides Buddhist and Christian scholars from North America, participants will also be coming from Vietnam, Cambodia, and Thailand. The conference will explore ways in which spiritual practices lead to action in the world. For more information

on the conference contact Barbara Bernstein at 708-256-7415.

For information on a public talk and other events in the Chicago area contact Steve Schroeder at 847-640-2288.

His final stop is Los Angeles, California, where he will give a three-day Buddhist teaching and initiation at the specific request of the Chinese community there. This historic event will be the first time ever that His Holiness will give teachings exclusively to the Chinese Buddhist Community. Many Chinese Buddhists throughout the world revere the Dalai Lama as their spiritual leader. The teachings, to be held at the Pasadena Civic Auditorium, are being sponsored by Compassion and Wisdom Buddhist Association in conjunction with over a dozen other Chinese Buddhist temples and associations. For detailed information contact Gene Lin at 818-445-2508.

be wished away. As the past has clearly shown, neither intimidation nor coercion of the Tibetan people can force a solution. Sooner or later, the leadership in Beijing will have to face this fact. Actually, the Tibet problem represents an opportunity for China. If it were solved properly through negotiation, not only would it be helpful in creating a political atmosphere conducive to the smooth transition of China into a new era but also China's image throughout the world would be greatly enhanced. A properly negotiated settlement would furthermore have a strong, positive impact on the people of both Hong Kong and Taiwan and will do much to improve Sino-Indian relations by inspiring genuine trust and confidence.

For our part, we seek to resolve the issue of Tibet in a spirit of reconciliation, compromise and understanding. I am fully committed to the spirit of the 'middle-way approach'. We wish to establish a sustainable relationship with China based on mutual respect, mutual benefit and friendship. In doing so, we will think not only about the fundamental interests of the Tibetan people, but also take seriously the consideration of China's security concerns and her economic interests. Moreover, if our Buddhist culture can flourish once again in Tibet, we are confident of being able to make a significant contribution to millions of our Chinese brothers and sisters by sharing with them those spiritual and moral values which are so clearly lacking in China today.

Despite the absence of positive and conciliatory gestures from the Chinese government to my initiatives, I have always encouraged Tibetans to develop personal relationships with Chinese. I make it a point to ask the Tibetans to distinguish between the Chinese people and the policies of the totalitarian

government in Beijing. I am thus happy to observe that there has been significant progress in our efforts to foster closer interaction amongst the people of our two communities, mainly between exile Tibetans and Chinese living abroad. Moreover, human rights activists and democrats within China, people like the brave Wei Jingsheng, are urging their leaders to respect the basic human rights of the Tibetan people and pledging their support of our right to self-rule. Chinese scholars outside China are discussing a constitution for a federated China which envisages a confederal status for Tibet. These are most encouraging and inspiring developments. I am, therefore, very pleased that the people-to-people dialogue between Tibetans and Chinese is fostering a better understanding of our mutual concerns and interests.

In recent years we have also witnessed the growth of a world-wide grass-roots movement in support of our non-violent struggle for freedom. Reflecting this, many governments and parliaments have come forward with strong expressions of concern and support for our efforts. Notwithstanding the immediate negative reactions of the Chinese regime, I strongly believe that such expressions of international support are essential. They are vital in communicating a sense of urgency to the minds of leadership in Beijing and in helping persuade them to negotiate.

I would like to take this opportunity to thank the numerous individuals, the members of governments, of parliaments, of non-governmental organizations and of religious orders who have supported my appeal for the safety and freedom of the young Panchen Lama, Gedhun Choekyi Nyima. I am grateful for their continued intervention and efforts on behalf of

this child who must be the world's youngest political prisoner. I also wish to thank our supporters all over the world who are commemorating today's anniversary of the Tibetan people's uprising with peaceful activities in every part of the globe. I urge the Chinese government not to construe such support for Tibet as anti-Chinese. The purpose and aim of these activities is to appeal to the Chinese leadership and people to recognize the legitimate rights of the Tibetan people.

In conclusion, I am happy to state today that our exile community's experiment in democracy is progressing well without any major setbacks or difficulties. Last autumn, the Tibetans in exile participated in preliminary polls to nominate candidates for the Twelfth Assembly of the Tibetan People's Deputies, the parliament in exile. Next month, they return to the polls to elect the members themselves. This accords with my conviction that democracy is the best guarantee for the survival and future of the Tibetan people. Democracy entails responsibilities as well as rights. The success of our struggle for freedom will therefore depend directly on our ability to shoulder these collectively. It is thus my hope that the Twelfth Assembly will emerge as a united, mature and dedicated representative of our people. This ultimately depends on every franchised member of our community. Each one is called upon to cast his or her vote with an informed and unbiased mind, with a clear awareness of the need of the hour and with a strong sense of individual responsibility.

With my homage to the brave men and women of Tibet who have died for the cause of our freedom, I pray for an early end to the suffering of our people. ■

Khensur Rinpoche's Arrival Enriches Namgyal Institute's Buddhist Studies Program

With the April arrival in Ithaca, New York, of Khensur Rinpoche (Geshe Wangdak), the former Abbot of the parent monastery, a concentration on advanced studies in Tibetan Buddhism will be the focus of the Namgyal Monastery Institute of Buddhist Studies program. At the request of His Holiness the Dalai Lama, Khensur Rinpoche will spend three years in Ithaca as Abbot and resident senior teacher at the Ithaca Monastery and Institute. Three other monks from Namgyal Monastery comprise the teaching staff along with two resident Western scholars, a

resident translator and traditional artist, and visiting adjunct faculty, along with special teaching by visiting scholars from the four lineages of Tibetan Buddhism.

Namgyal Programs

Registration is still being accepted for the Gyalwa Gyatso (the highest yoga tantra practice of Avalokiteshvara) initiation and teachings to be given by Khensur Rinpoche at Namgyal's one-week retreat August 11-18 (details below).

The Namgyal program com-

bines intensive training in colloquial Tibetan and literary translation, as well as the curriculum designed by His Holiness the 14th Dalai Lama for the monks of Namgyal Monastery. For those interested in the Namgyal program, the "Get Acquainted with Namgyal" retreat to be held this year from August 4-11 is an excellent opportunity to try out the Namgyal program and to meet privately with the monks. The fall semester application deadline is July 31, 1996. The Institute accepts full- and part-time students and the program follows a typical university semester schedule.

Senior students at Namgyal Monastery Institute of Buddhist Studies have completed three years of intensive language training as well as foundational classes in preparation for advanced study. Currently, after a brief presentation on Collected Topics, senior students are working on Lo-Rig (Mind and Awareness) using the Tibetan-language text "Presentation of Awareness and Knowledge. Composite of All the Important Points. Opener of the Eye of New Intelligence" by Ge-shay Jam-bel Sam-pel along with Snow Lion's publication *Mind in Tibetan Buddhism* by Lati Rinpoche and Elizabeth Napper. Other translation classes are working on the commentary instruction on "Gaden Lhagyama, Hundred Gods of Tushita" in conjunction with "Mig Tsema" prayer to Venerable Lord Je Tsongkhapa and the Tibetan-English text "Lectures on Tibetan Religious Culture" by Geshe Lhundup Sopa. Two other classes include commentary on the patience chapter from Shantideva's *Bodhisattvacharyavata* ("A Guide to the Bodhisattva's Way of Life") and foundational practices of Tibetan Buddhism. Instructors include: Craig Preston, Ven. Tenzin Yignyen, Ven. Tsering Namgyal, Ven. Tenzin Lhunpo, and Lotsawa Palden Choedak Oshoe.

Tenzin Tethong Accepts Appointment as Board Member

Namgyal Monastery Institute of Buddhist Studies is also delighted to announce that Tenzin N. Tethong has accepted a position on the Monastery-Institute's Board of Directors. Tenzin Tethong has for over two-and-a-half decades designed initiatives that are at the core of operation of the Tibetan government-in-exile and has earned appointment to prominent positions, including Chairperson ("Kalon Tropa") of the Kashag, the Cabinet of His Holiness the Dalai Lama. Among his activities, in government service he was Minister (Kalon) and member of the Kashag for five years; Chairperson of the Planning Council of the Central Tibetan Administration which prepared the first five-year Integrated Development Plan of the Tibetan community in exile; Special Representative of His Holiness the Dalai Lama in Washington DC



**Namgyal Monastery
Institute of Tibetan Buddhist Studies**

P.O. Box 127, Ithaca, NY 14851
Tel: 607-273-0739, Fax: 607-273-8508

Name _____

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"YES, I WOULD LIKE TO HELP NAMGYAL!"

\$_____ Enclosed is a check for this amount as my donation (\$30+, \$180+, \$500+, \$1000+, \$5000+ or \$10,000+)

☐ I am interested in contributing to major endowment funding. Please contact me at the above address and phone number.

Your contribution helps Namgyal Monastery Institute of Buddhist Studies meet its new development goals dedicated to translating traditional Tibetan Buddhist teachings and making them more widely available in the West. Thank you for your assistance.

☐ I am interested in becoming a student (either degree or non-degree) at Namgyal. Please send appropriate course information and application forms.

☐ I am interested in participating in the summer programs marked below. Please send more information.

_____ Summer Semester at Namgyal Institute, June 3-July 12.

_____ Fifth annual "Get Acquainted with Namgyal" Retreat, August 4-11.

_____ Gyalwa Gyatso Initiation and Retreat, August 11-18.

Biography of KHENSUR RINPOCHE



Khensur Rinpoche

pleted all his remaining required studies in prajnaparamita, madhyamaka, vinaya, and abhidharma.

In 1970, Rinpoche moved to Mundgod, southern India, where Drepung Monastic University was finally able to build its permanent assembly hall and residences for monks. Rinpoche completed two more years of further study in Mundgod, and then went to Sarnath, where he studied until 1977. Rinpoche returned to Drepung to take his final Geshe degree, the highest scholastic degree. His scholastic achievement earned him the highest honor degree, Geshe Lharampa.

Khensur Rinpoche was then invited to teach at Namgyal Monastery, where he served as senior teacher for 14 years, teaching both sutra and tantra. In 1991, His Holiness the Dalai Lama appointed him Abbot of the monastery and he served in that office until 1994. In 1995, His Holiness the Dalai Lama appointed Khensur Rinpoche Abbot and senior resident teacher at Namgyal Monastery in Ithaca, New York.

During his studies at various monastic universities, not only did Khensur Rinpoche study core geshe curriculum under many renowned scholars, but he also received various tantric initiations and teachings from His Holiness the Dalai Lama, his two tutors, and other esteemed scholars including Zong Rinpoche, Kalu Rinpoche, Dilgo Khyentse Rinpoche, Khrul Zhi Rinpoche, and Cho Gay Khrichen Rinpoche. After joining Namgyal Monastery, Rinpoche received initiations and teachings of Guhyasamaja, Chakrasamvara, Yamantaka, Kalachakra, and Vajrakila, along with other tantric deities of all four traditions of Tibetan Buddhism.

As abbot of Namgyal Monastery, he presided over all the religious ceremonies of the Tibetan government-in-exile and accompanied His Holiness the Dalai Lama, including in 1991 to New York City for the Kalachakra initiation at Madison Square Garden. ■

Khensur Rinpoche was born in 1934 in Kham, eastern Tibet and, at the age of ten, entered Ba Zingon Monastery in Kham. At the monastery for eight years, he followed the basic monastic studies, including memorizing sadhanas, initiation rites and other related scriptures of Guhyasamaja and Yamantaka, and invocations of the five principal protector deities in the Gelugpa tradition.

At the age of 18, Khensur Rinpoche journeyed to central Tibet and joined Drepung Loseling College of Drepung Monastic University near Lhasa, the capital of Tibet. At Drepung, he pursued vigorous scholastic studies on the five great treatises: pramana (logic and epistemology), prajnaparamita (metaphysics), madhyamaka (middle way philosophy), vinaya (discipline), and abhidharma (cosmology). For seven years, as a junior student, Khensur Rinpoche studied collected topics (*bsdus-grwa*), science of mind and reasoning (*blo-rigs* and *rtags-rigs*), Buddhist and non-Buddhist tenet systems, and pramana.

In 1959, Khensur Rinpoche fled Chinese-occupied Tibet, following His Holiness the Dalai Lama to India. As a refugee in India, in 1960 he continued his studies at Buxa in eastern India, where a temporary monastery was created at which refugee monks could continue their studies. Rinpoche com-

1996-97 FALL & SPRING COURSES

FALL 96

Sept. 8 - Dec. 14

Literary and Spoken Tibetan I
Translating Buddhism from Tibetan I: Collected Topics
Intermediate Colloquial Tibetan I
Introduction to Tibetan Buddhism
The Three Principal Aspects of the Path
The Practices of Manjushri & White Tara
Initiation and Practice of Yamantaka
Translating Buddhism from Tibetan III: Tenets
Intermediate Colloquial Tibetan III
Oral Translation of Tibetan Religious Discourse I
Tibetan Text Reading: Grounds and Paths
Independent Study

SPRING 97

Jan. 27 - May 16

Literary and Spoken Tibetan II
Translating Buddhism from Tibetan II: Awareness & Knowledge
Colloquial Tibetan II
The Two Truths in the Four Buddhist Tenet Systems
Tibetan Sacred Art: The Mandala of Avalokiteshvara
Setting up an Altar, Daily Prayers and Practices
The Practice of Yamantaka II
Translating Buddhism from Tibetan IV: Grounds and Paths
Intermediate Colloquial Tibetan IV
Oral Translation of Tibetan Religious Discourse II
Tibetan Text Reading: The Two Truths
Independent Study

See following page for 1996 SUMMER SEMESTER

(1987-90) and at the Office of Tibet (from its inception in 1973-1987). Tenzin Tethong was a founding member and President of the International Campaign for Tibet, founding member of Tibet House, and founding member and President of The Tibet Fund. He organized the first visit of His Holiness the Dalai Lama to the United States in 1979 as well as subsequent vis-

its to the US and Canada, established Potlala Publications, was founding member of the U.S. Tibet Committee, Editor of *Tibetan Review*, founding member of the Tibetan Youth Congress and member of the first Central Executive Committee, and Convener of the first Tibetan Youth Conference in Dharamsala in 1970. ■

NAMGYAL MONASTERY OFFERS TWO RETREATS IN 1996

Based upon requests received from around the country, the monks of Namgyal Monastery are offering two summer retreats this year, providing a wide range of exposure to Tibetan Buddhist studies and meditation practice suitable for beginners through advanced students.

5th Annual "Get Acquainted with Namgyal" Retreat:

An Introduction to Tibetan Buddhism, Aug. 4-11, 1996

This retreat is characterized by individual attention from the monks and a unique introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayana teachings, deity yoga, mandala theory, debate, and Tibetan language, and engage in hands on art workshops on drawing Tibetan images and mandalas. All of the monks are informal and accessible throughout the retreat. After the last meditation and dinner each day, evenings consist of volleyball, badminton, discussion groups, slide lectures, and videos on Tibetan culture.

This is Namgyal's main summer event. The retreat is staffed by all of the Namgyal monks. Other retreats may be staffed by only two or three monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).



Retreatants at the 1995 Fourth Annual "Get Acquainted with Namgyal" Retreat

Gyalwa Gyatso Initiation, Instruction and Practice Intensive

Aug. 11-18

One week retreat. This is a highest yoga tantra generation stage sadhana practice. Gyalwa Gyatso is a highest yoga tantra form of Chenrezig (Avalokiteshvara). Following the initiation, this retreat will consist of teachings on the Gyalwa Gyatso sadhana (two sessions per day) and intensive daily practice of Gyalwa Gyatso (four sessions per day). Participants will also receive instruction on how to maintain a proper altar, how to perform proper offering mudras, the correct use of ritual implements, and the making of tormas. At the conclusion of the retreat, instructions will be given on carrying one's practice into daily life. Cost for this retreat is \$230 plus \$14 per day for lodging and \$15 per day for meals.

Both retreats are held at beautiful Arnot Forest, a wooded conference center maintained by Cornell University just south of Ithaca. The center has a large central lodge and 14 cabins, and we offer three wholesome vegetarian meals each day.

To Register for One or Both of the Above Retreats:

Send your name, address and telephone number plus a deposit of \$225 made out to Namgyal Monastery, P.O. Box 127, Ithaca, NY 14851. Deposits are fully refundable until July 1st. After July 1st, deposits are 50% refundable. In late May or early June, registrants will receive a packet containing directions for getting to the retreat, a detailed schedule and a list of suggested items to bring. Volunteers will be available to pick up people from the bus station or airport and provide transportation to the retreat site.

1996 SUMMER SEMESTER

Introductory Colloquial Tibetan

Instructor: Palden Choedak Oshoe

June 3 - July 12, 1996

This unique six-week summer program offers students an opportunity for intensive introductory level spoken Tibetan. The program offers:

- 3 Hr./day Intensive Classroom Study
- Extensive Drills and Tapes for Personal/Lab Practice

Open to anyone wishing to learn spoken Tibetan. Equivalent of 6 credits.

Study this summer at Namgyal Monastery, the North American seat of the personal monastery of H.H. the Dalai Lama, located in the beautiful Finger Lakes district of upstate New York. Tuition for this 6-week intensive is \$750. Registration requires a 50% deposit by May 7th. See details below. Early registration is advised.

Intermediate Colloquial Tibetan

Instructor: A Namgyal Monk and Sonam Yangkyi

June 3 - July 12, 1996

As above except this course of intensive intermediate level spoken Tibetan requires students to have done prior studies in spoken Tibetan. The program offers 3 hrs./day intensive classroom study with directed conversation and extensive drills. Equivalent of 6 credits. Tuition for this 6-week intensive is \$750. Registration requires a 50% deposit by May 7th. See details below. Early registration is advised.

Introduction to Tibetan Text Reading and Translation

Instructor: Prof. Craig Preston and Susan Krafft

June 3 - July 12, 1996

An introduction to classical literary Tibetan. This intensive course will present and examine Tibetan literary grammar and vocabulary in a step-by-step manner as presented in *Translating Buddhism From Tibetan* by Joe B. Wilson in conjunction with the reading of Tibetan texts. The course will meet MWF from 9:15 - 10:30 am. Required textbook: *Translating Buddhism From Tibetan* by Joe B. Wilson. Equivalent of 3 credits. Tuition: \$700 with a limited number of partial scholarships available.

Craig Preston is Prof. of Tibetan Buddhist Studies at Namgyal Institute. Following graduate studies at the University of Virginia, he has translated the Vaibhashika chapter of Jang-gya's Tenets text and co-compiled the UVa Tibetan-Sanskrit-English Glossary. Currently Prof. Preston is working on a textbook series for students of literary Tibetan which will be published by Snow Lion Publications.

Susan Krafft is a graduate student in Religious Studies at the University of Virginia.

Tibetan Text Reading and Translation

Instructor: Prof. Craig Preston

June 3 - July 12, 1996

Students in this Tibetan language course will read *The Three Principal Aspects of the Path* by Dzongkaba along with a word commentary by Mok-jok Rin-bo-chay while examining closely the grammatical structures involved.

The course will meet MWF from 8:00am - 9:15am. Required textbooks: *The Three Principal Aspects of the Path* (Tibetan text) by Dzongkaba and *Translating Buddhism From Tibetan* by Joe B. Wilson. Tuition: \$700 with a limited number of partial scholarships available. Students registering for this course should have the basic ability to read and pronounce Tibetan words.

Craig Preston is Prof. of Tibetan Buddhist Studies at Namgyal Institute.

The Path to Enlightenment

Instructor: Ven. Tenzin Mipham

June 3 - July 12, 1996, (TU) 7:30-8:45 pm

The Stages of the Path to Enlightenment is a presentation of the very essence of all of the teachings of the Buddha. This tradition of presentation originated from the great master Atisha who, in a form that is easy to understand and put into practice, skillfully unified all the Buddha's teachings into a complete and integrated sequence. The stages of the path tradition was then further elaborated by many Tibetan masters including Gampopa and Dzongkaba. *The Path to Enlightenment* by His Holiness the Dalai



A morning class in literary Tibetan

Lama will be the basic text used in conjunction with this course. This course meets once a week for six weeks. Tuition: \$55.

Ven. Tenzin Mipham is a western ordained Buddhist monk who is currently a student at Namgyal Monastery Institute of Buddhist Studies.

Calm Abiding and Special Insight

Instructor: Prof. Jeffrey Hopkins

June 17 - 28, 1996, (MWF) 7:30-8:45 pm

All Buddhist meditation is either stabilizing or analytical meditation. Professor Hopkins will teach how to achieve the level of meditative stabilization called "calm abiding" and how this is then practiced in union with special insight. This course will meet MWF, 7:30-8:45pm for two weeks. Equivalent of 2 credits. Tuition: \$60.

Jeffrey Hopkins is Professor of Religious Studies at the University of Virginia, where he has taught Tibetan Studies and Tibetan language since 1973. He has published twenty-one books, including *Emptiness Yoga* and *Fluent Tibetan*. From 1979 to 1989 he served as His Holiness the Dalai Lama's chief interpreter into English. At the University of Virginia he served as Director of the Center for South Asian Studies for twelve years and founded a program in Buddhist Studies. Prof. Hopkins is an adjunct faculty member at Namgyal Institute and serves on its academic advisory board.

JEFFREY HOPKINS will be teaching at Namgyal Institute June 17-28!

To Register For Any of The Above Summer Courses:

To register, send your name, address and telephone number, the name of the course or courses plus a deposit of half of the course tuition made out to Namgyal Institute, P.O. Box 127, Ithaca, NY 14851. Deposits are fully refundable until May 7th. After May 7th, deposits are 50% refundable. Classes are held at the Institute. Lodging and meals are the responsibility of the student. Ithaca is a college town with numerous vacancies available for short term sublet during the summer months. Students in past summer courses had little difficulty in securing lodging. Namgyal will provide a list of names of local landlords and rental agents. For further information contact Namgyal Institute at the above address. If you require further information you can call 607-273-0739 or 607-273-4314. Early registration is advised.



Participants in last summer's "Medicine for the Mind & Body" Retreat

THE EXCELLENT PATH TO ENLIGHTENMENT

by Dilgo Khyentse Rinpoche

140 pp. #EXPAEN \$12.95

"The vow to perfect oneself in order to perfect others is called the thought of enlightenment, or bodhichitta. This implies that every single action, word, or thought, even the most trivial, is dedicated to the good of all beings.... To accomplish the good of others, we must first perfect ourselves, by purifying and transforming our minds. This is the aim of what we call the preliminary practices, which establish the foundations of all spiritual progress."

Kyabje Dilgo Khyentse Rinpoche (1910-1991) was one of the foremost philosophers, poets, and meditation masters of the Mahayana, mahamudra and Dzogchen traditions of Vajrayana Buddhism. The official head of the Nyingma lineage of Tibetan Buddhism at the time of his death, Rinpoche was highly respected by thousands of students in Tibet and throughout the world.

In this book Dilgo Khyentse Rinpoche explains a standard practice text composed by Jamyang Khyentse Wangpo (1820-1892) on the Vajrayana preliminaries: taking refuge, generating the thought of achieving enlightenment for the sake of all beings, performing the meditation and recitation of Vajrasattva to remove hindrances on the path to enlightenment, offering the mandala to accumulate merit and wisdom, and developing proper reliance on a spiritual teacher.

Clear, direct and personal, these instructions illuminate the heart of Vajrayana practice. Included here are the Tibetan text as well as the mantras and prayers commonly recited in conjunction with this practice.

**NEW from
Snow Lion!**



Here is an excerpt from the chapter entitled "The Three Supreme Methods":

The framework which gives this practice—as well as any other practice or activity we undertake—its strength, is that of the "three supreme methods": the preparation, in which we generate bodhichitta, the wish to act and practice for the sake of all beings; the actual practice, during which we remain free of distractions, clinging and concepts; and the conclusion, in which we dedicate the merit for the sake of all beings. These three methods must be applied to any kind of practice, whether generation phase, perfection phase, Great Seal, Great Middle Way, or Great Perfection. Without these three supreme methods, there is no point in doing any practice.

The preparation is the generation of bodhichitta. This is a skillful means that not only increases

the value of our practice but is the very reason for our doing it. Modern technology, for example, uses very powerful machines to accomplish in one hour the same work that it would take a hundred people to do by hand. Similarly, when we undertake an action with the pure intention of benefiting others, that intention is the skillful means that makes the action infinitely beneficial and effective. As the mind has a far greater effect on the quality of an action than the body or speech, when you begin a practice, first turn your mind inwards and check your intention.

The correct way to think is as follows: "Of all living beings there is not a single one who has not been my parent in a past life. Now they are all immersed in the ocean of suffering. They all want happiness, but do not know how to get it. I wish to help them, but do not have the ability to do so. I must therefore progress towards enlightenment, so that I can gain the

ability to free all sentient beings from their suffering and ignorance."

You should approach everything you do in this way, even actions that seem insignificant, like reciting a single *mani*, or walking once around a temple or stupa. Do everything with the thought, "May this be for the sake of all beings." To recite OM MANI PADME HUNG even once brings boundless merit: it will close the doors to the lower realms and lead to rebirth in the Buddhafields. But if that single recitation of the *mani* is reinforced with the attitude of bodhichitta, its benefit will increase continuously throughout many lives. The reason for this is that if we dedicate an action for the sake of all beings, the benefit of that action will be as infinite as is the number of beings. To recite a hundred million *manis* without dedicating them to the welfare of all beings would be of far less benefit than to recite just a hundred *manis* for the sake of all beings.

The main part, or actual practice, must be free of concepts and clings. Ideally this means to have full realization of emptiness, the void nature of phenomena. But this is not easy to understand in the beginning. The main point for us, therefore, is to concentrate fully on the practice, with body, speech and mind acting in accord. If we use our bodies to do prostrations, for instance, while carrying on an ordinary conversation, with our minds full of attachment and hatred, the movements we make will be merely mechanical and almost useless. Instead, we need always to combine body, speech and mind in our practice, using our bodies to prostrate, our speech to recite the refuge prayer, and our minds to concentrate on the meaning of prostrations. We should remember that when we place our folded hands at our forehead, we are paying homage to the body of the Buddhas. When we place them at our throat, we are paying homage to their speech, and when we place them at our heart, we are paying homage to their mind. Then, when we touch the ground with our foreheads, two hands and two knees,

we pay homage to the body, speech, mind, qualities and activities of the Buddhas; at the same time the five poisons present in the minds of all beings, including ourselves, are transformed into the five wisdoms. It is this kind of precise mindfulness that we need to maintain. Even by ordinary standards, a good worker is someone who is always mindful of what he is doing. His body is concentrated on the job, he uses his speech to discuss what has to be done and what needs to be avoided, and he uses his mind to think carefully about the work he is doing. If we do not do likewise, we may well end up like the tailor who was always looking out of the window and chatting to everyone else in the workshop while he sewed: he found that he had stitched the garment he was making to his own clothes!

When we say that the actual practice must be "free from concepts and clings," this means that it must be free from attachment, self-inflation, scattering thoughts and so forth. However vast an offering you might make, even ten thousand silver coins, you should never think, "Oh! I've made such a big offering! It will be enough for the rest of my life. I shall reap the fruit of my actions and enjoy their karmic result. I doubt whether anyone has ever made such a large offering." There is no point in making an offering

- A good action must be
- completely free from
- second thoughts and
- expectation; ideally, it
- should be free of the
- concepts of a doer, an
- object and an action.

with such a small-minded attitude; its value is extremely limited. You should wish that your offering be multiplied without limit. If you offer one million, make a wish that you will be able to offer two. At the same time, it is important to remain free of pride. There are four ways to waste a generous action: to hope for a reward, to boast to others about it, to regret having done it, and to omit dedicating its merit to all beings. In short, a good action must be completely free from second thoughts and expectation; ideally, it should be free of the concepts of a doer, an object and an action.

When you practice, your mind must be free of poisonous thoughts, or you will spoil the whole thing. However positive your actions, words and thoughts are, if they are adulterated with attachment, anger and pride, they will have as little benefit as delicious food mixed with poison. If you are able to purify your body, speech and mind together, you will become like a spotless garment, perfectly cut and stitched, or like a precious stone, a diamond or a sapphire, without the slightest irregularity or flaw.

The third of the three supreme methods, the conclusion, is the dedication of merit, which will cause the fruit of this merit to increase continually instead of being exhausted as soon as it is enjoyed. Whether you have done one prostration or a thousand, offered one butter-lamp or a thousand butter-lamps, you should pray, "I dedicate the merit of this offering I have made (representing all the positive

Continued on page 21

JEWEL HEART INVITES YOU TO JOIN US THIS SUMMER FOR A WEEK LONG PROGRAM OF PRAYER AND RENEWAL BASED ON MEDITATION, VISUALIZATION AND RECREATION.

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TOUR ITINERARY—Summer 1996

AMHERST, MA April 24 Amherst College, Buckley Recital Hall
Info: 413-542-2256

WILLIAMSTOWN, MA April 25 Williams College Info: 413-597-6428

MIDDLETOWN, CT April 28 Wesleyan University, Crowell Hall 8 pm

NEWBURYPORT, MA May 4 Nook Middle School 7 pm
April 23-May 4 Sand Mandala of Hayagriva at Jabberwocky Bookstore
Info: 508-463-4090

CAMBRIDGE, MA May 5 Interface, 55 Wheeler Street 3 pm
To register: 617-876-4600

ONEONTA, NY May 8-9 Info: 607-277-2159

PRINCETON May 10 Princeton University

NEW YORK CITY May 11 Ethical Culture Society Auditorium
Tickets from New York Open Center 212-215-2527

PHILADELPHIA May 18 St Stephens Church, 10th & Market 7:30 pm Info:
215-222-4840

N. CONWAY, NH May 22 John Fuller School 7 pm Info: 603-356-3892

MONTREAL May 24 National Library Info: 514-765-3515
May 23 Healing Ceremonies of the Medicine Buddha

OTTAWA May 25 University of Ottawa Alumni Theatre 7:30 pm
Healing Ceremonies of the Medicine Buddha, Alumni Theatre 2:00 pm
Info: 613-729-6633

TORONTO May 30 University of Toronto Convocation Hall 8 pm
June 1 Healing Ceremonies of the Medicine Buddha, Convocation Hall
8 pm. Tickets to Toronto events available thru Ticketmaster.

DOOR COUNTY, WI June 8 Door Community Auditorium in Fish Creek
Info: 414-868-2728

THUNDER BAY, ON June 21 Info: 807-767-7889

WASHBURN, WI June 23 Lake Superior Big Top Chautauqua 4 pm
Info: 888-BIG-TENT or 715-373-5552

CASPER, WY June 27

SALT LAKE CITY June 29

RENO July 3 Info: 916-481-0424

NEVADA CITY July 6 Info: 916-481-0424

SACRAMENTO July 10 Info: 916-481-0424

DAVIS July 11 Info: 916-481-0424

PALO ALTO July 14 Jewish Community Center Auditorium
Info: 408-246-6288

SAN DIEGO July 19 San Diego Museum of Art, Copley Auditorium 8 pm
July 8-20 Sand Mandala of Hayagriva San Diego Museum of Art Asian
Court

SANTA BARBARA July 25 Info: 805-569-2975

OJAI July 26 Ojai Foundation Info: 805-646-8343

LOS ANGELES July 27 Info: 805-569-2975

SEATTLE August 3 Info: Tibetan Rights Campaign 206-547-1015
July 25-August 4 Sand Mandala

NELSON, B.C. August 10 Capitol Theater Info: 604-359-7929

VANCOUVER, B.C. August 15-24 Info: 604-526-1847

BANFF August 28 Info: 403-220-8821

CALGARY August 30-31 Info: 403-220-8821

BOULDER, CO September 19 Colorado University Glenn Miller Ballroom

DENVER September 20-21 Iliff School of Theology

COLORADO SPRINGS September 22-24 Fine Arts Center

ASPEN September 26

TELLURIDE September 28. Info on all Colorado events: 303-442-3781.

For more information, or to bring the Spirit of Tibet to your community,
call 607-277-2159; email DRPat@aol.com.



Tribute to TULKU URGYEN RINPOCHE (1920-1996)

by Lama Sherab Dorje

Oh Precious Teacher,
with you has gone the best part of me
but with me remains the crystalline memory of you.

Standing on a February subway platform, in New York
City

at midnight, seeing your face everywhere, eyes open or
closed, father and child met wordlessly
one final time in this life, sharing a moment empty of
words, but utterly full.

You delighted in simplicity and taught, in a perfectly
simple manner, all who met you—
jews, muslims, grandmothers, children, hindus, psychos,
believers and lost souls—
that everything is simply perfect, and eased the pained
minds of all in your presence.

You delighted in your uninterrupted retreat into
noncomplexity,
eating of a single bowl, licking the flavors with
relish,
as all about you wondered at your fearless appetite.

Your teachings are self-secret, nothing to tell, nothing
to hide;
you fabricated nothing, saw all from the vantage point
of perfection.

Your Heart held so many in its compassionate embrace,
'till finally it burst from love
and bestowed upon us endless showers of blessing.

In an age when many lamas guard high names and titles,
and squabble over estates and the fruits of others' de-
votions,
you wrapped yourself day and night in a single blanket,
shared with fleas.

In bad times, when teachers, like little gods of wealth,
build monuments to their own egos
and treat monastic ordination like marriage vows sworn
between jealous lovers,
you openly displayed your mastery of the three levels
of ordination, living like a monk, treating
all with unfeigned kindness, and delighting in the mys-
teries of union,
opening the doorways for many exalted beings to re-
turn and dwell among us.

Oh teacher, your brilliance of spirit overwhelms any
shadow of doubt,
enabling those like me, weak in spirit, to never wander
from your blessing
or conceive of you as an ordinary sentient being, for
even a moment, not ever.

Thank you for taking time, again and again, over 15
years, to show me how I truly am.
Thank you for remaining so long, through all my years
in retreat, when my confidence remained
weak and so fulfilling my tearful longing to see your
face yet again in this life.

Thank you for restoring the traditions of Great Prac-
tice, so that we could all participate in the display
of your outer and inner mandalas.

Thank you for turning this proud and bitter soul onto
the path of training, the path of juncture, the path
of uncontrived vision in the light of your blessing.

Urgyen Tsewang Chogdrup, great grandson of the Treas-
ure Revealer himself, sole source of
refuge, gracious Guru whom I love, without whom all
would have been meaningless and futile,
empty and not radiant—you gave me refuge,
and still I remain sheltered in the protection of your
wisdom mind.

You are truly Guru Rinpoche! I wonder what bug I was
in a previous life
that sipped water from your footprint, left behind,
somewhere,
in a muddy place holy for your having trod over it.

Thank you for coming to this world again and again,
for reestablishing your Seat on the face of the Copper
Coloured Mountain at the "Place of Delightful
Appearance,"
for building fortresses of dharma, such as the "Center
of Study and Practice,"
for remaining long enough to see so many among your
brother and sister
emanations and bodhisattvas leave and yet return once
more.

Thank you for offering us so many early indications of
your departure
so that we could remember what never stays and what
never goes, and prepare ourselves.

Thank you for offering experiences that will remain
like little lamps in my heart even after my life is
extinguished, to light my way into your eternal pres-
ence yet again.

What a vibrant mixture of agonizing grief and utter joy
I feel now!

Oh Holy Guru, grant your blessings, grant your
blessings!

Keep us on the path, show us the way, show us your
stern face to keep us humble,
show us your playful face to dispel our tight attach-
ment to confusion.

Keep your Thought directed upon all the lineage hold-
ers and the lineages,
so they do not forget to separate truth from falsehood,
so that they keep your uncontrived and uncorrupt
teachings alive.

Many grieve your passing from this world now. Hear
their cries!

Reassure them now as you always have!

Let everything we do from now until enlightenment be
our expression of thanks to you, for
nothing less could repay your kindnesses!

Composed on the First Day of the Fire Mouse year.

Ed. Note: For more on the life, lineage and teachings of Tulku Urgyen Rinpoche, see such works in English as Rainbow Paintings, Repeating the Words of the Buddha, Advice from the Lotus-Born, and others. ■



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Longest Serving Tibetan Political Prisoner Visits USA

The Venerable Palden Gyatso, a 64-year old Buddhist monk who spent over three decades in Chinese prisons and labor camps in Tibet, will be touring the USA for the next several months. Ven. Palden Gyatso is currently participating in a 300 mile March for Tibet's Independence. Organized by the International Tibet Independence Movement, the walk began on March 10, Tibetan National Uprising Day, at the Chinese Consulate in Washington, D.C. and will end at the United Nations in New York City on April 24, 1996.

During his last visit to the West in 1995, Ven. Gyatso testified before the UN and the US Congress about the human rights abuses he had suffered, fulfilling his dream to tell the world about China's torture techniques and prison conditions in Tibet. Released on August 25, 1992, from Drapchi prison in Lhasa, Palden Gyatso had served more years behind bars in Tibet

than any other surviving Tibetan who has reached the West.

In his testimony, Palden Gyatso describes China's penal system in Tibet and the ruthless tortures he experienced. "A prison official poked me with an electric cattle prod and poured boiling water over me because he said he did not like my attitude. No medical treatment was given after that."

Prior to his flight from Tibet (at great personal risk), Palden Gyatso procured instruments of torture like the ones which had been used on him in order to show the outside world. With the torture implements spread before him, his testimony brings to life the inhuman atrocities committed against prisoners in Tibet.

For more information or to sponsor a speaking engagement with Ven. Palden Gyatso, please contact Debra Ladner at the Office of Tibet, 212-213-5010. ■



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CHOOSING REALITY

Continued from page 2

The central purpose of Buddhist practice is to eliminate all distortions and obscurations of the mind and to bring to fulfillment all wholesome qualities. The contemplative training (outlined in the preceding chapters) leads to a direct realization of the manner in which the world consists of dependently related events. Physics was originally designed to explore the essential nature of reality, and it is precisely to such insight that Buddhist contemplative practice leads.

(In the preceding chapters), we have examined a variety of theories from both Western science and Buddhist teachings. Upon close examination it appears that no theory is true in the sense of describing or explaining reality as it exists in its own inherent nature. Nor is such an ultimately true theory to be found in any eventual integration of scientific and contemplative insights. If we grasp onto any theory as being true in the above sense, we may become satisfied with that conceptual construct of reality, and that impedes the quest for truth, which finally transcends all concepts. We may avoid this obstacle by asking not whether a theory is true, but by inquiring to see how meaningful it is.

The term *meaningful* may suggest two aspects of a theory. First of all, a theory is meaningful insofar as it makes intelligible a domain of phenomena. One theory is more meaningful than another if it accounts for and explains a broader range of events. This quality is closely related to its capacity for

yielding accurate predictions about those events. In Western science and among contemplative traditions some conceptual systems are clearly more meaningful than others in that regard. In accounting for a body of phenomena, we also expect a theory to be internally consistent, and this raises the question of mathematical and other logical systems. The centrist view denies that any logic is inherently true. We can nevertheless inquire as to how meaningful a logical system is in terms of organizing and making intelligible our knowledge of the world. One system may be generally more meaningful than another, or it may happen that one system is more meaningful in one specific area of experience, while another logic is of greater value in another field.

Secondly, we can inquire as to the usefulness of a theory. This immediately stimulates the question: useful for what? The pursuit of knowledge and understanding is fundamentally motivated by a yearning that we share with all sentient beings: the wish to experience happiness and contentment and to be free of pain and discontent. Given this universal condition, we can demand of our systems of knowledge that they be useful in relieving physical pain and mental grief throughout the world. This is a second criterion for judging the meaningfulness of a theory. In this regard, if a body of knowledge brings satisfaction only to a select few scientists or contemplatives, its meaningfulness is very limited.

On a broad scale, scientific knowledge has yielded innumerable benefits to humankind in

terms of relieving physical suffering and in making life materially more comfortable. Further, in an unprecedented fashion it has enabled people around the world to share their ideas and experiences, thereby broadening everyone's horizons. Largely due to the present ease of travel and communication, the world is in a position to recognize its condition of being a global village. In this regard, scientific knowledge has proven itself extremely meaningful. In terms of relieving mental distress, anxiety, and discontent, however, such knowledge has been of little value. It is precisely in this realm of experience that contemplative knowledge has proven itself extremely beneficial. The great contemplative traditions of the world focus on the essential concerns of human existence, which are not addressed by physical science. The meaningfulness of scientific and contemplative knowledge is therefore complementary. In the absence of either, the world is impoverished.

In all of human experience two types of aspiration bear an integrity and nobility beyond all others: the yearning for understanding and spiritual awakening, and the longing to be of service to others, to dispel suffering and bring joy. Modern science, as developed and expressed by the greatest of its exponents, is motivated by both these aspirations. Intellectually and practically it stands, at its best, as a model of freedom of inquiry and ingenuity; and if put into active balance with religion and philosophy, it may well serve us long into the future. ■

M.C. Lama Kalsang Rinpoche

"Yogi Lama"

Karma Changchub Cho Tso Ling

American Buddhist Congregation

Would like to extend their thanks to all who participated during Yogi Lama's first visit to America. Rinpoche was deeply touched by American's sincere devotion to study and practice. Because of this, he has accepted our invitation to return and conduct more teachings and retreats of the Machig Labdron Chod, starting in August of 1996. Additional teachings will include Sang Cho to the 108 Diefies, the Yidam practice of Red Chenrezig, and others to be announced. All will be done in a traditional manner during Rinpoche's stay of Approx. 6 months. He will also perform the Dur to remove obstacles as well as Mo's. A special note of thanks is given to those who helped with the Medical Clinic Project.

For Additional Information Contact:

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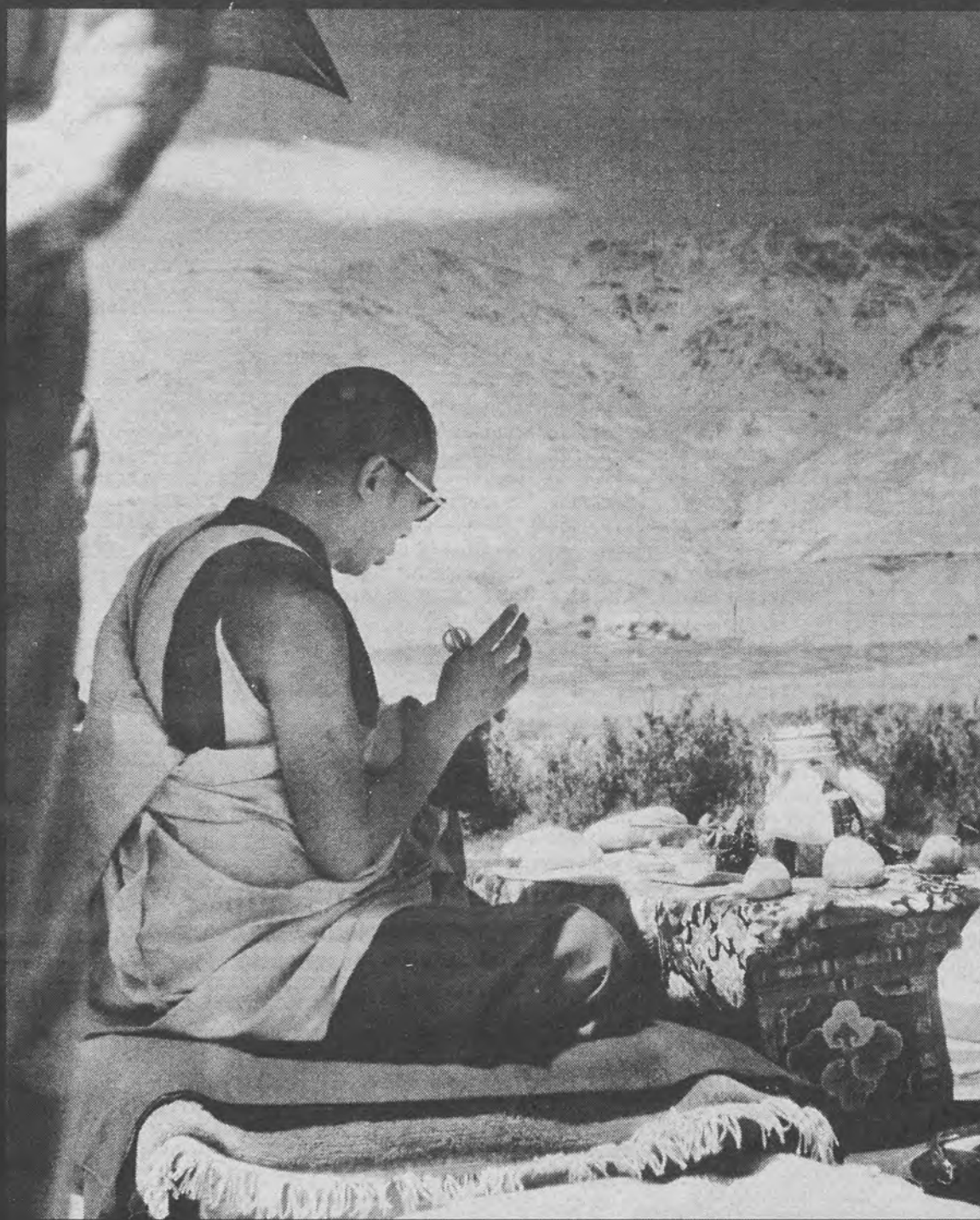
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This photo by Vijay Kranti of the Dalai Lama in Zanskar is part of a spectacular collection of photographs taken by Mr. Kranti since 1975. The collection of black and white images of the Dalai Lama and the Tibetan people is part of Mr. Kranti's book *The Dalai Lama Speaks* and will be available through Snow Lion Publications.

Though both companies share the same name and commitment to Tibetan culture and the environment of the Himalaya, Snow Lion Corporation (d/b/a Snow Lion Expeditions) of Salt Lake City and Snow Lion Publications Inc. of Ithaca, New York are independent and unaffiliated.

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Snow Lion is offering "Boycott Chinese Goods" bumper stickers for \$1.50 ea. (discounts available on bulk orders).

For more information or to share ideas, contact the U.S. Tibet Committee: 241 East 32nd Street, NY, NY 10016, 212-213-5011, ustcsft@igc.apc.org. ■

CLEAR MIRROR

Continued from page 1

1982, he has served as interpreter for prominent teachers from all four traditions of Tibetan Buddhism. McComas Taylor lives in Canberra, Australia, in a house inspired by the fortress-monasteries of the Himalayas, amid a jumble of children, books and treasures garnered from the natural world.

Here is an excerpt from the book:

The sublime Avalokiteshvara realised that the time was ripe for the religious conversion of sentient beings in the snowy land of Tibet, and four rays of light emanated from his body. The ray that arose from his right eye reached Nepal and illuminated everything in that land, including the king, Amshuvarman, and his naga-palace in the city of Kathmandu. The ray of light then gathered as one and entered the womb of King Amshuvarman's consort. After nine months had passed and the tenth month had begun, an especially exalted princess was born. None in the whole world was as sublime as she: her skin was white, her complexion tinged with red, from her mouth wafted the scent of *hari*-sandalwood and she was accomplished in all fields of knowledge. This then was the Nepalese Princess Tritsun.

The ray of light that emanated from Avalokiteshvara's left eye reached China and illuminated everything in that land, including the emperor, Taizong, and his palace Trashi Trigo in the city of Zimshing. The ray of light then gathered as one and entered the womb of the emperor's consort. After nine months had passed and when the tenth month had begun, an especially exalted princess was born. None in the whole world was as sublime as she: her skin was blue, her complexion tinged with red,

from her mouth came the scent of the blue *utpala*-lotus and she was versed in all fields of knowledge. This then was the Chinese Princess Kongjo.

The ray of light that arose from the mouth of Avalokiteshvara fell upon the Chu-gyappa Precipice of Dragla in the snowy realm of Tibet and became the aspect of the Dharmakaya, the mystical antidote that subdues barbarity: this then was the Six-Syllable Mantra.

The ray of light that arose from the heart of Avalokiteshvara reached Tibet and illuminated everything in the Land of Snows, including the Jampa Mingyur Ling, the 'Palace of Immutability Loving-Kindness', in Nondra Totset, and King Namri Songtsen himself. The ray of light then gathered as one and entered the womb of the king's consort, Driza Tokarma, Princess of Dri, and auspicious signs appeared in all directions. After nine months had passed and when the tenth month had begun, in the Fire-female-ox Year [617], an especially sublime son was born. Upon his head was Amitabha, the Buddha of Boundless Light. His hands and feet bore the sign of the Dharma-wheel and his hair was heaped up in a spiral coil. The buddhas blessed him, the bodhisattvas made auspicious pronouncements, the deities caused flowers to fall like rain and the earth shook in six different ways.

Three different perceptions of this event arose: to the Buddhas of the Ten Directions, it appeared that the sublime Avalokiteshvara, having planned the liberation of sentient beings in the snowy land of Tibet on the basis of the power of prayers in former times, shining like a brilliant lamp in the darkness of this wild region, had cast his gaze upon the precious continent. In the perception of the Bodhisattvas of the Ten Stages, it appeared that Avalokiteshvara, with the intention of leading the sentient beings of this wild and snowy realm to the Dharma, manifested himself as a king who would strive to benefit beings by means appropriate to each. In the perception of the common black-headed people, it appeared that a son of unsurpassed wonder had been born to the king.

By the time this royal prince attained his majority, he excelled in the arts, astrology, physical pursuits and the five fields of knowledge, and he was endowed with many fine qualities. The ministers

exclaimed, 'This sovereign of ours possesses every quality, and his mind is truly profound [*gampo*]' and he therefore became known as Songtsen Gampo. When he was thirteen years old his father died, and he took the throne.

The Dharma-king Songtsen Gampo meditated upon the following question: 'Whither in this snowy land should I go to strive for the sake of sentient beings?' and eventually reached this resolution: 'As my forefather Lhatotori Nyenshal, the emanation of the sublime Samantabhadra, resided upon the summit of Marpori, the Red Hill, in Lhasa, I shall follow in his footsteps and remove to that place, which is set about with pleasing, auspicious trees, to strive for the benefit of sentient beings'. Having spent one last night at Nondra Totset, the king and his retinue broke their fast the next morning and travelled as far as Yamtrang, where they unloaded their baggage at the foot of the Precipice of the Six-Syllable Mantra. They sent their animals out to pasture and made camp, and the king bathed himself in the river. When Minister Nachenpo beheld in the water a scintillating multi-coloured ray of light, he exclaimed, 'What is this, O King? It is most wondrous that such a light should appear in the river!' The king replied, 'Great Minister, heed well! The Six-Syllable Mantra has appeared upon these rocks in this wild and snowy land. The mantra is the path that leads all beings to liberation; the collected essence of the thoughts of every buddha; the source of all benefits, happiness and qualities; the antidote that subdues barbarity; the Dharma that this snowy land deserves; the quintessence; the mystical six syllables that are the words of the Dharmakaya; the most excellent speech. These lights themselves will benefit the multitude of beings!' As soon as the king made offerings to the rock, varied rays of light arose and struck the cliffs on the opposite side of the gorge. As both sides were linked by rainbow-coloured lights, this place was named Jandang, 'Rainbow-light'. Images of the deities also appeared spontaneously on the rocks at that time. [These images of Avalokiteshvara, Khasarpani, Hayagriva and so on were carved again in relief by Nepalese sculptors at a later date.] Songtsen Gampo eventually reached Lhasa, built a palace on Marpori and dwelt there. ■

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Migyur Dorje Stupa Constructed in Poolesville, MD

On November 30, 1995 an Enlightenment Stupa, built on the grounds of the Kunzang Palyul Choling monastery in Poolesville, MD to house a finger bone of the 17th-century tertön Migyur Dorje, was formally consecrated. The event makes possible an opportunity for practitioners everywhere to seek healing from incurable disease and mental unbalance.

The stupa project was launched in the summer of 1995 when H.H. Pema Norbu Rinpoche bestowed the relic on the monastery's director, Tulku Ahkôn Lhamo, confident that she had the will and means properly to enshrine it. Whirlwind activity ensued in order to complete the stupa within the limited time frame necessary to accommodate master stupa builder Tulku Rigdzin Pema who, despite other commitments, was called to the site by Pema Norbu because of the importance of the project. The tulku, whose schedule is booked three years ahead for stupa projects around the world, was in charge of the ritualistic aspect. Before arriving in America, he faxed instructions from Taiwan on the offerings to be assembled, including 6 tons of mantra rolls (representing approximately one billion mantras), over 1000 clay tsatsas, 2 complete mandalas, and other assorted offerings such as precious metals, semi-precious stones, saffron, cloves, 11 tons of rice, and cedar chips. Over a mere five months, a vigorous fund-raising campaign launched by monastery officials yielded \$165,000 from 300 donors in 7 countries and 24 US states.

A hallmark of the project was the ritual correctness and physical care with which each stage was accomplished. At the outset, practitioners taking 2-hour shifts recited mantras around the clock for 7 days, while Tulku Rigdzin Pema, in addition to personally painting gold mantras all the way up the tree of life which runs vertically from the base through the spire, and supervising the strapping on of the relics, performed fire pujas and mantra recitations to avert obstacles. To prevent heat and mois-

ture damage to the stupa contents, the mantra rolls, machine rolled and sprayed with a saffron water mist, were shrink-wrapped; the two mandalas were encased in plexiglass cubes; and the tree of life was enclosed in metal piping.

Despite these precautions, the project encountered many difficulties, perhaps because, as Jetsunma Ahkôn Lhamo explained to those involved in its construction, the building of an Enlightenment Stupa parallels the spiritual process of a Buddha: even while moving resolutely toward enlightenment, he is bombarded by maras until the moment of complete realization. In Poolesville, the hand-digging of the foundation coincided with a 100-degree heat wave (despite which one of the workers admitted coming away "bursting with energy"); the construction leader fell from a 20-foot platform, suffering compression fractures which prevented his working for 6 weeks; and on the astrologically auspicious day when the tree of life had to be set inside the structure, it rained incessantly, turning the approaches to the site to mud.

Nonetheless, the crew were able to complete the stupa before the advent of an exceptionally harsh winter, due in large part to the skillful means of Tulku Rigdzin Pema. Born in Kham, Tibet, the tulku, whose presence bespeaks refinement, kindness, and depth, was recognized at the age of 3 by Penor Rinpoche. Thereafter, he studied with Khenpo Khyenrab Senge, and with Dilgo Khyentse Rinpoche from whom he took teachings every day for 8 years. It was the latter who ordered him to become a stupa builder, a course which necessitated the tulku's extensive study of such texts from the Nyingma Kama as *Oser Trime* (Stainless Light), the *Tsuktor Trime* of Jamgon Kongtrul the Great, and the *Rabsel Nyima* of Jamyang Kyentse Wangpo—all three constituting canons according to which stupas are constructed. Throughout his years of study, Tulku Rigdzin Pema also had to accomplish retreats and recite hundreds of thousands of mantras



Top: Migyur Dorje Stupa at Kunzang Palyul Choling (during blizzard of '96.)

Bottom: Tulku Rigdzin Pema and Jetsunma Ahkon Lhamo at the consecration of Migyur Dorje Stupa, Kunzang Palyul Choling, Poolesville, MD.

so that now, when he has to accomplish similar practices at the various stages of building a stupa, he can do so swiftly. He has supervised the construction of, among others, 8 stupas at Dilgo Khyentse's monasteries, of a stupa in Nepal holding the relics of Zonang Rinpoche, and a stupa in the Sakya monastery in Nepal housing the relics of Dezhung Rinpoche.

Commenting on the significance of the Migyur Dorje stupa, the naturally introspective Tulku Rigdzin Pema recalled from his youth in Tibet, "There was a Migyur Dorje stupa in my homeland which I visited with a relative who had gout. After she circumambulated it, she recovered within a few days. But this is not surprising. Migyur Dorje said in his predictions that his body would benefit beings. It is important for the Migyur Dorje stupa here to provide a beneficial influence close to this country's capital. America is powerful, but there are still problems. This relic will help promote peace and heal disease."

Besides the bone of Migyur Dorje, whose relics are said to be marked with Tibetan vowels and consonants, the spire of the Poolesville stupa also houses *ringsel* (sacred, self-arising pills) from the heart of Junzang Sherab, the first throne-holder of the Palyul Lineage; *ringsel* from the brain of Longchenpa; a tsa-tsa made from *dutsi* of Guru Rinpoche, pressed by Dilgo Khyentse Rinpoche; and *ringsel* produced by relics of the buddha of the previous aeon, Buddha Kashyapa.

Now that the stupa itself has been completed, the project enters its second phase, which includes landscaping, lighting, and the construction of an asphalt road and parking lot, the better to accommodate the untold number of visitors who will be magnetized toward this place of physical and mental healing. Anyone wishing to support this effort is invited to send contributions to: The Migyur Dorje Stupa Project, Kunzang Palyul Choling, 18400 River Road, Poolesville, MD 20837. ■



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Khenpo Tsewang Gyatso to Teach *Shantideva* Text

From May 1 to June 30, Kunzang Palyul Choling will host Khenpo Tsewang Gyatso, who will teach the second semester of KPC's newly formed Shedra, or institute for the academic study and practice of Buddhist philosophy. Khenpo Tsewang will teach chapters 5 through 10 of *Shantideva's Guide to the Bodhisattva's Way of Life*, a classic treatise on the development of the mind of universal compassion. He will also teach Tibetan for reading comprehension. There is no prerequisite for the course, although reading the text in advance is recommended. Students may audit on a class-by-class basis if desired. A brochure is available by calling (301)

428-8116, or by writing to KPC Shedra, 18400 River Road, Poolesville, MD 20837.

The Shedra at KPC, instituted by H. H. Penor Rinpoche and Jetsunma Ahkon Lhamo, is preparing to publicly release its seven-year curriculum, pending approval of Rinpoche. The course of study is modeled on the Nyingmapa view of the nine yantras, or progressive vehicles leading to the attainment of full enlightenment. There will be two semesters a year in addition to a month of retreat time. The full course is designed to culminate in a traditional three-year retreat. Those satisfactorily completing the entire course will be eligible for the title of Khenpo.

Khenpo Tsewang is a senior instructor at H. H. Penor Rinpoche's shedra, the Ngagyur Nyingmapa Institute, where he teaches the last three years of inner tantra. Having undergone the nine-year Shedra at Varanasi, Khenpo graduated first among all four schools represented and was honored with a silver medal from the Dalai Lama. Penor Rinpoche's institute is the largest Nyingmapa shedra in the world, educating 325 students from across Asia. Rinpoche's knowledge of religious tradition and Nyingmapa doctrine, his spontaneous humor, and his practical experience have inspired his many students.

THE LINGSHED PROJECT, LADAKH

A multi-purpose project of the Lingshed Group Cultural and Welfare Society

by Geshe Ngawang Jangchup

I was born in 1949 in a small village in the Lingshed area. Lingshed is one of the most remote areas of the Ladakh region of Northern India. The Lingshed area consists of six villages and approximately 1300 villagers. The area is quiet, solitary, and surrounded by beautiful Himalayan snow mountains.

Unfortunately, the Lingshed area is also one of the poorest and most isolated areas in India. Almost all the people are poor, and their standard of living is very low. There is no electricity or communications or modern health and sanitation services.

The situation is made worse by the fact that there are no roads for motor vehicles leading to the Lingshed area. Nearly all essential foods and construction supplies must be brought in by mule-train or back-pack. Moreover, the trip to Lingshed from the closest village of Walna takes four or five days under the best conditions, and the winter snows close the roads and passes entirely for six months of every year.

In addition, the soil is weak and the growing season is very short, the local farmers work hard for limited crop yields and the people suffer greatly from starvation and malnutrition. As a result of their poverty and isolation, the people of Lingshed desperately need nutritious food, agriculture to improve crop production, forestry science to supply fuel for cooking and heating, not to mention the most basic necessities of modern life, such as electricity, medical supplies, etc.

In the entire Lingshed area there is no hospital, clinic, or resident doctor or nurse versed in Western medicine. There are doctors of Tibetan medicine in the area, and the people depend heavily on their traditional diagnoses and herbal medicines. But due to the prevailing poverty, the people for the most part cannot afford the services of

these doctors, and there is a future danger that even this type of medical service will decline. Many people, young and old, die in Lingshed due to these deplorable conditions. It is especially painful for me that many young mothers in the Lingshed area die giving birth to their children without proper medical attention.

This sad situation has lasted for ten centuries. But it need not continue this way forever. In today's world, full of technological marvels and global communications, tremendous advances can be made to reduce suffering and misery in even the most remote areas.

We, the villagers of Lingshed, strongly believe that the Lingshed area's dual afflictions of isolation and poverty can be substantially reduced through even modest advances in education, both modern and spiritual.

For the last forty years, limited primary education has been available for certain Lingshed students. However, since educational opportunities were mainly limited to the summer months, the women and men who had to work the fields could not attend classes. The Lingshed area has always had a monastery for men. Approximately 70 monks from poor families reside in the monastery. Many males—both monks and laity—have learned to read and write our Ladakhi language. But for over one thousand years, the women of our Lingshed area have been entirely deprived of educational opportunities.

Beginning in 1992, this situation improved somewhat, thanks to the combined efforts of our committee of concerned Lingshed area citizens. Although our work has just begun, our committee has already raised over \$16,000. Every dollar raised has gone into one of the following projects:

—We have completed building a classroom annex for the monastery.

—We have built a library addition and purchased over two thousand books.

—We have purchased copy books, school supplies, and uniforms so that 120 children can attend classes in their villages.

—Our program for health education for local doctors, which we have begun in the absence of modern medical facilities, has now been operating continuously for two years, and already has significantly decreased the Lingshed area infant mortality rate.

Another program that our committee has helped fund is the School for Skillful Enlightenment Association. The main responsibility of this Association is to maintain the continuity of the area's rich cultural tradition of the performing arts, and also to provide some educational opportunities for adults during the winter months when they do not need to be working in the fields. These educational programs have already shown success: now in Lingshed nearly ten women have learned to read!

Nevertheless, even today, less than five percent of the Lingshed area women can read at all. This unfortunate fact has prevented the local women from controlling their own destinies. Over the centuries, instead of pursuing careers or raising families, it has been necessary for most local women to remain with their families and spend their entire lives working in the fields.

For this reason, and also because our local women lack opportunities for spiritual development,

the importance of the nunnery for our area's women cannot be overstated. Not only will the nunnery function to provide a spiritual home for those women who wish to become ordained as nuns, but also all women in the Lingshed area feel the need for the nunnery in order that they may have a focus for their desire to learn more about their world and their reli-

eventually be built. Our hope is that we can begin to lay the foundation for the nunnery in July of 1996.

In 1994, initial support of \$3,000 was provided for the building project. In 1995, an additional \$6000 was received for the building. In addition, valuable support in the form of commitments to sponsor six nuns has also been secured. This support has been very encouraging. But the projected budget for entire Nunnery Project calls for a total of \$54,900 to be raised. The cost includes the transporting of all building materials from Leh to Lingshed by mule-train and back-pack.

The Nunnery Project committee hopes that it will be able to find individuals to sponsor more nuns at a total cost to the sponsor of \$12 per month per nun. This minimal cost will partially allay the cost of feeding and housing the nun each month. In addition, nuns will work in the fields to meet their remaining food expenses. All sponsors will receive annual reports on the progress of the Nun's Project.

As you can see, the Lingshed Project has just begun, and yet it has already had a profound impact on the life and hopes of the local villagers. If you are a person who is interested in helping others, and especially if you have compassion and love in your heart for children and women, I would be very happy to hear from you. I feel especially strongly about our Nunnery Project. I believe a nunnery will have a tremendous impact on the women of our area, and the women, in turn, will significantly affect the future of the Lingshed area. Interested persons should send inquiries and/or checks to:

Geshe Ngawang Jangchup
Drepung Goman Dratsang
Lama Camp #2
PO Box Tibetan Colony
Mundgod 581 411
Karnataka, India. ■



Geshe Ngawang Jangchup

gion. The nunnery will provide spiritual education for all the women in the Lingshed area, not just the nuns, and also will function as a central place where women can come to discuss and begin to solve their own special problems.

Forty-five women of all ages from Lingshed and surrounding areas have expressed their desire to be ordained and to live in the new nunnery. They are eager to begin residing in the nunnery in the summer of 1996. Unfortunately, the nunnery project is currently just a dream for these women. Nothing now exists on the spot where it will



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H.E. Luding Khen Rinpoche to Teach in North America

The Sakya Centers of North America are delighted to announce that H.E. Luding Khen Rinpoche will be teaching in the USA and Canada in July and August 1996. He is the head of the Ngor lineage of the Sakya school and is one of the most highly qualified teachers of Tibetan Buddhism—renowned as a scholar and master of tantra. Rinpoche is the 75th abbot of the Ngor Monastery, the monastic cen-

ter of the Sakya tradition. He was one of the last lineage holders to be able to complete a full traditional course of training before 1959 and has spent many years in retreat in both Tibet and India. In addition to giving many teachings, he re-established the Ngor monastery in Dehra Dun, India and has also been active in re-establishing the teaching lineage and rebuilding temples and monasteries in Tibet.

In Silver Spring, Maryland (301-589-3115), Luding Khen Rinpoche will bestow the initiation cycle of the Twelve Mandalas of Maha Vairochana. Rinpoche will also be in New York (212-866-4339), Boston (617-492-2614), Woodstock (914-679-4024), Minneapolis (612-941-6585 or 715-536-9608), Vancouver, B.C. (604-275-1915), and San Francisco (510-527-7363).



THE REINCARNATION OF DILGO KHYENTSE RINPOCHE

Continued from page 1

the identity of the reincarnation after the next annual anniversary ceremony.

Trulshik Rinpoche had numerous visions that gave him a clear indication of who the reincarnation was. The visions included a four-line poem revealing the year of the reincarnation's birth, the names of his parents, and the location where he would be found.

On April 5, 1995, he sent a letter to Rabjam Rinpoche with the details of the verse which, when it was decoded, revealed that the name of the father was Tsikey Chogling Rinpoche Mingyur Dewai Dorje, the third embodiment of Chogyur Dechen Lingpa, the son of Tulku Ugyen Rinpoche, and that the mother was Dechen Paldron, the daughter of the Gahtsel Tadey family of Gyantse. Their son, born on Guru Padmasambhava's birthday, the 10th day of the fifth month of the bird year (June 30, 1993), was the "unmistaken reincarnation of Tashi Paljor, Dilgo Khyentse Rinpoche." His Holiness the Dalai Lama also confirmed that this child was Khyentse Rinpoche's reincarnation.

On December 29, 1995, at Maratika cave in Nepal where Guru Rinpoche attained immortal life, Trulshik Rinpoche performed the ceremony of offering a name (Ugyen Tenzin Jigme Lhundrup), and robes to the reincarnation. After the Tibetan New Year, the young Tulku travelled to Dharamsala to meet His Holiness the Dalai Lama who performed the hair-cutting ceremony. The enthronement will take place after two years. ■



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Tara Abbey was established in 1992 by the Venerable Thrangu Rinpoche. As is generally known, the situation of Tibetan and other Himalayan women who aspire to a life of religious practice and study has been bleak. A vast majority of nuns live with their families or with a few other nuns, in impoverished conditions, with no formal education and little or no access to religious teachers.

In 1991 Thrangu Rinpoche gathered a group of 17 Nepalese and Tibetan nuns for the purpose of providing them with the full range of monastic training available to monks. At that time, they lived in rented quarters in the outskirts of Kathmandu.



In 1992 land was purchased in a peaceful valley near Swayambunath, and in 1994 construction began for Tara Abbey. The nuns carried bricks, mixed mortar, dug trenches and through their labor helped in the building of the abbey. In the winter of 1992 the nuns, now numbering near 40, moved into the first completed wing of their new home.



At present, there is a very serious need for funds to complete the next wing of the abbey, which will contain the main shrine room. Presently, all practice is done in the area intended as a dining room.

An English language program has been initiated so that these women can someday come to the West, as lamas, to teach. Funds are needed to provide supplies and support to the volunteer lay teachers.

Your help is very much needed. If you would like to make a tax deductible contribution to either the building fund or the English language program, please make donations to:

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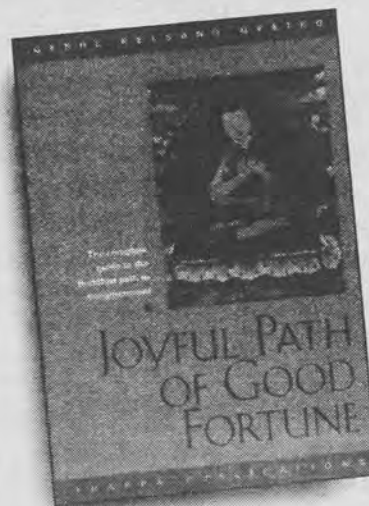
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Tibetan Refugee Assistance Program

One of the most crucial responsibilities of Tibetans in India is to educate the children who are the future seeds of Tibet. To ensure the education of the next generation, a sponsorship program has been established for Tibetan refugees, mainly in South India. This program is under the administration of the Council for Tibetan Education, Dharamsala, India.

