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TIBETANS AND NAVAJO INDIANS IN SPIRITUAL DIALOGUE

by Peter Gold

A special spiritual encounter took place at the Museum of Indian Arts and Culture in Santa Fe, New Mexico, on December 12, 1989.

Navajo chanter ("medicine-man") Lesley Francisco joined Geshe Topgyal Rinpoche and monks from Shartse College of Ganden Monastery in an experiential dialogue structured around the creation, consecration and use of sand mandalas in their respective healing traditions.

For several days prior to this evening, Mr. Francisco had been constructing a sand painting derived from the Blessing Way lineage of the Navajo religion. Blessing Way teachings and practices serve to establish and maintain health, wealth and good fortune in Navajo life. Their intent and techniques correspond quite closely with the Tibetan practices of Dolma (Tara) and the Tsewang, or Life Empowerment.

Working over a period of several days, the Shartse monks created a large sand painting next to that of Mr. Francisco. Their sand mandala derives from the Healing Buddha tantric lineage whose purpose is the maintenance of the life force of the patient/practitioner. For both Navajos and Tibetans the "patient" suffers not from a classifiable "disease" so much as from being out of harmony with those primal forces of the cosmos which simultaneously operate within his or her own body/mind. Both cultures, in fact, associate bodily actions, expressivity (speech) and mind with the primal elements of earth, air, fire and water, and place major emphasis on mind as the fundamental source of illness and its cure.

Accordingly, Navajos and Tibetans have created very similar rituals for leading the "patient's" flawed body/mind into an ideal state such as that in which their

ideal beings—their deities—abide. The most vivid tools of this transformation into holiness/wholeness/healing are the "sand paintings" or sand mandalas.

Mr. Francisco's sand painting described an episode in the Blessing Way's "mythic" teachings concerning four Holy People (tutelary deities) responsible for thinking, planning and creating this, the Navajos' fifth world-reality. Since he worked alone, Mr. Francisco chose the more simple sand rendition which takes linear rather than circular form. But their meanings are identical. His dry painting depicted Holy People of the four directions sitting in the creation hogan-dwelling.

They include Talking God, the leader divinity of the pantheon. He embodies the east, the dawn and the processes of thought. He compares closely with the leading tantric Buddha, Dorje Sempa (Vajrasattva). His complement, Calling God (like Amitabha-Opame) is of the Western quarter of the Navajo mandala. Between them stand the Blessing Way divinities of the South and North respectively: Holy Boy and Holy Girl. They are shown surrounded by a rainbow goddess who creates an aura of protection—separating their sacred reality from the profane, much as does the rainbow-like Mountain of Fire ring in every Tibetan mandala.

The Shartse monks created an elaborate, circular sand mandala (as would the Navajo, pending availability of enough sand-painters). Their sand mandala was oriented to the four directions, elements and colors, according to the tantric scheme of enlightened wisdoms and actions. The Navajo, likewise, have a well-developed system of wisdoms and actions associated with the cardinal points, primal elements, colors, and tutelary

Continued on page 4

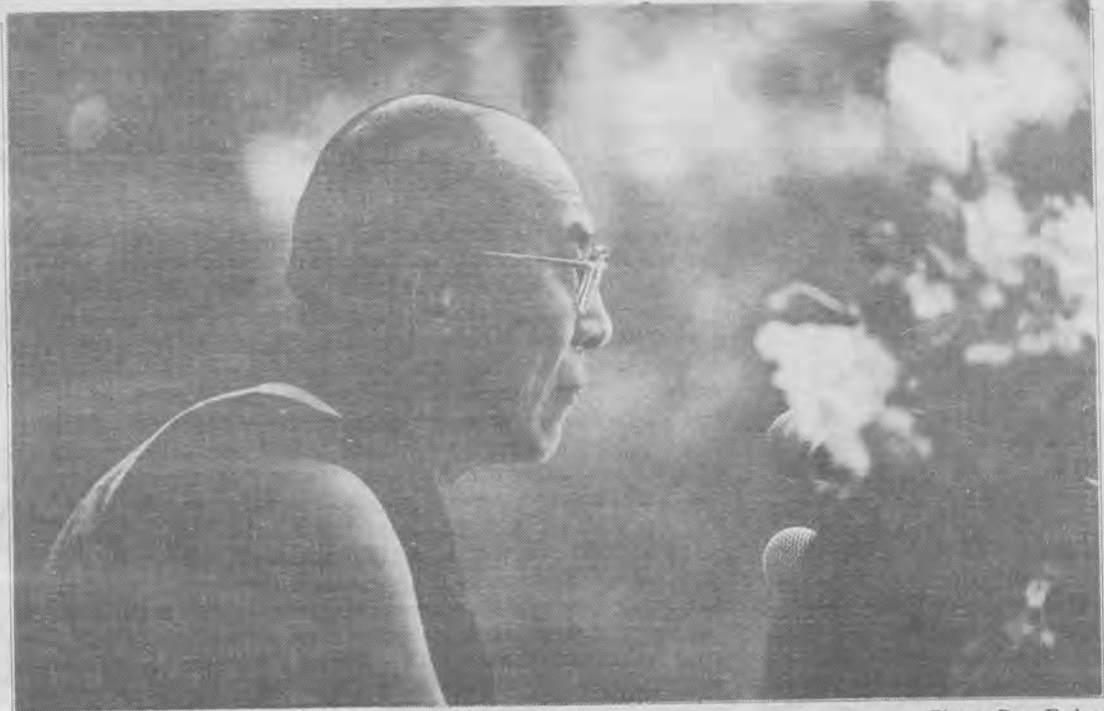


Photo: Don Farber

Statement of His Holiness the Dalai Lama on the Occasion of the 31st Anniversary of the Tibetan National Uprising Day

Thirty one years ago today, the Tibetan people rose up against the Chinese occupation of Tibet. In commemorating this momentous event in the history of our country, I extend my greetings to every Tibetan. Today, we remember those brave Tibetans who gave up their lives for the freedom of Tibet. We also express our deep admiration for our people's courage and determination in the struggle for freedom even under the most brutal martial law regulations.

Today, as we contemplate the future of our Tibet, we cannot help but think about the historic events of the past year. In China the popular movement for democracy was crushed in last June's unrestrained violence. But I do not believe that the demonstrations were in vain. Rather, the spirit of freedom has been rekindled among the Chinese people and China cannot escape the impact of this spirit of freedom which is sweeping through many parts of the world.

Extraordinary changes are occurring in Eastern Europe: events which have set the pace for social and political change throughout the world. Similarly, Namibia has gained its independence from South Africa and the South African government has taken the first steps towards the dismantling of apartheid. It is encouraging to note that these changes are the result of a genuine people's movement, and basically due to the irrepressible human desire for freedom and justice. What these positive changes indicate is that reason, courage, determination and the inextinguishable desire for freedom ultimately win.

Therefore, I urge the Chinese leadership not to resist the trend of change but to consider the problems of the Tibetan and Chinese peoples with imagination and broad-mindedness. I believe that repression will never crush the determination of any people to live in freedom and dignity. The Chinese leadership must look at the problems of China itself and the Tibetan issue with new eyes and fresh minds. Before it is too late, they must listen to the voice of reason, nonviolence, and moderation which is spoken by the Tibetan people and by China's own students.

Despite the claims of Chinese propaganda millions of non-Chinese people living in areas presently under the People's Republic of China suffer all kinds of discrimination. The Chinese themselves admit that even after forty years of communist rule these areas are backward and poor. However, the most disturbing effect of Chinese policy towards people in these areas is the demographic transformation which has been imposed upon them. In virtually every area new Chinese immigrants have become the majority community. Manchuria has been completely ab-

sorbed. In Inner Mongolia, only 2.6 million Mongols remain surrounded by 18 million newly arrived Chinese. More than fifty percent of Eastern Turkistan are now Chinese while in Tibet, the six million Tibetans are outnumbered by 7.5 million Chinese immigrants.

Naturally, the non-Chinese people are restive. Unless China's leadership can take steps to assuage their feelings, there is every likelihood that serious problems will arise in the future. It is imperative, I believe, for China to learn a lesson from the Soviet Union and in particular to follow the example set by President Gorbachev who is seeking to solve similar problems through dialogue and compromise. The government of China needs to realize that the problems it faces in the non-Chinese areas under its rule are not merely economic. At root they are political and, as such, can only be solved by political change.

To bring about a peaceful and reasonable solution to the question of Tibet, I proposed the Five-Point Peace Plan and the Strasbourg Proposal. Even after the imposition of martial law in Tibet we proposed to hold preliminary

Continued on page 15



Photo: Tom Kennedy

Catalog Contents:

Dharma Items	20
Snow Lion Tibet Cards	24
Cards, Prints, Posters	25
Computer Software	43
Video Dharma	42
Audio Tapes	26
Books by the Dalai Lama	22
Kalachakra	23
Art & Photography	31
Adventure Travel	30
Biography	29

Cookbooks	33
Health & Fitness	33
History & Politics	29
Language	28
Women's Studies	28
Zen	28
Native America	41
Other Traditions	41
Psychology & Self-Help	34
Religion & Philosophy	35
Music & Chants	27
Calendars	27

H.H. THE DALAI LAMA DZOGCHEN TEACHINGS & PADMASAMBHAVA EMPOWERMENT FOR WORLD PEACE

"As I always say, every one of us has a responsibility. So we must each take that responsibility and try to contribute our own individual share. Let us try to have a better world, a happier world, happier human beings. What I usually call 'my nirvana'—the permanent cessation of all emotional negative thoughts—that's my private business, my private nirvana. Now what we really need is nirvana for society; a happier human community and a society fully committed to lovingkindness. That is what we want. And that is what we can build. And for that everyone has a responsibility. As for my own nirvana, I can pursue that by myself; that's my business!"

This is how His Holiness the Dalai Lama concluded his teachings in San Jose, California on October 9, 1989, where, for the first time in the United States, he had given teachings on Dzogchen and conferred the unique Empowerment of Padmasambhava and his Eight Manifestations, one of the Pure Vision revelations of the "Great Fifth" Dalai Lama. The great privilege and blessing of sponsoring these teachings in the U.S. came as a result of a long-standing invitation by Sogyal Rinpoche and Rigpa Fellowship. At their request, His Holiness had given Dzogchen teachings in London in 1984 and the same empowerment in Paris in 1982.

Just two days before his arrival in Santa Cruz, the news broke that His Holiness had been awarded the Nobel Peace Prize. For the teachings sponsored by Rigpa, which were dedicated to World Peace, it could not have been more auspicious. On October 7, he gave his first public address since the Nobel announcement in the Santa Cruz Civic Auditorium, where two thousand local people flocked to see him. Such had been the demand for tickets that the box office had distributed them all within forty minutes of opening, some people having queued from 5:30 a.m. His Holiness was introduced by the County's leading politician and noted conversationalist Gary Patton, the Chairperson of the Santa Cruz County Board of Supervisors, who called His Holiness "one of the great environmental leaders of the world."

His Holiness immediately introduced his theme: the importance of love and compassion at every level of human existence. Comparing human beings to bees, for which he admitted a particular curiosity on account of his predilection for honey, he concluded how much poorer were the humans, in their lack of social responsibility and in their attitude towards their fellow human beings. His Holiness lamented the loneliness and suffering to be found in modern urban society. He had come to Santa Cruz straight from a series of dialogues with scientists in Newport Beach, whose consensus of opinion had confirmed that the key cause of the mental illness so prevalent in the world today was a lack of sympathy and affection. His Holiness illustrated his point by recounting two touching anecdotes, of how he had helped a mentally disturbed person, and on the training of killer whales at Sea World. He went on to speak more about the impor-

ance of compassion for society, and for the younger generation who represent the future of humanity.

On world peace he reiterated his familiar call: "True world peace can only be achieved through mental peace. Mental peace springs from the genuine realization that all human beings are brothers and sisters. Even though there are some different ideologies, political and economic systems, these are only secondary; the most important point is that we are all the same human beings, living on one small planet. For our very survival, we need other continents and other people; we depend on the co-operation of other human beings. It is quite clear that only by first developing inner peace is there a real hope or chance of keeping a lasting world peace."

Tracing the principle of cooperation from the level of particles to cells, to technology and in the community, he emphasized the role of an active compassion in society. At the same time, he identified the greatest obstacle to compassion as anger, and spoke on how to tackle it. He stressed the importance of patience and tolerance, and how a sincere attitude of altruism can bring true friendship, and break down barriers. "So I call this feeling a 'genuine realization of the oneness of the whole of humanity'. We are all members of one human family. I think that this understanding is very important, especially now that the world is becoming smaller and smaller. In ancient times, even in a small village, people were able to exist more or less independently. There was not so much need for others' co-operation. These days, the economic structure has completely changed, so that modern economies, relying on industry, are totally different. We are heavily dependent on one another, and also as a result of mass communication, those barriers of the past are greatly reduced. Today, because of the complex interdependence of different factors, every crisis on this planet is essentially related with another, like a chain reaction. Consequently it is worthwhile taking every crisis as a global one. Here barriers such as 'this nation' or 'that nation', 'this continent' or 'that continent' are just obstacles. Therefore today, for the future of the human race, it is more important than ever before that we develop a genuine sense of brotherhood and sisterhood."

From universal responsibility His Holiness turned to the work being done to seek a better understanding between different religions, and thanked those who took an interest in the plight of the Tibetan people. During the time allotted to questions, he spoke at greater length about the conditions in Tibet, the position of Tibet and how individuals in the West could help. He explained his reaction on receiving the Nobel Prize, and spoke very clearly and movingly on the sources of his optimism for the future. By this point in the auditorium you could have heard a pin drop; His Holiness' conviction and inner strength held the audience in an atmosphere of vibrant intensity as they hung upon his every word.

During his visit, there were many moments of that endearing

humor and spontaneity which are a familiar part of His Holiness' character. In a brief stopover at Vajrapani Institute, one of the crown shouted out, California style, "We love you!" His Holiness stopped in his tracks, and grinned at them. "Thank you very much," he said, and then with a glint of mischievous playfulness in his eye, blew them a big kiss. After his public talk in Santa Cruz His Holiness was on the point of climbing into his car when he spotted a group of local people, who had been catching the live radio broadcast of his talk, sitting on the grass outside the auditorium. One of them called out "Free Tibet!", at which he immediately headed off towards them, throwing security personnel, police and photographers into disarray. He greeted them all, shaking their hands and beaming at them. There were hardly any who did not have tears in their eyes.

Originally scheduled to be held in Santa Cruz, the Dzogchen teachings and the empowerment of Padmasambhava had to be relocated when two thousand people had already registered within the first few weeks. The only available venue large enough was the newly constructed Student Union Recreation and Events Center at San Jose State University, in the heart of California's "Silicon Valley." The environment was totally transformed as, guided by Sogyal Rinpoche's remarkable flair for aesthetics and attention to detail, two rows of exquisite thangkas were hung above the stage, including the complete set of visionary thangkas commissioned by Jamyang Khyentse Chokyi Lodro, as well as the Eight Manifestations of Padmasambhava. The centerpiece, directly above His Holiness' throne, was a huge thangka of Guru Rinpoche in the form of Sampa Lhundrupma, "Fulfillment of All Aspirations." To His Holiness' right was the beautiful palace of the 'mandala house' constructed by Rigpa staff and Ven. Tenzin Dakpa, His Holiness' ritual master from the Namgyal Monastery. Tibetan carpets covered the stage, and Rigpa banners hung right and left along the sides of the hall, which was packed to its 5,500 seat capacity. It was a breathtaking setting.

As Sogyal Rinpoche welcomed His Holiness, congratulating him on the Nobel Prize in a tribute to his courage, vision, wisdom and determination, the audience immediately rose as one in a standing ovation. "This is a triumph," Rinpoche said, "for the Tibetan people and all their hopes, a signal that the world acknowledges the justice of their struggle and supports their aspirations for freedom, borne through so much suffering. It is a message of victory for all those throughout the world who cherish peace and human values, and a signal of hope to encourage all those other people who are struggling for their rights and their happiness. It is a tribute to your unwavering stand on non-violence, and to your message of compassion and love, which has moved so many millions around the globe. And it is the long-awaited confirmation of your place as the most important spokesman for world peace in this troubled world of ours. For no one



Padmasambhava

else has championed the cause of universal brotherhood and sisterhood, of reconciliation and forgiveness as you have done. At long last the world has truly recognized what so many have known for so long."

His Holiness replied: "I consider this prize to be some kind of recognition of my sincere motivation. So essentially the credit goes not to that monk Tenzin Gyatso, but rather to the sincere motivation of altruism. Every human being has the same potential for compassion; the only question is whether we truly take any care of that potential and develop it and implement it in our daily lives. So I hope that more and more people will realize the value of compassion and follow the path of altruism. As for myself, since I became a Buddhist monk that has been my real destiny—for usually I think of myself as just one simple Buddhist monk, no more and no less."

Over the next two days, His Holiness gave the Dzogchen teachings, concluding on October 9 with the Empowerment of Padmasambhava and his Eight Manifestations. This was the "Tukdrup Yang Nying" empowerment from the Fifth Dalai Lama's "Gyachen Nyer Nga" revelation, which is a cycle classified as belonging to the Ancient Tradition of Nyingma, and to the category "Zabmo Daknang," "Profound Pure Visions." From all over the United States and other countries as well, followers of all Buddhist traditions, both Tibetan and others, had been drawn together by the opportunity of receiving these teachings from an authority such as His Holiness. Many observed that this was the largest gathering they had ever seen in the West of lamas and practitioners of the Buddhadharmas. Both H.E. Dzogchen Rinpoche and Nyoshul Khen Rinpoche had been in Santa Cruz during the preparations for His Holiness' visit, and Khen Rinpoche gave a number of teachings, one of them on the evening of October 8, where he addressed the gathering along with Sogyal Rinpoche. Many lamas, geshe, and ordained sangha filled the stage during the teachings, headed by His Eminence Sakya Dagchen Rinpoche.

With his customary authority,

piercing wisdom and humor, His Holiness taught on Dzogchen, explaining at first the general approach to the Buddhadharmas, and the teachings of Hinayana, Mahayana, and Secret Vajrayana. He began by underlining how in a traditional setting, teachings such as Dzogchen were taught according to the experience of the student, with a set period of time specified for each stage of the practice. He emphasized how considerable time should be spent on experiencing them in meditation, stressing how real change in a practitioner can only take place as a result of constant effort and determination, and that, as Buddhists, such change should be seen in terms of a long-term evolution, over aeons and billions of lives.

His Holiness pointed out the uniqueness of Dzogchen as a vehicle which takes wisdom as the path, in contrast to other vehicles which take the mind as the path. At several points he observed how helpful it could be to have a more comprehensive understanding of the Buddhadharmas, and of the different approaches within Tibetan Buddhism.

"It is of the utmost importance that, when one engages in the practice, first of all one should have a good grounding in the different vehicles of the Buddhadharmas. If this is well established, it serves as a very valuable preliminary, to enable one to better realize the true meaning of Dzogchen teachings themselves."

"According to the approach of Jamyang Khyentse Chokyi Lodro, handed down by Dilgo Khyentse Rinpoche, the entire spectrum of Buddhist philosophy and practice can be explained through the famous quotation of Buddha: 'Mind is devoid of mind, for the nature of mind is Clear Light.' The first element of this quotation, 'the mind,' encompasses the entire meaning of the Hinayana teachings, that is the teaching based upon the Four Noble Truths. The second part of this line, 'is devoid of mind,' encompasses the meaning of all the Wisdom Sutras, the second turning of the Wheel of Dharma. And the meaning of the last part of the quotation, 'the nature of mind is clear light,' embraces the entire subject matter of the third turn-

Continued on page 3

NEWS

DZOGCHEN MONASTERY &
THE DZOGCHEN RINPOCHES

"It is of the greatest simplicity. It is what is. Dzogchen, which is beyond conceptions and transcends both grasping and letting go, is the essence of transcendental insight. This is the unchanging state of non-meditation in which there is awareness but no clinging."

**Jikme Lingpa,
"The Lion's Roar"**

The teaching and realization of Dzogchen has been passed down from the primordial Buddha Samantabhadra to the present day through an unbroken lineage of masters. From its first human teacher, Garab Dorje, these include Manjushrimitra, Shrisingha, Jnanasutra, and then in Tibet: Padmasambhava, Vimalamitra, Vairocana, Yeshe Tsogyal, Longchen Rabjam, Jikme Lingpa and Jamyang Khyentse Wangpo. Among the great Tibetan masters of Dzogchen is the incarnate line of Dzogchen Rinpoches, whose extraordinary, sometimes humorous, life-stories bear full witness to that totally free and profound understanding that caused them to be regarded as living embodiments of Dzogchen.

The first Dzogchen Rinpoche, Pema Rigdzin, was born in Kham Riwoche in Eastern Tibet in 1625. He overcame great difficulties in order to study with about thirty masters. He was ordained by the 5th Dalai Lama, thereby creating the close link between the Dalai Lamas and the Dzogchen Rinpoches which was to endure over the centuries to follow. Pema Rigdzin spent much of his life in retreats, which included one seven-year retreat "on one seat" and from one to three years in many other places, and he became renowned all over Tibet. Once when he was giving him an empowerment, his master Bakha Tulku, realizing the depth of his attainment, said: "I have heard of Dzogpachenpo as a teaching, but I have never seen Dzogpachenpo

as a person except in you." It was from then on that he became known as Dzogchen Pema Rigdzin, Dzogchen Rinpoche.

In the latter part of his life, he was summoned by the Dalai Lama, who told him that he believed he was, without any doubt, the reincarnation of Tsongkhapa, who had vowed to serve the Nyingma School in a future life. With that he instructed him to go and found a Nyingma monastery at Dzachukha in Kham. Dzogchen Rinpoche set out for Kham with his two greatest students, and when they came to the site of the future monastery, it was just an empty valley with a few nomads. To this day, the stone on which Dzogchen Rinpoche first rested still bears the imprint of his body. As he sat, undecided as to where to build the monastery, he put out a small protector's offering, whereupon a crow flew down, took the offering in its beak and threw it. The spot where it landed marked the site of the Dzogchen monastery.

The fame of Dzogchen Rinpoche attracted students from all over Tibet, and with the help of the King of Derge, the monastery was completed over the years 1684-5. Dzogchen Pema Rigdzin passed away at 73, in 1697. The monastery he founded, called Dzogchen Rudam Orgyen Samten Choling, was destined to become the largest Nyingmapa monastery in Kham. It was situated in the Tudam Kyitram Valley, in Kham Derge on the border with Lingtsang, the birthplace of the great Tibetan warrior-king Gesar. The site is counted as one of the twenty-five great pilgrimage sites of the Kham region, and the main one associated with the "noble qualities" of the Buddhas. Nearby lie three sacred lakes, and the cave where Padmasambhava first compounded myrobala medicine.

It was in Mongolia that the Second Dzogchen Rinpoche Gyurme Tekchok Tenzin was born in 1699.

He became a realized master of Dzogpachenpo and took a special interest in the Buddhist scriptures, copying the whole one hundred and eight volumes of the Kagyur (the "Word of the Buddha") by hand. It was when the king of Derge found him alone copying the Kagyur that he was moved to establish a printing press at Derge to produce the Kagyur and Tengyur. The Second Dzogchen Rinpoche himself founded the printing press at Dzogchen, which later became one of the most well-known in Tibet. At the behest of the King of Derge, he published the writings of Longchenpa (1308-63), such as the "Seven Treasures," the "Trilogy of Finding Comfort and Ease," and his great commentary on Guhyagarbha Tantra.

Dzogchen was now almost like a city in size, and famous for the Shedra and retreat centers that produced and attracted countless renowned scholars and masters of meditation. Among them was the great Patrul Rinpoche, who rose to fame as a scholar and Dzogchen master, poet and author, and played a leading part in the 19th-century renaissance of Buddhist culture and spiritual life in Tibet. His free spirit led him away from a monastic lifestyle, and he preferred to stay in retreat, travel or live amongst beggars. Scholars from all four schools of Tibetan Buddhism and Bon came to study with him.

Mipham studied at Dzogchen Shedra too, especially under Patrul Rinpoche. Famous for his original commentaries on important Buddhist scriptures, which were used as textbooks in colleges all over Tibet, he also wrote on many subjects. His printed works alone came to over thirty-two volumes.

Jigdral Changchub Dorje, the Sixth Dzogchen Rinpoche, was born in Tsari in 1935. Under the tutorship of Khenpo Gonri, he was already a master in whom many saintly qualities were seen,

such as being able to foretell the unseen and leave imprints of his hands and feet in solid rock. He received teachings from a number of masters, including Jamyang Khyentse Chokyi Lodro, and was granted the title of "Qutuktu" by the Government of Tibet, the highest spiritual honor. He devoted all his resources and energy to furthering the Buddhadharm, encouraging the study of specific teachings, continuous ceremonies and cycles of practice in the study and retreat centers. Among a number of important images he



constructed at Dzogchen was a three-dimensional "Copper Coloured Mountain" (Padmasambhava's paradise) made of various precious gems.

During his time, the lamas and monks at Dzogchen monastery numbered over a thousand, and it had over two hundred and fifteen branch monasteries. Dzogchen monastery had perhaps the best scriptural college and retreat center in the Nyingma and Dzogchen tradition. It was also famous for its sacred dances, to which people would flock from far and wide.

In 1959 Dzogchen monastery was razed to the ground by an occupying Chinese force, and Dzogchen Rinpoche, along with the majority of the lamas and monks, was killed. Barely half a dozen of the monks from Dzogchen managed to escape into exile.

The Seventh Dzogchen Rinpoche, Jikme Losel Wangpo, was born in Sikkim in 1964. He was



recognized by the 4th Dordrupchen Rinpoche and enthroned in 1972. Among the other great Lamas from whom he has received teachings are H.H. Dudjom Rinpoche and Dilgo Khyentse Rinpoche, and his education has been very closely and personally supervised by His Holiness the Dalai Lama, who feels very strongly that link between himself and Dzogchen Rinpoche created during the time of the Fifth Dalai Lama. The present Dzogchen Rinpoche has long been regarded in India as being a great teacher of the future, showing remarkable qualities—profound intelligence and inner

awareness along with quiet dignity and humility. In 1985 and in 1988, at the invitation of Sogyal Rinpoche and Rigpa Buddhist Meditation Centers, he made his first visits to the West.

According to the directions of H.H. the Dalai Lama, the Dzogchen Monastery is being rebuilt in Kollegal, Mysore, South India, where it will become a major center for the Nyingmapa teachings. His Holiness considers this of very great importance, granting the site for the monastery close to his own residence. Already monks have enrolled and the monastery serves as a focus for the large Tibetan community, catering to its spiritual and educational needs.

Dzogchen monastery will become a major focal point for the Nyingmapa teachings, and will re-establish the great living tradition of Dzogchen, where both study and practice are equally emphasized. The most important phase of the development of the monastery is to establish a study college (Shedra) modeled on the famous 'Shri Singh Shedra' of the original Dzogchen monastery. Provision of teachers and facilities for study are of crucial importance for the young monks who have joined the monastery. Four salaried teachers provide a well-rounded education and instruct the monks in the traditional branches of learning. At present all the monks receive lessons in the one room of the kitchen/dining hall, which having only just been constructed, lacks any fittings or installations. As long as the hall is used for classes, it cannot be used for its original purpose.

The total construction of the Shedra, including building materials, is just over 100,000 rupees (approximately \$58,600).

Water Tank Dzogchen monastery is located in a particularly dry area of southern India, where scarcity of water is a major problem. At the moment an old pipe supplies a very limited amount of water from the nearby hills, but it is not even sufficient for washing. Building construction requires a great deal of water and currently this can only be arranged with enormous difficulty. New toilets and bathrooms have been completed but owing to the water shortage these facilities cannot be used. The monastery badly needs an adequate water supply which can be provided through the installation of a water tank. The cost of the water tank is 15,000 rupees or \$900.

Sponsorship Individual sponsorship for the fifty resident monks is required to ensure their continued training. For \$20 a month a monk can be fully supported in his training and education. For full details on the sponsorship program and other projects contact Rigpa Fellowship, P.O. Box 7866, Berkeley, CA 94707. Tel. 408-688-2535. ■



RIGPA

Continued from page 2

refers specifically not to the Sutras which are taken as the philosophical authority of the Cittamatra School, but rather to sutras like the Tathagatagarbha Sutra which is the root sutra of treatises like Maitreya's Uttaratantra 'Sublime Continuum of Consciousness,' in which the meaning of the primordial Clear Light is expounded.

"Although the ultimate meaning of the 'Fundamental Innate Mind of Clear Light' is expounded in Highest Yoga Tantra in general, the actual practice of experiencing this primordial nature of the mind in a very experiential and intuitive manner is to be found only in Dzogchen practice.

"The fact that both what is called the 'Fundamental Innate Mind of Clear Light' in the New Translation School and Highest Yoga Tantra, and what is spoken of as the pristine awareness of Rigpa in the Dzogchen teachings ultimately come down to the same meaning is to be found in the writings of Longchen Rabjampa and in Jikme Lingpa's commentary to his own 'Yonten Dzo,' the 'Treasury of Knowledge.' One can also find this in the writings of the Fifth Dalai Lama, and particularly in the later writings of Dondrup

Jigme Tenpe Nyima, the Third Dordrupchen Rinpoche, who was not only a very great scholar but also a great meditator and adept. He had a vast knowledge of both Sutra and Tantra, and of both the New Translation School of Tantra and the Old Translation School, and his understanding of Madhyamika philosophy and Sautantrika epistemology and logic were very profound. One can find in his writings very explicit references to this point: how the ultimate meaning of what is spoken of in the New Translation Schools as the Fundamental Innate Mind of Clear Light and in Dzogchen terminology as Rigpa are one and the same thing. Also one can find explicit mention of this fact in the writings of Khenpo Ngakchung where he specifically mentions it when distinguishing between the Ground and the Appearances from the Ground, referring to the Ground as Rigpa.