Sponsorship for a Tibetan child to attend boarding school is \$10 per month. Sponsors send an annual sum of \$120 and additional \$1

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LOPON TENZIN NAMDAK RINPOCHE

A Remarkable Bonpo Master

By Dr. James Manganiello

Lopon Tenzin Namdak Rinpoche is one of the living fathers of the indigenous Tibetan spiritual tradition known as Bon, from which Tibetan Buddhism derives its unique character.

Born in 1926 into a family of famous artists, he entered a monastery at seven. From 1945 to 1950, Lopon was in retreat with his master, who advised him to go to the renowned Bonpo monastery, Menri, established in 1405. Lopon earned his Geshe degree at Menri, where from 1953 until 1957 he was a Lopon, or teaching master. Soon thereafter, he was forced into retreat because of the Chinese invasion. In 1960, Lopon Rinpoche tried to leave his homeland to find safety and refuge in India, but he didn't make it. Chinese soldiers shot him.

While in severe pain from his wounds, Lopon despaired that he would die. In a dream, Sidpa Gyalmo, the all-powerful main Protector of the Bon Dzogchen teachings, came to him. She explained that he would survive and continue to serve the teachings; she urged him not to lose faith. With constant inspiration drawn from his dream, Lopon steadied himself and, after ten months of hardship, he made a miraculous escape to Nepal.

At the invitation of the eminent Tibetologist David Snellgrove, Lopon went to England in 1961, where he became a visiting scholar at the University of London, and, later, a Rockefeller scholar at Cambridge University. Lopon's work with Professor Snellgrove resulted in the first scholarly study of the Bonpo spiritual tradition published in the West: *The Nine Ways of Bon*.

The Bon people are no strangers to persecution and religious prejudice. Long before the Chinese sought to eradicate Bon culture and spirituality, Tibetan politicians sought to do the same. There was a harsh repression of Bon during the eighth, ninth and tenth centuries.

Religious bias, which continues today, interferes with Lopon's efforts to secure the proper recognition of Bon culture and its rich spiritual tradition. Some misguided scholars have tried to trivialize Bonpo spirituality by claiming that

it is a mere copy of Buddhism. Such a claim is implausible, since Tibet's form of Buddhism is distinctly indigenous, which is to say Bon. Moreover, Guru Padmasambhava's father, Drampa Namkha, was a Bon master, who sought to preserve Bon during the time of its repression, and Vairochana, one of Padmasambhava's foremost disciples and a renowned scholar, participated in the translation of sacred Bon scriptures.

Fortunately, very accomplished Dzogchen masters, such as Namkhai Norbu Rinpoche, who is beyond being conditioned by the politics of this or that teaching, have acknowledged the independence and authenticity of the ancient Bon spiritual tradition. It did not derive from India or from the Buddha Shakyamuni. The Bon Dzogchen lineage was sourced many thousands of years ago from the Buddha Tonpa Shenrab in a land then known as Tagzig, which modern scholars have identified as Tazikistan or Persia. From Tagzig the teachings went to Zhang Zhung and from there on to Tibet.

When the Red Guards destroyed Menri Monastery, they killed many Bonpos. Those who lived fled to Northern India, where they worked as road laborers to survive. Because they were weak and impoverished, many of them became ill and died.

Lopon has been working desperately to keep the Bon people and their culture alive. In 1967, with the help of the Catholic Relief Service, he personally established settlements in undeveloped forest land at Dolanji, India. Seventy Bonpo families found refuge there. Lopon then worked to found a new Menri Monastery nearby to keep the sacred flame of Bonpo Dzogchen alive.

In the late 1970s, a sufficient number of Bon texts were available for Lopon to organize classes so that he could assume principal responsibility for educating younger generations of Bonpos.

One member of this younger generation was Tenzin Wangyal Rinpoche, who, since age ten, lived and studied with Lopon until he earned his Geshe degree. Tenzin Wangyal was recognized as the reincarnation of the great Bon mas-

ter, Khyungtul Rinpoche, and Lopon had prophetic dreams which revealed that the boy Tenzin would grow to bring the Bon Dzogchen teachings to the West. These dreams were accurate. Tenzin Rinpoche now teaches in America, Mexico and Europe through his Charlottesville Virginia foundation, Ligmicha Institute.

Tenzin Rinpoche told me some touching stories about his life with Lopon. As a young boy, Tenzin often visited his mother who lived nearby Menri Monastery. The path to and fro was not very long, but there was a half-way point where Tenzin felt anxious, because he was out of sight of both his mother's home and of Menri. Knowing this, Lopon always waited for him and called out, loudly and lovingly, to offer Tenzin his voice for comfort and direction.

Lopon is a man of great patience and kindness. When he was a boy on extended retreat with his master, he often went hungry while his master ate very well. Apparently, his master felt that hunger should be one of Lopon's experiences. Lopon persevered through the hunger. What it taught him was to never cause his own students unnecessary pain by withholding from them. Lopon has been giving freely from his Heart ever since.

Last summer, at Ligmicha Institute's third annual retreat, Lopon gave the Bon Dzogchen teaching of the 21 Nails, with Tenzin Wangyal translating. The 21 Nails are a complete path to achieving profound realization as

the final goal of spiritual practice, either during this life, at the time of death or while in the intermediate state. Lopon emphasized that, "Beyond the 21 Nails teaching, nothing exists." It represents the fourth and most secret part of the *Zhang Zhung Nyan Gyu*, a sacred text that comes from an unbroken, and so, very reliable, oral transmission. This entire teaching had never before been given in the West. Lopon was eloquent; the teaching was alive, clear and electrifying. The strength and equanimity of his presence were Dzogchen itself.

In the face of poor health, scarce food and little comfort, Lopon Rinpoche has worked long and



Lopon Tenzin Namdak Rinpoche

hard for many people. He labors today to provide relief for Tibetan and Nepalese refugees. Lopon is trying to firmly establish the Tritten Norbutse Education Center

in Kathmandu for families and children in need.

Right now, to support the Center, Lopon is trying to purchase a parcel of land that costs less than a moderately priced American car. This land will enable the community to grow its own badly needed food. This project is a very important one because many of the adults and most of the children that Lopon is trying to help are suffering from malnutrition. Some have had infectious diseases that have left their immune systems badly compromised. The children especially need good food and reasonable shelter to regain their health.

Please join in helping Lopon and the Bonpos to become self-sufficient by making a one time or regular donation to the Center. Please make checks out as follows: Ligmicha Institute: Tritten Norbutse Center. Send donations to: Ligmicha Institute, P.O. Box 1892, Charlottesville, VA 22903. If you desire further information, contact me at (617) 661-9400.

[Lopon will be teaching in the U.S. this summer. Contact Ligmicha at 804-977-6161.]



Lopon's student, Tenzin Wangyal Rinpoche

Drepung Loseling, Sacred Music, and The Mystical Arts of Tibet

Many people in the West have now become familiar with the famous multiphonic singers of Drepung Loseling Monastery, due to the five tours of Europe and the Americas that they have undertaken during the past decade as part of the program "The Mystical Arts of Tibet: Sacred Music Sacred Dance for World Healing."

On each of these tours the Loseling monks have visited between 100 and 150 cities performing their sacred chants and dances for world peace. They have appeared in hundreds of newspaper articles, as well as on dozens of radio and television shows, and have met with governors, senators, congressmen and mayors. Their first CD recording, "Sacred Tibetan Temple Music," held a top twenty-five listing on the New Age charts in the US for a full year, and reached number one in Canada. Since then they have released four more CDs, all of which have done well. They were granted goodwill ambassadorships by then-Governor Bill Clinton, made honorary citizens of Louisiana and Tennessee, and given the keys to several dozen cities. The small Dharma center, Losel Shedrup Ling, that Loseling founded in Atlanta in 1989, is, under the direction of Geshe Lobsang Tenzin Negi, at the time of writing being granted affiliation with Emory University, and

soon will be able to offer fully accredited courses in Buddhist studies. Losel Shedrup Ling has also developed chapters in Knoxville, Birmingham, Nashville and Mineral Bluff. The Macintosh Powerbook advertisement ("The Power to be your Best") that they stumbled into in 1992 won the prestigious Grand Effie Award for best print-ad of the year, beating out everyone from General Motors to Giorgio Armani. (A controversial undertaking, but one we thought of as a creative way to spread the Dharma.) The lamas of the 1988-89 tour, together with their spokesman, Tibetologist Glenn H. Mullin, even found themselves being fictionalized as characters in the novel "The Shining, Shining Path," in which they succeed in the task of saving the world from catastrophe. A long and wide range of achievements for what began as a modest effort to contribute to world peace, promote knowledge of Buddhism, and spread word of the Tibet situation; but all in a decade's Dharma work.

The monastery is now about to embark upon its sixth tour, under the joint sponsorship of Richard Gere Productions, N.Y., and Losel Shedrup Ling, Atlanta. This time, in addition to Sacred Music Sacred Dance performances and creating sand mandala paintings, their tour

will include "The Mystical Arts of Tibet: An Exhibition of Tibetan Arts, Crafts and Carpets," which is centered around a collection of personal items graciously loaned by H.H. the Dalai Lama. The exhibition will have its first showing at Oglethorpe University Museum, Atlanta, during the Olympic Games. The lamas will simultaneously create a sand mandala painting in the Pacific Asian Museum, Pasadena, Calif., and also have their first performance of Sacred Music Sacred Dance for World Healing, during the visit of H.H. the Dalai Lama to California in late July (contact Susan Henley 310-394-6500). The museum exhibition will circulate around the continent for the next four years, so Snow Lion readers should keep an eye out for it in their area.

For information on the Sacred Music Sacred Dance schedule in America, as well as the venues at which the sand mandala paintings will be created, and also the museums that will host the Mystical Arts of Tibet Exhibition, please visit our internet site at <http://www.drepung.org>.

If nothing has yet been arranged in your area and you are in a position to organize something, contact Geshe Lobsang Tenzin Negi at 404-816-5635, or write to him at 2534 Brookwood Dr., Atlanta 30305. ■

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The Clear Mirror	Available Now
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Generating the Deity	Available Now

The following books have been previously announced and are in process:

Golden Letters August 1996

The following books have not been announced but will be available this summer!

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The Nepal Cookbook, by the Association of Nepalis in the Americas \$10.95

The Rabbit and the Tigerdile, by W.W. Rowe \$8.95

Sky Dancer: The Secret Life and Songs of the Lady Yeshe Tsogyal, by Keith Dowman \$18.95

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Snow Lion Publications has teamed up with the Internet's World Wide Web to make information about Tibet, Tibetan Buddhism, the Dalai Lama and Snow Lion available to anyone with access to the Internet and the Web.

The Snow Lion Web Site features current news about Tibet and the Dalai Lama, a comprehensive list of Internet links on Tibet, reviews, forthcoming books, a calendar of events, cultural articles, and information on the current whereabouts of the Dalai Lama, in addition to the complete current Snow Lion catalog containing over 1,300 books and other items on Tibet and Tibetan culture.

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"WHERE THE HECK'S TIBET"

The "Where the Heck's Tibet" campaign is aimed at creating a stir before and during the 1996 Summer Olympics. The actual games will be taking place in Atlanta, GA during the two weeks of July 19 through August 3.

The intent of the campaign is to draw attention to Tibet's conspicuous absence from the Olympic games and the occupation of Tibet by the Chinese.

Among current ideas are:

1) Yellow tee-shirts with Tibet flag colors and information imprinted. Design submissions are welcome.

2) Athletic Tibetan nationals entered unofficially in the men's and women's marathon races.

3) Volunteers can hand out information packets at the Olympic sites in Atlanta that describe the sovereign history of Tibet, a synopsis of the current dilemma, and why Tibet is not invited to attend the Olympics.

The Chinese occupation is a violation of the United Nations charter and has manifested in a plethora of human rights abuses, destruction of Tibetan cultural traditions, and dire environmental damage.

To anyone wanting to assist with this campaign by whatever means, please contact: Brahma Albertsen, Tel/Fax (916)265-9099, or write: WTH TIBET?, P.O. Box 339, Nevada City, CA 95959 USA.

(Eds. Note: See related "Boycott Chinese Goods" bumper sticker article on page 10 concerning another possible action for this protest.) ■

Need More Snow Lion Newsletters?

If your dharma group or organization would like to receive a bundle of Snow Lion Newsletters for free distribution, please let us know. Just tell us how many you think you can use of each quarterly issue and we will send them to you.

Need Some Item That Isn't Listed Here?

We would like to know if you would like to have any books or other dharma items that are not listed in this current issue of the Snow Lion newspaper. Please contact us with your request. We believe that we offer most of the quality items that are available on Tibet, but we appreciate your feedback and suggestions! Our goal is to be able to provide you with whatever you need for your study and practice. ■

TRANQUILITY AND INSIGHT MEDITATION AND TEACHINGS

*A Weekend Program with
Venerable Thrangu Rinpoche*

The Venerable Thrangu Rinpoche will be presenting teachings on Calm Abiding and Special Insight at a weekend program in Portland, Maine on May 3-5.

Rinpoche is one of the foremost teachers of the Kagyu tradition of Tibetan Buddhism. He holds the degree of Geshe Rabjam and is a former Abbot of Rumtek Monastery. He is renowned for making

profound dharma teachings easily accessible to western students at all levels.

The weekend will include a Friday night talk at 8:00 p.m. (\$10), and Saturday and Sunday programs at 9:00 a.m. (\$45), (\$90 for the complete program). For pre-registration or information, contact Nancy Phillips, P.O. Box 444, Norton, MA 02766, (508)285-4403.

The Snow Lion

The snow lion is the national symbol of Tibet. Two lively snow lions appear on the Tibetan National Flag. They are fearless and valiant and indicate the complete victory over all obstacles. They

represent the strong vitality of the Tibetan people who revere the Three Precious Gems—the Buddha, Dharma and Sangha. Elsewhere the lions appear supporting the thrones of various deities and

symbolize the strength and fearlessness of those who have perfect wisdom and compassion. As the logo for Snow Lion Publications, the snow lion represents our dedication to supporting Tibetan Buddhism and culture as it moves to the West—the lion's roar proclaims the dharma. ■



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MANDALA

The newsmagazine of the Foundation for the Preservation of the Mahayana Tradition, FPMT

Zafu--Standard [8" high and 12" in diameter, 2.5 lbs.] Stuffed with kapok, a plant fiber from Asia. \$37.50

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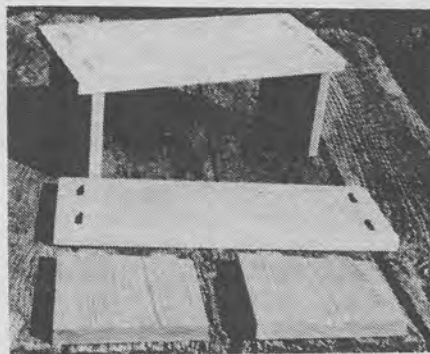
Bench cushion is tailored for the Peace Bench. Black, Deep purple, Burgundy. \$16.50

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We've done it again! Snow Lion Publications has made arrangements with Snow Lion Expeditions to give one of our customers a free tour to the annual

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Every time you order from us between now and Saturday, February 8, 1997, you will receive a

chance to win—just let us know that you want to go.

Further details will be printed in upcoming issues of the *Snow Lion Newsletter and Catalog*.

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SNOW96

MANI RIMDU: We Have a WINNER!

Geoffrey Biggs of Encinitas, California is our lucky customer. On February 19th, Geoffrey won the drawing for the trip to the Mani Rimdu Festival, November 20-29th. He was excited to hear from us—"I feel like I just won the Publishers Clearing House Sweepstakes!"

Snow Lion Expeditions will take our lucky winner to the Festival, the most spectacular religious

event of the Everest region. Conducted in Nepal's Khumbu, Mani Rimdu celebrates the victory of Guru Rinpoche over the demons and his introduction of Buddhism to Tibet. Mani Rimdu exemplifies the vibrant and festive nature of Tibetan Buddhism and Sherpa culture and provides an opportunity for Sherpas to commune with friends and relatives as well as to obtain spiritual blessings. We will look forward to Geoffrey's report when he returns.

(Even though Snow Lion Publications and Snow Lion Expeditions share the name Snow Lion, they are independent and unaffiliated.) ■



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SUMMER WORK STUDY PROGRAM. Integrate practice into daily life at Vajrapani Institute, Tibetan Buddhist Retreat Center in California redwoods. Daily meditations and classes with resident teacher in conjunction with 20 hours of work per week. June 16-August 4. Total cost \$250. For application, contact Kate Savannah, 408-338-6654.

KALACHAKRA PEACE TOUR. June 21-July 14, 1996, \$1900 land only. In celebration of the 1000 year anniversary of the renowned Tabo monastery in the restricted Spiti region of Northern India, the tour includes three days of teachings with H.H. the Dalai Lama as well as time to witness the Cham (lama dancing) and view the sand mandala. Sightseeing and travel over passes as high as 17,500 ft. from New Delhi to Leh, Ladakh. For a detailed itinerary, please contact Himalayan High Treks at 1-800-455-8735.

ECONOMIC RESEARCH ASSISTANT. Gather, evaluate and summarize materials relating to proposed economic development models for implementation in Tibet. Confer with Tibetan Government officials and professionals using Tibetan and English, including develop and evaluate business plans using financial spreadsheets for public and private sector development compatible with Tibetan

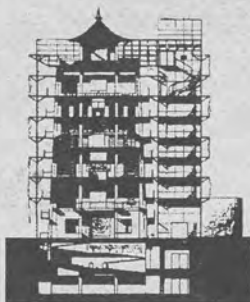
culture; interviewing and reviewing documents and preparing memoranda and reports on word processor. Evaluate proposed funding alternatives available through public and private organizations in the United States and abroad. Bachelor's degree in Economics. No experience required. Oral and written fluency in English and Tibetan. Computer literacy in word processing and financial spreadsheets—IBM compatible. Familiarity with Tibetan cultural norms. 40 hours per week. 9:00 a.m.-5:00 p.m. \$21,000.00 per year. Position location: Anchorage, Alaska. Please submit two copies of resume to: Alaska Department of Labor, FTU/ALC/#291, P.O. Box 25509, Juneau, Alaska 99802-5509.

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THE YOGA OF SIX LIMBS: AN INTRODUCTION TO THE HISTORY OF SHADANGAYOGA by Günter Grönbold, translated from the German by Robert Hütwohl, is a detailed study encompassing the teacher and teaching lineages associated with the ancient six-limbed yoga system. This yoga system (not the "six yogas of Naropa") has an important basis within the practice of the Kalachakra-tantra and Guhyasamaja-tantra. Numerous texts describing this yoga are also mentioned. Although this book is not a manual of practice, it may be helpful for future practice of especially the completion stage of the Kalachakra-tantra. Cost: \$14.50 (US) + \$2.00 postage within the US; Canada postage = \$2.50. Overseas orders vary according to quantity. Inquire within. Spirit of the Sun Publications, POB 2894, Santa Fe, NM 87504-2894.

TIBET HOUSE Update



Tibet House is currently preparing for the gala opening of the international exhibition of *Wisdom and Compassion: The Sacred Art of Tibet*, at the Kunst und Ausstellungshalle in Bonn, Germany in May, 1996. The exhibit will also go to Barcelona, Spain, and three venues in Japan. The exhibition's gala opening is scheduled in Bonn on May 9, 1996. The exhibit includes 175 works, which include a number of never-before-seen masterpieces in addition to the original exhibition.

In June of 1997 His Holiness the Fourteenth Dalai Lama and other Nobel Laureates will be participating in a conference on peacemaking, which aims to actualize non-violent solutions to the multitude of social problems which plague urban America. His Holiness will base his teachings on Shantideva's *Guide to the Bhodisattva's Way of Life* and discuss techniques of transforming hatred into dynamic tolerance and developing universal responsibility through compassion. The conference will be held in San Francisco, CA.

The Art of Dying II conference,

based on the highly successful 1995 event, is in the planning stages for March, 1997. A range of topics concerned with death and dying will be presented by a select panel of speakers.

The Tibet House Fourth Annual benefit concert, at Carnegie Hall, was a great success featuring Laurie Anderson, Dadon, Allen Ginsberg, Philip Glass, Emmylou Harris, Richie Havens, Ashley MacIsaac, Natalie Merchant, Patti Smith and Michael Stipe. We anticipate another great line-up of performers for February, 1997. Call early for information!

Tibet House is presents ongoing programs at the New York Open Center in spring and fall semesters include lectures, seminars, and workshops exploring various aspects of Tibetan culture. Course listings are available in the *Tibet House Drum*, published bi-annually.

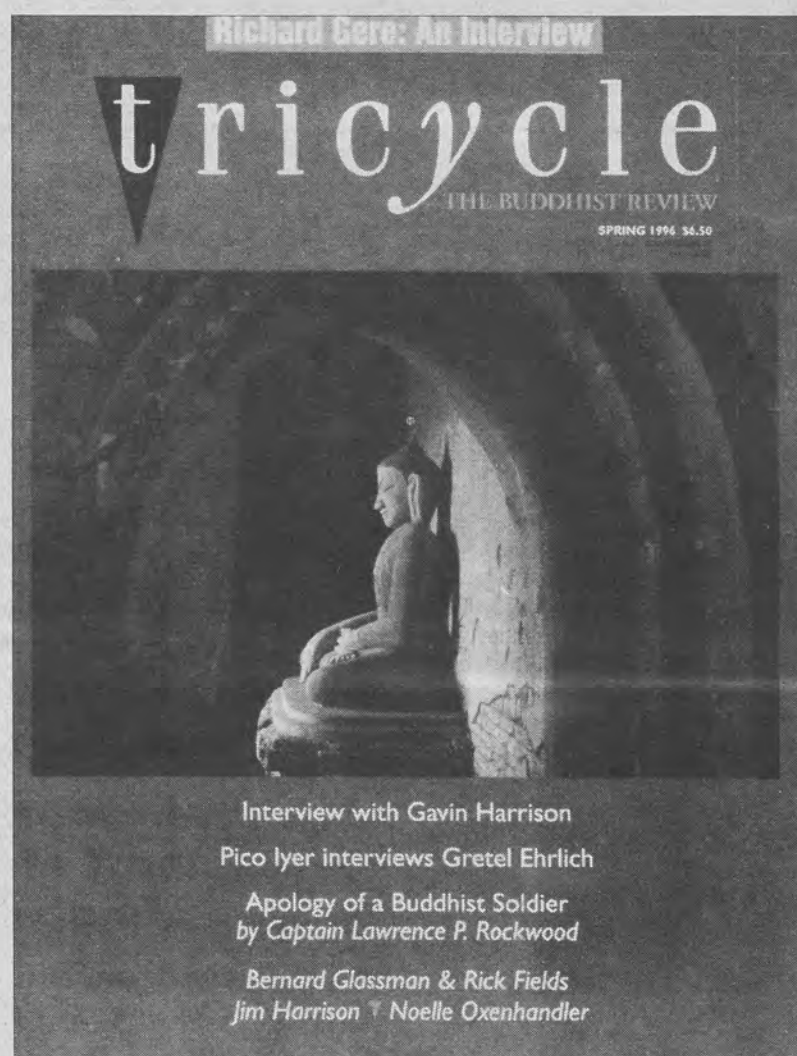
If you would like to join Tibet House or support their activities, please contact: Tibet House New York, 241 East 32nd Street, New York, NY 10016. Tel: (212)213-5592. Fax: (212)213-6408. ■

Blind Person Looking for Someone to Tape Record the Snow Lion Newsletter

Christian Belltram is enthusiastic to learn more about Tibet and Tibetan Buddhism. He is blind and is hoping to find someone who would read this newsletter (at least the news part) into a tape recorder. If

someone is willing to do this, we could duplicate the tapes at Snow Lion and send them to other blind people as well! Christian's address: 2909 S. Union St., Rochester, NY 14624, 716-594-0818. ■

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THE PATH TO ENLIGHTENMENT

A 16-day Retreat with Ven. Thubten Chodron

Ven. Thubten Chodron will lead a sixteen-day retreat at the Cloud Mountain Retreat Center in Castle Rock, WA, July 19 to August 4, 1996. The retreat will be in two parts. It will be held primarily in silence, and will include teachings and meditation.

PART 1— Lam Rim: The Gradual Path to Enlightenment July 19-July 27

Lam-Rim is the Gradual Path to Enlightenment, as practiced in the Tibetan tradition. These teachings provide a step-by-step presentation of the entire path from confusion to enlightenment, enabling the meditator to realize the essential meaning of the Buddha's teachings and apply them in daily life. The teachings are suitable for beginning as well as experienced practitioners.

PART 2— Chenrezig: The Buddha of Compassion & Lam Rim July 27-August 4

Meditation on Chenrezig, the Buddha of Compassion, helps to clear the mind of negative emotions and develop good qualities. This practice, which includes visualization and mantra recitation, will be combined with meditation on the gradual path to enlightenment. This part of the retreat is suitable for people who have had prior teachings on Lam Rim, or who have attended Part 1.



A graduate of UCLA, Ven. **Thubten Chodron** was ordained as a nun in the Tibetan Buddhist tradition in 1977. She studied and practiced Buddhism for many years with many Tibetan masters, including H. H. the Dalai Lama, in India and Nepal. She has taught worldwide, and is the author of several books, including *Taming the Monkey Mind*, *Open Heart*, *Clear Mind* and *What Color is Your Mind?* Ven. Chodron is especially skillful at presenting Buddhism in ways that are easily understood and practiced by Westerners.

Cost is \$315 for either part (deposit \$150), or \$595 for the entire 16 days (deposit \$200), plus a voluntary contribution to the teacher. To register, send the deposit amount to Northwest Dharma Association, 4020 Leary Way NW #300, Seattle, WA 98107. A letter of confirmation, additional information, and directions will be mailed to you. For further information, call (206)789-5456.

Cloud Mountain is a Buddhist retreat center located near Castle Rock in southwest Washington State (two hours south of Seattle, WA; one hour north of Portland, OR). ■

WORLD PEACE AND PRAYER DAY

June 21, 1996

I, Arvol Looking Horse, 19th Generation Keeper of the Sacred White Buffalo Calf Pipe for the Lakota-Dakota-Nakota Nation ask all Nations on Mother Earth to declare June 21st, 1996 World Peace and Prayer Day. According to spiritual leaders and Elders who gathered at the United Nations—and again at Six Nations, Canada—it is time to begin mending the Sacred Hoop and global healing by working for world peace and harmony.

Birth of the White Buffalo Calf lets us know we're at a crossroads—either return to balance or face global disaster. It is our duty to return back to sacred places and pray for world peace. If we do not do this, our children will suffer.

At Grey Horn Butte, before the White Buffalo Woman brought the Sacred Pipe to our ancestors, a Seer was traveling in the Sacred Black Hills—*Pa Ha Sapa*, "heart of

everything that is." The seer came to a large tipi. When he went in the tipi, he saw the Sacred Pipe in the North and the Sacred Bundle of Bows and Arrows in the South. According to Star Knowledge there are six stars which designate six sacred sites within the Black Hills—these places are sacred places to pray. We are told there is a sacred site every hundred miles around Mother Earth. We ask all people to return to these places and pray from their hearts with us. The ceremony begins at 10 a.m. South Dakota (Mountain) time.

It has been decided, according to Star Knowledge, that June 21st is the time to pray. Indigenous people of Turtle Island will begin their spiritual journey on horseback from Wahpeton, Saskatchewan, Canada, to Grey Horn Butte (known as Devil's Tower) in the Black Hills of Wyoming. There, In-

digenous peoples will pray with the Sacred Bundle Keepers to begin the restoration of peace and balance. We ask all Peoples to begin organizing their ceremonies at their sacred sites in the manner they pray so they will be praying at their sacred centers at the same time as we are from ours.

So far, we've spoken to leaders around the world and each has committed to support June 21, 1996. We ask all people of all faiths to respond and support our efforts for world peace and harmony—our circle of life where there is no ending and no beginning. May peace be with you all. Arvol Looking Horse, 19th Generation Keeper of the Sacred White Buffalo Calf Pipe. For more information, call Elizabeth Stinson at (707) 829-3443, or email Michele Lord at <mosa@netcom.com>.

THE EXCELLENT PATH

Continued from page 6

actions I have done in the past, am doing now, and shall do in the future) for the sake of all sentient beings throughout space, especially those whom I perceive as enemies." When you make this dedication you must be very clear about what you are doing, as if you were handing a present to each and every living being. You should not think that this merit is divided up between all the beings, but that each and every being receives the full amount of it.

Any action that is associated with these three supreme methods, even if it is not an obviously great act like reciting hundreds of millions of mantras or offering huge sums of money, will nevertheless have real, immeasurable benefit.

It is because of the pure and vast intention of bodhichitta that the Great Vehicle or Mahayana is called "great." Without bodhichitta,

we might call ourselves practitioners of the Great Perfection, the Great Seal or the Great Middle Way, but we will still be on the narrow path of selfishness.

If you have these three supreme methods, you have everything you need. If you do not have them, there is no way to progress. Genuine practice is something that has to be developed; it requires a sustained effort. We have to transform ourselves. If, from the very beginning, we were completely free from attachment and anger and constantly had the infinite number of sentient beings in mind, we would already be realized and would have no need to practice in the first place. But this is not the case. This is why we need to keep in mind the meaning of the teachings and to watch vigilantly over the actions of our body, speech and mind. If we practice in this way, we will progress along the path without much difficulty. Just as one can see

from a child's behavior, when he eats and so on, that he has been well brought up, so too, the positive transformation of our minds will be apparent in our actions.

In our everyday activities we should be able to retain the understanding we have found in meditation. Otherwise, though we may think that we have reached a high level of meditation, we will stumble over the first obstacle we encounter, and we will be unable to deal with the various circumstances that beset us in daily life. Meditation and post-meditation periods should reinforce and complement each other. If they do not, it is hard to achieve liberation.

In the beginning, practice is not very easy; in the middle it is not really stable; but in the end it becomes quite natural. This is why it is when we first start on the path that we should make the greatest effort. It is important to remember this. ■

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.

News Tibet (quarterly, \$15/yr. suggested donation) and the **US Tibet Committee Newsletter**. USTC, 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.well.com/user/snowlion/>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

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

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

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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1996 RETREATS



Tsultrim Allione
 "Finding the State
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 June 15-16

May 20-June 12

Stupa Building with Dugu Choegyal Rinpoche
 June 21-23 Teaching and 24-30 Practice
 Long Life Practice of Mandarava - Teaching
 and Practice Retreats with Tsultrim Allione

July 5-7 Teaching and 8-14 Practice

Simhamukha-Lion-headed Dakini - Teaching
 and Practice Retreats with Tsultrim Allione

July 19-24 Intensive and 25-26 Practice

Chöd Intensive (at Lama Foundation) and
 Chöd Practice Retreat with Tsultrim Allione

August 2-11

Family Retreat with Tsultrim Allione, Carol
 Fitzpatrick, Jeffrey McIntyre, Nancy Miriam
 Hawley

August 17-18

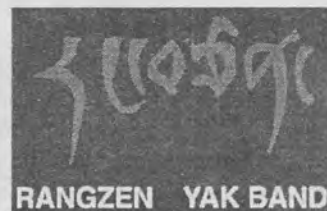
"Lovingkindness" Vipassana Retreat with
 Sharon Salzberg

August 23-25

White Tara Teachings and Practice Retreat
 with Gangteng Tulku Rinpoche

**Dugu Choegyal
 Rinpoche**

Dakini Doha Retreat
 May 24-June 2



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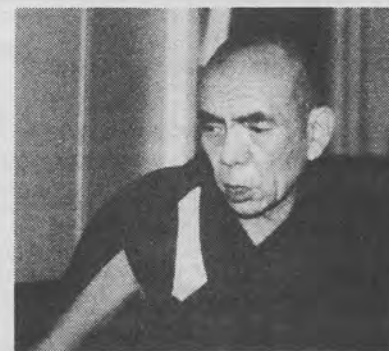
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TEACHINGS AND RETREATS IN AMERICA
 SEPTEMBER 1996 – AUGUST 1997

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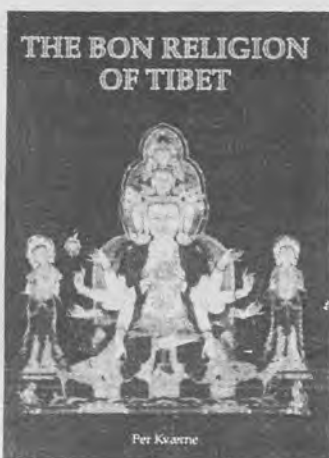
Over the past decade the famed Drepung Loseling Monastery in India has allowed groups of their monks to undertake four one-year tours of North America in order to share the Tibetan tradition of sacred music and dance for world peace and healing. In addition, they have given numerous traditional teachings and tantric initiations in Buddhist meditation centers and temples across the country. This activity produced many requests for more in-depth teachings, advanced tantric initiations, and longer retreats. This was conveyed to His Holiness The Dalai Lama and to the elders of the monastery in India. Blessings were granted, and His Holiness Rizong Rinpochey has been appointed to serve as the master.

His Holiness Rizong Rinpochey is one of the most highly respected lamas alive today. Born in Ladakh, as an infant he was recognized and enthroned as the reincarnation of the Rizong Tulku, and since that time has dedicated his life to the study and practice of the enlightenment path. He joined Drepung Loseling Monastery, Lhasa, in the mid-1940s. In Tibetan spiritual circles he is regarded as a modern-day Milarepa, having lived a life of simplicity and meditation since his youth. Recently he completed a strict three-year retreat in a remote cave of Ladakh so inaccessible that it was snowed in for six months a year. In the past he has served as abbot of firstly the Gyumey Tantric College and then Drepung Loseling Monastery. At present he holds the post of Jangtsey Chojey Rinpochey, one of the three highest seats in the Gelukpa School.



Rinpochey will be travelling and teaching in the USA for almost a year. During this time he will give extensive teachings and initiations, and lead a number of important retreats. For a list and schedule of Rinpochey's activities in America, as well as for a schedule of Drepung Loseling's 1996–1997 performances of Sacred Music Sacred Dance for World Healing, please visit our web site or contact us directly.

Drepung Loseling's headquarters in America is Losel Shedrup Ling, 2534 Brookwood Drive NE, Atlanta GA 30305; phone and fax 404-816-5635. Web Site - <http://www.drepung.org>



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

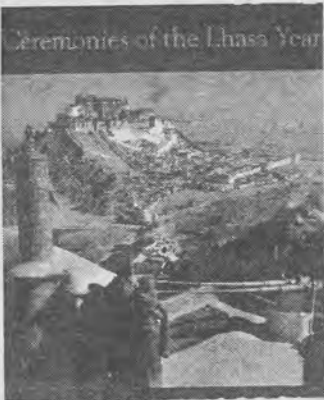
by Per Kvaerne. 155 pp., 8 1/2 x 12", 79 color plates, #BORETI \$55

Although conforming to the general stylistic conventions of Tibetan Buddhist art, an entire and unique pantheon of deities is revealed by this pioneering study which introduces the main characteristics and doctrines of Bon, as well as its monastic life and its meditational and ritual practices. The iconography of the Bon religion is presented through a series of thangkas, miniatures and bronzes dating from the late fourteenth to mid-twentieth centuries. The peaceful, tutelary, protector and local deities as well as the Bon siddhas, lamas and dakinis are identified and fully described by means of excerpts from ritual or biographical texts which are translated here for the first time.

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 distinguishes each holy figure, providing clear and concise explanations of the differing names and attributes by which they are known in India, Nepal, Tibet, China, Japan and Southeast Asia. Included are comparative tables, extensive bibliography, index and notes. Louis Frederic is a renowned specialist on Buddhism and the author of over fifty books on Far Eastern art and culture.



CEREMONIES OF THE LHASA YEAR

by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELHYE \$24.95

Hugh Richardson provides his own first-hand pictorial account of the calendar of spectacular rituals and festivals that occupied the entire populace of Lhasa—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting. Richardson was head of the last British and first Indian missions to Tibet before the Chinese takeover.

EAST OF LO MONTHANG: In the Land of Mustang

by Peter Matthiessen, photos by Thomas Laird. 192 pp., 9 x 12", 160 color photos, #EALOMO \$35 cloth

This is a photo-documentary of two men's journey into the once-forbidden Himalayan region called the Kingdom of Mustang. From the city of Lo Monthang, popularly known as Mustang, the pair began a horseback adventure across arid plateaus and through narrow river chasms. Together, in word and image, they reveal a place where mountains

five miles high cast their shadows over the deepest canyon in the world, where nomads live herding their flocks on desolate slopes and fear the nightly advance of the deadly snow leopards.

FROM THE LAND OF THE THUNDER DRAGON: Textile Arts of Bhutan

by Diana Myers, Michael Aris, Francoise Pommarot, and Susan Bean. 247 pp., 9 x 11", 130 color plates, 20 b&w photos #FRLATH \$44.95

Bhutan's textiles, especially the intricate brocades and complex supplementary-warp patterns, are unmatched anywhere in the world. This art has become Bhutan's most powerful emblem abroad. *From the Land of the Thunder Dragon* covers all aspects of Bhutan's textile and weaving heritage, from the central role of women, to fibers, dyes and looms, to the functioning of beautiful cloth as an item of trade and an indicator of historical change and social identity. This copiously-illustrated book reveals the richness, originality, and striking beauty of Bhutanese textiles.

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

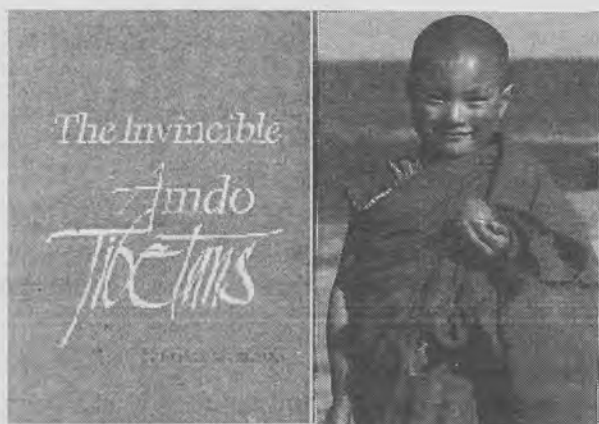
Franco Ricca & Erberto Lo Bue. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$90

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

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95

"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



THE INVINCIBLE AMDO TIBETANS

by Paulius Normantas, 120 pp., 32 full-color photos, 64 two-color photos, 9 x 12" #INAMTI \$58

This unusual collection of photos from Amdo is a sensitive portrayal of the Tibetan people of this region—their religious and secular life, their monasteries and dwellings against the background of the massive Tibetan landscape. During the last four years, Normantas, a renowned Lithuanian photographer, has travelled in Tibet taking the photos that appear here. We are pleased to present this fine collection.



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*



A HISTORY OF TIBETAN PAINTING

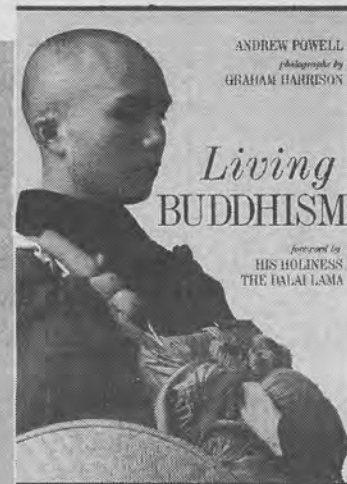
by David Jackson, 432 pp., 60 color plates, 190 b&w, 2 maps, #HITIPA \$140

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 pictorial remains and the extensive written sources that survive in Tibetan language. The present study identifies the great founders of the main schools of Tibetan painting and locate references to their surviving works of sacred art. It also includes a survey of the main Tibetan sources and studies, both traditional and modern, as well as a detailed summary of previous Western research on this subject.

THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

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

Opened in 1992, the doors to Mustang were unlocked and a few foreigners made 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.

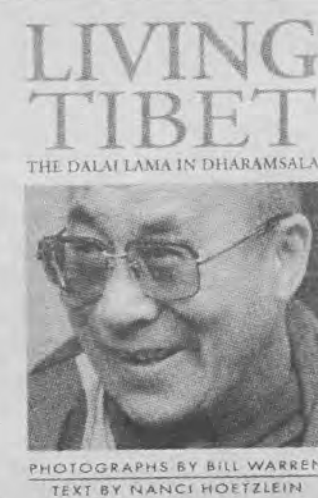


NEW!

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.



LIVING TIBET: The Dalai Lama in Dharamsala

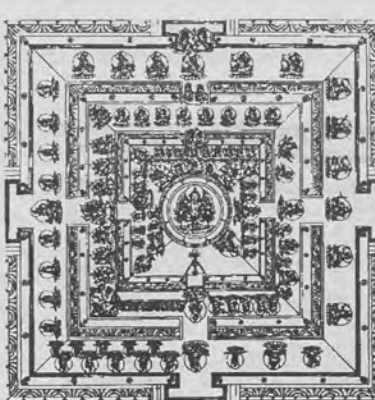
Photographs by Bill Warren, Text by Nanci Rose. 138 pp., 160 color photos, 8 x 10 1/2", #LITI \$26.95

Sheltered by the Himalayas of northern India, Dharamsala has been the home of His Holiness the Dalai Lama of Tibet and the government and cultural headquarters for the Tibetan people since 1960. In *Living Tibet: The Dalai Lama in Dharamsala*, photojournalist Bill Warren and writer Nanci

**NEW!****TIBETAN MANDALAS**

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

This is a fascinating collection of 158 mandalas of major and minor tantric deities—actually it is comprised of two famous collections, the first is the *Vajravali* by Abhayakaragupta and containing 26 mandalas such as Manjuvajara, Akshobhya, Vajrasattva, Heruka, Hevajra, and Ushnisasitatapatra. 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.



Rose take the reader on a colorful and informative journey through the winding streets and behind the scenes of this unusual place. Sensitive and delightful portrayals of monks, nuns, artists, children, the elderly and working Tibetans reveal the rich tapestry of life in Dharamsala—there is an exclusive section on the Dalai Lama, and also on the Nechung Oracle. *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. For an authentic experience of Tibetan culture in exile, there is no better guide than *Living Tibet*.

"Captures in eloquent words and extraordinary photographs the rich life in Dharamsala."—NAPRA REVIEW

RAVEN CROWN: The Origins of Buddhist Monarchy in Bhutan

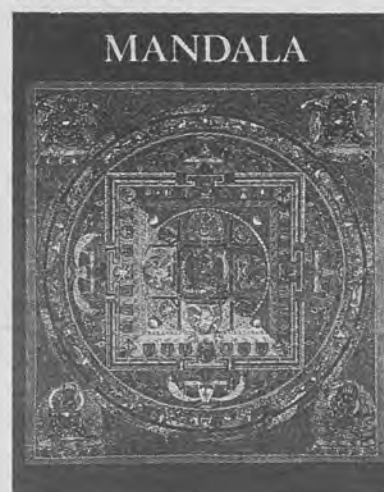
by Michael Aris. 160 pp., 9 x 11" 106 b&w photos #RACR \$29.95

The hereditary monarchy of the Wangchuk dynasty was established in 1907 in the independent Himalayan state of Bhutan, thus introducing one of the world's most recent experiments in kingship. The story of the Wangchuk dynasty's rise and triumph moves from a picture of turmoil and chaos to one of relative peace and stability. In contrast with earlier accounts of British India, here the narrative is founded on the Bhutanese chronicles which offer a new perspective. The ethnic and historical context is outlined before recounting the turbulent career of the Black Regent.

LOST LHASA: Heinrich Harrer's Tibet

by Heinrich Harrer. 224 pp., 200 photographs, 9 x 11" #LOLH \$39.95

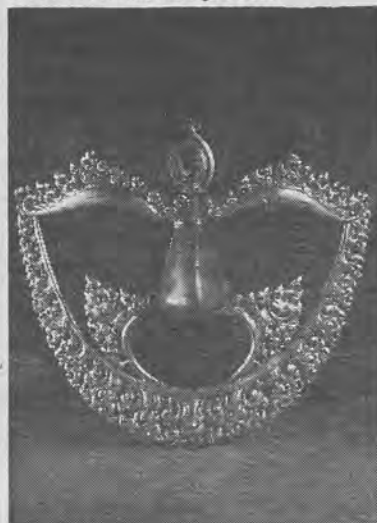
A visual sequel to the author's great *Seven Years in Tibet*, *Lost Lhasa* is Heinrich Harrer's intimate and highly personal photographic portrayal of a vanished way of life. The astonishing photos, together with Harrer's commentary, capture the "forbidden city" in ceremonies, at home with families, at work, and at play. *Lost Lhasa* shows us Tibet as it was.

**MANDALA**

by Jose and Miriam Arguelles, for. by Chogyam Trungpa. 144 pp., 8 1/2 x 11", 81 b&w illus., 11 color illus., line art, #MAN \$20

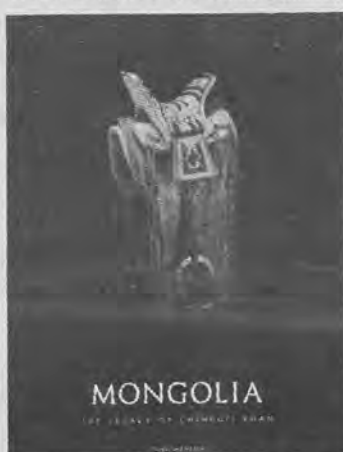
This is one of the first books to present comprehensively the principle of the mandala, the center as a universal image, a

vision, a way of growth, a ritual technique and an essential life process.

**THE MIRROR OF MIND: Art of Vajrayana Buddhism**

by Deborah Ashencaen and Dr. Gennady Leonov. 108 pp., 8 x 11 1/2", 114 plates—most in color, #MIMIAR \$35

This is an impressive book containing outstanding examples of Tibetan art in many different classes: statues in metal and wood; thangkas; ivory carvings, ritual objects, furniture, carpets, and textiles. The statues of Vajra Yogini, Marpa, Ushnisha-tapatra, Samantabhadra, Hevajra, Chakrasamvara, Mahakala and Maitreya are wonderful to see. We also liked the ritual objects—phurbas, vajras, masks, butter lamps. The altar furniture is also amazingly well-crafted. This is a hard-to-find-book from England.

**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 two hundred and fifty years, from the late seventeenth to the early twentieth centuries, *Mongolia: The Legacy of Chinggis Khan* is the first book devoted to the marvelous art and culture of the Mongol renaissance period. Published to accompany a major traveling exhibition of art drawn from Mongolia's national museums and library, it provides a unique view of Mongolian Tibetan Buddhist life. The illustrations present a diverse array of objects and symbol-rich art forms that reveal much about the country's spiritual, political, and social beliefs: opulent headdresses worn by women as a symbol of status; radiant bronze sculptures created by Zanabazar, the most brilliant artist of the renaissance period; colorful, exotic masks used in the ritual dance known as the tsam; richly decorated manuscripts and book covers: thangkas: richly decorated manuscripts and book covers; and the spun-gold robe of the last Bogdo Gegen, the Bogdo Khan. The arts and crafts in this book are the very best we have seen!

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.

NEPAL: A Guide to the Art and Architecture of the Kathmandu Valley

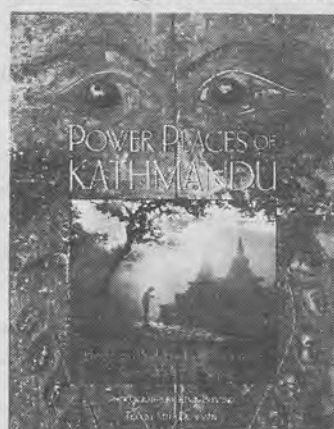
by Michael Hutt, et. al. 248 pp., 8 1/2 x 11", 312 b&w illustrations, 16 pp. of full color illus. #NEGUAR \$37.50

This illustrated guide describes the extraordinary cultural flowering that has occurred in the Kathmandu Valley. Maps, diagrams, line drawings, black-and-white photographs, and full-color plates beautifully illustrate the palaces, temples, stupas, monuments, sculptures, paintings, and other art forms, both Hindu and Buddhist, found within the region.

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

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.

**POWER PLACES OF KATHMANDU: Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal**

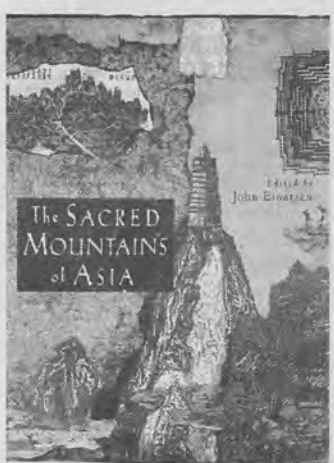
by Keith Dowman, photos by Kevin Bubricki. 144 pp., 108 color photos, 10 1/2 x 13 1/2", #POPLKA \$39.95 cloth

In Nepal's Kathmandu Valley, numerous power places—focal points of divine energy—open their windows into the realm of the gods. Geomantic forces, divine myths, and human history and legend combine to make these locations potent sources of spiritual revitalization and psychic renewal. *Power Places* captures for the reader their mystery and grandeur. This is a gorgeous photo book that follows the pilgrimage routes through Kathmandu, Patan and Bhaktapur.

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 paper

Spectacular photography and vivid narrative provide a journey through the stunning Himalayan scenery to the majesty of Kailas, Asia's most sacred mountain. This sublime, snow-clad pyramid of rock has been visited by pilgrims for more than a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape and reveal the vitality and determination of the 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 experi-

ence 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.

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 are significant not only for their rarity but also for the unique role they performed 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. This book contains rugs from the first major exhibition devoted exclusively to Tibetan rugs which took place at the Textile Museum in Wash., D.C.

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 and feel confident that it will give a glimpse of Tibet to those who have not visited our country."—His Holiness the Dalai Lama

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

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 there making this book historically valuable as well as artistically beautiful.



THE SAND MANDALA OF VAJRABHAIKAVA

by Daniel Cozart & 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 cosmos, the many facets of Buddhist teachings and, most of all, the ideal worlds of Buddhas. This book explains in detail the symbolism of one of the most important and colorful mandalas, that of the 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.

TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOB \$9.95

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.

TIBETAN BUDDHIST ALTAR

by Valrae Reynolds I-15p, 32 pp., 8 1/2 x 11, 36 photos, most in color, #TIBUAL \$8

This unusual museum catalog is a vivid record of the construction, decoration and consecration (by the Dalai Lama) of the new Tibetan Altar at the Newark Museum. The elaborate shrine was traditionally constructed and contains the requisite items for Tibetan Buddhist practice. The contents of the altar are extensively described.

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, it contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, appliqued and embroidered examples; wall paintings; and iconography, including 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."

THE WHEEL OF TIME SAND MANDALA

by Barry Bryant with the Monks of Namgyal Monastery. 272 pp., over 150 photos, #WHTISA \$24

A beautifully-illustrated introduction to the dazzling art and spirituality of the Kalachakra sand mandala, brought to the US by the monks of Namgyal Monastery. Barry Bryant traces the history and lineage of the Kalachakra sand mandala. He also takes the reader through the mandala's symbolic representation of the path to enlightenment. The magnificent sand mandala offers a glimpse of the wisdom and compassion of

Kalachakra, which the Dalai Lama calls a "vehicle for world peace."

WHITE LOTUS: An Introduction to Tibetan Culture

ed. by Carole Elchert. 240 pp., 38 color and 70 black & white illus. #WHLO \$19.95 (see Religion section)



BEST SELLING!

WISDOM AND COMPASSION: The Sacred Art of Tibet

by Marilyn Rhie & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #WICO \$75 cloth, #WICOP \$40 paperback

This landmark volume illustrates, explains, and celebrates 160 of the finest and most beautiful examples of Tibetan sacred art drawn from museums and private collections around the world.

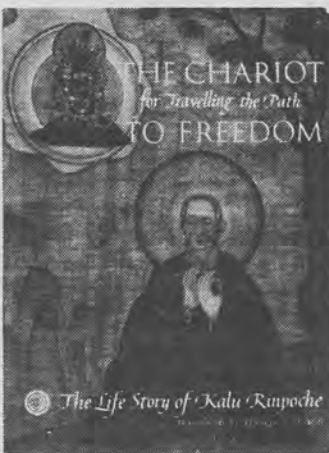
The text offers unprecedented insights into the significance, purpose, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas pictured. The art spans 1,000 years from the 9th through the 19th century.

BIOGRAPHY

THE AWAKENED ONE: A Life of the Buddha

by Sherab Chodzin Kohn. 155 pp. #AWON \$9

The Buddha's life story is a universal tale of the awakening of consciousness. A blend of legend and history filled with stories of wisdom and compassion, this ancient tale offers inspiration and insight to spiritual seekers of all traditions.



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 and writings of one of the most outstanding lamas of this century.

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 or-

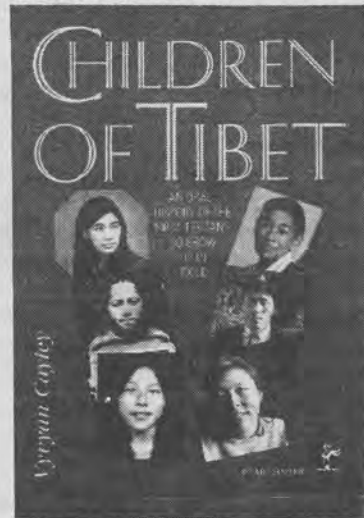
dination as a monk in 1958. He then narrowly escaped the Chinese army in Tibet—this memoir concludes with his safe arrival in India and his life in the West.

NEW!

THE 14TH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #14DALA \$17.95 cloth

Whitney Stewart recounts the Dalai Lama's fascinating life story—his birth, discovery, isolated childhood in a palace, his teenage years negotiating with China's Chairman Mao, his flight into India and his life in exile. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989. He is a spiritual leader known and loved around the world.



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

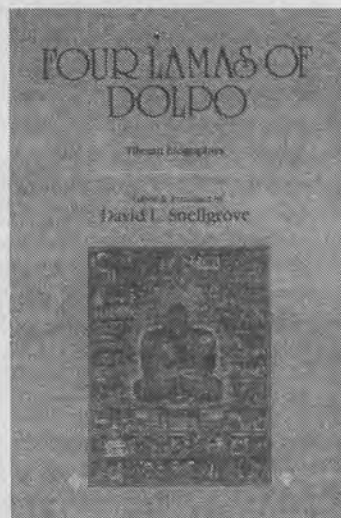
ed. by Vyvyan Cayley. 217 pp., 20 photos, maps. #CHTI \$14.95

"A refreshing contribution to the burgeon-

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

These are the personal accounts of twenty Tibetans who survived the trials and tribulations of growing up outside their homeland. They are the first generation who were raised in exile and are living around the world. Their lives have been extraordinary in terms of the extremes of hardship they have undergone—they have endured

long periods of physical hunger and sickness, the early death of parents or separation from them, spartan conditions in schools, in road-work camps and in early refugee settlements, and they have lived with a sense of the unremitting tragedy imposed upon their nation by the Chinese occupation. Their stories are full of humor and sadness and reflect their enduring faith in Tibetan Buddhism and their love and respect for their spiritual leader, the Dalai Lama.



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 entreaties of their disciples. One hand-written copy of each autobiography was preserved. Snellgrove's introduction provides an account of religious practices in Dolpo which have remained practically unchanged over the last thousand years.

BUDDHA: His Quest for Serenity

by George Marshall, intro. by Huston Smith. 240 pp. #BUQUSE \$15.95

"A very meaningful book of the Buddha's life, written as biographies in the West are written, making it easy for Americans to accept and venerate him. It gave me a sense of the superior way offered by the Buddha and made it easier for me to enter the gate into the mysteries of Tibetan Buddhism."—Letter from a customer

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.

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.

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 extraordinary 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 also the head of the Palyul tradition.

THE GREAT KAGYU MASTERS

trans. by Khenpo Konchog Gyaltzen, ed. by Victoria Huckenpähler. 240 pp. #GRKAMA \$14.95

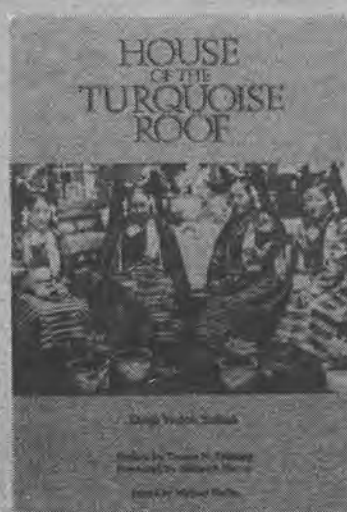
"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened 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

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.



NEW EDITION!

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 unique account of the fascinating life of upper-class Lhasa. This very frank and thoughtful autobiography of a Tibetan 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 focuses on detailed descriptions of the intimacies of family life...deftly conveys the immediacy of her experience to readers."—Marcia Calkowski, *The Journal of Asian Studies*

"Excellent!"—*The Reader's Review*

IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim

by Chen-Hua. 292 pp., 10 illus. #SEDH \$16.95

This is the only book in English on modern Chinese Buddhism written by a practicing Chinese monk. Chen-hua provides a rare eyewitness account of Chinese monastic life and Buddhist practices before they were changed forever by the Communist revolution. Chen-hua made pilgrimages to all the major monasteries and holy sites, and sought instruction from many famous masters.

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 one of the forefathers 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.

"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*

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.

Jampa Mackenzie Stewart's essay on "Mahamudra: Gampopa's System of Meditation" and an extensive glossary help open the doors of Vajrayana Buddhism to beginners, offering fresh insights for advanced practitioners as well.

LIFE OF THE MAHASIDDHA TILOPA

96 pp. #LIMATI \$9.95

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

LIFE OF MARPA THE TRANSLATOR

the Nalanda Translation Committee. 320 pp. #LIMA \$15

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

The Life of Milarepa 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 one of the master works 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 many years of meditation in solitary retreat. With determination and courage, he mastered the highest and most esoteric Dzogchen practices. He then wandered far and wide over the Himalayan region living his realization.

THE LITTLE LAMA OF TIBET

by Lois Raimondo. 40 pp., 41 color photos #LILATI \$15.95

This is the most impressive book we have seen on the present life of a prominent Tibetan tulku. Officially, it is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. Actually, it is an inspiration for Tibetan Buddhists of any age. Lois Raimondo presents a fascinating look at the unique life of the bright young boy who represents hope for the preservation of Tibetan culture.

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 great compassion. This is an account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, and of his training as a tulku. The events of his life are 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 \$17

This biography of the founder of Tibetan Buddhism, 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 the benefit of future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi

by Eva van Dam. 80 pp., large format, full-color illus. #MALIMI \$16

This is the story of the legendary exploits of Tibet's great yogi, in a full-color graphic novel.

MIPAM: A Tibetan Love Story

by Lama Yongden. 340 pp. #MI \$11.95

This is the only novel ever written by a Tibetan lama especially for western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly engaging. It is a romantic story that conveys life as it is in Tibet.

MASTERS OF ENCHANTMENT

by Keith Downman, 30 illustrations by Robert Beer. #MAEN, \$19.95 oversize paperback

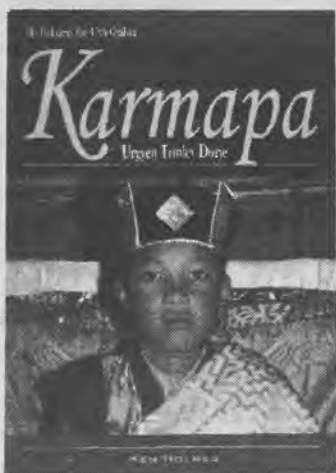
Presented in a beautifully-illustrated format are the stories and practices of the great Siddhas—the magicians and saints who founded the lineages of the Tantric tradition. The lives of the mahasiddhas demonstrate that enlightenment is to be found in the most

KARMAPA: Urgyen 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, including the 16th Karmapa, Ken Holmes presents extremely useful and not always widely available information on topics such as the Karmapa's uniqueness, his lineage, reincarnation, the land of Tibet and Tibetan Buddhism. Contains many photos of the new incarnation and older pictures of the 16th Karmapa and other lamas.



unexpected of circumstances and places, independent of any preconceived notions about behavior or the ultimate nature of reality.

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

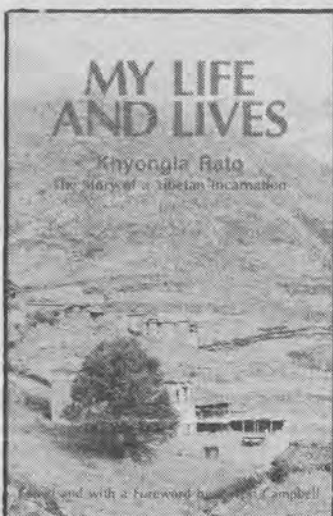
by Keith Dowman. 454 pp. #MAMA \$21.95

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.

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 was a wandering meditator. 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.



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, the elder monks of the Gelugpa sect of Tibetan Buddhism divined that a five-year-old boy was the reincarnation of the ninth Khyongla of Tibet. On the boy's sixth birthday, monks on horseback took him from his parents to a monastery some distance away where he was installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Communist Chinese took over. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the USA.

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!

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. #TISMY \$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.

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

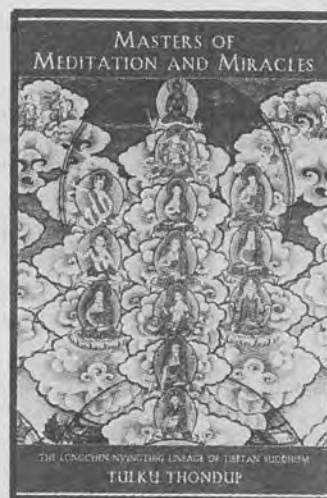
by Sir Charles Bell. 460 pp. #PODALA \$22.95

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.

TO THE LION THRONE

by Whitney Stewart. 55 pp. #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama which adults appreciate as much as children.

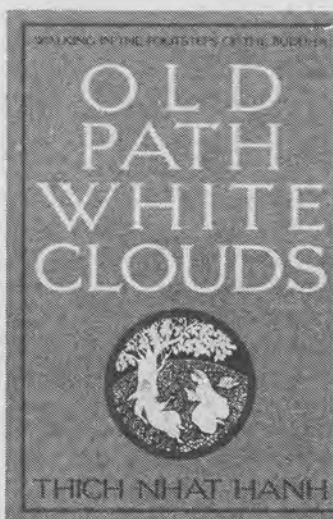


MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism

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.



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 Spanish Boy Whose Destiny Was To Be A Tibetan Lama

by Vicki Mackenzie. 183 pp., 15 color photos, #REBOLA \$12.95

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.

CHILDREN'S CORNER

AMY AND GULLY IN RAINBOWLAND

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

These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.

THE BOY WHO HAD A DREAM

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

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up.

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

the way of 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, are traditionally used to teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for modern

English-speaking children ages 5-10.

NEW!

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 children's books.

DHARMA FAMILY TREASURES: Sharing Mindfulness with Children

ed. by Sandy Eastoak. 240 pp. #DHFA \$14.95

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Aitken, Chris-

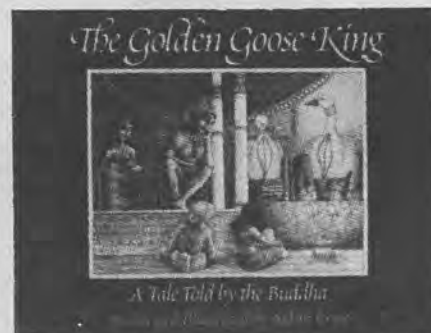
tina Feldman, and others on how to share mindfulness practice with children and introduce them to basic Buddhist principles. Contains essays, poems, songs and stories valuable to any parent active in the spiritual growth of their children.

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 in conjunction with the special Newark Museum project "Tibet: The Living Tradition." Exploring unknown places, meeting new people, and seeing different ways of life can be among the greatest joys of childhood. *Explore Tibet* is designed to in-

troduce the young reader to Tibetan culture. The combination of hands-on activities with stories and illustrations offers something for every child. Meet a Tibetan family and construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more! Ages 3-10.



THE GOLDEN GOOSE KING: A Tale Told by the Buddha

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

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose, king of 94,000 geese dwelling near the city of 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 7-12 and their parents.

HERO OF THE LAND OF SNOW

illus. by Julia Witwer. #HELASN \$6.95

This tale of Gesar recounts his birth, defiance of tyranny, exile, and the maiden who awakens him to fulfill his destiny and helps him find the wonder-horse Kyan-shay. Wonderful full-page illustrations. Ages 5 and up.

HIMALAYA

by Jan Reynolds. 38pp., 8 1/2 x 11", lots of color photos. ages 4-12 or for adults! #HI \$9

For thousands of years the Sherpa and Tibetan peoples have lived in the Himalaya, the highest mountains on earth. They survive in a land where massive peaks are covered with snow and ice all year long, and temperatures at night can drop as low as sixty degrees below freezing. Dramatic photographs and a simple narrative invite readers to participate in the daily life of these special mountain people.

INDEPENDENCE TO EXILE

by Christopher Gibb. 94 pp., many illustrations and photos, #INEX \$7.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion. Designed and illustrated by students of the Tibetan Children's Village. Ages 8-14

THE LAND OF SNOWS

by Christopher Gibb. 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.

LEARNING FROM THE DALAI LAMA: Secrets of the Wheel of Time

by Karen Pandell with Barry Bryant, for. by Richard Gere. #LEDALA \$16.99 cloth

Here is a simple and creative introduction to the Buddhist way of life and to the teachings of the Dalai Lama. A craft book, cultural lesson, and spiritual primer all in one—this book teaches through the ceremony of Kalachakra and its sand mandala.

SPIRITUAL PARENTING

by David Carroll. 416 pp., #SPPA \$12.95

A practical, accessible guide to the spiritual development of children from infancy to adolescence. Written with no particular religious perspective, it draws on the great Eastern and Western religious traditions and aims at helping parents to effectively communicate spiritual ideas to their children. David Carroll has degrees from Harvard and Columbia and is the author of twenty-two books.

THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha

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

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

VIU'S NIGHT BOOK

by W.W. Rowe. 56 pp., 8 illus. #VINIBO \$7.95

How can the boy Viu escape? Captured by cruel invaders, he and his people must labor like slaves in a strange land. Injustice reigns at school. Even the boy's dog is targeted by the oppressors. Then the terrifying green fever strikes, but Viu finds, within himself, two magical weapons: selfless courage and the power of seeing the goodness in other people. (This is a story with no specific cultural reference.) Ages 5-12.

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.

BEST SELLING!

PRINCE SIDDHARTHA

by Landaw & Brooke. Color drawings, #PRSI \$15.95

A delightful children's book on the life of Gautama Buddha. Ages 4 and up.

TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOB \$9.95

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.

TO THE LION THRONE

by Whitney Stewart. 60 pp., large format #LITH \$8.95

This biography follows the life of the young, spirited boy who became a monk at age three, moved to the Potala Palace in Lhasa and became the spiritual and political leader of his people by age fifteen. To her careful research into the early years of the Dalai Lama, Whitney Stewart adds many touching stories from the Dalai Lama himself, as well as spirited illustrations to produce a book that will leave a lasting impression on young readers. Ages 12 and up.

"The author has perfectly captured the sense of wonder and childlike en-

thusiasm of the young monk's personality, while telling the larger story of Tibetan culture."—*The Quest Reader*

"Whitney does a fine job of integrating information about Buddhist beliefs and Tibetan political history, both of which are crucial to an understanding of the Dalai Lama's life."—*Booklist*

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.



THE THREE SILVER COINS: A Story from Tibet

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

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

Once upon a time 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 fully illustrated children's book retells a wonderful Tibetan story of a boy's adventure and the help he receives from several animals. It is one of our very best books for young readers! Ages 4 and up.

TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$14.50 See Religion & Philosophy for description.

TINTIN IN TIBET

by Hergé. 62 pp. #TITI \$8.95

Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.