"So although I cannot claim to have authentic, advanced realization of Rigpa or the Fundamental Innate Mind of Clear Light, yet when I read and compare the different writings of various masters from different traditions, and particularly when this point is analyzed in relation to the writings of the different schools of Buddhist philosophy, including both the Sutra system and all four class-

es of Tantra, Old and New Translation School, I sympathize with this opinion. I find this particular insight very beneficial and helpful myself in understanding the unity of all the different traditions of Tibetan Buddhism. It also enables me to develop a genuine respect towards all the diverse approaches within the Buddhist tradition of Tibet."

Before leaving Santa Cruz on October 10, His Holiness met the Rigpa Sangha who had arranged his visit. Once again he spoke of an active compassion and an engaged Buddhism, emphasizing how it was the responsibility of followers of the Buddhadharm to be of service to others. "Through sincere practice, we as individual practitioners can create, I think, a positive atmosphere, which will contribute to society. . . . Then it is important to find a variety of ways to be of service to society as a whole—since that is our responsibility." ■

The special book "Dzogchen: Padmasambhava," written by Sogyal Rinpoche to commemorate His Holiness' teachings in the U.S. in October 1989, is still available from Rigpa.

Audio and video cassettes of His Holiness' teachings will be available at a later date.

NATIVE AMERICAN/TIBETAN MASKING PRACTICES

By Nanci A. Hoetzlein

As investigation into the historical and ethnological connections between Tibetan and Native American peoples continues, certain components of cultural life are revealed as strikingly similar. One such factor is use of masks in ritual practices.

While each Tibetan Buddhist sect (and indeed each monastery) has its own traditions, and while each Native American clan (and often a particular group within a clan) has its unique practices, masking and related dance traditions are universally sacred expressions of spiritual concepts. The process is an integrative one, in which both the practitioner and the spectator seek to cultivate a state of consciousness which transcends ordinary awareness.

The Tibetan Buddhist's primarily masked figures are termed deities; the Native American's are known as spirits. Both are embodiments of specific forces representative of transformative internal states and corresponding

higher principles. When the individual incorporates the qualities of a particular deity or spirit into the functioning of the psyche, at least for the duration of the dance, the ego has been transcended. Masks are sacred objects. Specific traditions regarding their handling, wearing and reverence are essential.

On December 19, 1989, Oren R. Lyons, Onondaga Nation Faithkeeper, presented to the New York State Supreme Court an affidavit requesting that sacred medicine masks and other sacred materials be returned to the Haudenosaunee (also known as the Iroquois) from the Heye Foundation collection. The Haudenosaunee are associated with a particularly strong tradition of medicine practices based on the use of False Faces. As a representative of the Mohawk, Oneida, Onondaga, Cayuga, Tuscarora, and Seneca Nations, the chief has met several times with His Holiness the Dalai Lama, who has

shown a keen interest in Native American life. The Haudenosaunee have placed upon the Dalai Lama their honored title, Man of the Pure Mind, a highly appropriate title from the Tibetan Buddhist standpoint.

For a culture's spiritual traditions to survive, ritual objects must be used as living expressions of indigenous beliefs. No matter how scientifically or artistically preserved, impersonally displayed artifacts remain static curiosities, poor testimony to the vitality of a culture which struggles to survive. Paragraph 14 of the affidavit submitted by Oren Lyons reads, "The stated purpose of the 'National Museum of the American Indian Act,' is 'to establish a memorial to the American Indian...'. We contend that it would be a hollow memorial indeed to begin this great effort by denying the religious materials and needs of the contemporary American Indians of today."

While the outlook and practices common to the Tibetan Buddhist and Native American cultures are to be joyously celebrated as indications of a unique spiritual affinity, it is mournful commentary to note the current political plight of these two enduring civilizations. The statement presented by Oren Lyons, "It brings forth as a primary issue the moral principles involved in the acquisition and



Courtesy Cornell University

possession of religious and national cultural patrimony of one nation by another. . . ." applies equally to the Tibetan situation. Sacred masks, like so many other ritual objects, belong to the people who created them, to those who are trained in their proper use.

For further information as to how you may assist with the return of the Haudenosaunee sacred medicine masks and related objects, contact: Sam Crow-Walker Argetsinger, Carpenter Road Box 140, Burdett, NY 14818. ■

Nanci A. Hoetzlein is an arts journalist and dancer who specializes in the sacred dances of indigenous cultures. She has been selected by the Society of Dance History Scholars to deliver her research paper, Sacred Dances of Tibet's Gelugpa Sect, at the Fifth International Dance Conference, to be held at the Hong Kong Academy for the Performing Arts, July 18-28, 1990. She will then travel to Dharamsala, India, to continue her studies in Tibetan dance. She can be contacted at 607-546-8475.



Photo: Tom Kennedy

Continued from page 1

lary deities such as these four Holy People.

Sand mandalas serve Tibetans and Navajos as psychophysical osmotic membranes. They are sacred areas wherein the body/minds of patients/practitioners transform into fully empowered (divine) selves, by association with their deities. The Navajo name for sand painting, Ikaah—meaning "where they (the Holy People) come and go"—effectively expresses this purpose.

As moderator of the evening, I began with a detailed introduction for the several hundred people in attendance, concerning Navajo and Tibetan use of sand mandalas. Mr. Francisco then led off the ritual proceedings by consecrating his sand painting with sacred song and corn pollen. Then, before ritually destroying the work he invited all in attendance to do as the Navajo do and come forward to place their hands on the sacred sand figures.

He instructed the audience/participants to place sand from the various parts of the deities' bodies onto corresponding parts of their own bodies, in order to transfer their healing powers. This is the consummate act of transformation in the Navajo spiritual healing process. The first to take up the Navajo sacred sand were Geshe Topgyal Rinpoche and his monks.

Likewise, the sand mandala depicting the palace/universe of

the Healing Buddha was consecrated then ritually destroyed by the lama and monks. Portions of the mixed, colored sands were distributed to all in attendance, their residual sacred powers serving as a source of healing and blessing. The audience was headed up, in this instance, by the Navajo chanter, his wife and their niece.

In this way, over two hundred people from vastly differing backgrounds were momentarily taken out of their ordinary reality and transported to the realm of the ideal and into the best versions of themselves. And from later comments by the audience, it became clear that this evening was remembered less as a lecture-demonstration and more as a religious experience.

The transformative practices of these two ancient cultures have preserved for the rest of humanity a precious legacy that is both timely and crucial in this age of confusion and change.

May the Tibetans and Navajo Indians of the world continue to point the way! ■

Peter Gold is author of the books *Tibetan Pilgrimage*, *Altar of the Earth and Tibetan Reflections*. He is currently writing *Circle of the Spirit*, a book on the universals of spiritual philosophy and practices shared by Tibetans and Navajo Indians, to be published by Snow Lion, with photos by Tom Kennedy, curator of the Children's Museum of Indianapolis.



CHÖ-YANG ཅོ་ཡང་



Tibet, the Land of Snows, has captured the interest of the Western world for much of this century. Before 1959, scores of books were written by travellers who managed to penetrate her isolation, describing for the first time her religion and way of life.

Since 1959, when Tibetans were forced to flee their homeland and replant the fragile roots of their endangered cultural heritage in exile, interest and knowledge have grown extraordinarily.

Now, thousands of non-Tibetans study and practise Tibetan Buddhism through the hundreds of Tibetan Buddhist centres around the world, and thousands more show keen interest in Tibet's culture and the fortunes of her people, in and out of Tibet.

In response to the increasing need for information about Tibetan religion and culture, the Council for Religious and Cultural Affairs of His Holiness the Dalai Lama in Dharamsala, India, publishes an annual journal *Cho-Yang*.

The only publication of its kind, *Cho-Yang*, now in its third year, features stories, translations, articles about all five Tibetan spiritual traditions (the four Buddhist schools and Bon), teachings by and interviews with the great masters, including His Holiness himself, explanations of religious rituals, reports of developments in some of the two hundred newly established monasteries in India and Nepal, where now more than ten thousand monks and nuns study and practise, articles on Tibet's theatre and art and photo-

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The Council draws on its extensive resources to produce a beautifully designed, 120 page magazine, with numerous line drawings and colour and black and white photographs.

The latest issue of *Cho-Yang* (Number 3) is now available directly from the Council, and costs US\$ 11.95, including airmail postage anywhere in the world.

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- Dependent Arising by His Holiness the Dalai Lama
- An Interview with Situ Rinpoche
- Ma-chig Lab-dron
- The Stages of the Rite of a Tantric Initiation
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The Voice of Tibetan Religion and Culture

NEWS

YANTRA YOGA

By Michael Katz

My first exposure to the subject of Yantra Yoga came through the master teachers Dudjom Rinpoche, who left his body in 1987, and Lama Gampo Tsenden, who at the age of eighty-four currently lives and teaches in Tibet. Initially they did not give methods for practicing a Yantra Yoga system but rather told stories about the masters of Tsa Lung. Tsa Lung, which translates as channels and winds respectively, refers to the skillful methods of yoga which lead to the mastery of energy, body, and ultimately mind. Later I received instruction on aspects of Tsa Lung from several teachers. The most comprehensive instructions came from Namkhai Norbu Rinpoche concerning the system of yoga called the Unification of the Sun and the Moon (Trulkor Nyida Khajor).

The word Yantra in Tibetan is *Trulkor*. Its literal meaning is machine or instrument, and one of its implied meanings is movement of the body and energy. Physical Yantra Yoga systems are used for balancing, and gaining mastery over body, energy, and mind.

The Unification of the Sun and the Moon Yoga was one of the earliest of the many systems of physical yoga which exist today, largely in secret. The text that poetically records this system of yoga was composed by the eighth-century Mahasiddha Vairocana. He in turn was instructed by the Indian meditation master Humkara and Padmasambhava. Trulkor Nyida Khajor is considered to be one of the oldest forms of yoga preserved within the Tibetan Buddhist religion, having been transmitted in an unbroken lineage for well over one thousand years.

Students familiar with both Hatha Yoga and this Trulkor system will note many similarities, due in part to their common Indian origins. Some Yantra Yoga teachers when asked to differentiate between these Trulkors and Hatha Yoga have noted the distinctive continuous movements that characterize some sequences of Yantra Yoga. Held breath and visualizations are also characteristic of certain exercises within the Yantra Yoga systems.

As previously mentioned the Trulkor Nyida Khajor was one of the earliest forms of yoga practiced within the Tibetan Buddhist tantric religion, but since its introduction numerous other Trulkors have been developed. These later systems of Trulkor are associated with Terma texts. Terma are texts and/or meditation instructions which were discovered by masters of meditation called Tertons. Terma are considered to be instructions for meditation and yoga particularly suited to a specific time and dimension. They are believed to have been hidden by Mahasiddhas such as Padmasambhava, and then rediscovered by teachers such as Dudjom Rinpoche and his previous incarnation Dudjom Lingpa, often under remarkable circumstances. The varied Trulkor exercises and Tsa Lung practices including "Tum-mo," a practice for generating inner heat, are collectively considered to be part of the "Anu" yogas which together with Ati Yoga or Dzogchen form the innermost aspects of Tibetan Buddhism.

These yoga systems are generally held secret, as was true of the Trulkor Nyida Khajor. Recently, due to concern that this tradition

might be lost, some teachers such as Namkhai Norbu Rinpoche have introduced them to the public.

I received these instructions personally from Namkhai Norbu Rinpoche during winter retreats held in Conway, Massachusetts in 1983 and 1984. Later Norbu Rinpoche awarded me a teaching certificate, and I have accompanied him on portions of several world tours, teaching yoga. It has been a wonderful experience to travel with Norbu Rinpoche, however I can recall teaching on many occasions with my heart in my throat as he watched and made "suggestions." I am not a great practitioner of Trulkor; I have merely done my homework.

The Tibetans have an expression that if there is no wood to burn for fuel you stay warm by burning dung. I am happy to assist Norbu Rinpoche while I can still do the more strenuous asanas and movements. Even now various aches remind me that Trulkors are most ideally suited for the young, and were often introduced to teenager in Tibet. It is critical that they be introduced to a new generation soon as most of the other Yantra Yoga teachers like myself are children of the 60's.

As mentioned, it is traditional for the masters of yoga to prepare their students by recounting tales of other Tsa Lung practitioners. I remember one such story told by Lama Gampo. Two yogis who had already begun to achieve Siddhis or powers by virtue of their intensive practice were having a contest to see who could leap the highest. Lama Gampo, who at the time was inside the high wall of a monastery, recalled seeing them leaping higher than the walls themselves.

These allegedly true stories with fantastic outcomes have the effect of conveying the power of the yoga practices. When I first heard them they sparked my desire to learn these profound exercises. It was, however, not so easy. Lama Gampo, a master of a tradition called the Longchen Nyinthik, emphasized that they were secret and never given casually. He himself had only instructed a few heart students, and then only after they had demonstrated their motivation and worthiness by completing preliminary practices, which included one hundred thousand physical prostrations, one hundred thousand recitations for purification, and other mental and physical exercises which together are called Nondro. In addition, the aspirant would need to receive an initiation on a particular deity which itself was rarely given. If the student succeeded in obtaining the initiation there were subsequent commitments for reciting mantras, as well as pledges to do various other mental and physical trainings. This was one traditional route for beginning study of the Trulkors.

There was also another traditional path towards receiving comprehensive instructions on Tsa Lung. During the three-year retreat, which actually lasts three years, three months and three days, the teaching on Trulkor occurs during the second year.

At the request of the teachers the details of these instructions are secret even today. I have included these brief descriptions of the traditional methods for obtaining Tsa Lung practices so as to emphasize the respect with which they are held within the Tibetan Bud-

dhist tradition. The decision of Namkhai Norbu Rinpoche to teach a system of Trulkor was not taken lightly or suddenly. He spent many years in the West without teaching them at all; eventually he introduced Yantra Yoga exercises to a few students and gauged their effect. Finally, in the interest of preserving the tradition, he held seminars to communicate the instructions in a precise manner.

Shortly before attending one of Norbu Rinpoche's winter retreats in Conway I had the following dream: I was on a vast and beautiful beach. The light and colors

These warnings as well as my own experience have made me conservative. I see my role as creating a foundation for further study with a master, as well as promoting the benefits of increased energy, flexibility, and clarity which may be gained without risking one's health and welfare.

Having made some general comments on the subject of Yantra Yoga I would also like to make some additional comments on the "Trulkor Myida Kajor" system. The original text which is currently being translated from Tibetan by Norbu Rinpoche and his students, outlines one hundred and



were especially vivid. As I walked along the sand I passed different animals—a panther and a lion—who while normally fierce were on this occasion completely lethargic. Beyond the animals there was a gazebo-like pavilion on the sand. I could see through the beautiful blue silken cloth into the pavilion where half-naked yogis were practicing yogic postures. Later when Norbu presented the Yantra Yoga system I recalled this dream, and felt that it had foreshadowed his instructions. The retreat on which this occurred was itself magical. Snowbound with the Master in New England, we practiced each day in the funky shrine room of the old Dzogchen community house. The weather did its best to recreate a Himalayan landscape of brilliant blues and crystal reflections.

I subsequently practiced the yoga movements and breathing exercises. Although I have done occasional short retreats and practiced yoga intensively, I have primarily practiced while holding a job. On numerous occasions after completing a long day of work I found that a routine of yoga would be completely revitalizing. I have also noticed that the vividness and clarity of my dreams increases when I practice yoga regularly.

There are many other positive results of doing Yantra Yoga but by the same token there are some aspects of the Yantra system which are seemingly best left for retreat. Intensive practice of Yantra Yoga makes the mind unusually powerful and sensitive, and magnifies both positive and negative emotions.

A friend of mine who is also a lama once remarked that Tsa Lung is a "sharp path," meaning that it can be dangerous when abused. Long-term practitioners frequently know someone who, due to over-zealousness, has suffered "lung," or afflictions resulting from disordering the internal winds. Teachers have warned that under extreme circumstances misuse can lead to insanity.

AMA LOBSANG DIES

Lady Dr. Lobsang Dolma Khangkar passed away on the evening of December 15 after a prolonged illness at her residence-cum-clinic in Meleod Ganj. She was 55.

Born to a family of doctors in Kyerong district in South Tibet, Dr. Dolma was the thirteenth doctor in an unbroken family line. Dr. Dolma is survived by her husband and two daughters, both traditional Tibetan doctors. Dr. Dolma worked as the Chief Physician of the Tibetan Medical & Astrological Institute, Dharamsala, until she set up her own clinic in the late 1970's.

Dr. Lobsang Dolma, affectionately known as "Amala" to Tibetans, was generous in caring for the sick and will always be remembered, said Dawa Tsering, a social worker. All officials, monks, nuns and the destitute received free consultation and medication from her clinic. ■

SUMMER TIBETAN 1990

During the summer of 1990 the Department of Religious Studies at the University of Virginia will again offer Introductory Literary and Spoken Tibetan. This intensive nine-week course—taught by William Magee assisted by an indigenous Tibetan scholar—serves as the first year of the University of Virginia's Tibetan language training program. It is of special interest to those serious students planning a course of graduate study in Tibetan Buddhism, as well as those in related fields who work with Tibetans or want to make their own translations of primary source materials.

The course is structured to include both classical and colloquial Tibetan. The presentation of the classical language begins with the U-chen script and the grammatical elements of the classical language. The class will read Pur-bu-jok's text, and also learn the traditional debate technique and begin debating the collected topics in class. One result of this type of training is a rapid development of hearing and speech proficiency. Finally, the class will translate Dzong-ka-ba's Three Principal Aspects of the Path and parts of a commentary on that by Mok-jok Rin-bo-chay.

The anticipated tuition for the nine-week session is \$714 for Virginians and \$1,962 for non-Virginians. For 1990 Summer Session application forms and catalog, write to:

Director of the Summer Session, 209 Garrett Hall, University of Virginia, Charlottesville, VA 22903. Tel. 804-924-3371. ■

JOURNAL OF TIBETAN BUDDHIST PSYCHOLOGY

The Journal of Tibetan Buddhist Psychology and Healing is issued by the Center for Tibetan Buddhist Wellness and Counseling, Los Angeles, California. This non-profit organization seeks to share, discuss and promote practical information on Tibetan Buddhist healing, psychology and spirituality in relationship to modern psychology and present day thinking and lifestyle. The first issue focuses on depression, its origins and treatment from a Tibetan

medical and Buddhist psychological perspective. Also included are an interview on symbolism from both Jungian psychological and Tibetan Buddhist perspectives. The spring issue will focus on the therapeutic use of love and compassion.

The Journal will be issued three times a year and the annual subscription is \$15.00 payable to the Center for Tibetan Wellness and Counseling, 2941 Tilden Avenue, West Los Angeles, CA 90064. ■

NEWS

TIBETAN ORACLES:
GHADONG MONASTERY,
PAST AND PRESENT

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CHAGDUD TULKU RINPOCHE

BLACK
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CHOD
RETREAT

San Francisco Bay Area, May 28-June 17, 1990

These extensive teachings on the cycle of Black T'hroma are a rare opportunity for those who aspire to the fearless compassion of the chodpa when confronted by negative forces. The methods of chod are unsurpassed for healing, overcoming harmful influences and for bringing about realization of the nature of mind. This cycle of T'hroma is from the treasure lineage of Dudjom Lingpa. Rinpoche is famous for the power and beauty of his chod ceremony.

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Mon. 6/4 - Fri. 6/8	T'hroma Chod Sadhana
Sat. 6/9 - Sun. 6/10	Intro. to T'hroma Chod Feasts
Mon. 6/11 - Fri. 6/15	T'hroma Chod Feasts
Sat. 6/16 - Sun. 6/17	T'hroma Chod Healing Ceremony (Performed by Chagdud Rinpoche)

* Short empowerments given June 2 & 9 to permit attendance at weekly events.

Limited enrollment. Pre-registration required by May 7, please. Non-refundable 50% deposit.

For more information, contact: Robert Racine,
P.O. Box 90, Oakville, CA 94562, 707/944-1907.

It is said that when the Indian tantric master Padmasambhava came to Tibet in the 8th century, he gladdened the populace with miracles and vanquished the recalcitrant spirits, pledging them to henceforth protect the new religion. Popular stories recount how spirit after spirit was subdued and a hierarchy among them established. The five most ferocious ones became the Five Embodied Kings, also known under the collective name of Pehar Gyalpo. Two of these kings function as the so-called oracle deities who give advice through a particular human medium in trance. These trance mediums are also referred to as the ministers of the kings of superior qualities.

Before the founding of the three largest monastic seats of learning in the Geluk tradition (Drepung, Sera, and Ganden), the monasteries of importance in the Lhasa area were Ghadong, Kyormo Lung and Zurphu, all following the Kadampa tradition established by the Indian master Atisha in the 11th century. Ghadong became a sacred place because one of Tsong-Khapa's teachers, Lama Umapa, had lived there and because Tsong-Khapa himself had had his famous vision of Manjushri there. Within the precincts of the Ghadong monastery there is a well that was held as the seat of the vital force of the oracle-deity. In time the monastic complex grew up around it, housing the oracle as well as the human medium.

The monastery known now as Ghadong previously was referred to as Shingjachen or the "one with the wooden bird," so called after the vehicle upon which Pehar Gyalpo first descended. At the time of the Fifth Dalai Lama (1617-80) Ghadong Monastery together with Nechung Monastery came under the wings of the Geluk order, and the two have since acted as the two main oracles consulted by the Tibetan government and by a number of monastic institutions.

In their daily and seasonal rituals, Ghadong Monastery follows Nyingma as well as Geluk traditions. Whereas Nechung's medium is always a celibate monk, the Ghadong mediumship is inherited from father to son, and as such has remained a family affair for many centuries. The oracle's counsel is requested by individual persons, by the closely connected Drepung monastery and by many others. The oracle-deity at Ghadong is believed to have special powers over rain and water, and it is called upon for help in times of drought and flood to prevent damage from hail and to control the weather.

Prior to the Communist invasion of Tibet in the 1950s the Ghadong Monastery contained some 70 monks. During the Chinese takeover all were either killed or forced into labor camps or civil life. The oracle's medium, together with his family, fled into exile in India. The monastery itself and adjacent buildings were completely destroyed during the tumultuous years before and during the Cultural Revolution.

It was not possible to rebuild Ghadong Monastery during the early years of the exile when other temples were slowly being re-established. The medium was

elderly and his sons were serving in the Tibetan government-in-exile. Since much of the Ghadong rituals were the same as those of Nechung, the latter's monks assisted for a period of time, but the special ceremonies, customs, ritual dances and so on could not be maintained. In 1975 the medium passed away and one of his sons became his successor. One year later the Tibetan government-in-exile allotted a plot of land at the Gangchen Kyishong area in Dharamsala for the eventual re-establishment of Ghadong Monastery. In 1979 with a more relaxed border situation, four elderly monks familiar with the Ghadong tradition made their way to India. Through their effort and the work of the present medium, the monastic institution has begun to be rebuilt. Seven young boys have since become new monks at the monastery and are being trained. A small, modest temple has been erected together with monk's quarters for eight, plus a kitchen and living area for the oracle's medium and his family. Funds have come from private donations and loans, but since these are very limited in nature the Ghadong Monastic Institute is proposing a few projects by means of which it hopes to become self-supporting and independent. Financial assistance in the form of donations or loans is needed to resurrect the old traditions.

One proposal for generating funds is to establish a school and production center for traditional Tibetan pictorial applique work. Tibetan applique is an art that uses pieces of silk fabric, cut into shapes and finely stitched, to form pictures of bodhisattvas or celestial beings. The stitch work is a time-consuming and exquisite craft that requires strong dedication. This pictorial applique is traditionally produced by specially trained monks.

So far Ghadong Monastery has been able to secure the help of a 79-year-old master who served both the Thirteenth and Fourteenth Dalai Lamas as a tailor. He had been imprisoned until 1979 and then came to India. Given his advanced age, it is essential to transmit his unique knowledge quickly to those young monks who show interest and aptitude for this work. However, the biggest problem is the absence of a working place for trainees, a storeroom, dining room, and living quarters.

A second project through which the Ghadong Monastic Institute hopes to become self-maintaining is through publishing story books based on parts of the Kangyur depicting the life of the Buddha. At present these teachings are only accessible to scholars because of their highly philosophical language. The Ghadong team would first simplify the Jataka and Kyerab tales and the Do-Zanglon stories for Tibetan children and next translate the Tibetan versions into other languages.

For more information please contact Tibet Resource Centre, Ms. Ida Th. Salis, Director, P.O. Box 831, Larkspur, CA 94939. Tel. 415-924-9193. Ghadong Monastic Institute, Mr. T. Wangdak Ghadong, Gangchen Kyishong, Session Road, Dharamsala, H.P. 176 219 India. ■



KALACHAKRA

1990

TORONTO

His Eminence Jamgon Kongtrul Rinpoche will bestow the Kalachakra initiation in Toronto, Canada, from August 9th to 13th, 1990. Co-sponsored by the Karma Kagyu Centres of Toronto and Niagara, the ceremony will be held at the University of Toronto's Convocation Hall.

This will be the first time the Kalachakra initiation has been given in North America by Jamgon Kongtrul Rinpoche. His Eminence is one of the four Regents of the Kagyu lineage, and has also been closely linked with the Kalachakra in his previous incarnations. His Eminence recently gave the initiation in San Sebastian, Spain.

His Eminence feels that it is particularly important to hold the ceremony in Canada in association with the Karma Kagyu Centre at this time. "The Karma Kagyu Centre of Toronto is the main center of His Holiness Karmapa in Canada," he says. "It would be good for the Centre and also the whole nation." The Centre is directed by Chojé Lama Namse Rinpoche, His Holiness' personal representative in Canada.

The Kalachakra initiation is a very important spiritual and cultural event for Dharma practitioners and non-practitioners alike. The Kalachakra initiation pacifies conflicts, develops peace and welfare, and reduces suffering, both for those who attend and within the community in which it is performed. Because of this, there is a tradition of giving this very important initiation to large public gatherings. All those who come to this initiation will create a vital spiritual connection with His Eminence.

The Kalachakra is actually a system of seven preliminary and four higher initiations transmitted by the master over a five-day ceremony. The first day is spent on pujas and a special preparatory initiation. The actual Kalachakra empowerment takes place over the next three days. The fifth and final day is a special Ganachakra feast offering where participants celebrate and dedicate the merit of their practice.

Tickets are issued on a first-come, first-served basis, with early registrants getting seats nearest the mandala. Tickets are selling faster than expected, so register early to ensure yourself a space. Contact: Kalachakra 1990, Karma Kagyu Centre, 503 Huron Street, Toronto, Ontario, Canada M5R 2R6. Tel. 416-961-5542. ■

NEWS

TIBET U.S. RESETTLEMENT PROJECT

The ancient Buddhist culture of Tibet, with its deep commitment to spiritual values and nonviolence, is in grave danger of becoming extinct. Because of the repressive policies of the Chinese occupation, it is a matter of urgent humanitarian concern that special provisions be made outside Tibet for the survival of the Tibetan way of life as a viable cultural entity.

Toward this end, The Tibetan Immigration Act of 1990, H.R. 3705, was introduced by Congressman Barney Frank (D-MA). If passed, the bill will provide 1000 Tibetans with immigrant visas for immediate entry into the United States, thereby tripling the Tibetan population in America. This project is being sponsored by the Walker Center and the Office of Tibet in cooperation with the Central Tibetan Administration of His Holiness the Dalai Lama.

Upon the bill's enactment the Tibet U.S. Resettlement Project proposes to resettle the 1000 Tibetans in various cluster communities around the United States: Tibetans from refugee settlements in India and Nepal will be resettled in cluster sites ranging from 50-300 people, within an average radius of 25 miles. The objective is to build sufficient geographic concentration to maintain social cohesiveness, Tibetan cultural identity, and easy access to centrally located resettlement services.

1000 Tibetans in the United States would be 1000 ambassadors for the Tibetan cause. With freedoms of speech and political expression, in a position of high visibility and access to world opinion, Tibetan Americans could speak freely in defense of their

Tibetan countrymen who are not free to speak for themselves.

Tenzin Tethong, director of the International Campaign for Tibet, says that "the Tibet U.S. Resettlement Project is an opportunity for Americans to show their support for the survival of this rich and ancient civilization. Though thousands of Tibetan refugees have settled in India, they remain isolated, impoverished, and far from reaching their potential for lack of opportunities. In a more open and prosperous society, Tibetans will be able to support cultural preservation projects in India and Nepal, while acquiring expertise for adapting Tibetan traditions to life in the modern world."

How You Can Help

1. Write to your Congressional Representative to support THE TIBETAN IMMIGRATION ACT OF 1990, HR 3705. Request that he or she co-sponsor the bill, along with other pro-Tibet legislation. Write to: House of Representatives, Washington, D.C. 20515.
2. You or your organization could sponsor a Tibetan in the United States. Contact us for more information.
3. In order to continue this work, both money and volunteer time are needed. Donations are tax-exempt, made payable to "Tibet Project-Walker Center."