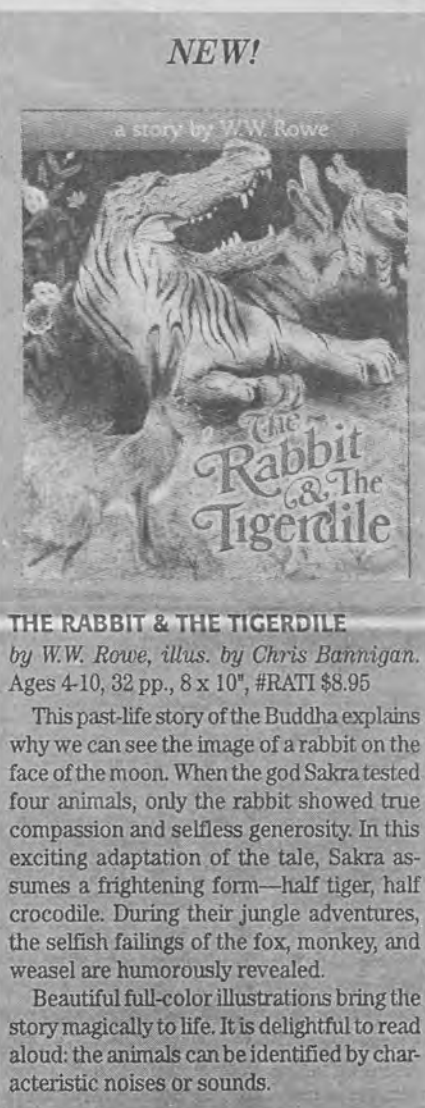
WHERE IS TIBET?

by Gina Halpern. 48 full-color pages, ages 3-10, #WHTI? \$12.95 paper

"A beautifully-illustrated picture book that successfully presents the rich cultural and spiritual heritage of this land."—Shelley Garvey, *School Library Journal*

Brilliantly-illustrated with Tibetan images and colors, this sensitively-rendered book follows the search of a refugee Tibetan boy and girl for their native land. The children could be two of the real exiled children now living in India and Nepal. But their search goes beyond the geographical and personal. In Gina Halpern's hands their quest becomes the universal search of all who seek the path to a place of peace. Ages 4-12.

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



THE RABBIT & THE TIGERDILE

by W.W. Rowe, illus. by Chris Bannigan. 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.

COOKBOOKS

NEW!

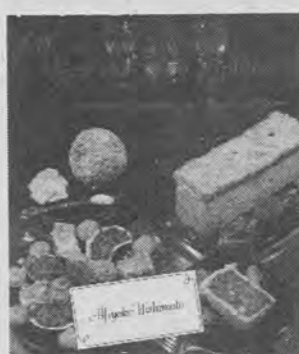
THE NEPAL COOKBOOK

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

This cookbook is the collective project of the Nepali people who contributed over one hundred recipes that were previously part of their family's secret oral treasure and tradition. *The Nepal Cookbook* serves as a resource of recipes not only for Westerners but also for the Asians born and raised in the US. These treasured recipes reflect the diets of both rich and poor, and represent food commonly prepared in the mountains as well as the Tarai plains. Nepali food, which is simple and subtle in flavor, is a unique blend of both Tibetan and East Indian cuisine. There are recipes for snacks & appetizers, chutneys & pickles, soups, lentils and dals, vegetables, meat, chicken & seafood, rice & breads, and desserts.

Sample dishes include: Rice Pancake, Cauliflower and Green Chili Pickle, Chick

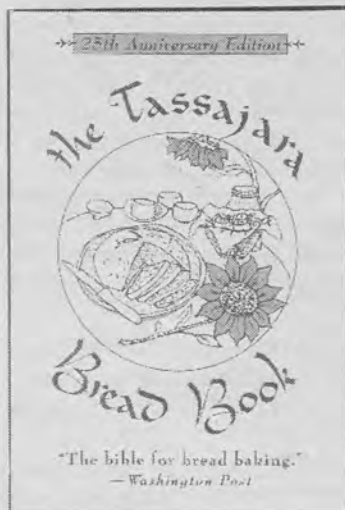
Pea Curry, Steamed Turkey Dumplings, Plain Wheat Flat Bread, Roti Bread, Pan Fried Asparagus and Potatoes, Green Mango Chutney, Hot Potato Curry, Nepali Peda Cookies, Rekha's Sweet Balls.



THE NOW AND ZEN EPICURE: Gourmet Cuisine for the Enlightened Palate

by Miyoko Nishimoto. 240 pp., color photos, #NOZEEP \$17.95

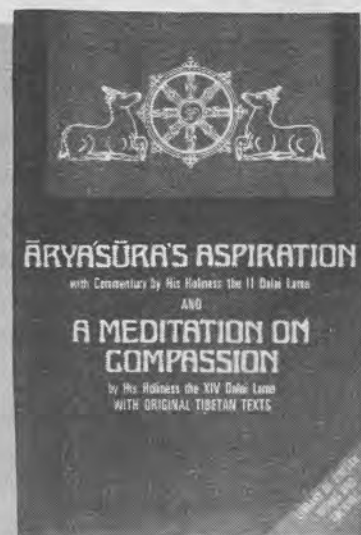
Here is a landmark collection of vegan recipes, inspired by the best of Japanese and French cooking. "If nouvelle cuisine has a vegetarian counterpart, the *Now and Zen* recipes are definitely it."—*San Francisco Examiner*



TASSAJARA BREAD BOOK

by Edward Espe Brown. 160 pp., 2 b&w illus., 31 line drawings, #TABRBO \$12

Now with exciting new recipes—the international best-seller that is the bible for bread baking. 113 recipes for breads, pastries, desserts, and more!

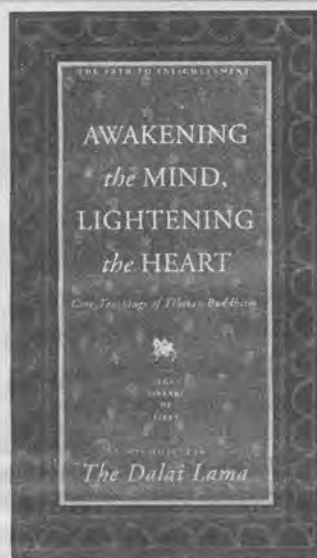


BACK!

ARYASURA'S ASPIRATION & A MEDITATION ON COMPASSION

by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$9.95

Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. This translation has a commentary by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* has a commentary by the present Dalai Lama—the embodiment of compassion.



AWAKENING THE MIND, LIGHTENING THE HEART: Core Teachings of Tibetan Buddhism

by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMILI \$20.00 cloth

His Holiness shows how the feeling and activity of compassion can be developed through simple practices that incorporate past and present relationships. He offers techniques for increasing the experience of compassion in our lives.

THE BODHGAYA INTERVIEWS 1981-85

by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104 pp., photos, #BOIN \$8.95

"In these spontaneous interviews he reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

In these sparkling interviews, His Holiness the Dalai Lama covers a spectrum of religious and secular concerns in a most candid and stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, mantra, gurus, protector deities, and particle physics are some of the topics discussed—much of this information is unavailable elsewhere. These interviews were held at the close of annual teachings and initiations in Bodhgaya, India, the place most sacred to Buddhists.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95

"The best teachings from the East are the ones given by the Dalai Lama"—Joseph Campbell

In 1981, His Holiness the Dalai Lama gave

an in-depth introduction to Buddhist theory and practice in a series of lectures at Harvard University. Using the foundational Buddhist topic of the Four Noble Truths, he covers a spectrum of topics such as: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature: Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

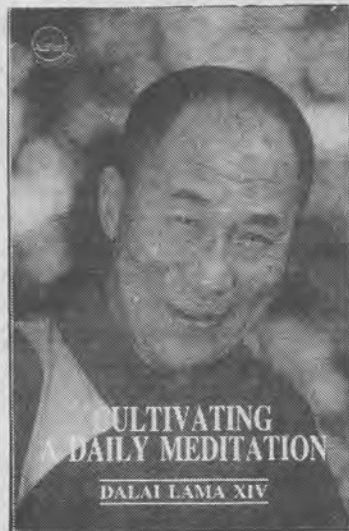


THE BUDDHISM OF TIBET

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

"The book will give the beginner an excellent foundation in Tibetan Buddhism."—*The Tibet Journal*

The Buddhism of Tibet is a concise introduction to the principle topics and central practices of Buddhism. Included are: *The Key to the Middle Way* by the Dalai Lama—an acute and precise presentation of the nature of emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion and a clear, concise analysis of the Buddha's teaching on emptiness. *The Song of the Four Mindfulnesses*, a 7th Dalai Lama poem with commentary by the present Dalai Lama, contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.



CULTIVATING A DAILY MEDITATION

by the Dalai Lama. 137 pp., #CUDAME \$7.95

The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara.

BEST SELLING!

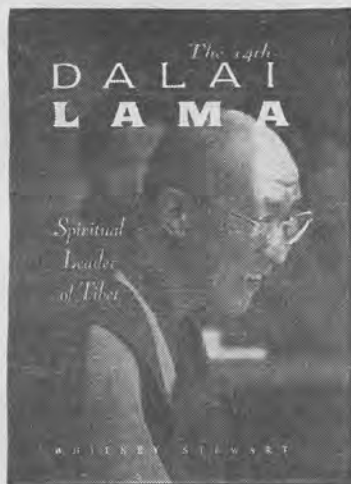
THE DALAI LAMA: A POLICY OF KINDNESS

compiled & edited by Sidney Piburn. 152 pp., #POKI \$10.95

"...This is a very important collection...the writings are well chosen...most highly recommended."—*Library Journal*

"The Dalai Lama: A Policy of Kindness brought me gently and pleasantly into the life and mind of this extraordinary spiritual leader and assured the success of my interview with him."—Bill Moyers, PBS Television, Public Affairs TV, Inc.

NEW!



THE 14TH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart

128 pp., 53 b&w and color photos and line drawings, ages 10 to adult, #14DALA \$17.95 cloth

Whitney Stewart recounts the Dalai Lama's fascinating life story—his birth, discovery, isolated childhood in a palace, his teenage years negotiating with China's Chairman Mao, his flight into India and his life in exile. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989. He is a spiritual leader known and loved around the world.

"...a penetrating look at the personal life and philosophy of the Dalai Lama...a deeply moving book."—*Leading Edge Review*

"The style with which the editor captured the essence of this remarkable individual prevails in the excellent choice of material. *A Policy of Kindness* is ideal...the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate look into the life of the Dalai Lama to his thoughts on an assortment of current topics...elegant, inexpensive and captivating."—*The Book Review*

BOOK-OF-THE-MONTH CLUB SELECTION

TANTRIC MANUAL!

DEITY YOGA in Action and Performance Tantras

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp., many photos of mudras, #DEYO \$18.95

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is the basis of all higher tantric practices. This is an invaluable book for anyone who is practicing or interested in Buddhist tantra. Contains:

Part 1: Heart of Mantra by the Dalai Lama is a lucid exposition of the meditative rites of deity yoga—the distinctly tantric process in which yogis visualize themselves in the form of a Buddha's divine body as a manifestation of compassionate wisdom.

Parts 2 & 3 of the Great Exposition of Secret Mantra by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated.

Supplement by Jeffrey Hopkins outlines in detail the structure of Action Tantra practices as well as the need for the development of special yogic powers. This book is the sequel to *Tantra in Tibet*.

ESSENTIAL TEACHINGS

by the Dalai Lama. 127 pp. #ESTE \$12.95

This is an oral teaching on the path of the Bodhisattva—the 37 practices for the cultivation of bodhicitta, the mind of awakening. The Dalai Lama offers instruction on how to follow these guidelines for compassionate living. Also included is a teaching to the middle way beyond all dualistic perceptions and thought.

A FLASH OF LIGHTNING IN THE DARK OF NIGHT

by Dalai Lama. 141 pp. #FLIDA \$10

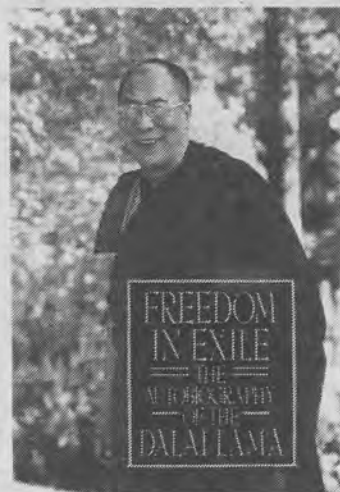
This is a commentary by the Dalai Lama on the *Guide to the Bodhisattva's Way of*

Life. The theme is the development of compassion—the guiding principle of the bodhisattva. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom. The Dalai Lama teaches the way to make the bodhisattva ideal a living experience.

FOUR ESSENTIAL BUDDHIST COMMENTARIES

by The Dalai Lama. 154 pp. #FOESBC \$9.95

The Dalai Lama discusses the meaning of four central texts on Tibetan Buddhist practice: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*, and the *Song of Four Mindfulnesses*.



FREEDOM IN EXILE: The Autobiography of the Dalai Lama

256 pp., 16 black & white photos, #FREX \$12

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion up to the present life in exile and re-establishment of his culture in India.

KINDNESS, CLARITY, AND INSIGHT

by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95

This best-selling book contains a collection of talks given by the Dalai Lama to Western audiences during his tours of North America. His Holiness covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception.

His talks are arranged so that they become progressively deeper, beginning with Religious Values and Human Society, Compassion in Global Politics and moving on to topics such as: The Luminous Nature of the Mind, Altruism and the Six Perfections; The Luminous Nature of the Mind; Deities; Transforming the Mind Through Meditation; Eight Verses of Training the Mind; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views On Dying; Self and Selflessness; The Two Truths.

"This is an excellent book."—*Choice*
 "Though [the Dalai Lama] is one of the most erudite scholars...he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his 1984 book, *Kindness, Clarity and Insight*."—*Time Magazine*



THE MEANING OF LIFE

by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 130 pp. #MELI \$12.50

The Dalai Lama presents the basic world view of Buddhism while answering some of life's most profound and challenging questions. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. Edited from a series of talks given in London, the book includes the Dalai Lama's answers to both philosophical and personal questions from the audience.

MY LAND AND MY PEOPLE

by the Dalai Lama. 271 pp. #LAPE \$8.95

This is the famous *autobiography*. It is the *only* life account written by the Dalai Lama himself.

MYSTICAL VERSES OF A MAD DALAI LAMA

by Glenn Mullin. 270 pp. #MYVEMA \$14

"Having known Glenn Mullin and his work for many years, I am delighted to see yet another volume of his wonderfully heartfelt and readable studies of the works of the Dalai Lamas. The Second Dalai Lama's mystical poems and lyrical visions are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space,' sometimes, 'The Melodious Laughing Vajra,' but more often, 'The Mad Beggar...' referring to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

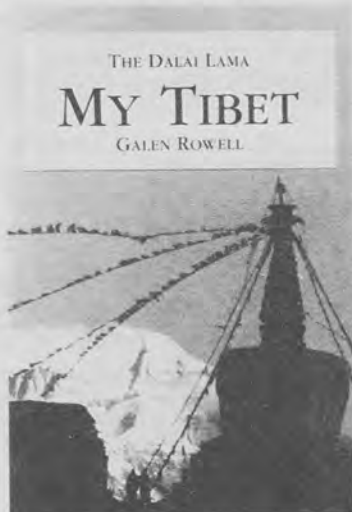
PATH TO BLISS

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

Path to Bliss presents a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. It does not presuppose any prior experience on the part of the beginner, while providing rich material for the more advanced practitioner. Beginning with practices that develop an effective mental outlook in one's

life, this book guides the student to more advanced techniques for developing the mind's deepest potentials and happiness.

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



MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$40 (see Art & Photography).

NOBEL PEACE PRIZE AND THE DALAI LAMA

compiled & ed. by Sidney Piburn. 72 pp. #NOPEPR \$4.50

Here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award. Comprising a succinct statement of his personal and political philosophy, these addresses also show the great depth, warmth and humor of the Dalai Lama as a person and statesman.

OPENING THE EYE OF NEW AWARENESS

by H.H. the Dalai Lama, trans. by Donald S. Lopez, Jr. with Jeffrey Hopkins. 144 pp. #OPEYAW \$10.95

A succinct yet thorough presentation of the doctrines of Tibetan Buddhism written by the Dalai Lama for those who do not have the leisure to study the great texts. It is a good survey of the theory and practice of Buddhism.

THE PATH TO ENLIGHTENMENT

by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95

"For its down-to-earth style and rich spiritual teachings, this must rank as one of the finest Buddhist books to date."—*The Middle Way*

The Dalai Lama provides an extensive teaching on the path to enlightenment in Tibetan Buddhism. His discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" and he speaks directly to the reader offering spiritual advice, his personal reflections, and scriptural commentary. He elucidates in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism available.

"...presented in a practical and understandable form...delightfully illustrated, well-printed and highly recommendable as a practical guide to Tibetan Buddhism"—*Quest Magazine*

Path to Enlightenment is a new edition of *Essence of Refined Gold*.

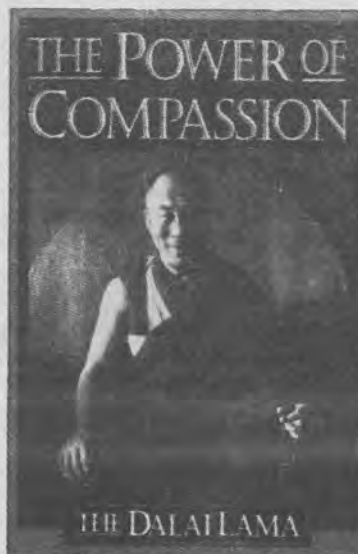
THE UNION OF BLISS AND EMPTINESS

H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

Guru yoga is an important aspect of the tantric practice of Mahayana Buddhism and the foundation on which the whole tantric structure is built; it is also the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends largely upon inspiration transmitted in an unbroken lineage through a living person, the guru.

This book presents a practical instruction which blends the essential aspects of the sutra path together with the profound tantric techniques that activate the latent spiritual forces within us. By laying the basic framework of the entire Buddhist path, it also sets down the guidelines for undertaking a complete form of practice on a daily basis.

The lucidity and the liveliness of His Holiness the fourteenth Dalai Lama's commentary make such meditation both inspiring and compelling.



THE POWER OF COMPASSION

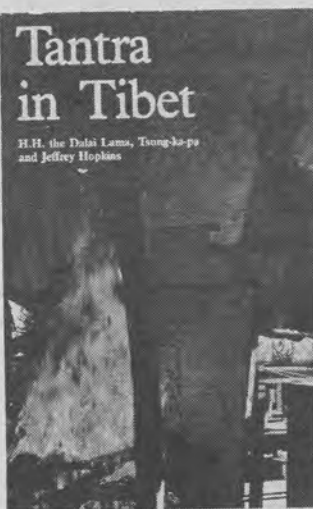
by H.H. the Dalai Lama. 192 pp. #POCO \$12

Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face the confusion and suffering of the world and bring wisdom and compassion into their lives. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—such as the strife in Bosnia, racial hatred, abortion, the environment and relationships.

SONGS OF THE SIXTH DALAI LAMA

ed. by K. Dondup. 188 pp. #SOSI \$5.95

The love poems of the Sixth Dalai Lama are beautiful in their expression and a treasure of passionate sentiment.



TANTRA IN TIBET

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 252 pp. #TATI \$14.95

"This is a most valuable book for the

serious seeker."—*The Tibet Journal*

Tantra in Tibet consists of three parts published under the auspices of the Dalai Lama:

Essence of Tantra by H.H. the Dalai Lama explains how tantra is a highly practical and compassionate system of spiritual development. Contents include: tantra for practice, refuge, the three paths, greatness of mantra, clear light and initiation.

Part 1 of the Great Exposition of Secret Mantra by Tsong-ka-pa, is one of the principal classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the differences between sutra and tantra. Contents include: paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras.

Supplement by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras. This book is the companion volume to *Deity Yoga*.

TO THE LION THRONE

by Whitney Stewart. 60 pp., large format #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama. It follows the life of the young, spirited boy who became a monk at age three, moved to the Potala Palace in Lhasa and became the spiritual and political leader of his people by age fifteen. Whitney Stewart adds many touching stories from the Dalai Lama himself, as well as spirited illustrations to produce a book that will leave a lasting impression on young readers.

COMMENTARY ON SHANTIDEVA!



TRANSCENDENT WISDOM

by H.H. the Dalai Lama; trans., ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$12.95

"A clear exposition..."—*Vajradhatu Sun*

"The Guide to the Bodhisattva Way of Life" is one of the books most highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as a challenging and profound exposition of the Madhyamika philosophy. This extraordinarily clear exposition by the Dalai Lama with its precise elucidation of core issues of Tibetan Buddhism, stands as a key work in Buddhist literature. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.

"In this work we have the Dalai Lama at full strength...a profound work."—*Parabola*

THE TURQUOISE BEE: The Lovesongs of the Sixth Dalai Lama

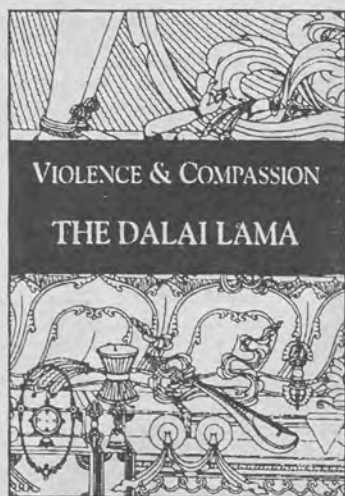
trans. by Rick Fields & Brian Cuttillo, illus. by Mayumi Oda. 138 pp. #TUBE \$15 cloth

The poems and love songs of the Sixth Dalai Lama (1683-1706) express the inner life of a legendary spiritual leader. Eloquent set in historical context, astutely translated, and beautifully illustrated, these poems articulate the mysteries, struggles, and joys of spiritual and sensual life with enduring relevance.

VIOLENCE & COMPASSION

by H.H. The Dalai Lama and Jean-Claude Carrière. 248 pp., #VICO \$20.00

French film writer Jean-Claude Carrière, through engaging conversations with the Dalai Lama, gives readers a wonderful opportunity to understand his views and insightful guidance on a wide range of topics—issues and problems important to everyone in the world. Women's rights, education, terrorism, the population explosion, environmental dangers, violence—the Dalai Lama cuts through to the essence of each issue and offers insightful guidance. Recommended. Jean-Claude Carrière has been the screen writer of more than fifty films, including *The Return of Martin Guerre*, *The Unbearable Lightness of Being*, and *The Mahabharata*.



THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice

by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$14.00

"His Holiness offers a clear and penetrating overview of Tibetan Buddhist practice from the Four Noble Truths to Highest Yoga Tantra with special emphasis on the practice of love, kindness, and universal responsibility."—Richard Gere

In this landmark work, His Holiness explains the Tibetan Buddhist path to enlightenment. The book consists of a general overview of the basic theories and practices of Tibetan Buddhism, a commentary on selected readings from Santideva's *Bodhicaryavatara*, focusing on the practice of love, kindness, and compassion, and

lastly, a discussion of Vajrayana Buddhism and the path of tantra.



DEATH & DYING

BARDO TEACHINGS:

The Way of Death and Rebirth

by Ven. Lama Lodo, 73 pp., illustrations #BATE \$8.95

Bardo Teachings discusses the experiences that occur during and after death and clears up many misconceptions that students have about the death process.

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra—not a potpourri of western self-help instructions and fragments of eastern thought.

"*Bardo Teachings* is...a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—*San Francisco Chronicle*



THE BARDO GUIDEBOOK

by Chokyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

Rinpoche offers new information on how to deal with the four bardos and provides a guide for practitioners desiring liberation. This is a commentary on *The Mirror of Mindfulness*.

DEATH AND DYING
The Tibetan Tradition

GLENN H. MULLIN

DEATH AND DYING:
The Tibetan Tradition

by Glenn Mullin. 251 pp. #DEDY \$11.95

This well-written book draws on nine Tibetan texts and covers such topics as: meditation techniques to prepare for death, inspirational accounts of the deaths of saints

and yogis, methods to facilitate the transition to new modes of consciousness, and explanations of karma and re-incarnation.

"This one volume presents the Tibetan understanding of death as a whole; circumambulating it, as we might say, to view it in the round."—Prof. Huston Smith

DEATH AND THE ART OF DYING in Tibetan Buddhism

by Bokar Rinpoche. 144 pp. #DEARDY \$14.95

Based on Bokar Rinpoche's intimate knowledge and experience of caring for the dying, he offers ways of helping the dying and dead. This book serves as a guide through the different stages of dying and explains how to develop skillful means to encounter death without fear. He also teaches how to maintain constant awareness of impermanence and inevitability of death both to enrich our life and to prepare for death.

THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos

Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$14

This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.

DEATH, INTERMEDIATE STATE AND REBIRTH

by Lati Rinbochay & Jeffrey Hopkins 86 pp. #DEINST \$9.95

Anyone interested in the process of dying will find this book fascinating. The Highest Yoga Tantras are based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them. This text unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness. The Dalai Lama offers advice on how the spiritual potential of the death experience can be enhanced for everyone involved.

"The work forms an excellent companion volume not only to the Buddhist texts known as the 'Tibetan Books of the Dead,' but also to contemporary Western works on death and dying...handsomely arranged with numerous charts and an excellent bibliography."—Prof. Janice Willis, *Religious Studies Review*

REBIRTH INTO PURE LAND:
A True Story of Birth, Death and Transformation

by Robert Sachs. 108 pp. #REINPU \$10.95

This is a moving autobiographical account of the loss of Shamara Sachs, the author's daughter, to "Sudden Infant Death Syndrome" and the healing of the parents

and others that followed. Khenpo Karthar Rinpoche and Ole Nydahl played special roles as Buddhist teachers during this period—Ole performed phowa for the daughter and assisted the release of her psyche to a pure land. There were definite, positive signs on the body of Shamara that the phowa had been effective.

"*Rebirth Into Pure Land* can serve as a healing tool and I recommend it to all those affected by SIDS."—Tsultrim Allione, author of *Women of Wisdom*.

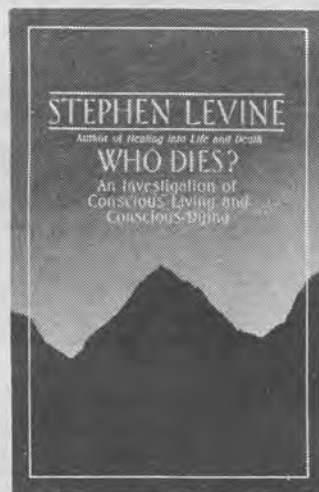
THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$16 paper, #TIBOLI \$24 cloth

Rinpoche examines the dramatic possibility for healing that can be released when we learn to view death as the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, methods of meditation, near-death experience, caring for the dying, and acceptance. (Also available on tape.)

THE TIBETAN BOOK OF THE DEAD
by Robert Thurman. 278 pp., 8 color photos, #TIBO \$12.95

This authoritative new translation preserves the form and spirit of the original and was prepared especially for Western readers by one of the most prominent Tibetan scholars in America. Its introduction to Buddhist doctrine, instruction in meditation, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.



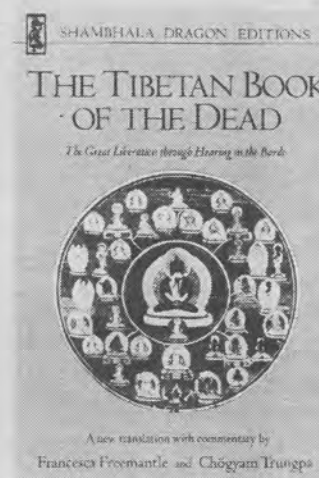
WHO DIES? An Investigation of Conscious Living and Conscious Dying

by Stephen Levine. 317 pp., #WHD1? \$10.95

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

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

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

THE TIBETAN BOOK OF THE DEAD:
The Great Liberation Through Hearing in the Bardo

trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBODD \$10

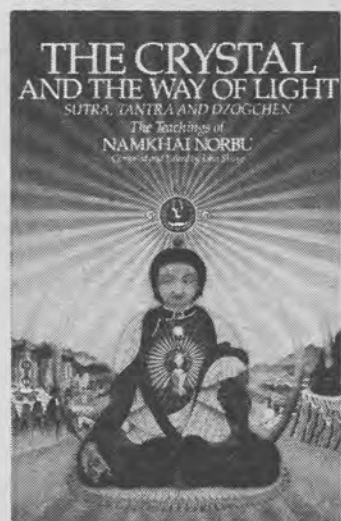
This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology.

ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation

by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

Essential teachings containing practices for meditation, for the night and for the daytime were chosen and elaborated upon by the Venerable Gyatrul Rinpoche. He offers an excellent manual for the Dzogchen meditation practices of shamatha and vipassana which was written by H.H. Dudjom Rinpoche and one of the most direct and useful dream yoga accomplishment manuals. The third section, entitled *Transforming Felicity and Adversity into the Spiritual Path* is a contemporary classic for improving the quality of daily life experiences.

"...precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves... there is something here for all of us, at all times, day or night—its advice is completely in tune with the present."—Robin Cooke, *The Mirror*



THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen

by Chogyal Namkhai Norbu Rinpoche, compiled and ed. by John Shane. 176 pp., 28 b&w photos, 23 line drawings, #CRWALI \$13.95

This popular book examines the various levels of the spiritual path from the point of view of Dzogchen. Rinpoche interweaves his life story with Dzogchen teachings, making them accessible through his living example. He discusses his early life and edu-

cation and how he met his principal master. Rinpoche then tells how his master showed him the real meaning of "direct introduction to Dzogchen." He talks about his uncles who were Dzogchen masters and gives teachings on the base, path and fruit of the practice. Illustrated with line drawings and thangkas of many Buddhist masters and well as with photos of meditation postures to enhance concentration.

CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation

by Namkhai Norbu. 128 pp., #CYDANI \$12.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.

DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT

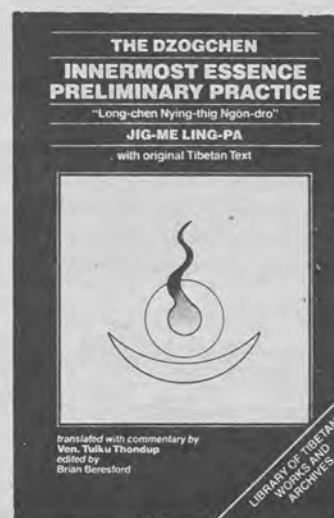
by Namkhai Norbu Rinpoche, ed. by Michael Katz. 128 pp., #DRYO \$12.95

Going beyond the practices of lucid dreaming that have been popularized in the West, this ground-breaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in the context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

DZOGCHEN MEDITATION

by Khamtul Rinpoche, annotated by Gareth Sparham. 117 pp., #DZME \$15

This is an explanation of the complete dzogchen meditation practice. It is Lochan Dharmasri's guide through a treasure text, a text first taught by Padmasambhava to his inner circle of thirty extraordinary women with wisdom. The text is explained by Khamtul Rinpoche, a master of Dzogchen practice.



DZOGCHEN: INNERMOST ESSENCE

by Tulku Thondup, ed. by Brian Beresford. 129 pp., Tibetan text, #DZINES \$8.95

This is one of the best presentations of the practice of Dzogchen meditation. It begins with the Prayer of the Preliminary Practice of Dzogpachenpo Longchen Nyingthig, then presents the common and uncommon preliminary practices, the actual path of guru yoga and the nine yantras.

NEW from SNOW LION!

DZOGCHEN THE SELF-PERFECTED STATE

Edited by Adriano Clemente, Translated from the Tibetan by John Shane



DZOGCHEN: The Self-Perfected State

by Chogyal Namkhai Norbu, ed. by Adriano Clemente, trans. by John Shane. 150 pp., 5 line drawings, #DZSEPE \$12.95

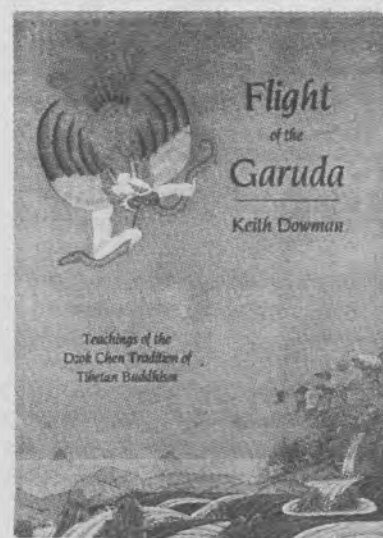
As Chogyal Namkhai Norbu explains in this very readable book, our natural condition is self-perfected from the very beginning. What is necessary is that we re-awaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the Self-Perfected State that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present, through all activities. Rinpoche begins by clearly explaining the Dzogchen teachings and then reveals, in a simple and non-intellectual manner, what is meant by the practice of Dzogchen. The first part of this book clarifies the Dzogchen teachings and what distinguishes them from other paths. The second part is a commentary on *The Six Vajra Verses* which explains in a non-intellectual manner what is meant by the practice of Dzogchen.

Chogyal Namkhai Norbu was born in 1938 in eastern Tibet and received there the full training of an incarnate lama. He is a renowned scholar, specializing in the history and culture of Tibet, and is widely acknowledged to be one of the greatest living masters of Dzogchen. He has lived in the West for many years and has taught Dzogchen at retreats around the world.

FOUR-THEMED PRECIOUS GARLAND

by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. 44 pp., #FOTHPR \$7.95

Dzogchen is the realization of the perfection of all reality as an indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzogchen methods.



THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition

Keith Dowman. 225 pp., #FLGA \$15

Contains the English translation of four fundamental Dzogchen texts with an illuminating introduction by the author: *Secret Instruction in a Garland of Vision*, *The Flight of the Garuda*, *Emptying the Depths of Hell*, *The Wish-Granting Prayer of Kuntu Zangpo*. The introduction provides a clear explanation of Dzogchen, focusing on its non-dogmatic, practical and human nature.



THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master

trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 350 pp., #GOLE \$18.95 August

Three Statements That Strike the Essential Path is an ancient Dzogchen revelation that introduces the practitioner to the nature of his or her own mind. One of the most immediately accessible commentaries, and nowadays one very widely known among Tibetan Dzogchen practitioners, is that of Patrul Rinpoche, the nineteenth century Dzogchen master. Both this and one by H.H. Dudjom Rinpoche are included here. One of the main purposes of these texts is to provide the practitioner with a direct cognition of Dzogchen, the Primordial State. We apologize that this book has been delayed so long.

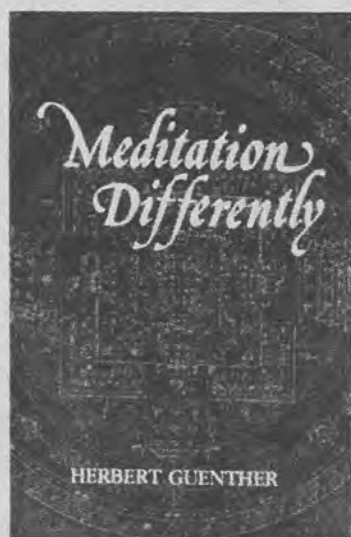


HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition

MEDITATION DIFFERENTLY

by Herbert Guenther
210 pp., #MEDI
\$17.50 cloth

Meditation Differently is a translation and commentary which contrasts Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on the four tuning-in phases introduces the Mahamudra approach to meditation. A philosophical introduction to the Dzogchen understanding of reality is presented as well as a discussion of empowerments which serve as stepping stones to the recovery of the richness and fullness of experience.



This critical commentary is a...study of the key ideas in the understanding of being and experience, utilizing developments in modern thinking to bring out nuances of Buddhist thinking.

by Shardza Tashi Gyaltsen, trans. & comm. by Lopon Tenzin Namdak, intro. by Per Kvaerne, ed. by Richard Dixey. 200 pp. #HEDRDH \$15.95

"...an inspiring text that no doubt will help to vindicate Bon as an indispensable source of Dzogchen teachings."—*TRICYCLE: The Buddhist Review*

This is the first complete text in English concerning Dzogchen meditation. It comes from the ancient Bonpo tradition of Tibet and pre-dates the advent of Buddhism. Dzogchen is an ancient system for realizing the foundational nature of mind. Written in the style of personal instruction from Shardza to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak given in the course of teaching the text to a small group of Western students in his monastery in the Kathmandu Valley in Nepal. He clarified many points about the practice as he taught this method.

The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.

KINDLY BENT TO EASE US I

by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$14.95

These three books are an inspiring introduction to Dzogchen by a leading master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

KINDLY BENT TO EASE US II

by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$12.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

KINDLY BENT TO EASE US III

by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by the warmth of felt knowledge and the rich imagery that derives from immediate experience.

MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis

by Thinley Norbu. 167 pp. #MADA \$12.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$19.95 (see Religion & Philosophy section)

NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs

by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95

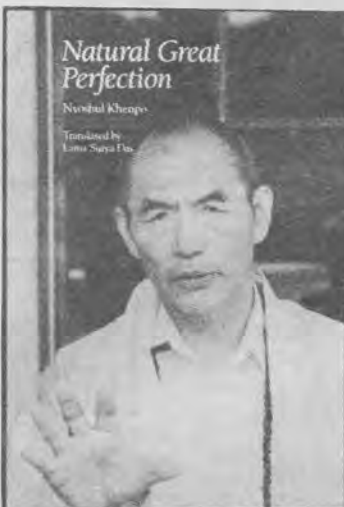
With the publication of *Natural Great Perfection*, Nyoshul Khenpo Rinpoche entered the American consciousness as one of the truly great masters and vibrant exponents of Dzogchen practice. This inspiring collection of Khenpo's teachings provides the deepest possible insight into how to understand and how to practice the Dzogchen path. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

"Nyoshul Khenpo Rinpoche is a spiritual gem—the collection is an inspiration for

practice, and a wonderful companion for retreat."—Daniel Goleman, author of *The Meditative Mind*

Following his autobiography, he explores with radiant clarity and the joy of a storyteller and poet, the basic teachings of Buddhism, the inseparability of perfect compassion and the practice of Dzogchen, and the ultimate nature of the mind—the view, path and fruit of the practice of Natural Great Perfection.

"This book is wonderful—a treasure house of liberating Dharma."—Joseph Goldstein



RAINBOW PAINTING

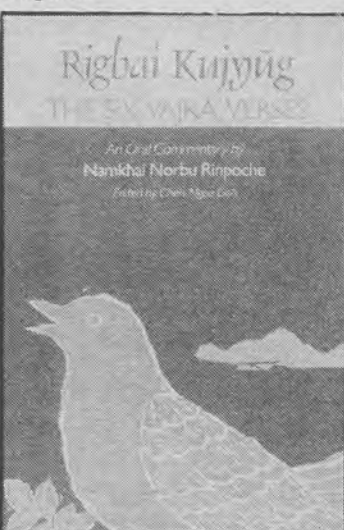
by Tulku Urgyen Rinpoche. 210 pp. #RAPA \$20

Tulku Urgyen explains how we become enlightened through experiencing what is always present within us. However, stability in this unexcelled state of unity is not attained independently of proper conduct and correct view of reality. The practices of accumulating merit and purifying karma soften our rigid character. He describes the complete path of practice of becoming established in our true nature.

SELF-LIBERATION: Through Seeing Everything With Naked Awareness

trans. & ed. by John M. Reynolds, foreword by Namkhai Norbu. 240 pp. #SELI \$14.95

The famous classic known in the West as *The Tibetan Book of the Great Liberation* has been available only in rough translation by Evans-Wentz. Now a celebrated Tibetologist reveals clearly what is said in the original, the essence of Buddhist Dzogchen teaching. Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche.



THE SIX VAJRA VERSES (Rigba! Kujyug)

by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a living knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquillity, you must have experience of the state of knowledge and know how to relax. When you discover the real condition for yourself and actually find yourself in this condition, you finally discover the real meaning of relaxation. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION

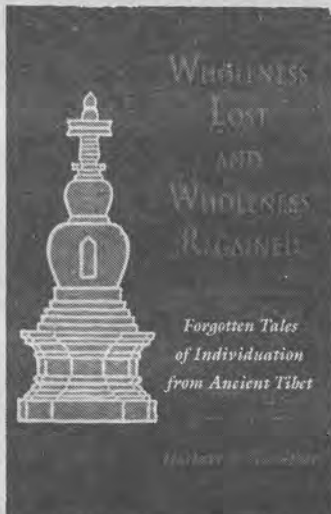
by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50

Four talks by one of the leading dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

UNION OF MAHAMUDRA & DZOGCHEN

by Tulku Chokyi Nyima Rinpoche. 240 pp. #UNMADZ \$18 Second edition!

A commentary on two great vajrayana teachings by one of the foremost teachers. This book is based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master, and concisely puts forth the oral instructions of a contemporary master. Tulku Chokyi Nyima focuses on the essential teachings of Buddhism while covering all the stages of the path.

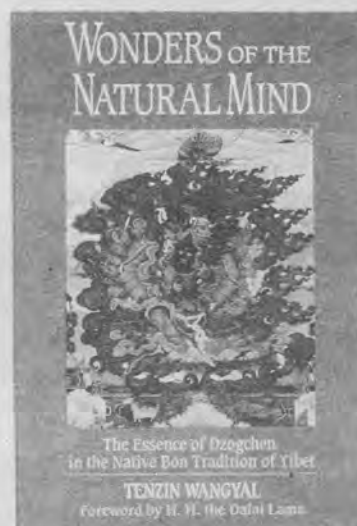


WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet

by Herbert Guenther. 128 pp. #WHLOWH \$12.95

The quest of coming to know oneself directly is intimately intertwined with a phe-

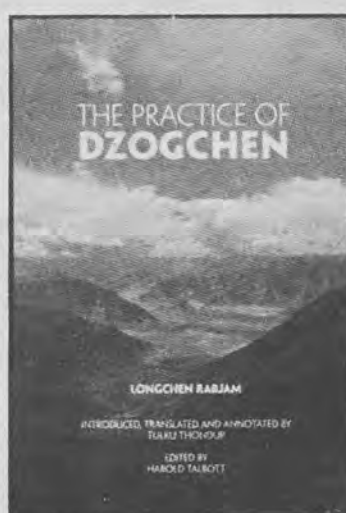
nomenological exploration of the dynamics of psychic life as it expresses itself in images as symbolic descriptions of itself. Guenther draws on the experiential vocabulary of phenomenology and hermeneutics to interpret this precious Buddhist text so that it becomes highly relevant to contemporary currents of thought. The two stories that form the basis of this study come from the *Rigpa Rangshar*, one of the oldest Dzogchen texts.



WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet

by Tenzin Wangyal, foreword by Lopon Tenzin Namdak. 256 pp. #WONAMI \$14.95 Soon

Tenzin Wangyal explains the specific meaning of the Dzogchen teachings, and takes the reader step-by-step through their practice. He covers both meditation and the visionary aspects of Dzogchen previously regarded as secret. Including examples from his own life, with drawings and photos, Wangyal explains the various kinds of energy and states of mind the reader is likely to experience. For practitioners at every level, this succinct guide will prove a key tool on the path to enlightenment.



PRACTICE OF DZOGCHEN

by Longchen Rabjam, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbott, 482 pp. #PRDZ \$22.95

"This is undoubtedly one of the most comprehensive works on Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

The Practice of Dzogchen contains the writings on Dzogchen by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingma School of Tibetan Buddhism. Dzogchen is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself.

This book was originally published as *Buddha Mind*.



TANTRIC PRACTICE IN NYING-MA

by Khetsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95

"This book presents one of those rare introductions to Tibetan Buddhism, which really can be recommended because of the splendid combination of authenticity and clarity."—*Tibet Forum*

Rinbochay's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nying-ma presentation of the Dzogchen preliminaries and practices which lead to the realization of Buddhahood. This is an oral commentary on Patrul Rinboche's *Kunzang Lamai Shelung (Words of My Perfect Teacher)*.

"...this text offers an all-encompassing presentation of the Vajrayana expression of Mahayana philosophy and practice...the virtue of this work is its technical completeness. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*

ANCIENT SECRET OF THE FOUNTAIN OF YOUTH

by Peter Kelder. 64 pp. #ANSE \$5.95

This book purports to be from Tibet. It contains five exercises that hold the key to rejuvenation, health and vitality. They require little time to practice yet many people have reported remarkable changes in their health conditions. The exercises appear to stimulate the core chakra energies to keep them moving in their youthful way. This remarkable book first appeared in Germany where it has been on the best-seller list.

NOW IN PAPER!**THE COMPLETE HOME HEALER: Your Guide to Every Treatment Available for Over 300 of the Most Common Health Problems**

by Angela Smyth. 534 pp., illus. #COHOHE \$5.99

A comprehensive home reference guide to more than 300 of the most common ailments, diseases, and general difficult health conditions. Assembling the full range of tested and respected alternative therapies and the latest in Western medical techniques, each entry in this easy-to-use reference offers a concise description of a symptom or ailment, its possible causes, and a variety of approaches to treatment including: acupressure, aromatherapy, bodywork, chiropractic, herbalism, meditation, acupuncture, biofeedback, Chinese medicine, diet and exercise, homeopathy, as well as allopathic medicine. Angela Smyth is a medical journalist who writes for leading health and science publications.

EAT MORE WEIGH LESS

by Dean Ornish, M.D. #EAMO \$14

This diet plan from the author of the renowned program for reversing heart disease tells how to take off unwanted weight, and reduce the risk of heart disease to improve overall health. Includes 250 heart-healthy gourmet recipes.

BEST SELLING!**HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine**

by Dr. Yeshe 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

The fascinating Tibetan medical system has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia. Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments which include diet and behavior modification as well as the use of medicine and accessory therapy. The great strength of Tibetan medicine is that it is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are described in this book.

Dr. Yeshe Donden received the traditional Tibetan medical training in Lhasa, Tibet, and served for over two decades as the personal physician to H.H. the Dalai Lama in Dharamsala, India. There he re-established the Tibetan Medical Center and achieved fame by his successful treatment of many renowned people.

**ESSENTIAL REIKI: A COMPLETE GUIDE TO AN ANCIENT HEALING ART**

by Diane Stein. 156 pp., many line drawings, #ESRE \$18.95

Reiki is an ancient and profoundly simple system of "laying on of hands" healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. *Essential Reiki* presents full information on all three degrees of this healing system, most of it in print for the first time. By demystifying this ancient healing system, *Essential Reiki* is a controversial book. Taught from the perspective that Reiki healing belongs to all people, Diane provides everything that the healer, practitioner and teacher of this system needs except for the "attunements."

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

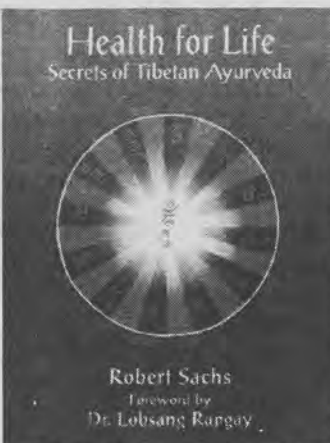
by Christopher Kilham. 84 pp., 15 photos, #FTTI \$9.95

The *Five Tibetans* are a yogic system of simple yet highly energizing exercises that originated in the Himalayas. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught these exercises to thousands of people seeking a healthier lifestyle. The *Five Tibetans* take a minimum of daily time and effort but can dramatically increase physical strength and suppleness as well as 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.

**HEALTH FOR LIFE: Secrets of Tibetan Ayurveda**

by Robert Sachs, foreword by Dr. Lobsang Rongpa. 240 pp., 34 illus. #HEFOLI \$14.95

This is a comprehensive guide to physical and mental health. It distills a wealth of traditional Tibetan health practices and teachings into a manual of preventive health

care for people of all ages and constitutional types—guidelines on nutrition, exercise, relaxation, rejuvenation, detoxification, meditation and spiritual practices, as well as other activities for creating strength, vitality, and mental clarity. A self-profile test will help readers determine their physical/personality type according to the Tibetan system.

BODY AND EMOTION:**The Aesthetics of Illness and Healing in the Nepal Himalayas**

by Robert Desjarlais. 300 pp., 27 illus. #BOEM \$16 cloth

This is an insightful study of the experience of "soul loss" among the people of the Helambu region of north-central Nepal. Robert Desjarlais served as an apprentice healer to a traditional shaman among the Yolmo Sherpa, a Tibetan Buddhist people. Through his candid observations and his privileged access to the work of the healer, the author is able to discuss the relationship between culture and emotional distress, and examine the cultural forces that influence, make sense of, and heal severe pain and malaise.

HEALING INTO LIFE AND DEATH

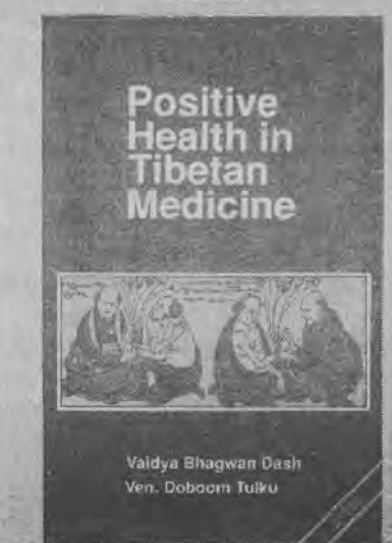
by Stephen Levine. 294 pp. #HELIDE \$9.95

Stephen Levine is a broad-minded teacher who is mature and experienced in working with both mental and physical illness. He knows the roots of suffering intimately and offers others many approaches to dealing with them. Stephen explores many aspects of the healing process, offering original techniques for working with pain and grief including sixteen guided meditations. He discusses the development of a merciful awareness as a means of healing and how to encourage others to do the same.

NEW!**LECTURES ON TIBETAN MEDICINE**

by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

The late famous Tibetan woman Dr. Dolma was a respected teacher of Tibetan medicine. This book contains her lectures on the fundamental concepts of Tibetan medicine and answers numerous questions. One of the best books on the subject—she discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

NEW!**POSITIVE HEALTH IN TIBETAN MEDICINE**

by Vaidya Bhagwan Dash & Ven. Doboom 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, conveyed through excerpts translated and commented on from Tibetan and Ayurvedic medical works.

THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

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

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

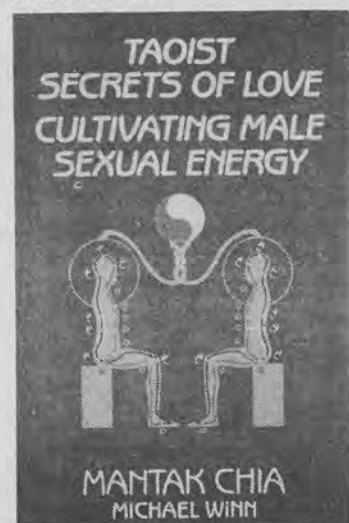
Quintessence Tantras of Tibetan Medicine contains the first complete translation of the Root Tantra and Explanatory Tantra of Tibetan medicine. It is the most thorough, detailed and systematic reference for Tibetan medicine in English. It contains the Tibetan views and defining characteristics of healthy and diseased bodies. The remarkable diagnostic techniques of pulse and urine analysis are presented together with the 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 standard of ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

Dr. Barry Clark is the only Westerner to have undergone the complete theoretical and clinical training of a Tibetan doctor. For almost 20 years, he has studied, practiced and taught the ancient science of Tibetan medicine.

STAYING WELL IN A TOXIC WORLD: Understanding Environmental Illness, Multiple Chemical Sensitivities, Chemical Injuries, and Sick Building Syndrome

by Lynn Lawson. 350 pp. #STWE \$15.95

This is the only comprehensive resource documenting the effects of common toxic chemicals on our health. Lynn Lawson shows how studies by the EPA, the FDA, and countless other agencies demonstrate the impact our polluted environment is having on our well-being. She looks at numerous case studies in which people who suffer from medical symptoms that cannot be relieved by their doctors have regained their health by decreasing their exposure to certain chemicals.

**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.

STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STTIME \$9.95, NOW \$7.95!

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. It presents the Tibetan medical tree and diagrams all its parts.

Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.



TIBETAN 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 and unexpurgated 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. His rendition of the arts of love is more evocative and more accessible than the erotic books of India. He gives titillating advice to shun inhibitions, describes sexual acts in detail, shows how to use sexual pleasure to enhance spiritual insight, and explains how to increase female sexual pleasure. With a mutually supportive ethic of love as a foundation, he speaks eloquently of the equality of women and their victimization by social and legal codes. An over-arching focus is sexual ecstasy as a door to spiritual experience of fundamental mind; the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

Tibetan Arts of Love also includes a ro-

bust introduction by Professor Jeffrey Hopkins who begins with an account of Gendun Chopel's fascinating life story. Hopkins develops the major themes and describes in detail the psychology of Highest Yoga Tantra in which a mind of orgasmic bliss is used for realizing the final nature of reality.

THE TIBETAN BOOK OF HEALING

by Dr. Lobsang Rapgay. #TIBOHE \$16.95

This is a thoughtful and 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 clearly explains how to develop a well-grounded spirituality and meditation practice that accords with body/mind types and which people of all traditions can heartily embrace.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford. #TIBUMD \$12.95

Presented here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses the many components of Tibetan Buddhist medicine—its religious, philosophical and psychological foundations, its history and deities, its tantric and ritual aspects, meditations for healing and views on dying, and its humoral theory and unusual methods of diagnosis and cure.

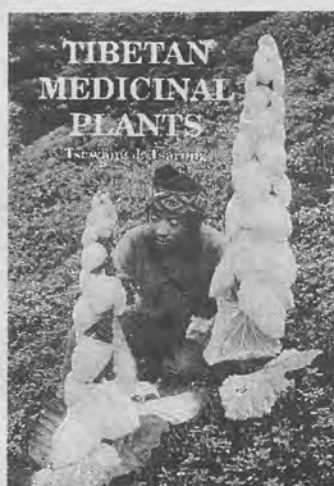


TIBETAN MEDICAL PAINTINGS

ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

This book contains the illustrations to *The Blue Beryl* treatise of Sangye Gyamtso, who was the regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa. The treatise integrated Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge which is visually presented in 76 brilliant paintings. These paintings are exact replicas of the original illustrations prepared earlier this century.

The foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates by noted specialists put the facsimiles in context.



TIBETAN MEDICINAL PLANTS

by T. J. Tsarong. 120 pp., 95 color photos #TIMEPL \$19.95

In the Himalaya mountains grow some of the loveliest and most colorful flowers in the world. Many of these wild and exotic plants have been used for centuries as ritual offerings and healing drugs by the lama-physicians of Tibet. These healers, through painstaking trial and observation, have identified these plants and documented their therapeutic action and uses in herbals.

This is the latest book by the famous teacher who has spent his life devoted to the preservation of Tibetan medical wisdom. Here are excellent photos and descriptions of many medicinal plants giving both the Tibetan and Latin names as well as indigenous information about their taste, potency, action, uses and the parts that are to be utilized in medicine.

TIBETAN MEDICINE and Other Holistic Health-Care Systems

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

The author, an osteopath and Tibetan Buddhist, describes the theory and practice of Tibetan medicine in a straightforward way that Westerners will appreciate. First he describes the Tibetan analysis of bodily functions, concepts of health and susceptibility to disease and methods of diagnosis and treatment. In the second part, he shows how Tibetan and Western holistic medicine can be practised together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhist dharma as a basis for counselling therapy.

TIBETAN MASSAGE CHART

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. Very clear and easy to follow. Written by Dr. Rapgay, well-known Tibetan physician.

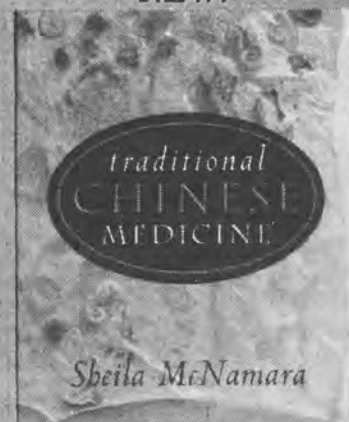
NEW!

TIBETAN MEDICINE SERIES: A Publication for the Study of Tibetan Medicine

by Physicians & Scholars of Tibetan Medicine. 12 volume set, #TIMESE \$29.95

This series is devoted to the study of Tibetan medicine and contains articles of scholarly and general interest by teachers and doctors. Thirteen have been published, twelve are available covering a wide and fascinating range of subjects. Many of the articles are by Dr. Yeshe Dhonden, Dr. Lobsang Rapgay, Dr. Lobsang Dolma Khangkar, and Dr. Pema Dorjee. Topics include general topics as well as diagnosis, pharmacognosy, childbirth, cancer, dermatology, pulse and urine analysis, glossary of plants and their relation to modern chemical activity, specific diseases and their treatment, mind and mental disorders, rituals of the dead and diagnosis of the signs of death, relaxation yoga, the secrets of the black pill.

NEW!



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, easy-to-use manual thoroughly explores these claims and succinctly explains the theory behind the practice. It tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the system of mental and physical discipline that underlies the traditional methods.

HISTORY, POLITICS & SOCIAL ACTION

ANCIENT FUTURES: Learning from Ladakh

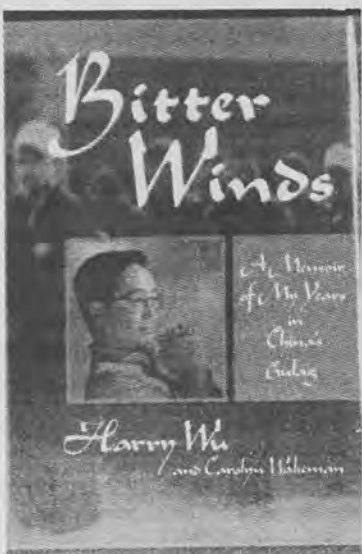
by Helena Norberg-Hodge. 222 pp. #ANFU \$12

Ancient Futures raises important questions about the whole notion of progress, and explores the root causes of the malaise of industrial society. At the same time, the story of Ladakh serves as a source of inspiration for our own future. It shows us that another way is possible and points to some of the first steps toward humane patterns of living.

BITTER WINDS: A Memoir of My Years in China's Gulag

by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$14.95

On April 27, 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.



He was denied even the most basic human rights and forced to learn the harsh lessons of prison survival. He was subjected to

grinding labor, systematic starvation, and torture, yet he refused to give up his passionate hold on life. 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, for the first time, haunting images of life behind those forbidding walls.

BUDDHISM IN RUSSIA: The Story of Agvan Dorzhiev, Lhasa's Emissary to the Tsar

by John Snelling. 320 pp., 26 photos #BURU \$22.95

This story of political and religious intrigue recounts the extraordinary life of the Lama Agvan Dorzhiev, adviser to the Thirteenth Dalai Lama, and follows the story of Buddhism in Russia up to the present time. At the end of the last century, Tibet was

caught in a super-power struggle, with the British and Russians making territorial incursions. The Dalai Lama called upon Dorzhiev, his childhood tutor, to be his emissary to the Court of Imperial Russia and the outside world. A man of great vision and political skill, Dorzhiev was instrumental in establishing Buddhism in Russia and in the building of the temple of St. Petersburg, the first in the West.

CAPTURED IN TIBET

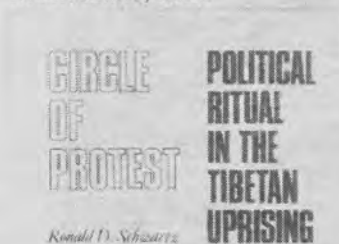
by Robert Ford, pref. by H.H. the Dalai Lama. 266 pp., 31 illus. #CATI \$8.95

In 1950, Robert Ford was working as a radio officer for the government of Tibet and was one of a very few Westerners to witness the Chinese invasion which took place late that year. His loyalty to Tibet led to his being taken prisoner by the Chinese and held in captivity for five years, accused of espionage, anti-Communist propaganda, and murder. This is an exciting book!

CHOOSE LOVE: A Buddhist Jewish Human Rights Activist in Central America

by Joe Gorin. #CHLO \$12

"Joe Gorin is a Buddha with chutzpa. If you dare to take Guatemalan and Nicaraguan peasants and workers into your heart and to get as disturbed as he does about the way they are squashed by US-sponsored low-intensity warfare, read this book."—Robert Aitken, Roshi



CIRCLE OF PROTEST: Political Ritual in the Tibetan Uprising

by Ronald Schwartz. 263 pp., 2 maps, 6 photos. #CIPR \$16.50

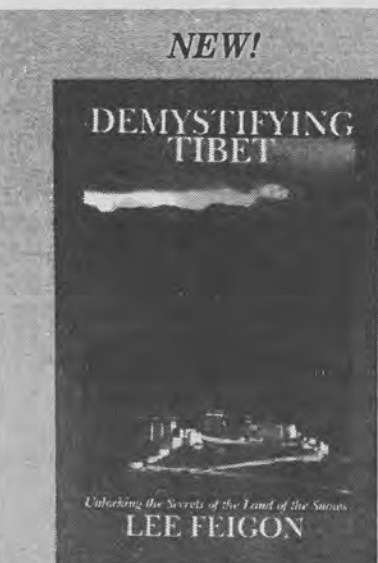
This is an inside look into Tibetan resistance to Chinese occupation, and charts the emergence of nonviolent protest in the years since 1987—coinciding with the visit by the Dalai Lama to the USA. The violent suppression by Chinese security forces of these first demonstrations began a cycle of protest that has successfully undermined the authority of the Chinese government.

"Schwartz has done a masterful job. Everyone interested in Tibet will want to read this fascinating book, both academics and others. It has real drama."—James Seymour, Columbia University.

CULTURAL HISTORY OF TIBET

by David Snellgrove & Hugh Richardson. 309 pp., 66 pages of photos #CUHIT \$20

This intimate portrait of Tibetan civilization traces its cultural evolution from its sixth-century pre-Buddhist origins to the present. Richly illustrated with many rare photographs depicting various aspects of Tibetan life, this work is a tribute to the accomplishments of the Tibetan people.



DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows

by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.50 cloth

This authoritative and up-to-date view of the history and culture of Tibet comes at a time when this ancient land is in danger of losing its identity under Chinese rule. In a compact narrative account, 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.

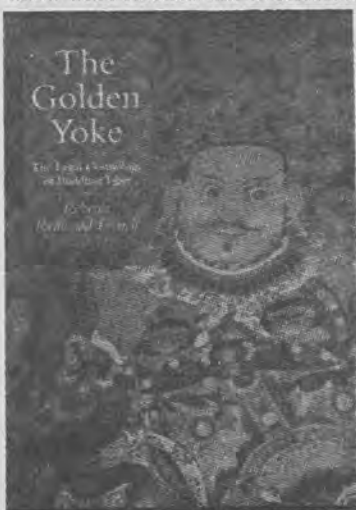
BACK!



FESTIVALS OF TIBET

by Tsepak Rigzin. 70 pp. #FETI \$7.95

The yearly cycle of festivals that Tibetans enjoy are described in their historical and Buddhist context. Valuable way to both understand the traditions of Tibet and to know what Tibetans like to celebrate.



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 \$35 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, Associate Professor in the School of Law, Univ. of Colorado, lived in the compound of the Dalai Lama while completing the research and has been invited to draft a constitution for post-communist Tibet.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$13

This is a stunning and well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

NEW!

INNER PEACE, WORLD PEACE: Essays on Buddhism and Nonviolence

ed. by Kenneth Draft. 148 pp. #INPEWO \$18.95 cloth

"Recommended both for scholars who would like to learn more about modern and historical Buddhist views of nonviolence, and for practitioners who would like to look more closely at how they manifest nonviolence in their own lives."—*Mountain Record*

Some of the eight selections: Luis Gomez on "Nonviolence and the Self in Early Buddhism," Christopher Chapple on "Nonviolence to Animals in Buddhism," Robert Thurman on "Tibet and the Monastic Army of Peace," Gene Sharp on "Nonviolent Struggle: An Effective Alternative."

A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State

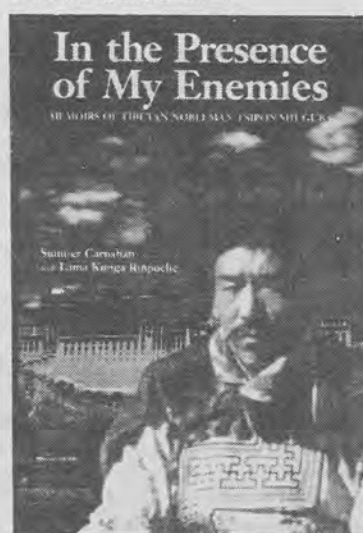
by Melvyn Goldstein. 898 pp. #HIMOTI \$25

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.

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 and much more!



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, the Dalai Lama instructed Tsipon Shuguba to speak the truth about his experiences. Shuguba, who was the last surviving high official from the 14th Dalai Lama's original government, reveals information that was concealed from the outside world for over three decades. His recollections offer intimate views of a unique traditional society that is now all but extinct. Shuguba tells about the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter and of his own nineteen-year imprisonment. This is a personal account and includes many rare photos.

BEST SELLING!

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*

In 1949 the Chinese Communists announced their intention to "liberate" Tibet, and Chinese armies began crossing the eastern borders of the country. In *A Strange Liberation*, David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be Tibetans 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 candidly recalls the events that followed in this moving account of her life.

"Her story is incredible."—*Buddhism Now*
Tenpa Soepa was a government official who was 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 final fall of Tibet.

NEW!

ONE HUNDRED THOUSAND MOONS

A POLITICAL HISTORY OF TIBET



ONE HUNDRED THOUSAND MOONS: A Political History of Tibet

by Shakabpa Wang-Chug-Day-Den, Trans. by Derek Maher. 800 pp. #ONHUV1 \$40

The most important work of Tibetan history ever written, this is the first of a two-volume set that has been endorsed by the Dalai Lama as the definitive book on Tibetan history. Shakabpa served as a high official in the Tibetan government until the Chinese takeover. He provides a complete and immensely readable narrative of the religious and political history of his country, from its ancient past to its present occupation by the Chinese. Volume 2 will be available this summer.

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-destroying, Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

Sulak is one of Asia's leading social thinkers and activists. He draws on his experience of Buddhism to approach a wide range of subjects, including economic development, the environment, women in Buddhism and Japan's role in Asia.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp. #STTI \$24.95 cloth

This study reviews the history of the Tibetan state 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 a much-needed basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.



THINKING GREEN! Essays on Environmentalism, Feminism, and Nonviolence

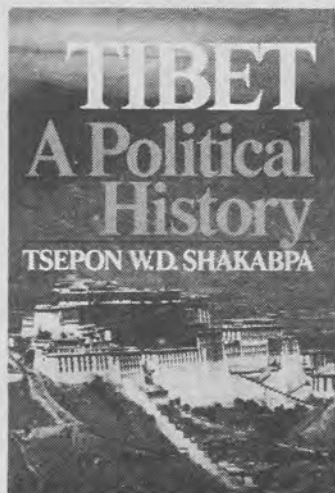
by Petra Kelly. 160 pp. #THGR \$18 cloth

Petra Kelly established herself as one of the most influential alternative political figures—she co-founded the German Green Party, which quickly became an international model for effective, urgent political

action on behalf of the environment, peace, and human rights. *Thinking Green!* is an excellent presentation of the thought and spirit of this courageous woman. Passionate and well-informed, Kelly outlines how only a comprehensive agenda of political and personal transformation can guide us safely into the twenty-first century.

TIBET AND THE UNITED STATES OF AMERICA: An Annotated Chronology of Relations in the 20th Century
by the International Committee of Lawyers for Tibet. 81 pp. #TIUNST \$7

This is an excellent document on Tibet, Tibet-US and China-US relations in the context of major world events from 1900 to 1994. It is basically a history in brief giving dates of major and minor events in the evolution of the Tibet situation. It is as much fun as it is informative to browse this chronology!



TIBET: A Political History
by Tsepon W. D. Shakabpa. 369 pp. #TIPOHI \$15.00

Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959.

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's religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.

TIBET: The Position in International Law

ed. by Robert McCorquodale & Nicholas Orosz. 238 pp., #TIPOIN \$25

In 1993 a conference of leading international lawyers from 14 countries was held in London to consider claims for self-determination and for an independent Tibet. Two Committees on evidence, each under a judge, examined in detail the material evidence, including submissions by the Chinese government. The discussions were lively, frank and constructive, and conclusions were reached about the rights of the Tibetan people. This report of the conference will assist governments, the international community, international lawyers and all concerned about human rights.

NEW!



TIBETAN NATIONAL FLAG

Authorized by the Kashag of H.H. the Dalai Lama. 12 pp. #TINAF \$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 Tibet—its geography, spiritual and secular customs and traditions and the political administration. A two-sided color page of the Flag is included as well as the Tibetan text.

TIBET: The Issue Is Independence

ed. by Edward Lazar. 80 pp. #TIISIS \$9.50

Eight Tibetans confront both the weakness of the international response to the occupation of Tibet and the lack of direction of many supporters of Tibet. They focus on the central issue for Tibet—the issue of independence. They counter the complacency and defeatism which has allowed the Chinese occupation to continue without persistent challenge.

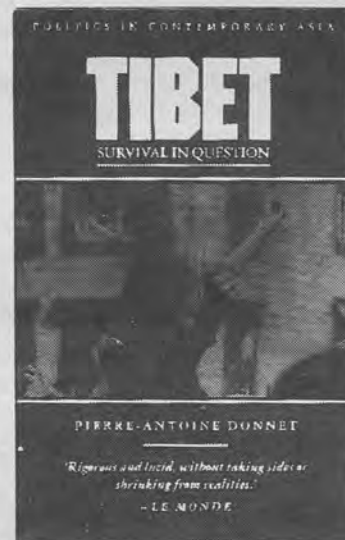
TIBET: Survival in Question

by Pierre-Antoine Donnet

267 pp. #TISUQU \$25

Tibet under Chinese rule remains a leading unresolved question in Asian politics. This excellent book explains the changing strategy being pursued by the Chinese—a strategy brought to an abrupt and brutal halt with the popular explosion of 1987 and the ensuing declaration of martial law. The underdevelopment of the Tibetan economy, continuing assault on Tibetan society and environment, and violations of human rights are fully documented. It also discusses events since 1987 as well as the role of the Panchen lama in Tibetan politics.