For more information, please contact Edward Bednar, Tibet U.S. Resettlement Project, Walker Center, 144 Hancock St., Newton, MA 02166. Tel. 617-969-3919 or 617-332-1411. ■



BUDDHIST INSTITUTE FOR WOMEN

Jamyang Choling is a non-profit, non-sectarian project to provide study programs for nuns of the Tibetan tradition. It has grown out of an adult literacy program for nuns which was conducted in 1988 and is developing into a comprehensive program of studies in Buddhist philosophy and languages, also offering training in meditation and administrative skills. This training will equip the nuns to initiate similar programs in their own localities.

The aim of Jamyang Choling is to nurture the learning capabilities of Buddhist women and to inspire confidence in their abilities to develop as teachers, counselors, community workers, role models and spiritual guides to others, especially women.

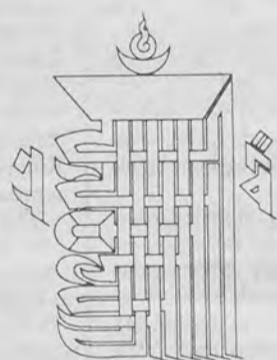
In order to help create a balance

of standards of religious education for men and women, Jamyang Choling plans to provide training in spiritual development, monastic discipline, Buddhist studies, and both Buddhist and modern languages. Women of different nationalities, both ordained and lay women interested in the monastic life, would be given an opportunity to train for between six months and ten years. Such a course of training would help them to fulfill their spiritual commitment as mindful and compassionate individuals, and to move forward into meaningful activities for the benefit of society at large.

At present the project is based in Dharamsala, India, and involves twenty-four people of various nationalities as students, teachers and facilitators. Already a branch

of Jamyang Choling has been established in a remote region of Zaskar, Ladakh, which is providing education for forty nuns. Many others are eager to enter the Jamyang Choling study program from such distant areas as Arunachal Pradesh and Spiti, where religious education for women is virtually non-existent, but the present facilities in Dharamsala are painfully limited.

At present Jamyang Choling is funded only through occasional donations. If you would like to help the nuns to continue their education and create a more permanent facility, please send your donation to: Jamyang Choling, 5404 Taft Avenue, La Jolla, CA 92037. Tel. 619-456-1140 ■



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SNOW LION SPRING 90 NEWSLETTER & CATALOG

NEWS



The Venerable TARA TULKU RINPOCHE

*The Roots of
Tibetan Buddhist Practice*

Toronto, Canada — April 1990

On the occasion of his first visit to Canada, the Ven. Tara Tulku Rinpoche will give the Guhyasamaja Initiation and an extensive commentary on this *anuttarayoga* practice.

Other teachings include: the Initiations of Mahakala and Lama Tsongkhapa, instruction on the practice of guru yoga, a series of lectures on the Four Levels of Tantra, and a public discourse on the Buddhist Road to Peace.

For more information please phone the Gaden Chöling Mahayana Buddhist Meditation Centre in Toronto at (416) 651-3849 or consult the article on the Ven. Tara Tulku Rinpoche in this issue of *Snow Lion Newsletter*.



BUDDHA MIND Dzogpa Chenpo Writings of Longchen Rabjam

By *Tulku Thondup
Rinpoche*
Ed. by *Harold
Talbott*

Buddha Mind is a milestone in the transmission of Tibetan Buddhism to the West. It is the first systematic effort to expound the Dzogpa Chenpo philosophical standpoint and meditative practice. It presents the whole range of vision of Kunkhyen Longchen Rabjam, the most respected enlightened adept and scholar in the history of the Nyingma school, from his teachings on the origin of delusion in beings to the attainment of the Buddha Essence.

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Khenpo Karthar Rinpoche
- 21-22 Lay Precepts
Khenpo Karthar Rinpoche
- 28-29 Bodhisattva Vow
Khenpo Karthar Rinpoche

MAY

- 11-13 Women in the Dharma
Khenpo Karthar Rinpoche
- 26-27 The Karma Kagyu Lineage
Khenpo Karthar Rinpoche
- 27 Anniversary Picnic

JUNE

- 2-3 Meditation
Nancy Burks
- 15-17 Life of Marpa
Khenpo Karthar Rinpoche
- 22-24 Tormas & Shrines
For Different Sadhanas
Tenzin Chonyi & Yeshe Namdak

JULY

- 20-22 Dispelling
Neurosis/Acquainting With
The Knowledge of Wisdom
Khenpo Karthar Rinpoche
- 26-29 Family Weekend
Khenpo Karthar Rinpoche
Big Rapids, Michigan (616) 796-2398

AUGUST

- 3-5 Seven Points of
Mind Training
Lama Dujum Dorje
- 17-19 Explanation on The
Two Accumulations
Khenpo Karthar Rinpoche

SEPTEMBER

- Aug 31 Vajrayogini &
Chakrasamvara Teaching
- Sept 3 & Empowerments
H.E. Jamgon Kongtrul Rinpoche
These initiations may be received only
by students who have completed, or
are practicing the four foundations
of ngondro.
- 7-9 Ground, Path & Fruition
H.E. Jamgon Kongtrul Rinpoche
- 14-16 Buddhism &
Psychotherapy
Karma Triyana Dharmachakra
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GESHE KELSANG GYATSO

"Guide to Dakiniland"

Seattle, Washington ~ August 1-12, 1990

A most auspicious visit by Geshe Kelsang Gyatso on his first North American Tour



"Guide to Dakiniland presents the instructions on the practices of Highest Yoga Tantra, the very essence of Buddha's teachings. It reveals special methods that prevent ordinary appearance and ordinary conception, ordinary death, intermediate state and ordinary rebirth. It also presents uncommon methods for transforming all our daily experiences into higher spiritual paths; such transformation can prevent all our daily human problems and will lead us swiftly to the attainment of ultimate happiness, full enlightenment." — Geshe Kelsang Gyatso

Geshe Kelsang Gyatso, an accomplished meditation master and scholar, was educated at Sera Je College, one of the great monastic universities of Tibet. Since 1977 he has been the Director of General Buddhist Studies at Manjushri Institute in Cumbria, England. Geshe is completing a three-year retreat just prior to beginning this tour.

Author of *Meaningful to Behold*, *Clear Light of Bliss*, *Universal Compassion* and the forthcoming *Joyful Path of Good Fortune* and *Guide to Dakiniland*, Geshe Gyatso, in his fluent English, will present the precious Chakrasamvara and Vajrayogini teachings only in Seattle during his 1990 North American visit.

PROGRAMS

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Shyalpa Tenzin Rinpoche is a highly accomplished Tibetan lama in the Shyalpa lineage. He is a meditation master, scholar, and founder of Do Kham Riwoche Taklung Kagyud Center in Nepal and the Buddhist Studies and Meditation Center in Stockbridge, Massachusetts. Rinpoche gives talks, teachings, retreats and seminars on the Middle Way Path (Madhyamika), The Great Symbol Path (Mahamudra) and The Great Perfection (Dzogchen).

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July 13-14 Rochester, NY (716) 385-8862
July 20-22 Watertown, MA (617) 924-1100
July 28-29 New York, NY (212) 543-3470

Seminar on Tantrayana
July 15-19 Stockbridge, MA (413) 298-5141

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NEWS

GESHE KELSANG GYATSO RINPOCHE VISITS NORTH AMERICA

Geshe Kelsang Gyatso Rinpoche is a highly respected meditation master and scholar. He is the author of a number of widely acclaimed books on Buddhist thought and practice and the founder of several Buddhist Centers in the United Kingdom and Spain.

He was born in 1931 in Yancho Tangkar in the western part of Tibet. At the age of eight he entered his local monastery, Jampa Ling ("Land of Buddha Maitreya"), in Ngamrim. He was ordained as a Buddhist monk and spent his early years of training in this monastery. Later he completed his education at the famous Sera-Je monastery in Lhasa. Having left Tibet after the Chinese invasion, he lived in northern India in Happy Valley, Mussorie, until 1977, when he accepted an invitation to become a Resident Teacher and Director of General Studies at Manjushri Institute in England. He then gave extensive teachings at the Institute for nine years. These teachings have formed the basis of his published works which in turn have formed the basis of a Teacher Training Program in Mahayana Buddhism presently offered at two large residential centers in England, Manjushri Institute and Madhyamaka Center. In 1986 he returned to Tibet to arrange for the reconstruction of his monastery, Jampa Ling. This rebuilding was completed in 1988. In January 1987 he entered a three-year retreat where he prepared more books for publication. He is currently resident at Manjushri Institute.

Teacher Training Program

Many Buddhist practitioners have the sincere wish to deepen their knowledge and experience of Dharma in order to gain authentic realizations, and some also wish to help others by giving Dharma teachings and advice. This special program is offered by Manjushri Institute and Madhyamaka Center to enable Buddhist practitioners to gain a more complete knowledge and experience of Dharma and thus fulfill these wishes.

The program takes approximately seven years to complete and, to ensure its success, students are asked to accept certain commitments. At the end of the program successful students will be awarded a certificate and will be qualified to teach the subject they have

studied, although there is no obligation to become a teacher. The program also provides an ideal basis for entering extensive meditation retreats and maintaining a strong Buddhist practice.

Because of the special nature of the program, which is more than just intellectual study, participants are required to observe the basic Buddhist precepts—avoiding harming others, stealing, sexual misconduct, lying, and taking intoxicants to excess. Participants are also encouraged to refrain from smoking tobacco and from other actions detrimental to maintaining a meditative way of life, especially if they wish to become qualified teachers of Buddhism.

There are eleven subjects studied, taken from both the sutra and tantra teachings of the Buddha. The subjects are studied in the following order:

1. The Heart Sutra, based on the commentary *Heart of Wisdom* by Geshe Kelsang Gyatso (one term).
2. Training the Mind (Lojong), based on the commentary *Universal Compassion* by Geshe Kelsang Gyatso (three terms).
3. Stages of the Path (Lamrim), based on the commentary *Joyful Path of Good Fortune* by Geshe Kelsang Gyatso (three terms).
4. Tantric Mahamudra (Chagchen), based on the commentary *Clear Light of Bliss* by Geshe Kelsang Gyatso (one term).
5. Guide to the Bodhisattva's Way of Life (Chonjug), based on the commentary *Meaningful to Behold* by Geshe Kelsang Gyatso (two terms).
6. Guide to the Middle Way (Uma), based on the commentary *Ocean of Nectar* by Geshe Kelsang Gyatso (two or three terms).
7. The Types of Mind (Lorig) (one term). Mind and Mental Factors (Sem semjung) (one term), based on the root text by Purbujok Jampa Gyatso or on the commentary by Geshe Kelsang Gyatso.
8. Grounds and Paths of Sutra (Salam), based on the root text by Jetsun Chokyi Gyaltsan (one term).
9. Buddhist Tenets (Drubta), based on the root text by Jetsun Chokyi Gyaltsan (one term).
10. Grounds and Paths of Tantra (Ngagkyi salam), based on the

commentary by Geshe Kelsang Gyatso (one term).

11. Seventy Topics of the Perfection of Wisdom Sutras (Dondunchu), based on the root text by Jetsun Chokyi Gyaltsan (two terms) or extensive Perfection (Parchin) teachings based on the commentary by Geshe Kelsang Gyatso.

Meditation retreats

This is an integral part of the Teacher Training Program enabling students to gain a deep and genuine experience of the subjects studied. The following retreats may be done in a group or individually:

1. Two months retreat on Stages of the Path.
2. Retreats on the four preliminary practices to tantra, such as 100,000 recitation of the 100-syllable mantra of Vajrasattva and 100,000 mandala offerings.
3. A close retreat of any meditation deity of Highest Yoga Tantra.
4. Two months retreat on Tantric Mahamudra.

Students may enter the program at the beginning of any subject. All prospective students are interviewed before being admitted to the program.

For further details and application forms, please contact: Jim Belither, Education Department, Manjushri Institute, Conishead Priory, Ulverston LA12 9QQ, Cumbria, United Kingdom (tel.0229-54029) or Alison Ramsay, Education Department, Madhyamaka Centre, Kilnwick Percy Hall, Pocklington, York YO4 2UF, United Kingdom (tel.0759-304832).

Restoration of Jampa Ling

Jampa Ling monastery educated many great scholars and meditators of the past including Khedrub-je, one of the two principal disciples of Je Tsongkhapa, and Chogla Namgyal Botong. During the Chinese invasion, this monastery was completely ruined, all the sacred scriptures were burnt and a three-story statue of Buddha Maitreya was destroyed.

In 1986, just before entering his retreat, Geshe Kelsang Gyatso returned to his motherland with the intention of rebuilding his first monastery. His return was very much appreciated by the inhabitants of Ngamrim and, as a result



of his visit, many people both young and old, skilled and unskilled, promised to help with rebuilding the monastery. After the Chinese Government had approved the project, the work began.

Through the kindness of the Kilner Foundation of Palm Springs, which made a great financial contribution to the project, and the devotion and determination of the local people, the monastery was completely rebuilt. It was officially reopened in September 1988, on the day of Buddha's First Turning of the Wheel of Dharma, with a grand religious ceremony. The monastery now has the precious collection of the Kangyur and the Tengyur and many young boys, often the children of those who were forced to disrobe, have entered Jampa Ling to begin their monastic training.

Geshe Kelsang Gyatso Rinpoche's Visit to America and Canada

Following an invitation from Mr. Leland C. Miller, President of the Kilner Foundation, Geshe Kel-

sang Gyatso has consented to visit America and Canada in summer 1990.

The itinerary for this visit is as follows:

July 16th-22nd: Teaching in Deer Park Center, Madison Wisconsin. (*Mediations on Lam Rim*). Contact Elvin Jones, 608-835-5572.

July 23rd-29th: Staying with Hart Melvin in Toronto, 416-488-5554 or 416-785-5415.

July 30th-Aug.14th: Teaching in Seattle (*Lam Rim*; *Initiation of Heruka*; *Initiation of Vajrayogini*; *Short commentary to practice of Vajrayogini*; *Initiation of Healing Buddha* and *Teachings on Healing Buddha*.) Contact Joel Levey, 206-632-3551.

August 15th-20th: Staying with Mr. and Mrs. Miller in Palm Springs, 619-325-5423.

Or write to Mr. Nick Gillespie, Director, Madhyamaka Centre, Kilnwick Percy Hall, Pocklington, York YO4 2UF, United Kingdom. Tel.(9759) 304832 ■



Jampa Ling Monastery, Tibet

University of Virginia
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Instructors: William Magee and Tibetan Scholar

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The anticipated tuition for the nine-week session is \$714 for Virginians and \$1,962 for non-Virginians. Students must apply directly to the Summer Session for admission. For application forms and catalog, write: Summer Session, 209 Garrett Hall, University of Virginia, Charlottesville, VA 22903 [Tel. (804) 924-3371]. For further information about the Intensive Tibetan Language course, write: Center for South Asian Studies, 125 Minor Hall, University of Virginia, Charlottesville, VA 22903 [Tel. (804) 924-8815].

Let Us Express Our Compassion...

Tibetans living in refugee camps in Nepal and India desperately need your help now. There is an immediate need for medical supplies, food, blankets, clothing, and shelter. Scores of children are in the early stages of malnutrition. Resources in Nepal and India are pressed beyond the breaking point. As more Tibetan families flee their homeland because of the cruelty of the Chinese occupation and the confiscation of their land and food sources, they are forced to starve or go to lands that can barely support its own people.

As the extended family of our Mother Earth, we must not let this grave situation become a replay of the refugee camps of Africa and the Middle East.

Internationally known photographer Don Carroll has generously donated his services and has personally funded the creation of the Zone of Peace poster. For every donation of \$25.00 or more, we will send a copy of this limited edition poster image of His Holiness The Dalai Lama, recipient of the 1989 Nobel Peace prize. This beautiful 24" x 34" high-quality full color poster is ready for framing.

Most importantly, 100% of the profits from sales and contributions will go to the Tibetan refugees. Food, clothing and supplies are desperately needed by these people who have been driven from their homeland.

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Sincerely,

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NEWS

A YOUNG TIBETAN REFUGEE SPEAKS

Imagine yourself as a youngster in Tibet these days. Most wear rugs instead of clothes, the nomads among us being well-off in their sheep-hides. You live in the country-side with your parents, far from Lhasa and its once large monastic centers of learning. You remember them because your relatives pilgrimaged when you were little and in your young heart there remained a yearning for these ancient, awe-inspiring places or what was left of them after the Chinese dynamited and looted them. You continue to dream of a life within the mighty walls that felt more familiar than your parents' house. However, the foreign rulers of your country did not allow you to join the few temple caretakers, though you too had been screened and found to be qualified.

Years pass and you still feel that strong longing in your heart to enter the sangha. You see so much meaning in a monastic life; the elders at your home still talk about it and you think that in a monastery you could be a little closer—at least in prayer—to the Blessed One. In turn you could one day help the less fortunate.

Being denied access to a religious community, you decide with the consent of your whole family to flee your relatives, your home, your beautiful mountains, the mighty rivers, the turquoise lakes, your pet dogs, for India. For hundreds of miles you walk, mostly at night, to avoid being caught by the Communist Chinese police or military, over many high mountains and perilous glacier crevasses. You beg for food but often you

go hungry after you run out of tsampa. Your clothes wear thin, your China-made sneakers kiss the earth too often leaving your foot soles bare and sore. Descending the Roof of the World, the jungles are a new frightening experience. You know that you have to go southwards where a good 100,000 Tibetans have gone before you, and that His Holiness the Dalai Lama is there in relative safety, and you desire to catch even a glance of Him and perhaps His blessing.

Still walking mostly at night and sleeping during the morning hours, exhaustion, hunger and fear are your steady companions. Accustomed to clear, clean, dry high-altitude air, your lungs start hurting, your breathing becomes heavier in the hot and heavily humid climate. Medics say that this is the moment when one catches the dreaded tuberculosis as many of your brothers and sisters have done before.

You don't know where you are but your ideals keep you moving and searching. One morning, as you are in hiding, familiar sounds hit your ear; someone speaks Tibetan, with a KHAM pronunciation, a dialect different from your own. You recognized them as traders and you ask for help. They warmly take you in and for the moment you are safe and saved. Saved from the authorities who these days turn every Tibetan refugee over to the Chinese border police which means certain imprisonment and torture, and very possibly execution.

A number of agencies transfer you to here and there. You attempt

to learn a bit of English and Hindi and after a couple of months you are nearer to your old dream. You are sent to the monastery of your choice along with numerous youngsters more or less your own age. The long, third class train ride is a lot of fun despite the overfilled, smelly compartment. The wheels take you ever further away from your country into the heart of India to Drepung Monastery. Once the pride of the Geluk order and one political pillar of Tibet before the Chinese takeover, it now is a mere shadow of its former glory.

At long last you have reached the religious community of your choice and you are happy beyond your comprehension. It is a congenial place found amid the surrounding strange novelties, peoples, places, animals and languages spoken. Though used to hardship, you discover soon that life in a monastery these days is tough and depriving. The food isn't quite enough to fill your hungry tummy. You work, study, recite prayers, memorize philosophical texts as well as help in the fields, milk the cows, assist in the kitchen, sweep and clean. A senior provides a set of well-used robes to wear in class and temple and another one gives you a pair of large trousers that you could fill twice and a shirt that has seen many moons and torsos before you.

You are assigned a sleeping place that was used as a cow stall. The sleeping quarter of your new friend is not much different, a bamboo makeshift with a wooden platform and an old rug which has the appearance of a slice of swiss

cheese.

In a quiet moment you ask yourself whether or not you have made the right decision after all. Nodding to yourself in the affirmative, you put your heart at ease. Outwardly, the suffering, the deprivation goes on. You are not totally aware that you and your companions are deprived in terms of diet, necessary medical treatment and hygiene; not by the wishes of any evil superior but simply by the very lack of basic funds.

Over a period of five to six years hundreds of youngsters like you have arrived at the doors of not only Drepung Monastery, but many other religious centers as well, asking for admittance. The older monks explain that when they arrived there twenty years or so ago, they had to clear the jungle, build simple housing and prepare the fields for cultivation. Struggling for over a decade they managed somehow to re-establish their religious traditions with the help of the local government and the Tibetans-in-exile agencies who provided grants for the most essential facilities. They found a balance but were totally unprepared financially for the influx of some 700 new monks who lack the most basic needs: food, clothes, housing, schoolbooks in English, Hindi, Tibetan, medical expenses, and sponsorship.

Anyone who would like to assist these monasteries in some way can obtain more information by contacting The Tibet Resource Centre, Ida Salis, P.O. Box 831, Larkspur, CA 94939. Tel. 415-924-9193.

BUDDHIST PEACE FELLOWSHIP

Buddhists of many traditions join BPF to explore nonviolent personal and group responses to political, social and ecological suffering in the world.



BPF publishes a substantial quarterly magazine, and supports local groups in developing projects such as:

- letter writing for human rights
- working with refugees from foreign countries
- supporting socially conscious investment and consumption
- retreats and mindfulness days

A network of individuals and local chapters, BPF promotes communication and cooperation among groups in the work of nourishing all beings and resisting the forces of exploitation and war. We invite your inquiry. Please contact Margaret Howe at:

Buddhist Peace Fellowship
PO Box 4650
Berkeley, CA
94704
415-525-8596



THE DALAI LAMA MESSAGE

It is my pleasure to notice how the number of those seeking inner peace is fast increasing. It is a sign that they are realizing the urgency of finding a remedy for terminating the endless miseries of samsara. Hence, they are impatiently wishing to understand Dzog-chen. Dzog-chen is the ultimate goal of Buddhism; but unless one lays a thorough foundation based on the teachings in the Paramitayana and Vajrayana, one will not be able to transcend one's ignorance in order to understand it.

Jig-me Ling-pa, the exponent of Dzog-pa Chen-po Long-chen Nying-thig, provides the required preliminary for the practice of Dzog-chen in a short liturgical prayer called The Excellent Path to Omniscience. One of his eminent disciples, Jig-me Gyal-way Nyugu, gave an oral instruction on it, which his disciple, Dza Pal-trul Rinpoche transcribed and gave the title, Kun-zang La-may Zhal-lung.

Sonam T. Kazi has translated this into simple English and requested me to give my views on his work. I am glad to say that he has done an excellent, faithful translation of the Dzog-chen preliminary, which will be of immense value these days. He is familiar with the subject as he himself has been following the Dzog-chen doctrine since an early age, under the guidance of many well-known Gurus. I congratulate Sonam T. Kazi, who I know as my Official Interpreter for over thirteen years, for being able to produce this book. I recommend it as an authentic preliminary work which will benefit all those who are interested in Dzog-chen.

September 30, 1989

— "The work under review is one of the greatest contributions to Tibetan literature. For tackling such a job the translator Sonam T. Kazi is uniquely qualified. . . Deeply rooted in the indigenous tradition of rNying-ma thought and keenly aware of the subtleties of the Tibetan language, Mr. Kazi has succeeded in bringing a profound teaching to life again." Herbert V. Guenther, Professor Emeritus of Far Eastern Studies, University of Saskatchewan

— "This text provides a brief and exceptionally useful synthesis of all the main themes of preliminary Buddhist practice. . . It is a valuable addition to the growing corpus of important Tibetan texts that are now available in English." Huston Smith, Professor, Graduate Theological Union, Berkeley

— "This is certainly a beautiful book, the product of a loving attention to every detail of its production. In presenting these Buddhist Dharma discourses, the translator chooses fine words of English idiom." Alex Wayman, Professor of Sanskrit, Columbia University

— "Sonam T. Kazi's translation is clear and accurate throughout. It is evident that he has taken great care to transmit this precious text to the contemporary English-speaking reader in a form that is completely reliable. . . His work can be recommended without hesitation to all who are interested in the spirit of Tibetan Buddhism and its practice." Matthew T. Kapstein, Professor of Religion, Columbia University

KUN-ZANG LA-MAY ZHAL-LUNG:

The Oral Instruction of
Kun-zang La-may Zhal-lung
on the Preliminary
Practices of Dzog-ch'en
Long-ch'en Nying-tig,
Part One
Transcribed by Pal-trül
Rin-po-ch'e,
Preface by Cha-tral
Sang-gay Rin-po-ch'e
Translated & Edited by
Sonam T. Kazi



The Common Outer and Unique Inner Preliminaries (Part One and Two) of Long-ch'en Nying-tig Dzog-pa Chen-po are composed of the most essential practices and should not be viewed as preliminaries in the general sense.

Part One contains chapters on the following topics:
1. The Difficulty of Obtaining a Well-endowed Human Body That Has Leisure 2. The Impermanence of Life 3. The Misery of Samsara 4. The Cause and Effect of Karma 5. The Benefit of Attaining Freedom from Worldly Miseries and 6. Following a Spiritual Teacher.

If thoroughly understood from the core of our heart, these chapters provide the precious wisdom which enables us to dissolve our ignorant attachment to phenomenal existence, and the wisdom to look for the eternal liberation that is innate in us.

Part Two, the Unique Inner Preliminary, contains the preparatory practices that lay the foundation for the most expeditious Vajrayana means that lead ultimately to the understanding of Dzog-chen. This being the highest state of the Mind, we have to be extremely careful in building the foundation for our sure success. Without this, our attempt to attain Dzog-chen is like jumping hopefully in the air to catch the moon. The translation of *Kun-zang La-may Zhal-lung: Part Two* will be available in early 1990.

ABOUT THE TRANSLATOR

Mr. Kazi is a Buddhist from Sikkim. On finishing his studies in India in 1947, the Government of Sikkim appointed him Guide cum Interpreter to His Holiness the XVI Karmapa during his first pilgrimage to India in 1948. He joined the Indian Mission Lhasa in 1949 and with H. E. Richardson, the then Officer-in-Charge, travelled to many important historical places and assisted him in his translation of the ancient historical edicts of Tibet. During his seven-year stay in Tibet (1949-56), Mr. Kazi had the unique occasion to meet and receive instructions from many highly realized Dzog-chen Gurus.

He returned to Sikkim in early 1956 and joined the Cultural Department of the Indian Political Office. In the same year, during the official visit of His Holiness the Dalai Lama to India, when India was celebrating the 2,500th Anniversary of Lord Buddha, Mr. Kazi acted as Chief Interpreter. When the Dalai Lama escaped to India in 1959, Mr. Kazi joined the Indian officials who met him at the border. From then until 1972, he held the post of Official Interpreter, Govt. of India, attached to the Dalai Lama.

During this period, he was also the translator into English of His Holiness the Dalai Lama's memoir, *My Land and My People* (1963); as an art expert attached to Tibet House Museum, New Delhi, he produced art catalogs for the museum and for the Tibetan Art Exhibition in Tokyo; at the behest of His Holiness the Dalai Lama, he organized the editing and publishing of the *Encyclopedia Tibetica*, consisting of about 130 volumes, for Tibet House Library, New Delhi.

In 1969, he began publishing the *Nga-gyar Nying-may Sung-rab Series*, consisting of over 100 volumes of rare books on Dzog-chen which were fast disappearing from Tibet. He also directed and helped produce six documentary films for the French Radio-Television on rare, secret Tantric performances by top-ranking Tibetan Gurus from the four schools of Tibet.

He first visited the United States in 1967, at the invitation of the U.S. Department of State, under the Council on Leaders and Specialists of the Experiment in International Living. During that time, he attended the Orientalists' Conference in Ann Arbor as one of the twenty-two invitees from India.

In 1968, when the late Father Thomas Merton visited India, Mr. Kazi was instrumental in introducing Dzog-chen to him, as recorded in Merton's *Asian Journal*.

His second visit to the U.S. was in 1969, at the invitation of Alan Watts, head of the Society for Comparative Philosophy, San Francisco, under the sponsorship of Douglas A. Campbell. He held joint conferences on meditation with Alan Watts and others at Esalen, San Diego, Los Angeles, San Francisco, and New York. He and his family, which included his daughter, Jetsün Rinpoche, the heart reincarnation of the late Most Reverend Shugesh Jetsün Lochen Rinpoche of Tibet, stayed for a week at the San Francisco Zen Center as guests of the late Suzuki-roshi. It was during this visit to the U.S. that he organized the Longchen Nyingthig Buddhist Society, the first Dzog-chen meditation center in New York, sponsored by a group of Dharma seekers headed by Paul M. Postal.

In 1972, a second center was opened in Philadelphia, sponsored by Barry and Marilyn Peril. In the winter of that year, Mr. Kazi was able to invite His Holiness Dudjom Rinpoche to New York for the first time to bless the students of these two centers. Mr. Kazi continues to teach a group of students in New York, with the appreciable initial help of Allan and Roberta Ehrlich and others.

When His Holiness the Dalai Lama delivered Dzog-chen teachings for the first time in this country, on October 8 and 9, 1989 in San Jose, His Holiness specially asked Mr. Kazi to attend in order to translate talks on Dzog-chen.

Mr. Kazi has translated several books on Dzog-chen, now being published as the *Nga-gyar Nying-may Sung-rab English Translation Series*. *Kun-zang La-may Zhal-lung, Part One and Two*, Volumes IV and V in the series, are the first to appear.

ORDER INFORMATION

Diamond-Lotus Publishing, P.O. Box 43242,
Upper Montclair, NJ 07043. (201) 509-1868.
256 pp, 8 full-color plates, \$30.00, cloth.
Add \$3.50 shipping/handling for first book and \$2.00 for each additional. NJ residents please add 6% sales tax.

KURUKULLA CENTER FOR TIBETAN BUDDHIST STUDIES

This year Lama Zopa Rinpoche's stay in Boston marked the official opening of the Kurukulla Center for Tibetan Buddhist Studies (formerly known as FPMT/Boston). The Venerable Geshe Lobsang Jampa is Kurukulla's resident teacher and his translator is the Venerable Thubten Nyinje. Lama Zopa appointed Nick Ribush as Director of the Center and its Teaching Program.

Geshe Lobsang Jampa was ordained at the age of ten and studied for thirteen years in the Tibetan monastic system before fleeing to India in 1959 with thousands of his fellow Tibetans. He then studied for six years at Bux-

aduar in northern India. In 1967, he entered Sarnath University at Varanasi where for nine years he continued his studies in Buddhist philosophy, Sanskrit and Hindi. Geshe Jampa received his degree of Geshe (Doctorate of Buddhist Philosophy) with highest Lharampa honors. After a long meditation retreat, he moved to Nepal where he taught Nepalis, Tibetans and Westerners. Prior to his arrival here in Boston, Geshe-la was resident teacher at Milarepa Center in Vermont.

For Program information contact: Kurukulla Center, PO Box 67262, Chestnut Hill, MA 02167. Tel. 617-421-9668. ■

MARPA INSTITUTE

On November 16th, during his stay in Bodhgaya, His Holiness the Dalai Lama granted an interview to the Ven. Khenpo Tsultrim Gyantse Rinpoche and his sixty students, who had come from all over the world to study Tibetan language and Buddhist philosophy.

In responding to their questions, His Holiness explained with great clarity and subtleness the approaches of the rantong and shentong schools, showing that their viewpoints are not contradictory, and that they both reveal a profound understanding of the true nature of all phenomena.

This year, Khenpo Tsultrim Rinpoche is giving classes for advanced students on the *Madhyantavibhanga* with Mipham

Rinpoche's commentary and Nagarjuna's *Shunyatasa-tatikarikamama* with the self-commentary. Beginning students start with texts written by Khenpo Tsultrim Rinpoche, which include conversational and Dharma Tibetan, basic grammar and logic, plus fundamental categories of Buddhist teaching, such as the thirty-seven factors of enlightenment. Courses for intermediate students include another text of Khenpo Rinpoche's which epitomizes Jamgon Kongtral Lodro Thaye's *Compendium of Knowledge* and the 7th Karmapa, Chodrak Gyantse's *Ocean of Reasoning*.

For more information contact: Marpa Institute, P.O. Box 4017, Kathmandu, Nepal. ■

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CITTAMANI TARA RETREAT WITH LATI RINPOCHE

AUGUST 23-SEPTEMBER 2
GADEN TENZIN LING
RETREAT CENTER
ITHACA, NEW YORK

GTL is honored to be
hosting the visit of
Lati Rinpoche in
August of 1990.



Lati Rinpoche will offer the initiation of Cittamani Tara on August 23rd, then lead a ten-day retreat that will be sealed with a fire puja on September 2nd.

For information, write GTL, P.O. Box 6761, Ithaca, New York 14851.
Telephone (607) 273-8508 (days); (607) 539-6164 (eves).

Early registration is advisable, as space is limited.



VEN. TARA TULKU RINPOCHE GIVES GUHYASAMAJA IN TORONTO

The Venerable Tara Tulku Rinpoche will be teaching on "The Roots of Tibetan Buddhist Practice" at the Gaden Choling Centre in Toronto, Canada from April 13 to May 3, 1990. The highlight of his teachings is the two-day Guhyasamaja Initiation, given now for the first time in Canada. This will be followed by four evenings of commentary on the practice of Guhyasamaja. Rinpoche will also be giving Mahakala and Lama Tsongkhapa initiations, and will teach on "The Buddhist Road to Peace," "The Four Levels of Tantra," and "The Practice of Guru Yoga."

Born in Tibet in 1925, the Ven. Tara Tulku Rinpoche was enthroned as a high incarnation at Drepung Monastery near Lhasa at the age of six. He completed the Geshe Lharampa degree with highest honors in 1955, then proceeded to Gyuto Tantric College for advanced practice of contemplation and training in the ritual arts (making him one of the last monks to receive a complete training on his native soil). Escaping from the Chinese invasion of Tibet in 1959, Tara Rinpoche reestablished the Gyuto monastery in India, serving an unprecedented three terms as its abbot. After

a teaching tour of the United States in 1983-84 (during which he was the Henry R. Luce Professor of Comparative Religious Ethics at Amherst College), Rinpoche returned to India. Having retired from his post at Gyuto, he was appointed abbot of the Mahayana Monastery in Bodhgaya by His Holiness the Dalai Lama. Renowned for both his spiritual teaching and community leadership, Tara Rinpoche is especially loved in both east and west for his knowledge, eloquence, and inspiring presence. This is his first visit to Canada.

The Gaden Choling Mahayana Buddhist Meditation Centre, located in downtown Toronto, is under the direction of the Ven. Zasep Tulku Rinpoche, who founded it in 1980. Events in 1990 also include visits by Ven. Lati Rinpoche, who will give the Heruka and Vajrayogini initiations and commentaries (August 7-21); and His Holiness the Dalai Lama, who is expected to visit Toronto in late September (exact dates not yet determined).

For further information contact: Gaden Choling, 637 Christie Street, Toronto, Ontario M6G 3E6 Canada. Tel. 416-651-3849. ■

MILAREPA— NEW DIRECTOR

Lama Zopa Rinpoche has appointed Martha Tack as the new director of the Milarepa Center of Barnet, Vermont. Peter Baker is retiring after many years of hard work at the center. Beginning in May, and continuing throughout the summer months, Milarepa offers opportunities to participate in a variety of work projects, including construction, reconstruction, de-construction, gardening, sewing, painting, etc., as well as daily group practice.

This is not only a retreat. The goal is to work and live collectively as practitioners in this mountain retreat center of the Foundation for the Preservation of the Mahayana Tradition. Everyone is welcome: skilled and un-skilled workers, for short and long-term visits, at all levels of practice.

For more information, please contact: Martha Tack, 13 Ware St. #5, Cambridge, MA 02138. Tel. 617-661-1721. ■



H.H. Dudjom Rinpoche was one of the most accomplished Tibetan teachers of modern times. He was a great scholar, poet and family man, now famous for his profound teachings in the science of meditation and mental/physical healing. Dudjom Rinpoche has originated, identified and documented techniques to harmonize the mind-body in over 40 volumes of text.

H.E. Shenphen Dawa Rinpoche is the son and successor of Dudjom Rinpoche. With over a decade of direct training from his father, he is now one of the foremost contemporary teachers in Tibetan medicine. Shenphen Rinpoche is well versed in the modern application of this classical and unique tradition.

Dudjom International Foundation's aim is to provide a systematic approach to benefit communities:

- A health program to establish community medical facilities that utilize Tibetan and Western medicine for basic treatment and preventive care.
- Preserving Tibetan Culture by providing material support for schools in the monastic and secular community and by providing an exchange program for health professionals in both Western and Eastern medicine/knowledge.
- Local community outreach that offers workshops, performances, and lectures on Tibetan culture.

Contact: Dudjom International Foundation, P.O. Box 40155, Berkeley, CA 94704-0155. Tel. (415) 849-9928. ■

DRUKPA KARGYUD DESTITUTE HOME

The Drukpa Kargyud Association is an organization started by members of one of the schools of Tibetan Buddhist thought called Drukpa Kargyud, which is part of the Kargyudpa school.

Recently they have started a Buddhist missionary destitute home at the monastic community in Darjeeling, India. They have begun with 80 children. They are all orphans and distressed children, whose parents were unable to adequately care for them and they are all suffering from malnutrition. In order to re-duplicate family life, children of varying ages are placed in the same home and daily chores and other household activities are shared by all. The children receive education in the local schools, and are also given some religious instruction by lamas. The home is receiving minor financial help from the Government of India, but it is not enough to maintain or augment as the numbers of destitute children increase.

They request your help in the task of running this Buddhist destitute home, established for the first time in this area. We would appreciate financial help, advice, or help in any form to aid these children.

Contact: Secretary, Drukpa Kargyud Association, Forest View Villa, West Point, Darjeeling, W.B., India. ■

NEWS



INTERNATIONAL BROTHERHOOD MISSION

The International Brotherhood Mission is a Buddhist Mission working to provide for the poor. The mission was started in 1981 at Dibrugarh, Assam, India. They are receiving destitute children from the judicial custody & medical hospitals to develop them into responsible members of the society. Had these children been left to grow in the surroundings, it is likely that they would have grown up to imbibe the wrong human values and prove a burden to the society.

Their efforts are suffering because they lack funds. The Government contribution is so small that they cannot run anything normally throughout the year. So unless generous persons come forward, I fear our sincere efforts for this cause will go in vain.

Contact: Ven. Acharya Bhikku Karuna Shastri, International Brotherhood Mission, (Social Welfare Organization), Naliapol, Dibrugarh 786001, Assam, India.

RIGPE DORJE INSTITUTE AND PULLAHARI RETREAT CENTER

The establishment of Rigpe Dorje Institute and Pullahari Retreat Center are the inspiration of H.E. Jamgon Kongtrul Rinpoche, one of the four Principal Lineage Holders of the Karma Kagyu tradition of Tibetan Buddhism. Rinpoche's strong wish to provide educational opportunities for the study and practice of Tibetan Buddhism and the preservation of the Tibetan traditions are the main focus of both of these projects.

First, Rigpe Dorje Institute, an international Tibetan Buddhist meditation and educational center, will be located near Deer Park in Sarnath, India. The Institute will be available to both lay and ordained students from all parts of the world, who will have an opportunity to study and practice with eminent masters of all Tibetan Buddhist traditions. The curriculum will include daily meditation practice and courses in Buddhist philosophy, history, language, logic, medicine, and meditation. In addition, the Institute will form special seminars to bring together translators from all parts of the world to work on specific texts and to refine and standardize translations of Dharma terms. As a result, Dharma teachings, related texts and commentaries will be available in many languages.

Second, Pullahari Retreat Center is now under construction in Nepal. The site overlooks the Kathmandu Valley and its famous Boudanath Stupa. The Retreat Center was given the name Pullahari, after the residence of the

great Pandit Naropa. Pullahari means "the flower that radiates light." Naropa's residence was also where the Tibetan master translator Marpa received the complete transmission of the Buddhadharm which he later disseminated in Tibet.

The new Pullahari Retreat Center provides an opportunity for concentrated meditation in a traditional three-year retreat program. All basic necessities are provided, and a skilled teacher is continuously present to guide students.

Construction of Pullahari Retreat Center was begun in the spring of 1988 with individual rooms for sixteen retreatants, as well as a shrine hall, kitchen, and quarters for teachers. Separate hillside cabins will enable additional individuals to go on retreats varying in the length of time, from short retreats of a few months to 12 year retreats. Additionally, there are plans to build eight great stupas representing the major aspects of the Buddha's life. Pullahari Retreat Center will be a place of beauty and inspiration for those who seek a contemplative retreat.

Rigpe Dorje Foundation has initiated a special fund to accommodate the completion of these two projects. Contributions made through the Foundation are tax-deductible.

For more information, contact Jacqueline Nalli, Rigpe Dorje Foundation, 328 North Sycamore Avenue, Los Angeles, CA 90036. Tel. 213-934-5002.

CONGRESSIONAL HUMAN RIGHTS FOUNDATION

The Congressional Human Rights Foundation is an action-based human rights organization which receives no funds from the U.S. government. It relies on tax-deductible contributions to intervene in crises—and to initiate effective policy in response to human rights abuses around the world.

In 1989, the Foundation's human rights actions have involved partnerships with more than 100 human rights organizations and initiatives in 30 countries. The Foundation organizes seminars, briefings and fact-finding missions which involve Members of Congress and parliamentarians representing every shade of political opinion.

This year the Foundation has taken many bold initiatives including:

- Assistance to Chinese democracy groups after Tiananmen Square.
- Institution building in Poland and assistance to ethnic minorities in Yugoslavia.
- Response to South African disinformation on apartheid.
- Linkage between environmental policy and the human rights of indigenous people in Borneo and Brazil.
- It also presented His Holiness the Dalai Lama of Tibet with its First Annual Raoul Wallenberg Congressional Human Rights Award

In 1990 the Congressional Human Rights Foundation will mobilize Congressional support for new initiatives:

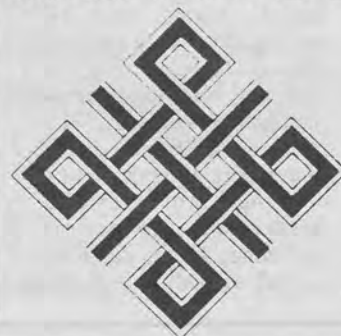
- Economic and political adjustments in Eastern Europe.
- Democracy and demilitarization in Central America.
- United Nations resolution on Tibetan human rights.
- Human rights connections with Japanese legislators and leaders.

The Foundation was established in 1985 by Congressman Tom Lantos (D-CA) and John Porter (R-IL) in order to work closely with a broad range of Members of Congress and international policy makers. The Foundation's unique affiliations enable it to interact effectively with human rights leaders in the Congress and from around the world.

The Congressional Human Rights Foundation does more than publish reports and recommend policy—it implements practical methods for collaboration emphasizing humanitarian solutions to achieve basic human needs.

With your help the Congressional Human Rights Foundation can more meaningfully work to secure peace and freedom based on universal human rights. Without your financial support, today's opportunities to consolidate human rights gains may be lost.

Contact: Congressional Human Rights Foundation, 901 31st Street, N.W., Washington, D.C. 20007-3838. Tel. 202-333-1407



NALJORMA—THE NUN'S PROJECT

Virtually all Tibetan nuns in India are either refugees or the daughters of refugees. Conditions in the monasteries, nunneries and refugee settlements of India are at best primitive. The average family income is quite small, and most ordained Buddhists have few sources of support, so nuns generally face serious economic hardship and can afford little for food, clothing or other possessions. Health is also a serious problem: tuberculosis and malnutrition (due to the poverty of the diet) are endemic.

Women practitioners also live the additional burden of being female in a culture which, like our own, devalues them for it. Although Tibetan Buddhism does affirm that women and men are equally capable of reaching enlightenment, the secular culture undermines this view (the word for "woman" in Tibetan literally translates as "lower birth"). Therefore it is an unfortunate commonplace that nuns receive poorer education, funding and facilities than the monks. Yet they too are sincere and dedicated practitioners.

NALJORMA (the Tibetan word for *yogini*—a woman cultivating enlightenment) is working towards

a better life for these women through a sponsorship program which pairs each nun with a Western supporter. For \$10 to \$20 a month (according to what you can afford) a Tibetan nun can:

- fill out her diet with better, more healthful foods;
- afford health care when ill;
- purchase textbooks and other educational materials which are ordinarily too expensive;
- work towards becoming economically self-sufficient.

Sponsored nuns are generally eager to learn about their sponsors and are glad of the chance to correspond (English is one of the subjects taught in the nunneries). Most sponsors find this aspect of the program to be a gratifying opportunity to learn about a joyously extraordinary way of life.

NALJORMA is a program of Gaden Relief Projects, a charitable organization, and is happy to issue tax-deductible receipts for any donations you make to the project.

Contact: Julia McCoy, NALJORMA—The Nun's Project, c/o Gaden Relief Projects, 637 Christie Street, Toronto, Ontario, Canada M6G 3E6. Tel. 416-676-6507 (office) or 416-762-4829 (home).

MANJUSHREE CENTER OF TIBETAN CULTURE

This association is concerned with the preservation and promotion of Tibetan heritage, language, culture, habits and traditions and is non-political and not-for-profit. Its objectives are:

- To conduct regular classes for those who want to learn or improve their knowledge of the Tibetan language.
- To organize talks and seminars on Tibetan language, tradition,

religion, etc. by inviting leading Tibetan scholars.

- To collect texts on Tibet and create a library so that those who wish to widen their knowledge of Tibet can do so.

For more information, contact: Secretary, Manjushree Centre of Tibetan Culture, 8 Burdawan Road, Darjeeling 734101, W.B., India.

THE TIBETAN TRADITION OF RECOGNIZING REINCARNATE LAMAS

Although the original meaning of the term Nirmanakaya (Tib. sprul-sku, pronounced tulku) refers to the Emanation Body of a Buddha, in general usage it also applies to Bodhisattvas, Aryas, and certain ordinary beings who have achieved the spiritual power to reincarnate according to their own will, with the motivation of helping sentient beings. A detailed account of the nature and variety of reincarnation of the noble beings would be too extensive and intricate to be given here. However, two basic factors which make the reincarnation of noble beings different from the rebirth of ordinary beings are their freedom to reincarnate at will and their altruistic motivation to help others.

In Mahayana tradition, great Bodhisattvas are bound by their vows not to rest in the peaceful state of liberation, but to reappear repeatedly in the world to help sentient beings. However, the time and place of their reappearance is mainly determined by the faith and karma of their disciples. It is within this context that the tradition of recognizing the reincarnations of high lamas came into being in Tibet.

When a high lama shows signs of passing away, his disciples request him to reincarnate and continue his noble work of teaching the Doctrine and liberating ignorant beings. If the lama sees benefit in his being reborn in the same area, he accepts the request and reincarnates accordingly. Subsequently, a child is sought and the candidate who passes the series of traditional tests is formally recognized as the tulku, or reincarnation of the deceased lama.

In most cases, the process of recognizing a tulku is begun by consulting a high lama and/or oracle for indications as to where to look. If they see that the tulku has already reincarnated, they may indicate the place, age of the child, and sometimes his home or family. The blossoming of trees, earth tremors and so forth, and omens or significant dreams experienced by the parents must be confirmed. Only those candidates who survive this preliminary assessment continue to the more detailed and intensive tests. As the ultimate aim is to recognize the correct reincarnation, great care is taken throughout to ensure that the real reincarnate is among the remaining candidates. This is confirmed primarily through divinations and directives from reliable lamas and oracles.

One might wonder why such high lamas or oracles do not point out the correct reincarnation directly, rather than engaging in this complicated procedure. This does occasionally happen, but the systematic confirmation of tulkus through a series of tests has always been both more reliable and more acceptable to the community of disciples.

The test usually conducted on the final candidates includes checking whether the child remembers anything related to the previous lama, whether the child can recognize some possessions the previous lama has regularly used, whether he can recognize close disciples and attendants of the previous lama, as well as carefully studying the child's personality. In addition to these external tests, more penetrating inner and secret

tests employing meditative insight are conducted by capable and experienced masters. In fact, the external tests are regarded as confirming and secondary to the inner and secret tests. The final decision, based on all these findings, is made by an authoritative lama.

Most reincarnations of high lamas clearly remember and speak about their past lives, correctly recognize persons and objects closely related to their previous incarnations, and clearly reflect, through natural behavior, their deep familiarity with the Buddhist teachings. For instance, the present Dalai Lama when four years old directly recognized two members of the search party, and correctly distinguished objects that had belonged to the Thirteenth Dalai Lama.

There are also extraordinary cases, from amongst the highest ranking lamas, in which a lama leaves certain clues before his death about his next incarnation. The great Karmapas, for instance, always leave a sealed letter about the place and person of their next incarnation. Another historical example is the direct indication by the Sixth Dalai Lama, in one of his casual verses, about his rebirth in Lihang.

The tradition of formally recognizing reincarnate lamas in Tibet began with the recognition of Karma Pakshi (1206-1283), the second Karmapa, as the reincarnation of Karmapa Dusum Khyenpa (1110-1193), a close disciple of Gampopa (1079-1153). Subsequently, the tradition spread widely throughout Tibet in all the major Buddhist schools. In Gelug, the youngest and largest school of Tibetan Buddhism, the tradition began with the second Dalai Lama, Gedun Gyatso (1476-1542), who was recognized as the reincarnation of Gedun Drub (1391-1474), a close disciple of the founder of the Gelug school, the great Tsongkhapa (1357-1419).

The prevailing tradition of recognizing the reincarnations of ordinary learned and experienced lamas, such as certain abbots, is a later development. The number of reincarnate lamas in Tibet in 1959 was estimated to be in the thousands.

The recent official Chinese announcement of their intention to recognize the next Panchen Lama "in accordance with the Chinese constitution and within China" shocked and surprised Tibetans and Buddhists the world over. Does this mean the Chinese constitution now permits the religious theory of reincarnation? Or, do the Chinese authorities simply want to appoint the next Panchen Lama according to a new secular rule?

The outside world should see the Chinese attitude as the climax of a calculated but deluded move to secularize a centuries-old religious tradition, under the pretext of a widely advertised policy of greater religious freedom in Tibet. In response to a moving appeal from Tashi Lhunpo Monastery, the traditional seat of the Panchen Lama in Tibet, His Holiness the Dalai Lama assured the monks of his complete support, despite whatever external obstacles might arise, in the task of recognizing the next Panchen Lama. ■

Reprinted from *Me-Long*

HELP BRING A RESIDENT LAMA TO GADEN TENZIN LING

GTL NEEDS TO RAISE \$10,000 BY OCTOBER 1ST, 1990 SO THAT VENERABLE GEN LAMRIM-PA NGAWANG TSULTRIM AND HIS TRANSLATOR PASANG TENZIN CAN COME TO NORTH AMERICA.

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WASHINGTON D.C. LAWYERS ORGANIZE TO SUPPORT PEACE GOALS OF NOBEL LAUREATE

Lawyers in Washington, D.C. are applying their skills to the Tibetan's nonviolent struggle for an independent homeland and an end to human rights abuses. "Now that the world community is finally recognizing the Dalai Lama's message of peace, it is time to denounce China's brutal repression of the Tibetan people and their illegal occupation of Tibet," said Mark Rovner. Rovner, a faculty member of the University of Southern California, D.C. campus, is one of over sixty Washington lawyers and law students who have joined the newly formed International Committee of Lawyers for Tibet.

Founded by Michael van Walt, an attorney formerly of Washington, D.C. law firm Wilmer, Cutler & Pickering and legal counsel to the Dalai Lama and the Tibetan government-in-exile, the International Committee of Lawyers for Tibet is committed to pressing the Tibetan's legal claims to self-determination before human rights bodies of the United Nations, the International Court of Justice and the U.S. Congress.

Meeting several times a month

at area law firms and law schools, the Committee plans to utilize the skills and expertise of the legal community to redress human rights violations in Tibet. The Committee's eventual strategy will address a variety of subject areas, including international trade, the United Nations, immigration, and environmental issues. For example, Dawn Gifford, who works for the D.C. law firm of Swidler & Berlin, is working to make improvements in human rights policies a precondition to China's proposed membership in the General Agreements on Tariffs and Trade (GATT). John Ackerly, a lawyer with the International Campaign for Tibet who has travelled in Tibet and witnessed the shooting of Tibetan demonstrators, will be filing petitions concerning instances of torture before United Nations Educations, Scientific and Cultural Organization (UNESCO) and the United Nations Human Rights Commission.

Van Walt, author of *Status of Tibet: History, Rights, and Prospects in International Law*, (available from Snow Lion) contends that international law com-

pels recognition of the Tibetans' right to self-determination, recognition essential to the cessation of the human rights violations now taking place. Van Walt maintains that the self-determination right recognized under international law and implemented by the United Nations in such countries as Namibia applies to any distinct people that can demonstrate a unique cultural and religious identity and history of self-government.

"Despite the reluctance of the U.S. government," said John Ackerly, alluding to President Bush's recent veto of legislation extending the visas of Chinese students in the United States, "the interest in the International Committee of Lawyers for Tibet demonstrates a commitment in the legal community to addressing fundamental issues related to the occupation of Tibet."

The International Committee of Lawyers for Tibet welcomes the participation of lawyers and non-lawyers alike. For more information, call John Ackerly at 202-628-4123 or Mark Rovner at 202-585-7927. ■

MY EXPERIENCE IN A CHINESE PRISON

In 1959 I was arrested for my participation in the Lhasa uprising of that year. I was jailed in the Taring prison (named so because it had been a house of the Taring household) with my hands and my legs shackled. There were 17 of us crammed together in a small room. Altogether there were around 300 prisoners at Taring. By 1960, our daily diet consisted of a fistful of bean tsampa or roasted bean flour in the morning and the same again in the evening. Four or five prisoners, working on a hand-driven millstone, would grind the tsampa for all the inmates. Sometimes when they did not have time to grind the flour we were given 9-10 beans for each meal. Gradually, our food deteriorated and later we were given only a small amount of watery porridge.

With the pain of hunger burning in us, we were forced to do long hours of work. Each one of us had to spin 200g of woolen yarn a day. The yarn had to be so fine

that it was extremely difficult to complete one's daily quota. A slight failure in the quality or quantity of the work would mean severe punishments. Out of the 17 prisoners in our cell, fourteen died of starvation. The death toll in the whole prison complex must have been about the same ratio.

Prisoners were shot dead or punished most cruelly for slight deviations from any prison rules. In 1963, a tulku or high incarnation of a former lama from the Jamchen monastery in the Ripung district was shot dead in the prison courtyard. He was on his way to the prison outhouse without the approval of the prison authorities. Another inmate, named Sherab from Kham province, was shot in the leg while he was drying dung on the roof top. He also had not sought permission for his moving from one place to another. Every slight movement within the prison compound had to have permission from the Chinese guards in authority. In 1968 Tulku Jampel

Yeshi submitted a three-point proposal to the jail authorities. He mentioned:

- If reformation meant opposing His Holiness the Dalai Lama, there would be no reformation from his side;
- If reformation meant opposing Buddhism, there would be no reformation from him, and
- If reformation meant going hungry, there would be no reformation from him either.

For this he was made to drive the water wheel for 310 rounds at the end of which he fell unconscious to the ground. Usually, this wheel was driven 10 rounds by a pair of inmates after which the next pair would take over. Tulku Jampel Yeshi now lives in India but remains in very poor health.

This report was given to me by the author this spring in Dharmasala and for security reasons I feel it is better that his name not be publicly told. It is on file here, however. ■

NEWS

Continued from page 1

His Holiness the Dalai Lama on the 31st Anniversary of the Tibetan National Uprising

meetings in Hong Kong to discuss procedure and other matters in an effort to reduce tension and to facilitate an early start to the actual negotiations. Unfortunately, China's leaders to date have not responded positively to our sincere efforts.

Recently the Chinese have vehemently rejected and condemned my stand on the past status and history of Tibet. They want me to change that stand. However, no one can alter truth or facts. By their narrow outlook the Chinese are missing the main message which I have tried to convey to them in my Five-Point Peace Plan, the Strasbourg Proposal and the Nobel Lecture, which concerns the future relationship between Tibet and China. I am prepared to consider this with an open mind through the dialogue.

It is important for the Chinese authorities to recognize the true aspirations of the Tibetan people, the majority of whom live inside Tibet. Virtually all Tibetans long for nothing less than full independence for our country. If the Chinese have any doubts on this then they should permit an internationally supervised referendum in Tibet to determine the wishes of the Tibetan people.

Any relation between Tibet and China must be based on the principles of equality, trust and mutual benefit. It must also be based on the principles which the wise rulers of Tibet and of China laid down in a treaty as early as 823 A.D., engraved in the stone pillar in Lhasa. Among other things the treaty says, "Tibetans will live happily in the great land of Tibet, and the Chinese will live happily in the great land of China."

It is with sadness that I note that, far from looking at the Tibetan issue from a fresh perspective, the Chinese authorities continue instead to use their awesome military might to crush the numerous protests of the Tibetans. Last year, in response to Tibetan protest demonstrations, the Chinese authorities imposed martial law in Lhasa. Martial law imposed in Beijing a few months later was recently lifted. In Lhasa, far from lifting martial law, the Chinese authorities are intent on tightening the noose around the Tibetan people. Recent reports from Tibet indicate that further repressive measures are being carried out. These days the Chinese authorities are conducting house-to-house searches for participants of the pro-independence demonstrations.

Despite such brutality by the Chinese authorities, the Tibetans in Tibet remain determined and undaunted. It is the right and responsibility of every Tibetan to fight for freedom and rights. But our struggle must be based on non-violence.

An important event for the Tibetan people has been the award of the Nobel Peace Prize. Though it will not change my status as a simple monk, I am happy for the Tibetan people, for this prize brings well-deserved recognition to the Tibetan people's struggle for freedom and justice. This reaffirms our conviction that, armed with truth, courage and determination, we will succeed in liberating our country.

Since our struggle is for the rights, freedoms and future well-being of six million Tibetans, we must strengthen our democratic institutions and our democratic

INTERNAL AFFAIR?

Usually, in awarding the Nobel Peace Prize, the Norwegian Nobel Committee bends over backwards—not to be political. But not this year. In awarding this year's medal to the Dalai Lama, the Nobel Committee jumped smack into international politics, giving the People's Republic of China a well-deserved slap in the face.

So, the story of the Dalai Lama is the story of his people. And just as sad as the story of what happened to his people and to the country of Tibet is the story of why we allowed it to happen. We knew that was going on. There were enough reports coming out of Tibet about the genocide. But the United States did nothing. Because helping Tibet would have interfered with our playing the so-called "China Card."

In American foreign policy, in other words, Tibet was another victim of the Cold War. The United States was so focused on the evil empire, so determined to cultivate a relationship with China—in order to play China against the Soviet Union—that we were willing to overlook anything else China was doing—even destroying an entire people and an entire nation.