The author had access to both the Chinese and Tibetan leaderships—he tells of the confidential negotiations between them, and delineates the political prospects for the future.



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.

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 the most outstanding account of a Tibetan Khampa warrior. Aten recalls his life as a child, the simple style of the Khampas and the beauty of the land. This lifestyle was shattered by the Chinese. Aten tells of the battles, the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to

Dharamsala. *Warriors of Tibet* is a vivid and heartfelt story.

TRIGG IN TIBET



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 used satire, barbed humor, symbolism—any device at hand to express the worldwide concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

KALACHAKRA TEACHINGS



THE WHEEL OF TIME: The Kalachakra in Context

by Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama. 158 pp., #WHTI \$12.95

The Kalachakra is an intricate interweaving of yoga, astrology, physiology, and mythology into a meditational system that embraces the entire universe and leads to enlightenment. Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on

this complex system and practice remains sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.

BEST SELLING!

THE PRACTICE OF KALACHAKRA

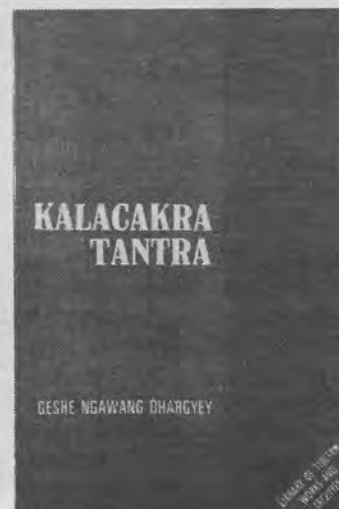
by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #PRKA \$16.95

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path. In Part One, Glenn Mullin discusses the tantric path to enlightenment by drawing on the writings of great teachers of the past. He outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Part Two contains translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama for this book.

KALACHAKRA TANTRA

by Geshe Ngawang Dhargyey. 180 pp. #KATA \$12.00

This book provides a sound explanation of the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.



THE WHEEL OF TIME SAND MANDALA

by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$24

A beautifully illustrated introduction to the dazzling art and spirituality of the Kalachakra sand mandala, brought to the US by the monks of Namgyal Monastery.

If you are interested in the complete list of a particular author's works, call us and we will be glad to tell you.

NEW!

A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN:**A Practical Handbook**

by Tashi. 184 pp. #BAGRMO \$12.95

This is a grammar textbook of spoken Tibetan based on 12 years experience in teaching Tibetan to foreigners at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA.

It presents grammatical structures of colloquial Tibetan in the context of useful sentences and not in the abstract. A good book!

BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

by Jose Cabezon. 300 pp. #BULAN \$21.95

Taking language as its general theme, this book explores how the tradition of Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. The book investigates the 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. It also deals with the Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in the idealist and nominalist ontologies of the Mahayana.

THE CLASSICAL TIBETAN LANGUAGE

by Stephan Beyer. 503 pp., #CLTILA \$19.95

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language that treats the classical language on its own terms rather than by means of descriptive categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with a wide variety of linguistic phenomena as they are actually encountered in the classical texts.

ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN

by Melvyn Goldstein. 486 pp., #ENTIDI \$60 cloth

The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. It is essential for everyone who wants to write or speak modern Tibetan. With its 16,000 main entries and 29,000 sub-entries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

DICTIONARIES FROM LHASA!

We have a few copies of two dictionaries printed in Lhasa. 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.

ENGLISH-TIBETAN-CHINESE DICTIONARY

#ENTICH \$45

TIBETAN-CHINESE DICTIONARY

2 volumes, #TICHDI \$120

This was formerly a 3-volume set and has now been printed in two volumes.

BEST SELLING!**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

The most systematic and extensive course system available in spoken Tibetan

language, *Fluent Tibetan* was developed by a team of 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 the courses developed by the U.S. State Department's Foreign Service Institute (FSI) specifically for diplomats needing to learn a language quickly. The FSI model used for this course is unsurpassed in its proven effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling them to learn increasingly complex structures quickly, and in this way promotes rapid progress in speaking the Tibetan language. *Fluent Tibetan* is the best course available anywhere for learning Tibetan on your own.

The *Fluent Tibetan* package consists of a textbook and a set of 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. Beginning with unit four, vocabulary and grammatical patterns are introduced in the form of situational dialogues. Each dialogue is followed by extensive drills which repeat the vocabulary and grammatical patterns in different contexts. In this way the student learns not merely to mimic the phrases but to use the language creatively. All the voices in the dialogues and drills are those of indigenous Tibetan speakers and the material is given by both male and female voices alternately. The Tibetan voices on the tape are exceptionally clear. The end-of-text glossary is both Tibetan-English and English-Tibetan.

The material covered in *Fluent Tibetan* roughly corresponds to what is covered in two semesters of college-level language study. Having completed this text, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.

NEPALI FOR TREKKERS

by Stephen Bezrukhka. 58 pp. plus 90-minute cassette. #NETR \$16.95

This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases are spoken by a native Nepali. This is a good package for visitors to Nepal.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY

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

This is the first such dictionary in English and is based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—the first Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, supplemented from the works of various Tibetan lamas. The work contains 6,000 main entries and over 8,000 sub-entries, providing Sanskrit equivalents where possible. It has been revised and enlarged 40%.

GREAT PRICE!**A TIBETAN-ENGLISH DICTIONARY (compact edition)**

Sarat Chandra Das. #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with their accepted Sanskrit equivalents, followed by the English meaning. All the technical terms are illustrated with extracts from Sanskrit and Tibetan works. We were able to obtain these from India at a lower price.

TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN

by Melvyn Goldstein. 1234 pp., #MOTIDI \$64 cloth

Because of the many rapid changes in contemporary Tibetan culture, modern literary Tibetan is extremely difficult for non-Tibetans to read. Scholars who are able to read lofty Buddhist texts in Tibetan have

little luck making sense out of a simple newspaper story. Melvyn Goldstein has compiled between 35-40,000 entries and includes items taken from all of the modern sources. This dictionary comes from India.

TIBETAN FONTS FOR THE MACINTOSH

by Pierre Robillard. #TIFOMA \$59.95

"This Tibetan font for the Macintosh is simply a superlative system for typing and editing Tibetan, and is unquestionably the best available anywhere in the world. I have been using it for several projects and have found it flawless. It is easy to use with on-the-screen editing and multiple size fonts, can accommodate both English and Tibetan on the same line, and has the various Sanskrit letters one needs for Buddhist terms. It is a must for anyone seriously interested in reading and writing Tibetan language."—Professor Melvyn C. Goldstein, Director, Center for Research on Tibet, Case Western Reserve University.

System 7 compatible postscript Type 1 and TrueType fonts; works with Apple Style Writer and Personal Laser Writer LS printers; includes System 7 custom keyboard layouts; includes English fonts with diacritics for transliterated Sanskrit; works with word processors, desk-top publishing programs, databases, etc.; capable of printing Tibetanized Sanskrit for mantras; includes WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan. For System 6.0.x, MacKeymeleon II is needed. Package contains manual, disks, and keyboard stickers.

TIBETAN FOR WINDOWS

by Marvin Moser. #TIWIN \$60

Now it's possible to use Tibetan in the popular Microsoft Windows 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, using either the Microsoft Write editor (included free with Windows) or the WordPerfect for Windows editor. Tibetan text can easily be cut and pasted between different Windows programs.

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, LTibetan and phonetic formats. This updated version also includes the LMantra font for expanded Tibetanized Sanskrit stacks. *Tibetan For Windows* works for 6.0 Word, Windows' Write, WordPerfect 5.2 and up.

**TIBETAN PHRASEBOOK**

by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

Whether you are looking for a room, visiting a monastery, or bargaining for a bus seat, 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 you to 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.

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

Translating Buddhism from Tibetan**TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan**

by Joe Wilson, Jr. 810 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook.

This is a complete textbook on classical Tibetan in 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 all the rules of pronunciation, grammar and syntax—provide an indispensable reference.

The philosophy of *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 lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and technical vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book is an extremely well designed learning system, serving as an introduction to both the reading and translating of Tibetan and to the central ideas of 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

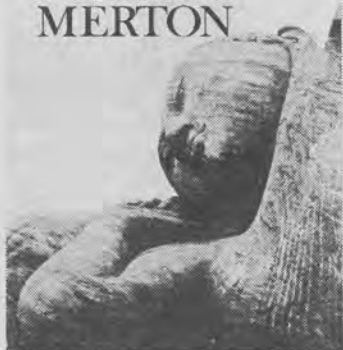
TRANSLATING BUDDHISM FROM TIBETAN TAPE

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*.

OTHER TRADITIONS

The Asian Journal of THOMAS MERTON



THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$11.95

Merton's trip to Asia in 1968 is a remarkable account by a Christian contemplative of spiritual life in the East. He met many prominent people during his visit—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.

CREATING MANDALAS: For Insight, Healing, and Self-Expression

by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$16

This is a guide to creating mandalas. After an introduction to the history and ritual use of mandalas in cultures all over the world, Fincher offers guidance in art materials, techniques and colors for creating personal mandalas—she discusses the symbolism of colors, numbers, shapes, and motifs. Susanne Fincher is an art therapist with over thirteen years' experience in teaching classes and workshops in mandala drawing.



EMBRACING THE BELOVED: Relationship as a Path of Awakening

by Stephen and Ondrea Levine. 305 pp. #EMBE \$11

Few people recognize the enormous power of a relationship as a vehicle for physical, spiritual and emotional healing. Stephen and Ondrea demonstrate how to

use a relationship as a means for profound inner growth and healing. The insights and exercises in this book will benefit all who are drawn to seeing relationship as a path for spiritual renewal and merciful awareness of life.

GREAT SWAN: Meetings with Ramakrishna

by Lex Hixon. 314 pp. #GRSW \$16.00

Great Swan is the dramatic story of the Life of the great Bengali sage Ramakrishna, who proclaimed the oneness of all religions and the worship of the blissful Divine Mother. He is a playful, brilliant, and tender visionary who offers practical instruction, inspiration, and thrilling glimpses into his state of spiritual intoxication as he meets with devotees and visitors in his room beside the Ganges River.

HEALING SOUNDS: The Power of Harmonics

by Jonathan Goldman. 170 pp. #HESO \$14.95

Healing Sounds explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone chanting of the Tibetan monks and relates sounds to the energy centers of the body. Along with instructions on how to produce and use these vocal harmonics, you will find information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.

THE INNER TEACHINGS OF TAOISM

by Chang Po-Tuan, comm. by Liu I-Ming, Trans. by Thomas Cleary. 118 pp. #INTETA \$14

This book unlocks many secrets of Taoist alchemy. Known as the *Four Hundred Words on the Gold Elixir*, the root text describes the process of reunification of the fragmented self into a complete human being. The lucid commentary makes clear the meaning of the alchemical symbolism so that the underlying principles of spiritual practice can be understood.

PLOTINUS: The Enneads

by Stephen MacKenna. 768 pp. #PL \$65 cloth

"For the rapture of its wild genius, MacKenna's Plotinus has been for near to forty years the most instructive and inspiring single volume in my library. It is a source of the deepest ideas the mind can think; it is also a bible of beauty."—James Hillman

STANDING IN YOUR OWN WAY: Talks on the Nature of Ego

by Anthony Damiani. 272 pp. #STWA \$15.95

"Anthony Damiani is a truly great man...one of my closest spiritual brothers."—The Dalai Lama

What is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why

is it there? When do we have it, and when does it have us? And how will our lives be better if we know?

This in-depth, down-to-earth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment of them to date. Readers will see the ego's appropriate role in human fulfillment, and will understand why life's shattering blows are sometimes moments of Grace.

LOOKING INTO MIND

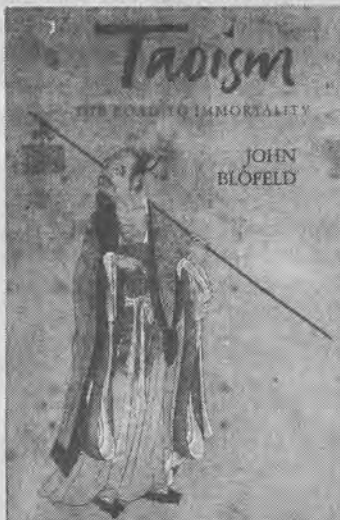
by Anthony Damiani. 282 pp. #LOMI \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. From the practical side, it shows how to use meditation as a means to experience the mind directly, free of any images. From the side of reason, its compelling, readily accessible analysis of the nature of everyday experience shows that the world and the 'I' are thought into existence by the same creative mind. Anthony Damiani presents this combined approach as the most direct way to intimate knowledge of one's own basic mind, the surest route to reliable spiritual independence.

PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries

by Stuart Sovatsky. 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

Explains how periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can help redirect sexual energy toward friendship, deepen a life partnership, heal from sexual abuse, etc. Far from the stereotype of repressive sexual abstinence, the tantric form of sublimation is a passionate and spiritual celebration of the erotic. Includes exercises based on yoga, kundalini and chakra meditation.



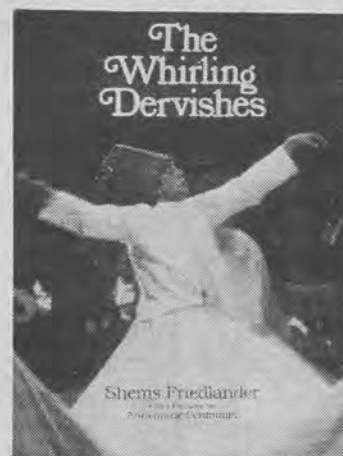
TAOISM: The Road to Immortality

by John Blofeld. 195 pp. #TAROIM \$16

John Blofeld explains the fundamental concepts of Taoism, tells many stories of ancient masters, and provides incisive reflections on Taoist verse. He writes about his visits to Taoist hermitages in China and his talks with masters. Taoist yoga is also discussed in detail. This comprehensive

work captures the spirit of the Tao, communicating the serenity and timeless wisdom of this tradition.

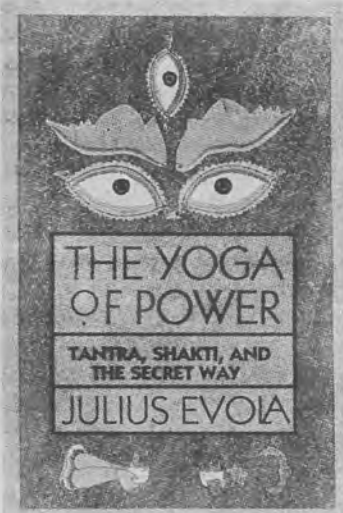
BACK!



THE WHIRLING DERVISHES

by Shems Friedlander, foreword Annemarie Schimmel. 161 pp., 97 b&w photos and illustrations, #WHDE \$18.95 cloth

This is an account of the Sufi order known as the Mevlevi and its founder, the poet and mystic Mevlana Jalalu'ddin Rumi. Sufism is the esoteric aspect of Islam. Its purpose is to convey direct knowledge of the eternal. The Sufis impart knowledge through lineages that go back to the Prophet Muhammad. In the various Sufi orders the repetition of the zikr and the ritual of turning are primary practices. This is a remarkable story and photo book.



THE YOGA OF POWER: Tantra, Shakti, and the Secret Way

by Julius Evola. 240 pp. #YOPO \$16.95

Covers the practices of Hindu Tantrism and Shaktism—both of which emphasize a path of action as well as mastery over secret energies latent in the body. Evola focuses on the perilous practices of Tantra, which use human passions and the power of nature to conquer the world of the senses. He draws from original texts to describe methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.

RELIGION & PHILOSOPHY

The editors at Snow Lion offer you this large alphabetized selection of books. We have considered various divisions of this literature to make it less massive but none of them are completely satisfactory.

NEW EDITION!

ADVICE FROM A SPIRITUAL FRIEND

by Geshe Rabten and Geshe Dhargye. 180 pp., 14 photos and line drawings, #ADSPFR \$14.95

Like wise old friends, two Tibetan masters explain how we can fill our lives with loving kindness, compassion, and wisdom.



By learning to respond to everyday difficulties with patience and joy, gradually changing our attitudes about ourselves and others, we can enjoy peace of mind in every

situation. Based on the teachings entitled *The Seven Point Thought Transformation* and *The Jewel Rosary of the Awakening Warrior*.

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 Chawang, 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. It is a classic work which contains valid truth for anyone who sincerely wants to follow a spiritual path.

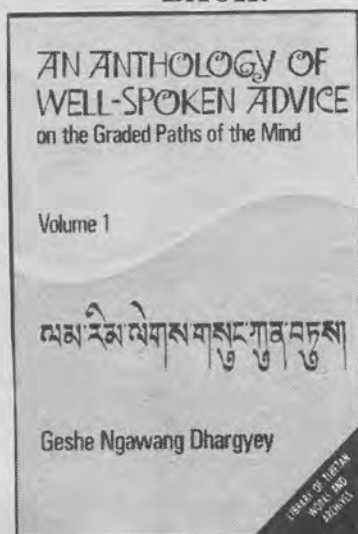
ANATMAN: The No-Self Nature

by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 38 pp. #ANA \$5

The Buddha presented three ideas as fundamental conditions underlying human experience: dissatisfaction, impermanence, and lack of self-nature. This doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and

things we can attain the transcendent wisdom of the Prajnaparamita, and come to an understanding of things as they are.

BACK!



AN ANTHOLOGY OF WELL-SPOKEN ADVICE on the Graded Paths of the Mind

by Geshe Ngawang Dhargyey, compiled and ed. by Alexander Berzin. 442 pp. #ANWESP \$14.95

A massive compendium of oral teachings based on Kyabje Phabongka's "A Personal Gift for Being Utterly Freed" and Tsongkhapa's "A Grand Presentation of the Graded Paths of the Mind."—presenting the foundation and levels of spiritual training for gradually being able to overcome obstacles to Buddhahood.

AWAKENING OF THE WEST: The Encounter of Buddhism and Western Culture

by Stephen Batchelor. 416 pp. #AWWE \$18

This is a beautifully written history of the encounters of Buddhism with the West during the past 2000 years—a chronicle of missed opportunities, cultural arrogance, political tragedy, and unfulfilled dreams. Since the time of Alexander the Great, European kings and popes have longed for the power they would gain through the conquest of Asia, but their narrow-mindedness prevented them from learning much at all about Buddhism—until the last hundred years.

AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15

line drawings #AWMI \$14.95 October

Geshe Wangchen was born in Tibet in 1934 and educated at Drepung Monastic University in Lhasa. He taught in London for seven years and now lives at the re-established Drepung Monastery in South India. This book introduces the methods of meditations used to overcome the problems of life such as depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on the teachings of Tsong Khapa, his methods show how to develop our mind to its fullest potential.

This is a new edition of *Awakening the Mind of Enlightenment*.

THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS

by Ngorchon Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$12.95

The most profound and fundamental teaching of the Sakya Tradition of Tibetan Buddhism is that of the *Lam Dre* or "Path Including Its Result." This teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path. It serves as a manual for contemplating and meditating upon the various stages leading to ultimate happiness and liberation.

BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path

by Ayya Khema. 192 pp. #BENO \$12.95

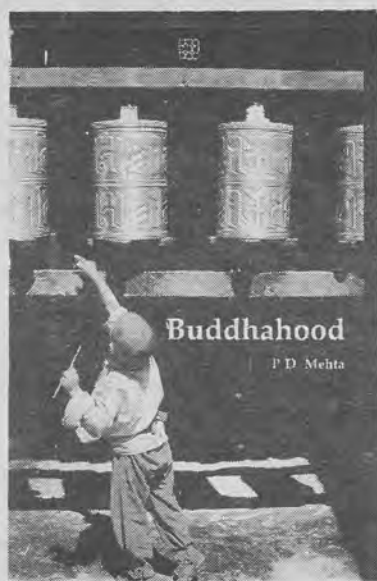
Ayya Khema gives clear, practical instruction on meditation and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deeper insight, a sense of calm well-being, and a greater capacity to love and feel loved on a daily basis.

"This book is a valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg

BEING PEACE

by Thich Nhat Hanh. 115 pp. #BEPE \$10

This is a book on meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace. "If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment we are alive." Over 100,000 copies sold.



BUDDHAHOOD

by P.D. Mehta

187 pp. #BU \$15.95

Buddhahood is a collection of essays contributed to *The Middle Way*, one of the leading Buddhist journals in the UK. Phiroz Mehta is a teacher and exemplar of the brahmacharya, the authentic religious life. Born in India in 1902, he received traditional religious training and later studied at

Cambridge. He discusses the relationship of Buddhism, yoga, chakras, and kundalini; meditation and the levels of absorption (form & formless); the nature of realization and stages along the way; the practice of mindfulness and selflessness.

One thing that is unique about these essays is their freedom from all sectarianism and divisiveness, traditionally aspects of the shadow side of religious life.

NEW!

BIG SKY MIND: Buddhism and the Beat Generation

ed. by Carole Tonkinson. 387 pp. #BISKMI \$15

"Between the beauty and deep charm of its excerpts, and the intelligence of its commentary, Big Sky Mind reads more like a Golden Treasury than just another Beat anthology. A moving and fascinating look at a critical chapter in the history of Dharma in America."—Michael Herr

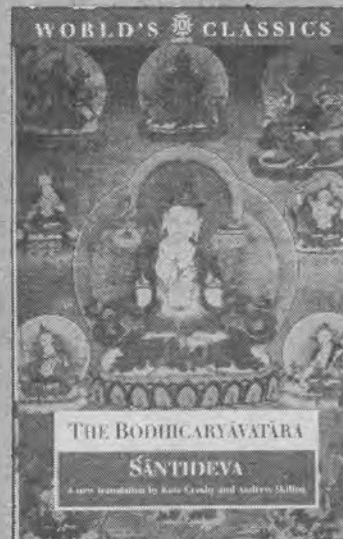
"...a long-awaited inspirational collection—full of awesome, creative work and challenging spiritual testimony."—bell hooks

BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands

by Norma Levine, foreword by The Twelfth Tai Situpa. 155 pp., b&w photos, #BLPOBU #15.95

Norma Levine is an expert in Buddhist sacred objects and she writes about the significance and power that they contain. She explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas—she spent five years at the monastery of Tai Situpa. All along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas. This extraordinary account ranks alongside other powerful stories of spiritual quest and adventure.

NEW!



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. He sets out what the bodhisattva must do and become, and he invokes the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction setting the work in context and explaining its structure.

THE BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism

by Geshe Kelsang Gyatso. 134 pp., #BOVO \$11.95

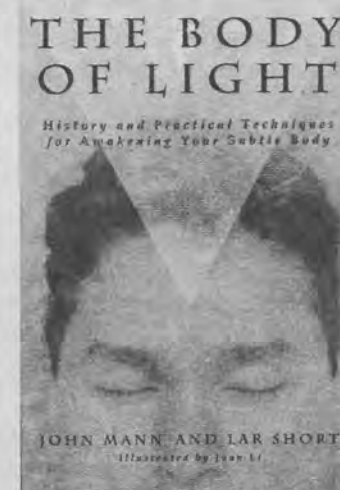
An exceptionally clear and accessible introduction to the essential practices of Mahayana Buddhism. Commencing with an explanation of the Bodhisattva vows and how to take them, Geshe Kelsang then gives advice on how to keep the vows purely and how to purify transgressions through a special purification practice.

THE BODHISATTVA WARRIORS: The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China

by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables. #BOWA \$19.95

This unique study of the genesis and development of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics shows both the philosophical and physical basis of the skills developed

and passed on to subsequent generations. The author shows that Buddhism does not regard physical and spiritual well-being as incompatible. Shifu draws equally on the practices of the North Chinese Ch'an Movement Meditation Traditions and on the South Chinese Esoteric School—both secret traditions rarely revealed to the general public, and shows that what we think of as competitive sport is really a meditation mandala in action that complements other forms of Buddhist practice.



BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body

by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$12.95 cloth

"Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, the Healing Tao Center

THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects

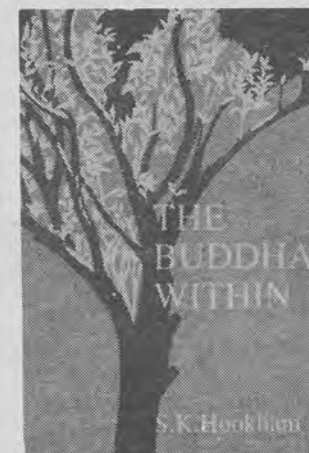
by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

A survey in words and images of the most common figures, positions and symbols in Mahayana and Tantrayana Buddhism. Each item is clearly illustrated and its meaning discussed. This is a compact overview of the iconography of Tibet. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

BUDDHA NATURE: The Seed of Happiness

Ven. Thrangu Rinpoche. 180 pp. #BUNA \$13.95

Buddha Nature expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.



THE BUDDHA WITHIN

by S.K. Hookham. 422 pp. #BUWI \$21.95

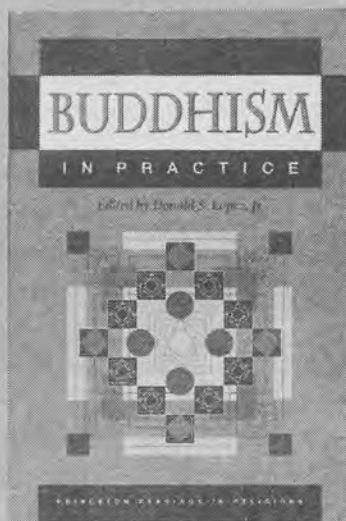
Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This is an excellent presentation of the Kagyu views on liberation and serves as a good starting place for further dialogue between the various lineages.

BUDDHISM: An Outline of Its Teachings and Schools

by Hans Wolfgang Schumann, trans. by Georg Feuerstein. 200 pp., 39 line drawings & photos, tables, index, #BUOUTE \$8.95

This is an excellent book—it systematically arranges the material to create a reliable and accessible guide through the large landscape of Buddhist doctrine.

"Striking flashes of insight. In some ways comparable to Edward Conze's *Buddhism*."—*Choice Magazine*

NEW!**BUDDHISM IN PRACTICE**

ed. by Donald S. Lopez, Jr. 608 pp. #BUPR \$19.95

The vast scope of Buddhist practice in Asia is illustrated by forty-eight translated texts divided into those pertaining to the Buddha, the Dharma, and the Sangha. They are drawn from the Buddhist literature of nine countries and from the three vehicles of practice—each text is preceded by a substantial introduction by its translator. These unusual sources provide the reader with a sense of the remarkable diversity of Buddhist practices. Some topics are: *Consecrating the Buddha, The Way to Meditation, On Becoming a Buddhist Wizard, Auspicious Things, The Chinese Life of Nagarjuna, Aryadeva and Candrakirti on Self and Selfishness, The Illustrated Biography of Ippen, Sutra on the Merit of Bathing the Buddha, Reading Others' Minds, The Whole Universe as a Sutra, A Discussion of Seated Zen, The Great Bliss Queen, The Legend of the Iron Stupa, Two Tantric Meditations: Visualizing the Deity.*

BUDDHISM, SEXUALITY, AND GENDER

ed. by José Cabezon. 241 pp. #BUSEGE \$21.95

This book explores historical, textual, and social questions relating to the position and experience of women and gay people in the Buddhist world from India and Tibet to Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality. The author offers new perspectives on the history of the attitudes toward women in both ancient and modern Buddhist societies.

BUDDHIST HERMENEUTICS

ed. by Donald S. Lopez, Jr. 298 pp. #BUHE \$15.95

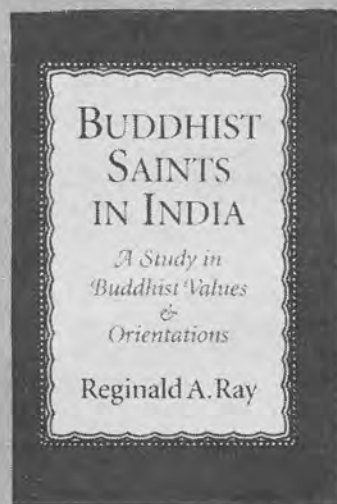
The essays in this volume are the fruition of a conference on Buddhist hermeneutics held at the Kuroda Institute for the Study of Buddhism and Human Values. They cover a range of topics such as: *On the Interpretation of the Mahayana Sutras* (Lopez); *Killing, Lying, Stealing, and Adultery: A Problem of Interpretation in the Tantras* (Brodd); *Vajra Hermeneutics* (Thurman); *Mipham's Theory of Interpretation* (Kapstein).

THE BUDDHIST I CHING

trans. by Thomas Cleary. 240 pp. #BUIC \$16

This edition of the *I Ching* is the only available interpretation by a Chinese Buddhist meditation master. The author,

Chih-hsu Ou-e, offers three levels of interpretation: social, Buddhist and meditational. He uses the principles of concentration and insight, calmness and wisdom and various levels of realization to elucidate the text. For centuries the *I Ching* has been used as a map of conscious development.

NEW!**BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values & Orientations**

by Reginald Ray. 508 pp. #BUSAIN \$52 cloth

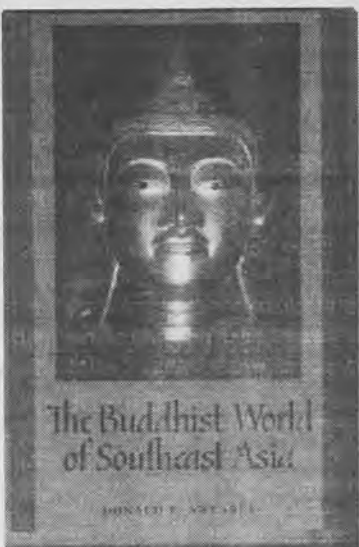
The issue of saints is a difficult and complicated problem in buddhology. This is the first comprehensive examination of the figure of the Buddhist saint in a wide range of Indian Buddhist contexts. Reginald Ray, co-chair of the Buddhist Studies Program at the Naropa Institute, seeks to identify the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyekabuddha, arhant, and bodhisattva. Ray surveys the ascetic codes, conventions, and traditions of Buddhist saints, and the cults of living saints and of those who have "passed beyond." He traces the role of the saints in Indian Buddhist history, particularly at the times of Buddhist origins and the formation of the Mahayana.

The American Academy of Religions has awarded an Honorable Mention in its Best First Book competition to the author for this book.

BUDDHIST SYMBOLS IN TIBETAN CULTURE

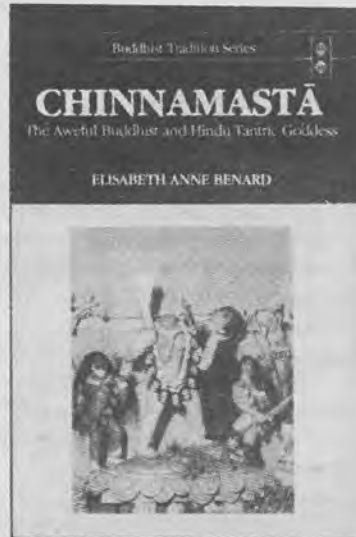
by Loden Sherap Dagab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Rinpoche presents the nine best-known groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment.

**THE BUDDHIST WORLD OF SOUTHEAST ASIA**

by Donald K. Swearer. 258 pp., 45 photos & illus. #BUWOSO \$16.95

This is a remarkable synthesis and empathetic interpretation of Buddhism in

**CHINNAMASTA: The Aweful Buddhist and Hindu Tantric Goddess**

by Elisabeth Benard

162 pp. #CH \$14.95

Three rare texts of tantric practice which examine Chinnamasta, the awesome Buddhist and Hindu tantric goddess, are clearly presented with a large amount of information about tantric practice. In the Buddhist tradition Chinnamasta or Chinnamunda is the severed-head form of Vajravahini or Vajrayogini. This marvellous and frightening Goddess pushes one beyond dualities into the realm of the unconditioned. Elisabeth Benard is presently teaching Buddhism, Hinduism and women in religion at Southwestern University in Texas.



Southeast Asia. No other single book matches its depth and breadth, or its balance between scholarly interpretation and sensitive first-person portrayal. Theravada Buddhism in Southeast Asia is a dynamic, complex system of thought and practice imbedded in the respective cultures, societies, and histories of Burma, Thailand, Laos, Cambodia, and Sri Lanka. The author discusses three distinct but interrelated aspects of this system: the popular tradition in terms of paradigms of ideal action, rituals, festivals, and rites of passage; Buddhism as civil religion in terms of King Asoka as the paradigmatic Buddhist monarch, cosmology and kingship, and Buddhism and the modern nation state; and modern transformations of the tradition in terms of the changing roles of the monk and the laity, modern reform movements, and Buddhism in the West.

**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.

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 quali-

ties 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...[This book] can be recommended to people interested in the practical side of Tibetan Buddhism who prefer instruction based on meditative experience."—Joe B. Wilson, *The Tibet Journal*.

This book was previously titled *Shamatha Meditation*.

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

by John Snelling. 337 pp. #BUHA \$14.95

This is a guide to the complete panorama of Buddhist teaching, practice, schools, and history. It provides a comprehensive and non-sectarian survey of these traditions and their contemporary exponents throughout the world. It offers illuminating insight into the teachings of other schools and gives a holistic view of Buddhism.

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., #CEEGR \$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 as well as the Tibetan text, phonetics and translation. There is also a discussion of the six perfections.

THE CENTRAL PHILOSOPHY OF TIBET

by Robert A. F. Thurman. 442 pp. #CEPHTI \$19.95, A Namgyal Institute Textbook.

This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of Vijnanavada and Madhyamika, and an explanation of the Prasangka interpretation of Madhyamika. The translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal a rigorous, critical philosophy. Robert Thurman emphasizes the relevance of Prasangka to our own time.

CHAKRAS: Energy Centers of Transformation

Harish Johari. 116 pp., 36 illus., #CHA \$14.95

Harish Johari, Indian scholar and practitioner of tantra unfolds the mysteries of these subtle centers of transformation with techniques of visualization that are essential to tantric practice and realization. Beautiful, full-color illustrations provide traditional and visionary images of each chakra, and meditation on these images vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically.

CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp. #CHLOLO \$11.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are practices for the sleep state.

NEW!**CHOOSING REALITY: A Buddhist View of Physics and the Mind**

by B. Alan Wallace. 227 pp. #CHRE \$15.95

Choosing Reality shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology.

How shall we understand the relationship between the way we experience reality and the way science describes it? In examining this question, Alan Wallace discusses two opposing views: the realist view, which argues that scientific theories represent objective reality, and the instrumentalist view, which states that our human concepts cannot presume to describe what exists independently of them. Finding both of these philosophies of science inadequate, the author goes on to explore the middle way view of Buddhism and show the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

B. Alan Wallace was a Tibetan Buddhist monk for 12 years. He graduated summa cum laude in physics, philosophy and Sanskrit at Amherst College and went on to complete a doctorate in religious studies at Stanford University. He is the author and translator of several books.

CHO YANG III

by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 349 pp., hundreds of color and b&w illustrations, 8 1/2 x 11" #CHYA \$35

This is a magnificent volume of Tibetan religion, culture, science and history in word and image. It offers the best description of the four lineages, their monasteries and practices, and it includes interviews with each of the five lamas who taught on the "Nature of Mind" prior to the 1991 Kalachakra Initiation in New York. The Dalai Lama gives a teaching on the three principal aspects of the path and a presentation of the Kalachakra Initiation. There are sepa-

rate sections on the sciences, history and politics, environment, arts, crafts and culture. Also included is the life story of the famous Tibetan yogini, Shungsep Jetsun.

CHO YANG V

by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 132 pp., 75 color photos, 80 b&w photos and line drawings, #CHYA5 \$18.95

Another lavish volume full of wonderful images and unusual information. Includes: *Sacred Sites of Tibet*; *A Survey of the Paths of Tibetan Buddhism* by H.H. the Dalai Lama, which contains an outstanding and explicit presentation of the four levels of tantric practice; *A Modern-Day Yogini* by Victoria Huckenpähler. This is about the twelve-year solitary retreat by the American woman Karma Wangmo, at Karma Triyana Dharmachakra in Woodstock; *Inside the Mind and Brain: Tibetan Philosophy and Western Neuroscience*; *The Tibetan Women's Uprising*; *Lamas, Tsars and Commissars: Buddhism in Russia* by John Snelling; *Symbolism and Ritual in Tibetan Architecture*; *Precious Jewels of Tibet* on Tibetan jewelry; *Ocean of Sound* on Tibetan chanting and ritual instruments; *Tibetan Clay Sculpture and the Construction of Colossal Statues*. In our opinion, this *Cho Yang* is worth the price for the Dalai Lama article alone!

CHO YANG VI

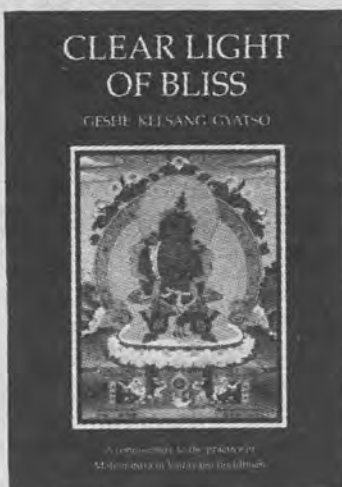
by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 136 pp., 84 color photos, 69 b&w photos and line drawings, #CHYA6 \$18.95

The latest *Cho Yang* contains: *Generating the Mind of Enlightenment*, by H. H. the Dalai Lama; interviews with Namkhai Norbu and Jigdal Sakya Dagchen Rinpoche; a biography of Drikung Chetsang Rinpoche; articles on nuns in Tibet and an interview with Tenzin Palmo; a very informative article on stupas; *Lama, Yidam, Khandro, Chokyang*; *A Vision of Shambhala* by Khamtrul Rinpoche; an ordained person's possessions; *Contemporary Kyigu Display at Drepung and Sera*; *Looking into the Future—Tibetan Divination*.

THE CHRIST AND THE BODHISATVA

Donald S. Lopez, Jr. & S. C. Rockefeller, editors. 274 pp. #CHBO \$19.95

The contemporary significance of the Christ and the Bodhisattva is explored in essays by theologians and Buddhist scholars. Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov examine the significance of the Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

**CLEAR LIGHT OF BLISS: The Practice of Mahamudra in Vajrayana Buddhism**

by Geshe Kelsang Gyatso. 288 pp. #CLLIBL \$19.95

This is the only detailed and practical guide on Tantric Mahamudra to be published in the West. Written by a fully accomplished tantric master, they provide an extraordinarily clear explanation of the completion stage practices of Tantric

Mahamudra, from the initial meditation on the channels, winds and drops, through the eight rounds of inner fire meditation to the final attainment of Buddhahood.

NEW!**THE CLEAR MIRROR: A Traditional Account of Tibet's Golden Age**

by Sakyapa Sonam Gyaltzen, translated by McComas Taylor and Lama Choedak Yuthok. 315 pp., 16 line drawings, 2 maps, #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of the traditional narrative and folk wisdom of Tibet. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories as well as a rich oral tradition, the text treats the era during which Buddhism came to Tibet, the city of Lhasa was established as 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 maintained a preeminent position in Tibetan society and is still popularly read today.

Sakyapa Sonam Gyaltzen (1312-1375), born into the powerful Khon family that ruled much of Tibet, was teacher and mentor to many great masters of all traditions of Tibetan Buddhism. He is still widely revered for his scholarship and sanctity.

Lama Choedak Yuthok was born in a yak-hair tent in Central Tibet in 1954. After becoming a monk and studying for twelve years under the Most Venerable Chogay Trichen Rinpoche, he completed a three-year solitary retreat. Since 1982, he has served as interpreter for prominent teachers from all four traditions of Tibetan Buddhism. McComas Taylor lives in Canberra, Australia, in a house inspired by the fortress-monasteries of the Himalayas, amid a jumble of children, books and treasures garnered from the natural world.

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA

by Geshe Lobsang Tharchin. 80 pp. #COGYO \$7.95

The guru yoga text used here consists of 12 verses which guide the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin unfolds the meaning of the verses in his commentary and gives precise instructions for their practice.

No matter what path one follows, the only way that one can actually achieve Buddhahood is through accumulating enlightening power, and mandala offering is a most effective practice for this purpose. Three forms of mandala offering are described: outer mandala—the symbolic world; inner mandala—one's own body; secret mandala—for tantric practitioners.

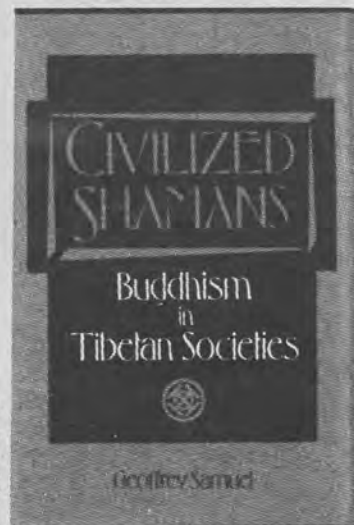
CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel
640 pp., 7 maps,
#CISH \$66 cloth

Geoffrey Samuel explores the relationship between Tibet's social and political institutions and the emergence of new modes of consciousness that characterize Tibetan Buddhist spirituality. Samuel identifies the two main orientations of this religion as monastic and shamanic (associated with tantric yoga). The specific form that Buddhism has taken in Tibet is rooted in the pursuit of enlightenment by a minority of the people—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions of achieving altered states of consciousness have been incorporated into tantric Buddhism, which aims to communicate with tantric deities through yoga. This incorporation forms the basis for much of the Tibetan lamas' role in their society, and their subtle scholarship reflects the many ways in which they have reconciled the shamanic and monastic orientations. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts. This is an excellent book published by the Smithsonian Institution.

"...comprehensive, a solid reference for the scholar."
Library Journal

"Civilized Shamans is an astonishing work...and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*



CLOUDLESS SKY: The Mahamudra Path of the Tibetan Buddhist Kagyu School

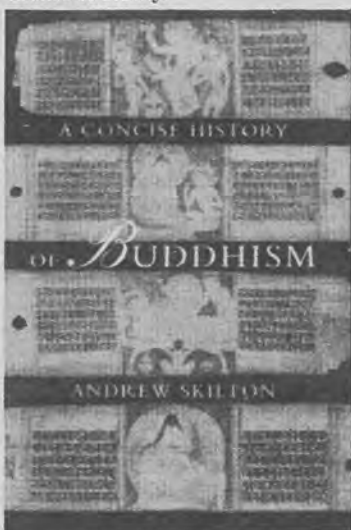
by Jamgon Kongtrul. 128 pp. #CLSK \$10

This book opens the way to a deeper knowledge of the Buddhist system of meditation known as mahamudra, a practice traditionally undertaken for realizing enlightenment. Jamgon Kongtrul elucidates the stages of ground, path, and fruition mahamudra and offers practical instructions for mahamudra meditation.

BACK!**A COMPENDIUM OF WAYS OF KNOWING**

by Akiya Yongdzin Yangchan Gawai Lodro, comm. by Geshe Dhargyey. 67 pp. #COWAKN \$7.95

This is a compendium of the major points on the subject of the mind and the ways in which it knows things. It is traditionally memorized by students and used in debate. Of the seven ways of knowing, only two are considered valid. Understanding the nature of knowing and the known forms the basis of properly understanding emptiness, the nature of reality.

**A CONCISE HISTORY OF BUDDHISM**

by Andrew Skilton. 264 pp., maps, index, bibliography, #COHIBU \$19.95

"...an excellent synopsis of current scholarship."—Alan Sponberg, Prof. of Asian Philosophy and Religion

Skilton constructs a framework that sets the evolution of Buddhism's doctrines and schools within the context of the external events and institutions that influenced their development. An ideal introduction to the history of Buddhism.

CRAZY WISDOM

by Wes Nisker. 226 pp. #CRWI \$12.95

Wes Nisker traces the thread of crazy wisdom throughout human history, and around the world, weaving an unusual and compelling philosophy. *Crazy Wisdom* is a joyous romp through the lighter side of enlightenment, illuminating and embracing the wisdom which lies on the other side of convention.

"*Crazy Wisdom* would breathe fresh air into anyone's spiritual life. It's a Coyote love potion."—Jack Kornfield

CRAZY WISDOM

by Chogyam Trungpa. 160 pp. #CRWI \$19

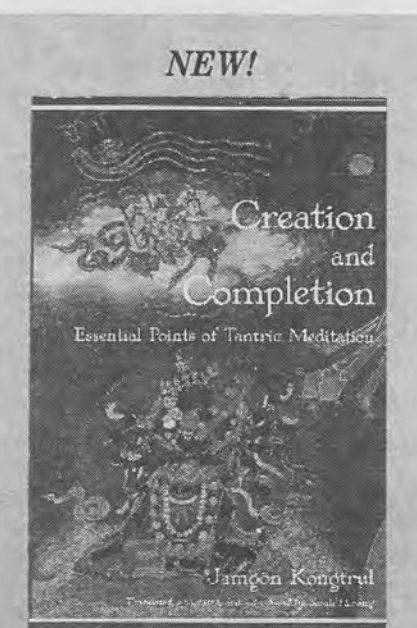
Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

THE CREATIVE VISION: The Developing Phase of Tibetan Tantra

by Herbert Guenther. 192 pp. #CRVI \$15

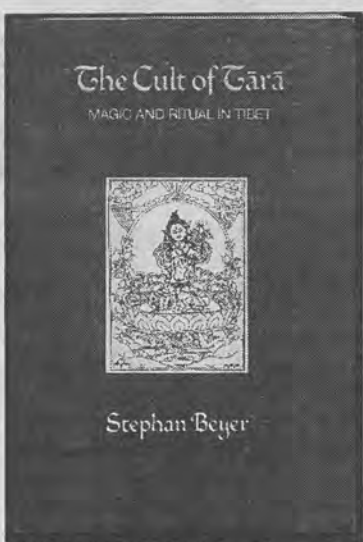
This pioneering work makes the symbolism of tantra practical. Life, according to *The Creative Vision*, evolves by recreating and re-envisioning the experienced world. Tibetans developed a complex array of symbols

to express their insight into life. This book decodes the real-life meaning of these symbols and thus their own experience.

**CREATION AND COMPLETION: Essential Points of Tantric Meditation**

by Jamgon Kongtrul, trans. by Sarah Harding. 128 pp. #CRCO \$14.95 February

This is a guide to the effective practice of tantric Buddhist meditation. 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). "An exceptionally important text that is very beneficial and will resolve all doubts about tantric practice."—Thrangu Rinpoche

**THE CULT OF TARA: Magic and Ritual in Tibet**

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$18

The practices and philosophic basis of tantra and in particular the Tara Tantra are featured: 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.

CULTIVATING THE MIND OF LOVE: The Practice of Looking Deeply in the Mahayana Buddhist Tradition

by Thich Nhat Hanh, foreword by Natalie Goldberg. 126 pp. #CUMILO \$14

Thich Nhat Hanh shares heartfelt moments in his own formation—drinking the clear water of a hermit's well; seeing a drawing of the Buddha on the cover of a magazine; becoming a monk to practice for his generation, his society, and the world; and falling in love. Interweaving these episodes with a close examination of key Mahayana Buddhist texts, including the *Diamond*, *Lotus*, and *Avatamsaka Sutras*, he shows how to cultivate our "mind of love" and bring joy to ourselves and others.

"The fullest (almost an encyclopedic) description of the Tantric model of religious life yet published."—*Times Literary Supplement*

THE 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 of the late Mantrayana tradition of Buddhism in India introduced into Tibet during the late 10th century. Also included is *Yogaratanamala*, a famous commentary by the Mahasiddha Krishnacarya. This translation of the principal root tantra and commentary offers insight into the yogic traditions of mantrayana and highlights the sophisticated and controversial Buddhist tantric methods.



These two translations... also provide an authoritative historical record of and testament to the unique and uninhibited classic... period of Indian religious history.

NEW!**CURATORS OF THE BUDDHA: The Study of Buddhism under Colonialism**

ed. by Donald S. Lopez, Jr. 298 pp. #CUBU \$16.95

This is the first critical history of the study of Buddhism in the West and the first work to bring the insights of colonial and postcolonial cultural studies to bear on this field. Chronicling the emergence of the academic study of Buddhism in Europe and America within the context of the ideologies of empire, this volume begins with an overview of the origins of Buddhist studies in the early nineteenth century and then focuses on the work of Aurel Stein, D.T. Suzuki, Carl Jung and others who played a significant role in disseminating knowledge about Buddhism. The essays bring to light many of the social, political, and cultural conditions that have shaped the course of 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.

Here is an authentic presentation of the fundamental aspects of the practice and theory of Tibetan Buddhism, set down in a beautiful text especially useful to those interested in the study and practice of this tradition. The first part of the book is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path*. It covers much of the daily practice of Tibetan monks and yogis. It details how to prepare for and how to conduct a meditation session that contains within it the important essentials of the entire scope of the Buddhist path.

The second part presents a solid introduction to the theory behind the practice. *Presentation of Tenets* was written by Gon-chok-jik-may-wang-bo in the eighteenth century and covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. It is a solid introduction to the essential theory which animates the practice. The topics include the two truths, consciousness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

CUTTING THROUGH SPIRITUAL MATERIALISM

by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a very 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 spiritual self-deceptions common to all spiritual disciplines.

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal

by Erik Pema Kunsang. 200 pp., #DATE \$18

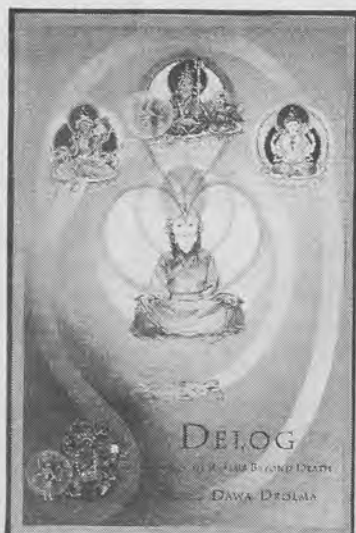
This is a terma text of the oral teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until their revelation centuries later. The teachings translated here are short, direct instructions relating to the three levels of Buddhist practice.

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 introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, 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 students Buddhist philosophy by sharpening their analytical capacities. Also, since a significant part of the Tibetan commentarial tradition incorporates the debate style as the principal means of conveying philosophical concepts, in order to understand the various philosophical stances in Tibetan religious studies it is essential to master the procedure of debate.

Using a debate manual by Pur-bu-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers the form and substance of elementary debate and demonstrates the application of this form to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from the oral explanations by Tibetan teachers expert in debate.



DELOG: Journey to Realms Beyond Death

by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche. 162 pp. #DELO \$13.95

"Delog" refers to one who has intentionally crossed the threshold of death and returned to tell about it. For Delog Dawa Drolma, a woman renowned as one of the great realization holders of Vajrayana Buddhism in this century, being a delog meant that she lay in a death trance without any vital sign of breath, pulse, or warmth for five days. During that time the link between her mind and body was released and her consciousness journeyed to other realms of experience. She experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion. Delog Dawa Drolma was a highly-respected lama and also the mother of Chagdud Tulku Rinpoche.

DEPENDENT-ARISING AND EMPTINESS

by Elizabeth Napper. 849 pp. #DEARM \$37.50 cloth

This is one of the best Tibetan Buddhist interpretations of Madhyamika philosophy and emphasizes the compatibility of emptiness and conventional phenomena. An understanding of their integral relationship shows how the highest school of Buddhist philosophy, Madhyamika, completely denies any concrete, solid status to the world around us and yet maintains a valid presentation of that world based on ethical principles. Includes critical review of contemporary Western interpretations of Madhyamika.

THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon

by Kalu Rinpoche. 222 pp. #DHILAL \$18.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharma of Gampopa, the four noble truths, etc.



DHARMA PATHS

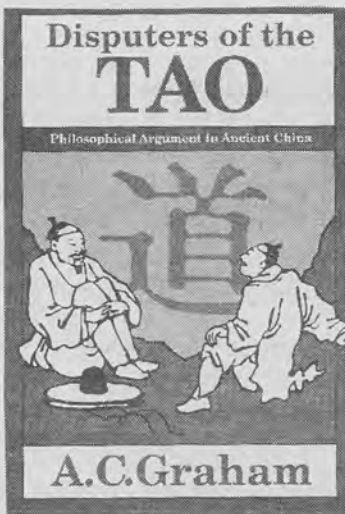
by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95

This is the first book by the highly respected teacher Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra Monastery in Woodstock, New York, and head of affiliate centers throughout the

United States. In *Dharma Paths*, Rinpoche gives clear explanations of how to practice discipline and meditation. It is a solid introduction that cuts through the complexity of the Tibetan tradition, revealing a flexible approach based on our individual capacities. He teaches us how to generate and develop the mind of compassion and kindness, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOURSELF AND PROTECTING YOURSELF, ETC.: The Practice and Benefits of the Eight Mahayana Precepts

Compiled by Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa. 40 pp. #DIUNME \$3.95



DISPUTERS OF THE TAO: Philosophical Argument in Ancient China

by A.C. Graham. 502 pp., #DITA \$19.95

The classical age of Chinese philosophy (500-200 B.C.) coincides with the final decline of the Chou empire and the period of warring States, an exceptional era in Chinese history when there was no central authority and a hundred schools of thought blossomed. Philosophical argument flourished in China as never before or since.

"This is far more than an exceptionally readable and authoritative history of classical Chinese thought. It is a work of philosophical originality, subtlety, and deep insight. It will surely take a central place for many years to come as the newcomer's preferred guide to the field."—Herbert Fingarette, Univ. of California

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, two of his most prominent students, have had great impact on the development of Tibetan Buddhism and culture in America.

"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

THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master

by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp. #DOSA \$12.50

This is a teaching based on *Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment*, a collection of advice of the great Kadampas, compiled by Lodro Gyaltsen, a fifteenth-century Tibetan yogi. In this book Lama Zopa reveals the essential meaning of an ancient text that he discovered in his retreat cave high in the Himalayas. Only when he read this text did he come to know what the practice of Buddhism really means.

A DOSE OF EMPTINESS: An Annotated Translation of the *sTong thun chen mo* of mKhas grub dGe legs dpal bzang

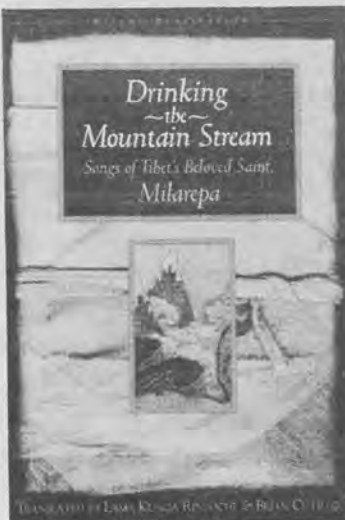
by José Cabezón. 590 pp. #DOEM \$29.95

This text is a detailed critical exposition of the theory and practice of emptiness as expounded in the three major schools of Mahayana Buddhist philosophy: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

THE DOUBLE MIRROR: A Skeptical Journey Into Buddhist Tantra

by Stephen Butterfield. 250 pp. #DOMI \$14.95

An incisive examination and eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a practitioner of Tibetan Buddhism and as a student of Chogyam Trungpa, who was known for his "crazy wisdom." The author examines the effects of practice on himself and discusses how the Buddhist path is compatible with American life. He offers an insider's perspective and a dose of healthy skepticism in a balanced portrayal of spiritual life.



DRINKING THE MOUNTAIN STREAM: Inspiring Songs of Tibet's Beloved Saint, Milarepa

trans. by Lama Kunga Rinpoche & Brian Cutillo. 192 pp., b&w illus. #DRMOST \$14.95

Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers along the Buddhist path 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 \$19.95

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

by Geshe Rabten. 148 pp. #ECVO \$8.95

Voidness—the emptiness of inherent existence—is central to Buddhist thought and practice. *Echoes* provides a framework for understanding voidness by presenting it from three different perspectives: devotional, logical and experiential.

ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha

by Herbert Guenther. 241 pp. #ECSPP \$25

After an account of Saraha's life and a discussion of the trilogy of songs (the People, King and Queen Doha) that make up his writings, Guenther explores the meaning of three basic and interlocking concepts that are essential to understanding the three songs: wholeness, body and complexity. 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*.

THE EIGHT GATES OF ZEN: Spiritual Training in an American Zen Monastery

by John Daido Loori. 275 pp. #EIGAZE \$12.95

The Eight Gates of Zen shows how to

EMPTINESS YOGA The Tibetan Middle Way

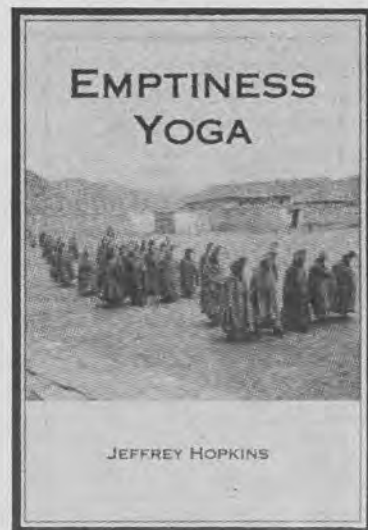
by Jeffrey Hopkins

504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth, A Namgyal Institute Textbook.

Emptiness Yoga is an absorbing and highly readable presentation of the highest development in Buddhist insight. Professor Jeffrey Hopkins—considered by many to be the foremost contemporary Western authority on Tibetan Buddhism—presents an in-depth, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika).

His personal and accessible presentation is based on a famous work by Jang-gya which was used as a primary text in Tibet's largest monasteries. A translation of this text and the original are both included. The many reasonings used to analyze persons and phenomena and to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility in thought and experience of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.



"Hopkins deserves congratulations on making this difficult material as transparent as possible in discussing major themes of Prasangika."—*Religious Studies Review*

come into intimate contact with our stillness and clarity. This is an excellent manual of practice which is probably the most authoritative work on the subject of Zen training. The eight gates are: meditation, study with the teacher, ritual, ethical precepts, art practice, body practice, study of Buddhism, and work practice. The emphasis is on the experience of doing. When totally committed, the experience reveals our true nature and transforms the world around us with wisdom and compassion.

THE EMBODIED MIND: Cognitive Science and Human Experience

by Francisco J. Varela, Evan Thompson and Eleanor Rosch. 308 pp. #EMMI \$14.95

The Embodied Mind provides a unique, sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be more complete. Toward that end, they develop a dialogue between cognitive science and Buddhist meditative psychology and situate it in relation to other traditions such as phenomenology and psychoanalysis. This book is recommended as one of the very best treatments of Buddhism and cognitive science.

EMPOWERMENT

by Tsele Natsok Rangdrol. 128 pp. #EM \$14

The empowerment ritual is sometimes called the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. *Empowerment* contains a wealth of instructions on all the key points of Buddhist training, particularly the path of liberation of Mahamudra and Dzogchen.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$17.00

This is the first complete translation of Candrakirti's major works into precise and readable English. It contains a study and translation of *The Entry into the Middle Way*, a treatise of critical importance to the development of Buddhism in Tibet.

"Huntington's philosophical interpretation...is argued with force and clarity. It corrects (with panache) many of the misinterpretations of Madhyamika still current among Anglophone writers."—*Journal of the American Oriental Society*

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

468 pp. #ENEAPH \$25.00

With more than four thousand entries and over one hundred illustrations, this encyclopedia offers a complete survey of the four major religious traditions of Asia. Among the subjects: lives and teachings of mystics, philosophers, and meditation masters, basic texts and scriptures, sects and schools of thought, mythological figures and events, and many important terms.

ENLIGHTENED COURAGE

by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95

"This is a book to keep and reread, a book to jolt one out of oneself and back to one's senses."—*Tricycle: The Buddhist Review*

Kyabje Dilgo Khyentse Rinpoche, whose remarkable life came to an end in 1991, was one of the foremost poets, scholars, philosophers and meditation masters of the Mahayana, Mahamudra and Great Perfection traditions of Vajrayana Buddhism. He was highly respected by thousands of students in Tibet and throughout the world.

Rinpoche presents the Seven Point Mind Training which is the very core of the entire practice of Tibetan Buddhism. It condenses

the compassionate path to Buddhahood into practical instructions which make use of all the circumstances of everyday life. He gave this commentary during his last visit to the West. He speaks frankly from his heart, drawing on his own life-long experience.

"Filled with stories and examples, the great strength of *Enlightened Courage* is that it...makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view."—*Shambhala Sun*

(Outside N. America, please order *Enlightened Courage* from Padmakara in France.)

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 that had its roots in the 8th-century Samye Debate but which was taken up again by Sakya Pandita in the 12th century. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual factor or insight? This question arose again in Tibet in connection with the teachings of certain Tibetan masters about the nature of Mahamudra practice and insight.

David Jackson has attempted to document both sides of this controversy. In order to clarify the positions of the main masters representing the "simultaneous" or all-at-once doctrine, he has presented in translation all the known references to this teaching in the writings of Gampopa and Lama Ahang. On the other side, Sakya Pandita criticized the notion that any one teaching or single spiritual factor could claim to be self-sufficient, including any meditative stoppage of conceptual processes in the name of "seeing the nature of mind."

Certain links between these masters' doctrine and earlier Ch'an-influenced Tibetan traditions could be discovered, in addition to interesting parallels to the teachings of certain Indian siddhas. This book should interest anyone who is practicing Mahamudra, tantras or Dzogchen.

NEW!

THE ENTRANCE GATE FOR THE WISE, Sakyapa Pandita on Indian and Tibetan Traditions of Pramana and Philosophical Debate

by David P. Jackson. 2 vols., 299pp. & 319 pp., #ENGAWI \$79

This is an indispensable resource on the life and thought of Sakya Pandita (Sa-pan), one of Tibet's most influential translators and interpreters of Indian Buddhist philosophy and doctrine, particularly known for his propagation of the "pramana" tradition of Dharmakirti in Tibet. This is an extensive study of Sakya Pandita's treatise "The Entrance Gate for the Wise" (*Mkhas pa rnam 'jug pa'i sgo*), which delineates the three main activities of the traditional Buddhist scholar: composition, exposition, and debate.

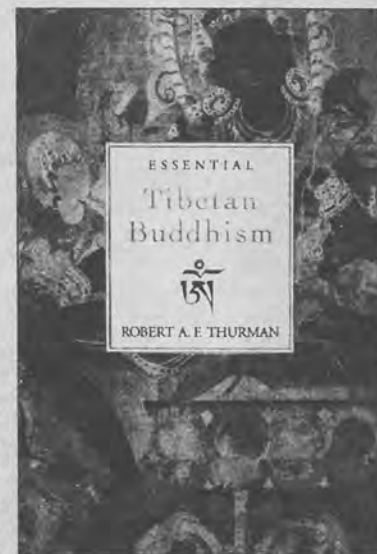
ENLIGHTENED JOURNEY: The Practice of Buddhism as Daily Life

by Tulku Thondup. 240 pp. #ENJO \$16

This is a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Tulku Thondup, a teacher of the Nyingma school, shows how suffering can become a more powerful tool than happiness in achieving enlightenment and how the practice of meditation can arouse compassion. He discusses the symbolic significance of holy places, temples, statues, books, and other spiritual artifacts and the religious significance of Tibetan Buddhist art as a source of teaching, inspiration, and power. He explains the Tibetan teachings on the experiences of dying and the after-death state and gives a commentary on the Ngondro practices of the Longchen Nyingthig tradition.

ESSENTIAL TIBETAN BUDDHISM

by Robert A.F. Thurman
272 pp., #ESTIBU \$20.00



Robert Thurman, a leading teacher of Tibetan Buddhism, offers readers a rich collection of key texts on Tibetan Buddhism—a great window into this rich spiritual tradition as it is reflected through its own vibrant literature. Here are 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; the stories of hermits and yogis; practicing the loving spirit of enlightenment; the lessons of ancient monks and modern nuns—all centered around profoundly practical instructions for training the mind on the path to enlightenment. Clarifying but never simplifying the complexity of Tibetan Buddhism, this collection will interest anyone exploring the diamond path.



Robert Thurman, a leading teacher of Tibetan Buddhism, offers readers a rich collection of key texts on Tibetan Buddhism—a great window into this rich spiritual tradition as it is reflected through its own vibrant literature. Here are 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; the stories of hermits and yogis; practicing the loving spirit of enlightenment; the lessons of ancient monks and modern nuns—all centered around profoundly practical instructions for training the mind on the path to enlightenment. Clarifying but never simplifying the complexity of Tibetan Buddhism, this collection will interest anyone exploring the diamond path.

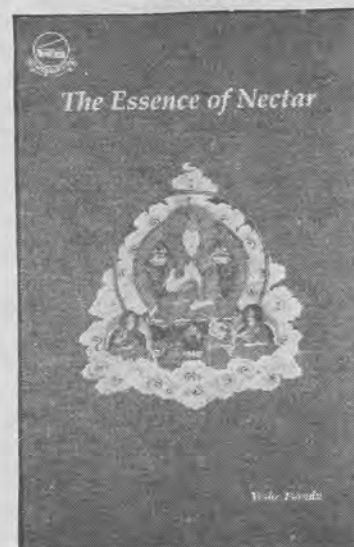
NEW!

EPISTEMOLOGY AND SPIRITUAL AUTHORITY: The Development of Epistemology and Logic in the Old Nyaya and the Buddhist School of Epistemology with an Annotated Translation of Dharmakirti's Pramana-varttika

by Vittorio A. van Bijlert. 191 pp. #EPSPAU \$31

Excellent resource for understanding the notion of "pramana" or "valid cognition" which serves as the foundation for the entire edifice of Buddhist logic. This book presents a thorough commentary of the conception of pramana as presented by Dharmakirti in his *Pramana-varttika*. Included is a translation of relevant parts of Dharmakirti's text, along with its oldest commentary, the *Pramana-varttika-Panjika*, written by Dharmakirti's direct disciple, Devendrabuddha.

BACK!



ESSENCE OF NECTAR

by Yeshe Tsöndu. 110 pp., notes, glossary, #ESNEC \$8.95

This is an extensive commentary-prayer on the *Great Exposition of the Graded Path* (*Lam-rim chen-mo*) by Tsongkhapa.

THE ESSENTIAL NECTAR

by Geshe Rabten, trans. & ed. by Martin Willson. 308 pp. #ESNE \$14

Traditional teachings on the stages of the path are presented here as meditations to

be practised; they are methods for investigating and transforming one's attitudes and behavior, leading finally to the complete eradication of all negative states of mind and the development of the qualities of the enlightened mind.

NEW!

Everlasting Rain of Nectar

Purification Practice in Tibetan Buddhism



Geshe Jampa Gyatso

EVERLASTING RAIN OF NECTAR: Purification Practice in Tibetan Buddhism

by Geshe Jampa Gyatso, ed. by Joan Nicell. 160 pp. #EVRANE \$14.95

Progress along the spiritual path depends upon purification of the mind. *Everlasting Rain of Nectar* presents the effective practice of "confession of downfalls to the thirty-five buddhas," a common daily Buddhist ritual that takes about fifteen minutes to perform. The author also explains the theoretical basis of purification—the cause and effect principle of karma—an understanding of which is essential for those wanting to experience happiness and avoid suffering.

ENTERING THE STREAM:

An Introduction to the Buddha and His Teachings

ed. Samuel Bercholz & Sherab Chodzin Kohn, foreword by Bernardo Bertolucci. 276 pp., 24 pp. of art & photos, #ENST \$15

This is the companion reader to Bernardo Bertolucci's new movie, *The Little Buddha*. It includes the life of the Buddha, key writings, discussion of reincarnation, basic teachings of the three types of Buddhist practice, Buddhist historical background.

ETHICS OF TIBET: Bodhisattva Section of Tsong-Kha-Pa's *Lam Rim Chen Mo*
by Alex Wayman, foreword by the Dalai Lama. 224 pp. #ETTI \$19.95

This is a systematic analysis of the conditions necessary for progress in spiritual attainment, from the awakening of the mind of enlightenment (bodhicitta) to the final insight (prajna). A clear and easy-to-read articulation of the doctrine of bodhisattva compassion.

**EXCELLENT BUDDHISM:
An Exemplary Life**

by Kalu Rinpoche. 160 pp. #EXBU \$15.95

Contains biographical reminiscences on Kalu Rinpoche, teachings on daily life, inspiring stories on Buddhist practitioners of the past, and reflections on the relationship between Buddhism and the West.

**THE EXCELLENT PATH TO
ENLIGHTENMENT**

by H.H. Dilgo Khyentse Rinpoche. 140 pp. #EXPAEN \$12.95

"Excellent!"—*Reader's Review*

"The vow to perfect oneself in order to perfect others is called the thought of enlightenment, or bodhicitta. This implies that every single action, word, or thought, even the most trivial, is dedicated to the good of all beings. . . . To accomplish the good of others, we must first perfect ourselves, by purifying and transforming our minds. This is the aim of what we call the preliminary practices, which establish the foundations of all spiritual progress."