Shocked by last June's violent repression in Tiananmen Square? We shouldn't have been. The Chinese are experienced murderers... they got their practice in Tibet. But, now there's no longer any excuse. The Nobel Peace Prize puts the Dalai Lama on the front page—and should put the issue of Tibetan Independence on the front burner of American Foreign Policy. ■

Bill Press Commentary, October 9, 1989, ABC News, 29 November 1989



process. As I have said many times, respect for freedom and democracy is essential for the development of a modern Tibet and for the development of its people. In 1963 I promulgated the democratic Constitution of Tibet and we have gained valuable experience in the workings of democracy. There is still need to further democratize, both the Assembly of the Tibetan People's Deputies and the Tibetan administration itself. To make our institutions more effective and democratic, I have sought the opinions and suggestions of our people. I feel that it is the responsibility of every Tibetan to create a truly free and democratic community in exile, and more importantly in future Tibet where the main responsibility obviously must be shouldered by the educated young and those working inside Tibet under Chinese rule.

In conclusion, I wish to thank all those who have given moral and political support to our struggle for freedom and justice. ■

HUMAN RIGHTS IN TIBET IS NOT AN INTERNAL AFFAIR OF CHINA

By Ambassador Jeane J. Kirkpatrick

Last December 10, in Beijing, International Human Rights Day was celebrated with speeches, conferences and public marches. The same day, in Lhasa, Tibet's capital city, unarmed monks and nuns gathered in non-violent protest of Chinese oppression. The protest ended when Chinese police arrived and opened fire.

Recent days have seen more violence in Tibet. Again led by monks and nuns, Tibetans demanded independence from Chinese rule. Again Chinese police fired into crowds of demonstrators. Since March 5, according to the official China News Agency, at least 12 people have been killed and more than 100 wounded in clashes between protesters and the police. Unofficial accounts say the toll is much higher.

Numerous observers, even a respected U.S. diplomat, have expressed surprise over the Chinese actions in Tibet. But, the surprise is that they're surprised. The recent clashes are only the latest of a string of abuses Tibetans have had to silently endure. Over the last 30 years the Tibetan plight has been among the most overlooked and under-reported human rights abuses in the world. The Chinese have done everything they can to keep it that way, banning journalists and tourists from the Himalayan region—whenever anti-Chinese unrest has surfaced.

It is time the veil of secrecy be lifted. We in the West have a moral obligation to express our profound disapproval. Silence can only be considered as complicity. The catalogue of human rights abuses and cultural genocide Tibetans have suffered is deeply disturbing. Consider this: Since 1950, more than one million people have died as a direct result

of the Chinese occupation, and more than 100,000 Tibetans fled to India and Nepal.

More than 6,000 monasteries have been razed and their monks defrocked and jailed.

Thousands of Tibetan women have been victims of forced abortion and sterilization.

Since 1987, some 5,000 Tibetans have been arrested as political prisoners. Half are women and children.

The Chinese attitude toward the issue of human rights in Tibet has remained constant: It is an internal affair and not the concern of the rest of the world. Just two weeks ago, Chinese officials told President Bush, firmly but courteously, that this issue was not a concern of the United States. But human rights are an international concern, and violation of those rights should never be allowed to be hidden behind the pretext of internal affairs. The more that a government tries to repress information, the more important it is that others speak up.

In this century alone, more people have died at the hands of their own governments than in war. They have died in Pol Pot's murderous "utopia," Stalin's gulag, Hitler's final solution, the man-made famine in the Ukraine, and China's cultural revolution. Conservative estimates say 10 million have died as a result of these massive human rights violations. To look away in the face of these atrocities is an act of moral cowardice. It is also the surest way to ensure their continuation.

Some have wondered why, during a time when China has been making progress in its relationship with Hong Kong and Taiwan, it would be so repressive in Tibet. The

answer, perhaps, is that the Chinese thought no one would care. China's human rights abuses have been going on for three decades with little outcry from the international community. The last time the U.N. called for an end to human rights violations in Tibet was more than 20 years ago.

In its defense China says steps have been taken to modernize Tibet. It is true. Roads have been built, but these have been used mostly for moving the large occupation army. There are more jobs, but these are mostly for the Chinese living there. There are more power lines, yet these often by-pass Tibetan villages. There are questions as to how much this modernization benefits Tibetans.

Of course, we don't know if pressure from the world community, media, and governments will help improve China's human rights policy with regard to Tibet. Then again, it might help. Anatoly Shcharansky was freed from a Soviet gulag only through the efforts of his wife, Avital. For years, she was a tireless one-woman human rights campaign. She wouldn't let world governments or the media forget her husband, until he was released from prison.

History has shown us that silence only encourages human rights abusers. It is our responsibility, as people who enjoy the right of free expression, to speak out against Chinese abuses in Tibet. Maybe then the Chinese, in their effort to modernize, will build rights as well as roads. ■

This article adapted from Ambassador Kirkpatrick's speech delivered at the Tibet conference on March 5, 1989 at Columbia University.

Reprinted from News Tibet

請

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TIBETAN TERRIERS

The origins of the Tibetan Terrier appear to be shrouded in mystery, yet one can interpret some of the jigsaw pieces. The dogs were developed in Tibet; there is no question about that, although the breed probably evolved from the northern dogs of pre-history. Over centuries the Tibetan people adopted and adapted the breed to their own way of life. The monks bred the dogs carefully, developing what was called "the monastery type," and the nomads kept a larger, more rugged version of the breed.

Because the difficult geographic conditions in Tibet often isolated sections of the country, there was some variance in early type within the breed. Some say the dogs had a purpose in the Tibetan religion, but this idea remains conjecture in the West. We do know that the Tibetan Terrier is no ordinary dog, but, then, its homeland is no ordinary country.

In the early 1920s, an English surgeon, Dr. Agnes R.H. Greig was practicing medicine in northern India, near the Tibet border. In 1922 she operated on a Tibetan woman who had come down from Tibet, accompanied by her family as was the custom. Included in the family was a pet dog. While the woman recovered from her surgery, the little dog, "Lily," whelped a litter of four puppies. She had been bred in Tibet, and the family would not leave her behind.

The grateful family offered the choice of puppies to Dr. Greig, who selected a gold and white female, calling her "Bunti." The Tibetan family approved her choice and said they would bring a mate for "Bunti" when they returned for the woman's check-up.

A year later, they arrived, bringing "Rajah," a male born in Tibet. He was subsequently bred to "Lily" and the first litter was born on Christmas, 1924. A second litter followed in July, 1925. All of the

puppies looked alike, so Dr. Greig believed the breed to be "purebred." She consulted a member of the India Kennel Club, and he recommended that she breed additional litters to prove her belief. Because the dogs were about the size of familiar English Terriers, he named them Tibetan Terriers, although it was said that the Tibetan people called them "The Little People," or, simply, "The Tibetan."

Dr. Greig sought help from various Tibetan friends who travelled back and forth across the borders. A lama of Tibet was sympathetic to her cause. When she sent him a "sample" from one of the litters for his opinion, he pronounced the dog a fine example of the monastery style. Later, he sent her an exceptional white Tibetan Terrier male called, "Thoombay."

Eventually, Dr. Greig presented several generations of her dogs to the India Kennel Club, and the breed was accepted. The first Tibetan Terrier Champion dog in India—and the world—was Dr. Greig's home bred, "Mr. Binks," in 1931.

Dr. Greig decided to return permanently to her home in England and brought with her ten well-bred Tibetan Terriers to form the nucleus of her own new kennel. Through her hard work the Kennel Club in England accepted the breed in 1938. The First British Champion was the white dog given her by the lama. "Thoombay" was born in Tibet on October 9, 1928. When he won the championship, he was ten years old. The judge at the time was impressed with his perfect balance, beautiful white coat, and aristocratic air.

The first Tibetan Terriers in the United States were bred in 1957 by Dr. and Mrs. Henry Murphy of Virginia and met with great interest, especially among those who were familiar with Tibet and who had some knowledge of the breed in its homeland.

Over the years Mrs. Alice Murphy worked to get the breed established. She felt it was her personal mission to protect the breed and to see it attain every honor. When the breed was first shown in the Miscellaneous Class at a two-day show, February 22-23, 1964, in Seattle, Washington, exiled lamas in residence there at the university came. Lama Kungra Lobjang blessed the two dogs, and his fellow lamas painted a Tibetan backdrop for the dogs. Later, Mrs. Murphy sent one of her puppies, "Kon-Dup Lamleh" of Kalai to Jigdal Sakyapa Rinpoche as a gift for his three little sons.

While all Tibetan Terrier owners love their own special dogs, some of these breed fanciers have felt challenged to go well beyond canine ownership. They have developed a strong interest in Tibet itself, its culture, music, art, and philosophies. Quite a few of these dedicated people have become involved with various Tibetan refugee causes. The Tibetan Terrier Club of America, Inc., founded by the Murphys in 1957, has contributed money over the last 30 years to Tibetan refugee settlements.

Description of Breed

The Tibetan Terrier is a shaggy dog, ideally 14 inches to 16 inches tall, weighing about 22-24 pounds. It has a thick double coat as an adult; the inner coat like cashmere, the outer coat fine but never silky nor woolly. Profuse hair covers the face and eyes, and the tail is well-plumed, carried happily wagging over the back. The feet—unique among dogs—are large and flat (snowshoe feet). The body is strong, very square in proportion. Everything about the dog lead to its survival in harsh land of high altitudes with extremes of weather such as high winds, heavy snow and ice, sand storms, rocks, and treacherous footing.



His Holiness the Dalai Lama with his Tibetan Terrier Senge in Dharamsala, 1968

Photo: James McDonald

The personality of the breed is remarkable. To own a Tibetan Terrier is to love one. However, because of the sensitive, intuitive nature of the breed, it is not an average all-purpose shaggy dog designed for everyone. Tibetan Terriers are at their best a loving, intelligent, creative home where the owners can accept the great love these dogs give. A sense of humor helps too, as this is a breed that enjoys a hearty laugh—on you!

The author of this article, Jane Reif, saw her first Tibetan Terrier in 1968

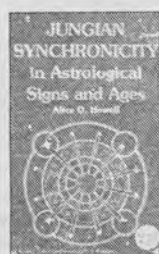
and received a bitch from Mrs. Murphy with which she began her Shaggar line that produced many champions. In 1985 she wrote the definitive Tibetan Terrier Book, now in its third printing. The Reifs have slowed breeding activity now, but they plan to have puppies from their seventh generation in the whelping box in early summer, 1990. Contact Jane Reif, 6 Yellow Pine, Middletown, CT 06457. Tel. 203-347-7302. Tibetan Terrier Book is available from Snow Lion for \$16.95 (256 pp., 200 photos).

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Four Thousand Tibetans Demonstrate in Tibet's Capital

Some 4,000 Tibetans demonstrated in Lhasa on March 9, 1990, the eve of the 31st Anniversary of the Tibetan National Uprising Day of March 10, 1959, according to the Bureau of His Holiness the Dalai Lama in New Delhi, India. In anticipation of demonstrations in March, the Chinese authorities had increased the military presence in Lhasa. Tanks patrolled the streets, and soldiers armed with automatic machine guns were stationed on rooftops, especially in the area of the Jokhang, Lhasa's holiest temple, and the site of many demonstrations in the past. A Chinese language newspaper quoted a foreign source saying, "The way the Chinese authorities deployed military in Lhasa, it looks as if they are preparing for a war."

The Chinese authorities stopped all traffic to and from Lhasa on March 10, 1990. Earlier they had declared the so-called Tibet Autonomous Region as off limits to all foreign travelers until March 15, 1990.

The Chinese declared martial law in Tibet in early March 1989, following demonstrations in Lhasa, and have strictly enforced it since. Because foreign journalists have been prohibited from entering Tibet, no other details of the March 9th demonstration are available at this writing.

There are also reports of demonstrations that took place in mid-February in Karze and Ngapa, towns in eastern Tibet. According to sources, the demonstration in Karze was a major one with participation by monks, civilians, nomads and villagers. The number of casualties and arrests are not available.

Since Sept. 27, 1987, there have been 55 demonstrations despite the brutal military crackdown. Thousands of Tibetans have been detained; some 1,000 Tibetans have been killed since Sept. 27, 1987. ■

REPORT FROM THE U.N.

Six countries—The United States, Canada, Sweden, the Netherlands, Costa Rica, and France—have denounced China for the violations of human rights in China as well as in Tibet. Australia has strongly condemned China for the violations of human rights in China, but has not mentioned Tibet.

Responding to criticisms to several Western countries that China had suppressed the pro-democracy movement and violated human rights, Chinese representative Chen Shiqu said that "their purpose was none other than finding excuses for their gross interference in the internal affairs of China." ■

ON MY MIND

A. M. Rosenthal

The Monk And the President

For five days last month, Tenzin Gyatso, a Buddhist monk who is the Dalai Lama of Tibet, was the guest of Vaclav Havel, a playwright who is the President of Czechoslovakia.

That visit got virtually no air time or print. Leaders of nations love to visit one another. What's the news?

A pity the visit was ignored. It was not only important but tells a great deal about Tibet, Mr. Havel, China and the United States.

On March 17, 31 years will have passed since the Dalai Lama, then 24 years old, fled Lhasa by night to escape the Chinese and save the Tibetan national identity.

Nine years earlier, in 1950, the Chinese Communists began their occupation of Tibet. Before the Dalai Lama was driven into refuge, and since, the Chinese Communists tore his country apart — annexed a huge part of it, enforced military rule over the rest, murdered at least a million Tibetans, imprisoned millions of others.

The world then did its best to forget Tibet, in fear of Communist China or in dreamy but still unfulfilled lust for a billion Chinese consumers.

One way it tried to forget was for national leaders to refuse even to see the Dalai Lama, coldly pretending him out of existence. Not one American President has had the courtesy or the courage to receive the leader of the Tibetans, the symbol of godliness for them and many other Buddhists around the world.

The tiny band of Tibetan representatives in Washington is not even welcome at the State Department. They can lunch with somebody in the department from time to time. But that must be outside the State Department, where emissaries of tyrannies are welcomed, honored and stuffed every day. American Presidents are not alone

Will the United States join the honor roll?

in their shame. The Dalai Lama won the Nobel Peace Prize last year. But for 31 years this was the complete honor roll of countries whose leaders received him: Costa Rica, Mexico, India.

Now Mr. Havel has added his country's name. He knew the invitation to the Dalai Lama, made in his very first speech as President, would infuriate Beijing. Every attention to the Dalai Lama arouses Beijing to immediate denunciation.

The very thought of Chinese anger freezes the Western nations into statues of servility. In the United States the President even went back on his word to bar high-level contacts with the regime that ordered the spring massacres.

But Mr. Havel was able to control his terror. When the denunciation from Beijing came, he replied politely but without tremble or apology.

The Chinese did not break relations. If they ever do, I imagine his Government will withstand the shock.

Mr. Havel is in danger of being guru-ized in this country. He will probably survive that, too. He and his top aides have already set their own style, which should work against American canonization as well as Chinese bullying.

In New York at a small party, the Czechoslovak Foreign Minister, Jiri Dienstbier, was asked what would happen if the new style of Eastern European leaders came under pressure to conform, from the outside. He answered with a long shrug and a short sentence.

We will tell them to stick it in their ear is what he said, more or less.

Why is China exempt from even the lowest standards of human rights, to the point where it can execute its dissidents, sentence millions to forced labor, swallow the whole Tibetan nation, without the world seeming to mind?

Roberta Cohen, a specialist in human rights, has written a book about that tantalizing question. It was published a few years ago by the University of Maryland Law School — "The Human Rights Exception."

American historic ties with China, the memory of the foul governments that preceded the Communist revolution, decades of eager acceptance of Chinese Marxism and Maoism, career interests of China specialists, dreams of fast fortune, Chinese secretiveness — those are some of the reasons.

But they all add up to the belief that somehow Orientals generally do not cherish life or liberty as much as we do, a concise definition of racism.

American Presidents think about the Dalai Lama as a problem — an irritation to China. Mr. Havel thinks about him as a fighter for human decency. That is the difference, and it is likely to remain until the next American President.

But oh, what a joy simply to dream that one day a President of the United States will put his arm around that good man, the Dalai Lama, smile pleasantly into the camera and say, "Well, the Chinese Communists can just stick it in their ears." []

"The human world faces many serious crises and, according to our common point of view, its only hope is in the sphere of awareness and mobilization of all the good within each of us and in the sphere of our respect for what transcends us as individuals, whether we call it God, the order of the cosmos, the inevitability of the consequences of actions, or anything else. This is valid not only for everyone in general, but even more so for those people who have taken political responsibility. If people live with peace and kindness within their own hearts, and respect truth and fairness, with a sense of universal responsibility, there is hope that they can live in peace and with kindness and justice with one another. In this way, they can become free of oppression, as well as spiritual and material poverty. It is our joint, sincere aspiration that this might come true."

—A Joint Appeal of H.H. the Dalai Lama and President Vaclav Havel

"Here in Czechoslovakia, as in most of the other Eastern European countries, freedom and democracy have been regained by people joining together, in a non-violent fashion, with concern for achieving the basic human values, not just for the political gain of some particular party or faction. As a movement of basic human spirit, this has been a truly great achievement. But it is only the first stage. Now is the time to face the equal challenge of the second phase, which is to establish a healthy democratic system of practice to sustain and support that freedom. For this second step, the same mass spirit of selfless determination and love of truth must be maintained so as not to become lax within that newly gained freedom simply to further personal or factional gain."

—Statement of H.H. the Dalai Lama at the conclusion of his visit to Czechoslovakia, Feb. 5, 1990



THE YEAR OF TIBET

*Join us in the
Celebration*

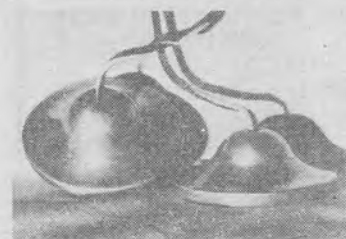
*For more information on membership and how to participate in
The Year of Tibet contact:
Tibet House/New York, 636 Broadway, 12th Floor,
New York, NY 10012, Phone: 212.353-8823, Fax: 212.353-9364.*

SPECIAL ITEMS

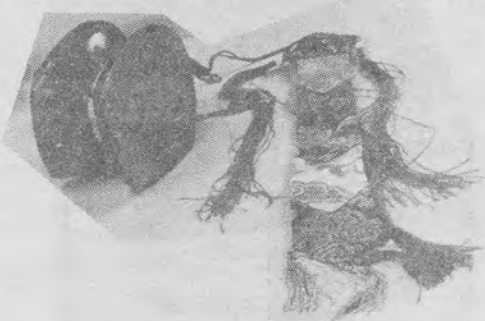
DHARMA ITEMS

**BELL & DORJE**

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. Regular Grade #NEBD3 \$60



DINGSHA BELLS (cymbals)
#DINGSHA \$30 The sound of these bells is psychically cleansing.



DAMARUS (wood), #DAMARU
\$40

DAMARU BANNERS
#DAMARUB \$20 Beautiful brocade banners in 5 traditional colors.

INCENSE

CEDAR/ SANDALWOOD 8" box (50 sticks) #OSCS \$5
RITUAL INCENSE 10 1/2" bundle #DWCHODI \$10
EXTRA-GRADE TIBETAN INCENSE 16" bundle (45 sticks) #OSXG \$10
TIBETAN INCENSE 16" bundle, #IWTI \$5.00
Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.

TRADITIONAL TIBETAN INCENSE

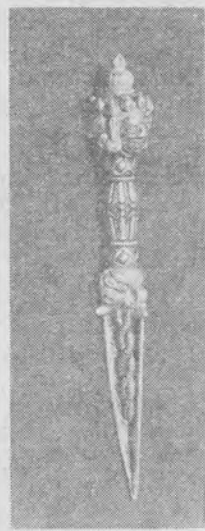
Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades. Each box contains approximately 50 eleven-inch sticks:
Highest Grade #JCBLUE \$8
Medium Grade #JCRED \$6
Common Grade #JCYELLOW \$5



BUTTER LAMP \$16 White metal, well-made, 3 1/2" high.



KAPALAS (skull cup)
Medium brass #KAPALAB \$30



PURBAS Tantric daggers make of iron.
9" PURBALG \$30
5" PURBASM \$12

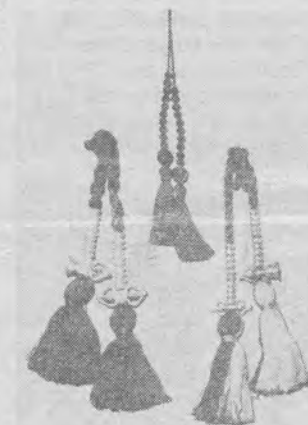
OFFERING BOWLS (set of 7)
Copper (medium-size) #BOWLK \$38
White Metal (medium-size) #BOWLW \$30

**MALAS (prayer beads)**

We have a wide variety to choose from:
Wood \$12 Bodhiseed—Two types: whole seed \$46; sanded showing patterns \$30 Lotus Seed—small \$44, large \$46
Glass, rock crystal, coral and other semi-precious stones—with and without counters. Contact us for a list of our stock. Prices range from \$80 to \$150. #XMALAS

BONE MALAS, \$22

We have small bone malas with counters and head bead. They are light beige and strung on a black cord. #MALA

**MALA COUNTERS**

These pairs of counters have a bell and a dorje, multicolored tassels and attach to any mala.
White Metal Counters #COUNTERS-W \$14
Silver Counters #COUNTERS-S \$40



MALA POUCH #MALABAG \$8
These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.



THANGKAS We have a number of thangkas of different images. Please call us for information as to availability. Prices range from \$140 to \$650 and the stock changes rapidly. #THANGKAS

**MEDITATION CUSHIONS**

Carolina Morning Designs produces high-quality cushions at competitive prices and ensures customer satisfaction. These hand-crafted cushions are available in three standard colors: burgundy, royal blue and black. Specify the color of your choice. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery. Call us for availability.

Zafu (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #CMZAFU \$32.50
Support Cushion is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #CMSUPPORT \$14
Zabuton (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #CMZABUTON \$38.50

INFLATABLE ZAFU!

#CMINFL \$17.50
Just the thing for traveling meditators! A zafu cushion that can be inflated to just the right height and deflated for easy storage. Inside the fine quality zafu cover is a beachball. Inflated it provides dependable support for sitting meditation. Deflated it weighs about 8 ounces and can be folded to fit a small space. The cover is machine washable and dryable. There is an opening from which the beachball can be removed and reinserted. So if later you prefer a more traditional zafu, you can simply remove the beachball and stuff the cushion cover with kapok.

MEDITATION BELTS, 8' x 4'
cotton #DWBELT \$36 Hand-woven in Tibet, the belt is used to keep the back upright for long, comfortable sittings.



RUPAS High quality statues of the Buddha and various deities are available on request. We have numerous rupas and our stock is always changing. Materials range from brass to copper with gold and painted faces. Prices vary from \$70 to \$400. #RUPA

**AUTHENTIC MINIATURES, (tsa-tsa sculptures)**

The following ceramic images are available in small (average 2") for \$7 ea.:

Avalokita #TSA:AVALO-S
Sakyamuni #TSA:BUDDHA-S
Mahakala #TSA:MAHAK-S
Green Tara #TSA:TARA-S
Akshobhya #TSA:AKSHO-S

The following images are available in large (average 4") for \$14 ea.:

Avalokita #TSA:AVALO-L
Green Tara #TSA:TARA-L

KATAS

A standard offering scarf.
White #KATA2 \$8
Banana color #KATA3 \$8
Long white silk scarves with auspicious symbols embroidered into them. #KATA \$36

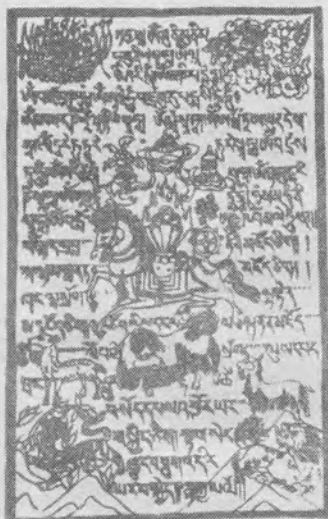
OTHER DHARMA ITEMS AVAILABLE ON REQUEST

Call or write to us for information.

SPECIAL ITEMS

NEW!

PRAYER FLAGS \$6 ea. These are excellent flags printed on cotton muslin.
ASSEMBLY OF ALL LAMAS' HEARTS, 20 x 20", orange #LFALM Mantras and prayers for protection
BUDDHA, 18 x 26", burnt red #LFB
LUNG TA, THE WIND HORSE, 18 x 22", purple #LFLT
MANTRA OF AMITABHA, 18 x 18", burnt red #LFMA
OM MANI PADME HUM, 18 x 18", Carmine #LFMANI
TIBETAN OM, 18 x 18", Carmine #LFTOM
VAST LUCK, 20 x 20", peacock blue #LFVL The four propitious animals and four auspicious symbols with Om in the center of a double vajra.



#LFLT



#LFALM



#LFMA



#LFMANI



#LFB

#LFTOM

#LFMA



TEESHIRTS & SWEATSHIRTS

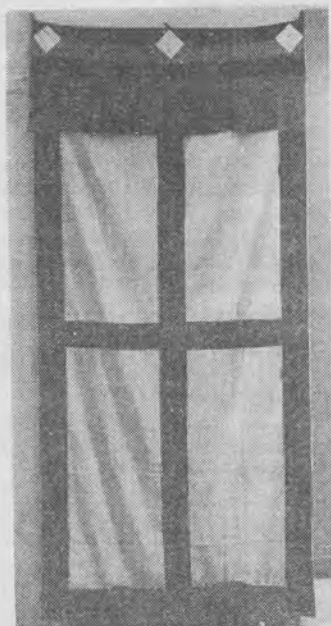
Cotton (50-50) tee shirts and sweat shirts for men and women. Choose one of two teeshirts designs—Double Dorje or a Tibetan Flag. We also have a third sweatshirt design with Om Mani Padme Hum encircling a Hri. They come in white, yellow, red, and blue. They are high-quality shirts and are sized small, medium, large and extra-large, and run one size small. Please indicate a second color choice. The Flag design is a 5-color and so more costly. Please give full description (color, size, design) on your order form and a second choice in case we are out of your first selection. Call us for availability of sizes and colors of double dorjes.
 Teeshirts: Double Dorje #PHSHIRT \$12 Tibetan Flag #PHSHIRTF \$14
 Sweatshirts: Om Mani Padme Hum #PHSHIRT2 \$24 Double Dorje #PHSHIRT2 \$24 Tibetan Flag #PHSHIRTF2 \$28



NEW!

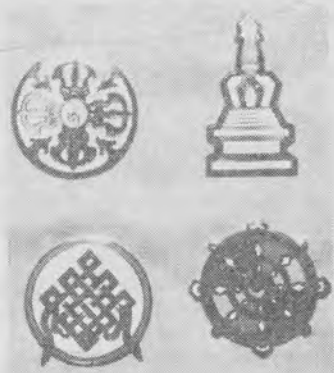
KALACHAKRA & DZOGCHEN DESIGN TEESHIRTS \$14, #ABSHIRTK & #ABSHIRTD
 These are 4-color on white 100% cotton high-grade shirts in M, L, XL. Choose either the Kalachakra symbol or Dzogchen design.

DOOR MANTRA #HCDM
 \$2.50 This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.



DHARMA DECALS

The following decals are \$2 ea.:
 Double Dorje (5") #DECAL1
 Eternal Knot (5") #DECAL2
 Wheel of the Dharma (5") #DECAL10
 Door Mantra (Blessing for house) (2 1/2 x 10") #DECAL4
 The following decals are 7" in diameter and are \$3.00 ea.:
 Sakyamuni Buddha #DECAL5
 Amitabha Buddha #DECAL6
 Chenrezi #DECAL7
 Green Tara #DECAL8
 Dorje Chang #DECAL9



ON SALE!

CRYSTALS FROM TIBET
 Tibetan Snow-Capped Smokey Quartz: We have a very limited number of quartz crystals from Amdo. They vary in size from 1 1/2 to 6 inches and are single terminated. The price on these is from \$20 to \$30 each. Some of these are scepters and recorders. At the time of this publication, we may still have two larger clusters that are beautiful and cost \$200 each. We have been told by several customers that the quartz is very pure and their energy is exceptional. Call us at 607-273-8506 about the crystals.



DOOR CURTAINS #MUDC
 \$50 Brightly colored curtains that have adorned the entrances to homes and monasteries in Tibet for centuries are now available from Snow Lion. The main body of each curtain is made of cotton canvass, with colorful pieces of lighter cotton cloth used for the trim. Curtains are 80 inches tall by 36 inches wide and have loops at the top for hanging.



TIBETAN CARPETS, 3 x 6', #CARPET \$475 Handwoven, 100% wool, natural vegetable and brightly colored dyes. Contact us for more information.

PINS, \$5.00
 Double Dorje (5 colors) #PIND
 Stupa (white) #PINS
 Eternal Knot #PINEK
 Wheel of Dharma #PINW



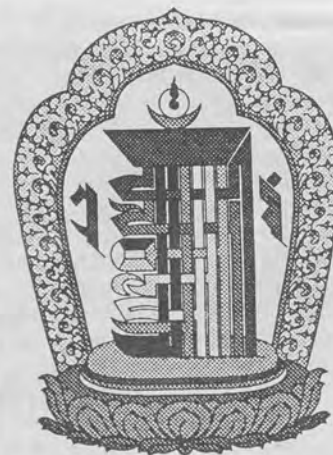
GAU, #GAU \$36 Made from white metal with kalachakra symbol on one side and double dorje on the reverse.

JEWELRY

We have a selection of necklaces, pendants, rings, bracelets with coral and turquoise. We have deity and dragon rings and pendants.



SNOW LION TEESHIRT \$14, #SLTSHIRT
 These are 100% cotton, hand-dyed and hand-screened for unsurpassed richness and subtlety of color. Lion is maroon, and shirt is cantelope. Very beautiful! Sized M, L, XL.



SNOW LION Button 2" Diameter. #SLSLB \$0.60 Red drawing on yellow.



FREE TIBET!

"FREE TIBET" Bumper Stickers #SLTBS \$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!

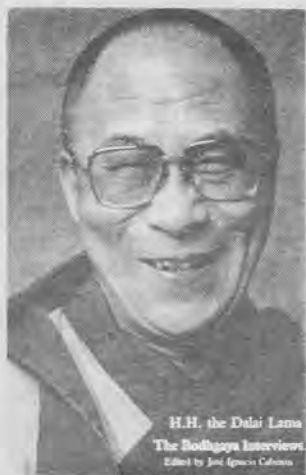
"FREE TIBET" Buttons 2 1/2" Diameter. #SLFTB-W (white), #SLFTB-G (blue-green) \$1 White on Blue Green or vice versa.

TIBETAN FLAG, \$35 Flags are made of durable flag nylon with fade resistant coatings. Imported from Japan.

BOOKS BY THE DALAI LAMA



THE DALAI LAMA: A Policy of Kindness



H.H. the Dalai Lama
The Bodhgaya Interviews
Edited by Jose Ignacio Cabezon



H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins

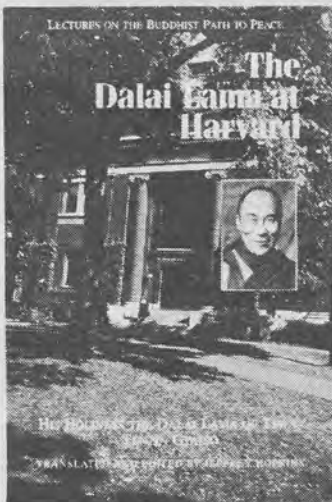
A Long Look Homeward
An Interview with the Dalai Lama of Tibet



H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins



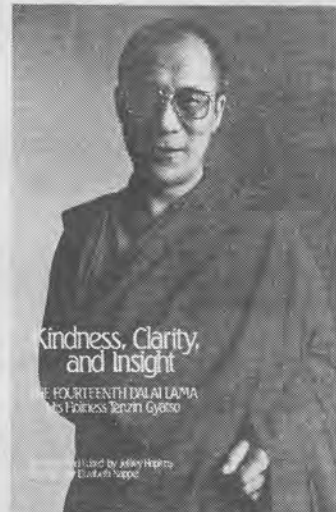
THE NOBEL PEACE PRIZE AND THE DALAI LAMA



LECTURES ON THE BUDDHIST PATH TO PEACE
The Dalai Lama at Harvard
The Dalai Lama, trans. & ed. by Jeffrey Hopkins
Foreword by Senator Claiborne Pell
Foreword by Jeffrey Hopkins



THE THIRD DALAI LAMA
Essence of Refined Gold
Commentary by H.H. the present Dalai Lama
Foreword by Robert Thurman
Foreword by Jeffrey Hopkins
Glenn H. Mullin
Foreword by Jeffrey Hopkins



Kindness, Clarity, and Insight
THE FOURTEENTH DALAI LAMA
His Holiness Tenzin Gyatso
Foreword by Jeffrey Hopkins
Foreword by Glenn H. Mullin



TRANSCENDENT WISDOM
A Commentary on the Ninth Chapter of
Shantideva's Guide to the Bodhisattva Way of Life
H.H. the Dalai Lama
Foreword by Jeffrey Hopkins

**Featured:
NEW!**

THE DALAI LAMA: A Policy of Kindness, by H.H. the Dalai Lama, compiled & edited by Sidney Piburn. 152pp., #SLBKPK \$4.95
Who is the Dalai Lama and why was he awarded the Nobel Peace Prize? Beginning with the Nobel Lecture which presents his policy of kindness, this book offers a comprehensive view of his personal life, his wide-ranging interests, and his thoughts on issues of global concern. These addresses, interviews and biographical essays reveal a highly pragmatic man, dedicated to the establishment of non-violent solutions to human problems in the personal, environmental and political arenas. A captivating picture emerges of the Dalai Lama whose goodwill, understanding and practicality have brought him respect from world leaders and the acclaim of millions around the world. Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee.

NEW!

THE NOBEL PEACE PRIZE AND THE DALAI LAMA, Compiled and edited by Sidney Piburn. 72pp., #SLBKNPP \$4.50
This year's Nobel Peace Prize has been awarded to H.H. the Dalai Lama, first and foremost for his practice of non-violence and his human approach to world peace. Included 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.
These talks detail the constructive and forward-looking proposals for solving international conflicts, human rights issues, and global environmental problems that earned the Dalai Lama the recognition of the Nobel Committee. 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. Foreword by Tenzin Tethong, Director of the International Campaign for Tibet.

THE BODHGAYA INTERVIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp., photos, #SLBKBI \$8.95

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

These sparkling interviews with His Holiness the Dalai Lama are sure to interest Buddhists and non-Buddhists alike. His Holiness 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.

BUDDHISM OF TIBET, by His Holiness the Dalai Lama Trans. & Ed. by Jeffrey Hopkins. 219pp. #SLBKBT \$12.95

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$12.95 paper, #SLBKDLHC \$22.95 cloth

"... The best teachings from the East are the ones given by the Dalai Lama"—Joseph Campbell in *An Open Life*

In 1981, His Holiness the Dalai Lama gave a series of lectures at Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice. The combination of powerful intellect, expository skill, and practical, compassionate application which characterize the Dalai Lama himself also highlight these lectures. He covers a spectrum of issues important to anyone concerned about individual and world peace and answers questions that those interested in Buddhism have long hoped to see addressed.

"Presents a richer picture of the Dalai Lama... as a deeply accomplished scholar of Buddhist theory

and practice. He displays a sensitivity to human concerns and an openness to the discoveries of science. His excellent sense of humor is also very much in evidence."—*Parabola*

DEITY YOGA in Action and Performance Tantras, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274pp. #SLBKDY \$14.95
Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is an invaluable book for anyone who is practicing or interested in Buddhist tantra. It is comprised of three parts:

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.

The Great Exposition of Secret Mantra—parts 2 & 3, 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.

Formerly titled: *Yoga of Tibet*.

ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271pp. #SLBKERG \$10.95

"For its down-to-earth style indicating a rich spiritual path, this must rank as one of the finest Buddhist books in English to date"—*The Middle Way*

Continuing the living Tibetan tradition to the present day the present Dalai Lama, provides an extensive commentary to the Third Dalai Lama's "Essence of Refined Gold" drawn from his own penetrating experience. His discourse comprises the main body of this text and alternates between personal reflections, direct

spiritual advice and scriptural quotations. He elucidates in practical terms what the student must do to attain enlightenment. This book forms the most accessible introduction 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"—Soami Sariputra, *The Theosophist*

Glenn H. Mullin is a former member of the LTWA's Research and Translation Bureau and has published numerous books and monographs. He currently resides in Canada.

KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper 239pp. #SLBKCI \$10.95

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.

Not limited to Buddhist or religious believers, his message speaks to all humanity of the importance to the very fabric of society of kindness, love, and compassion. It is a message of hope, both in terms of the potential for individual and social transformation, and in terms of the indomitable human spirit.

"Hopkins has done an excellent translating and editing job, making the often-difficult terms and doctrines very accessible... gives the reader an insight into contemporary Tibetan Buddhism as presented by the gentle, intelligent exiled leader of the Tibetan people. 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*

A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet, by Glenn H. Mullin. 29 pages, #SLBKLLH \$2
In this interview, His Holiness openly expresses his views on many timely political issues, on himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

TANTRA IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 252pp. #SLBKTT \$12.95
"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 reveals the highly practical and compassionate use of this science of spiritual development. Contents include: tantra for practice, refuge, the three paths, greatness of mantra, clear light and initiation.

The Great Exposition of Secret Mantra—Part 1 by Tsong-ka-pa, is one of the principle 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.

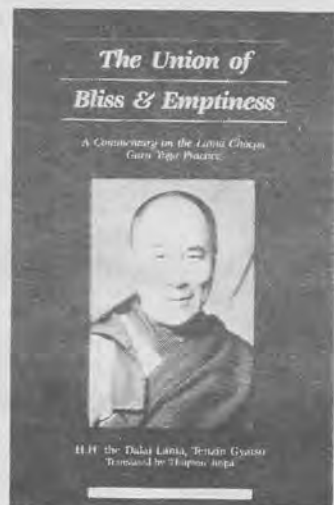
Supplement by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

NEW!

TO THE LION THRONE, by Whitney Stewart. 55pp. #SLBKTLT \$10.95 June

This is an exciting and engaging biography of the Dalai Lama for children. The day the Dalai Lama was born, a rainbow touched his house, two crows rested on his roof top and kept guard and his father jumped from his sick bed and declared himself cured by his son's birth. 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

THE DALAI LAMA / KALACHAKRA TEACHINGS



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.

Whitney Stewart writes fiction and non-fiction for children. She has been a children's librarian and a tutor of English, French, creative writing, and children's theater. Her experience as a puppeteer and actor has been a base for writing for and working with children in elementary and high school.

TRANSCENDENT WISDOM: A Commentary on the Ninth Chapter of Shantideva's [Guide to the Bodhisattva Way of Life, by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace. 146pp., #SLBK7W \$9.95 "A clear exposition..."—*Vajradhatu Sun*

"The Guide to the Bodhisattva Way of Life" is one of the most highly recommended texts 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 View of Buddhist philosophy. It is difficult to understand without a commentary.

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

In 1979, His Holiness the Dalai Lama delivered an oral teaching on this text before an assembly of over a thousand Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.

THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191pp. #SLBKUBE \$10.95

The origins of the instructions on this Lama Choepa (guru yoga) practice are traced back to the explanatory tantra called Vajramala, in which the visualization of the body mandala deities on the guru's body is explained according to Guhyasamaja. Since the integral practice of Yamantaka, Guhyasamaja and Heruka has great merit and advantages, Lama Choepa explains how to do it on the basis of this guru yoga practice. The actual practice is explained on the basis of Guhyasamaja, the preliminaries such as the self-generation are explained on the basis of Yamantaka, and performing offerings and so forth is explained according to Heruka. This guru yoga is widespread within the Gelug system and most followers know it by heart. This volume present useful tantric material unavailable elsewhere.



Other Titles:

BRIDGING THE SUTRAS AND TANTRAS, by the First Dalai Lama & Glenn H. Mullin. 288pp. #SLBKSW1 \$12.95 (See Religion Section)

Kalachakra Tantra: initiation into and practice of the most sophisticated Highest Yoga Tantra. A summary of the structure and methodology of the six completion stage yogas, representing the highest and most powerful teachings of the Buddha, is translated here by permission of His Holiness, the present Dalai Lama.

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95 (see Kalachakra)

PATH OF THE BODHISATTVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387pp. #SLBKPBW \$14.95 (See Religion Section)

SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205pp. #SLBKSW7 \$10.95 (See Religion Section)

TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240pp.



#SLBKSW2 \$10.95 (See Religion Section)

POSTER OF H.H. THE DALAI LAMA, 12 x 19" #SLPODL \$3.75

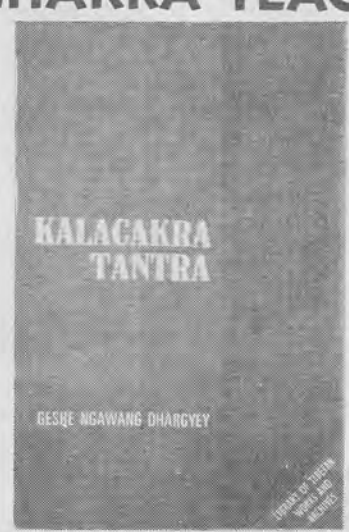
A beautiful full-color portrait of His Holiness taken from the cover of *Kindness, Clarity, and Insight*, on an aquamarine background with the following quotation that captures the essence of his teaching: "Out of my experience, I tell my friends wherever I go about the importance of love and compassion. Deep down we must have real affection for each other, a clear realization or recognition of our shared human status."

HIGHEST YOGA TANTRA, by Daniel Cozort. 192pp. #SLBKHYT \$10.95 (see Religion section)

For anyone interested in practicing Kalachakra, this book is a great general presentation of tantra and in addition has a special section comparing the completion stages of the Guhyasamaja and Kalachakra systems.

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95

For the first time, a tantric initiation



tion ritual is presented in detail in English.

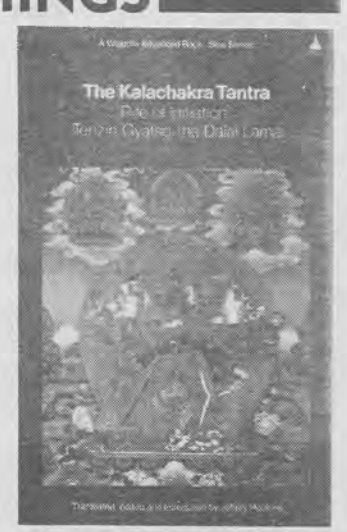
KALACHAKRA TANTRA, Geshe Ngawang Dhargyey. 180pp. #LTKT \$12.00

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.

TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKTP1 \$14.95 (see Travel)

WHEEL OF TIME, by Geshe Sopa, Jackson & Newman. #DPWT \$10.95

Contains five sections: Buddhist background, history of the Kalachakra tantra, Kalachakra initiation, generation and completion stage practices of this tantra. A must for persons interested in Kalachakra.



SLSTC22 Dalai Lama & Dingo Khyentse R.
SLSTC31 High Lamas at Kalachakra



KALACHAKRA SAND MANDALA POSTER, 24 x 35" #SYKP \$15

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

KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$0.75

Same image as poster only in postcard size.

GARUDA POSTCARDS \$0.75 ea. Traditional thangka images. GAC3 Kalachakra Deity

KALACHAKRA EMBLEM NOTECARDS \$12 for 10 cards plus envelopes. #HCNC2 These are full-color cards of the Kalachakra mantra.

KALACHAKRA EMBLEM PRINT 8 X 10" full-color #HCPR1 \$7

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

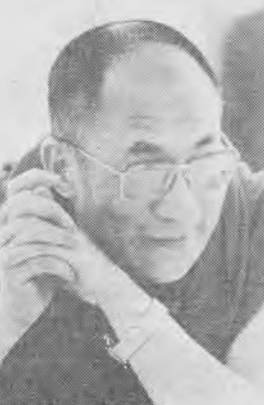
these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.



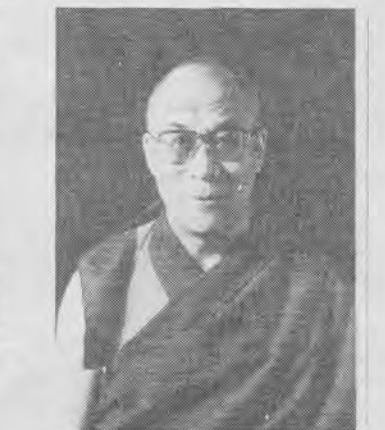
SLCDL1 The Dalai Lama Leading the Great Prayer Festival 4 1/4 x 6" \$.60 (postcard)



NEW PHOTO! DFDLG The Dalai Lama, Man of Wisdom, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO! DFDLW The Dalai Lama, Man of Compassion, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO! DFDLB The Dalai Lama, Winner of the Nobel Peace Prize, 5 x 7" \$9; 8 x 10" \$12



KALACHAKRA DEITY POSTER 11 x 17 1/2" #TBPOKD \$2.00

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.

GARUDA POSTERS \$7 ea. Very fine quality posters.

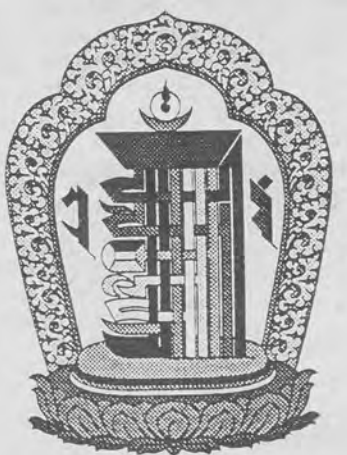
GAPO2 Kalachakra Deity
GAPO3 Kalachakra Mandala

IMAGES OF TIBETAN CULTURE

These full-color Tibet Cards measure 4 1/4" x 6" and are only 60 cents each. They capture some of the most moving images of the 1985 Kalachakra in Bodhgaya, India.

SLSTC9 Long-life Offering
SLSTC10 Dalai Lama at

SLSTC14 Tibetan Monk in Prayer
SLSTC20 Tibetan Lamas



MERIDIAN TRUST VIDEOS

THE WHEEL OF TIME: Kalachakra Initiation, Switz. 1985, 45 min., \$38

In the summer of 1985, H.H. the Dalai Lama gave a series of introductory teachings and the empowerment into the highest yoga tantra practice of Kalachakra. Included are, teachings, interviews and some exclusive footage of the rituals involved in the preparation of the mandala and the dances of the tantric monks.

KALACHAKRA 1974, 1 hr., \$50 (See video section for shipping details on Meridian films.)

SNOW LION TIBET CARDS

SNOW LION TIBET CARDS



SLSTC54



SLSTC66



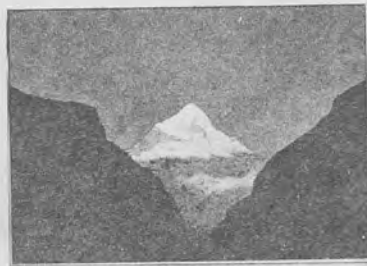
SLSTC46



SLSTC53



SLSTC57



SLSTC5



SLSTC15

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 60 cents each.

- SLSTC1 Statue
- SLSTC2 Monastery Interior
- SLSTC3 Thikse Monastery
- SLSTC4 Tibetan Rug Weaver
- SLSTC5 Mountain Sunset
- SLSTC6 Monastery Courtyard
- SLSTC7 Landscape Sunset
- SLSTC8 Smiling Lady
- SLSTC9 Long-life Offering
- SLSTC10 Dalai Lama at Kalachakra
- SLSTC11 Tibetan Pilgrim
- SLSTC12 Masked Dancer
- SLSTC13 Tibetan Man & Child
- SLSTC14 Tibetan Monk in Prayer
- SLSTC16 Potala Palace
- SLSTC17 Young Tibetan Monk
- SLSTC18 Potala from Back Side
- SLSTC19 White Masked Dancer
- SLSTC20 Tibetan Lamas
- SLSTC21 Red-Masked Dancer
- SLSTC22 Dalai Lama & Dingo Khyentse R.
- SLSTC23 Tibetan Horseman
- SLSTC24 Elderly Man with Prayer Wheel
- SLSTC25 Bashful Khampa Girl
- SLSTC26 Tibetan Thangka Painter
- SLSTC27 Tibetan Mask
- SLSTC28 Swayambhu Dorje
- SLSTC29 Tibetan Ngakpa
- SLSTC30 Woman with Dog
- SLSTC31 High Lamas at Kalachakra



SLSTC44



SLSTC4



SLSTC60



SLSTC19



SLSTC59



SLSTC27

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 only 60 cents each.

IMAGES OF LOST TIBET

- SLSC1 Tibetan from Chamdo
- SLSC2 Monks Sounding Trumpets
- SLSC3 Tibetan Nomad Tent
- SLSC4 Norbu Linga & 13th Dalai Lama
- SLSC5 Officials During Losar
- SLSC7 Potala During Losar
- SLSC8 Tantric Meditator
- SLSC9 Tibetan Men & Horses
- SLSC10 Mani Stones—Tibet-China border
- SLSC11 Wife of Tibetan Governor

FACES OF TIBET

- SLSC51 Nomad Yogi
- SLSC52 Yogi of Milarepa Tradition
- SLSC53 Woman with Prayer Beads
- SLSC54 Young Tibetan Girl
- SLSC55 Yeshe Dorje, Weather Controller



SLSC11



SLSC51



SLSC7



SLSC54



SLSC53

POSTERS

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

POTALA PALACE, #SLPOPP \$8

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

JOWO SHAKYAMUNI BUDDHA STATUE, #SLPOBS \$8

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

GARUDA POSTERS \$7 ea.

Fine quality posters of three important images.
GAPO1 Amitabha in Dewachen
GAPO2 Kalachakra Deity
GAPO3 Kalachakra Mandala

HAYAGRIVA POSTER 19 x 25" #JMH \$8

Stunning photo of one of the best statues from the Jacques Marchais Museum of Tibetan Art.

BUDDHA EYES, 24 x 36" #PMBEP \$5

Mind-stopping close-up of the eyes of a Tibetan Buddhist statue.

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.

VAJRADHARA POSTER, 24 x 36" #DRPO1 \$20
It is truly a beautiful poster, with fine gold ink.

NEW!
WHEEL OF LIFE, 17 x 24" #THPRWL \$7.95

The best painting of this famous image that we have seen.



BONPO LAMA NAMGYAL ANGDU 17 x 26" #DLBL \$10
A meditating Bonpo Lama in traditional religious dress photographed at Samung Monastery, Dolpo, Nepal. B & W. Very powerful and atmospheric.

SPECIAL ITEMS

CARDS & PRINTS



THC5
THPRS

THARPA FINE ART DEITY CARDS

These superb fine art cards depict some of the most important figures of Tibetan Buddhist iconographic art. The cards measure 4 x 6" and sell for \$.80 ea. They have been beautifully reproduced in full color and high gloss finish.

THARPA DEITY CARDS \$.80 ea.

- THC1 Shakyamuni Buddha
- THC2 Avalokiteshvara
- THC3 Manjushri
- THC4 Vajrapani
- THC5 Green Tara
- THC6 White Tara
- THC7 Amitabha
- THC8 Amitayus
- THC9 Medicine Buddha
- THC10 Je Tsongkhapa
- THC11 Vajradhara w/Consort
- THC12 Vajrasattva w/Consort
- THC13 Yamantaka
- THC14 Heruka
- THC15 Vajrayogini
- THC16 Mahakala

NEW!

- THC17 Guyhasamaja
- THC18 Vajradharma
- THC19 Maitreya
- THC20 Vaishravana
- THC21 Vajrasattva
- THC22 Prajnaparamita
- THC23 Wheel of Life
- THC24 Stupa of Enlightenment



PORTRAIT! KALU RINPOCHE
5 x 7" \$9; 8 x 10" \$12 #DFKR

THARPA FINE ART DEITY PRINTS

These superb fine art prints depict some of the most important figures of Tibetan Buddhist iconographic art.

The fine art prints have been beautifully reproduced in full color using long-lasting colorfast inks and fine matte art paper. Each print carries the customary auspicious symbols of blessing on the reverse and is accompanied by an explanatory leaflet. The prints measure 16 1/2 x 22 1/2" and are \$19.95 ea.

THARPA FINE ART PRINTS \$19.95 ea.

- THPR1 Shakyamuni Buddha
- THPR3 Manjushri
- THPR5 Green Tara
- THPR7 Amitabha
- THPR9 Medicine Buddha
- THPR10 Je Tsongkhapa
- THPR11 Vajradhara w/Consort
- THPR15 Vajrayogini

THARPA BODHISATTVA CARDS

#THBC \$6.50 for set Painted by Lama Jamyang Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri Tangpa, Je Tsongkhapa.



Chandrakirti



WIC9

WISDOM DEITY CARDS \$.75ea.

- WIC1 Je Tsong Khapa
- WIC2 Shakyamuni Buddha
- WIC3 1000-Armed Chenrezig
- WIC4 Tara
- WIC5 Manjushri
- WIC6 4-Armed Chenrezig
- WIC7 Heruka Vajrasattva
- WIC8 Prajnaparamita
- WIC9 Saravati

THARPA GREETING CARDS \$1.70 ea. w/envelope Painted by Robert Beer, 5 x 7"

- THGC1 Wish-fulfilling Tree
- THGC2 Lotus
- THGC3 Eight Auspicious Symbols
- THGC4 Dragon & Tiger
- THGC5 Offering Goddess



THGC2



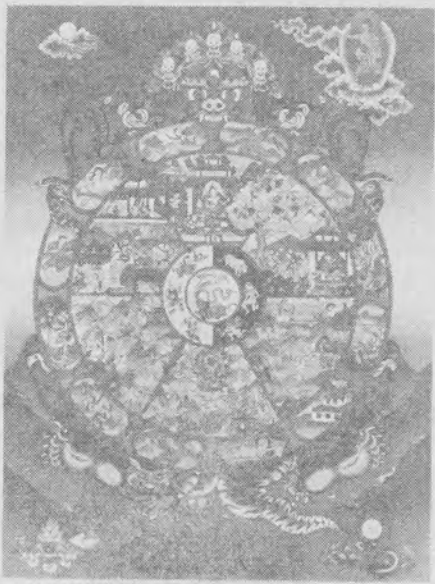
WINC8

WISDOM NOTE CARDS \$1.50 ea.

Four paintings by Robert Beer are now available as notecards with envelopes. They are beautiful.

- WINC6 Naropa
- WINC8 Tilopa
- WINC9 Heruka & Vajravahni
- WINC10 Vajrasattva

POSTERS



#THPRWL
THC23



#SLPOBS



#PMBEP
PMBE

POMEGRANATE NOTE CARDS \$1 ea. with envelopes

Three striking Buddhist images have been selected for you.

- PMBE Buddha Eyes
- PMPB Prayer Beads
- PMPF Prayer Flags

NOTE CARDS OF THE FIVE DHYANI BUDDHAS \$7 for 10 cards plus envelopes. There are two cards for each Buddha—they portray the seed syllable in its appropriate color. #HCNC1

8 AUSPICIOUS SYMBOLS NOTE CARDS \$5 for 8 cards plus envelopes. #HCNC3



#HCNC1



GAC7

GARUDA POSTCARDS \$.75 ea.

Traditional thangka images.

- GAC1 Gelupa Guru Tree
- GAC2 Amitabha in Dewachen
- GAC3 Kalachakra Deity
- GAC5 Buddha with Discip.
- GAC6 Tsong-ka-pa on Lion
- GAC7 Avalokitesvara
- GAC8 Vajrayogini
- GAC9 Labchig Drolma
- GAC10 4 Sakya Lamas
- 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

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA
NEW!

THE NOBEL PEACE PRIZE ADDRESS (1) #SLTPNPP \$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.

COMPASSION (1) #SLTPHHC \$7
This is one of the most moving talks on this topic by His Holiness.

HARVARD SEMINARS (12) #SLTPHHHS \$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 instruction, 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.**

37 PRACTICES OF ALL BUDDHA'S SONS—A COMMENTARY (4) #SLTPHH37 \$28 *Trans. by Jeffrey Hopkins.*
These are the preliminary teachings on the path of the Bodhisattva given by His Holiness prior to the Kalachakra initiation in Madison, WI.

VAJRASATTVA (1) #SLTPHHVM \$7 *Trans. by Jeffrey Hopkins*
Visualization & commentary.

WISDOM & COMPASSION IN TANTRA (1) #SLTPHHWC \$7
Trans. Jeffrey Hopkins

KYABJE LING RINPOCHE
IN PRAISE OF DEPENDENT ARISING (5) #SLTPKLIPDA \$35
This is a commentary on a classic Tsong-kha-pa text.

TARA TULKU
These talks were made possible by the AIBS.

PSYCHOLOGY SEMINAR (7) #SLTPPTPS \$49 *Trans. Robert Thurman*
In this seminar, the 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.

FOUNDATION OF EXCELLENCE (5) #SLTPTFE \$35 *Trans. Robert Thurman*
Tara Tulku discusses the stages of the path to enlightenment which consist of practical instructions for any person to progress toward his or her own highest fulfillment.

H.H. DRIKUNG KYABGON
DEATH WITHOUT FEAR (1) #SLTPCRDWF \$7
NATURE OF MIND (1) #SLTPCRNM \$7

DR. LOBSANG RAPGAY, PHD.
DEALING WITH ANGER: A Buddhist Psychotherapeutic Approach (1) #RAWA \$10
MEDICINE BUDDHA HEALING CHANTS (1) #RAMB \$10
This lecture is very good. The sound quality of the chants is not great.

JEFFREY HOPKINS
APPROACHING THE TANTRAS (3) #SLTPJHAT \$21
In three outstanding lectures, Jeffrey unfolds the meaning of compassion, emptiness and deity yoga with warmth and penetrating wit.

DEATH & DYING (4) #SLTPJHDD \$28
Discussion of the stages of death, intermediate state and rebirth.
SEMINAR ON COMPASSION (5) #SLTPJHSOC \$35
SEMINAR ON DEATH AND IMPERMANENCE (3) #SLTPJHSDI \$21

DHARMA SEED TAPE LIBRARY
Here are some excellent tapes on meditation practice by Joseph Goldstein, Jack Kornfield, Christina Feldman and others well-known for their meditation workshops and books.

Sharon Salzberg
NEW!
BUDDHIST ETHICS: A SERIES IN 3 PARTS
PLANTING THE SEED (1) #DSTPSSPS \$8
Understanding the ethical tone of personal responsibility that lies behind each decision we make.

CONNECTING TO LIFE/KARMA (1) #DSTPSSCL \$8
Illuminating the significance of karma as a process that reduces our sense of individual separateness and increases our sense of connection to all life.