In this book Dilgo Khyentse Rinpoche explains a standard practice text composed by Jamyang Khyentse Wangpo (1820-1892) on the Vajrayana preliminaries: taking refuge, generating the thought of achieving enlightenment for the sake of all beings, performing the meditation and recitation of Vajrasattva to remove hindrances on the path to enlightenment, offering the mandala to accumulate merit and wisdom, and developing proper reliance on a spiritual teacher.

Clear, direct and personal, these instructions illuminate the heart of Vajrayana practice. Included here are the Tibetan text as well as the mantras and prayers commonly recited in conjunction with this practice.

Kyabje Dilgo Khyentse Rinpoche (1910-1991), was one of the foremost philosophers, poets, and meditation masters of the Mahayana, mahamudra and Dzogchen traditions of Vajrayana Buddhism. Rinpoche was highly respected by thousands of students in Tibet and throughout the world.

**THE EXPERIENCE OF INSIGHT:
A Simple & Direct Guide to Buddhist Meditation**

by Joseph Goldstein. 169 pp. #EXIN \$14

Here is a modern classic of unusually clear, practical instruction for the practice of meditation: sitting and walking meditation, how one relates with the breath, feelings, thoughts, sensations, consciousness and everyday activities. Goldstein is one of the best-known meditation teachers and this book is a classic of instruction.

THE FAITH TO DOUBT: Glimpses of Buddhist Uncertainty

by Stephen Batchelor. 138 pp. #FADO \$10

This is a delightful and incisive discussion of meditation, Buddhist training and the challenges Buddhism brings to the West

**FOUNDATION OF BUDDHIST
MEDITATION**

by Kalu Rinpoche. 31 pp. #FOBUME \$4.95

Originally appeared in *Four Essential Buddhist Texts*. This is an introduction to Buddhist practice by a leading master that covers the essentials. These are active meditations on topics that must be deeply realized in order to propel spiritual practice to the goal.



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

by Joel and Michele Levey. 232 pp. #FIARRE \$14.95

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions for mastering the stresses of life. For the last fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands of people the fine art of relaxation, concentration, and stress reduction.

"*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*

**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 Kagyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the five Dhyani Buddhas.

FOUR ESSENTIAL BUDDHIST TEXTS

117 pp. #FOESBU \$7.95

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.



**THE FOUR FOUNDATIONS OF
MINDFULNESS**

by Ven. U Silananda. 232 pp. #FOFOMI \$15.95

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

If you are practicing vipassana meditation, this is an excellent teaching.

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, which are 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.

Ven. Lobsang Gyatso is 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

These are the four thoughts that turn the mind towards dharma taught by the great meditator Gampopa. They provide the basic reasons and motivations for practicing dharma. They apply to all levels and sects of Buddhism and are contrasted with the four special foundations (ngondro).

NEW!

**FUNDAMENTAL WISDOM OF
THE MIDDLE WAY: Nagarjuna's
Mulamadhyamakakarika**

trans. and commentary by Jay Garfield. 336 pp. #FUWIMI \$14.95

Nagarjuna's greatest philosophical work, the *Mulamadhymakakarika*, has been studied by the leading scholars of Buddhism and is one of the most influential works on the middle way philosophy. Jay Garfield offers this new and very accessible translation and commentary.

NEW!

Generating the Deity



Venerable Gyatrul Rinpoche

GENERATING THE DEITY

by Ven. Gyatrul Rinpoche, 139 pp., 19 b&w photos, #GEDE \$14.95

In 1976, Ven. Gyatrul Rinpoche was selected by H.H. Dudjom Rinpoche to be his spiritual representative at the Pacific Region Yeshe Nyingpo centers. During his twenty-one years of living and teaching in the West, Gyatrul Rinpoche has established seven centers and developed an unusual ability to communicate the Tibetan Buddhist path to Western students. He is a master of the Palyul tradition, which contains teachings from both the Nyingma and Kagyu schools of Tibetan Buddhism.

Generating the Deity offers an exceptionally clear and accessible presentation of the generation stage practices of deity yoga. Gyatrul Rinpoche explains the state of mind to be established at the beginning of the practice session, the details of the visualization sequences, the three types of offerings and proper mantra recitation, as well as information on mudras, tormas and malas. Practitioners from all lineages of Tibetan Buddhism will find these teachings enhance their understanding of sadhana practice. Rinpoche's detailed explanations make it possible to practice these meditations as they were intended and as they were practiced in Tibet and ancient India.

GATES TO BUDDHIST PRACTICE

by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

This is a collection of teachings that first grounds the practitioner in the basic principles of Buddhism and then dives deep into the theory and practice of 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 essence of the spiritual path.

**GENEROUS WISDOM: Commentaries
by H.H. the Dalai Lama XIV on the
Jatakamala**

122 pp. #GEWI \$8.95

This is a set of four teachings on the *Jatakamala: Garland of Birth Stories of Buddha* given by His Holiness during the Great Prayer Festival in Dharamsala. The theme of these stories is the perfection of generosity of the bodhisattvas—but His Holiness also speaks on the perfection of ethics and patience, dependent-arising and karma.

**GEMS OF DHARMA, JEWELS OF
FREEDOM**

by Je Gampopa, trans. by Ken & Katia Holmes, pref. by Tai Situpa Rinpoche. 319 pp. #GEDH \$19.95

This is a new and very readable translation of the classic Gampopa text. It is the major handbook for many Tibetan Buddhists since it provides the quintessential meaning of hundreds of Buddhist scriptures. It lays out the entire path of bodhisattva practice leading up to Buddhahood. This new translation is the result of 15 years of study under distinguished tutors of the Kagyu tradition.

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

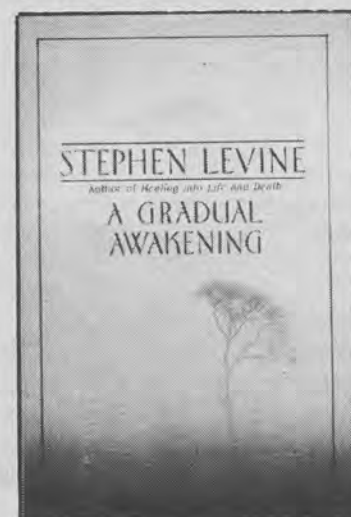
Ed. by Jeremy Hayward & Francisco Varela. 280 pp. #GEBR \$20

This is a chronicle of the groundbreaking 1987 meeting between prominent Western scientists and the Dalai Lama to discuss the interface of cognitive sciences and Buddhist psychology. Topics ranged widely over mind and brain, the self, perception, memory, evolution, artificial intelligence, and the sources of knowledge in science and Buddhism.

**GENTLY WHISPERED: Oral Teachings
by the Very Venerable Kalu Rinpoche**

compiled, ed. and annotated by Elizabeth Selandia, Foreword by H. E. Tai Situpa. 294 pp. #GEWH \$16.95

In their directness, depth, and humor, this collection of oral teachings is accessible to all interested in the path to liberation. The teachings are imbued with the spiritual qualities of a great meditation master.



A GRADUAL AWAKENING

by Stephen Levine. 173 pp. #GRAW \$8.95

In thirty chapters, Stephen cuts to the core of life's issues and offers healing approaches in this close-to-the-earth Buddhist psychology. Some of the chapters: *Self Image and the Imagined Self, Judging Mind, The Sense of Unworthiness, The Hindrances, Watching from the Heart, A Guided Meditation on Energy in the Body*. This is a basic teaching text in meditation

centers, hospitals, hospices, wellness groups, healing centers and cancer and AIDS support groups across the country.

GLIMPSE AFTER GLIMPSE: A Daily Meditation Book

by Sogyal Rinpoche, ed. by Patrick Gaffney. 384 pp., 5 x 7" #GLGL \$12

Includes original meditations as well as some adapted from other sources. It offers clear and enlightening advice on applying timeless wisdom to the daily concerns we all face. There is a wealth of ideas—a perfect companion to anyone's spiritual practice.

THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training

by Jamgon Kongtrul, trans. Ken McLeod. 100 pp. #GRPAW \$12

Written by the prolific 19th-century scholar Jamgon Kongtrul, the book provides clear instructions for the realization of bodhicitta, or "awakened heart." Specific guidelines are given for everyday practice.

GREAT TREASURY OF MERIT: A Commentary to the Practice of Offering to the Spiritual Guide

by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$25.95

Offering to the Spiritual Guide, or *Lama Chopa*, is the uncommon guru yoga of the Gelug tradition of Mahayana Buddhism and the principal preliminary for the practice of Vajrayana Mahamudra. Geshe Kelsang Gyatso begins by explaining the practice of relying upon a spiritual guide, the root of all spiritual attainments, then how to practice the stages of the path and Vajrayana Mahamudra.

A GUIDE TO THE BODHISATTVA'S WAY OF LIFE

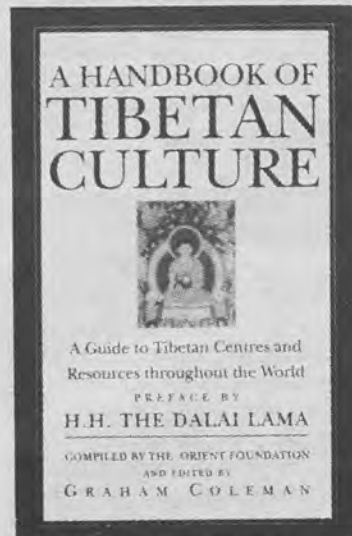
by Shantideva, trans. Stephen Batchelor. 199 pp. #GUBOWA \$12.95

This book is very often recommended to students of Mahayana. It is a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

THE GURU PUJA

67 pp. #GUPU \$4.95

This presentation of the offering to the spiritual masters includes the tsog offering and Song of the Spring Queen and is accompanied by *The Hundred Deities of the Land of Joy*, a lam-rim dedication prayer and so forth. In Tibetan phonetics and in English.



A HANDBOOK OF TIBETAN CULTURE: A Guide to Tibetan Centres and Resources Throughout the World

compiled and edited by The Orient Foundation & Graham Coleman. 431 pp. #HATICU \$18

This is the most comprehensive reference to Tibetan centers and cultural resources worldwide. This is a large directory of biographies of lamas and scholars, academic organizations, cultural organizations, libraries, monasteries, museums, publishers, retreat centers, and teaching centers. There is a historical overview of the five lineages of Tibetan Buddhism and a comprehensive glossary of key Tibetan and Sanskrit terms.

ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism

by Sakya Pandita. 192 pp. #IL \$14.00

This translation of Sakya Pandita's basic manual for Buddhist practice presents a complete guide to the path. The master scholar of the Sakya school lays out the reasons for taking up a spiritual approach to life, the method of acting on that inclination, and the specific practices and stages of spiritual development.

A GUIDE TO WALKING MEDITATION

by Thich Nhat Hanh. 64 pp. #GUWAME \$8.95

Instruction in "walking not in order to arrive, walking just for walking." With lovely illustrations by Yasuhide Kobashi.

THE HEART SUTRA EXPLAINED

by Donald S. Lopez, Jr., 227 pp. #HESUEX \$19.95

The Heart Sutra Explained offers new insights on emptiness and form and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes two 19th-century Tibetan commentaries.

THE HARMONY OF EMPTINESS AND DEPENDENT-ARISING

by Ven. Lobsang Gyatso. 156 pp. #HAEMDE \$10.95

This is a commentary to Tsongkhapa's *The Essence of Eloquent Speech* and concerns two important themes—emptiness and dependent-arising. All schools of Buddhism expound theories of emptiness and dependent-arising, but their interpretations vary greatly and are even contradictory. Ven. Lobsang Gyatso very skilfully explains these.

THE HEART OF THE BUDDHA

by Chogyam Trungpa. 176 pp. #HEBUD \$16

This is a compelling new collection of articles, talks, and seminars that presents basic Buddhist teachings as they relate to everyday life. Rinpoche discusses the Personal Journey—the heart of the Buddha; intellect and intuition; four foundations of mindfulness; devotion. Next, the Stages on the Path—taking refuge; the bodhisattva; the practice of Vajrayogini. Finally, Working with Others—relationships; acknowledging death; alcohol as poison or medicine; talk for children; green energy; manifesting enlightenment.

HEART OF WISDOM: A Commentary to the Heart Sutra

by Geshe Kelsang Gyatso. 150 pp. #HEWI \$14.95

Because of its condensed form and the profundity of its subject, the Heart Sutra is difficult to understand correctly without a clear commentary. *Heart of Wisdom* provides both explicit and implicit meanings of the sutra, and relates them to the five Mahayana paths to enlightenment.

HEARTWOOD OF THE BODHI TREE: The Buddha's Teaching on Voidness

by Ajahn Buddhadasa. 152 pp. #HEBOTR \$12.50

The heart of Buddhist teachings is the practice of non-clinging—it is living with a mind void of the feelings of self. Ajahn Buddhadasa's forthrightness and teaching are renowned throughout Thailand. He does not mince words. His forest monastery is open to anyone who wants to sincerely practice. His teachings in *Heartwood* are about emptiness, and to understand emptiness is to understand all reality, to find peace and know that all is well.

"This teaching is a great and compassionate treasure."—Jack Kornfield

HIDDEN TREASURES AND SECRET LIVES

by Michael Aris. 278 pp. #HITR \$14.95

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.

HIGHEST YOGA TANTRA

by Daniel Cozort. 192 pp. #HIYOTA \$14.95

"This book can be recommended as an extremely lucid overview of both the stages of generation and completion in Highest Yoga Tantra."—*The Middle Way*

This presentation of the stages of Highest Yoga Tantra is based on a famous Tibetan

text by Ngawang Belden entitled "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets", and is enhanced by Gendun Tri Rinbochay, H.H. Jambel Shenpen's commentary.

After a discussion of the practices common to sutra and tantra comes the presentation of the generation stage yogas and the entirety of the completion stage yogas including a comparison of the Kalachakra and Guhyasamaja stages of completion—a must for anyone interested in the higher tantras.

THE HEART TREASURE OF THE ENLIGHTENED ONES: The Practice of View, Meditation, and Action

by Patrul Rinpoche with commentary by Dilgo Khyentse Rinpoche, foreword by the Dalai Lama. 240 pp. #HETREN \$15

"This teaching... really is like an elixir for reviving the dead."—from the Foreword by the Dalai Lama.

With his characteristic thoroughness, gentleness, and compassion, H.H. Dilgo Khyentse Rinpoche presents an extensive commentary on this text by Patrul Rinpoche. The text first urges us to reflect on our own defects and on the intense sufferings of beings. This is followed by instructions for practice of dharma. Finally His Holiness explains how the results of practice are expressed in a life free from preoccupation with worldly affairs and in harmony with the teachings.

HOW TO MEDITATE

by Kathleen MacDonald. 216 pp. #HOME \$12.95

Contains a wealth of practical advice on a variety of authentic and proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in this one book!



ILLUSION'S GAME: The Life and Teaching of Naropa

by Chogyam Trungpa. 136 pp. #ILGA \$10

Through a commentary on Naropa, Chogyam Trungpa shows how the path to enlightenment is a radical process of unlearning that draws us away from the comfort of conventional expectations and conceptual attitudes toward a naked encounter with reality. Trungpa's commentary shows the relevance of Naropa's extraordinary journey for today's practitioners. He delineates the various levels of spiritual development that lead to the student's readiness to meet the Buddha's mind.

INDIAN BUDDHISM

by A.K. Warder. 627 pp. #INBUD \$22.50

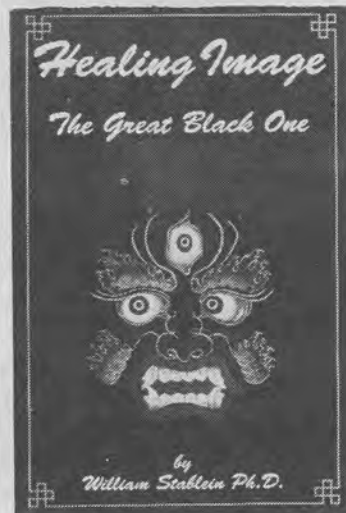
This is a comprehensive classic text on the rise and development of Buddhism in India. The first part of the text presents Buddhism as it was founded by Buddha himself. The second part traces the development of the eighteen schools of early Buddhism showing how they elaborated their doctrines out of the common kernel. How the Theravadin tradition added to or modified the original doctrine is discussed. The last section describes the Mahayana and Tantrayana movement, the way of the bodhisattva and the way of deity yoga. Particular attention is paid to how Buddhism can solve the problems that arise in society.

HEALING IMAGE: The Great Black One

by William Stablein

274 pp. 37 color plates

4 line drawings, #HEIM \$14.95



A fascinating account of a young American's years of Tantric Buddhist study in Nepal and India. The author discovers an ancient manuscript and healing-meditation practice that leads him on a spiritual journey to an invisible dimension of esoteric Buddhism. He outlines ways that readers can incorporate these practices into their own lives to promote wellness, inner harmony, compassion and creativity. He also offers original translations of two important Sanskrit texts and insights on the causes and treatment of co-dependency and addiction.



**IMAGES OF ENLIGHTENMENT:
Tibetan Art in Practice**

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 27 line drawings & diagrams, #IMENL \$24.95

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

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

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

INDIAN BUDDHISM: A Survey

by Hajime Nakamura. 423 pp. #INBUDD \$19.95

"This is a remarkable survey of Buddhist literature."—Alex Wayman

This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura was a Professor of Indian and Buddhist Philosophy at the University of Tokyo for thirty years. He is a distinguished scholar of international repute.

INITIATIONS AND INITIATES IN TIBET

by Alexandra David-Neel. 240 pp., 27 photos, #ININ \$5.95

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the methods of psychic training they employ. Examined in detail are the various kinds of initiations and their aims, the role of the spiritual guide and the choice of a master, traditional oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.

direct path which is easy to practice and quickly leads to liberation. It is a remarkable collection of texts produced for Western students by Khenpo Gyaltsen, the abbot for the Drikung Kagyu in North America.

In Search of the Stainless Ambrosia provides the basic tools needed to overcome afflictive attitudes and self-centered feeling. Also included are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

INDO-TIBETAN BUDDHISM:**Indian Buddhists and Their Tibetan Successors**

by David Snellgrove. 640 pp. 120 b&w plates, 5 maps #INDOTI \$65 cloth

This monumental study provides a comprehensive survey of Indian Buddhism and its subsequent establishment in Tibet and encompasses a period of more than fifteen centuries. It is based throughout on a careful study of all relevant sources; literary, archaeological and iconographical. It is especially informative on the tantric period of Buddhist theory and practice from the eighth to the thirteenth centuries, but also deals at length with the earlier evolution of Buddhist doctrine.

"Professor Snellgrove was the ideal person to undertake such an enormous task, and his book can be expected to remain the standard work on the subject for many years to come."—*Journal of the Royal Asiatic Society*

INSIDE TIBETAN BUDDHISM: Rituals and Symbols Revealed

text by Robert Thurman. 112 pp., 9 x 9" 150 color and b&w photos #INSTI \$20

Presents in film-like sequences the central rituals which most directly and clearly illustrate the philosophy of this ancient form of Buddhism. Striking images of sacred spaces, participants, art, and ritual choreography are used to explain such concepts as karma, emptiness, compassion, death and rebirth, the eight-fold path, and the processes of tantric deity practice.

storing data.

IN THIS VERY LIFE: The Liberation Teachings of the Buddha

by Sayadaw U Pandita. 298 pp. #VELI \$16

In This Very Life contains teachings given to Western students in intensive retreat with Burmese master U Pandita. He starts with basic instructions on sitting and walking meditation and goes on to describe in detail the stages of practice including dealing with problems that arise with deepening insight.

INTRODUCTION TO BUDDHISM: An Explanation of the Buddhist Way of Life

by Geshe Kelsang Gyatso. 152 pp. #INBU \$9.95

An exceptionally clear and practical presentation of the methods taught by Buddha for transforming our mind. Beginning with an introduction to the life of Buddha, Geshe Kelsang then explains the central principles behind the Buddhist way of life, and what it means to be a Buddhist. He introduces karma, reincarnation, cyclic existence, and the bodhisattva's way of life and shows how to apply these teachings to everyday life.

BEST SELLING!**INTRODUCTION TO TIBETAN BUDDHISM**

by John Powers. 520 pp. #INTIBC \$34.95 cloth, #INTIBU \$18.95 paper

"For a comprehensive and eminently comprehensible overview of the history, key figures, doctrines, systems, and texts of Tibetan Buddhism, look to *Power's Substantial Introduction to Tibetan Buddhism*."—*Booklist*, the American Library Association

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. It begins with a summary of the Indian origins of Tibetan

Buddhism and how it eventually was brought to Tibet. Then it explores Tibetan Mahayana philosophy and tantric methods for personal transformation that involves visualization, ritual and meditation. *The tantric systems of the four main lineages of Tibetan Buddhism are explored impartially and in depth.* A comprehensive and invaluable list of books for further reading accompanies each chapter. The systematic and clear presentation of Tibetan Buddhist views and practices will delight both new readers as well as those already knowledgeable of the subject. We highly recommend it.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation."—Lobsang Lhalungpa

**INTRODUCTION TO TANTRA: A Vision of Totality**

by Lama Yeshe. 176 pp. #INTA \$14.95

Lama Yeshe explains how to use desire skilfully by breaking down our distorted and deeply entrenched way of seeing things. By learning to use correctly our ability to enjoy pleasure, we can awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

NEW!**IN PRAISE OF TARA: Songs to the Saviouress**

by Martin Willson. 496 pp., 8 color plates, #INPRTA \$24.95

"This book is a treasure, an outstanding collection of Tibetan and Indian praises and contemplations centered on Tara."—Anne C. Klein

Tara is the embodiment of enlightened virtuous activity, the quintessential archetype of the fully evolved spiritual person in female form. This is a comprehensive and unique collection of literature inspired by Tara. Included are a history of the origin of the Tantra of Tara, canonical texts, sadhanas for practice, and the lyrical praises to Tara of both Indian and Tibetan devotees. It is thorough and at the same time inspirational and an expression of devotion to Tara.

IN SEARCH OF THE STAINLESS AMBROSIA

by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpahl. 150 pp. #SESTAM \$12.95

The teachings in this volume constitute a

INSIGHT MEDITATION
A Psychology of Freedom

Joseph Goldstein
author of *The Experience of Insight*

INSIGHT MEDITATION: A Psychology of Freedom

by Joseph Goldstein. 184 pp. #INMED \$11

The fruit of more than twenty years' experience leading Buddhist meditation retreats, this book discusses on a number of topics repeatedly raised by students of all levels of insight meditation practice (vipassana).

IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism

ed. Janet Gyatso. 320 pp. #MIME \$19.95

This book studies the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, commemoration of the Buddha, dharani practice, the use of mnemonic lists to condense lengthy scriptures, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and

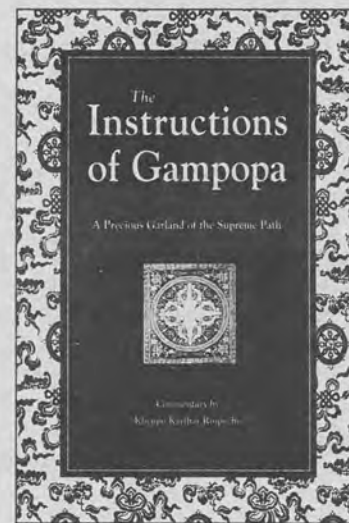
NEW!**THE INSTRUCTIONS OF GAMPOPA: A Precious Garland of the Supreme Path**

Commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso, ed. by Laura Roth & David McCarthy
175 pp., #INGA \$14.95

Gampopa, the father of the Kagyu tradition in Tibet, wrote a number of commentaries on Buddha's teachings.

The most notable are *The Jewel Ornament of Liberation* and *A Precious Garland of the Supreme Path*. In *A Precious Garland* he gives precise instructions on what is needed to develop one's understanding, meditation and conduct on the spiritual path. Gampopa succinctly outlines in twenty-eight categories what we need to know in order to perfect our spiritual practice. Being overwhelmed by kindness and compassion for all beings, Gampopa set forth these teachings for the benefit of his students and future practitioners. The commentary by Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra Monastery in Woodstock, New York, expands on the pithy instructions of Gampopa and gives answers to students who ask very practical questions.

Gampopa lived from 1070 to 1153. He was born in Central Tibet and trained as a doctor, but at age 26, when his family succumbed to an epidemic, he promised his wife on her deathbed that he would become a monk and devote his life to Buddhism. He eventually met the great yogi Milarepa and became his foremost student. He founded the system of Mahamudra which combines the tantric teachings of the great siddhas of India with the graduated path teachings of Atisha.



**IS ENLIGHTENMENT POSSIBLE?:
Dharmakirti and rGyal tshab rje
on Knowledge, Rebirth, No-Self
and Liberation**

by Roger Jackson. 576 pp. #ENPOC \$45 cloth

Is Enlightenment Possible? is an exploration of the most sustained and sophisticated argument for the truth of the Buddhist world-view, that of Dharmakirti. He sets forth a rational demonstration that past and future lives are real, mind is separable from the body, mind's nature is such that enlightenment is possible, and the attainment of enlightenment requires realization of the uniquely Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them interesting to anyone concerned with the problems of truth—especially religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—*The Reader's Review*

**JAMGON KONGTRUL'S RETREAT
MANUAL**

trans. & intro. by Ngawang Zangpo. 255 pp., #JAKORE \$15.95

In the Kagyu and Nyingma traditions of Tibetan tantric Buddhism, a long period of intensive training in meditation—a three-year, three-month retreat—must be completed before a person is considered a lama (teacher). *Jamgon Kongtrul's Retreat Manual* was written in the mid-19th century for those who wanted to embark on this rigorous training. It guides them in preparing for retreat, provides full details of the program of meditation and offers advice for re-entry into the world. It offers a candid view inside the secluded walls of a Tibetan meditation training center.

Widely respected as one of the most prolific writers Tibet ever produced, Kongtrul was also a meditation master. The three-year retreat center he describes was his creation, and its program consisted of those spiritual practices he considered most essential for the preservation of Himalayan Buddhism.

**THE JEWEL LADDER: a Preliminary
Nyingma Lamrim**

by Minling Terchen Gyurme Dorjee, commentary by Garje Khamtrul Rinpoche, trans. & ed. by Tsepak Rigzin. 236 pp. #JELA \$12

This is a comprehensive Nyingma Lamrim by one of the foremost early master-scholars of Tibet known as Terdak Lingpa, who was both a teacher and disciple of the Great Fifth Dalai Lama. The text introduces us to the preliminaries of the practice required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma and the Four Noble Truths.

**THE JEWEL ORNAMENT OF
LIBERATION**

by Gampopa, trans. & ed. by Guenther. 353 pp. #JEORLI \$20

A comprehensive and authoritative exposition of the stages on the Buddhist path.

THE JEWELLED STAIRCASE

by Geshe Wangyal. 176 pp. #JEST \$10.95

"...explores the more subtle points of Buddhist philosophy with a rare lightness and agility...what we are presented with are a series of living insights...an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

The Jewelled Staircase is a delightful volume...it is a quintessential map to the overall structure of Buddhist meditation; its publication makes a fitting tribute to its late author."—*Vajradhatu Sun*

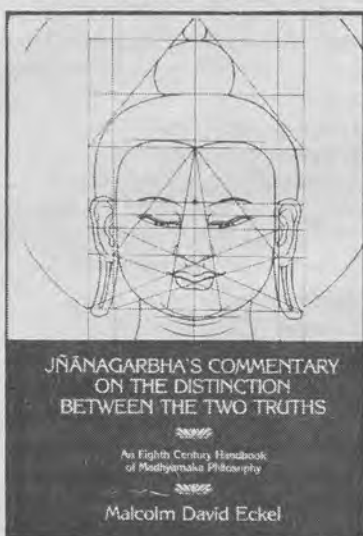
During the 28 years that the late Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fun-

damentals of Buddhist doctrine. At the end of his life, Geshe-la worked tirelessly on this, his final book, which reflects his main goal of presenting in a clear and precise way the essential topics for new Buddhists of Western countries—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

NOW IN PAPER!**THE JEW IN THE LOTUS**

by Rodger Kamenetz. 225 pp. #JELO \$12

"With humor, compassion, and unfailing honesty, Rodger Kamenetz tells the story of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz explores and deepens his own understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists in this intriguing and engaging book."—Jane Hirshfield, author

**JÑĀNAGARBHA'S COMMENTARY
ON THE DISTINCTION BETWEEN
THE TWO TRUTHS: An Eighth
Century Handbook of Madhyamaka
Philosophy**

by Malcolm David Eckel. 220 pp. #JNCODI \$21.95 cloth

Jñānagarbha's *Commentary* is a concise and lucid introduction to the issues and personalities that dominated Indian Madhyamaka thought on the eve of its introduction to Tibet. As an example of the influential but little-known Svatantrika branch of the Madhyamaka School, Jñānagarbha's work shows quite vividly how the commitment to reason in the search for ultimate truth shaped not only the dialogue between Madhyamaka thinkers and members of other Buddhist schools, but also the evolution of the Madhyamaka tradition itself.

**JOURNEY WITHOUT GOAL: The Tantric
Wisdom of the Buddha**

by Chogyam Trungpa. 151 pp., 10 illus., #JOWIGO \$18

Trungpa Rinpoche introduces the principles of tantra, based on the practice of meditation, which leads to the discovery of egolessness. He provides a direct and experiential picture of the tantric world, explaining the importance of self-existing energy, the mandala principle, differences between Buddhist and Hindu tantra—stressing the nontheistic foundation of Buddhism. The role of the teacher and the meaning of tantric transmission are also presented.

**JOYFUL PATH OF GOOD FORTUNE:
The Complete Guide to the Buddhist
Path to Enlightenment**

by Geshe Kelsang Gyatso. 620 pp. #JOPAGO \$24.95

Joyful Path of Good Fortune is one of the clearest and most extensive commentaries on the stages of the path to enlightenment. Included are detailed explanations of how to prepare the mind for meditation, and a guide for the practitioner through each successive meditation, showing its purpose and demonstrating how each one brings about a new stage of mental development.

**JUNG'S PSYCHOLOGY AND TIBETAN
BUDDHISM**

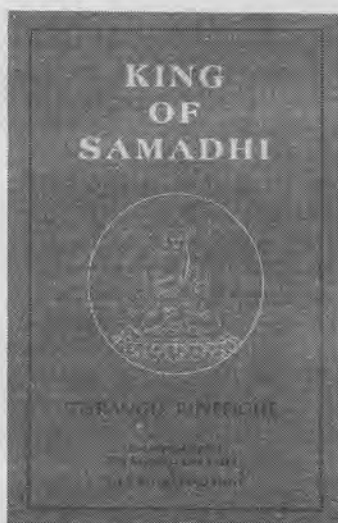
by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

The author discusses Tibetan Buddhism and Jungian psychology, touching on many of the ideas and methods of each. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deepest yearnings for spiritual fulfillment and the demands of our mundane life.

KEYS TO GREAT ENLIGHTENMENT

by Geshe Tsultim Gyeltsen. 176 pp., #KEGREN \$12.95

Contains commentaries on two key Mahayana Buddhist texts: *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*. Geshe Gyeltsen gives a verse by verse exposition of the full root texts in accordance with the oral tradition.

**KING OF SAMADHI: Commentaries
on the Samadhi Raja Sutra & the
Song of Lodro Thaye**

by Thrangu Rinpoche. 192 pp. #KISA \$17.

The *Samadhi Raja Sutra* forms the perfect link between the mahayana training of a bodhisattva and the profound tradition of Buddhist meditation practice known as mahamudra.

"It is my request that all dharma practitioners take the meaning of these extremely precious teachings to heart and make it personal experience through correct practice."—from the foreword by Chokyi Nyima Rinpoche.

**King Udrayana and THE WHEEL OF
LIFE**

by Sermey Geshe Lobsang Tharchin. 248 pp., line drawings, #KIUDWH \$9.50

Geshe Tharchin presents texts on *The Wheel of Life* that explain in detail the many symbolisms contained in this picture of samsara. Includes Tibetan text.

**KNOWING, NAMING, AND NEGA-
TION: A Sourcebook of Tibetan Texts
and Oral Commentary on Buddhist
Epistemology**

by Anne Klein. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook.

Several years in the Tibetan monastic curriculum are devoted to study of the

Sautrantika tenet system, for it is here that the basis for Madhyamika epistemology is found.

The systematization of Sautrantika assertions has held the interest of many generations of Tibetan scholars, down to the modern period. Three major types of scholastic literature have developed in this regard: presentations of the tenet system as a whole; syllogistic debate texts on problematic topics in the system; and expository treatment of a single important issue.

Translations of outstanding texts in each of these categories are annotated by the translator and supplemented with interspersed commentary from leading Tibetan yogi/scholars. This is a challenging book that presents the nitty-gritty issues of Sautrantika philosophy.

Knowing, Naming and Negation has been approved for the "Translations in Indo-Tibetan Buddhism" series by the Snow Lion Editorial Board of Advisors.

KNOWLEDGE & LIBERATION

by Anne Klein. 283 pp. #KNLIP \$18.95, #KNLIC \$27.50 cloth, A Namgyal Institute Textbook.

From its inception, Buddhist philosophy has been concerned with defining and overcoming the limitations and errors of ordinary perception. This was essential to Buddhism's central purpose of establishing a path and method for attaining liberation. Conceptual thought, in this view, is capable of leading to a liberating understanding, a transformative religious experience.

"Anne Klein's book presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and in particular for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins

**KUNDALINI: The Arousal of the
Inner Energy**

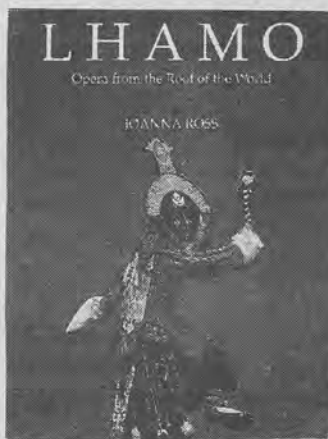
by Ajit Mookerjee. 112 pp., 61 illus., #KU \$14.95

The core experience of tantra is the process in which energy is awakened and rises through the energy centers to unite with pure consciousness at the crown of the head. The author relates the classical teachings to modern experiences of kundalini and helps us harness its energies for spiritual growth.

**THE LAMP OF LIBERATION: A Collec-
tion of Prayers, Advice and Aspira-
tions**

by H.H. Dudjom Rinpoche, ed. by Terry Clifford et al. 95 pp. #LALI \$15 cloth

Three texts by H.H. Dudjom Rinpoche, his biography and other pieces compose this lovely book. In Tibetan and English.

**LHAMO: Opera from the Roof of the
World**

by Joanna Ross. 130 pp. #LHOPRO \$12

This is the first book in English to provide an introduction to Tibetan opera. From the history and origins of lhamo, the book describes opera in Tibet and looks at each aspect of the performance today as preserved by the Tibetan Institute of Performing Arts in Dharamsala. Synopses of nine enchanting opera stories are included.

LIBERATION IN OUR HANDS: Part 1, The Preliminaries

by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300 pp. #LIHA \$12.50

Based on a 24-day teaching in Tibet in 1921, Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonetheless compassionate approach, gave a clear and elaborate explanation of the path to enlightenment based on Je Tsong Khapa. Throughout, he tells marvelous stories to bring his teachings alive. This volume is the first of three.

LIBERATION IN OUR HANDS: Part 2: The Fundamentals

by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 404 pp. #LIHA2 \$12.50

The Fundamentals covers the initial meditation topics of the Lamrim tradition. Topics include refuge, karma, how to serve a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principle focus is the overcoming of attachment for this life and pursuing the causes of a favorable rebirth in future lives. Also included is the Pabongka work: *How to Meditate on the Stages of the Path to Enlightenment* which presents the practice known as analytic meditation and the signs to look for when one has generated the appropriate realizations that relate to each of the topics.

LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment

by Pabongka Rinpoche, ed. by Trijang Rinpoche, trans. by Michael Richards. 978 pp. #LIPAH \$37.50

Pabongka Rinpoche, one of the best teachers in contemporary Tibet, gave an elaborate explanation of the path to enlightenment using the outline of Je Tsong Khapa. The teaching was originally edited and published in Tibetan by Trijang Rinpoche, the late junior tutor to the Dalai Lama, and is used widely by lamas. This single volume contains the entire commentary.

LIFE AND TEACHING OF TSONG KHAPA

by Robert A.F. Thurman. 258 pp. #LITETS \$11.95

Je Tsong Khapa is revered as one of the most significant Tibetan Buddhist teachers and was known as the great reformer of Tibetan Buddhism. His eclectic and analytic studies and meditations in all the major schools of Tibetan Buddhism resulted in the founding of the Gelugpa lineage. In addition to his biography there are teachings on the sutras and tantras, stages of the path, madyamika and insight meditation, as well as remarkable mystic conversations with great bodhisattvas.

LIGHT OF WISDOM

by Padmasambhava, commentary by Jamgon Kongtrul the Great, trans. by Erik Pema Kunsang, foreword by Dilgo Khyentse352 pp. #LIWI \$18

Contains three texts: *The Gradual Path of the Wisdom Essence* is a terma record of oral teachings of Padmasambhava, as recorded by Yeshe Tsogyal. *The Light of Wisdom* is a commentary on this text by Jamgon Kongtrul which is annotated by Jamyang Drakpa, a student of Jamgon Kongtrul.

LIGHTING THE LAMP: An Approach to the Tibetan Path

by Alfred Woll. 160 pp. #LILA \$12

"I've sat with Alfred Woll and his teacher Gelek Rinpoche, and admire Mr. Woll for his persistence, energy, and calm humility. His book rests on these qualities containing delicate instruction for basic meditation practice useful universally East and West."—Allen Ginsberg

LIKE AN ECHO

ed. by Julie Rogers and Diane Taudvin. 51 pp. #LIEC \$5.95

This Buddhist poetry is inspired by classic Tibetan style. These are poems that will appeal to the seasoned practitioner, to people who live closely with their tantric meditations. Written by the Nyingma students of Gyatrul Rinpoche in Oregon.

THE LION'S ROAR: An Introduction to Tantra

by Chogyam Trungpa. 256 pp. #LIROB \$13

This book is based on two historic seminars in which Chogyam Trungpa introduced tantric teachings to his students. Each seminar bore the title "the Nine Vehicles." These nine make up the whole path of Buddhist practice. Trungpa Rinpoche's non-theoretical, experiential approach opens up a world of fundamental insights.

LIVING BUDDHA, LIVING CHRIST

by Thich Nhat Hanh, for. by David Steindl-Rast, intro. by Elaine Pagels. 208 pp. #LIBULI \$20 cloth

Thich Nhat Hanh has been part of a decades-long dialogue between the two greatest living contemplative traditions, and brings to Christianity an appreciation of its beauty. In lucid, meditative prose, he explores the crossroads of compassion and holiness at which the two traditions meet and awakens deeper understanding of both.

LIVING BUDDHA ZEN

by Lex Hixon. 255 pp. #LIBUZE \$15.95

What really happens in the moment of irreversible awakening? What leads up to it? What follows? *Living Buddha Zen* bears inspirational power for those who passionately desire to awaken as the single Light celebrated by all wisdom traditions. Here are breathtaking re-creations of 52 such ineffable moments, 52 transmissions of the

Light—from Buddha and continuously from master to successor through India and China to the flowering of Soto in Japan.

LIVING THE MINDFUL LIFE: A Handbook for Living in the Present Moment

by Charles Tart. 252 pp. #LIMILI \$14

Being awake—why is something that sounds so simple the primary goal of the spiritual path? In this workshop-in-a-book, Charles Tart shows why—the seeming simplicity of the awakened state belies its transformative effect on the lives of those who strive for it. These uncomplicated exercises put within everyone's reach the elusive art of "waking up" to live in the glorious present.

LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna

352 pp. #LIKU \$18

Gopi Krishna was an ordinary Indian householder who, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice at the age of thirty-four. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of this autobiography. The author's detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

LONG DISCOURSES OF THE BUDDHA: A Translation of the Digha Nikaya

by Maurice Walshe. 648 pp. #LODIBU \$34.95 cloth

This is a complete translation of the Digha Nikaya from the Pali Canon. This collection consists of thirty-four longer length suttas. Included are the teachings of the Buddha on mindfulness, on morality, concentration, wisdom, dependent origination, on the roots and causes of wrong views and a long description of the Buddha's last days and passing away.

**LOVING-KINDNESS: The Revolutionary Art of Happiness**

by Sharon Salzberg. 193 pp. #LOKI \$18 cloth

Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of loving-kindness can help us discover the radiant, joyful heart within each of us. She offers twenty-three practices and many moving stories that bring depth of understanding and compassion.

"From one of our finest meditation teachers comes the genuine article: the practice of the heart, of loving-kindness, by a heart made genuine through more than twenty years of committed practice."—Stephen Levine

MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

by the Eighth Situpa Tenpa'i Nyinchay, H.H. the Third Gyalwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

Mahamudra Teachings of the Supreme Siddhas reveals the powerful practices of mahamudra transmitted by the Third Gyalwa Karmapa for the realization of the mind's fundamental nature. Karmapa and Situpa Rinpoche are the supreme siddhas, enlightened beings who expound on mahamudra for the benefit of others. The exemplary advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"Each verse of the prayer is discussed and explained with great care and in considerable detail."—*The Middle Way*

"All students of the Kagyu traditions of Tibetan Buddhism are familiar with Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, recited daily in countless Tibetan temples, retreats and homes.

"Lama Sherab Dorje offers us an accurate and highly readable translation of this masterwork that is sure to be read with profit both by those who wish to learn something about the system of Mahamudra and by those practicing within the tradition—it deserves to be studied until the intentions of the author have become fully integrated with one's own meditations."—Matthew Kapstein

**MACHIG LABDRON AND THE FOUNDATIONS OF CHOD**

by Jerome Edou. 270 pp. \$16.95

"This book provides wonderful material on the Chod lineage, Machig Labdron's biography, and investigations into the origins of Mahamudra Chod. The translations of the teachings of Chod are inspirational."—Tultrim Allione, *The Mirror*

"Excellent"—*The Reader's Review*

This is the first comprehensive presentation of the life of Machig Labdron and her mahamudra chod tradition. A contemporary of Milarepa, Machig is popularly considered to be both a dakini and a deity and is the only Tibetan woman to have founded an authentic and recognized transmission lineage.

Chod refers to cutting through the ego and its emotional entanglements. This mahamudra practice of chod is a powerful practice which aims at freeing oneself from fear and arousing the mind's primordial clarity.

"Jerome Edou deftly expounds her great teaching of the Mahamudra Chod. Consider reading this book as a spiritual investment...Edou is to be commended."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess*.

MAGIC AND MYSTERY IN TIBET

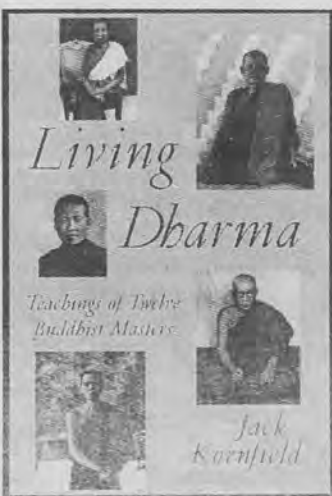
by Alexandra David-Neel. 321 pp. #MAMYTI \$7.95

This is a study of psychic discovery among the lamas and magicians of Tibet. It is a description of the occult and mystical theories and psychic training practices of Tibet. Alexandra David-Neel experienced many of the phenomena she describes. Particularly interesting is her detailed instructions for tumo (yoga of heat control) and the creation of thought-projections.

**LIVING DHARMA: Teachings of Twelve Buddhist Masters**

by Jack Kornfield, foreword by Chogyam Trungpa & Ram Dass
336 pp. 14 photos, #LIDH \$16

Kornfield presents the practice of meditation as taught by twelve Buddhist masters from Southeast Asia.



MAHAMUDRA: Eliminating the Darkness of Ignorance

by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

MAHAMUDRA: The Quintessence of Mind and Meditation

by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp. #MAQU \$30

This text is still the primary source used by living Tibetan meditation masters for instructing their disciples in this practice. The levels of meditation covered are as follows: the differentiation between stages of tranquility and insight meditation; meditation on two kinds of selflessness; preparation for mahamudra meditation; the various methods of mahamudra; how one achieves realization; and the four yogas of mahamudra.

MAHAYANA BUDDHISM: The Doctrinal Foundations

by Paul Williams. 272 pp. #MABU, \$18.95

This book is divided into two parts. The section on wisdom explores different Mahayana accounts of the way things really are, the ultimate nature of all things and man's place within it. The part on compassion explores the path to perfect Buddhahood and the manifold ways in which those who tread this path, and the many Buddhas of the Mahayana, act for the benefit of suffering sentient beings. This volume provides an account of the principles of Mahayana Buddhism as found in both its Indo-Tibetan and East Asian forms.

A MANUAL OF KEY BUDDHIST TERMS: Categorization of Buddhist Terminology with Commentary

trans. by Thupten Rikey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

To understand Buddhism, it is essential to have a knowledge of Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many key Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.

NEW!**MATERIALS FOR THE STUDY OF ARYADEVA, DHARMAPALA AND CHANDRAKIRTI**

by Tom J.F. Tillemans. 2 vols., 326 and 192 pp. #MASTAR \$66.95

This scholarly study and translation in two volumes of two pivotal chapters from Aryadeva's *Catuḥṣṭaka* is presented for the first time with commentaries from Chandrakirti and Dharmapala along with introduction, translation, Sanskrit, Tibetan and Chinese texts and notes. Presented is an exhaustive critique of the heretical views of Buddhist and non-Buddhist opponents to early Madhyamika, through commentaries from the Prasāngika-Madhyamika perspective of Chandrakirti, and by Dharmapala, an Idealist. It also includes primary text material and an impressive bibliography.

MEANINGFUL TO BEHOLD: The Bodhisattva's Way of Life

by Geshe Kelsang Gyatso. #MEBE \$24.95

The best commentary to Shantideva's classic work, *A Guide to the Bodhisattva's Way of Life*. Shows how we can develop and maintain the supremely compassionate motivation of a Bodhisattva, and how we can then engage in the actual practices that provide the greatest benefit to others and lead to the attainment of full enlightenment. It provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author.

"An indispensable Buddhist work—no serious student of Buddhism can afford to be without it."—John Blofeld, *Tibetan Review*

MANUAL OF RITUAL FIRE OFFERINGS

by Sharpa Tulku & Michael Perrott. 180 pp., #MARIFT \$14.95

The ritual fire offering plays an important part in tantric practice. The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. In this manual are fire offering practices for six meditational deities: Solitary and Thirteen-Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

MANIFESTATION OF THE TATHAGATA: Buddhahood According to the Avatamsaka Sutra

trans. & ed. by Cheng Chien Bhikshu. 172 pp., #MATA \$12.50

What does it mean to be a Buddha? This new translation of the "Manifestation of the Tathagata" chapter from the *Avatamsaka Sutra*, considered the most profound and comprehensive Buddhist scripture, offers the reader a rare glimpse of the sublime realm of Buddhahood in language that is rich in meaning and in captivating imagery.

MEDITATION: Advice to Beginners

by Bokar Rinpoche. 150 pp. #MEA \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra. Easy to read, this book guides the student through the essentials of meditation by one of the masters.

MEDITATION: The Buddhist Way of Tranquility and Insight

Kamalashila. 276 pp., large format #ME \$22.95

This book is a comprehensive guide to the methods and theory of Buddhist meditation. Written in an informal, accessible style, it provides a complete introduction to the basic techniques, as well as detailed advice for more experienced meditators seeking to deepen their practice and understanding of the meditative process. It even contains physical exercises for improving meditation. The author has been a teacher in the Western Buddhist Order in England for over seventeen years. The book has many useful and interesting diagrams.

MEDITATION HANDBOOK: A Practical Guide to Buddhist Meditation

by Geshe Kelsang Gyatso. #MEHA \$9.95

An excellent "how to" meditation guide for beginners and experienced meditators. The procedure of meditation and 21 specific meditations are presented on the stages of the Buddhist path. The handbook concludes with advice on how to maintain the experience of meditation throughout the day, how to combine these meditations into a cycle for daily meditation, and advice on how to do a simple meditation retreat.

MEDITATION IN ACTION

by Chogyam Trungpa. 168 pp. #MEAC \$6

Meditation is based on trying to see what is, rather than trying to achieve a higher state. It is a form that might be called "working meditation," for it is not a retreat from the world but builds the foundation for compassion, awareness, and creativity in all aspects of a person. This is a pocket edition.

MIND SCIENCE: An East-West Dialogue

by the Dalai Lama, Herbert Benson, Robert Thurman, Daniel Goleman, et al. 152 pp. #MISC \$13.95

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to a new understanding of the nature of mind? Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading Western thinkers, this book documents the dialogue between Western scientists of mind and Buddhism.

MIDDLE LENGTH DISCOURSES OF THE BUDDHA: A New Translation of the Majjhima Nikaya

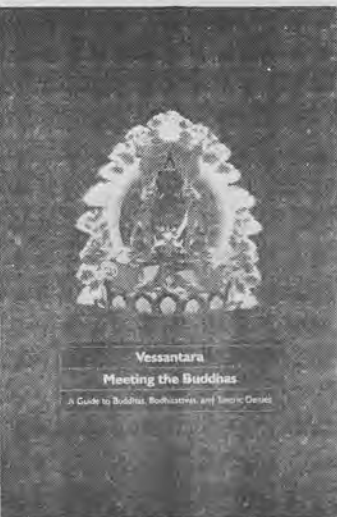
trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MLEDI \$75 cloth

These teachings, a 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfold in fascinating scenarios that show the Buddha in living dialogue with people from the many different strata of ancient Indian society. Replete with drama, with reasoned argument, and with illuminating parables and similes, these discourses exhibit the Buddha in the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.

NEW!**MEDITATION ON EMPTINESS****MEDITATION ON EMPTINESS**

by Jeffrey Hopkins. 1022 pp. 21 line drawings, 51 charts, glossary, bibliography, index, Tibetan text, #MEEM \$29.95

Emptiness is the key teaching of the Buddha, and this book by the eminent Professor Jeffrey Hopkins is the most comprehensive and authoritative work on this subject. In bringing this remarkable and complex exposition of the Prasāngika-Madhyamaka view of emptiness to life, he describes the meditative practices by which emptiness can be realized and shows how the teachings are utterly practical. It also covers the important topics of dependent arising, the four noble truths, Buddhist logic, and tenets, and non-Buddhist schools of philosophy. A classic in its field.

**MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities**

by Vessantara. 356 pp., many photos & illus., #MEBU \$24

This is a reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many bodhisattvas and tantric deities. This is a vivid, informed and psychological account that offers information on all of the most popular icons in a single volume.

MIND IN TIBETAN BUDDHISM

by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95, A Namgyal Institute Textbook.

Buddhist practitioners in the great Tibetan monasteries of Lhasa, seeking to pu-

rify their minds and develop the correct understanding necessary for final enlightenment, began their formal inquiry into mind and consciousness by studying the *Presentation of Awareness and Knowledge*, the text which forms the core of this key work. Lati Rinbochay provides rich and extensive commentary and elucidates the penetrating instructional methods Tibetans use in their quest for higher knowledge. In her introduction, Elizabeth Napper explains the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparkling..."—Prof. Janice Willis, *Religious Studies Review*

MIND AND ITS FUNCTIONS

by Geshe Rabten. 189 pp. #MIFU \$22

The structure and function of the mind in Tibetan Buddhism is presented in two parts—epistemology, and the psychology of Abhidharma. Oral commentary is provided by Geshe Rabten, who authored many books and taught westerners the dharma for 20 years.

THE MIND AND THE WAY

by Ajahn Sumedho. 304 pp. #MIWA \$16.95

Ajahn Sumedho offers practical advice for freeing the mind and opening the heart—through formal meditation as well as in daily life. Here are 100 of his talks—Ajahn Sumedho is eloquent and direct as he explains mindfulness, impermanence, non-attachment, and compassion.

MINDFULNESS IN PLAIN ENGLISH

Venerable Henepola Gunaratana. 185 pp. #MIPLN \$12.95

This guide to insight meditation is truly practical—it is the culmination of 40 years of teaching to students across the US. The most frequently asked questions about mindfulness practice are anticipated; the conversational style and use of examples from everyday life make this a refreshing presentation of meditation.

MIND ONLY SCHOOL AND BUDDHIST LOGIC

ed. by Doboom Tulku. 135 pp. #MIONSC \$15

The mind-only school (Cittamatra) is one of the four Buddhist schools of thought. Buddhist logic assumed a definite form due to the works of Dignaga. This book is a collection of papers on these two topics that were presented at the Dialogue Seminars organized by Tibet House at Sera and Ganden monasteries in 1987-88.

MIND TRAINING LIKE THE RAYS OF THE SUN

by Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell. 170 pp. #MITR \$8.95

The mind training teachings are mostly concerned with developing the altruistic mind of enlightenment. They are directed primarily towards the practitioner of great capacity, and concern the transforming of our mental attitudes. One special feature is the instructions on transforming adversity into advantage.

THE MIRACLE OF MINDFULNESS

by Thich Nhat Hanh. 140 pp. #MIMI \$11

This is a classic manual on meditation beautifully illustrated by Vo-Dinh Mai.

MIRACULOUS JOURNEY

by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232 pp. #MLJO \$14.95

This work is a compilation of Milarepa's previously unpublished narratives and songs as preserved and sung by wandering yogis.

MIRROR OF MINDFULNESS

by Tsele Natsok Rangdrol. 144 pp. #MIMIN \$14

This presentation of teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—inspires

the practitioner to achieve liberation from deluded existence and awaken to complete enlightenment for the benefit of others.

MO: THE TIBETAN DIVINATION SYSTEM

by Mipham, trans. & ed. by Jay Goldberg, Illus. by Doya Nardin. 124 pp. book, 36 color cards, dice, #MO \$29.95

The MO is to Tibet what the *I-Ching* is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The cards visually portray the images described in the book and have a brief description on the reverse. The volume begins with an introduction by H.H. Sakya Trizin, one of the most highly-esteemed Tibetan lamas who is proficient in this system. This is a unique item, never before made available to Westerners.

"This translation together with the beautiful paintings created for the west, presents to the English-speaking world another addition to the accurate and growing body of literature concerning our land of Tibet."—H.H. Sakya Trizin



MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra

by Lex Hixon. 275 pp. #MOBU \$16

The *Prajnaparamita Sutra* in 8,000 Lines—the basic scripture of all schools of Mahayana Buddhism—sets forth the bodhisattva path to enlightenment in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

"Lex's translation of the *Prajnaparamita Sutra* is wonderful. Lex phrases the con-

cepts in a way people can hear, with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilbur

MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems

by Joanna Macy. 236 pp. #MUCA \$19.95

Remarkable convergences appear between core Buddhist teachings and the general systems view of reality, arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, and a fresh interpretation of the Buddha's core teaching of dependent co-arising, this book shows how their common perspective on causality can inform our lives. The interdependence of all beings provides the context for clarifying both the role of meditative practice and guidelines for effective action on behalf of the common good.

THE MYTH OF FREEDOM and the Way of Meditation

by Chogyam Trungpa. 178 pp. #MYFR \$13

What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes, preconceptions and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He explains the role of meditation in bringing into focus the causes of frustration and in allowing these negative forces to become aids in advancing toward true freedom.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95

As a prelude to Kongtrul's survey of the entire range of Buddhist teachings, *Myriad Worlds* describes four major cosmological systems found in the Tibetan tradition to suit the capacities of different grades of beings: the numerically definite cosmology of the individual way; the cosmology of infinite buddha-fields of the universal way; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone.

Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work.

"Excellent!"—The Reader's Reviewe aids in advancing toward true freedom.

NAGARJUNIAN DISPUTATIONS: A Philosophical Journey through an Indian Looking-Glass

by Thomas E. Wood. 409 pp. #NADI \$22

Disputations is Thomas Wood's defense of the original nihilist interpretation of the Madhyamaka and a cogent critique of recent non-nihilist views. Wood addresses the textual and epistemological arguments of the non-nihilist school and offers an interpretation of the Buddhist fourfold rejection or negation that is consistent with nihilism. Thomas Wood is adjunct professor at the California Institute of Integral Studies in San Francisco, where he teaches comparative philosophy and religion.



NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit

by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10, #NATISA \$29.95

This book documents shared universal principles underlying the philosophies and practices of two groups of human beings: the Navajos of the high American southwest and the Tibetans at the roof of the world in Asia. Peter Gold examines the shared knowledge of the Navajo and Tibetan spiritual traditions by drawing extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. Through his sensitive comparison, the author shows us how to recover a sense of the sacred through our own cultural paradigms. Peter has had many years of living experience of these two cultures and is uniquely prepared to bring this remarkable study to light.

BACK!

A NECKLACE OF GOOD FORTUNE

by Geshe Lam Rim. 70 pp., Tibetan text #NEGOFO \$4.95

Composed in Tibet at the height of the cultural revolution when Tibetan Buddhism was attacked for its reliance on the Three Jewels and the belief in gods, past and future lives, and actions and their results, Geshe Lam Rim clearly explained the Buddhist doctrine of past and future lives and karma.

NGONDRO: The Four Foundational Practices of Tibetan Buddhism

by Ole Nydahl. 96 pp. #NG \$9.95

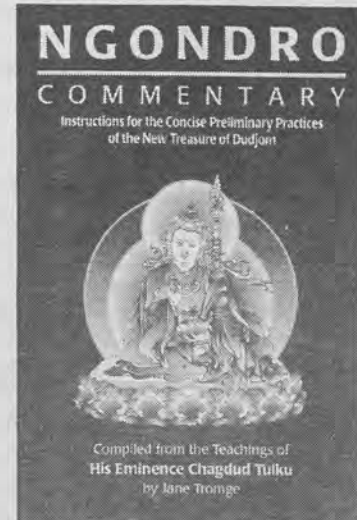
The four preliminary practices are methods which allow us, in the most efficient way, to purify negativity and accumulate merit. This short and easily understandable text on the preliminaries of Mahamudra is especially recommended to followers of the Karma Kagyu School by H.E. Gyalsab Rinpoche.

THE NYINGMA SCHOOL OF TIBETAN BUDDHISM

by Dudjom Rinpoche. 1600 pp., 110 color and b&w plates, 131 line drawings, two cloth volumes, #NYSC \$240.

In the *Fundamentals* Rinpoche explains the doctrine of samsara and nirvana, the

buddha nature, the causal vehicle of dialectics, the resultant vehicles of secret mantra culminating in the Dzogpachenpo. The *History* section explains the lives and lineages of Nyingma masters.



NGONDRO COMMENTARY: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom; Compiled from the Teachings of H.E. Chagdud Tulku

by Jane Tromge. 144 pp. #NGCO \$11.95

Written, then concealed in the eighth century by Padmasambhava, this concise ngondro was intended for these degenerate times when few people have leisure to practice. This ngondro is an extremely powerful practice for turning the mind toward dharma, for purifying obscurations, and for bringing forth the qualities of realization and opening the mind to the Dzogchen perspective.

NYUNG NA: The Means of Achievement of the Eleven-Faced Great Compassionate One, Avalokiteshvara

by The Seventh Dalai Lama, trans. by Lama Thubten Zopa Rinpoche and George Churinoff. 208 pp., #NYNA \$16

Nyung Na is a powerful two-day fasting retreat based on Avalokiteshvara. This intensive practice involves maintaining the eight Mahayana precepts as well as, on the second day, additional vows of not eating, drinking, or talking for twenty-four hours. The meditation sessions include praises, prostrations, and mantra recitation. This is an intensive spiritual practice for purification and the accumulation of positive energy.

OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind

by Gareth Sparham. 260 pp. #OCEL \$16.95

It is well-known that the Madhyamika school flourished in Tibet, but Yogacara doctrines were also studied and practiced. The former school stresses the inexpressible ultimate, the latter, the natural luminosity of mind. This is an excellent introduction to the eight distinctive consciousness systems of Yogacara. The book is remarkable in that it addresses the problem of how a person trapped within the confines of a limited and deluded personality can transcend that state and attain liberation. Tsongkhapa offers many profound insights on the process of transformation.

Gareth Sparham is a respected scholar, college professor, and has been a Buddhist monk for twenty years.

NEW!

OCEAN OF NECTAR: Wisdom and Compassion in Mahayana Buddhism

by Geshe Kelsang Gyatso. 576 pp. #OCNE \$29.95

An extremely powerful work combining an investigation of ultimate reality with practical advice on the compassionate Buddhist way of life. *Ocean of Nectar* is the first complete commentary to Chandrakirti's celebrated masterpiece, the *Guide to the Middle Way*, one of the most important works in the Mahayana Buddhist canon and still regarded to this day as the principal text on emptiness.

ORACLES AND DEMONS OF TIBET

The Cult and Iconography of the Tibetan Protective Deities

by Rene De Nebesky-Wojkowitz

680 pp. #ORDE \$58 cloth

Here is the definitive study of the Tibetan protective deities which reveals new aspects of beliefs of pre-Buddhist Tibet and their relation to the early shamanistic stratum out of which the Bon religion developed. The chief obstacle to understanding this information is the secrecy with which the Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking.

The author was able to overcome this obstacle and received much instruction on these topics. This book classifies the protective deities and provides minute details on their appearance and attributes. Sacrificial objects, offerings and ceremonies are described as well as oracles and their trances, ceremonies and attire.



BEST SELLING!**OPEN HEART, CLEAR MIND**

by Thubten Chodron. 180 pp., #OPHECL \$12.95

"...presents a clear and complete survey of the teachings of the Buddha. *Open Heart, Clear Mind* will help many on the open path of meditation and in dealing with the challenges of everyday life."—Ven. Thich Nhat Hanh

This introduction to the Buddhist world-view by an American Tibetan Buddhist nun focuses on the practical application of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, the author sets forth the fundamental points of the path taught by the Buddha for transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."—His Holiness the Dalai Lama.

OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice

by Martin Lowenthal & Lar Short. 194 pp. #OPHECO \$12.95

Combining traditional descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises, this book shows how to use the practice of compassion as a way to greater clarity and personal freedom.

"This work will be an important contribution to the ongoing vital field of East/West psychology and spirituality."—Lama Geshe Tenzin Wangyal Rinpoche

A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World

by B. Alan Wallace, ed. by Zara Houshmand. 120 pp. #PASO \$9.95

"A user-friendly exposition of the Tibetan seven-point mind training..."—*Yoga Journal*

In 1987, ending fourteen years as a monk in the Tibetan tradition, Alan Wallace devoted himself to a solitary retreat in the Sierra Nevada mountains of California. Drawing on this experience in solitude, he offers practical instructions to anyone who wishes to make the passage from isolated self-centeredness to altruistic engagement with others. The approach presented here is one of the most cherished practices of Tibetan Buddhism and is of equal value for those who follow a contemplative life as well as those who are actively involved in society. His warm and lively discussion offers Tibetan methods in a contemporary context for transforming life's vicissitudes into occasions for spiritual growth.

**THE PATH IS THE GOAL: A Basic Handbook of Buddhist Meditation**

by Chogyam Trungpa. 176 pp. #PAGO \$10

These teachings on basic meditation—shamatha and vipashyana, mindfulness and awareness—provide the foundation that every Buddhist practitioner needs to awaken as the Buddha did. Shamatha is mindfulness of the coming and going of the breath in sitting meditation (or walking in walking meditation). Shamatha and

vipashyana practice develop peaceful state of mind that can see things completely, just as they are.

PATH OF SERENITY AND INSIGHT

by Henepola Gunaratana. 263 pp. #PASEIN \$16

This is a clear and definitive presentation of the eight stages of concentration: four realizations with form and the four formless absorptions. The process of attainment, the character of each realization, and the obstacles encountered are explained in detail. The successive concentrations bring increasing peace and bliss and lead to the development of higher faculties of knowledge, supernormal powers, and wisdom.

PASSIONATE ENLIGHTENMENT: Women in Tantric Buddhism

by Miranda Shaw. 312 pp., 18 illus. #PAENL \$13.95

The crowning cultural achievement of medieval India, Tantric Buddhism is known in the West primarily for the sexual practices of its adherents, who strive to transform erotic passion into spiritual ecstasy. Historians of religion have long held that the enlightenment thus attempted was for men only, and that women in the movement were at best marginal and subordinate and at worst degraded and exploited. Miranda Shaw argues to the contrary, presenting extensive new evidence of the outspoken and independent female founders of the Tantric movement and their creative role in shaping its distinctive vision of gender relations and sacred sexuality.

In her view, the Tantric theory of this period promotes an ideal of cooperative, mutually liberative relationships between women and men while encouraging a sense of reliance on women as a source of spiritual insight and power.

PATH OF THE BODHISATVA WARRIOR

by The Thirteenth Dalai Lama & Glenn H. Mullin. 387 pp. #PABOWA \$14.95

The Thirteenth Dalai Lama (1876-1933) is known to Tibetans as the "Great Thirteenth," for he provided successful political as well as spiritual leadership in difficult and turbulent times, and thus perfectly exemplified the Mahayana ideal of the bodhisattva warrior.

Path of the Bodhisattva Warrior brings into English for the first time many of the most important writings of this astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras; also included are his writings on the Hayagriva Tantra and various meditational practices.

The dynamic life of this Dalai Lama is presented in an intriguing and comprehensive biography, researched using 18 primary sources, Tibetan and Western. Mr. Mullin has produced the most impressive biography available on the life of the Thirteenth.

PATH TO THE MIDDLE: Oral Madhyamika Philosophy in Tibet

by Anne C. Klein. 288 pp. #PAMI \$19.95

Does a Bodhisattva's initial direct cognition of emptiness differ from subsequent ones? Can one "improve" a nondualistic understanding of the unconditioned and, if so, what role might subtle states of concentration play in the process? In material collected by Anne Klein over a seven-year period, Kensur Yeshey Tupden addresses these and other crucial issues of Buddhism to provide a rich presentation of Tibetan oral philosophy.

PATHS AND GROUNDS OF GUHYASAMAJA ACCORDING TO ARYA NAGARJUNA

184 pp. #PAGRGU \$15.95

This is a very significant 18th-century text that maps out the paths and the grounds of the Guhyasamaja Tantra, and it is an indispensable guide for initiated Buddhist tantric practitioners. The Guhyasamaja Tantra pro-

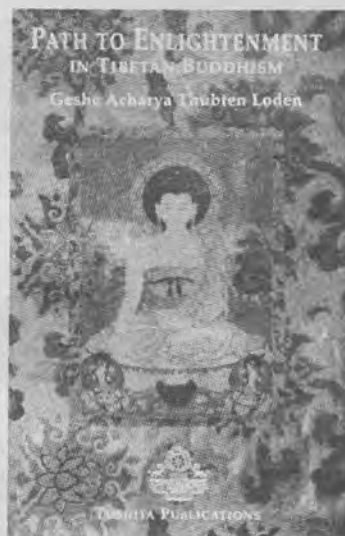
PATH TO ENLIGHTENMENT IN TIBETAN BUDDHISM

Geshe Acharya Thubten Loden

1100 pp., color plates, line drawings, #PAENTI \$70 cloth

Drawing from the great Buddhist classics, the *Path to Enlightenment in Tibetan Buddhism* is a clear and massive presentation of the progressive stages of spiritual development. It is richly endowed with translations from the original sutras of the Buddha, the essential points of the vast range of Buddhist philosophy are presented with practical advice on how to transform your life with a range of extraordinary meditation methods. Also contains a detailed explanation of the *lo jong* mind training techniques and an extensive glossary, index and subject outline, and translation of the root and branch bodhichitta vows.

Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. He received his full training at Sera monastery in Tibet and finished first among candidates from the three great monasteries in examinations for the Geshe lhampa degree. In India, he completed studies at Gyumed Tantric College and Varanasi Sanskrit University. Since 1976, Geshe-la has taught thousands of students in Australia and the US.



vides the basic structure for the other highest yoga tantras—by understanding it, the other tantras are more easily understood.

PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life

by Thich Nhat Hanh. 135 pp. #PEEVSP \$9.95 paper

The deepest fulfillment can be found in the midst of the very things we do every day and take most for granted. Thich Nhat Hanh offers dozens of creative suggestions that can be put to work immediately in life situations so we can remain alive to the perfection of every moment and be truly awake.

**PIERCING THE AUTUMN SKY: A Guide to Discovering the Natural Freedom of Mind**

by Peter Barth, forewords by Thrangu Rinpoche & Khenpo Konchog Gyallsen. 128 pp. #PIAUSK \$9.95

Provides clear and precise instruction on how to discover the natural freedom of mind through mahamudra practice. From the five aspects of mind—awareness, space, time, ground, and continuity—to working with sleep, dreams, illness and death, this book teaches how to recognize the extraordinary opportunities of our human condition.

THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA

by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$6.00

This is a classic Tibetan text which presents the four yogas of the path of Mahamudra in concise and clear form.

THE PRACTICE OF TRANQUILLITY AND INSIGHT: A Guide to Tibetan Buddhist Meditation

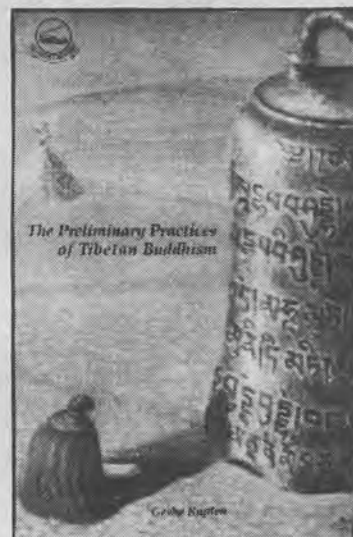
by Khenchen Thrangu. 152 pp. #PRTRIN \$12

This is a practical guide to the two types of meditation that form the core of Buddhist spiritual practice. Tranquillity meditation aims at stilling the mind, while insight meditation produces complete awareness. Thrangu Rinpoche is an eminent teacher of the Kagyu lineage.

PRAJNAPARAMITA: The Six Perfections

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 103 pp. #PR \$15

Based on his teachings at the Padmasambhava Buddhist Society in Florida, Khenpo presents the six perfections necessary in training the mind of enlightenment. Written in a clear and sublime manner, this work explains the practice of generosity, self-discipline, tolerance or patience, joyful effort, concentration and wisdom.

**THE PRELIMINARY PRACTICE OF THE NEW TREASURE OF DUDJOM**

by H.H. Dudjom Rinpoche. 120 pp., color photos, #PRPR \$20 cloth

Contains: *Prayer to the Legendary Incarnations Called Crystal Pearls*; *Prayer of Calling the Lama from Afar*; *Concise Recitation and Practice of the New Treasure of Dudjom*; *Prayers for the Long Life of Teachers and the Spread of Teachings*; *Ngondro Practice: The Dzogchen View*; *Meaning of*

the 100-Syllable Mantra of Vajrasattva; Calling the Lama From Afar by Shenphen Dawa Rinpoche.

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon

by Khenpo Konchog Gyaltsen. 96 pp. #PRFL \$6.95

"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

The great Jigten Sumgon, fountainhead of the Drikung Kagyu School, was widely lauded as a bodhisattva and extraordinary master. *Prayer Flags* includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

BACK!

PRELIMINARY PRACTICES OF TIBETAN BUDDHISM

by Geshe Rabten. 83 pp. #PRPTI \$9.95

The ordinary and extraordinary practices for purification and generation of merit is a profound teaching. Though simple to understand, they are difficult and demanding to put into practice. Geshe Rabten illumines these practices with clear understanding tempered with practice.

PREPARING FOR TANTRA

by Je Tsongkapa, comm. by Pabongka Rinpoche, trans. by Khen Rinpoche Geshe Lobsang Tharchin with Michael Roach. 172 pp. #PRTA \$6.95

In 1402, the Tibetan master Je Tsongkapa made direct visionary contact with the Lamas of the lineage by using the text of the *Mountain of Blessings*, a work which has been utilized by Tibetan Buddhist teachers ever since to prepare their students for a tantric initiation. Included is a rare commentary by Pabongka Rinpoche and an introduction by Geshe Tharchin, former abbot of Sera Mey Monastery.

THE PRINCIPAL TEACHINGS OF BUDDHISM

by Tsongkapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$6.95

Tsongkapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.

PROFOUND BUDDHISM: From Hinayana to Vajrayana

by Kalu Rinpoche. 208 pp. #PRBU \$15.95

Teaches how to handle emotions from a Hinayana, Mahayana, and Vajrayana point of view. Includes teachings on the nature of mind, the relationship between mind and body, emptiness, compassion, the situation of the individual in the cycle of existence and karma.

REASONS AND PERSONS

by Derek Parfit. 543 pp. #REPE \$28

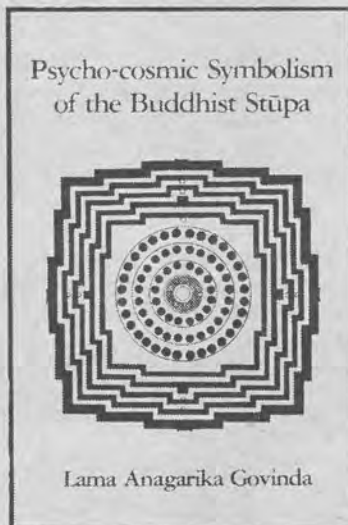
Reasons and Persons challenges with powerful arguments some of our deepest beliefs about rationality, morality, and personal identity. The author claims that we have a false view of our own nature; that it is often rational to act against our own best interests; that most of us have moral views that are directly self-defeating; that we often act wrongly, even though there will be no one with any serious ground for a complaint; and that, when we consider future generations, it is very hard to avoid conclusions which most of us will find disturbing.

"...extraordinary...brilliant...astonishingly rich in ideas...*Reasons and Persons* may be the greatest work of substantive moral philosophy."—*The Times Literary Supplement*

PROFOUND WISDOM OF THE HEART SUTRA and Other Teachings

by Bokar Rinpoche & Khenpo Donyo. 94 pp. #PRWIHE \$10.95

Three teachings are presented here: *the Heart Sutra* with commentary by Bokar Rinpoche; a teaching on anger and its remedies of compassion, love and wisdom by Bokar Rinpoche and a teaching on karma, the idea of individual responsibility, individual and collective karma and the effect of positive and negative karma on our lives by Khenpo Donyo.



PSYCHO-COSMIC SYMBOLISM OF THE BUDDHIST STUPA

by Lama Govinda. 120 pp. #PSSYBU \$10.95

Describes the origins, history, forms, proportions, and power of the stupa, the channel for enlightened knowledge and a force for spiritual renewal. Includes photos of famous stupas and line drawings of its components and major forms.

THE QUINTESSENCE OF THE ANIMATE AND INANIMATE: A Discourse on the Holy Dharma

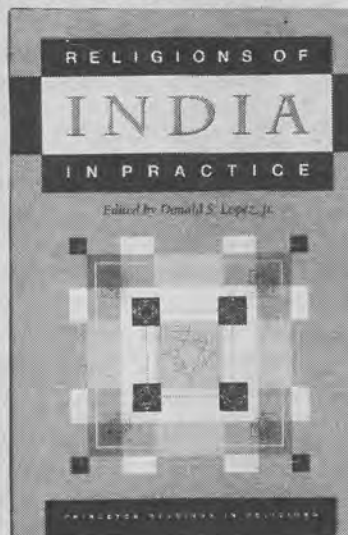
by Venerable Lama Lodru, foreword by H.E. Kalu Rinpoche. 239 pp. #QUANIN \$12

Lama Lodru has written an excellent manual on refuge, generating the bodhi-mind, the six perfections, the guru-disciple relationship, emptiness and the tantric path.

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

trans. by The Nalanda Translation Committee. 384 pp. #RAWI \$35

The art of composing spontaneous songs that express spiritual understanding has existed in Tibet for centuries. In this volume are songs of over thirty teachers of the Kagyu lineage including Tilopa, the Sixteenth Gyalwa Karmapa, Khyentse Oser, Marpa, Rechungpa, Gampopa, Chogyam Trungpa, etc. Their longing for truth, their heartfelt devotion, and their sense of humor are all expressed. These poems share a beauty and intensity that have made them famous in Tibetan literature.



RELIGIONS OF INDIA IN PRACTICE

ed. by Donald S. Lopez, Jr. 655 pp. #REINPR \$19.95

This inaugural volume of *Princeton Readings in Religions* contains the work of thirty scholars of the religions of India who have contributed forty-five translations drawn from every region in South Asia, including Hindu, Buddhist, Jain, Sikh, and Muslim

materials. Some are written texts reflecting elite concerns, while others are transcriptions of oral narratives told by nonliterate peasants. There is a wonderful diversity of interesting material here: ten songs of devotion and praise such as *Bengali Songs to Kali* and *The Litany of Names of Manjushri*; eleven rites and teachings such as *The Power of Mantra: A Story of the Five Protectors*, *How to Partake in the Love of Krishna*, and *How to Worship at Shiva's Temple*; thirteen biographies and teaching stories such as *A Holy Woman of Calcutta* and *The Autobiography of a Female Renouncer*; eight contributions on traditions in transition and conflict such as *The Bodhisattva Vajrapani's Subjugation of Shiva* and *The Origin of Linga Worship*.

THE RELIGION OF TIBET

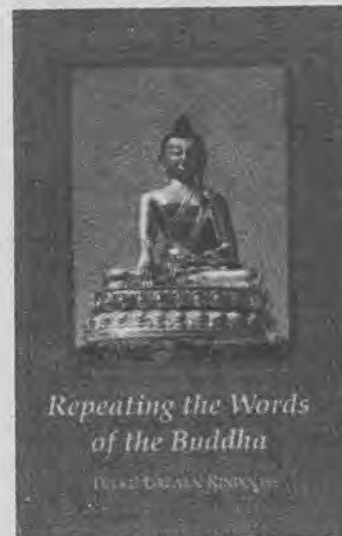
by Charles Bell. 235 pp., 69 photos & 3 maps, #RETIB \$15

Charles Bell traces the history of the introduction of Buddhism, of the resistance and general decay of the older shamanistic Bon religion, and of the developments which have taken place within Tibetan Buddhism itself. The latter part of the book deals more particularly with the religious organization, with life in the great monasteries, and with the religious customs and beliefs of the people.

REASONING INTO REALITY: A System-Cybernetics Model and Therapeutic Interpretation of Buddhist Middle Path Analysis

by Dr. Peter Fenner. 260 pp., diagrams, #RERE \$18

A sophisticated, interdisciplinary study exploring the interface between Buddhist Madhyamika thought and psychology, cognitive science, and systems theory. This study develops a systems and psychological explanations of Madhyamika insight meditation practice. It represents the beginnings of a truly scientific account of meditation practices and their efficacy in examining the changes that occur in advanced insight practice. Peter Fenner was a Tibetan Buddhist monk for nine years, is a teacher of East-West psychology and is currently a senior lecturer in philosophical and religious studies at Deakin University in Australia.



REPEATING THE WORDS OF THE BUDDHA

by Tulku Urgyen Rinpoche. 112 pp. #REWOB \$12.95

Tulku Urgyen unfolds the path to enlightenment. With the benevolence and brilliance of a realized being, Rinpoche illustrates in a lucid humorous fashion the essential points of spiritual practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

THE RELIGIONS OF TIBET

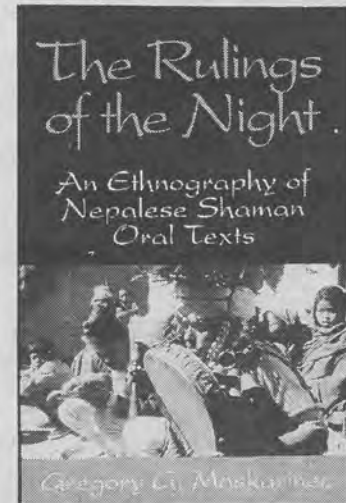
Giuseppe Tucci. 352 pp. #RETI \$15

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

THE RHETORIC OF IMMEDIACY: A Cultural Critique of Chan/Zen Buddhism

by Bernard Faure. 401 pp., photos & illus., #RHIM \$17.95

Faure focuses on Chan's insistence on "immediacy"—its denial of all traditional meditations, including scripture, ritual, good works—and yet shows how these meditations have always been present in Chan. Faure reveals how Chan structures its practice and doctrine on such paradigms as immediacy/immediacy, sudden/gradual, and center/margins. He shows how these paradigms relate to thaumaturgy and tricksters, relics and icons, the ritualization of death, dreams, transgression, gender and sexuality.



THE RULINGS OF THE NIGHT: An Ethnography of Nepalese Shaman Oral Texts

by Gregory Maskarinec. 276 pp., 13 photos and drawings, #RUNI \$22.95

This is a first-rate account of one of the liveliest places of traditional shamanic practice in Western Nepal. The chants of the shamans are imbued with meaning, constituting a coherent cosmological system—Gregory Maskarinec is a faithful recorder and keen calligrapher of shamanic chants. He studied with fifteen shamans and they revealed the shamanic world and their life course within it.

SACRED WORLD: A Guide to Shambhala Warriorship in Daily Life

by Jeremy Hayward. 264 pp. #SAWO \$14.95

This practical companion to Chogyam Trungpa's classic *Shambhala: The Sacred Path of the Warrior* is the first book to give instruction in Shambhala warriorship. Combining Buddhist mindfulness practice and pre-Buddhist shamanic teachings, Shambhala warriorship training instructs us in the methods of calling upon powerful, natural energies for personal and community transformation.

SEEKING THE HEART OF WISDOM: The Path of Insight Meditation

by Joseph Goldstein & Jack Kornfield. 195 pp. #SEHEWI \$13

This is one of the most useful manuals ever written for those who seek to follow the path of insight meditation and to make it relevant to daily life. Insight meditation is important to all Buddhists and these teachers are among the best. Skillful methods to overcome hindrances to meditation are presented in addition to many meditation exercises and practices.

SELFLESS PERSONS: Imagery and Thought in Theravada Buddhism

by Steven Collins. 323 pp. #SEPE \$24.95

This book carefully explains the Buddhist doctrine of 'not-self'—the denial of the existence of any self or enduring essence in human beings. The author relates this doctrine to its cultural and historical context, particularly to its Brahmanical background, and shows how the Theravada Buddhist tradition has constructed a philosophical and psychological account of personal identity and continuity on the apparently impossible basis of the denial of self.

"Steven Collins has produced a book that renders the fundamental tenets of Theravada Buddhism intelligible and

interesting to the uninitiated and is unlikely to disappoint the academic specialist."—*Journal of the Royal Asiatic Society*

SECRET BUDDHISM: Vajrayana Practices

by Kalu Rinpoche. 224 pp. #SEBU \$15.95

Discusses the essentials of Vajrayana, mantras, empowerments, the six yogas of Naropa, chod, Pure Land, and the six bardos. A history of the Kagyupa and Shangpa lineages and some explanation of the principles of Tibetan medicine complete this survey of Tibetan Buddhism.

THE SMALL GOLDEN KEY

by Thinley Norbu. 120 pp. #SMGOKE \$11

Thinley Norbu discusses the origins of Buddhism, the important lineages of Tibetan Buddhism with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings.

THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN

by Ingrid Fischer-Schreiber (*Buddhism*), Franz-Karl Ehrhard (*Tibetan Buddhism*), Michael Diener (*Zen*), trans. by Michael Kohn. 280 pp., #SHDI \$20

Over 1500 entries make this the most complete compact reference work of its kind. It is designed for both students and others interested in Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are among the subjects covered.

SHAMBHALA: The Sacred Path of the Warrior

by Chogyam Trungpa Rinpoche. 216 pp. #SHSAPA \$13

This classic guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet the challenges of life with fearlessness and dignity. Warriorship does not mean aggression, but rather a confidence in basic human goodness, which enables us to uplift our lives and create an enlightened society.

SINGING BOWLS

by Eva Rudy Jansen. 96 pp. #SIBO \$10.95

The Himalayan bowls, known as Tibetan or Nepalese singing bowls, the special sounds they make, how they work, synchronization and inner massage, shamanism, and

practical instructions for their use are explained in this book. Their is also a valuable section on Tibetan cymbals and on the bell and dorje.

THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet

by Surya Das. 256 pp., illus. #SNLITU \$17

150 tales from the oral tradition that Tibetan masters tell to entertain and enlighten. Replete with Himalayan folklore, magic, ribaldry, and whimsy, these tales express Buddhist values and universal spiritual truths. Introduced by the Dalai Lama.

SONG OF KARMAPA

by Chokyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals for it clearly states the key points of Mahamudra, Madhyamika and Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi Nyima gives instructions for the practice of these teachings.

NEW!

STUDIES IN ABHIDHARMA LITERATURE AND THE ORIGINS OF BUDDHIST PHILOSOPHICAL SYSTEMS

by Erich Frauwallner, trans. by Sophie Francis Kidd. 247 pp. #STABLI \$14.95

This is a translation of Frauwallner's *Abhidharmastudien*. It analyzes the literary traditions, doctrinal tendencies, and structural methods of the Buddhist Abhidharma canon in order to expose the beginnings of systematic philosophical thought in Buddhism. Frauwallner's insights illuminate the path of meditation toward liberation, the development of Buddhist psychology, and the evolution of the Buddhist view of causality and the problem of time. He provides a clear explanation of the gradual development of Buddhist thought from its early doctrinal beginning to some of the most complex and remarkable philosophical edifices in history.

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA

by E.K. Neumaier-Dargyay. 288 pp. #SOALCR \$19.95

This is a translation of the eighth-century *Kun byed rgyal po'i mdo* that presents being as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses themes

of great concern to the present, including how to achieve a holistic world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of individual and universe. When the world is seen to be beatific and intelligible, then the innate purity of the intelligent potency, *the motherly Buddha*, will be experienced.

SPIRIT AND NATURE: Why the Environment Is a Religious Issue

ed. by Steven Rockefeller & John Elder. 226 pp. #SPNA \$16.00

Leaders from major traditions around the world speak out—addressing the ecological crises with wisdom and depth. Audrey Shenandoah, Ismar Schorsch, Sallie McFague, Seyyed Hossein Nasr, J. Ronald Engel, H.H. the Dalai Lama, and Robert Prescott-Allen.



START WHERE YOU ARE: A Guide to Compassionate Living

by Pema Chodron. 208 pp. #STWHAR \$12

A handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron presents guidance on how to make friends with ourselves and develop genuine compassion toward others. She invites us to "start where we are"—to embrace rather than deny the painful aspects of our lives. She guides us through self-reflection and meditation to show us how to develop the courage to work with our own inner pain and discover joy, well-being and confidence.

A STUDY OF SVATANTRIKA

by Donald S. Lopez, Jr. 450 pp. #STSVP \$19.95, #STSVC \$35 cloth, A Namgyal Institute Textbook.

"Lopez's book is a very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular."—Paul Williams, *The Middle Way*

This study presents for the first time in English a clear and extensive picture of the Svatantrika Madhyamika system through an analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Several central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the types of reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages

by Sangharakshita. 525 pp. #SUBU \$24.95

"It would be difficult to find a single book in which the history and development of Buddhist thought has been described as vividly and clearly as in this survey...For all those who wish to know the heart, the essence of Buddhism as an integrated whole, there can be no better guide than this book."—Lama Anagarika Govinda

"I recommend Sangharakshita's book as the best survey of Buddhism."—Dr. Edward Conze

THE SUBLIME PATH OF THE VICTORIOUS ONES

compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$8.95

H.H. the Dalai Lama requested that his Private Office compile a book of practices to serve as a recitation manual for all pilgrims to the holy places, suitable for monks and laymen, formal Buddhists and others. It is also useful at general Buddhist gatherings on special occasions and as a daily reading practice for interested individuals.



SYNCHRONICITY, SCIENCE, AND SOUL-MAKING

by Victor Mansfield. 328 pp. #SYSCSO \$17.95

"A masterful treatment...I liked the interspersed of powerful synchronicity stories throughout the text—it kept bringing the reader back to the mysterious and marvelous domain of synchronicity."—Dennis Merritt, Jungian analyst

"A brilliant and masterfully written book, engaging in style and sophisticated in argument, *Synchronicity, Science, and Soul-Making* charts new territory in the manner in which it synthesizes material from quantum physics, Jungian psychology and Buddhist philosophy. With its clearheaded and well-documented treatment it is more than simply a clear successor to *The Tao of Physics* and *The Dancing Wu Li Masters*, but an accomplishment of altogether a new order."—Prof. John McRae, Cornell University

TAMING THE MONKEY MIND

by Thubten Chodron. 189 pp. #TAMOMI \$12.95

"This book shows how to find peace and contentment through a practical application of the teachings of the compassionate Buddha. Ven. Thubten Chodron has chosen a wide variety of situations that we all encounter in daily life and has explained how to deal with them from a Buddhist viewpoint in words that are easy to understand. She has made a valuable contribution to peace and human understanding."—The Dalai Lama

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

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

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

THE TANTRIC DISTINCTION

by Jeffrey Hopkins. 184 pp. #TADI \$10

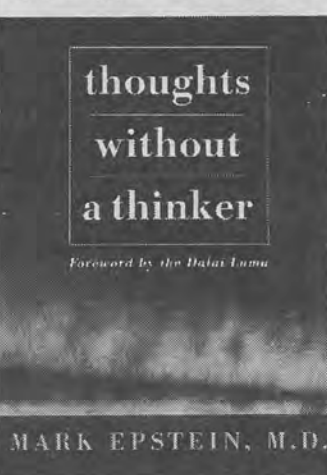
A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva

by Lama Yeshe, compiled & ed. by Nicholas Ribush. 280 pp. #TAPAPU \$15.

Lama Yeshe explains why purification is essential for advancing along the spiritual

Psychotherapy from a Buddhist Perspective



THOUGHTS WITHOUT A THINKER: Psychotherapy from a Buddhist Perspective

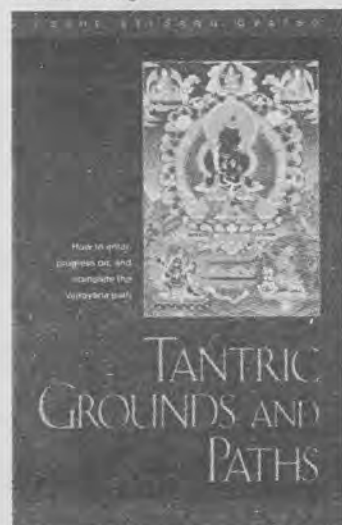
by Mark Epstein, M.D.
foreword by The Dalai Lama

240 pp. #THTH \$22 cloth

Drawing on his own experiences as patient, meditator, and therapist, Mark Epstein explains how the contemplative tradition of Buddhism helps patients go beyond merely recognizing their problems to healing them. Far from being at odds with the psychodynamic method, such an approach is in fact just what the doctor might order. Dr. Epstein describes the path of meditation in contemporary psychological language, and lays the groundwork for a meditation inspired psychotherapy.

"A groundbreaking work....The book will take its place among the classics of the literature of meditation."—Jon Kabat-Zinn, author

path and how to accomplish it with the practice of Vajrasattva (including retreat instructions). Vajrasattva is a manifestation of the complete purity of the state of enlightenment. Vajrasattva purification practice is more powerful than negative karma. It can prevent you from experiencing the problems that negative karma would have otherwise brought.



TANTRIC GROUNDS AND PATHS: How to Enter, Progress on, and Complete the Vajrayana Path

by Geshe Kelsang Gyatso. 288 pp. #TAGRPA \$19.95.

This is a comprehensive guide to Tantric practice, a definitive manual for Tantric practitioners which describes all the stages of the Tantric path to full enlightenment. With clarity and authority Geshe Kelsang presents the four classes of Tantra, including an extensive explanation of the generation and completion stages of Highest Yoga Tantra.

THE TEACHER: Eleven Aspects of Guru Rinpoche

23 pp. #TE \$2.95

This little book reproduces wood block images of Padmasambhava in his eleven forms or aspects. A really great book for the price!

THE THREE LEVELS OF SPIRITUAL PERCEPTION

by Deshung Rinpoche, trans. by Jared Rhoton. 553 pp., 10 photos. #THLESP \$24.95

Deshung Rinpoche explains the Lam-dre, or "Path with Its Result" system of meditation, which has been special to the Sakya tradition of Tibetan Buddhism for over a thousand years. Discussed are the three levels of perception of beings on the path—ordinary beings, beings who meditate, and the pure vision of enlightened beings. The introductory essay by Victoria Scott contains an excellent biography of Deshung Rinpoche.

THE THREE VEHICLES OF BUDDHIST PRACTICE

by Ven. Khenchen Trangu. 116 pp. #THVEBU \$12 cloth

Trangu Rinpoche, who is the abbot of Rumtek Monastery, presents the three ways of Buddhist practice—Theravada, with its emphasis on the four noble truths and certain types of meditation; the Mahayana path of the bodhisattva, where he discusses the nature of emptiness; Buddhist Tantrayana, which he explains in practical terms. All three levels were practiced in Tibet according to the aspirants' natural inclinations.

THUNDERING SILENCE: Sutra on Knowing the Better Way to Catch a Snake

by Thich Nhat Hanh. 72 pp. #THSI \$7

When the monk Arittha declares that enjoying sense pleasure is not an obstacle to the practice of mindfulness, he precipitates a dispute among the community. The Buddha explains the important and subtle difference between indulgence and attachment on the one hand, and appreciating life's simple joys and pleasures on the other.

TEACHINGS OF THE BUDDHA

ed. by Jack Kornfield. 160 pp. #TEBU \$12

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers us Buddha's instructions on how to practice sitting meditation, cultivate calm awareness and live with compassion, freedom and wisdom.

NEW!

TIBETAN ASTRONOMY & ASTROLOGY

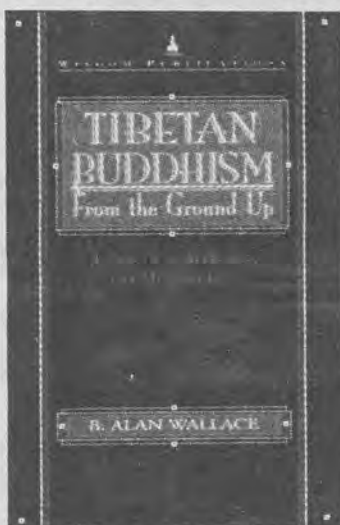
by the Astro. Dept. Of the Tibetan Medical and Astro. Institute. 65 pp. #TIASAS \$6.95

This brief introduction to Tibetan astrology-astronomy discusses the importance of astrology in medical science and the traditional role of the astrologer in Tibetan society. The structure of the Tibetan horoscope and cosmological rSipa-Ho are presented and commonly asked questions are answered.

TIBETAN BOOK OF THE GREAT LIBERATION: Or the Method of Realizing Nirvana Through Knowing the Mind

ed. by Evans-Wentz. 307 pp. #TIBOGR \$13.95

This classic text presents the epitome of the life and teachings of Tibet's great guru Padmasambhava. It includes the famous Dzogchen text *the Yoga of Knowing the Mind, the Seeing of Reality, Called Self-Liberation*, also known as *the Yoga of Knowing the Mind in Its Nakedness*.



TIBETAN BUDDHISM: From the Ground Up

by B. Alan Wallace. 214 pp. #TIBUGR \$14

This fascinating, highly-readable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs. Rather, it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition. This is an organized overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of Tantra.

TIBETAN BUDDHISM: Reason and Revelation

by Steven Goodman & Ronald Davidson. 256 pp. #TIBU \$19.95

Ten studies examine the quest for clarity and insight via visionary and philosophical exploration in Tibetan Buddhism. This scholarly text includes Sakya meditational systems, Tibetan sacred biography and the evolution of deities.

THE TIBETAN DHAMMAPADA: Sayings of the Buddha

by Gareth Sparham. 240 pp. #TIDH \$14.95

This compilation of Buddha's sayings, known as *The Dhammapada*, has long been considered one of the most important sources for guidance in ethics, the basis for a calm and happy mind.

"Known among Tibetans for the beauty of its poetry and the universality of its message, there is no Buddhist for whom the teaching in the book is irrelevant."—the Dalai Lama.

TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$14.50

These authentic Tibetan folklore narratives include myths of creation, stories of the origins of important deities and ancient rulers, parables, verses, riddles, and proverbs. Some of the famous Jataka tales are retold to illustrate the practical wisdom of the Buddha. Gleaned from an ancient oral tradition, these imaginative, colorful and wisdom-filled tales represent the spectrum of Tibetan life and will delight adults and children alike.

TIBETAN LITERATURE: Studies in Genre

ed. by Roger R. Jackson and José Cabezon. 530 pp. #TILI \$29.95, #TILIC \$45 cloth

"*Tibetan Literature* is an outstanding introduction to the panorama of the literary arts in Tibet. Everyone with interest in this civilization should study these essays, which range from religion to history, from law to poetry. The true wealth of Tibetan intellectual life becomes clear in the pages of this work. An excellent contribution to the field and a fine offering to Geshe Sopa, who has inspired so many of the contributors."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

This is an unprecedented survey of the range of literary expressions developed by the Tibetan people. Tibet possesses a literature that stretches back over 1300 years, and is one of the great literary traditions of Asia, in terms of both its size and range of influence. It is an important repository of Buddhist teachings, but also of poetry both lyrical and epic, a novel, countless biographies and histories and writings on topics as diverse as law, ritual, medicine, art, poetics and geography. In spite of its size and influence, the tragic diaspora of a significant portion of Tibet's population, and growing Western interest in Buddhism, the majority of Tibetan literature remains little known in the West.

Tibetan Literature—dedicated to Geshe Lhundub Sopa, a Tibetan scholar/monk who has done much to open Western eyes to his country's religious and literary treasures—is the first book to address the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet, and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

Tibetan Literature is the most comprehensive survey of its subject so far attempted, and the access it provides to one of the most important literary traditions of Asia will be appreciated by students of history, religion and comparative literature alike.

Approved for the Snow Lion's *Studies in Indo-Tibetan Buddhism Series*.

TIBETAN TRADITION OF MENTAL DEVELOPMENT

by Geshe Dhargyey. 255 pp. #TITRME \$10.95

A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the philosophy class of the Library of Tibetan Works and Archives.

TIBETAN YOGA AND SECRET DOCTRINES

ed. by Evans-Wentz. 433 pp. #TIYOSE \$14.95

This book contains seven pivotal Tibetan texts. It begins with Gampopa's famous *Precious Rosary; the Epitome of the Great Seal*

by Padma-Karpo; *the Six Yogas of Naropa; the Yoga of Consciousness-Transference* (Phowa); *the Path of the Mystic Sacrifice; the Yoga of Subduing the Lower Self* (Chod); *the Path of the Five Wisdoms: the Yoga of the Long HUM*; and *the Yoga of the Voidness* (Heart Sutra).



TORCH OF CERTAINTY

by Jamgon Kongtrul the Great. 161 pp. #TOCE \$12.

Describes the four ordinary and four special (refuge, Vajrasattva, mandala offering, guru-yoga) foundation practices that all practitioners of Vajrayana Buddhism must complete. This book also discusses the nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru. Interviews with three Tibetan masters—Kalu Rinpoche, Deshung Rinpoche, and Chogyam Trungpa Rinpoche—enhance the student's understanding of the text's significance.

TOUCHING PEACE: Practicing the Art of Mindful Living

Thich Nhat Hanh. 130 pp. #TOPE \$9.50

In this sequel to the best-selling *Being Peace* based on recent talks in Europe and N. America, Thich Nhat Hanh begins with mindful breathing and awareness of what is healing and then shows how this awareness can be used to look deeply at the roots of war and violence, the plagues of alcohol and drugs, alienation, family values, community, and the realization of reality



TRAINING THE MIND and Cultivating Loving-Kindness

Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to the use of traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.

TRAINING THE MIND IN THE GREAT WAY

by the First Dalai Lama, trans. & ed. by Glenn H. Mullin. 170 pp. #TRMIGR \$12.95

"A marvellous handbook for developing the bodhisattva training."—*The Tibet Journal*

"For me, the lojong tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care that they deserve, and also how to transcend the limitations of conventional ego-grasping. Kindness is a universal need, and it is something that we all appreciate being shown."—The Dalai Lama

"Beautifully translated by Glenn Mullin, who gives the freshness of a contemporary work to a transmission more than five hundred years old."—*Tricycle: The Buddhist Review*

TRAINING OF THE ZEN BUDDHIST MONK

by *Daisetz T. Suzuki*, 43 illus. by Zenchu Sato. 160 pp. #TRZEBU \$9.95

This is perhaps the best introduction to Zen and the life of the Zen monk. By means of a direct and succinct description of the training that a Zen Buddhist monk undergoes, Dr. Suzuki has given us the most precise picture possible of Zen in the zendo life.

TRANSCENDING MADNESS: The Experience of the Six Bardos

by *Chogyam Trungpa Rinpoche*. 288 pp. #TRMA \$20

Trungpa Rinpoche discusses bardo experience as it relates to everyday life—how our every moment is colored by one or more of the bardo states. He presents the six psychological conditions that correspond to the six bardos and shows how to transmute daily experience into freedom.

NEW!

SIX YOGAS OF NAROPA

TSONGKHAPA'S SIX YOGAS OF NAROPA

trans. and intro. by *Glenn H. Mullin*. 350 pp., #TSSIYO \$18.95

Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the *Six Yogas of Naropa*. These six—inner heat, illusory body, clear light, consciousness transference, forceful projection, and the bardo yoga—represent one of the most popular Tibetan Buddhist presentations of yogic technology. These teachings, given by the Indian sage Naropa to Marpa gradually pervaded thousands of monasteries and hermitages throughout Central Asia regardless of sect. Tsongkhapa's discussion of the *Six Yogas* is regarded as one of the finest on the subject to come out of Tibet. His treatise has served as the fundamental guide to the system as practiced in the more than three thousand Gelukpa monasteries, nunneries and hermitages across Central Asia over the past five-and-a-half centuries.

Glenn H. Mullin is an internationally renowned author and Tibetologist who has lectured and conducted workshops at universities and human development institutes throughout the United States, Canada, Europe, and the Far East. He is a member of the Library of Tibetan Works and Archives Research and Translation Bureau in Dharamsala, India. He has studied extensively with Tibetan Buddhist lamas and has authored a dozen books on Tibetan Buddhism.

THE TWO TRUTHS

by *Guy Newland*. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

"...a challenging, but worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (*sunyata*).

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality, and thus builds a Madhyamika system that is both ethically salutary and rationally coherent.

TRANSFORMING PROBLEMS: How To Be Happy When You're Not

by *Lama Thubten Zopa Rinpoche*. 110 pp., #TRPR \$11.95

We all experience a constant flux of happiness and suffering. When these are seen in an ordinary way, it is the hope and fear that ensue from both which agitate our minds and cause us true suffering in daily life.

To overcome this dilemma Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.

UNIVERSAL COMPASSION: Practical Instructions on Increasing Love and Compassion

by *Geshe Kelsang Gyatso*. 176 pp. #UNCO \$14.95

Universal Compassion is an excellent introduction to the mind-training and transformation teachings of present-day Mahayana Buddhism. Geshe Kelsang sets out the actual methods for developing the mind of universal compassion and explains in detail how all life situations can be used to transform our habitual self-centered behavior into authentic loving kindness and concern for others. It also reveals ancient techniques that were used in India and Tibet to overcome seemingly incurable mental and physical diseases.

UNDERSTANDING THE MIND: An Explanation of the Nature and Function of the Mind

by *Geshe Kelsang Gyatso*. 320 pp. #UNMI \$21.95

Through understanding the nature of the mind and the process of cognition, inner peace can be attained. *Understanding the Mind* gives a comprehensive explanation of the nature and function of the mind and of the different types of mind. The first part of the book explains the different types of mind from the standpoint of how we develop knowledge and understanding. These types of mind are clearly defined and advice is given on how they are generated and on their practical application in our spiritual development. The second part explains the many types of mind and mental factors from the standpoint of virtue (lead to joy) and non-virtue (lead to suffering).

WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition

by *Geshe Gendun Lodro*, trans. & ed. by *Jeffrey Hopkins*, co-edited by *Leah Zahler & Anne C. Klein*. 400 pp. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute

Textbook & Studies in Indo-Tibetan Buddhism.

This book presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan world-view of spiritual transformation. Geshe Gendun Lodro, one of the foremost scholars of Tibet, presents the landscape of mental development in a series of lectures revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The false sense of solidity of both inner distortions and the outer material world prevents the unfolding of the mind's potential. The title also refers to an extraordinary feat of non-solidity that can be attained in various ways. In the context of the world-view of Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.

WHAT COLOR IS YOUR MIND?

by *Thubten Chodron*. 192 pp. #WHCOMI \$12.95

This is a Buddhist approach to the concerns of daily life and a variety of contemporary issues. Written in clear and engaging language for people who are new to Buddhism, *What Color is Your Mind?* is also interesting to people who have studied and practiced for years.

The first section of the book responds to questions people often ask about Buddhism: What is rebirth? How is Buddhism helpful in working with emotions? How can we practice in daily life?

"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

The second section, *Working with Anger*, describes practical techniques for dealing with anger. The approach presented here emerges from the author's discussions with mental health professionals, people in therapy and conflict mediators, and is based upon the Buddha's unique prescription for transforming anger.

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

WHAT THE BUDDHA TAUGHT

by *Walpola Rahula*. 151 pp. #WHBUTA \$9.95

This is a clear introduction to Buddhism focusing on the Four Noble Truths, selfless-

ness and meditation. In addition, it contains a selection of texts from the Suttas and the *Dhammapada*. Dr. Rahula is a Buddhist monk and scholar.

WHAT THE BUDDHA NEVER TAUGHT



BY TIM WARD

WHAT THE BUDDHA NEVER TAUGHT

by *Tim Ward*. 242 pp. #WHBUNE \$14.95

This is the remarkable account of Tim Ward's life among the Buddhists of Pah Nanachat jungle monastery in northeastern Thailand where over half the members are westerners. Many colorful people have found their way here. Licensed to meditate, they strike up a friendship as they struggle to fit into the hierarchy and adapt to the rigorous life-style of renunciation and emaciation of both body and mind. Tim Ward's humorous perceptions transform his struggles to live in monastic way into a delightful story.

"Ward writes with wonderful detachment. I'm at a loss to judge whether or not it's an appropriately Buddhist detachment, but I know and love irony when I see it."—*the Globe and Mail*

THE WHEEL OF SHARP WEAPONS

by *Geshe Dhargyey*. #WHSHWE \$6.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego.

WHITE LOTUS: An Introduction to Tibetan Culture

ed. by *Carole Elchert*. 240 pp., 38 color and 70 black & white illus. #WHLO \$19.95

"...an excellent introduction to our complex culture. Through the images and writings readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama

"This fine collection of writings and art work provides a rich and stimulating overview of the many facets of Tibetan life, culture, and religion. *White Lotus* reveals the hidden spiritual treasures that Tibet has to offer to the world."—Edwin Bernbaum

In 1988 an expedition of five artists vis-

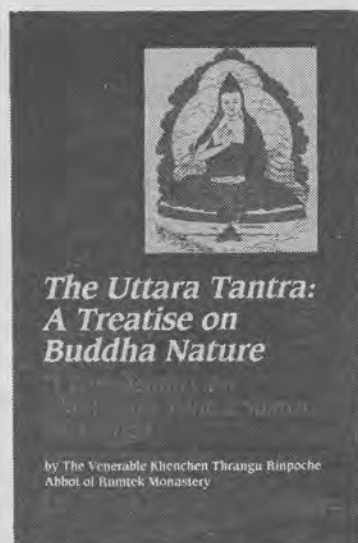
THE UTTARA TANTRA

A Treatise on Buddha Nature

Commentary by *Ven. Khenchen Thrangu Rinpoche*

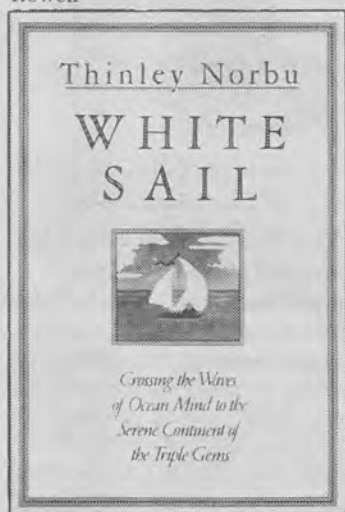
200 pp., #UTT \$20 cloth

Uttara Tantra is one of the most studied by Tibetan Buddhists because it is exclusively devoted to the Buddha nature. It also answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the *Uttara Tantra* by the Ven. Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.



ited Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these *White Lotus* has been produced to introduce people to the many facets of Tibetan culture—sixteen essays, each written by an expert in the field, covering Tibetan life, art, architecture, literature and history. The accompanying photographs and artwork provide a rich sensory experience of the culture that survives today among Tibetans.

"*White Lotus* is splendid."—Galen Rowell



WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems

by Thinley Norbu. 205 pp. #WHS \$15

Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken the reader's innate wisdom.

WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition

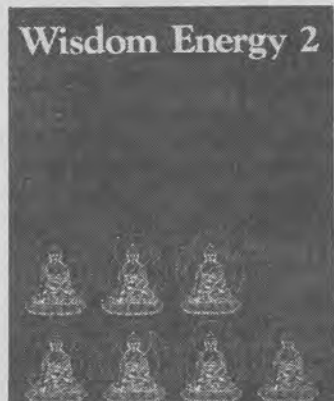
by Sangharakshita. 295 pp. #WI \$17.95

The Heart Sutra, *The Diamond Sutra*, and the *Ratnaguna-Samcayagatha Sutra* are pivotal texts for understanding the nature of reality. The first two are core teachings of both Tibetan and Zen Buddhism. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life. It is in this living context that Sangharakshita explains their meaning.

WISDOM ENERGY

by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landau with Alexander Berzin. 152 pp. #WIEN \$10

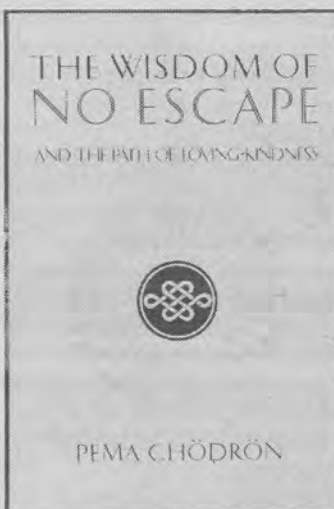
This is a simple yet compelling introduction to Buddhism by two renowned lamas. It discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.



WISDOM ENERGY 2

by Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the "I," non-duality, and the complete path.



WISDOM OF NO ESCAPE and the Path of Loving-Kindness

by Pema Chödrön. 110 pp. #WINO \$10

This is a book about saying YES to life, about making friends with ourselves and our

world, about accepting the delightful and painful situation of "no exit." It asks us to wake up wholeheartedly to everything and to use the abundant, richly-textured fabric of everyday life as our primary spiritual teacher and guide. Pema Chödrön is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

WISDOM OF BUDDHA:

The Samdhinirmocana Mahayana Sutra—Essential Questions and Direct Answers for Realizing Enlightenment

trans. by John Powers. 390 pp., 1 color plate, illus. #WIBU \$25

In this sutra, great Bodhisattvas question the Buddha about the nature of consciousness and the ultimate reality, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment.

WISDOM:

TWO BUDDHIST COMMENTARIES

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries of the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* have been written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

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

by Dilgo Khyentse Rinpoche. 120 pp. #WIFUJE \$10.

In the Tibetan Buddhist tradition, devotion to the spiritual master and complete confidence in him are considered to be indispensable to the attainment of enlightenment. Based upon the teachings of Rigdzin Jigme Lingpa, the instructions of Dilgo Khyentse Rinpoche focus on the practices of guru yoga, "Merging with the Mind of the Guru."

WORDS OF MY PERFECT TEACHER

by Patrul Rinpoche. 467 pp., illus. #WOPETE \$32 cloth

This is the classic commentary on the preliminary practices of the Longchen Nyingtig—one of the best known teachings of the Nyingma school. Topics include: karma, impermanence, defects of samsara,

causes leading to liberation, selecting and following a teacher, refuge, the mind of compassion, six perfections, Vajrasattva practice, offering the mandala, cho practice, guru yoga, transference of consciousness at the time of death.

WORKING WITH THE EMOTIONS & A CHANGE OF EXPRESSION

by Lama Gendun Rinpoche & Shamar Rinpoche. 122 pp. #WOEM \$17.95

Working with the Emotions is an insightful teaching on how to abandon, remedy, transform and see into the true nature of the emotions. Lama Gendun Rinpoche finishes by showing how to use the emotions as a spiritual path. *A Change of Expression* is a teaching on how to differentiate between ordinary consciousness and original awareness.



WORLD AS LOVER; WORLD AS SELF

by Joanna Macy. Foreword by Thich Nhat Hanh. 252 pp. #WOLO \$15

Dependent co-arising is one of the most fundamental and complex concepts of Buddhism. Joanna Macy provides many insights into how to apply this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken

WORLDS IN HARMONY: Dialogues on Compassionate Action

H.H. the Dalai Lama with Goleman, Levine, Bolen, Brown, Engler, Brenman-Gibson, Macy. 160 pp. #WOHA \$12.50

The nature of anger and ways of transforming it; working with the suffering and the dying; the application of Buddhist principles in the West; living and serving with love, compassion, and wisdom in a world where these qualities are too often disregarded—these topics are explored in dialogue.

WRITINGS OF KALU RINPOCHE

by Kenneth McLeod. 71 pp. #WRKARI \$8.95

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

ZEN AND THE PSYCHOLOGY OF TRANSFORMATION

by Hubert Benoit. 248 pp. #ZEPSTR \$12.95.

This is one of the most powerful expositions of Zen ever written. It explains the psychological setting of the unenlightened mind and the psychological revolution required to develop insight. Benoit is a master psychologist and has presented the inner working of enlightenment in Western terms. This book is suitable for the followers of any tradition Eastern or Western.

ZEN MIND, BEGINNER'S MIND

by Shunryu Suzuki-Roshi. #ZEMI \$7.95

This best selling book conveys what Zen is all about. Every page breathes with the joy and simplicity that make a liberated life possible.

YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam

450 pp., #YODEBO \$24.95, #YODEBC \$40.

Aryadeva's *Four Hundred Stanzas* was written to explain how the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths.

"A fine and readable translation of an important work of Mahāyāna Buddhist thought."

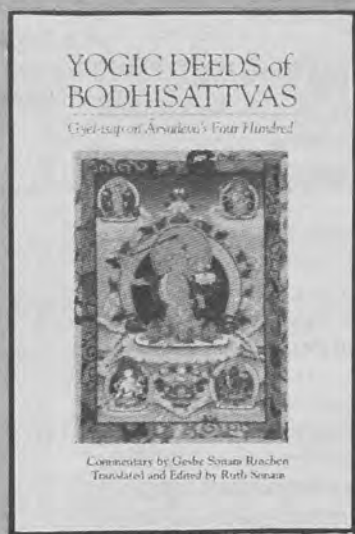
—José Cabezón

Mahayana practitioners must eliminate not only obstructions to liberation but also obstructions to the perfect knowledge of all phenomena. This requires a powerful understanding of selflessness coupled with a vast accumulation of merit or positive energy resulting from the kind of love, compassion and altruistic intention cultivated by bodhisattvas. The first half of the text focuses on the development of merit by

showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness.

Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue. In addition, Geshe Sonam Rinchen, main instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

Yogic Deeds of Bodhisattvas has been approved for the series *Textual Studies and Translations in Indo-Tibetan Buddhism*.



THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig

trans. by Tulku Thondup. 146 pp. #ASVI \$12.95

This terma text was discovered by Kunkhyen Jigmed Lingpa. It is the sadhana of the guru, the most important of the sadhanas of the three roots. The *Sadhana of the Assemblage of Vidyadharas* is a liturgy of Guru Rinpoche as the embodiment of all the Knowledge-holders. This book also includes other texts necessary for the performance of the Tsog ceremony. The Tibetan, English transliteration and translation are given line by line.

GARDEN OF ALL JOY

by Jamgon Kongtrul Lodo Taye (*The Great*), trans. by Lama Lodo Rinpoche. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—a condensed explanation of offering the body as a gift. It contains a brief biography of Machig Labdron, a commentary on the various "feasts," a very valuable section of illustrations of the visualizations, and the Tibetan text.



THE HEALING BUDDHA: A Practice for the Prevention and Healing of Disease

composed & trans. by Lama Thubten Zopa Rinpoche. 24 pp. #HEBU \$4

This is a meditation on the Medicine Buddha, a fully-enlightened being whose purpose is both to cure disease and prevent its onset. Also included is the *Prayer Liberating Sakya From Disease*, a beautiful and powerful prayer that brings great blessings.

GUIDE TO DAKINI LAND: The Highest Yoga Tantra Practice of Buddha Vajrayogini

Geshe Kelsang Gyatso. 576 pp. #GUDA \$29.95

This is the first complete commentary in English of the Narokhacho system of Vajrayogini practice, as transmitted directly from Buddha Vajrayogini to the great master Naropa and then through a lineage of fully realized practitioners to the present day. It begins with a brief history of the practice and explanation of the essential practices of completion stage, which lead to the attainment of Buddhahood. The latter part provides a number of essential sadhanas, advice on how to do a Tantric retreat, and a wealth of additional material that will be indispensable to those who wish to rely sincerely on Vajrayogini.

MEDITATIONS ON THE LOWER TANTRAS

by Glenn Mullin. #MELOTA \$10.95

A collection of texts and sadhanas by previous Dalai Lamas including the preliminary teachings for tantric initiation and texts for the practice of a dozen major deities such as Avalokiteshvara, Manjushri, Tara, Maitreya, Sarasvati, Sitatapatra, Vajra Vidarana, Vajrasattva.

MEDITATION ON VAJRABHAIKAVA

by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.

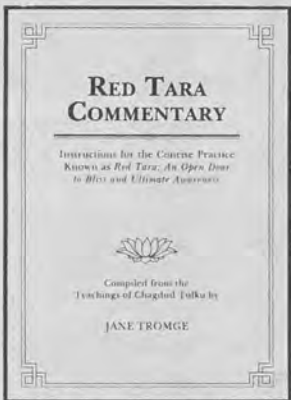
THE QUEEN OF GREAT BLISS of the Long-Chen Nying-Thig

trans. by Tulku Thondup. 166 pp. #QUGRBP \$12.95

This is a sadhana on the wisdom dakini Yeshe Tsogyal, the consort of Guru Padmasambhava. It is one of the three root practices of the Longchen Nyingthig tradition of the Nyingmapa school and is a terma discovered by Jigmed Lingpa. Through this practice one understands the Dakini to be the embodiment of the three kayas. It is considered an Anu Yoga Tantra. Other texts necessary to the performance of Tsog are included.

RED TARA: An Open Door to Bliss and Ultimate Awareness

by Chagdud Gonpa. #RETA \$8



RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara

by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

The lineage of Red Tara practice and commentary to the sadhana.

Assembly of Good Fortune

#ASGOFO \$5

Tsog offering for Heruka Body Mandala.

Avalokiteshvara Sadhana

#CHSA \$3

The Bodhisattva's Confession of Moral Downfalls

#BOCO \$5

The purification practice of the Mahayana Sutra of the Three Superior Heaps.

Dakini Yoga: Vajrayogini Six-session Guru Yoga

#DAYO \$7

Six-session Guru Yoga combined with self-generation as Vajrayogini.

Drop of Essential Nectar

#DRESNE \$5

A special fasting and purification practice in conjunction with the Eleven-faced Avalokiteshvara.

Essence of Good Fortune

#ESGOFO \$4

Prayers for the six preparatory practices for meditation on the stages of the path to enlightenment.

Essence of Vajrayana (Mahamudra)

#ESVAMA \$8

The condensed meaning of vajrayana mahamudra and prayers of request to the lineage gurus.

Essence of Vajrayana (Heruka)

#ESVAHE \$8

The sadhana of Heruka Body Mandala according to the system of Mahasiddha Ghanapa.

Great Compassionate Mother

#GRCOMO \$4

The sadhana of Arya Tara.

Great Liberation

#GRLI \$3

Preliminary prayers for mahamudra meditation in conjunction with Vajrayogini Practice.

The Great Mother

#GRMO \$6

A method to overcome hinderances and obstacles by reciting the *Heart Sutra*.

SELF-INITIATION OF VAJRABHAIKAVA

trans. by Sharpa Tulku with Richard Guard. 62 pp., #SEINVA \$7.95

Here is an intermediate-length sadhana and a concise self-initiation ritual of the Solitary Hero Vajrabhairava. The self-initiation restores broken vows and tantric commitments. It can be used after one completes the retreat and ritual fire offering of peace.

Hundreds of Deities of the Joyful Land

#HUDE \$6

The guru yoga of Je Tsongkhapa.

The Kadampa Way of Life

#KAWALI \$3

Advice from Atisha's Heart and The Three Principal Aspects of the Path.

Liberation from Sorrow

#LISO \$4

Praises and requests to the Twenty-one Taras.

Mahayana Refuge Ceremony and Bodhisattva Vow Ceremony

#MARECE \$5

Medicine Guru Sadhana

#MEGUSA \$6

Requests to the Assembly of Seven Medicine Buddhas.

Meditation & Recitation of Solitary Vajrasattva

#MERE \$2

Offering to the Spiritual Guide

#OFSPGU \$6

The extensive guru yoga practice of Je Tsongkhapa's tradition (Lama Chopal).

Prayers for Meditation

#PRME \$3

A Pure Life

#PULI \$3

The practice of taking and keeping the eight Mahayana precepts.

The Quick Path

#QUPA \$6

Condensed practice of Heruka Five Deities according to Master Ghanapa's tradition.

Quick Path to Great Bliss

#QUPAGR \$9

Vajrayogini self-generation sadhana.

Treasury of Wisdom

#TRWIS \$4

The sadhana of the Wisdom Buddha Manjushri.

The Yoga of Buddha Amitayus

#YOBUM \$7

A special method for increasing lifespan, wisdom and merit.

VAJRAYOGINI SADHANA & COMMENTARY

by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for people with highest yoga initiations only. The text is a short sadhana of Vajrayogini and the commentary is a discussion of the many yogas that make up the practice.

TRAVEL & ADVENTURE

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

THE ASCENT

by Jeff Long. 284 pp. #AS \$20 cloth

"The Ascent is an astonishing novel, a darkly brilliant tale hunted by the ominous yet charged with hope and beauty, by embedding the climb of a new route on Everest within the larger story of the cultural tragedy of Tibet, Jeff Long weds suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.

DELHI-JAIPUR-AGRA: India's Golden Triangle

ed. by Manjulika Dubey, photos by David Beatty and Shalini Saran. 292 pp., many photos, line art and maps, #DEL \$19.95

The "Golden Triangle" is the quintessential Indian experience—from Delhi, the capital city with its overlays of monuments and modern buildings to the Jaipur of the Maharajas, and the Agra of the legendary Mughals. This guide explores the entire region of the Golden Triangle.

THE GREAT DRAGON'S FLEAS

by Tim Ward. 252 pp. #GRDRFL \$14.95

Deeply thought-provoking and wonderfully irreverent, *The Great Dragon's Fleas* is Tim Ward's story of a two year spiritual search. The journey begins with a private meeting with the Dalai Lama, then moves to Kashmir and an Islamic cult that venerates Jesus and believes he survived crucifixion and went to India. He studies with a Buddhist lama called The Great Dragon in Ladakh, visits Sai Baba, a Thai trance

channeler, a female buddha in a Chinese monastery, and narrowly escapes capture by Chinese soldiers as he travels illegally in Tibet. This is a lively account of spiritual life in Asia.

Sixth Edition!

INDIA: A Travel Survival Kit

by Crowther, Raj and Wheeler. 1139 pp., 205 maps, 224 color photos #INTRSU \$24.95

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.

INDIA

by Jay Itzkowitz, Samuel Israel, Bikram Grewal, Toby Sinclair and Lisa Choegyal. 361 pp., many photos, line art and maps, #IN \$19.95

A superbly qualified team of talented Indian and foreign writers and photographers have contributed to this book, providing a uniquely indigenous perspective. This guide captures the complex unity of this most diverse and beautiful land.

IN THE KINGDOM OF THE DALAI LAMA

by Archibald Steele. 159 pp. #KIDALA \$13.95

This is both the exciting story of a great adventurer and a historical account of the dramatic changes that happened in Tibet in the late 40's and early 50's. Archibald Steele's first hand knowledge of Tibetan life and the political struggle make this a very interesting and readable story.

A JOURNEY IN LADAKH

by Andrew Harvey. 236 pp. #JOLA \$11.95

An exceptional and very well-written book, one whose magic is compounded by a singular blending of the wondrous and the commonplace, the sacred and the humorous.

MAGIC AND MYSTERY IN TIBET

Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$7.95

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 redefines what great anthologies are all about."—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 that live on in the land and his doctrine.

MONGOLIA

by Robert Storey. 232 pp., 16 pp. color #MON \$13.95

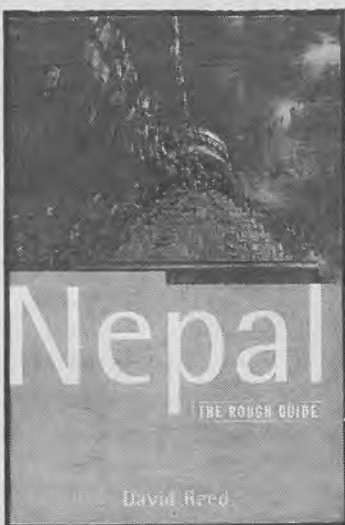
This is the first travel guide to focus exclusively on Mongolia—that exotic, adventurous destination. Comprehensive, reliable travel data on how to get there, where to stay and eat and what to do is provided for the bustling capital, Ulaan Bataar and the arid Gobi desert and many other places.

NEPAL: Travel Survival Kit

by Tony Wheeler & Richard Everist. 428 pp., 56 maps, 200 illus. & color photos. #NETRSU \$14.95

This is the 2nd edition of a great guidebook with lots of maps and illustrations, all-new mountain-biking, rafting and kayaking sections; comprehensive information on

flora, fauna & ecology; extensive accommodation & restaurant listings; detailed information on festivals & other cultural events; guidelines for responsible tourism.

**NEPAL: The Rough Guide**

by David Reed. 400 pp., 56 maps, #NEROGU \$13.95

This is the most complete travel handbook to the country, 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—plus sections on meditation, yoga and alternative therapies; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hill-top forts.

ROAD TO HEAVEN: Encounters with Chinese Hermits

by Bill Porter. 220 pp., b&w photos, #ROHE \$14

This is a brilliant essay on the traditions of Chinese hermits who continued their Buddhist and Taoist practices through the years of Chinese oppression. Many hermits were encountered and their stories recorded.

**TALE OF THE INCOMPARABLE PRINCE**

by Tshe-ring-dbang-rgyal, trans. by Beth Newman. 240 pp. #TAINPR \$25 cloth

This is a sweeping epic of intrigue, passion, war and religion set in the context of a traditional Buddhist world-view. This is the only novel known to exist from Tibet. 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.

SANCTUARIES: A Guide to Lodgings in Monasteries, Abbeys, and Retreats of the Northeast United States

by Jack and Marcia Kelly. 241 pp., line drawings, #SA \$15

More than 300 places both religious (mostly Christian, Buddhist, Hindu) and

nonsectarian, where it is possible to find refuge, peace, and spiritual refreshment. "Sanctuaries" is good news indeed for the contemplative within each one of us."—Joanna Macy

SANCTUARIES: The West Coast and Southwest

by Marcia and Jack Kelly. 220 pp. #SAW \$15

Over 200 religious and non-sectarian retreat centers, lodgings and monasteries are described in this guide. "Sanctuaries" is a clear and pragmatic guide to many of these wonderful places of stillness."—Joseph Goldstein

SEVEN YEARS IN TIBET

by Heinrich Harrer. #SEYETI \$10.95

This exciting and enjoyable classic work of travel and brilliant observation is now reissued with 15 photographs. 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.

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 excel-

lent 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.

TIBET HANDBOOK: A Pilgrimage Guide

by Victor Chan. 1099 pp., 250 maps, #TIHA \$30

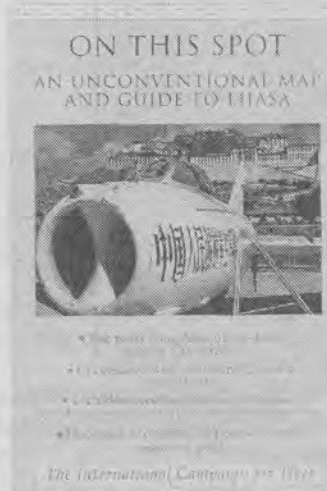
"This is by far the most detailed guide to Tibet ever to appear in a Western language."—Dr. Michael Aris, St. Anthony's College, Oxford

This remarkable book is both a comprehensive trekking guide to mountain paths and plateau trails, and a pilgrimage guide that draws on Tibetan literature and religious history. Victor Chan has covered 42,000 kilometers in Tibet on foot and by bus, truck, horse, and yak. The result is indisputably the most authoritative sourcebook to Tibet. Contains: 60 major pilgrimage and trekking itineraries; 250 detailed maps and plans; essays on Tibetan pilgrimage, art and history, practical information on visas, health and medicine, accommodations and transportation options.

MAPS**LHASA TRANSFORMED MAP**

International Campaign for Tibet. #LHTRMA \$5

This package contains two large sheet of paper with four maps of Lhasa. The most spectacular is a panoramic view of the city which measures 62" x 6" in two pieces. Its fun to look at it and find land mark spots—but the main purpose of these maps is to show how the city has been transformed by the Chinese. There is also 2 city plan maps to show what is in store for the city.

**ON THIS SPOT: An Unconventional Map and Guide to Lhasa**

by International Campaign for Tibet. 20 x 24" #SP \$5.95

This is the most current cultural map of Lhasa. It is full-color, two-sided, with 11 color photos. It tells the uncensored stories behind Lhasa's tourist sites and gives accounts of previous travelers. This map is also an irreverent romp through the underworld of Lhasa, with anecdotes and jokes about places in Lhasa from the Tibetans who live there. This map begins where other guide books and maps end. *On This Spot* contains a wealth of information telling both the stories of Lhasa's long, rich history and its tragic contemporary human rights situation. It locates and tells of the demonstrations for self-determination, Tibetan prisoners of conscience and the exact locations of the prisons where they are being held. It also includes practical travel details such as locations and phone numbers of hotels, travel companies, monasteries and hospitals.

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—with over 590 names, located by grid and numbered references, 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 identified and delineated with precise 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 eminent Tibetan historian, the late W.D. Shakabpa.

NEW!**MONGOLIA Travel Map**

#MOMA \$7.95

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

NEW!**TIBET, NEPAL, BHUTAN**

#TINEBH \$11.95

This is a road map with topography pictured and scale of 1:2 mil.

MAP OF SOUTH-CENTRAL TIBET: Kathmandu-Lhasa Route Map

21 x 33", #MASOCE \$14.95

This is a road map of Tibet and surrounding area with relief shown in color.

These are two excellent country maps with a lot of detail.

INDIA

#MAIN \$11.95

NEPAL

#MANE \$7.95

Includes detailed maps of Kathmandu.

TREKKING IN TIBET: A Traveler's Guide

by Gary McCue. 350 pp., 65 photos, 12 maps, #TRTI \$16.95

Trekkers can use this up-to-date guide to hike among nomadic herders near Lhasa, to traverse the landscape of alpine lakes and mountain passes between the historic monasteries of Ganden and Samye, to walk the fertile Nyang Chhu Valley's old caravan routes near Shigatse, or spend weeks under Mt. Everest's or Mt. Kailas' famous peaks. This is a cultural guide as well as including necessary information to plan a successful trek. We recommend it.

TO LHASA AND BEYOND

by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama. 193 pp. 24 photos #LHBE \$14.95

"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he

wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

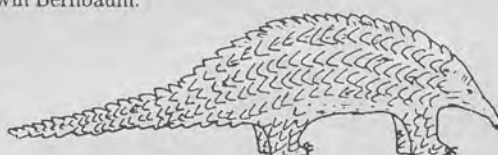
"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

"...provides excellent reading for anyone contemplating a visit to Central Tibet. It helps travelers to put what they see in a historical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.

VEGETARIAN ASIA: A Travel Guide

by Teresa Bergen. 112 pp., travel size, #VEAS \$9.95

Hunting for vegetarian food in a country where you don't speak the language can make you want to fly straight back home. *Vegetarian Asia* will help you get the food you need, with a minimum of hassles. This book tells you: which dishes in each country are typically vegetarian; Asian food customs that tell you how to eat like a local; restaurant recommendations; dining etiquette; how to say "I'm a vegetarian" in 10 Asian languages; the vegetarian traditions of Asia. Countries include: Tibet, Nepal, India, Southeast and Northeast coastal countries, Chinese-speaking countries.



TIBETAN PILGRIMAGE

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

Travel not only stirs the blood, It also gives birth to the spirit.

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.

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

WOMEN & BUDDHISM



BUDDHISM THROUGH AMERICAN WOMEN'S EYES

by Karma Lekshe Tsomo. 180 pp. #BUAMWO \$12.95

As Buddhism is transmitted to North America, women are playing a major role in its adaptation and development. Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: *Bringing Dharma into Relationships, Dealing with Stress, Abortion, Buddhism and the Twelve Steps, Bodhisattva Peace Training, The Monastic Experience, and Forging a Kind Heart in an Age of Alienation*. Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging, so readable, and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University

"This book is a refreshing, experientially based and enriching contribution of American women to Buddhism in the West."—Thubten Chodron, author

"Gives a comprehensive taste of the spiritual practice, experience, and concerns of several of America's most experienced women practitioners."—*Golden Drum*

FEMININE GROUND: Essays on Women and Tibet

by Janice D. Willis. 166 pp. #FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—*Pacific World*

In this volume six western women scholars and practitioners of Tibetan Buddhism come together to explore the issues of

"women" and of "the feminine" in Tibet. In a group of critical and provocative essays, they discuss female role models, the nun's life, and gender and role identity as these have manifested in the context of Tibet. Contents: Jan Willis writes on *Dakini: Some Comments on its Nature and Meaning* and on *Tibetan Anis: The Nun's Life in Tibet*; Rita Gross on *Yeshe Tsogyel: Enlightened Consort*; Janet Gyatso on *Down with the Demoness*; Miranda Shaw on *An Ecstatic Song by Laksminkara*; Barbara Aziz on *Moving Towards a Sociology of Tibet*; and Karma Lekshe Tsomo on *Tibetan Nuns and Nunneries*.

HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95 (see biography section!)

"...a superior book."—Carebanu Cooper, *The Tibet Journal*

LEARNING TRUE LOVE: How I Learned & Practiced Social Change in Vietnam

by Sister Chan Khong. 258 pp. #LETRLO \$16

Learning True Love tells the story of Sister Chan Khong's spiritual growth against the backdrop of war-torn Vietnam. She offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. She narrates the many considerations and decisions that a woman has to make—it is a revelation in compassion, a courageous story of social transformation brought about by a woman inspired by true loving kindness. Sister Chan Khong has worked with Thich Nhat Hanh for over thirty years.

LONGING FOR DARKNESS: Tara and the Black Madonna

by China Galland. 400 pp., #LODA \$13.95

Raised as a Catholic and subsequently a Zen Buddhist, China Galland felt the lack of a dynamic image of the female face of God. When she heard of Tara, the female Buddha, who vowed to be enlightened only in a woman's body, she was inspired to set off on an incredible spiritual journey which took her around the world and lasted ten years. This is an autobiographical account of her meetings and experiences.

MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self

by Anne C. Klein. 288 pp. #MEGRBL \$14

"Klein presents the literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

The Great Bliss Queen Yeshe Tsogyel is

an embodiment of mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that in this book are put in conversation with contemporary feminist concerns, and especially with Western women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are also taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources as well as the writings of contemporary Western women.

SAKYADHITA: DAUGHTERS OF THE BUDDHA

ed. Bhikshuni Karma Lekshe Tsomo. 346 pp., #SADABU \$14.95

Sakyadhita: Daughters of the Buddha is the fruit of the first International Conference on Buddhist Nuns. This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full bhikshuni ordination worldwide and contribute to redressing the gender imbalance as a major step toward planetary well-being.

"It is inspiring and heart-warming to read about all these women dedicated to the Buddhist path."—Martine Batchelor

MONASTIC: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women

by Rev. Mary Teal Coleman (Ven. Tenzin Yeshe). 99 pp., 8 color plates, 8 1/2 x 11" #MOORTI \$15

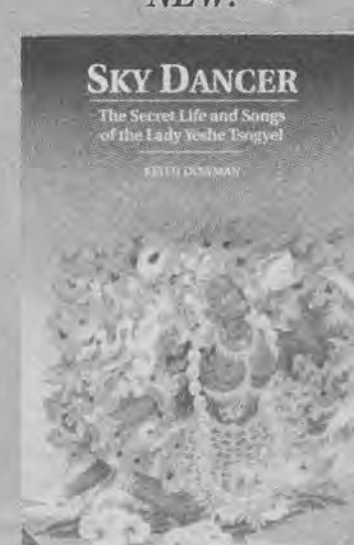
"This excellent book maps the territory, orients the participants and clears the path for any persons who wish to help resolve the issue of bhikshuni ordination. Monastic and lay are fortunate to have such a clear and fair-minded guide in this subject."—De. Margaret Blanchard, Vermont College

This book discusses the issues and obstacles for women wishing to receive the full bhikshuni ordination within the Tibetan tradition. Recommended reading for anyone interested in the problems surrounding the inequalities of monastic life.

ON TOP OF THE WORLD: Five Women Explorers in Tibet

224 pp., 26 illus. #TOWO \$9.95 (see Travel & Adventure)

NEW!



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

by Keith Dowman, illustrations by Eva van Dam. 379 pp., #SKDA \$18.95

Women have a special place in tantra and Yeshe Tsogyel, consort of the great guru Padma Sambhava, is the most famous of the enlightened women of Tibet. Few works deal with the spiritual practices and evolution of female aspirants. For this reason *Sky Dancer* is virtually unique in the vast biographical literature of Tibet. Women are shown in their eminent position, and a path of practice is presented for initiates to emulate. Tsogyel's experiences and her detailed instructions to her disciples are very relevant for today's practitioners.

Keith Dowman has spent years studying and practicing Tibetan Buddhism in Banaras, India, and in the Himalayas. He now lives in Kathmandu. He has been principally occupied with the translation and explanation of Tibetan texts so that tantric teachings can be assimilated by the West.

WEAVERS OF WISDOM: Women Mystics of the Twentieth Century

by Anne Bancroft. 177 pp. #WEWI \$10

Anne Bancroft has explored the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics, each of whom has developed her own unique insights into the "truth that goes beyond the ordinary." Together they give a rare as well as cohesive view of women's ways of liberation.

WOMEN OF WISDOM

Tsultrim Allione. 224 pp. #WOWI \$10.95

The Tibetan women in this collection of biographies will serve as life-models and inspiration to others on the spiritual path.

If there's a title you want that you don't see here, we can special order it for you.

H.H. THE DALAI LAMA

BEST SELLING!



COMPASSION: THE HEART OF ENLIGHTENMENT

95 min. #COHEEN \$10

This talk was given after the Nobel Award announcement. His Holiness speaks on affection, altruism, loneliness, love, anger, inner peace and world peace, and the Tibetan cause.

HARVARD SEMINARS (12)

#HASE \$84 Trans. by Jeffrey Hopkins-AIBS Program

For five days in 1981, the Dalai Lama presented a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruc-

tion, compassion, selflessness, suffering, five paths and the factors of enlightenment. These talks are now available in a Snow Lion book, *The Dalai Lama at Harvard*.

THE NOBEL PEACE PRIZE ADDRESS (1)

#NOEVAD \$7

On December 11, the Dalai Lama gave his Nobel Lecture to an international audience in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.

TEACHINGS ON PATIENCE

8 tapes #TEPA \$100

This is the outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic work which focusses on the practice of patience. During each of the sessions, His Holiness combined his own personal experience in the development of patience with his extensive scholarship to explicate the text. This is an excellent teaching in which to immerse oneself.

VAJRASATTVA (1)

#VAME \$7 Trans. by Jeffrey Hopkins
Visualization & commentary.

KHENPO KONCHOG GYALTSEN

AWAKENING TO WISDOM

Lama Khenpo Konchog Gyaltsen.
(1) #AWWI \$9.95

The Khenpo tells of the sense of unity, joy and harmony that comes from purifying the mind and developing its positive qualities.

CHOD TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (7) #CHTE \$60

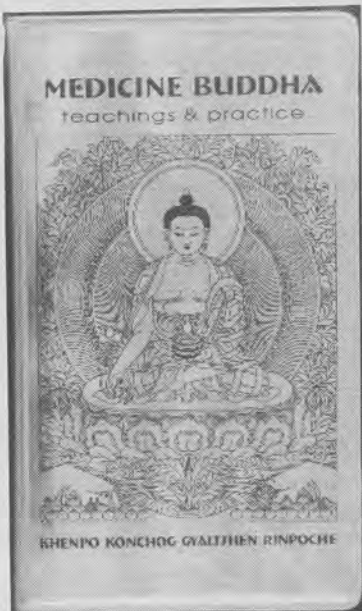
This is a seven tape set of teachings and commentary on Chod practice. One of the tapes contains a guided Mahamudra meditation and Chod practice.

COMPLETE NGONDRO TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (9) #CONGT \$90

ILLUSORY BODY TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (5) #ILBOTE \$50



AWAKENING COMPASSION

by Pema Chodron (6) #AWCO \$59.95

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

BUDDHA DHARMA IN THE WEST

with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al. (4) #BUDHWE \$30

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

NEW!

MEDICINE BUDDHA TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche (2) #MEBUTE \$22

Khenpo gives a teaching and commentary on the Medicine Buddha sadhana.

LAMA SOGYAL RINPOCHE

The following are tapes by Sogyal Rinpoche and a few by his senior students.

COMPASSION AND WISDOM IN CARE FOR THE DYING

by Christine Longaker. 100 min
#COWICA \$10.95

A student of Sogyal Rinpoche for 15 years, Christine Longaker is the former director and staff trainer of Hospice of Santa Cruz County, California, and teaches on spiritual care for the dying throughout the world. She explores the relevance of the spiritual path to care for the dying. The practices of reflection, meditation, compassion and the essential "phowa" are given as powerful ways to prepare for our own death, and to strengthen the confidence of those who care for the dying.

FINDING HOPE AND INSPIRATION IN DEATH

by Christine Longaker
(3) #FIHOIN \$26.95

Christine Longaker skillfully combines insights and methods drawn from years of hospice experience with instruction and meditation practices from the heart of the Tibetan Buddhist tradition. Illustrating her talks with many heartwarming and revealing stories, she describes how it is possible to transcend fear and grief and in so doing provide the spiritual tools that are so crucial for making use of the tremendous opportunity that death affords. She covers: the four tasks of dying and of living; finding meaning in life and peace in death; healing past

CHOGYAM TRUNGPA, LIVE (1)

#CHTRLI \$11

Two talks, "Discipline and Meditation" and "The Myth of Freedom" are simple and engaging presentations by the late Trungpa Rinpoche.

DHARMA WISDOM

interview with Kalu Rinpoche. (1)
#DHWI \$9.95

Rinpoche speaks to the relevance of Buddhist principles in modern contemporary life. His simplicity, clarity and directness provide a thoughtful and heartening message for the spirit.

NEW!

MAHAMUDRA: The Quintessence of Meditation

by Thrangu Rinpoche
(14) #MAQUME \$80

This is the complete set of tapes from the 10 day 1995 Big Bear Mahamudra Seminar offered by Thrangu Rinpoche. During this retreat, Rinpoche revealed the essential inner teachings on Mahamudra practice, enabling us to gain deeper insight into the true nature of our minds.

PSYCHOLOGY SEMINAR

by Tara Tulku. (7) #PSSE \$49
Trans. Robert Thurman

In this seminar, the late Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice. These talks were made possible by the AIBS.

difficulties in relationships; the natural process of bereavement; transforming grief; understanding our own fears of death and preparing for our own death.

LIVING WELL, DYING WELL

1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

RIGHT VIEW: Living Your Dying

#RIVI \$9.95

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

TAMING THE MIND

#TAMI \$9.95

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

TIBETAN WISDOM FOR LIVING AND DYING (6)

9 hrs. #TIWIT \$59.95

The definitive audio workshop on the Tibetan 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; futility of grasping; spacious mind in meditation; hard 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; Padma-sambhava's instructions for the bardos; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.

UNTANGLING OUR EMOTIONS

#UNEM \$9.95

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

TURNING SUFFERING INTO ENLIGHTENMENT

#TUSUEN \$9.95

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

THICH NHAT HANH

THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life

by Thich Nhat Hanh. (2) 3 hrs.
#ARMILI \$18.95

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

NEW!

PEACE IS EVERY STEP: A Buddhist Monk and Meditation Master Looks at War, and the Peacemaking Process

by Thich Nhat Hanh. (1) #PEEVST \$9.95

Join Thich Nhat Hanh as he addresses such issues as how true peace is achieved, the tradition of nonviolence, lessons from Vietnam and the Persian Gulf, protests and patriotism, dealing with anger, despair and helplessness.

PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY: Working with Anger, Nourishing Inner Peace

by Thich Nhat Hanh. (2) 3 hrs.
#PRMIPS \$17.95

Recorded live with a group of practicing psychotherapists.



THE PRESENT MOMENT: A Retreat on the Practice of Mindfulness

by Thich Nhat Hanh. 6 cassettes in vinyl case (7 1/2 hrs.), #PRMO \$59.95 [continues next page]

THE NATURE OF MIND!

The following five tape sets (each has three tapes) were recorded at the NYC Kalachakra. Each set is a three-hour talk by lamas who are the recognized heads of their lineages or who were selected to represent their lineage. We are pleased to be able to offer you these excellent talks.

Bon Tradition: NATURE OF MIND

by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein. (3) #BONAMI \$30

Nyingma Tradition: DZOGCHEN
by Ven. Trulshik Rinpoche, trans.

Sogyal Rinpoche. (3) #NYDZ \$30
This set focuses primarily on the nine yanas.

Kagyu Tradition: MAHAMUDRA
by Ven. Tenga Rinpoche. (3) #KAMA \$30

Sakya Tradition: INSEPARABILITY OF SAMSAARA & NIRVANA
Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

Gelug Tradition: UNION OF BLISS AND EMPTINESS

Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30

FOCUSING ON MEDITATION with Jack Kornfield

THE INNER ART OF MEDITATION

(6) 8 1/2 hrs. #INAR \$49.95

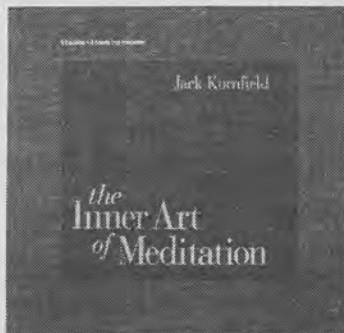
A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowing and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.

INTRODUCTION TO MEDITATION

(8) #INME \$80

This series of eight cassettes is like attending a meditation class for five weeks. Jack Kornfield teaches meditation in the context of the eightfold path of the Buddha leading to enlightenment: right understanding, attitude, speech, action, livelihood, effort, concentration, awareness.

Buddhism teaches that the present moment contains the seeds of all things, including liberation from samsara. In this live audio retreat with Thich Nhat Hanh, experience first-hand the traditional Buddhist practices designed to "touch the energy of mindfulness" carried within, and open to the joy that is always present and waiting to enter our lives.



MEDITATIONS OF THE HEART

Jack Kornfield. #MEHE \$10.95

Jack offers four essential meditations which take less than 10 minutes each to practice yet will take you to the heart of essential Buddhist teachings on awakening and freedom, opening to truth, the nature of suffering, forgiveness, and fearlessness.

TEN PERFECTIONS SERIES

(10) #TEPE \$100

Ten talks on ten cassettes, this series on the perfections of Buddha and how these can be awakened in our hearts and developed in our lives is complete with stories, examples and practical teachings. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination, lovingkindness, balance & equanimity.

TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation

by Thich Nhat Hanh with Sister Chan Khong. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the ba-

sis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer. This teaching covers each phase of this practice which is designed to release anger and cultivate compassion.

1993 BUDDHISM & PSYCHOTHERAPY: An East/West Dialog

5.25 hrs., (6) #BUPS \$35

This conference has a lot to offer people interested in the integration of Buddhism with western models for psychological growth. Speakers and topics: Dr. Lobsang Rappagay: Jungian Analysis & Tibetan Buddhism; Ven. Thubten Chodron: A Spiritual Teacher's Perspective on Therapy and Buddhism; Judith Gordon, Ph.D.: A Psychotherapist's Application of Buddhist Principles to Therapy; Ryo Imamura, Ed.D.: Buddhism & Psychotherapy—the Similarities and the Differences; Geshe Jamyang Tsultrim: Therapeutic Applications of Principle Buddhist Teachings; Mark Hart, Ph.D.: Buddhism & Psychotherapy—Beyond Concepts; May Cl Lu, Ph.D.—Counseling Buddhist Asian Immigrants.

JEFFREY HOPKINS

APPROACHING THE TANTRAS

(3) #APTA \$21

In three outstanding lectures, Jeffrey unfolds the meaning of compassion, emptiness and deity yoga with warmth and penetrating wit.

DEATH & DYING

(4) #DEDT \$28

Discussion of the stages of death, intermediate state and rebirth.

CHRISTINA FELDMAN

MODELS

(1) #MOD \$10

Examining how standards of expectation begin as guidelines for reassurance and end up as obstacles to true understanding.

INTRODUCTION TO DZOGCHEN

by Lama Surya Das. Cassette #INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

LIFE OF TIBETAN AND CHRISTIAN NUNS

Bhikshuni Thupten Chodron and Sister Donald Corcoran, O.S.B. 1 1/2 hrs. #LINU \$10

This is a candid account by two Americans who became nuns in two very different traditions. They share their reasons for joining their monastic orders and discuss how they adjusted to the rigors of monastic life. During the latter part of the discussion, they answer questions about God, karma, reincarnation and other topics.

BOOKS ON TAPE

OPEN HEART, CLEAR MIND

by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21 for three, \$7 purchased separately.

"...presents a clear and complete survey of the teachings of the Buddha."—Thich Nhat Hanh.

Tape 1—Working Effectively with Emotions #OPHET1

Tape 2—Rebirth and Karma #OPHET2

Tape 3—The Path from Confusion to Enlightenment #OPHET1

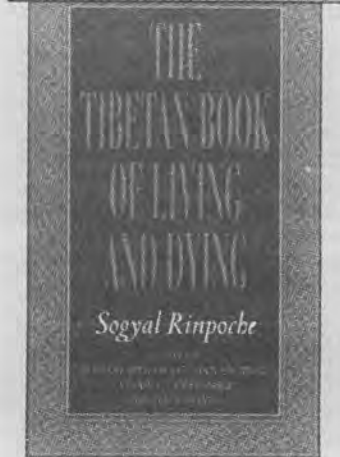
THE THREE PILLARS OF ZEN: Teaching, Practice, Enlightenment

by Roshi Philip Kapleau. 2 tapes, #THPIZE \$16.95

This modern spiritual classic has

had a profound influence on the development and understanding of Zen. Contains luminous essays and lectures by contemporary Zen masters, as well as personal accounts of the experience of enlightenment—providing listeners a vital introduction to the insights of Zen.

AUDIO LITERATURE PRESENTS



THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

Rinpoche examines the dramatic possibility for healing that can be released when we learn to view death as the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, methods of meditation, near-death experience, caring for the dying, and acceptance.

THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo

trans. by Francesca Fremantle & Chogyam Trungpa, narrated by Richard Gere. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$15.95

This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

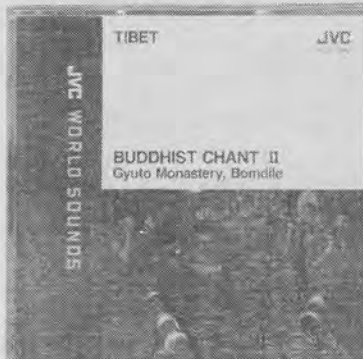
MUSIC & CHANTS

THE GYUTO MONKS

THE GYUTO MONKS

Gyuto Tibetan Tantric Choir. Cassette \$10.95, CD #GYMOTC \$16.95

This music, which invokes Tibetan Buddhist deities, produces an astoundingly rich and atmospheric tonal texture. Mickey Hart, drummer with the Grateful Dead, produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks at their monastery in India.



BUDDHIST CHANT II: Gyuto Monastery, Bomdile

CD 53 min. #BUCH2 \$20

Recorded at the Gyuto Monastery in India, the many voices on

this CD use their overtone chanting in the performance of the Sangwa Duepa ritual. They create a spiritual world through sound that results from their combined awakened vocal expression and visualization.



THE GYUTO MONKS: Freedom Chants

Cassette \$9.95 #GYMOFR \$16.95

Under the guidance of Grateful Dead percussionist Mickey Hart, the Gyuto Monks recorded their sacred chants at George Lucas'

Skywalker Ranch Soundstage in northern California. The monks' wondrous vocalizing is featured, performing the chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro that were recorded live on Dec. 3, 1988 at the Cathedral of St. John the Divine in NYC.

THE NAMGYAL MONKS



TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY

by the Monks of Namgyal Monastery. Cassette #TIBUCH \$10

This invocation and the prayers to Palden Lhamo, the protector of Tibet, are very powerful, creating in sound and feeling an electric atmosphere—the long horns invite Palden Lhamo in thundering, dramatic tones to appear, and the prayers of the monks supplicate the deity to perform virtuous ac-

tions. This tape was created by the monks of Namgyal Monastery, Dharamsala, India, the monastery of the Dalai Lama. On the second side, the merit field assembly is invoked and prayers requesting teachings and blessings are chanted in the melodious Namgyal style.

BUDDHIST CHANT I: Namgyal Monastery, Dharamsala

CD 63 min. #BUCH1 \$20

This CD features 50 Tibetan Buddhist Monks of Namgyal Monastery performing the ritual for the Goddess Palden Lhamo during which the sutra is recited in such a low-toned voice that it is beyond the reach of most trained singers. The combination of these voices with huge five-meter long horns creates an atmosphere of deep spirituality.

THE DREPUNG MONKS

SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SAMUSC \$12, CD #SAMUSA \$18

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



SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SATIC \$12, CD #SATICD \$18

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

powers. Contains five pieces: *A Crown Ornament for the Wise*, a verse dedicated to Tara by the First Dalai Lama; *Prayer to the Victorious Masters*, hymn to the various incarnations of Avalokiteshvara by the First Panchen Lama; *Until Supreme Illumination*, a prayer for the attainment of Amitabha's Pure Land by Lama Tsongkhapa; *From Here to Enlightenment*, a prayer to achieve enlightenment for the sake of others by the First Panchen Lama; *A Mystical Biography*, the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.

TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung
Cassette #SATEDR \$10

A powerful collection of sacred temple music from the monks of Drepung Loseling Monastery in southern India. The chants and music are prayers which invoke the presence of the higher Buddhist deities for healing and transformation and therefore a rare opportunity to receive the transmission of this energy. In addition to overtone chanting, they also perform their beautiful midrange chanting and play traditional Tibetan temple instruments which create a very haunting and mystical effect.

SACRED HEALING CHANTS OF TIBET

by the monks of *Gaden Shartse Monastery*. #SAHECT \$9.95 Cassette, #SAHECC \$16.95 CD

"Listening to this musical program confers healing benefits on the listener. The compositions are sacred. They are significant parts of lengthy, colorful, elaborate healing ceremonies which attempt to magically open up consciousness."—Lobsang Rappagay.

THE GANDEN JANGSTE MONKS

TIBET IS NEAR: Sacred Music of Ganden Jangtse

Cassette #TINE \$10

Founded in 1409 by Lama Tsong Khapa, Ganden Monastery was the first monastery of the Gelupa tradition. Now revived in S. India, the monks carry on their practice and traditions. Selections on this cassette include: *Homage to Tsong Khapa*, *Receiving the High Teacher*, *Purification*, *Mandala Offering*, *Invitation to Palden Lhamo*, *Offerings to Palden Lhamo*, *Praises to White Tara*, and *A Prayer for Peace*



SONGS OF LIBERATION
by *Ganden Jangtse Monastic Choir*. Cassette, #SOLI \$10

The Ganden Jangtse monks have created a music tape of their chants: *Musical Procession*, *Praise to Lord Buddha*, *Homage to Je Tsong Khapa*, *Offering to*

Guyasamaja, *Invocation and Offering to 6-Armed Mahakala*, *Victory of Goodness and the Awakened Mind*. This tape is a fundraiser for Tibetan schools in the Tibetan-Nepali border area. For more information, contact Thupten Dadak, Heart of Tibet, 612-822-3535.

TANTRIC HARMONICS

by monks of the *Gyume Tantric College*. Cassette #TAHA \$10.00

Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe and reverence and transfixes the mind of the listener as well as the chanter. Side 1: *Guhyasamaja Tantra: Rite of Self-Initiation*; Side 2: *Invocation of the Dharma Protector Kalarupa*.



OM MANI PADME HUM: Tibetan Monk Chants

by the Monks of *Maitr Vihar Monastery*. CD #OMCD \$18.

These are the chants of the Yamantaka sadhana in exquisite form. Contains the deepest and most resonant chanting that we have heard. The CD is a sadhana chant, not simply mantras and is more than an hour long.

ECHOES OF TIBET: Traditional Tibetan Songs of Peace, Beauty and Freedom

by *Tsering Wangmo*. Cassette #ECTI \$12

These are beautiful folk songs from Amdo and Kham sung by Tsering Wangmo, who trained at the Tibetan Institute of Performing Arts as an opera and folk singer. She was the co-founder of the

Chaksampa Dance and Opera Company. This is a solo recording.



CHENREZIK

CD #CHCD \$18; Tape #CHT \$12

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

MEDITATIVE MUSIC OF SINGING BOWLS

HIMALAYAN BOWLS I

by *Karma Moffett*. Cassette #HIBO1 \$10

Twenty-two singing bowls express the mystic feeling of the Himalayas.

HIMALAYAN BELLS II

by *Karma Moffett*. Cassette #HIBE \$10

This is a great recording of Himalayan bowls and bells. It is harmonic and meditative.

SINGING BOWL MEDITATION I

by *Hans de Back*. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch which invites listeners to go within.

NUNS



TIBETAN PRAYER: The Singing Nuns at Chuchikjall

CD #TIPRC

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

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA

by the Nuns of *Nyingma Ozer Ling, Tibet (1)* Cassette #QUGRBL \$10

Dechen Gyalmo represents, within the Longchen Nying Thig tradition of the Nyingmapa Lin-

eage, the deified form of the great female practitioner Yeshe Tsogyal. Forty anis live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

SHITRO: Adjunct Ritual to the Tibetan Book of the Dead

by the nuns of *Nyima Ozer Ling, Tibet*. Cassette #SHTA \$10

The Shitro Puja is famous for its haunting melodies. During the ceremony participants honor the 100 peaceful and wrathful deities described in the *Tibetan Book of the Dead* to appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual is believed to help the practitioner to realize the visions in the bardo as manifestations of the nature of mind, thereby effecting liberation of the consciousness from cyclic existence.

THE SONGS OF MILAREPA

by the *Mahayana Buddhist Nunery, Tilokpur*. #SOMI \$10 cassette

Songs by the great master sung by the nuns of Tilokpur.



SONGS OF THE JATAKA TALES

by *Penny Nichols and members of the Karma Kagyu Institute*. Cassette #SOJATA \$12 #SOJATC \$20 CD

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

TWO MANTRAS: The Vajra Guru Mantra and the Mantra of the Buddha of Compassion

#TWMA \$6

Produced by *Sogyal Rinpoche's Rigpa center*, these two mantras are helpful for meditation.

TURTLE ISLAND FLUTE

by *Joe Salzano*. Cassette #TUISFL \$10

The indigenous flute music of Turtle Island (N. American continent) has, for centuries, passed down the stories, songs and traditions of the Mother Earth, courtship and love. The practice of young men paying homage to the beauty and grace of the Earth or a specific woman has created an ever-growing repertoire of songs that are rich in beauty and variety. This is one of the best Native American flute tapes we have heard.

WOODLANDS FLUTE

by *Joe Salzano*. Cassette #WOFL \$10

This is a collection of Native American flute music from the Eastern Woodlands. There is a scarcity of traditional Eastern Woodlands material for flute due to cultural disintegration over the



THE MUSIC OF NAWANG KHECHOG

Born in Tibet, Nawang now lives in the USA. He was a Tibetan monk for 11 years and has been a musician since childhood. The experience of peace is very present in his lyrical and spacious flute music. (Please note that Tibet, Universal Records is now handling the wholesale requests for Nawang's tapes.) Three tapes of his music are available:

RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting

Cassette #RHPE \$10.

The meditative sounds of Nawang Khechog.

SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute

Cassette #SOINPE \$10.

Dedicated to the preservation of Tibetan culture.

many years since the European invasion. These twelve selections are beautiful and include nature sounds, drum and rattle as well as nine different cedar, pine and cane flutes.

THE TWENTY-ONE PRAISES OF TARA

by *Prema Dasara & Jeff Monoz*. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTT (optional).

The chanting of Tara's Twenty-One Praises is an ancient ritual. By contemplating her qualities the afflictions that cloud the mind are dispelled. Free from fear, one meets the challenges of life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places. Chanting and booklet are in English.



TIBETAN HORN

by *Phil Thornton & Steven Cragg*. Cassette #TIHOT \$12, #TIHOC \$16

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

SOUNDS OF PEACE: Bamboo Flute & Didgeridoo

Cassette #SOPE \$10.

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



KARUNA

Cassette #KA \$12, CD #KACD \$18

"I rely on music to promote understanding and harmony between people and toward nature."

This is the latest offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture. We recommend this production as one of Nawang's best!

ATTENTION PLEASE! These films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.



THE ART OF DYING: A Window into the Tibetan Way of Life

by J. Casper Jensen & Majbritt Munck. 63 min. #ARDY \$29.95

This film could better have been called the *Art of Living*—it is a wonderful and intimate view into the life of the people of Mustang and the words are entirely that of the people shown, lay people young and old monks, the king, etc. It is the story of an ancient culture; a rugged land and joyful people who strive to sustain themselves under great odds. Tucked away in the crevices of the largest mountains in the world, Tibetan customs are often as shocking and complex as the immensity of the land of Tibet itself. The people of Tibet are shown here in the modern time warp they live in today. Also includes footage of monks in India—this is a great film!

The slow moving scenes allow one to soak up the images of the Tibetan landscape and the dialogue is presented through the people themselves: simple villagers, the king of the remote village of Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs throughout the centuries. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds. This is an absorbing film.

DAKINI WISDOM

by Lama Chagdud Tulku Rinpoche. 93 min. #DAWIVI \$35

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respoken by Tsering Everest.

FIVE RITES OF REJUVENATION

30 min. #FIRIRE \$29.95

The Five Rites of Rejuvenation utilizes simple movements and visualizations to activate and balance the energy flow in the body. It taps a reservoir of youthful power and can enhance mental clarity and increase physical vigor so that you can look and feel younger. These are the movements described in the books: *The Five Tibetans & Ancient Secret of the Fountain of Youth*. These exercises are supposed to be of Tibetan origin—they may be—in any case they are similar to yoga movements and our friends find them very useful. They take about 20 minutes to perform.

A GUIDE TO WALKING MEDITATION

by Thich Nhat Hanh. 30 min. #GUWAMV \$35

Thich Nhat Hanh instructs a group of students in the joys of this simple practice. His underlying

theme: Be happy, peaceful, and serene. On this video you can see and feel the power that emanates from the deep experience of a man who truly lives his teaching.

HEALING ORACLES OF LADAKH

by Elan Golomb, with voice-over by Joan Halifax, author. 28 min. #HEORLA \$29.95

We are beginning to realize that Western concepts of health and disease are not universally recognized as effective in promoting and maintaining well-being. Careful observation of cultures that have practiced healing and ritual in traditions outside Western scientific medicine have become more critical as we recognize the effect of our "spirit" on our physical being. This video candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this rare and informative glimpse of an almost lost tradition of knowledge.

HOME TO TIBET: The Story of Sonam Lama's Return to His Homeland

by Alan Dater and Lisa Merton. 55 min. #HOTI \$29.95

Home to Tibet documents the return of the Tibetan stone mason, Sonam Lama, to his homeland for the first time since his escape twelve years ago. His sister has asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dangerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people—very insightful.

LADAKH: In Harmony with the Spirit

by Clemens Kuby. 86 min. #LAV \$29.95

Nestled high in the Himalayas, Ladakh has been isolated from most of the pressures and politics of the modern world. Life in Ladakh today gives an immediate impression of what daily life in neighboring Tibet was like before the wholesale disruption of its cultural and religious life by the Chinese government. The ancient rhythms of Ladakhi life unfold in a landscape of sun and shadow, brilliant blue skies, towering mountains and deep, dark valleys, and the play of deities and demons.

LIFE, DEATH, DREAMS AND MEDITATION: Bardo Teachings of Tibetan Buddhism

by Ven. Lama Chagdud Tulku Rinpoche. 115 min. #LIDEDR \$39.95

The six bardos include this life, the moment of death, the dawning of true reality, the passing towards rebirth, dreaming and meditation. These experiences are filled with the potential for confusion, bewilderment and unskillfulness, as well as for realizing profound wisdom and all embracing compassion. Rinpoche explains how we can relate to these bardos as a path to personal fulfillment and great benefit for others.

Exploring THE Mandala



Pema Losang Chogyen of Namgyal Monastery and the Program of Computer Graphics, Cornell University

EXPLORING THE MANDALA

by Pema Losang Chogyen. 10 min. #EXMA \$19.95

"an extraordinary visual aid."—TRICYCLE: The Buddhist Review

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a Tibetan monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to

MANDALAS

produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the course of visualization, presenting a comprehensive visual introduction to Tibetan mandalas.

KALACHAKRA, THE WHEEL OF TIME

by Bearfoot Productions. 30 min. #KAWHTI \$29.95

Watching the creation of the Kalachakra sand mandala is one of the most beautiful and fascinating experiences. Four monks from Namgyal Monastery performed this ritual at the Douglas Hyde Gallery in Trinity College, Ireland. They offered to do it as a contribution towards the creation of peace—the response was deeply felt. In addition to seeing the creation of the mandala from its innermost center outward, you will also see the monks perform some of the dancing and chanting of the Kalachakra ritual. This video offers many close-ups of sections of the mandala, affording the viewer a rare glimpse of the details of the mandala.

MANDALA: World of the Mystic Circle

produced by Martin McGee & Cathy Steffan. 53 min. #MAWOMY \$29.95

This documentary follows the creation and ritual dismantling of the sacred Kalachakra sand mandala by four Tibetan monks during August, 1991, in the Buffalo Museum of Science. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks as well as an architectural historian, philosophy professor, physicist, and psychotherapist. Numerous examples of mandalas from nature and other cultures are depicted and described. This is a definitive presentation of this intriguing subject.

SAND PAINTING: Sacred Art of Tibetan Buddhism

30 min. #SAPAVI \$34.95

This video was made during the 1991 Asian Art Museum exhibit of Tibetan art. Monks of the Namgyal Monastery, led by Lobsang Samten, created the Kalachakra mandala. This program explores the meaning of the symbols within the mandala with its five levels and hundreds of deities.

LIFE IN RELATION TO DEATH

by Lama Chagdud Tulku Rinpoche. 2 hrs. #LIREDV \$45

Death is life's most overwhelming event. How we meet it—terrified & helpless, or with confidence and spiritual mastery—is within our power. Rinpoche's insights into the psychology and physiology of dying and the transition of death are a valuable aid for understanding ourselves and becoming more effective when working with others. Rinpoche's English is respoken by Tsering Everest.

LORD OF THE DANCE, DESTROYER OF ILLUSION

108 min. #LODAV \$39.95

This film beautifully records the Mani Rimdu, an ancient Tibetan ceremony as it is practiced today in a Buddhist monastery in Nepal. Elaborate preparations ensue—the creation of dough sculptures, mandalas and magical pills. Week-long rituals include the worship of various protector-gods and the transference of the power of Chenrezig, the lord of the dance, into the pills. Dances are performed by monks enacting episodes from Tibetan Buddhist traditions.

MAHAMUDRA

by Kalu Rinpoche. #MAHAV \$33

As the highest goal and practice of the Kagyu tradition, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or Primordial Mind. In 1986, the Venerable Kalu Rinpoche gave this lecture in San Francisco. He describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness. This was the last teaching of Kalu Rinpoche that was filmed.

MEDITATION: Bringing the Mind Home

by Sogyal Rinpoche. 90 min. #MEBRMI \$24.95

Sogyal Rinpoche introduces the practice of meditation and essentializes the entire practice in one phrase: "being spacious". Through vivid and compelling examples and stories, Rinpoche conveys a feeling and a personal experience of the practice.

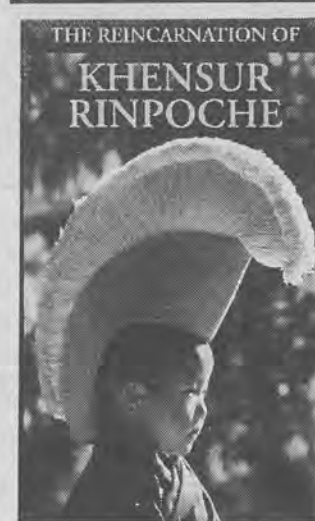
THE MESSAGE OF THE TIBETANS

by Arnaud Desjardins

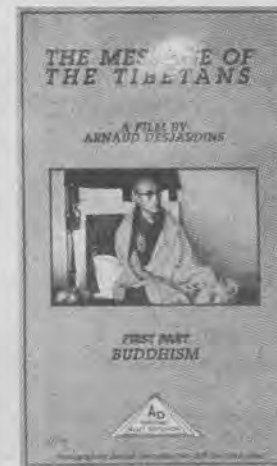
Part 1: Buddhism, 52 min. #METIBU \$29.95

Part 2: Tantrism, 52 min. #METITA \$29.95

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgey Kazi, the senior interpreter to the Dalai Lama at that time. Anyone interested in Tibet will find these videos fascinating. There are so many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche,



H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.



NICHOLAS ROERICH: MESSENGER OF BEAUTY

43 minutes. #ROMEBO \$24.95

Introduces the ennobling example of Roerich's life, through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that. Beautiful.

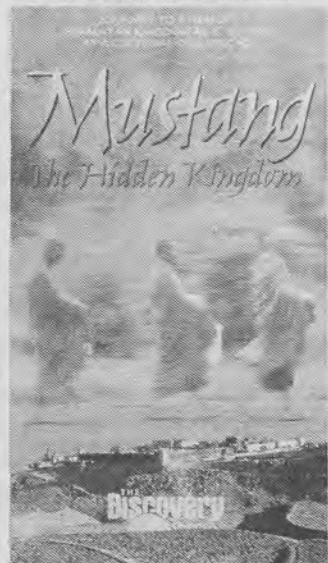
BEST SELLING!

REINCARNATION OF KHENSUR RINPOCHE

62 min. #REKHRI \$29.95

This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks

the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.



MUSTANG: The Hidden Kingdom

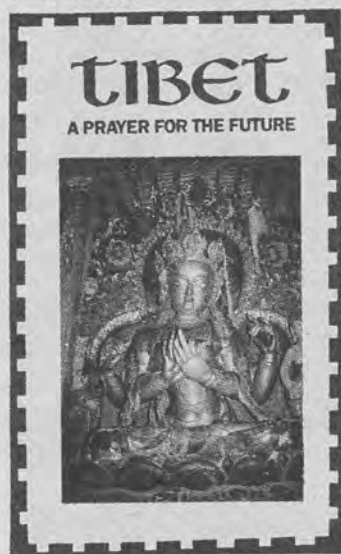
The Discovery Channel. 1 1/2 hrs. #MUHIK \$19.95

Nestled high in the Himalayas, a feudal kingdom lies suspended in time. Long closed to outsiders, it is the last outpost of pure Tibetan Buddhist culture. Journey with the Dalai Lama's personal envoy, Khamtrul Rinpoche, on a diplomatic mission to Mustang and experience an intimate view of this traditional way of life.

TANTRA OF GYUTO: Sacred Rituals of Tibet

52 min. #TAGY \$29.95

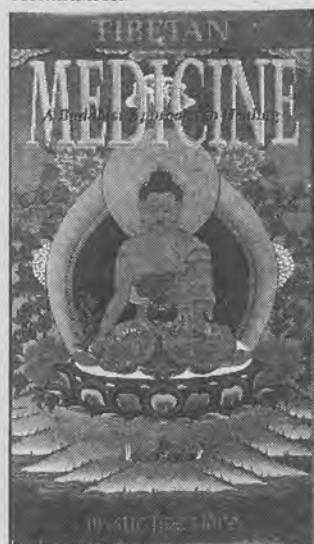
Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is prefaced by an account of Tibetan history that uses footage from the 1920's.



TIBET: A Prayer for the Future
by Martin McGee. 55 min. #TIPRFU \$24.95

This documentary explores Tibet's rich cultural and spiritual heritage and traces the country's history from its origins to the current crisis under Chinese occupation. For over a thousand years the people of Tibet had lived in peace guided by the Buddhist law of universal compassion. Since the 1950 Chinese takeover, their world has been turned upside down. Eyewitness accounts of China's shocking brutality and repression underscore the extreme plight of Tibet. Journey clandestinely with the filmmaker to discover a devout nation struggling to restore its independence and preserve its Buddhist faith. Enter ancient monasteries to observe sacred rituals and ceremonies never before photo-

graphed. Travel with pilgrims along centuries-old trails and experience the enduring culture of Tibetans living in remote villages. The world stands to lose a wealth of Tibetan art, literature, and spiritual, medical, and scientific knowledge spanning 2,000 years. This program is a plea to save a civilization facing extermination.

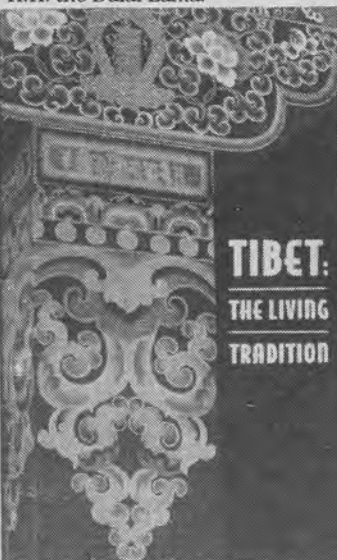


TIBETAN MEDICINE: A Buddhist Approach to Healing
29 min. #TIMEV \$29.95

Tibet's first woman physician, Dr. Lopsang Dolma, shows how medicines are made from animal, vegetable and mineral substances and how acupuncture and moxibustion is used during her daily rounds. The film explores the relationship of physical health to magnetic and other forces and shows how Tibetan medicine heals both the body and mind by treating the patient rather than the disease.

TIBET: The Living Tradition
produced by Barry Bryant & Valrae Reynolds. 1 hr. #TIV \$39.95

This triptych of unique programs draws from The Newark Museum's outstanding collection of Tibetan art and historical documents. *Visions of Enlightenment* presents the 1000 year-old history of Tibetan Buddhist sculpture, painting and applique. *Music and Dance* presents archival film footage from the 1935 Cutting expedition to Tibet along with contemporary color video showing folk dances, opera, and monastic dances. *Creating a Sacred Space* shows the design and construction of the new altar built in the museum in 1989. Included is footage of Phuntsok Dorje painting the traditional decoration and the consecration of the altar by H.H. the Dalai Lama.



TIBET'S HOLY MOUNTAIN
52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, the 11th-cen-

COMPASSION IN EXILE
THE STORY OF THE 14TH DALAI LAMA



COMPASSION IN EXILE: The Story of the 14th Dalai Lama
by Mickey Lemle. 60 min. #COEX \$40

An intimate portrait of the Dalai Lama. Inherent in the story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet, the country that inspired the legend of Shangri-la.

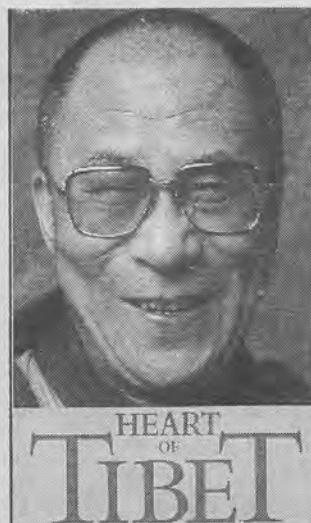
GUIDE TO THE BODHISATTVA'S WAY OF LIFE

by His Holiness, the Dalai Lama. Eight video tapes averaging two hours each. #GUBOV \$200

This is the outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic work which focusses on the practices of bodhisattvas. During each of the first seven sessions, His Holiness combined his own personal experience in the development of patience with his extensive scholarship to explicate the text, followed by a short meditation practice. These sessions concluded with nearly an hour-long question and answer period. The eighth session started with a Q&A period and

H.H. THE DALAI LAMA

ended with a detailed teachings of the 12 links of dependent arising. We highly recommend this boxed set of eight videos.



HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama

60 min. #HETIV \$29.95

Heart of Tibet is a very candid view of His Holiness during his 1989 visit in Los Angeles to give the Kalachakra Initiation. Starting his day with 4 A.M. meditation, he conducts press interviews, complex Kalachakra rituals and touches the hearts of everyone he encounters.

THE GOOD HEART: The 14th Dalai Lama Comments on the Four Christian Gospels
#GOHE \$33

This video is a summary of the 1994 John Main Seminar held in London. His Holiness gave an extensive commentary of the Four Gospels: Matthew, Mark, Luke, and John for both Christians and Buddhists. He insists on the need to see the fundamental differences between Buddhism and Christianity—such as the idea of a Creator God. But he also highlights the striking similarities and parallels between the lives of Jesus and Buddha, their teachings on non-violence and the progressive stages of spiritual development. "Both the life of Jesus Christ and of the Buddha show that it is only through effort, dedication, commitment and standing firm on one's prin-

ciples that one can grow spiritually and achieve liberation."—The Dalai Lama

ARISING FROM FLAMES: Overcoming Anger Through Patience

by The Dalai Lama. 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

THE DALAI LAMA OF TIBET OVERCOMING DIFFERENCES



OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama

by Trueheart Productions. 90 min. #OVDIV \$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 many important issues based on 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 as well as to survive.

The Tibetan Book of the Dead



TIBET: THE LIVING TRADITION

tury capital of the old Tibetan kingdom of Guge, at Khojarnat, where a stately monastery remained open despite the Chinese Cultural Revolution, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.

TIBETAN BOOK OF THE DEAD, Part 1

narrated by Leonard Cohen. 46 min. #TIBOV1 \$29.95

Filed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. Includes interviews with H.H. the Dalai Lama in which he speaks of his own view of life and death.

TIBETAN BOOK OF THE DEAD, Part 2

narrated by Leonard Cohen. 45 min. #TIBOV2 \$29.95

The Great Liberation presents a vividly detailed account of the contents of the Book of the Dead and of the traditional Buddhist teachings on compassion and the search for truth which are its foundations. The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

TIMELESS WISDOM: Being the Knowing

Thubten Chodron & Ajahn Amaro. 1 hr. #TIWIBE \$29.95

Two western Buddhist monastics, one Tibetan, the other Theravadin, discuss many issues of spiri-

tual life and practice with a large group of students in Seattle. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.

TSURPHU KARMAPA



THE THANGKA CEREMONY

PRESENTED BY
TSURPHU FOUNDATION
PRODUCED BY WARD HOLMES

Karmapa

KARMAPA: The Thangka Ceremony

presented by Tsurphu Foundation,
produced by Ward Holmes. 1/
2 hour #KATHCE \$29.95

In May, 1994 members of the Tsurphu Foundation joined H.H. the XVII Karmapa and the monks of Tsurphu Monastery for the first unveiling of the new silk applique thangka—one of the largest in the world. Measuring 60 x 100' it was re-constructed in the traditional style designed by the 9th Karmapa. The old thangka was destroyed during the cultural revolution. There are wonderful segments of the new Karmapa and the unveiling ceremony.

THE LION'S ROAR

50 minutes, #LIROVI \$49.95

This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

THE XVII KARMAPA'S RETURN TO TSURPHU

by Tsurphu Foundation. 100 min.
#KAREV \$39.95

The reincarnation of the 16th Karmapa was recently discovered in Tibet, where many wondrous signs appeared at his birth. The seven year old Karmapa, destined to be one of the greatest living masters of our time, arrived in triumphal celebration at his original seat at Tsurphu Monastery and was enthroned on Sept. 27, 1992. See it all!

NADIA STEPANOVA, BURYATIAN SHAMAN

30 min. #NAST \$29.95

"It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror."

Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.

WE WILL MEET AGAIN IN THE LAND OF THE DAKINI

30 min. #MEAG \$29.95

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

POSTERS

These posters can only be sent to North American customers because of damage problems. They also must go only by the US Post Office.

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

POTALA PALACE

#POPAPO \$9

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



JOWO SHAKYAMUNI BUDDHA STATUE

#SHBUST \$9

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

DALAI LAMA POSTERS

16 1/2 x 23 1/2", \$12.95 ea.



Dalai Lama, Visualize World Peace #VIWOPE



Dalai Lama of Tibet in Zanskar #ZOPE

THE MEDICINE BUDDHA

painted by Peter Iseli. #MEBUPO
\$5

From the cover of *The Healing Buddha* by Lama Thubten Zopa Rinpoche.

CHENREZIG SAND MANDALA POSTERS

Wheel of Compassion Sand
Mandala Poster, 24 x 30",
#WHCOPO \$15

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

Wheel of Compassion (Ex-
plained) Sand Mandala Poster,
24 x 30", #WHCOEX \$15

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

NYUNG NA LINEAGE LAMAS

Painted by Peter Iseli. #NYNAPO
\$5

1000 arm Avalokiteshvara and many other protectors and lineage lamas.

TWENTY-ONE TARAS POSTER

18" x 24" #TAPO \$5.00

Lovely poster of Green Tara and the 21 Taras with explanation of each Tara on the reverse side. Painted by Andy Weber.

VAJRADHARA POSTER

24 x 36" #VAPO \$15

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

LHASA MANDALA

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

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

KALACHAKRA DEITY POSTER

11 x 17 1/2" #SMKADE \$6

This poster is of the great thangka that also appears on the cover of *Kalachakra Tantra: Rite of Initiation*. It comes to us from India and the edges are a little wrinkled. Because we think you'll enjoy it, we are selling it at a reduced price. At the bottom of the poster are the mantras associated with the deity, written in Tibetan.

NEW!



MEDICINE BUDDHA

painted by Robert Beer. #MEBUBE
\$6

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

KALACHAKRA DEITY POSTER

19 x 27" #GAKADE \$9

This is the finest quality poster of Kalachakra and Consort we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.

ART PRINTS

These prints by Robert Beer are very striking and the images well-drawn. There are six different categories of size and color:

1. Gold on Black, 12 x 15" \$8 ea.
Guhyasamaja #BEGUPO
Vajrapani #BEVAPO
Six-Armed Mahakala #BESIR
Vajrakila #BEVASI
2. Gold on Black, 18 x 23" \$14 ea.
Kalachakra #BEKAPO
3. Red on Gold, 9 x 11" \$5 ea.
Milarepa #BEMIPO
Yeshe Tsogyal #BEYEP
4. Red on Gold, 12 x 15" \$8 ea.
Green Tara #BEGTPR
Nagarjuna #BENAPO
Padmasambhava #BEPAPO
White Tara #BEWHTA
5. Gold on Red, 12 x 16" \$8 ea.
Sakyamuni Buddha #BESBPR
6. Green on Gold, 19 x 23" \$14 ea.
Large Green Tara #BELAGR

THARPA FINE ART PRINTS

\$19.95 each

These prints measure 16 x 22" and are painted by Andy Weber. They are some of his best images.

Amitabha #AMPR
Buddha Shakyamuni #BUSHPR
Je Tsongkhapa #JETSPR
Manjushri #MAPR
Medicine Buddha #MEBUPR
Vajradhara #VAPR
Vajrayogini #VAYOPR

KALACHAKRA SAND MANDALA POSTER

24 x 24" #KASAP \$16

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

KALACHAKRA EMBLEM PRINT

8 x 10" full-color #KAEMPR \$7

WHEEL OF LIFE

17 x 24" #WHLIPR \$12

The best painting of this famous image that we have seen.

TIBETAN DEITY ART POSTERS

by Marianna Rydvald \$40

These outstanding images by Marianna are simply gorgeous. We were pleased that she chose to make art posters of two of the best (our opinion)—Four-Armed Chenrezig and White Tara. The faces in particular communicate profound love and compassion. Measuring 23" wide by 31" high, this limited edition is signed by the artist. Her work includes large indoor and outdoor murals—she painted the life of the Buddha in eight scenes in Bero Khyentse's monastery in Kathmandu. Marianna lives in Maui and her work is in galleries there.



FOUR-ARM CHENREZIG #FOARCH \$40



WHITE TARA WHTAPO \$40

DHARMA ITEMS

BANNERS AND HANGINGS

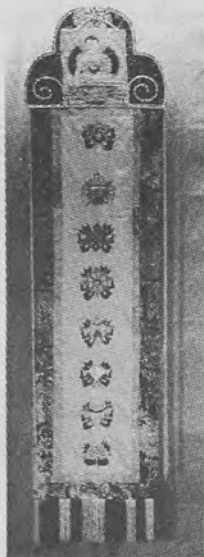
AUSPICIOUS SYMBOL BANNER
approx. 28" long and 4 1/2" wide, #AUBA \$16.

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.

LARGE AUSPICIOUS SYMBOL BANNER

5' long x 1' wide, #LAAUBA \$40

Embroidered auspicious symbols with brocade banner—long and beautiful!



BUDDHA AUSPICIOUS SYMBOL BANNER

5' long x 17" wide #BUAUBA \$60

Eight auspicious symbols on red or yellow background with brocade border and embroidered Buddha at the top.



BUDDHA MANI BANNER

5' long x 17" wide #BUMABA \$60

Like the banner above but with embroidered Om Mani Padme Hum instead of symbols.



HUM

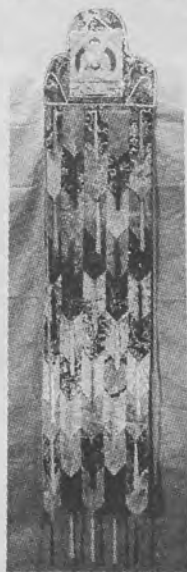
14 x 28" #HUBA \$50.00

The banner has a white background, blue Hum, red horizontal stripes and blue geometric design.

DHARMACHAKRA

13" x 15" #DHBA \$28.00

The banner is yellow-gold with the wheel printed in Tibetan red.



BUDDHA KADHEN BANNER

5' long x 17" wide #BUKABA \$85

All brocade banner with the Buddha embroidered at the top.



KALACHAKRA BROCADE BANNER

13 x 24" #KABA \$ 25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade.



LARGE MANI BANNER

approx. 5' long x 1' wide, #LAMABA \$40

Embroidered Om Mani Padme Hum mounted in brocade.

KNOT OF INFINITY

13 x 15" #KNBA \$28.00

The banner is yellow-gold with the knot printed in Tibetan red.



EXTRA WIDE MANI BANNER

approx. 5' long x 17" wide #EXWIMA \$60

Beautiful background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.

DEITY HANGINGS

Fancy brocade borders with five embroidered deity images. 4 1/2" wide x 22" high.

Buddha Hanging

#BUHAN \$95

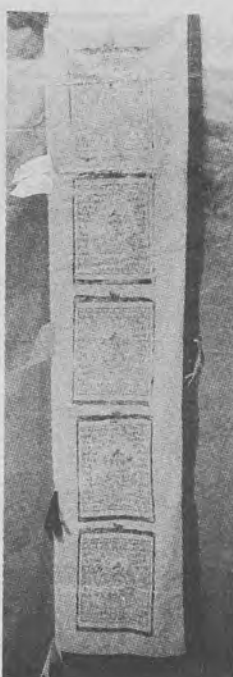
Green Tara Hanging

#GRTAHA \$95

Padmasambhava Hanging

#PAHA \$95

DEITY BANNERS FROM INDIA!



These vertical banners are approx. six feet long and eighteen inches wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

CHENREZIG BANNER

#CHBA \$16

MAHAKALA BANNER

#MABAN \$16

MANJUSHRI BANNER

#MNBAN \$16

MILAREPA BANNER

#MIBA \$16

PADMASAMBHAVA BANNER

#PABA \$16

TARA BANNER

#TABA \$16

WINDHORSE BANNER

#WIBA \$16

VAJRAYOGINI BANNER

#VABA \$16

PRAYER FLAGS



Auspicious Wish Flag

#AUWIFL \$20

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -constructed flags with nylon cord.

Tibetan Nun's Prayer Flags—Support Tibetan Nuns

#SEPRFL \$12 for set of five.

This is a set of traditional prayer flags in the five colors with windhorse and other animals and mantras printed on them. They are pre-strung for easy hanging and look great. The Tibetan nuns of Lobsering, India have made these and will receive payment for them as they sell. The purchase of one set of flags will feed a nun for a month.

Windhorse Prayer Flag set

#WIPRFL \$12

In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig, Kalachakra, Mahakala and many others. Each flag measures 13" x 16".

Each of the following sets of deity prayer flags has five flags, one in each of the Tibetan colors and they are strung on a cord. Each flag measures approx. 13 x 16" and has the mantras of the deity printed on it:

CHENREZIG PRAYER FLAG SET

#CHPRFL \$12

KALACHAKRA PRAYER FLAG SET

#KAPRFL \$12

MAHAKALA PRAYER FLAG SET

#MAPRFL \$12

MANJUSHRI PRAYER FLAG SET

#MNPFRFL \$12

MILAREPA PRAYER FLAG SET

#MIPRFL \$12

PADMASAMBHAVA PRAYER FLAG SET

#PAPRFL \$12

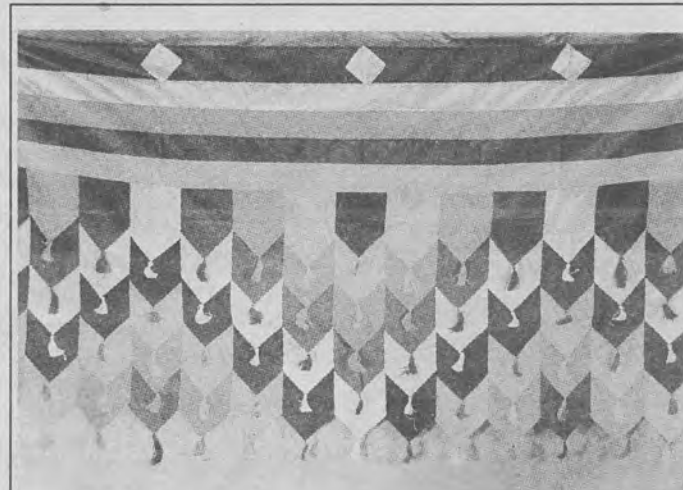
TARA PRAYER FLAGS

#SETAPR \$12

VAJRAYOGINI PRAYER FLAGS

#VAPRFL \$12

Please note that most prayer flags are designed to destruct over time. In this way, the earth as well as the wind receives the prayers.

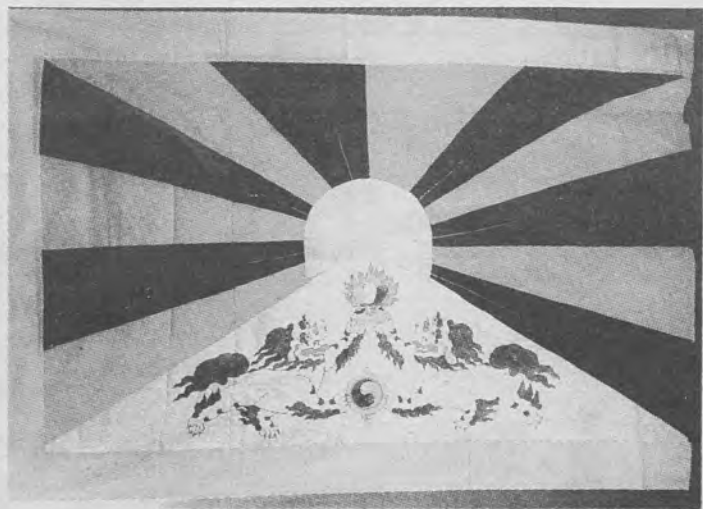


TASHI TARING BANNER

18 x 60" #TATAFL \$75

Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, long-life, and the fulfillment of various wholesome deeds or activities of spiritual masters. The five Buddhist colors represent the five families, wisdoms, bodies, and activities of Buddhas. A large version of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days!

DHARMA ITEMS *continued*



TIBETAN NATIONAL FLAG

44" x 32" #LATIFL \$35

This lovely large cotton flag is pieced and the lions are silk-screened. It can be hung with pins or on a dowel.

TIBETAN NATIONAL FLAG

10" x 14" #SMTIFL \$6

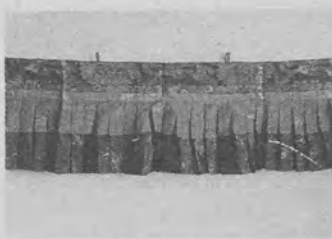
A smallish Tibetan flag printed on cotton.



MANI BANNER

26" long x 4 1/2" wide, #MABANN \$16

Embroidered Om Mani Padme Hum mounted in brocade.



SILK WINDOW TRIM

39" #WITR \$45

Top of horizontal blue, yellow and red brocade, drape of green and red silk.

KATAS

A standard offering scarf.

Plain Offering Scarf

#PLOFSC \$4

Brocade Offering Scarf

with auspicious symbols

#BROFSC \$12

Fancy Brocade Offering Scarf

(8' long) with auspicious symbols

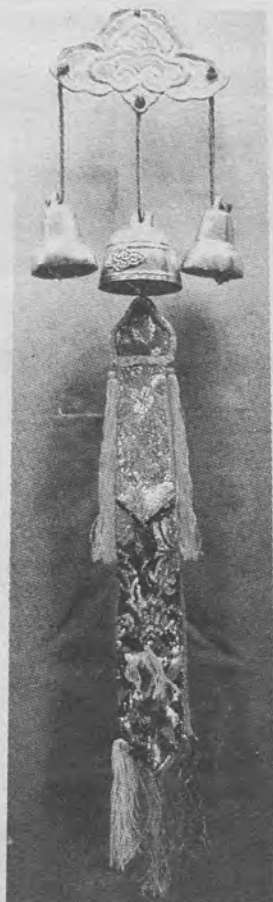
#FABROF \$25



BUDDHIST FLAG

29" x 38" #BUFLA \$25

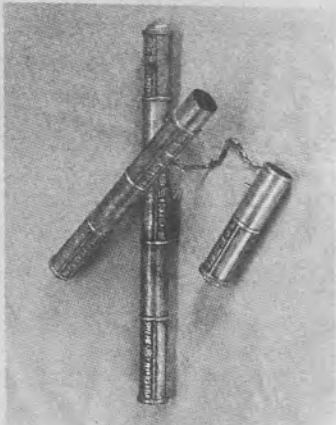
Made from polyester in India, this flag is more resistant to weather than our cotton flag.



TIBETAN WINDCHIMES

#TIWI \$50

Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch will add delightful tones to the sound of the wind. Made by Tibetans in India.



INCENSE HOLDERS

These are Tibetan incense holders in copper w/ white metal and brass ornamentation. Very fine and traditional looking.

Small, 10" long, #INHOS \$40

Large, 15 1/2", #INHOL \$50



MANI HANGING

18" high x 40" wide #MAHA \$40

The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.

DEITY MANTRA BANNERS

Vertical banners 6 x 36", brocade with embroidered mantras in Tibetan.



BUDDHA MANTRA BANNER

#BUMABA \$22

KALACHAKRA MANTRA BANNER

#KAMABA \$22

MANJUSHRI MANTRA BANNER

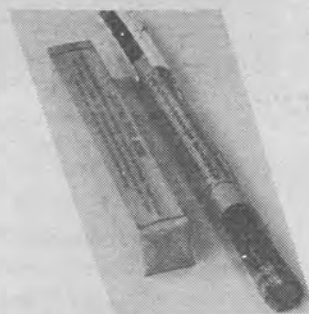
#MAMABA \$22

PADMASAMBHAVA MANTRA BANNER

#PAMABA \$22

TARA MANTRA BANNER

#TAMABA \$22



TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

Highest Grade

#BL \$8

Medium Grade

#RE \$6

Common Grade Tibetan Incense

#CHTIIN \$5.00

"Aromat" Tibetan Traditional Incense

#ARTIN \$6

The formula for this incense comes from the Rinchen Terzoe. The ingredients come from the Himalayas and are packaged in a 7" tube.

Pure Sandalwood

8" bundle #SAIN \$5

Extra-Grade Tibetan Incense

#EXGRTI \$10

This incense comes from another source and is a popular high grade product.

THERAPEUTIC INCENSE!

TARA HEALING INCENSE

#TAIN \$5

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six-inch sticks per box.

AGAR 31 HERBAL INCENSE

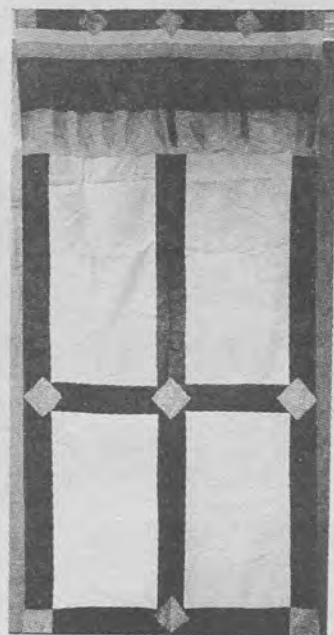
made by Dr. Dolkar. #BLAG \$7.95

Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds."

NIRVANA BRAND

#NIBRIN \$6

For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.



DOOR CURTAIN

#DOCU \$95

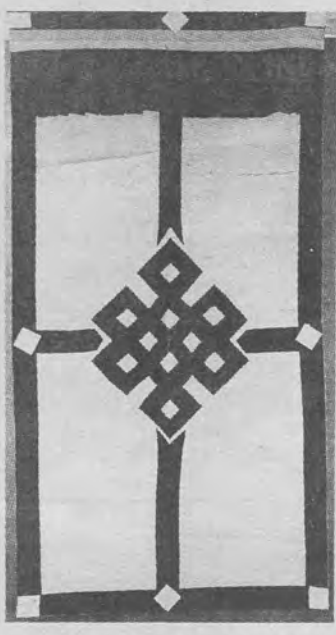
Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.



EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN

#EIAUDO \$125

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.



ETERNAL KNOT DOOR CURTAIN

#ETKND0 \$75

This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.

NEW!

FOUR ETERNAL KNOT DOOR CURTAIN

#FOKNCU \$75

Four Eternal Knots, one in each panel are sewn on this traditional door cover.

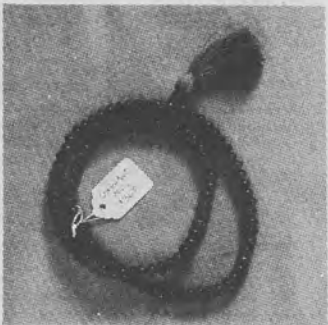
Win a trip to the 1997 MANI RIMDU Festival

Your name will be entered in the drawing every time you order from us before February 8, 1997—be sure to mark the Mani Rimdu box on the order form.

MALAS

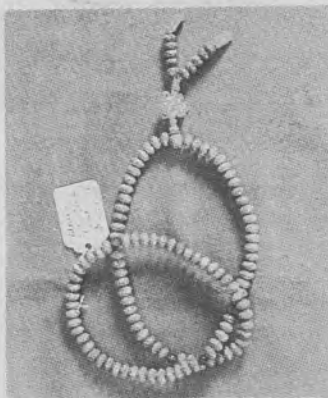


Bodhiseed
#BOSEMA \$40



Linden Nut Disc Mala
#LINUDI \$36

This beautiful mala has chocolate-colored beads with tiny beige speckles made from the linden tree that are shaped like abacus beads.



Lotus Seed Mala
Abacus seeds (slightly flattened) with semi-precious stone markers and lovely red woven cord on guru bead. #ABLOSE \$38

NEW!

Bone Malas

Strung on a red cord these malas have bone counters too!

White Bone Mala #WHBOMA \$22

Regular Bone Mala #BOMA \$22
Brown bone beads.

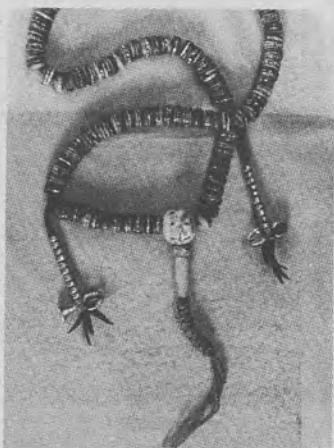


Lotus Seed Mala
With semi-precious marker beads. #LOMA \$30

Lotus Seed Pocket Mala
With 27 beads, Red Jasper Guru bead. #LOHAMA \$15

Sandalwood Malas
Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful! \$14
Red Sandalwood #RESAMA
Regular Sandalwood #RGSAMA

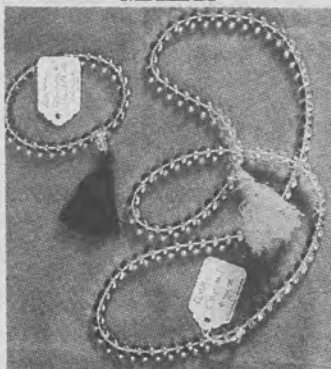
Wood
#WOMA \$16



Yak Bone Mala
#YABOMA \$70
Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see.

LOTUS SEED MALA
#LOSEMA \$24
Mala has lotus seed guru bead and tassel.

**SEMI-PRECIOUS
STONE & CRYSTAL
MALAS**



Rock Crystal Mala
#CRMA \$80

Rock Crystal Hand Mala
#CRHAMA \$28

Red Crystal Mala
#REMAMA \$30

Cobalt Blue Glass Mala
#COMA \$30

Cobalt Blue Glass Pocket Mala
With 27 beads. #COHAMA \$15

The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery:

Amethyst #AMMA \$250
Amethyst Hand Mala #AMHAMA \$90

Aventurine (jade family) 6mm. #AVMA \$50

Aventurine Hand Mala 6mm. #AVHAMA \$28

Black Onyx #BLONMA \$80

Black Onyx Hand Mala #BLHAMA \$28

Crystal Mala #CRMA \$70.00
Crystal Hand Mala #CRHAMA \$28.00

Hematite 6mm. #HEMA \$50

Lapis Lazuli #LALAMA \$250

Lapis Lazuli Hand Mala #LAHAMA \$80

Malachite 6mm. #MAMA \$120
Malachite Hand Mala #MAHAMA \$70

Mother of Pearl #MOPEMA \$50
Mother of Pearl Hand Mala #MOHAMA \$24

Rhodonite (pink with black) #RHMA \$120

Red Crystal Mala #RECRMA \$30.00

Rose Quartz #ROQUMA \$60
Rose Quartz Hand Mala #ROHAMA \$28

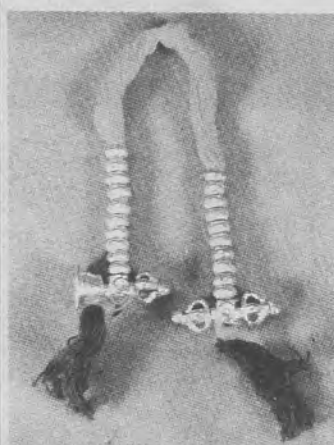
Tiger Eye #TIEYMA \$100

MALA COUNTERS

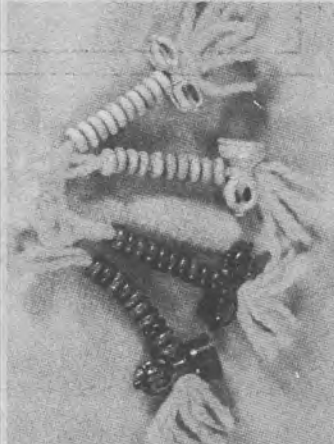
These pairs of counters have a bell and a dorje, multi-colored tassels and attach to any mala.



Gold Counters
Gold plated bell & dorje. #GOCO \$22



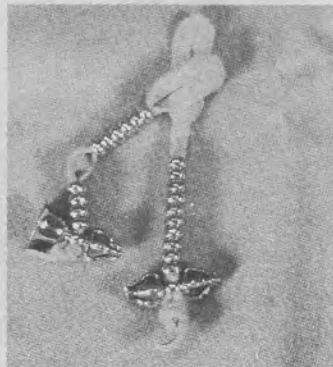
White Metal Counters
#WHMECO \$14



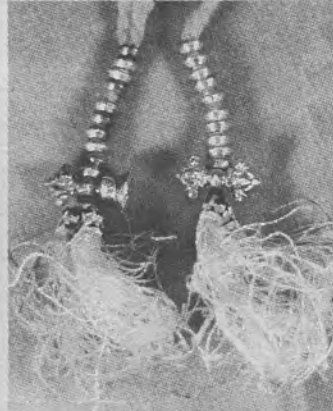
Sandlewood Counters
These have a bell and dorje and are strung on red cord.