THE PEACEFULNESS OF MORALITY (1) #DSTPSSPM \$8
When meditation rests on a foundation of sound morality, the practice moves toward joy and peacefulness.

Joseph Goldstein
OPENING, BALANCING & INVESTIGATING (1) #DSTPJGOB \$8
Opening what is closed in us, balancing what is reactive, investigating what is hidden.

DEVELOPING THE FIVE SPIRITUAL FACULTIES (1) #DSTPJGDF \$8
Knowledge of impermanence, care and meticulousness with the practice, continuity, understanding heroic effort, and balancing the factors of enlightenment, suggestions for strengthening the spiritual faculties.

VIPASSANA JHANAS (1) #DSTPJGVJ \$8
An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.

COMPLETE MEDITATION INSTRUCTIONS (1) #DSTPJGCM \$8
Detailed instructions in mindfulness of breath, touch points, sensations, thoughts, feelings, intentions; also walking meditation.

BARE ATTENTION & THE FIVE HINDRANCES (1) #DSTPJGBA \$8
Learning to see what is happening in the present moment with simplicity and directness. Learning to recognize and work with desire, aversion, sluggishness, restlessness and doubt.

CONCEPTS AND REALITY (1) #DSTPJGCR \$8
Experiencing the reality of the moment instead of our concepts about things.

Jack Kornfield
FAITH IN THE HEART, FAITH IN THE DHARMA (1) #DSTPJKFH \$8
In this mysterious world, what can we trust—change, the law of karma, the moment, liberation.

DEEPENING PRACTICE & PRACTICING A BALANCE: COMPASSION AND SOCIAL RESPONSIBILITY (1) #DSTPJKDP \$8
Getting quiet, observing, opening, letting be. Balancing the inner work of meditation with the outer work of social action.

COURAGE AND SIMPLICITY & WISDOM, POWER, KNOWLEDGE (1) #DSTPJKCS \$8
Courage of going into the unknown, being simple. A discussion of the many kinds of knowledge and power and of the wisdom of being present.

Christina Feldman
NEW!
MEDITATION WITHOUT NEUROSIS (1) #DSTPCFMN \$10.50
Releasing the attachment to suffering that negates the flowering of the heart, while maintaining compassion.

WOMEN'S SPIRITUALITY (1) #DSTPCFWS \$8
Discovering our own spirituality as women, looking at traditional forms that may inhibit its expression.

SPIRITUALITY AND RELATIONSHIPS & AVOIDANCE (1) #DSTPCFSR \$10.50
Seeing all relationships with people and with the world as rich potential for understanding. The workings of avoidance, inner and outer, in our lives and its effect on ourselves and others.

LETTING GO & DEATH (1) #DSTPCFLG \$10.50
Exploring why we cling, can we go beyond the field of pain and pleasure. Learning to live totally, seeing through our ideas about death.

DAILY LIFE AS SPIRITUALITY & DEVELOPMENT OF SERENITY (1) #DSTPCFDL \$10.50
Nurturing balance, understanding, and the heart in the midst of every moment, finding the essence of spirituality. Becoming spacious, relaxed, willing to be with what is without willpower, being in harmony with the present moment.

DEVELOPMENT OF INSIGHT & MEDITATION (1) #DSTPCFDI \$10.50
An exploration into the meaning and power of insight and the value and preciousness of meditation.

PRACTICE OF CONFUSION & SELF ACCEPTANCE (1) #DSTPCFPC \$10.50
Seeing what lures the mind from accepting actuality—looking at expectation, fantasy, future thought. Freeing ourselves from belief systems and models, discovering the essence of ourselves.

BEING ALONE & APPRECIATION (1) #DSTPCFBA \$10.50
The inner solitude where we no longer cling to things for support and reinforcement. Celebrating the uniqueness of all things and acting from a heart that truly touches and can be touched.



BOOKS ON TAPE

ZEN MIND, BEGINNERS'S MIND, Shunryu Suzuki-roshi, read by Peter Coyote (2) #AUTPZM \$15.95
This program is about how to practice Zen as a workable discipline and religion. Here one begins to understand what Zen is really about. Every word breathes with the joy and simplicity that make a liberated life possible.

THE TAO TE CHING, trans. Tolbert McCarroll, read by Jacob Needleman. (1) #AUTPTTC \$9.95
"For those who do not know 'The Tao Te Ching', this reading will be a revelation. For those who do know *The Tao Te Ching*, this reading will be a revelation."

LECTURES BY
VEN. SANGHARAKSHITA

TIBETAN BUDDHIST MEDITATION (2) #ALTPS61 \$9
The five stages of Tibetan meditation and the visualization of Green Tara.

THE SYMBOLISM OF THE TIBETAN WHEEL OF LIFE (1) #ALTPS103 \$9
The Wheel of Life, described here in all its wealth of detail, is not only a painting but a mirror, giving one increasingly profound insights into oneself, and revealing the steps toward escaping the endless round.

SYMBOLISM OF COLORS AND MANTRIC SOUND (1) #ALTPS109 \$9
Color and sound have rich symbolic significance, and so are crucial agents of transformation. The lecture concludes with a brief introduction to the figure of Manjughosha, the Bodhisattva of Wisdom.

SYMBOLISM OF THE FIVE BUDDHAS 'MALE & FEMALE' (1) #ALTPS110 \$9
8-FOLD PATH: RIGHT AWARENESS (1) #ALTPS53 \$7
Forgetfulness and distraction are the rule in ordinary life, but awareness and a fullness of mind is at the heart of human growth and development. Sangharakshita distinguishes four dimensions of awareness, each with its own qualities: awareness of things, self, others, and of reality.

ADDITIONAL BOOKS!
NEW!

OPEN HEART, CLEAR MIND, by Thubten Chodron. 180 pp. approx., #SLBKOHCM \$9.95
This introduction to the Buddhist world-view, written by an American Tibetan Buddhist nun, focuses on the practical application of Buddhist psychology in modern life. In a straightforward, conversational 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 practised by Tibetans, in easily comprehensible language."
—H.H. the Dalai Lama.

NEW!
BUDDHIST ICONOGRAPHY, by Tibet House. 247 pp. plus 73 plates, #TIBI \$18.95.
Buddhist iconography holds a unique position in the spiritual and cultural life and tradition of the Tibetan people. The study of Buddhist iconography, is one of the best ways of understanding Buddhism. Tibet House of New Delhi published this comprehensive survey of the history, significance, philosophy, symbolism, variety and impact of Buddhist iconography.

* J A L I N G *

A Tibetan Buddhist Cultural Center

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We are dedicated to sharing the light of dharma with all sentient beings. There is a large hall available for events. If you are passing this way, and would like to schedule a program, please contact us.

Tashi Deleg!

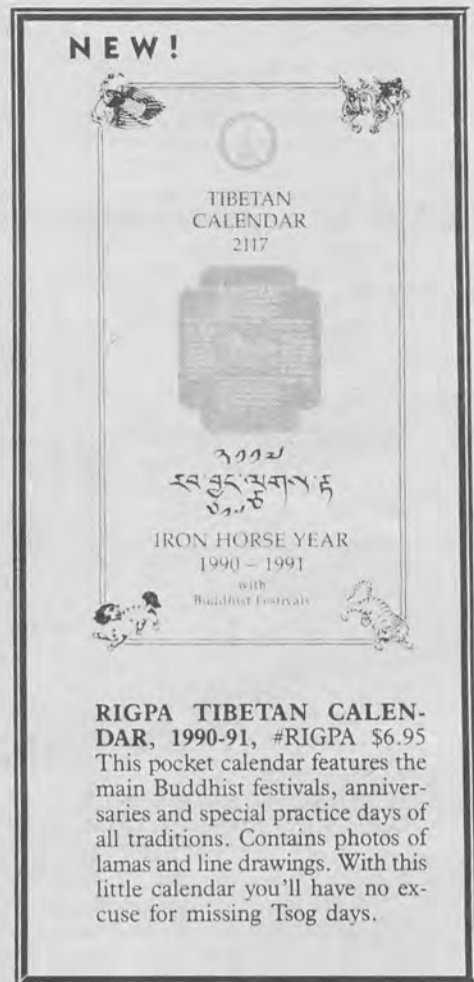
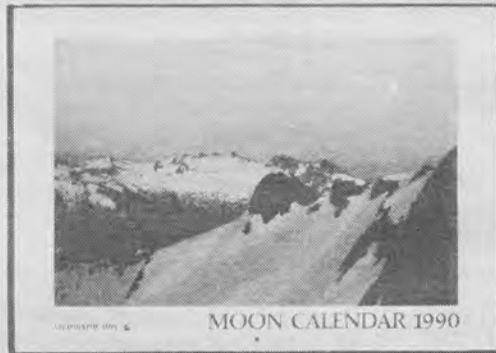
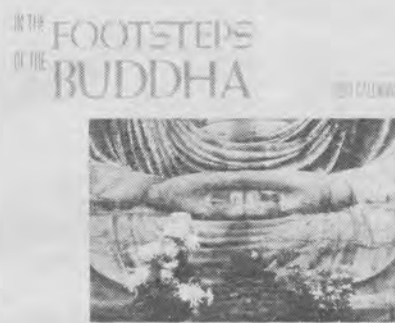
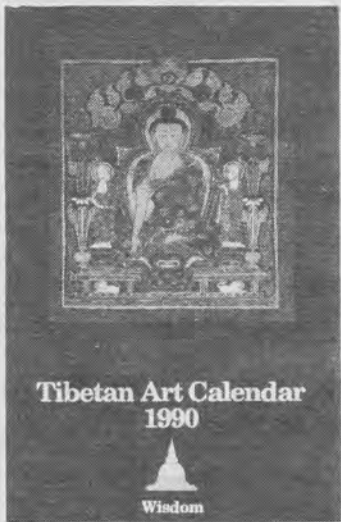


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MUSIC & CHANTS/CALENDARS

CALENDARS



RIGPA TIBETAN CALENDAR, 1990-91, #RIGPA \$6.95
This pocket calendar features the main Buddhist festivals, anniversaries and special practice days of all traditions. Contains photos of lamas and line drawings. With this little calendar you'll have no excuse for missing Tsog days.

50% OFF WHILE THEY LAST!

BHUTAN: Jewel of the Himalayas, 10 x 28" #DBB \$9.95 Tibetan Buddhism as it thrives in Bhutan.

CLOUDS, 11 3/8 x 23 1/4" #AMC \$8.95 Twelve months of majestic, serene, dramatic, and colorful cloud photographs.

1990 TIBETAN ART CALENDAR, 16 x 24" #WICATC \$19.95 Thirteen thangka images are represented in this famous calendar.

CULTURAL SURVIVAL, 11 3/8 x 23 1/4" #AMCS \$8.95 Many traditional societies face the modern world with ancient ways—these photos celebrate their continued survival.

ABODE OF GODS—HIMALAYA, 13 x 18" #SMAG \$7.95 The world's highest peaks are accompanied by quotations from poets, sages and scientists.

SACRED SPACES, 20 x 14" #GTSS \$9.95 Places charged with a feeling of mystical wonder.

IN THE FOOTSTEPS OF THE BUDDHA, 16 x 28" #PMFB \$11.95 Buddhist monasteries in Tibet, golden Buddha statues in Thailand, prayer wheels in Nepal, pagodas in Burma, monasteries in Sikkim, Buddha carvings in India and statues in Japan.

MOON CALENDAR, 20 x 14" #GTMC \$9.95 The silent Moon casts its spell in many moods and colors.



MUSIC & CHANTS

LIBERATION THROUGH HEARING: Prayers & Rituals from "The Tibetan Book of the Dead," #JFLTH \$12

Jazz-rock with prayers from the "Book of the Dead"—like nothing you ever heard or are likely to hear again. This is strictly weird in a fascinating way—Tibet meets Woodstock.

TIBETAN FOLK MUSIC

HEART DANCE, RIVER FLOW... #DLHD \$10 Anthology of Tibetan folk music. The rarely heard music and dance of nomadic mountain folk as well as the delicate sound of old traditional instrumental ensembles of Lhasa and central Tibet.

SONGS FROM OLD TIBET, Tibetan Institute of the Performing Arts. #WMSFOT \$10

TIBETAN CHANTS

CHO-GA: Tantric and Ritual Music of Tibet Cassette #DLC-G \$9.95

A unique anthology of tantric instrumental music and chants performed by Tibetan lamas. Recorded in monasteries, this tape contains powerful mantric rituals of this profound culture. Represented here are the monasteries of Gyuto, Gyume, Drepung, Ganden, Sera, and Namgyal Dratsang, the private

monastery of the Dalai Lama. This tape contains a wide variety of chanting styles and is one of the best we know.

THE GYUTO MONKS: Freedom Chants. Cassette #RYGM \$9.95

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. Featured is the Monks' wondrous vocalizing, 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 GYUTO MONKS: Gyuto Tantric Choir. Cassette #WHGM \$10.95

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.

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA, by

the Nuns of Sangchen Mingye Ling, Tibet (1) Cassette #QGB \$10 Dechen Gyalmo represents, within the Longchen Nying Thig tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty anis live at Sangchen Mingye Ling in Eastern Tibet where this recording was made.

NEW!

SACRED HEALING CHANTS OF TIBET, by Monks of Gaden Shartse Monastery. #EWSHC \$10 The Shartze Monks offered special healing chants that were recorded during their 1989-90 tour of the USA. The monks perform significant parts of lengthy, colorful, elaborate healing ceremonies: rites for purification and invocation of the Medicine Buddha; self-generation of the Medicine Buddha; purification and blessing of the environment.

TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung. Cassette #WTSTM \$10 A Powerful collection of sacred temple music from the monks of Drepung Loseling Monastery in southern India. In addition to overtone chanting, they also perform their beautiful midrange chanting as well as traditional Tibetan temple instruments such as tong horns, trumpets, cymbals,

drums and bells which altogether create a very haunting and mystical effect.

TANTRIC HARMONICS, by monks of the Gyume Tantric College. Cassette #SPTH \$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.

EXPLORER SERIES

These two cassette tapes and four records are well known for their quality and power. They are \$9.95 ea.:

TANTRAS OF GYUTO: Mahakala, Cassette or LP #NSM (Please specify) Mahakala is the Great Black Lord of Transcending Awareness. He is a manifestation in wrathful form of the Buddha of Compassion and is a principal protector of the dharma.

TANTRAS OF GYUTO: Sangwa Dupa, Cassette or LP #NSSD (Please specify) This is the sacred chant of the Guhyasamaja Tantra.

SHEDUR: A Ghost Exorcism Ritual, Ven. Yeshe Dorje Rinpoche, Master of the Rite. (LP only) #NSGER

The Shedur, or "Disposing of the Agents of Death" ritual, is performed here by the Ven. Yeshe Dorje Rinpoche, weatherman extraordinaire to H.H. the Dalai Lama.

TIBETAN BUDDHISM: Ritual Orchestra & Chants. (LP only) #NSRO

Side One: Padma Sambhava Tsechu Sadhana. This invocation to Padma Sambhava is performed on the 10th day of each Tibetan month.

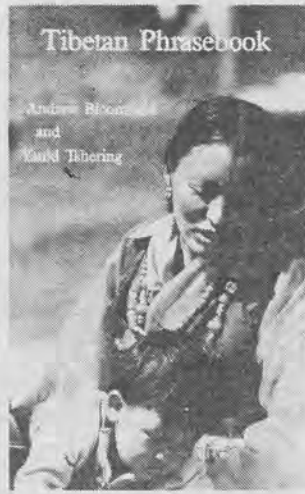
Side Two: Mahakala Sadhana. The external invocation of Mahakala.

NEW!

MEDITATION FOR TWENTIETH-CENTURY PILGRIMS, by Eric Karlstrom. 1 hour. #EKMP \$12

"We are all pilgrims. Whether we know it or not, we all have souls and we're all on a spiritual journey." Eighteen solo piano pieces with 20th century themes composed in the George Winston style. The titles draw upon events and imagery which are applicable to Christians, Buddhists, Hopi Indians, Jews, scientists, agnostics and others.

LANGUAGE



TIBETAN PHRASEBOOK, Andrew Bloom and Yanki Tshering. 486pp., #UCETD \$55 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 subentries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

ENGLISH-TIBETAN-CHINESE DICTIONARY, Tashi Tshering. 1233pp., #ETCD \$45 cloth

The first listing in English, so it is very easy to find the Tibetan and Chinese equivalents. It consists of about 50,000 lexical items, including derivatives and compounds, with about 15,000 headwords. The author, Tashi Tshering, is a lecturer at the University of Tibet and lives in Lhasa. These books are sent from Lhasa and are not perfect in cosmetic appearance.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin. 479pp., #LITED \$35 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 4,000 main entries and over 6,000 sub-entries, providing Sanskrit equivalents where possible.

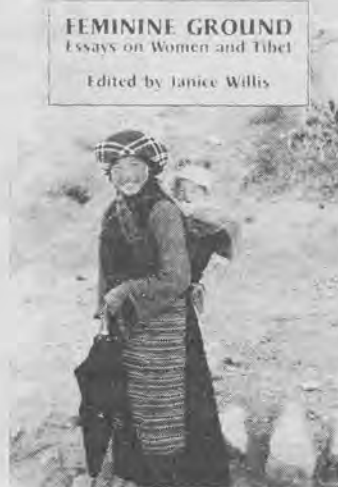
A TIBETAN-ENGLISH DICTIONARY, Sarat Chandra Das. #MBTED \$19.95

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.

TIBETAN PHRASEBOOK, Andrew Bloomfield and Yanki Tshering. Includes two 90 min. cassettes, 4-1/4" x 7" #SLBKTPH \$19.95

Whether you are looking for a room, visiting a monastery, or speaking with a lama, the *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as persons desiring to speak with Tibetans in the West will find this book invaluable.

Tibetan Phrasebook by Andrew Bloomfield & Yanki Tshering is the first extensive Tibetan phrasebook. It is suitable for both travelers and beginners in Tibetan language. The book is 145 pages—longer than most phrasebooks yet able to fit in a pocket, and the two 90-minute tapes make it possible to hear how the language should sound. Yanki's clear, female voice is easy to understand and accelerates the learning process. People tell us that *Tibetan*



PHRASEBOOK is superbly written and a pleasure to use.

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.

Though the clear and simple form of romanization ensures that you will be understood, the tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native. Unlike the sometimes difficult-to-understand male voices used in many courses, Yanki's clear pronunciation has been enthusiastically praised by students of Tibetan.

FORTHCOMING!

TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan, by Joe Wilson, Jr., textbook & cassettes, #SLBKTB \$45, forthcoming 1991

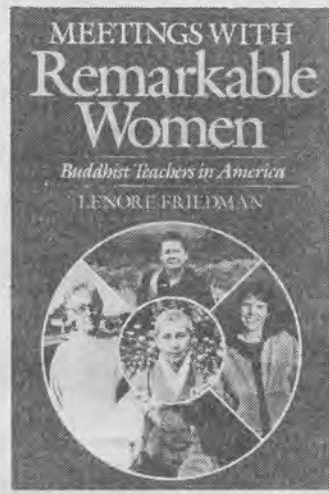
Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book, which is accompanied by cassettes in Tibetan for use with the drills and exercises, serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. We apologize for the time it has taken to complete this book. We believe it will be well worth the wait.

FEMININE GROUND: Essays on Women and Tibet, Ed. by Janice Willis. 200pp. approx. #SLBKFG \$10.95

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. By doing so, these essays help to fill a gap in this important area of study; and the volume makes a valuable contribution to several disciplines, including Buddhist studies, comparative studies and women's studies.

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, Great Teacher, Female Role Model;" Janet Gyatso on "Down with the Demon-

WOMEN'S STUDIES



ess: Reflections on a Feminine Ground in Tibet;" Miranda Shaw on "An Ecstatic Song by Laks-minkara"; Barbara Aziz on "Moving Towards a Sociology of Tibet;" and Karma Lekshe Tsomo on "Tibetan Nuns and Nunneries".

NEW!

KNOWING WOMAN: A Feminine Psychology, by Irene Claremont de Castillejo. 192pp., #SHKW \$9.95

In this classic work a noted Jungian analyst explores the division of the psyche into masculine and feminine. The author discusses such topics as the four female personality types—the maternal woman, the companion, the amazon, and the medium—as well as issues such as abortion and aging.

MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America, Lenore Friedman. 250pp., illustrated, #SHMRW \$12.95

Lenore Friedman presents interviews with seventeen women teaching Buddhism in America. The women included in the book are of various backgrounds, with a wide range of personalities and forms of teaching.

SAKYADHITA: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 300pp. approx., #SLBKSD \$14.95

Sakyadhita: Daughters of the Buddha is the fruit of the first International Conference on Buddhist Nuns. At this gathering women Buddhist renunciates from East and West talked candidly about their lives—their joys, their problems and their future as Buddhist nuns in the modern world.

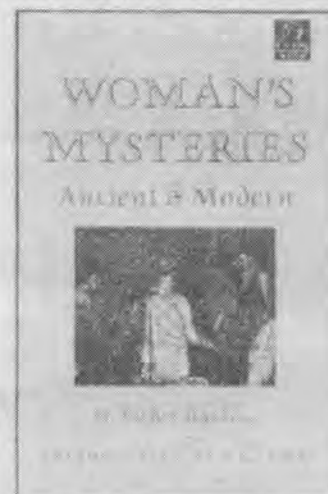
This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full bhiksuni ordination worldwide and contribute to redressing the gender imbalance as a major step toward planetary well-being.

Out of this historic meeting has grown an international organization called Sakyadhita: International Association of Buddhist Women.

Karma Lekshe Tsomo received a Master's Degree in Asian Studies from the University of Hawaii in 1971 and studied for five years at the Library of Tibetan Works and Archives, Dharamsala. She received bhiksuni ordination in 1982, and is currently studying at the Institute of Buddhist Dialectics in Dharamsala.

SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel, by Dowman. 350pp., #RKPSD \$12.95

The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel.



THE SPIRAL PATH: Essays and Interviews on Women's Spirituality, by Theresa King O'Brien. 465pp., 22 photos. #YESP \$15.95

Twenty-two writers including Irina Tweedie, Tessa Bielecki, Brooke Medicine Eagle, Swami Radha, Rabbi Gottlieb, Abbess Hoshino, Mary Giles, and Tenzin Dechin. *The Spiral Path* discusses women's spirituality in all its aspects and applications by those who really live it. "...Original perceptions of the feminine spiritual quest. Empowers, encourages, enlightens."—*Creation*

TURNING THE WHEEL, Sandy Boucher. 401pp. #HRTW \$22.95 cloth

Turning the Wheel presents the combined insights and experiences of more than 85 women representing the entire spectrum of Buddhist practice. It deals frankly with controversial issues and provides a fascinating firsthand perspective on the many ways that women teach and practice Buddhism.

WOMEN & BUDDHISM, Spring Wind-Buddhist Cultural Forum. 400pp. #SWWB \$17

An interesting collection of articles primarily concerning women's issues in the context of Buddhism. The writers relate their personal experiences and informed views on many topics ranging from feminist ideas about compassion, Buddhist views on abortion, women and monastic life, a history of women in Buddhism, etc.

WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #UCWB \$12.95

The various roles and sexual stereotypes played by women within the Buddhist tradition are brilliantly discussed: the temptress, mother, nun, friend, bodhisattvas with and without sexual transformation, Kuan Yin and the female Buddha.

WOMEN OF WISDOM, Tsultrim Allione. 224pp. #ARWW \$8.95

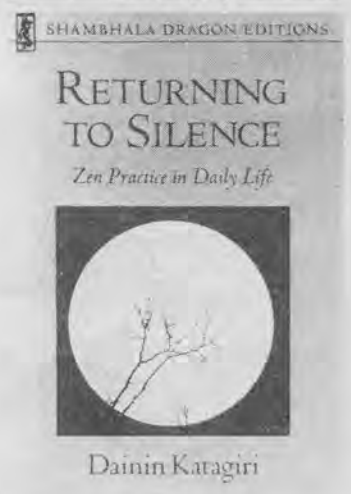
The Tibetan women in this collection of biographies will serve as life-models and inspiration to others on the spiritual path.

NEW!

WOMAN'S MYSTERIES: Ancient and Modern, by M. Esther Harding. 272pp., #SHWM \$9.95

Here is a classic study of the feminine principle in myths, dreams, and religious symbolism. In presenting the archetypal foundations of feminine psychology, the author shows how the ancient religious initiations of the moon goddess symbolized the inner development of the emotions. Understanding the psychological meaning of these initiations, she believes, can help to heal the troubled relationships of men and women today.

ZEN

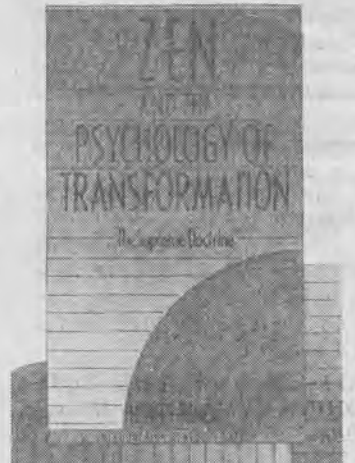


THE LIFE AND LETTERS OF TOFU ROSHI, by Susan Ichi Su Moon. 157pp., illustrations, #SHLLTR, \$7.95

This book is not only very funny, full of great knee slappers, it is also very instructive and conveys a lot of Zen through tongue-in-cheek methods. This book is that unnameable something you wish you were reading, and, like tofu, it's cheap.

RETURNING TO SILENCE: Zen Practice in Daily Life, by Dainin Katagiri. 208pp., #SHRS, \$12.95

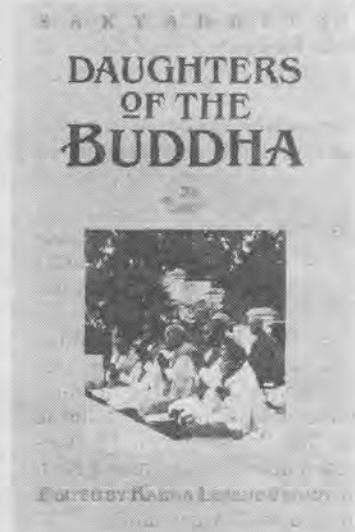
Based on the author's talks to his American students, "Returning to Silence" contains the basic teachings of the Buddha, with special emphasis on the meaning of faith and on meditation. Throughout these pages, Katagiri Roshi energetically brings to life the message that "Buddha is your daily life."



BACK IN PRINT!

ZEN AND THE PSYCHOLOGY OF TRANSFORMATION: The Supreme Doctrine, by Hubert Benoit. 264pp. #IT*** \$12.95

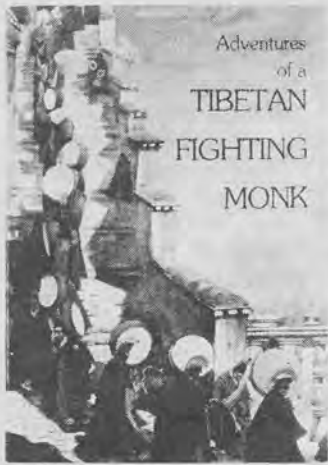
This is one of the most powerful expositions of Zen ever written. It explains the psychological setting of the unenlightened mind and the psychological revolution required to develop insight. Benoit is a master psychologist and has presented the inner working of enlightenment in Western terms. This book is suitable for the followers of any tradition Eastern or Western.



BIOGRAPHY/HISTORY & POLITICS

BIOGRAPHY

House Of The Turquoise Roof



ADVENTURES OF A TIBETAN FIGHTING MONK, compiled by Hugh Richardson. 135pp., #POAFM \$8.95

This engaging story tells the life of Tashi Khedrup prior to 1959: born into a rural Tibetan village isolated from the modern world; ordained as a young boy into one of the great monasteries; maturing in a special realm of this powerful religious cosmos—the world of the Dob-dob, the 'fighting monks' of Tibet. He experiences the futility of the monks' final struggle against Chinese domination, then flees into India, the new world of Tibetan exile.

ATISHA AND THE BUDDHISM OF TIBET, by Daboom Tulku & Glenn H. Mullin. #TIABT \$4.95

NEW!

THE BOY LAMA, by Vicki Mackenzie. 183pp. #HRBL \$9.95 This is the remarkable story of Osel Torres, who at the age of two was identified by the Dalai Lama as the reincarnation of Lama Yeshe, a prominent Tibetan lama who died in California in March 1984. Lama Yeshe contributed greatly to the spread of Tibetan Buddhism in the West. This is a riveting account of Osel Torres, a story filled with mystery, mysticism, humanity and hope.

THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche, by McLeod, 91 photos & illustrations. #KDCTP \$18.75

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

EMPTY CLOUD: Autobiography of the Chinese Zen Master Xu Yun, trans. by Charles Luk. 244pp. #ELEC \$14.95

When Master Xu Yun died at the remarkable age of 120, he was justifiably recognized as the most eminent Han Chinese Buddhist in the Middle Kingdom. He succeeded in retrieving Chinese Buddhism from abysmal decline and injected fresh vigor into it.

FORBIDDEN JOURNEY: The Life of Alexandra David-Neel, by Barbara & Michael Foster. 320pp. #HRFJ \$21.95 cloth

This is the first full-length English biography of the remarkable Alexandra David-Neel, one of the great women of modern times.

NEW!

HOUSE OF THE TURQUOISE ROOF, by Dorje Yutok, Foreword by Heinrich Harrer, 300 pp., photos #SLBKHTR \$14.95 July

A unique account of the fascinating life of upper-class Lhasa.