Regular Sandlewood Counters #RESACO \$10

Red Sandlewood Counters #RESACO \$10



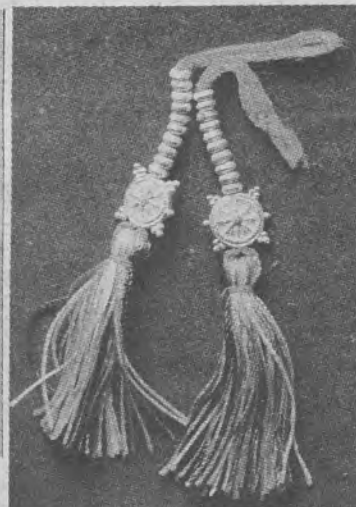
Pewter Counters
#PECO \$26



Silver Counters
#LASICO \$50

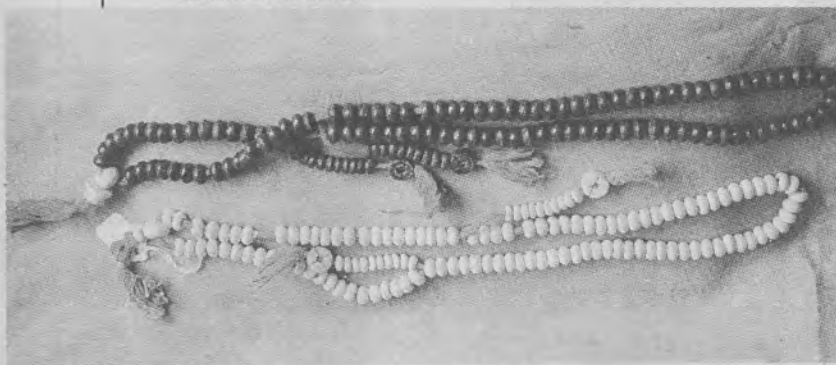
Counters on thick red cord with red and yellow tassels with bell & dorje.

NEW!



Wheel of Dharma Counters
#WHDHCO \$40

Silver Dharmachakras strung on red cord with multicolored tassels.

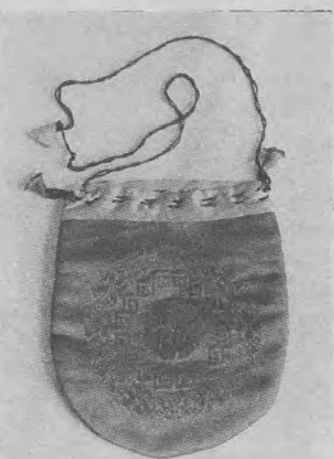


Turquoise Mala #TUMA \$80

KAPALAS (skull cup)

It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

Medium Brass Kapala #MEBRKA was \$30, now \$20
Fancy Silver & Gold Kapala #FASIKA \$40



MALA BAG
#MABA \$8

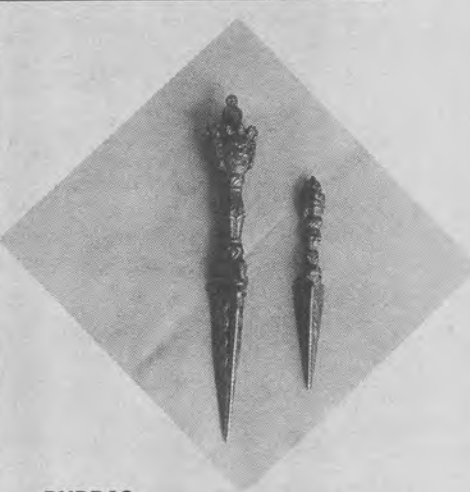
These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.

PURBAS

Tantric daggers made of iron used to expel negative forces.

9" #9PU \$30

5" #5PU \$12





BHUMPA
#BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is used for blessed water.



BHUMPA FEATHERS
#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa.

BUTTER LAMPS

4 1/4" high with auspicious symbols in silver-like metal.



COPPER BUTTER LAMP, #COBULA \$19
SILVER-LIKE BUTTER LAMP, #SIBULA \$19

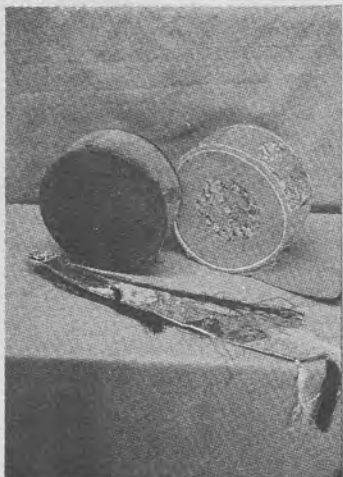


BUTTER LAMP #BULA \$16
White metal, well-made, 3 1/2" high.

CHOD DRUM

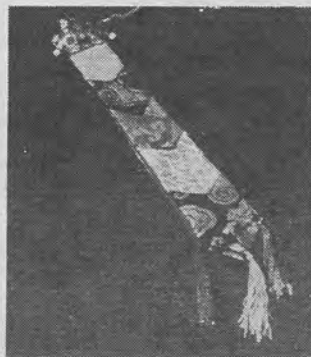
#CHDR \$150

This is the authentic chod drum. It has a diameter of 9.75 inches and is 4.5 inches wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



DAMARUS (wood)
4" in diameter #DA was \$30, now \$20

This is the hand drum used in many tantric practices.



DAMARU BANNERS
#DABA \$20
Beautiful brocade banners in 5 traditional colors. They attach to the Damaru to make a lovely tail.



DAMARU, BANNER & BROCADE CASE SET
4 1/2" at longest diameter #DASE \$50
5" at longest diameter #DASEL \$55

Find us on the
World-Wide Web at:
[http://www.well.com/
user/snowlion/](http://www.well.com/user/snowlion/)



DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 6" high and 6" in diameter.

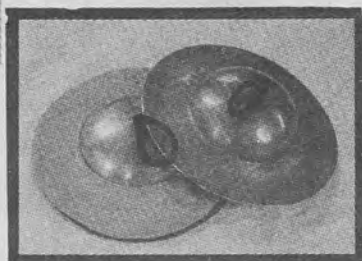
White Metal Serkyem, #SEWH \$28
Brass Serkyem, #BRSE \$26



DINGSHA BELLS

(cymbals) #DI \$20

The sound of these bells is psychically cleansing.
Buddhist design. Made by Tibetans in India.



TIBETAN CYMBALS

#TICY \$150

Tibetan cymbals (12.5 inches in dia.) with pad and cover for storage. Call for availability.

**BOYCOTT
CHINESE GOODS**



BELL & DORJE

#BEDO was \$60, now \$36

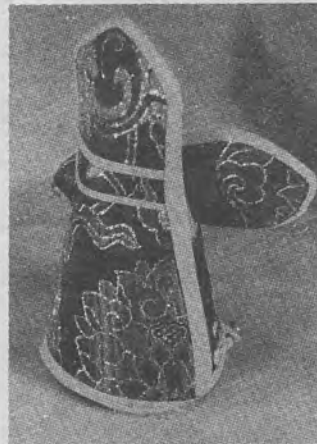
The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is composed of an alloy of several metals and is decorated with Tibetan syllables, lotus

petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.

BELLS & DORJES

Supreme Grade #DABEDO \$200

Fine-detail two-metal bell and dorje sets. There are a few still available at this price.

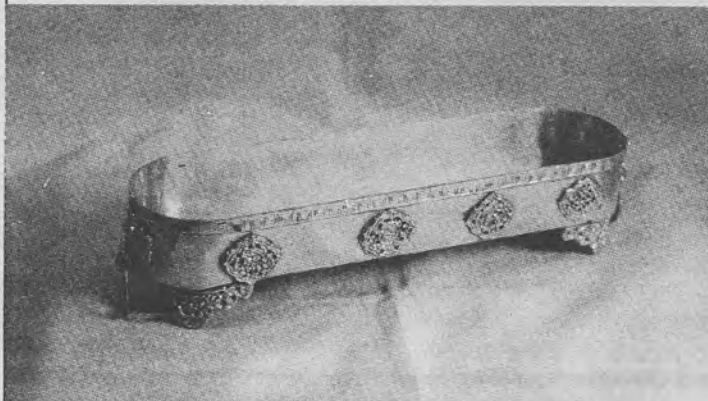


BELL & DORJE COVERS

#BEDOCO \$20

These are elaborately brocaded covers that are perfect for the standard size bell and dorje.

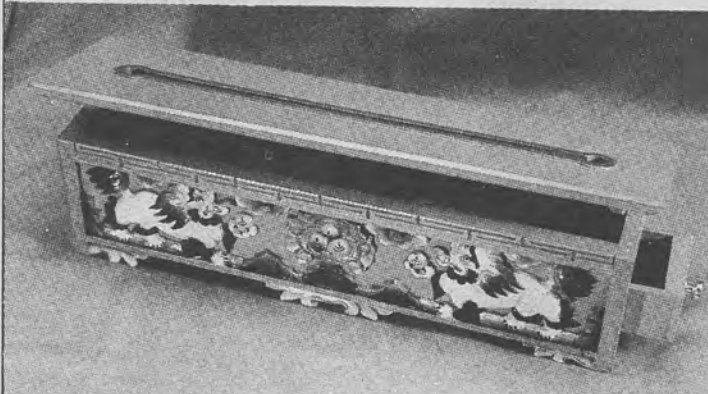
INCENSE BURNERS



INCENSE BURNER

#INBUR \$36

A traditional burner—10" long, 2 1/2 high, 2 3/4" wide—fill it with rice and put incense in it. It is made out of copper with touches of silver and brass alloys.



INCENSE BURNER

#INBUWO \$80

This is a painted wood incense burner that measures 19" long, 5 1/2" deep and high. It has a carved front with snow lions and the three jewels. A 16" drawer slides out and hold incense. You fill the burner with sand or rice, lay the burning incense stick down on top of it and the smoke flows out through a slot on the top of the box.



CURVED KNIFE

#CUKN \$40

This is the ritual knife referred to in many tantric practices.

ETERNAL KNOT BOWL & VASE

Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glaze interior as does the exterior of the vase. The exterior of the bowl is unglazed to reveal the soft luster of the porcelain.



Bowl, 3" high & 5" in dia. #ETKNBO \$20

Vase, 7" high & 4" in dia. #ETKNVA \$35



MANDALA PLATES

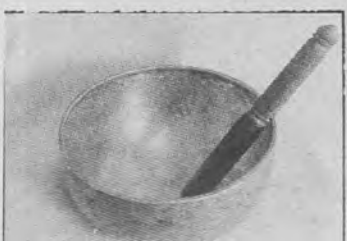
#MAPLA

We have available mandala plates for mandala offerings. The sizes are either large (7" approx.) or small (6" approx.) in diameter. We recommend calling us for sizes and prices of available stock. The type of metal(s) in these plates varies considerably. We have set of copper and a set of silvery (an alloy) in large and small for:

Large \$80
Small \$70

We also have two higher grades in the small size:

Silver & copper (alloys) \$100
Gold & silver (alloys) \$150



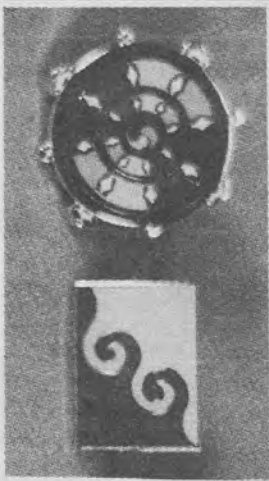
SINGING BOWLS

Singing bowls produce a marvelous sound when struck or rubbed on the rim. They are ideal for meditation practice. We import three sizes from Assam in India—known for the best metals; the larger ones have lower tones. We send two strikers. One is made in India out of hard wood and is good for striking the bowl. The other is a wooden dowel that is made out of soft wood and is better able to make bowls sing. These bowls have been cleaned by us to look as good as possible. They are not museum pieces but sound great.

Large Singing Bowl #LASIBO \$195
9" to 12" in diameter.

Medium Singing Bowl #MESIBO \$95
6 1/2" to 8 1/2" in diameter.

Small Singing Bowl #SMSIBO \$50
Approx. 6" in diameter.



DHARMA PINS

Wheel of Dharma Pin #WHDHPI \$5

H.H. Karmapa Dream Flag Pin #KADRPI \$5



MANJUSHRI SWORD

15-16" #MASW was \$40, now \$20

This sword symbolizes the wisdom and clarity of the buddhas. It has a flaming tip and purba-dragon handle. Handle dragon design may vary slightly.

TIBETAN PICTURE FRAME

#TIPIF \$15

Gao-shaped frame holds 2-1/2" x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



PECHA COVERS

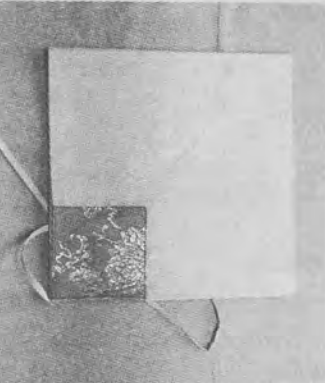
Used to cover sacred texts.



Standard

Two sizes of traditional book covers in red cloth with yellow square and cord.

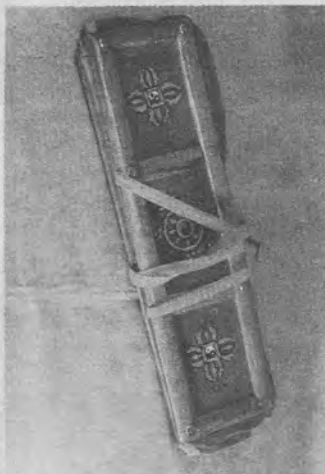
22" sq. #PEWR \$15
30" sq. #PEWRL \$15



Fancy

Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

21" sq. #FAPE \$17
30" sq. #FAPEL \$20

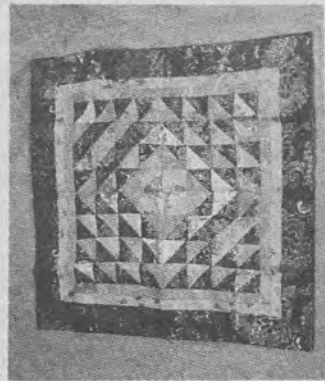


PECHA HOLDERS

A wooden frame with red backing—embroidered with Double Dorjes, Wheel of Dharma, and OM Ah Hung mantra. Comes in two sizes with tie cord.

Regular, 15 x 3 3/4" #PEHO \$30

Large, 17 x 4" #PEHOL \$35



LARGE FANCY ALTAR CLOTH
30 x 30" #ALCL \$45

All brocade piece with triangle pattern in the center.

Large Dragon Altar Cloth

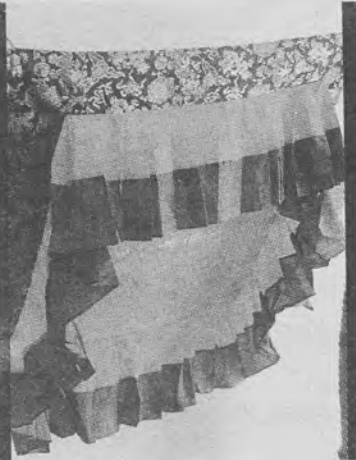
30 x 30" #DRALCL \$60

Quality brocade design with dragons.

THRONE COVER

#THCO \$150

This is the cover that you see on high thrones that covers the front surface. It has a brocaded double-dorje and is very spectacular. It measures 3 x 3 feet square.



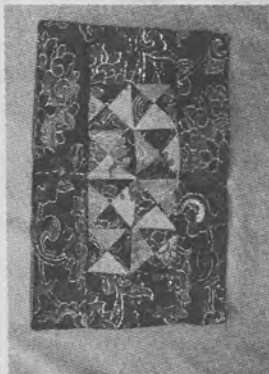
CANOPY

40" square #CA \$120

This is a standard brocaded canopy that hangs over the lama's throne.

CHEPHUR

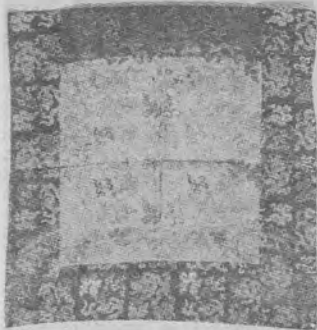
These are typically present in Tibetan monasteries hanging around the sides of the room. They are cylindrical and contain the 5 colors in brocade pieces, beautifully alternating to give a dramatic effect.



TIBETAN-STYLE TILDEN

#TITIL \$25

This brocade tilden has piece triangle design in the middle. The



CHINESE-STYLE TILDEN

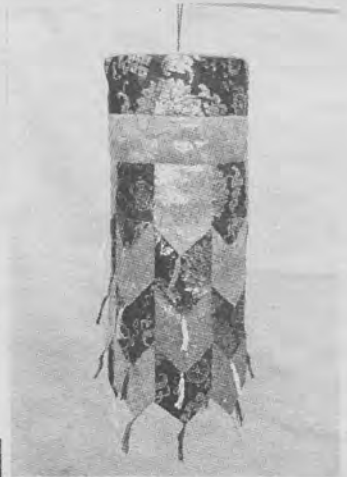
#CHTIL \$25

Lovely chinese design blue and red silk brocade cover for sadhana table.

PRAYER WHEEL

#PRWH was \$50, now \$40

Authentic Tibetan prayer wheel. It is approx. 10" long and contains the mani prayers of Chenrezig.



Small Chephur, 2' long and 6 1/2" in dia. #SMCH \$45

Large Chephur, over 6 feet long. #LACH \$150



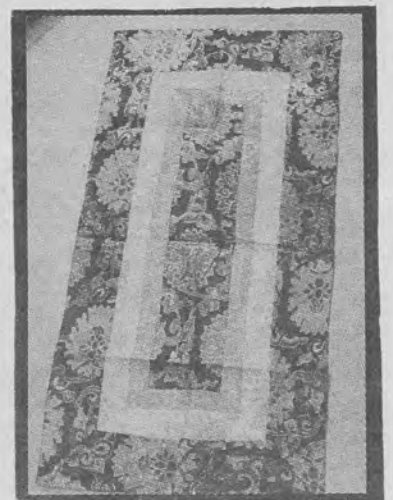
Large Canopy Chephur

5' long and 1' dia. canopies are in the five colors and are made of silk and brocade. #LACACH \$95

LARGE BANNER

#LABA \$125

These banners are brocaded with the 5 colors, alternating in the traditional way. They are over 6 feet long and 15 inches wide.



LARGE TIBETAN-STYLE TILDEN

#LATIL \$40

This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



STATUES—STATUES—STATUES!!!

You can select from this current list high quality statues of various deities. These are among the very best that we have seen and we highly recommend them to you. Statues are gilded bronze with gold-painted faces unless otherwise stated. Contact us for photos of the images that you want:

AMITAYUS

#24 \$400 12"

BUDDHA

#2B \$395 12"

#2D \$395 12"

#4 \$265 8"

#103 \$395 14" bronze Burmese style

#104 \$395 14" bronze Burmese style, blue headpiece

CHENREZIG

#16 \$425 12"

#54 \$495 12"

#32 \$1000 18" 1000-arm

#69 \$900 1000-arm

DZAMBALA

#27 \$295 7"

#28 \$140 6"

GREEN TARA

#12 \$425 13"

#15 \$275 8"

#57 \$295 8"

HIYAGRIVA

#65 \$450 11"

KARMAPA

#58 \$325 8" 16th Karmapa

MACHIG LABDRON

#106A \$250 9"

#106B \$250 9"

#106C \$250 9"

MAHAKALA

#30 \$450 11" 2-arm

#53 \$225 6" bronze 6-arm

#63 \$495 10" 4-arm

MAITREYA

#26 \$320 9"

MANJUSRI

#20 \$250 8"

#49 \$325 8"

#56 \$325 8"

MARPA

#50 \$275 6"

MEDICINE BUDDHA

#107A \$295 7 1/2"

#107B \$295 7 1/2"

#107C \$295 7 1/2"

#107D \$295 7 1/2"

#107E \$295 7 1/2"

#108A \$150 5"

#108B \$150 5"

MIPHAM

#72 \$295 8" bronze

PADMASAMBHAVA

#8A \$425 13"

#8B \$425 13"

#105 \$325 9"

RED TARA

#66 \$195 9" bonze

VAJRADHARA

#23A \$400 12"

#23B \$400 12"

VAJRAPANI

#29 \$495 11"

VAJRASATTVA

#21 \$425 12"

#22 \$400 12"

#62 \$125 6"

#101 \$325 7" with consort

VAJRAVARAHI

#68 \$495 14" form of Vajrayogini

YAMARAJA

#52 \$160 7"

WHITE TARA

#11A \$425 12"

#11B \$425 12"

#52 \$295 8"

#56 \$295 8"



Dambala #27 \$295 7"



Green Tara #15 \$275 8"



Buddha #4 \$265 8"



Buddha #103 \$395 14" bronze, Burmese style



Chenrezig #54 \$495 12"



Mahakala #63 \$495 10" 4-arm



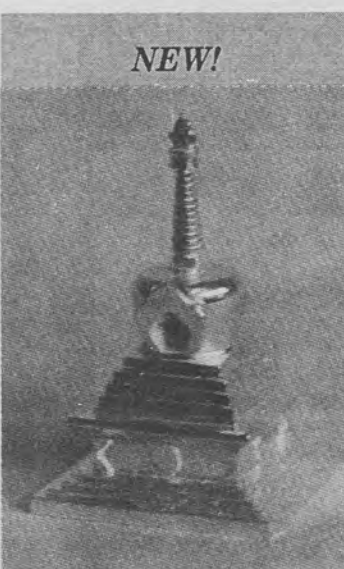
Manjusri #56 \$325 8"



Medicine Buddha #107A \$295 7 1/2"



Vajrasattva #22 \$400 12"



NEW!

These two stupas were designed by Andy Weber, a long-time Tibetan Buddhist and artist. They are plated in gold and silver respectively and measure 2 1/2" high. They are jewels.

GOLD STUPA

#GOST \$45

SILVER STUPA

#SIST \$40

STUPA

#STBR \$55

This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often



NEW!

BRONZE STUPA

8 1/2" #BRST \$360

This enlightenment stupa is made with the same care and quality materials as our statues. It is a heavy bronze with gold plating, inlaid stones and an opening for a small photo of your lama to be displayed.

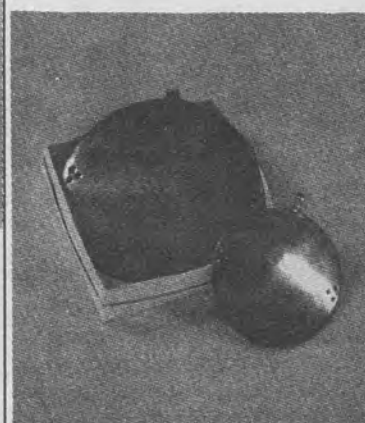
seen at centers. It is reasonably good looking for \$55 and is suitable for consecration.



STUPA

9" #WHST \$98

This stupa is a replica of an enlightenment stupa, a traditional monument representing the mind of the Buddha. It is white with gold top and contains many mantras for peace. This stupa is well-made and beautiful. A stupa is one of the items that appears on a Buddhist altar along with a statue of the Buddha and a dharma book.



MELONGS

Brass concave circular ritual mirrors.

Small Melong, 2 3/4" #MES \$14

Large Melong, 4" #MEL \$18



CHENREZIG

#32 \$1000 18" 1000-arm

TIBETAN JEWELRY

BRACELETS & NECKLACES



OM BRACELET with stones
#SAOMBR \$35.

This features the OM MANI PADME HUM in Tibetan letters and has small coral or turquoise stones and filigree silver work.

YAK BONE NECKLACE
#YABON \$10.

This necklace has eight panels and ties with a black cord.



YAK BONE BRACELET
#YABOB \$10.

This bracelet features six oval panels with auspicious symbols.

EARRINGS!



Auspicious Fish Earrings
#AUFIEA \$24

Silver fish with turquoise stones.



Eternal Knot Earrings with Amethyst, #AMKNEA \$24



Garuda Earrings, #GAEA \$28

The garuda protector holds a beautiful disc of turquoise. 1 1/4" long.



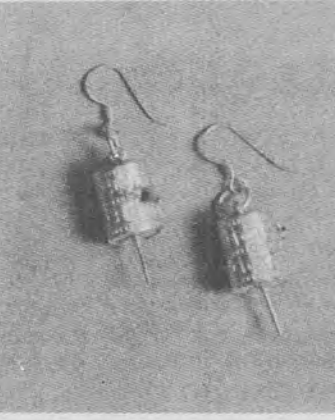
Phurba Earrings, #PUEA \$24

The phurbas are 1 1/2" long.



Traditional Turquoise Earrings, #TUEA \$36

Contains a circle of turquoise pieces and red coral embellishments. 2" long excluding hooks.



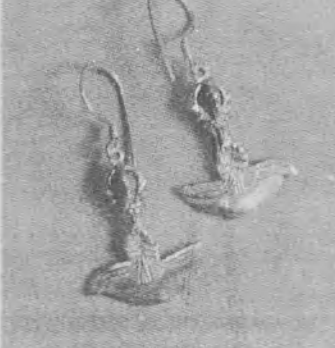
Prayer Wheel Earrings, #PRWHEA \$25

Silver with gold plating. Turn your head and pray!



Traditional Lapis Earrings, #LAEA \$36

Contains a circle of lapis pieces and red coral embellishments. 2" long excluding hooks.



Curved Knife Earrings, #CUKNEA \$24

The knives are 1 1/4" long.

THANGKAS

These thangkas are excellent in quality and are all properly mounted and brocaded for hanging. Our stock is always changing, what is listed below is our current stock. We can always commission a special image for you—call us for information as to price and availability. Contact us for photos.

Size Codes:

M- (image 14x20, overall 25x36) approx.
L- (image 17x22, overall 30x46) approx.
XL- (image 24x36, overall 34x60) approx.

Special Codes:

B- special brocade, also longer by 6"-12"
XB- extra special brocade, also longer by 6"-12"
K- has bottom rod with metal knobs

AMITAYUS

#29-325

BUDDHA

#3-\$325M with two arhats
#5-\$325M with two arhats
#35-\$495M B
#36-\$495M B
#38-\$525XL with two arhats, exceptional face

#59-\$495M
CHENREZIG (AVALOKITESVARA)
#23-\$495M B 4-Armed

DUDJOM LINEAGE

#70-\$350 M

#79-\$350 M

EKAJATI

#56-\$325 M red

GREEN TARA

#14-\$320M
#15-\$495M
#30-\$495M five additional figures
#34-\$450L B
#45-\$495M B
#47-\$490M
#75-\$750L XB with 21 Taras
#76-\$495M B



Amitayus #29-325

GESAR OF LING

#13-\$325 M

GUHYASAMAJA

#60-\$360L

GYALWA GYATSO

(highest yoga tantra form of chenrezig, with consort)
#80-\$495L B

KAGYU LINEAGE TREE

#33-\$690XL

KALACHAKRA

#81-\$550XL

KARMAPA

#51-\$350M 3rd Karmapa

#53-\$325M 16th Karmapa

KINKARA SKELETON COUPLE

#52-\$350M

LION-FACED DAKINI

#12-\$325M black

MAHAKALA

#18-\$325M 4-Armed black
#61-\$325M 6-Armed red
#67-\$400M 6-Armed white



Green Tara #34-\$450L B



Medicine Buddha #71-\$600XL K with 46 additional figures



Nagarjuna #2-\$325M

MANJUSRI

#7-\$295M

MEDICINE BUDDHA

#25-\$325M
#26-\$325M
#54-\$545M B consecrated
#70-\$600XL K with 46 additional figures
#71-\$600XL K with 46 additional figures

NAGARJUNA

#2-\$325M

NYINGMA PROTECTORS

#41-\$325M

#42-\$325M

PADMASAMBHAVA (GURU RINPOCHE)

#17-\$325M
#32-\$700XL B
#37-\$590XL Nyingma Lineage Tree
#46-\$495M XB, K
#55-\$360M
#68-\$400M K Rainbow Body
#69-\$400M K Rainbow Body
#78-\$320M Rainbow Body

PALDEN LHAMO (Protector deity of Tibet)

#19-\$325M
#27-\$325M
#28-\$325M
#64-\$700L XB, K

PEHAR (The Nechung Deity)

#63-\$295M

H.H. SAKYA TRIZIN

#58-\$325M

SAMANTABHADRA (with consort)

#50-\$495M B

TSONGKAPA

#2-\$325M

#48-\$495M

VAJRADHARA

#6-\$325M

VAJRASATTVA

#1-\$495M B, solitary
#8-\$295M with consort
#9-\$325M with consort
#31-\$495M with consort

VAJRVARAHI (form of Vajrayogini with Sow's head: Dorje Pakmo)

#40-\$325M

WHITE TARA

#10-\$495M B
#16-\$325M gold background with 21 Taras
#39-\$500XL five additional figures
#43-\$495M B
#44-\$495M B
#77-\$350M

YAMANTAKA

#20-\$325M solitary hero
#21-\$325M solitary hero
#65-\$325M solitary hero

ETERNAL KNOT EARRINGS & PENDANT

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion—the Buddha Nature in all. Dedicated to a free Tibet and to the Tibet Resettlement Project, Marta Macbeth has designed and produced beautiful sterling silver pendants and earrings featuring the endless knot symbol. A percentage of the sale of Endless Knot purchases go to the Tibetan Resettlement Project in Ithaca.

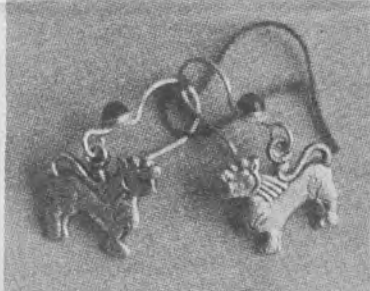
Endless Knot Earrings, all silver, 1 1/4" long, #ENKNEA \$36

Endless Knot Pendant, silver w/ beaded cord, 1 3/8" dia., #ENKNPE \$24

FANCY ETERNAL KNOT EARRINGS

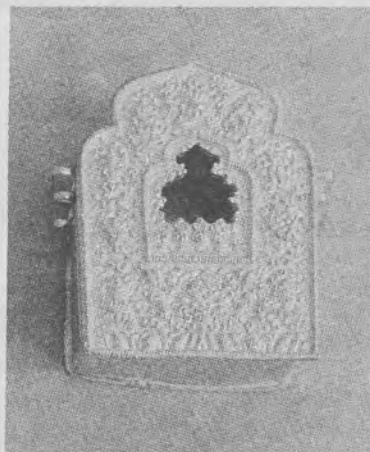
Matte Silver Eternal Knot Earrings w/turquoise bead, #MASIEA \$20

Gold Eternal Knot Earrings w/red glass bead, #GOEA \$20



SNOW LION EARRINGS

#SNLIEA \$12
Silver snow lions with semi-precious stone.



LARGE GAU

#LAGA \$18
Made from copper with brass cover, this 4" gau will hold many precious objects.



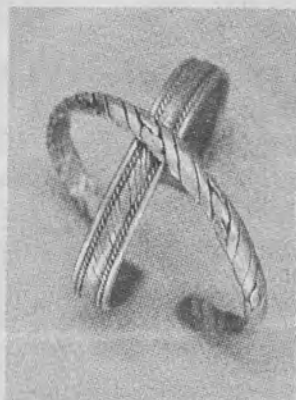
LARGE FILIGREE GAU

#LAFIGA \$60
Exquisite detail with 32 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these from India because of their beauty. Measure 2 x 2."



SMALL FILIGREE GAU

#SMFIGA \$24
Exquisite detail with 5 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these too! Measure 3/4 x 1".



TIBETAN MEDICINE BRACELETS

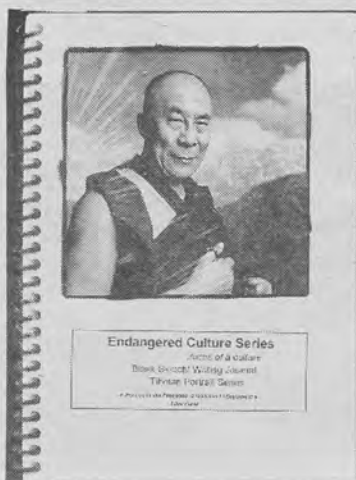
Were \$10, now \$6.
The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

Woven 3-metal band #WOTHME \$6

3-metal design with beaded edge #BEEDBR \$6

DALAI LAMA JOURNAL

#DALAJO \$8.50
Spiral-bound, measuring 5 x 7", this journal has a striking photo of His Holiness on the cover. A portion of the proceeds is donated to the Tibet Fund.



KALACHAKRA WATCH

#KAWA \$120



This designer's watch whose creation is inspired by Tibetan sacred art and endorsed by His Holiness the Dalai Lama, is dedicated to the pursuit of enlightenment, world peace and a free Tibet.

This is a Swiss Quartz watch with Sport-3 hands, water-resistant stainless steel construction with blue leather strap. The dial has a blue background with silver Kalachakra pattern. Produced in a limited edition of 1000. Comes with warranty booklet (warranted for one year by the manufacturer for defects) that also explains the significance of Kalachakra and the prophecy of Shambhala.

PENDANTS



Prayer Wheel

#PRWHPE \$30
Lovely pendant with gold and silver plating. Has Om Mani Padme Hum mantra on it and it spins!

SILVER PENDANTS

Fine silver pendants from Nepal. The small ones are 1 1/4" high and are \$12. The large pendants measure 1 3/4" high and are \$30.



Manjushri #SMMASI \$12



Tara #SMTASI \$12



Chenrezig #SMCHSI \$12



Padmasambhava #LAPASI \$30

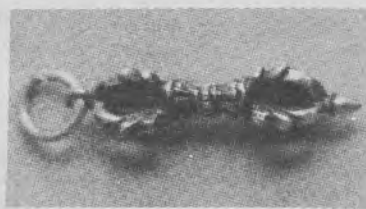


Buddha #LABUSI \$30

OTHER SILVER PENDANTS:

Bell & Dorje #SIBEDO \$30

Buddha #SIBUPE \$15



Dorje #SIDOPE \$18

Double Dorje #SIDODO \$30



Garuda #SIGAPE \$10



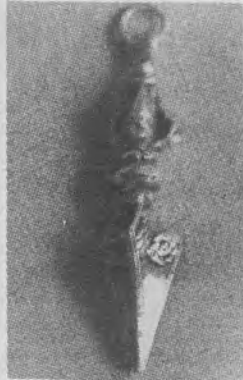
Kalachakra Pendant #KAPE \$20

Vairocana #SIVIPE \$16

PURBA PENDANT

#PUPE \$14

Silver purba 1.5" long—looks great!

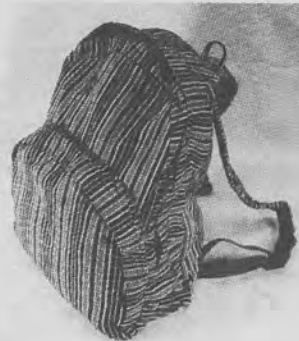


OM MANI PADME HUM RINGS

#OMRI \$17

Women and men's styles; adjustable.

WEARABLES & OTHER THINGS



TIBETAN BACKPACK

#BAC \$35
This sturdy, attractive cotton backpack is well-designed and washable. The main compartment measures 16" high, 14" deep and 12" wide and has a double zipper. Another smaller compartment measures 6" deep and has other pockets inside including an 8" one with zipper. Loop at top makes it easy to hang. Cloth design is Tibetan and pack is made by Tibetans in Dharamsala.

COTTON CHANGE POUCH

#CHPO \$3
Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures approx. 5" wide by 4" high.



TIBETAN SHOULDER BAGS

#TISHBA \$16 ea.
Handwoven shoulder bags with black background and bright, multi-colored patterns, one featuring the wheel of dharma and the other has a lively striped geometric design. Both have zippered outside pocket. Specify design choice.



Lopon Tenzin Namdak

Summer Teaching Tour
June 21—Mid-August

Lopon Tenzin Namdak, dzogchen master, author of *Heartdrops of Dharmakaya* and the most senior teacher of the Bonpo lineage, will be teaching at several sites this summer.

Houston, TX— June 21-23
Jemez Springs, NM— July 1-21

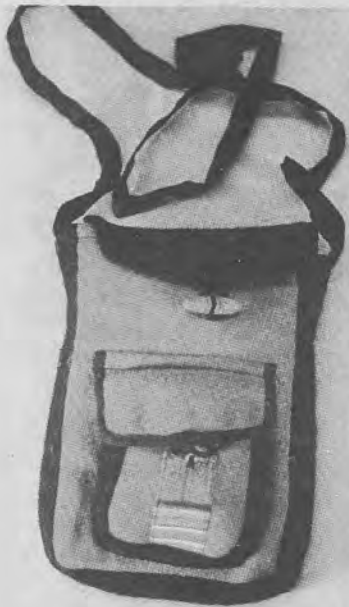
Other tentative teaching sites at press time: Los Angeles; Washington, DC; Santa Fe; Charlottesville, Boston. For more information contact Ligmincha Institute: ph: 804-977-6161, fax: 804-977-7020, email: Ligmincha@aol.com, WWW <http://www.comet.chv.va.us/ligmincha>

DHARMA ITEMS *continued*



BROCADE BAG
#BRBA \$6

Cotton bag with shoulder cord. Outside has beautiful silver threaded brocade. Measures 8" high by 6" wide and has two compartments, one with zipper.



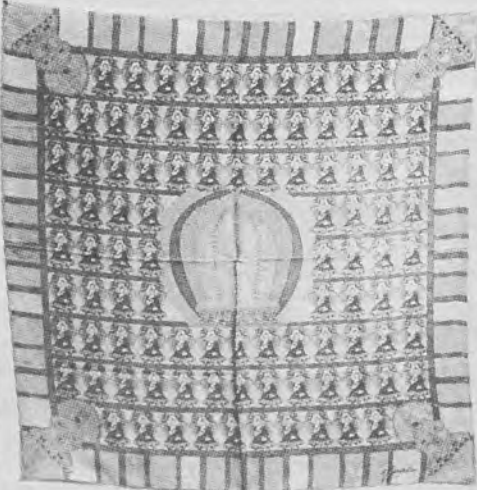
TIBETAN BAG
5 x 7 x 1.5" #TIBA \$8.50

Maroon and black with brightly colored trim, this woolen bag has three pouches for holding valuables. Two pouches have wooden buttons.



TIBETAN WOOL SCARF
#WOSC \$20

Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide.



BUDDHA SILK SCARF
36" square, #SIBUSC \$50

Many Buddhas adorn this subtly colored scarf—blue, taupe, lavender, muted yellow. A lovely gift.

TIGER SILK SCARF
39" Square, #SISCT Tiger \$50

Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.

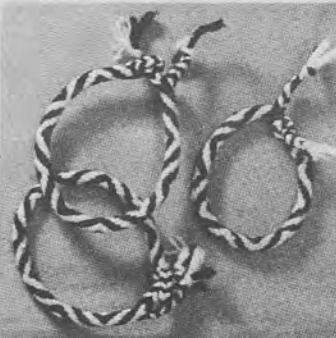
TIBETAN BELT POUCHES AND SHOULDER BAGS \$35 ea.

Made of leather with metal ornaments these pouches and bag are attractive as well as useful. There are three designs:

#LEPUHB Rectangular Pouch with belt, 4.5 x 8"

#LEPUHS Rectangular Pouch with shoulder strap, 4.5 x 8"

#LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"



TIBETAN FREEDOM BANDS
#BLWHFR \$4

In Tibet where there is no freedom of expression, where the singing of the national anthem is prohibited and the national flag is banned, the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community-in-exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and are worn like friendship bands.



TIBETAN WALLET
#TIWA \$8

Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.

MANI MUG
#MAMU \$10

This stoneware mug features the *Om Mani Padme Hum* mantra of Chenrezig. It was inspired by the mani stone carvings of this mantra that are common in Tibet. This mug is made in the USA!

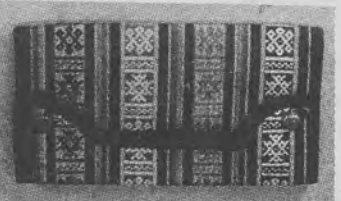
Special price on Mani Mugs! Purchase three and receive the fourth one for \$5.



TIBETAN FLAG MUG
#TIFLMU \$12

The Tibetan National Flag on a white mug. Printed in four colors. This mug is made in the USA!

Special price on Flag Mugs! Purchase five and receive one free.



TIBETAN MONEY POUCH \$8

These pouches will easily hold money and credit cards. They can be folded like a wallet or left flat.

#CHSIPO Checkbook Sized Pouch

DOOR MANTRA
#HECEDO \$2.50

This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.



METAL DOOR MANTRA: Om Mani Padme Hum
#MEDOMA \$10

This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".

BUMPER STICKERS!

NEW!

BOYCOTT CHINESE GOODS

"BOYCOTT CHINESE GOODS"
#BOCHGO \$1.50

Yellow letters on strong red background. Show your support for human rights and Tibet, and encourage others to do the same.

I ♥ TIBET COMMIT RANDOM ACTS OF KINDNESS

"COMMIT RANDOM ACTS OF KINDNESS"
#CORAAC \$1.50

Red letters on yellow background.

"I (HEART) TIBET"

#HEBUST \$1.50

Blue letters, red heart and yellow background.

FREE TIBET!

"FREE TIBET"
#FRTIBU \$1.50

Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place. One size fits all!



"FREE TIBET" Buttons
2 1/2" Diameter. \$1
White on red.



MANI KEY CHAIN
#KECH \$10

Brass with raised OM MANI PADME HUM letters and textured background with key ring attached.

TIBETAN STAMPS
#TIST \$5

60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



BUDDHA EYES NOTECARD
#BUEYNO \$2

The "Buddha Eyes" is one of our favorite images.



BUDDHA EYES BOOKMARK
#BUEYBO \$1.50



NEW!

PHOTO OF THE DALAI LAMA

#DALAWO 5 x 7" \$1

From the cover of *The World of Tibetan Buddhism*.

Photos of H.H. the XVIIth Karmapa \$15 ea.

Ward Holmes of Tsurphu Foundation is offering through us a number of photos of the new incarnation of H.H. the Karmapa. These photos are made from a CD and measure approx. 8 x 10". A portion of the proceeds from the sale of these photos goes to benefit Tsurphu Monastery in Tibet.



#HHKA14 Wearing Circular Hat

#HHKA17 Wearing Black Hat

#HHKA21 With Tai Situ

#HHKA49 Wearing Red Hat

#HHKA59 Wearing Gampopa Hat



#HHKA60 With Younger Brother

SMALLER THANGKAS



Thangka prints

Laminated, mounted in brocade with multi-color fringe at bottom, measures 14 x 26" \$60.

Selections: Gelukpa Guru Tree #GTLATH; Milarepa #MILATH; Kalachakra KALATH; Buddha #BULATH.



Brocaded Deity Thangka

Mounted with multi-color fringe at bottom, measures 14 x 25" \$60.

Selections: Buddha #BUEMPR, Green Tara #GTEMTH.

**OTHER DHARMA
ITEMS AVAILABLE
ON REQUEST**

Call or write to us
for information.

**Consecration of
Statues and
Thangkas**

When you purchase a statue or thangka from Snow Lion, you also have the option to have it consecrated. Snow Lion has made an arrangement with Namgyal Monastery to have this special empowering ceremony performed for the pieces you purchase from us. In addition to the cost of materials, it requires several monks working for an entire day to consecrate a statue or a thangka. Although Namgyal does not have a set donation fee for consecration, Snow Lion recommends a minimum donation to the Monastery of \$100 for statues and \$50 for thangkas. This is tax-deductible and check should be made out to Namgyal Monastery (if ordering by phone, mail check directly to the monastery at PO Box 127, Ithaca, NY 14851). We will deliver your statue or thangka to them and send it to you after it is consecrated as part of the service we provide.

T-SHIRTS

All these shirts are good quality 100% cotton.



OM MANI PADME HUM SHIRT, #OMTL (large), #OMTX (x-tra large) \$15

This has a gold mantra circle on navy blue.

DOUBLE DORJE SHIRT, #DODOTL (large), #DODOTX (x-tra large) \$15

Orange double dorje on maroon.

TIBETAN FLAG SHIRT, #TIFLTL (large), #TIFLTX (x-tra large) \$15

The Tibetan Flag is on yellow and says "freedom" in Tibetan script.

NEW!

SNOW LION T-SHIRT

#SLTSL (large) \$15, #SLTSLX (large) \$15

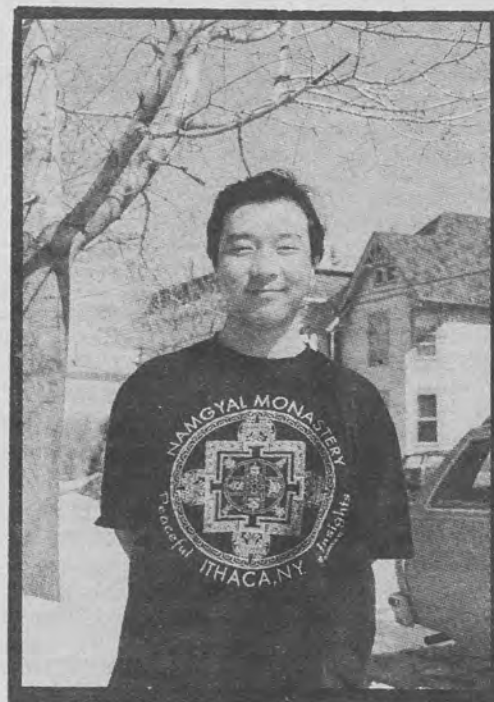
Beautiful blue T-shirt with orange, yellow, red, and green embroidery.



SNOW LION TIBET SHIRT

#SNLITX (x-tra large) \$15

Tibetan mountain scene with romping snow lions on white cotton. Banner says "TIBET".



NAMGYAL T-SHIRT, #NATL (large), #NATX (x-tra large) \$18

Golden mandala on black. The Dalai Lama's Ithaca branch of Namgyal Monastery benefits from the sale of these shirts.

**TIBETAN DAY
CALENDARS**

1996 TIBETAN CALENDAR

#TICA \$8

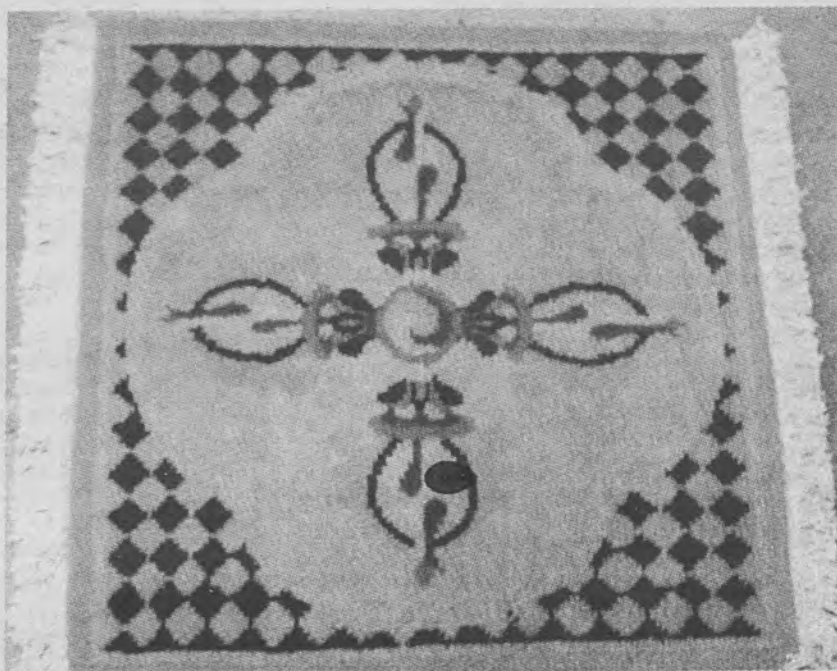
This is a daily calendar with special festivals and ritual days marked. It belongs to all lineages and is published by the Drikung Kagyu organization. Gives auspicious days for starting all types of activities as well as days of greatest obstacles and hindrances to one's endeavors.

RIGPA CALENDAR

#RIGPA \$8.95

This is the annual pocket calendar from Rigpa with Buddhist holidays and special practice days as well as information on Tibetan Buddhism and photos of prominent lamas.

CARPETS



TIBETAN MEDITATION CARPET

3 x 3 feet, #TIMECA \$250

We are pleased to offer a custom-designed, traditional Tibetan style meditation carpet. The central image is the double dorje, which is often placed below the meditator on retreat. This carpet will enhance your meditation space with its auspicious design and gold, red, orange and blue colors. The carpet is woven by Tibetans from 100% wool. We are stocking this design in quantity.



NEW!

TIBETAN MEDITATION CARPET

(small), 29" square, #TIMECS \$150

Now we have a second double dorje meditation carpet, as traditional as before but smaller. It is a size typically used by monks. The floor side has been backed with maroon cloth so that the fringe does not show. Also made by Tibetans from wool.

IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4-1/4" x 6" and are only .75 each.

CUCA1 Statue
CUCA4 Tibetan Rug Weaver
CUCA6 Monastery Courtyard
CUCA7 Landscape Sunset
CUCA9 Long-life Offering
CUCA11 Tibetan Pilgrim
CUCA12 Masked Dancer
CUCA13 Tibetan Man & Child
CUCA14 Tibetan Monk in Prayer
CUCA16 Potala Palace
CUCA17 Young Tibetan Monk
CUCA18 Potala from Back Side
CUCA19 White Masked Dancer
CUCA21 Red-Masked Dancer
CUCA23 Tibetan Horseman
CUCA24 Elderly Man with Prayer Wheel
CUCA25 Bashful Khampa Girl
CUCA26 Tibetan Thangka Painter
CUCA27 Tibetan Mask
CUCA29 Tibetan Ngakpa
CUCA30 Woman with Dog
CUCA31 High Lamas at Kalachakra
CUCA32 Woman with Prayer Wheels
CUCA34 Jokhang Temple
CUCA35 Jokhang Rooftop
CUCA36 Jo Rinpoche Statue
CUCA37 Young Monk on Roof
CUCA39 Potala Rooftop
CUCA40 Tashilunpo Monastery
CUCA41 Rebuilding of Ganden
CUCA42 Monks of Nechung
CUCA43 Dharmachakra
CUCA44 Mandala Offering
CUCA46 Chorten of Gyantse
CUCA47 Sakya Monastery
CUCA48 Milarepa's Cave
CUCA49 Drepung Monastery
CUCA50 Kumbum Monastery
CUCA51 Sera Monastery
CUCA53 Maitreya Statue
CUCA54 Woman with Headdress
CUCA55 Lamayuru Monastery
CUCA56 Woman Chanting
CUCA59 Horseman
CUCA61 Nomadic Tent
CUCA62 Ceremonial Tent
CUCA63 Monks Debating
CUCA64 Potala Stairs
CUCA65 View from Jokhang Roof
CUCA69 Golden Buddha

HELP SUPPORT THE TIBETAN REFUGEES

To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of the price of every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fifteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards.

Cards measure 4-1/4" x 6" and are on sale for only .75 cents each.

SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!

IMAGES OF LOST TIBET

IMTI1 Tibetan from Chamdo
IMTI2 Monks Sounding Trumpets
IMTI3 Tibetan Nomad Tent
IMTI4 Norbu Linga & 13th Dalai Lama
IMTI5 Officials During Losar
IMTI7 Potala During Losar
IMTI8 Tantric Meditator
IMTI9 Tibetan Men & Horses
IMTI10 Mani Stones—Tibet-China border
IMTI11 Wife of Tibetan Governor

FACES OF TIBET

FATI51 Nomad Yogi
FATI52 Yogi of Milarepa Tradition
FATI53 Woman with Prayer Beads
FATI54 Young Tibetan Girl
FATI55 Yeshe Dorje, Weather Controller

GYUTO HIGHEST YOGA TANTRA DEITY CARDS \$1.25 ea.

These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.

GY1 Chakrasamvara
GY2 Chakrasamvara Mandala
GY3 Sambhogakaya Buddha
GY4 Guhyasamaja
GY5 Guhyasamaja Mandala
GY6 Six-Armed Mahakala
GY7 Yamantaka (Vajrabhairava)
GY8 Yamantaka Mandala
GY9 Kalarupa

NEW!

YIDAMS OF MERIGAR GOMPA

Ten cards, 5 x 7" in holder
#YIMEGO \$20

These ten images are painted on the supporting beams of Chogyal Namkhai Norbu's Merigar Gompa. Vajrapani, Guru Tragpo, Guhyajana, Vajrakilaya, Korwa Tongtrug, Green Tara, Ozer Chenma, Nondzog Gyalpo Yab-Yum, Amitayus Yab-Yum, and Simhamukha.

DZOGCHEN LINEAGE NOTECARDS

Eight notecards with envelopes, #DZNO \$15.95

These notecards were produced by The Shang-Shung Institute in Italy. They are reproductions of sacred images that were painted in Namkhai Norbu's Merigar Gompa in Tuscany. The artists are Dugu Choegyal Rinpoche and Tsering Wangchuk from Tashi Jong.

Kun-tu-bzang-po (Samantabhadra): the Primordial Buddha representing Dharmakaya.

Tonpa Khyeu Wod Mitrugpa: the second of the twelve Primordial Dzogchen Lineage Masters

Tonpa Pel Jigpa Kyopei Yid: the third Master of twelve.

Mandarava: the Nirmanakaya emanation of the Jnana Dakini & consort of Padmasambhava.

Jomo Menmo: Vajravahni gave her a teaching; later she disappeared into the sky.

Khandroma Kunga Bumpa: 14th century tertön who realized the body of light.

Dung-mtsho-ras-pa Phyi-ma: tertön of objects hidden by Gampopa.

Mug nag rGyal mo (the Maroon Queen): form of Ekajati.

TRANSFORMATIVE ART NOTECARD SET

12 cards w/envelopes, #TRARNO \$24

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see. They are full of myth, fun and

spirituality. Two of the images are life of the Buddha murals that she painted in Bero Khyentse's monastery in Kathmandu. Some are huge murals that were painted on the sides of buildings. There are also images of Green Tara, White Tara, Chenrezig and the Medicine Buddha. The cards are 5-color with gold border.

TUSHITA POSTCARDS .75 ea

TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche
TU39 Dalai Lama: reading the news
TU40 Dalai Lama: blessing the land
TU41 Dalai Lama & H.H. XVI Karmapa
TU42 Tanks in Lhasa
TU43 Dalai Lama on Yak
TU64 H.H. Sakya Trizin

ROBERT BEER POSTCARDS

\$.80 ea.

Robert is one of the very best Tibetan style painters. You'll like these images:

#BEKAMA Kalachakra Mantra
#BEMEBU Medicine Buddha
#BENGCA Nagarjuna
#BENACA Naropa
#BESHCA Shantideva
#BETICA Tilopa
#BEFAVA Face of Vajrasattva

MANTRA CARDS \$.80 ea.

Andy Weber has created these cards to aid in mantra visualization.

#BEAVMA Avalokitesvara
#WEAMMA Amitayus
#BEGRTA Green Tara
#BEMAMA Manjushri
#BEMBMA Medicine Buddha
#BESHMA Sakyamuni

REHO CARDS \$.80 ea.

Excellent images from thangkas, Dalai Lama, India and photos from Tibet!

#REHCA H.H. the Dalai Lama
#REGECA Gelugpa Assembly Tree
#REWHCA Wheel of Life
#RELOCA Lotus Pool-Bodh Gaya
#REROCA Rock Paintings-Lhasa
#REPACA Padmasambhava-in Jokhang
#REMACA Maitreya-in Potala
#REPOCA Potala Palace

ROBERT BEER GREETING CARDS

\$1.25 ea. with envelope.

Fine line drawings of deities and lineage gurus:

#BEGADO Garab Dorje
#BEMANO Marpa
#BEMINO Milarepa
#BEPANO Padmasambhava
#BESHBU Sakyamuni Buddha
#BESAGR Samantabhadra
#BESHGR Shantideva
#BETSKH Tsongkhapa
#BEVANO Vajradhara
#BEYETS Yeshe Tsogyal

THARPA FINE ART DEITY CARDS

These superb fine art cards painted by Andy Weber depict some of the most important figures of Tibetan Buddhist iconographic art. The cards measure 4 x 6" and sell for \$.90 ea. They have been beautifully reproduced in full-color and high-gloss finish.

THARPA DEITY CARDS

IMAGES OF ENLIGHTENMENT

\$.90 ea.

TDC1 Shakyamuni Buddha
TDC2 Avalokiteshvara
TDC3 Manjushri
TDC4 Vajrapani
TDC5 Green Tara
TDC6 White Tara
TDC7 Amitabha
TDC8 Amitayus
TDC9 Medicine Buddha
TDC10 Je Tsongkhapa
TDC11 Vajradhara w/Consort
TDC12 Vajrasattva w/Consort

TDC13 Yamantaka
TDC14 Heruka
TDC15 Vajrayogini
TDC16 Mahakala
TDC17 Guyhasamaja
TDC18 Vajradharma
TDC19 Maitreya
TDC20 Vajrasattva
TDC21 Vajrasattva
TDC22 Prajnaparamita
TDC23 Wheel of Life
TDC24 Stupa of Enlightenment
TDC25 1000-arm Avalokiteshvara
TDC26 White Manjushri
TDC27 Ushnisha Vijaya
TDC28 Kalarupa
TDC29 Kinkara Skeleton Couple
TDC30 Mahakala (4-arm)
TDC31 Heruka Chakrasamvara (12-arm)
TDC32 Five Buddha Families

IMAGES OF WISDOM AND COMPASSION

#IMWI \$.90 each.

Traditional images painted by excellent Tibetan artist Chating Janyang Lama.

TDC40 Asanga
TDC41 Atisha
TDC42 Buddha
TDC43 Chandrakirti
TDC44 Chenrezig
TDC45 Geshe Chekhawa
TDC46 Geshe Langri Tangpa
TDC47 Je Tsongkhapa
TDC48 Lama Losang Tubwang Dorjechang
TDC49 Manjushri
TDC50 Nagarjuna
TDC51 Shantideva
TDC52 Vajradhara
TDC53 Dromtonpa

THARPA GREETING CARDS

#THGRCA \$.75 for set of 4 cards.

These are well-painted images by Robert Beer. Lotus, Wish-fulfilling Tree, Dragon & Tiger, Eight Auspicious Symbols.

THE BUDDHA

5 x 6 1/2" #BUC \$3

This is a radiant image of the Buddha from the cover of *Calm-ing the Mind*.

NEW!

THE BUDDHA

4 x 6" #SMBUC \$2

This a strikingly simple image from the cover of *Four Noble Truths*.

MACHIG LABDRON

5 x 7" #MALAC \$3

From the cover of the book, this is one of the best images we've seen of this deity.

TWENTY-ONE TARAS CARD

#WETWTA \$1

This is the well-known image of the 21 Taras painted by Andy Weber.

GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

GAC1 Gelugpa Guru Tree
GAC2 Amitabha in Dewachen
GAC5 Buddha with Discip.
GAC6 Tsong-ka-pa on Lion
GAC7 Avalokitesvara
GAC8 Vajrayogini
GAC9 Labchig Drolma
GAC11 35 Buddhas
GAC12 Padmasambhava
GAC13 White Tara
GAC14 Cakrasamvara
GAC15 Green Tara
GAC111 Jambhala
GAC113 Vairocana
GAC114 Simhavaktra
GAC115 White Mahakala
GAC116 Vajrapani
GAC118 Peaceful Bardo Deities
GAC119 Wrathful Bardo Deities
GAC124 Yamantaka
GAC126 Ushnishavinijaya
GAC127 White Tara Mandala
GAC128 Depiction of Universe
GAC130 Vajrasattva w/Consort

GAC132 1st Karmapa
GAC136 Manjushri
GAC139 Vajrayogini
GAC142 Green Tara & 21 Taras
GAC148 Mandala with Simhanada-Avalokitesvara
GAC149 Sitatapatra
GAC150 Amitayus
GAC151 Dromtonpa

THE DALAI LAMA

H.H. THE FOURTEENTH DALAI LAMA PORTRAITS

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

NEW!

#DALAWO The Dalai Lama, 5 x 7" \$1
From the cover of *World of Tibetan Buddhism*.

#PACO H.H. THE DALAI LAMA Photo, 5 1/2 x 7" \$3

This is the cover photo on the book *Path to Enlightenment* by the Dalai Lama. It is one of the best photos that we have seen!

#DALAPP The Dalai Lama pocket puja with long-life prayer in Tibetan and English on the reverse side. Laminated, 2 1/2 x 3 1/2" \$2.50

#DALMAR The Dalai Lama in Arizona, 8 x 10" \$15

This is a lovely closeup photo of His Holiness standing next to saguaro cactus in Arizona at a recent public teaching.

#REHCA H.H. the Dalai Lama, postcard-size image, close-up of his face. \$.80

RINPOCHE

Photo, 5 1/2 x 5 1/2" #HHDI \$2

This is an impressive photo of His Holiness from the cover of *Enlightened Courage*.

KALACHAKRA SAND MANDALA POSTCARD, #KASAC \$.75

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

SNOW LION NOTE CARDS

Pack of 10, #SNLNO \$8

Red Snow Lion on 4-1/2" x 6" blank grey notecard stock—with envelopes. Part of the proceeds goes to support new refugees from Tibet.

SAND MANDALA NOTECARDS

Wheel of Compassion Sand Mandala

#WHCONO \$1.50

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.

WHEEL OF TIME SAND MANDALA

#WHTICA \$1.50

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

THE TIBETAN PAINTINGS OF NICOLAS ROERICH

12 postcards, #TIPANI \$9.95

We have selected 12 of the best images painted by Nicolas Roerich of Tibetan landscapes and monasteries. The colors are strong, striking and otherworldly—he really captured the grandeur of Himalayan spirituality.

Rigdzin Ling, Northern California
(916) 623-2714

Guru Rinpoche said that for a well-motivated and concentrated practitioner, one week of drubchen is equal to a year of solitary practice and opens the door to his pureland, the Copper-Colored Mountain, at the time of death. "Drubchen" means "great accomplishment" and is a closed retreat that incorporates group practice and elaborate ceremony, including sadhana practice, mantra repetition, lama dancing, and feast offerings.

Essence of Siddhi Drubchen
Sunday, May 19–Monday, May 27

The *Essence of Siddhi*, revealed as a mind treasure by H.H. Dilgo Khyentse Rinpoche, integrates the three roots of Vajrayana practice: lama, yidam, and dakini.

Lama dancing, open to the public, will be performed on Monday morning, May 27.

Red Vajrasattva Drubchen
Wednesday, May 29–Thursday, June 6

This practice is an extremely swift, profound method for accumulating merit and wisdom, and for purifying the emotional afflictions and confused concepts that obscure mind's essential nature. The *Red Vajrasattva* cycle comes from Padgyal Lingpa, a modern-day treasure revealer.

Orgyan Jambhala Wealth Ceremony
Friday, June 7

This ceremony, a treasure revealed by H.H. Kusum Lingpa, helps practitioners realize a wealth of positive spiritual and worldly conditions that foster accomplishment. It overcomes obstacles to one's livelihood, good health, and emotional and spiritual well-being. Those unable to attend can sponsor and obtain personal wealth vases consecrated during the ceremony. Call for details.

Six-Week Dzogchen Retreat (Restricted)
Monday, June 10–Friday, July 19

The first- and third-year retreats of the four-year Dzogchen retreat program will be offered. The first year is open to practitioners who have completed ngondro practices from any lineage or are actively engaged in them; Rinpoche's or Lama Drimed's permission must be received.

Child care may be available during these events at Rigdzin Ling; please call early to inquire.



**H.E. Chagdud
Tulku Rinpoche**

Meditation Master, Artist, Healer

Schedule



Rigdzin Ling is located in the beautiful Trinity Alps region of northern California, 50 miles west of Redding. Please write Chagdud Gonpa, P.O. Box 279, Junction City, CA 96048-0279 or call (916) 623-2714.

All scheduled events include food and lodging; call for event rates.

Ati Ling, San Francisco Bay Area
(707) 944-1907

Thursday, June 13–Monday, June 17

Seven-Eyed Red Tara Empowerment, Hundred Peaceful and Wrathful Deities Empowerment, and Bardo Teachings

It is our great fortune that H.E. Chagdud Rinpoche will offer this practice of his own pure vision of the Seven-Eyed Red Tara. This is the first time His Eminence has given this empowerment, which he revealed 25 years ago. He wrote it for his first wife, Karma Dolma, when she was extremely ill. She began to do the practice and recovered immediately. His Eminence will also bestow the Hundred Peaceful and Wrathful Deities empowerment in the context of bardo teachings to help us understand how to bring practice to our lives in relation to death.

Los Angeles (213) 242-1041

T'hröma Drubchod
Friday, July 19–Friday, July 26

Seattle (206) 367-7377

T'hröma Teachings
Friday, July 26–Tuesday, July 30

Spokane (509) 747-1559

Guru Rinpoche Empowerment and Fire Puja
Tuesday, July 30–Thursday, August 1

Boulder (303) 604-2537

Introduction to Dzogchen Teachings
Thursday, August 1–Sunday, August 4

Flagstaff (520) 773-1145

Guru Rinpoche Empowerment and Teachings
Death and Dying Teachings
Sunday, August 4–Tuesday, August 6

Chicago (815) 544-6464 *Contact John Chen

Red Vajrasattva, Lion-Faced Dakini, and Wrathful
Guru Rinpoche Empowerments
Tuesday, August 6–Thursday, August 8

New York (201) 447-0432

Guru Rinpoche Empowerment
Thursday, August 8–Friday, August 9

Boston (617) 492-5370

Bodhisattva Peace Training
Friday, August 9–Sunday, August 11

**New
from Wisdom!**

Down-to-earth advice for cultivating happiness

Advice from a Spiritual Friend
Geshe Dhargye and Geshe Rabten
Translated and edited by Brian Beresford

Like wise old friends, two Tibetan masters explain to us how we can fill our lives with loving kindness, compassion, and wisdom. Based on practical Buddhist verses of "thought transformation" composed centuries ago, this profound wisdom reaches out from every page to all types of people from all walks of life.

Special two-color interior printing, 176 pp., 6 x 6
\$14.95, Paper, ISBN 0-86171-107-6

Meditation on Emptiness
Jeffrey Hopkins

In this, his major work, Jeffrey Hopkins, one of the world's foremost scholars-practitioners of Tibetan Buddhism, offers a clear exposition of the view of emptiness as presented in the Dalai Lama's tradition of Tibetan Buddhism. "Arguably, the most important work on Tibetan Buddhist thought in a Western language. Scholars may ignore this material, but only at their own peril."

—Paul Williams, Reader in Indo-Tibetan Studies and Director of the Centre for Buddhist Studies, University of Bristol

1024 pp., 5 3/8 x 8 1/2
\$29.95, Paper, ISBN 0-86171-110-6

Creation and Completion
Essential Points of Tantric Meditation
Jamgön Kongtrül

Jamgön Kongtrül, a master practitioner and one of the most prolific writers of eighteenth-century Tibet, composed *Creation and Completion* as a guide to the effective practice of tantric Buddhist meditation. "Jamgön Kongtrül's *Creation and Completion* is an exceptionally important text that is very beneficial to read and to possess. It will answer all questions and resolve all doubts about Vajrayana practice, such as 'Why are there deities in a non-theistic tradition?' and 'Why are there such elaborate practices when emptiness is the Mahayana view?'" —Venerable Thrangu Rinpoche

144 pp., Tibetan text included, 6 x 9
\$14.95, Paper, ISBN 0-86171-105-X

In Praise of Tara
Songs to the Saviouress
Martin Willson

Amongst all Buddhist deities, the most dearly loved is the blissful goddess Tara, who attained omniscience in female form. This collection includes a history of the origin of the Tara Tantra, canonical and practice texts, and lyrical praises. "In Praise of Tara is a treasure chest. It offers information, instruction, and inspiration." —Sharon Salzberg, author of *Lovingkindness*

Eight vibrant color plates of Tara manifestations, 496 pp., 5 3/8 x 8 1/2

\$24.95, Paper, ISBN 0-86171-109-2

Reincarnation
The Boy Lama
Vicki Mackenzie

Osel Hita Torres, the son of humble Spanish parents, became the focus of world attention when at the age of 14 months he was recognized by the Dalai Lama as the reincarnation of Lama Yeshe, a prominent Tibetan lama who died in California in March 1984. This story tells of Lama Yeshe's life, death, and rebirth as the little Lama Osel, while explaining the controversial phenomenon of reincarnation in a clear, engaging, and practical way.

Eight pages of fascinating color photographs, 192 pp., 6 x 9
\$16.95, Paper, ISBN 0-86171-108-4

Everlasting Rain of Nectar
Purification Practice in Tibetan Buddhism
Geshe Jampa Gyatso

In *Everlasting Rain of Nectar*, Geshe Jampa Gyatso, a highly respected contemporary teacher, explains the popular and effective daily purification practice of the 35 confession buddhas—a potent and essential method for both beginners and advanced practitioners to gain higher spiritual attainments.

"...an unbelievably powerful purification [practice, which] enables us to accumulate extensive merit." —Lama Zopa Rinpoche, from the foreword
192 pp., 35 woodblock prints, 9 illustrations, 1 diagram, Tibetan text included, 6 x 9



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80 SNOW LION SPRING '96 NEWSLETTER