This frank and thoughtful autobiography of a Tibetan noblewoman describes life in Lhasa before the Chinese occupation. 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.

The timelessness of this world, its slow but unmistakable modernization, and the abrupt transition brought about by the Chinese invasion are vividly presented. Through all her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

THE LIFE & TEACHINGS OF CHOKGYUR LINGPA, Orgyen Tobegal Rinpoche. 70pp. #LTCL \$7.95

A biography of the great tertön of the 19th century as well as descriptions of his revealed treasures, following incarnations and family lineage. One-third of the Rinchen Terzog as practiced in the Karma Kagyu and Nyingma lineages was revealed by him.

THE LIFE OF MARPA THE TRANSLATOR, Nalanda Translation Committee. 320pp. #SHLMT \$12.95

This lively and engrossing biography paints a vivid picture of an eleventh-century scholar and teacher who was one of the most renowned masters in Tibetan Buddhist history.

THE LIFE OF MILAREPA, by Lobsang P. Lhalungpa. 220pp. #SHLM \$13.95

This biography of Tibet's most renowned saint, poet and mystic, traces the path of a great sinner who becomes a great saint.

MASTERS OF ENCHANTMENT, by Keith Dowman, 30 illustrations by Robert Beer. #ITME, \$19.95 oversize paperback

Here 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 unexpected of circumstances and

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

PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth, Sir Charles Bell. 450pp. #WIBKPD \$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.

NEW!

PRINCESS IN THE LAND OF SNOWS, by Jamyang Sakya & Julie Emery. 288pp., #SHPLS \$14.95 July

This is a vivid firsthand account of life in pre-Communist Tibet. It is the story of a determined woman who overcame great obstacles in order to achieve religious freedom. Jamyang Sakya married into one of the country's most powerful families, the Sakya, spiritual advisers of Kublai Khan and for years rulers of most of Central Asia.

SIDDHARTHA, by Hermann Hesse. 122pp. #NDS \$3.95

This best-selling novel is the story of a soul's long quest in search of the meaning of life. As a youth, the young Indian Siddhartha meets the Buddha but must work out his destiny on his own. "It should be read slowly and with savor, preferably during the lonely hours of the night."—*The Nation*

THE SUPERHUMAN LIFE OF GESAR OF LING, Trans. by Alexandra David-Neel & Lama Yongden, Foreword by Chogyam Trungpa Rinpoche. 271pp. #SHSLG \$14.95

The legendary adventures of a great, fearless warrior-king are recounted in this Tibetan national epic. With his magic weapons, riding on his winged horse, Gesar of Ling triumphs over the evil forces of the four directions which would turn people's minds from the sacred teachings that point the way to ultimate self-realization.

TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer, by Norbu. 300pp. #WIBKTM \$16.95

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

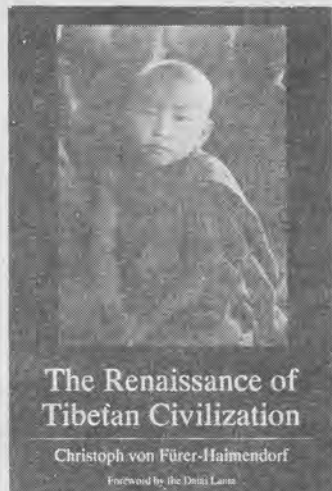
WE TIBETANS, by Rinchen Lhamo. 228pp. #POWT \$8.95

The author was the first Tibetan woman in history to marry a European, leave her homeland and settle in the West.

THE WHEEL OF LIFE: The Autobiography of a Western Buddhist, John Blofeld. 305pp. #SHWOL \$12.95

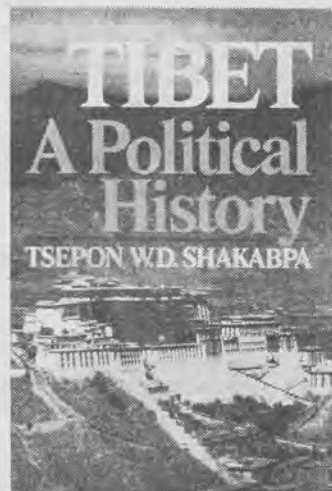
This spiritual autobiography of a noted scholar of Buddhism and Taoism ranges from humorous anecdotes to profound philosophical observations, from informative descriptions to magical tales of wisdom. John Blofeld (1913–1987) describes his early life in England, his years in prerevolutionary China, and his travels through Tibet, India, Burma, and Mongolia. With honesty and humility he portrays both the joys and the disappointments of the spiritual quest.

HISTORY & POLITICS



The Renaissance of Tibetan Civilization

Christoph von Furer-Haimendorf



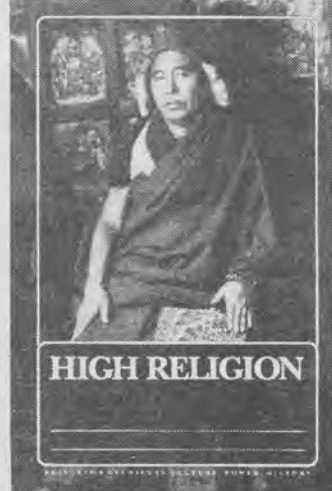
TIBET A Political History

TSEPON W.D. SHAKABPA



TIBET TODAY

John F. Avedon



HIGH RELIGION

A BRIEF ACCOUNT OF 1500 YEARS OF TIBETAN HISTORY, Louis Magrath King. 51pp. #POBA \$3.00.

NEW!

HIGH RELIGION: A Cultural and Political History of Sherpa Buddhism, by Sherry Ortner. 245pp., 16 photos & illus. #PRHR \$12.95

An eminent anthropologist examines the foundations of the first celibate Buddhist monasteries among the Sherpas of Nepal in the early twentieth century—a religious development that was a major departure from "folk" Buddhism. Her work constitutes a major advance in our knowledge of Sherpa culture and Buddhism.

IN EXILE FROM THE LAND OF SNOWS, by Avedon. 386pp. #RHELS \$9.95

This is the first full account of the Dalai Lama and Tibet since the Chinese conquest. It is a stunning and well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet, by Glenn H. Mullin. 29 pages. #SLBKLLH \$2

In this interview, His Holiness openly expresses his views on many timely political issues, on himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

NEW!

THE RENAISSANCE OF TIBETAN CIVILIZATION, by Christoph von Furer-Haimendorf. 121pp., 65 illus., #GTRTC \$11.95

This is an inspiring story of the power of courage and hope—the story of refugees who arrived destitute at the frontiers of India and Nepal, yet a mere forty years later had managed to rebuild the essential patterns of Tibetan culture in exile as a legacy for the future. "It is very welcome... especially since it is from the pen of a distinguished anthropologist. I warmly recommend the work."—Dr. Robert Thurman.

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Armbrecht Forbes. 184pp., photos, #CSSH \$10

This is the story of the Tibetan refugees who resettled in Nepal. Because of the circumstances unique to Nepal, the refugees there are forced to make choices that less successful, more isolated refugees have yet to encounter. Their efforts to balance the age-old traditions of Tibetan culture with the pressures and opportunities of an increasingly mechanized world are thus a harbinger of future challenges to be faced by all Tibetans.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by Michael C. van Walt van Praag. 450pp. cloth, #WVST \$48.50

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.

TIBET: A Political History, by Tsepon W. D. Shakabpa. 369pp. #POTPH \$15.00

Essential reading for anyone interested in Asian affairs.

TIBET TODAY: Current Conditions and Prospects, John Avedon. 32pp. #WIBKTT \$3.95

John Avedon assesses the legacy of nearly forty years of Chinese rule in Tibet, and looks at the future prospects of survival for Tibet as a nation with its own unique cultural identity.

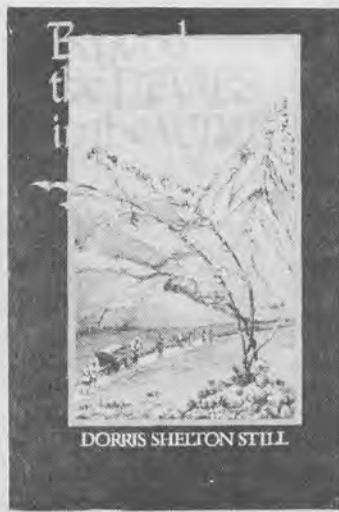
TIBETAN COLLECTION: Geography, History, Religion, Architecture and Society, by Valrae Reynolds & Amy Heller. #NM-1 \$12.50

The Newark Museum's Tibetan collection is one of the finest in the world. This book covers many topics and is illustrated with 52 photographs of traditional life (pre-1959) drawn from the extensive archives of the Museum.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of their Country, by Jamyang Norbu. 160pp. #WIBKWT \$12.95

This is a poignant story of a Tibetan Khampa warrior, Aten, and his people of Nyarong.

ADVENTURE / TRAVEL



ALTAR OF THE EARTH, by Peter Gold. 222pp., 22 color photos #SLBKAE \$14.95
Altar of the Earth takes us on a vivid journey into the majestic environment of today's Tibet—its people, places and matters of the spirit.

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.

With his captivating style and artistic vision Peter Gold leads us across rivers and mountain passes, towns and villages and into temples, monasteries, shrines and homes for an intimate glimpse of the essence of Tibet.

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.

Peter Gold holds degrees in psychology and anthropology, has been a research assistant to Dr. Margaret Mead, and has served as a Curator of Collections at Indiana University's Mathers Museum.

NEW!

BEYOND THE DEVILS IN THE WIND, Dorris Still. 141pp., 66 photos & illus., #SBBB \$16.95 cloth

The exciting story of Dr. Albert Shelton, the first American medical doctor to venture into the forbidding and isolated Land of Snows. Told by his daughter, Dorris Still, who was born in China and raised in Tibet until she was sixteen. Relates the Shelton family's background and travels that led them to the Eastern Tibetan city of Batang, where Dr. Shelton established the first Western-style hospital in Tibet's history.

BUDDHIST AMERICA: Centers, Retreats, Practices, Don Morreale, ed., 360pp. 48 photos, #JMBA \$12.95

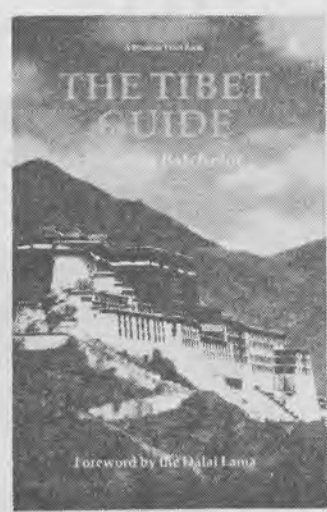
Over 500 centers in N. America are described in this "must have" directory of Buddhist centers. Contains all pertinent details down to diet and the experiences of participants. An introduction by Jack Kornfield is followed by many other essays and then pages and pages describing Theravadin, Mahayana, Vajrayana and other Buddhist centers.

NEW!

HEART OF ASIA: Memoirs from the Himalayas, by Nicholas Roerich. 192pp. #ITHA \$10.95 July

One of the world's great artists, visionaries and humanitarians, Nicholas Roerich is best known for his Himalayan landscapes. This book, in exquisite detail, describes his expeditions through Central Asia where he sketched, painted and studied the people and places with the same richness, vigor and brilliance that have made his paintings famous.

INDIA: A Travel Survival Kit, by Crowther, Raj and Wheeler. 792pp. #LPITSK \$17.95



The best and most popular guide to India, winner of the Thomas Cook Guidebook of the Year award. 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.

A JOURNEY IN LADAKH, by Andrew Harvey. 236pp. #HMJIL \$7.95

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.

KATHMANDU AND THE KINGDOM OF NEPAL: A Travel Survival Kit, by Raj. 144pp. #LPKKN \$7.95

MIPAM: A Tibetan Love Story, by Lama Yongden. 360pp., #SGM \$9.95

THE POWER PLACES OF CENTRAL TIBET: A Pilgrim's Guide, Keith Dowman. 320pp., maps & photos #RKPP \$10.95

SEVEN YEARS IN TIBET, by Harrer. #SMSYT \$8.95

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.

NEW!

SHAMBHALA: In Search of the New Era, by Nicholas Roerich. 328pp. #ITS \$10.95 May
Nicholas Roerich evokes the coming of Shambhala, the new era of human achievement and destiny through the experiences of his travels through Central Asia and Tibet. He reveals the many facets of the theme of Shambhala in chapters on Buddhism, Tibetan art, desert cities, subterranean dwellers and the Great Mother.

TIBET, by Elisabeth Booz. 208pp. #PATIB \$9.95

Tibet provides essential practical information about Lhasa—the principal city of business and devotion—and places far beyond. Contains many beautiful color photographs!

TIBET: A Travel Survival Kit, by Buckley and Strauss. #LPITSK \$7.95

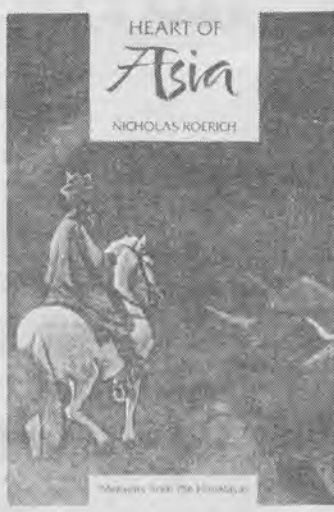
Contains many color photos and useful descriptions of the region.

THE TIBET GUIDE, by Stephen Batchelor. 500pp. #WIBKTG \$26.95

The Tibet Guide contains a history of Tibet, a simple description of Tibetan Buddhism, details of travel to Tibet, detailed explanations of the sites of interest in Lhasa, central Tibet and en route from Lhasa to Nepal, Mt. Kailas and western Tibet, an iconographical guide, with many maps and photographs. Winner of the Thomas Cook award.

TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKTIPI \$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 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.

We share the author's experiences in Dharamsala, India, headquarters of His Holiness the Dalai Lama and the Tibetan government-in-exile. Peter discovers the world's most unusual museum at the Tibetan Library and the curative power of Tibetan medicine. The president of the Tibetan Women's Organization speaks frankly on the position of women in Tibetan society. An oracle goes into trance as the voice of a goddess speaks through her body. Peter relates his dramatic encounter with the preserved body of Ling Rinpoche.

To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodhi Gaya, India—place of Sakyamuni Buddha's enlightenment—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.

"You have captured the spirit of Tibetan Buddhism by your capacity of sharing the life and the convictions of the people who preserved their culture even in exile, and thus saved it for the rest of humanity.

Your descriptions and your experiences... are deeply moving and will teach even the uninitiated the beauty and spiritual achievements of Tibetan Buddhism. You have seen this through the eyes of a poet and the heart of a lover."—Lama Anagarika Govinda

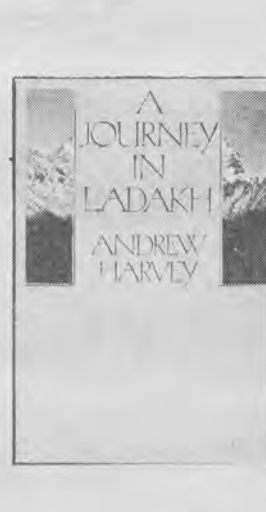
"Peter brings an immediacy of feeling and details of information which are both fascinating and revealing."—*Middle Way*

TO LHASA AND BEYOND, by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama 193pp. 24 photos #SLBKTLB \$14.95

To Lhasa and Beyond is a fascinating account of Tibet as it was prior to the upheavals following the Chinese take-over in 1959. Prof. Tucci takes the reader along the roads he followed in 1949 and reveals the people, religion, art, customs and landscape of a country that very few Westerners ever had the opportunity to see—Tibet was a free country and its high civilization was intact.

Intimate in style, this travelogue vividly captures for the reader Prof. Tucci's experiences in Tibet. Not only is this book entertaining, it is also enriched by his vast knowledge of Tibetan art and culture. Replete with photos and illustrations, this book is both a literary and a visual splendor.

"Tucci's description of the time-



less 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 takeover. Every religious studies library should own a copy."—*Religious Studies Review*

Prof. Giuseppe Tucci was both a renowned orientalist and an adventurer. He has received many awards and honors for his scholarship, and his publications on history, art, archaeology and ethnology have been translated into many languages.

TREKKING IN NEPAL, WEST TIBET AND BHUTAN, by Hugh Swift. 420pp., 14 maps, photos, #SCNTB, \$14.95

This Sierra Club Adventure Travel Guide is essential for the novice or veteran visitor. It provides a history of Himalayan trekking and covers natural history, scenic attractions, and cultural sites, peoples, and events. There is lots of info on preparing for travel and other practical guidance. It covers Tibet's 'Wide Open West' (including Mt. Kailas, the headwaters of the Indus river, and the lost cities of Tsaparang and Toling).

LIMITED SUPPLY, ON SALE FOR 30% OFF!

TREKKING IN THE HIMALAYAS, by Tomoya Iozawa. 208pp., many color and b&w photos and other illustrations, #HITIH \$24.95, Now \$17.45!

Covering the entire range of 3500 kilometers, this is the most complete guidebook on trekking in the Himalayas.



LIMITED SUPPLY, ON SALE FOR 30% OFF!

TREKKING IN NEPAL, by Toru Nakano. Many color and b&w photos and other illustrations, #HITIN \$24.95, Now \$17.45!

One of the very best guidebooks to Nepal—and also a lavish photo book of the Himalayas.

THE WAY OF THE WHITE CLOUDS: A Buddhist Pilgrim in Tibet, by Lama Anagarika Govinda. 305pp. #SHWWC \$15.95

An account by Lama Govinda of his mystical pilgrimage through Tibet.



MAPS

**NEPAL HIKING MAPS**

Helambu, Langtang: 1:100,000

#MLHL \$9.95

Kathmandu Valley: 1:50,000

#MLKV \$9.95

Khumbu Himal: 1:50,000

#MLKH \$9.95

OTHER MAPS

Kathmandu City: 1:10,000

#MLKC \$5.95

India (North): 1:1.5 mil

#MLIN \$6.95

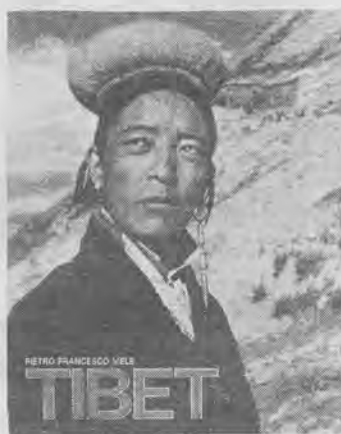
Nepal: 1:5 mil & 1:1.5 mil

#MLN \$6.95

South-Central Tibet: 1:1 mil

#MLT \$7.95

ART & PHOTOGRAPHY

**SPECIAL OFFER FOR YEAR OF TIBET!**

TIBET, by Pietro F. Mele; intro. by Michael C. van Walt van Praag 9 1/2 x 9 1/2," B&W Photos, #SLBKT \$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 is regarded as one of the world's most outstanding photographers. He was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci, one of the greatest authorities on Tibetan history, literature and religion. This opportunity gave Mele a unique opportunity to partake in Tibetan life. This book presents a series of photos that exemplify Tibetan culture. Each page frames a facet of the Tibetan people and Tibetan landscape.

In his introduction, Michael van Walt, the Dutch expert in international law that the Communist Chinese fear, updates the reader on the major events in Tibet that have occurred since Mele traveled there. Cataclysmic changes have drastically altered the face of Tibet, making this book's record historically valuable as well as artistically beautiful.

A PORTRAIT OF LOST TIBET, by Rosemary Jones Tung, Photographs by Ilya Tolstoy & Brooke Dolan. 224pp. #SLBKPLT \$15.95

A Portrait of Lost Tibet is alive with fascinating details painted by two obviously curious, scientifically-minded, observant explorers...the pictures here are grand."—*The Fessenden Review*

Tibetan culture, just before its extensive destruction during the Chinese occupation, is here poignantly evoked in these 131 rare and handsome photographs. *A Portrait of Lost Tibet* gives an unforgettable glimpse into this exotic land, as recorded by Brooke Dolan and Ilya Tolstoy (grandson of the writer), as they traveled through the country in 1942 on a diplomatic mission for the Allies. Their ten-month trek produced thousands of photographs that represent the best pictorial study of Tibetan civilization in existence.

"...the houses, nomads, monks and monasteries, religious ceremonies and mountains of the high plateau offer a poignant glimpse of what once was."—*The Washington Times*

"This may be the finest pictorial representation to date of Tibetan culture and customs."—*Religious Humanism*

Rosemary Jones Tung, Professor of Oriental Art History and student of Tibetan Buddhism, has traveled widely in the Far East and was a curator of the Jacques Marchais' Center of Tibetan Art.

Artistic Form and Yoga in the Sacred Images of India



HEINRICH ZIMMER
Translated by E. V. Rieu
Introduction by E. V. Rieu

NEW!

ARTISTIC FORM AND YOGA IN THE SACRED IMAGES OF INDIA, by Heinrich Zimmer. 320pp., 30 pages of plates. #PRAR \$12.95

This is the clearest introduction to the essence of Indian art and yoga for both the specialist and general reader. It unfolds the meaning of mandalas and yantras. "The book is as vital today as it was the year it was written, still unmatched for the eloquence of its recognition and celebration of this inspiration of Indian art."—Joseph Campbell

BUDDHIST ART OF THE TIBETAN PLATEAU, ed. by Liu Lishong. 358pp., 13" x 10 1/2", 665 color photos, #CBBA \$100 cloth

Published by China Books, this collection captures some of the most beautiful art to be found at the Buddhist Monasteries in Tibet. Divided into sections covering architecture, sculpture, painting, relics and monastic activities. The text is written from the Chinese viewpoint of Tibet.

DOLPO: Hidden Land of the Himalayas, by Diane Summers & Eric Valli. 108pp. #APD \$39.95 Dolpo is one of the last enclaves of traditional Tibetan culture, a land where valleys lie at elevations as high as the tallest peaks of Europe and mountains soar beyond the reach of humans. Dolpo is the setting of Peter Matthiessen's mystic quest in *The Snow Leopard*.

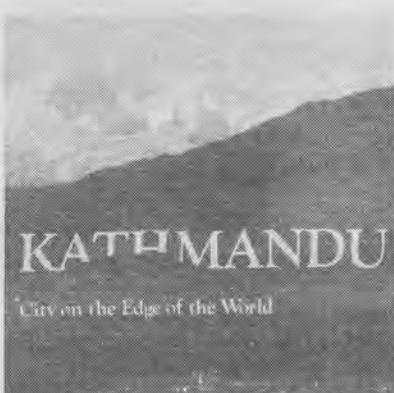
The authors spent a year among the Dolpo villagers and captured in stunning color photographs a Buddhist people whose lives are infused with a profound spiritual harmony. In the accompanying essay, Diane Summers evokes the lively, occasionally ribald, and yet always spiritual nature of the people.

THE HIDDEN HIMALAYAS, by Tom Kelly & Carroll Dunham. 200pp., color photo book, #ABHH \$45

This is one of the finest photo books on Himalayan culture we have ever seen! Not only are the pictures great but the book is well-designed and interesting to read. Tom Kelly and Carroll Dunham take you to remote Humla, one of the most unusual places in the world. Beautiful, bitter, joyous, and holy, it is an ancient territory bordering Tibet, hidden in the Himalayas. Here is an intimate, moving adventure in one of the last truly exotic places on earth.

HIDDEN TIBET: The Land and Its People, by Roger Hicks. 160pp., photos #ELHT \$16.95

This collection of stunning photographs provides a fascinating insight into the life, culture and religion of Tibet—pre- and post-communist. By combining rare pictures from the Dalai Lama's own collection and other sources with his own exciting and dramatic photographs, Roger Hicks captures the mood and spirit of the Forbidden Kingdom and its remarkable people.

**NEW!**

IMAGES OF ENLIGHTENMENT, by Jonathan Landau and Andy Weber. 160pp., 24 full-color plates, 6 line drawings, #THBKIE, \$15.95, January

This is a clear introduction to the inner world of Tibetan Buddhist sacred art. Some of the most important images are represented here (painted by Andy Weber) and the text explains how each figure plays its part in the tradition of spiritual self-transformation to which it belongs.

NEW!

KATHMANDU: City at the Edge of the World, by Thomas Kelly & Patricia Roberts. 204pp., 10 x 10," 200 full-color illus. #ABK \$49.95

This is another great photography book from Abbeville. Kathmandu, one of the most exotic and cosmopolitan cities is captured here in all its charming facets: lamas and pilgrims, mountains and valleys, copper pagoda roofs, merchants, natives, the religions and temples.

LHASA: Tibet's Forbidden City, by Christine & Frank Brignoli. 107pp., 11 x 11 1/2", 79 color illustrations #SLBKL \$29.95 cloth The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this coffee-table book of photos. Documented well is the daily life of the Tibetans in and about Lhasa with special emphasis on the majestic Potala Palace, the lively Barkhor area, the sacred Jokhang temple, Norbulingka Summer Palace of the Dalai Lama, and the massive Drepung and Sera Monasteries.

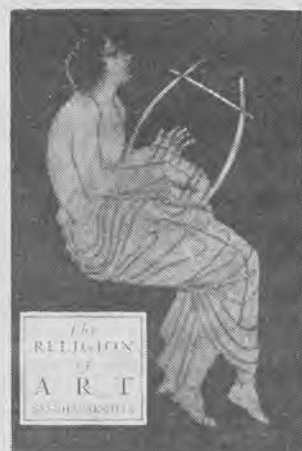
Christine & Frank Brignoli are photojournalists who have lived many years in the Middle East and traveled extensively in Asia and Europe. They currently reside in Saudi Arabia.

MOUNTAINS OF THE MIDDLE KINGDOM, by Galen Rowell. 192pp. color photos, #SIMMK \$19.95

An extraordinary photo-exploration of the scenery and peoples of Tibet and Western China. Rowell recreates the journeys of past explorers in the mountainous areas of vanished Turkestan and Tibet—a photographic portrait illuminated by stunning color photos and extensive descriptions of his experiences in these regions.

MYSTIC ART OF ANCIENT TIBET, Blanche Olschak & Geshe Thupten Wangyal. 224pp., 142 color plates, 372 b&w, #SHMAT \$32.50

This profusely-illustrated, classic presentation of Tibetan art reveals a new sphere of ancient art and conveys its spiritual meaning. The 142 color and 372 b&w illustrations include painted scrolls, gilded bronzes, sculptures in wood and stone, and Tibetan icons of the saints and gurus of Tibetan Buddhism.

**NEW!**

OPENING THE HEART, 7 x 10". #AMOH \$7.95.

This is a wire bound journal for recording reflections or taking notes. It has parchment paper with an attractive border and many stimulating quotes on living in the heart: "Love is an act of endless forgiveness; a tender look which becomes a habit."—Peter Ustinov

THE RELIGION OF ART, by Sangharakshita. 170pp., #SBRA, \$11.50

True religion and true art should both aim to expand our consciousness, to give access to states of heightened awareness.

THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas, by Russell Johnson & Kerry Moran. 128pp., 116 color plates, 8 3/4 x 10 1/2", #ITSMT, \$19.95 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. Moran describes their path in which every step has its own legend and every feature of the landscape its own divinity.

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, by Samten Gyaltsen Karmay. Measures 10 x 14 1/2", 260pp. (104pp. color illus.) #SPSV \$190

This beautifully painted tantric manuscript recounts the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyatso (1617-1682). A new discovery, it was hitherto totally concealed from Tibetans and others alike. Recently acquired for the Fournier Collection, it is only now that this extraordinary document comes to light and is available for study.

The Fifth Dalai Lama was a skillful politician and outstanding statesman. With the publication of the Gold Manuscript, another aspect of the life of this great ruler is now unveiled: an inner world of profound mysticism, magical powers and often disturbing theophanic visions.

The manuscript is thus also a precise manual of ritual practice and ritual paraphernalia as well as a unique artistic masterpiece.

NEW!

SHAMAN: The Paintings of Susan Seddon Boulet. 128pp., 100 full-color illus., 8 1/2 x 11," #PMS \$19.95

Susan Boulet is well-known for her paintings of shamans. Her subtle colors and fusion of forms reflect the magical and spiritual powers of shamans and their ability to heal and to communicate with nature. These paintings are amazing in their beauty and the wisdom that they convey.



THE PAINTINGS OF SUSAN SEDDON BOULET

TIBET: A Lost Civilization, by Simon Normanton. 192pp., b&w photos throughout, 8 1/4 x 11". #VPTLC \$17.95.

Simon Normanton has skillfully woven together the firsthand accounts of the early expeditions (from Younghusband's to Lhasa in 1904 through Heinrich Harrer's in 1952), adding remarkable early photographs—few of which have ever before been seen—to bring to life the discovery of Lhasa and the various ancient religious ceremonies, festivals, and customs of a unique civilization.

TIBETAN COLLECTION:

Sculpture and Painting, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208pp. #NM-3 \$20

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."

TIBETAN THANGKA PAINTING: Methods & Materials, by David P. & Janice A. Jackson with appendix by Robert Beer. 216pp. 8-1/4" x 11-3/4" #SLBKTTT \$24.95

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

This extraordinary handbook for artists and art historians has been newly updated with a unique section, unavailable elsewhere, of valuable guidelines for thangka painting using modern techniques and materials. The highly respected thangka painter, Robert Beer, has also added many line drawings of the primary deities to show the geometrical proportions.

Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure.

Included is a description of the pigments, how they are mixed and how applied. The theories underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figural proportions.

A wealth of drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

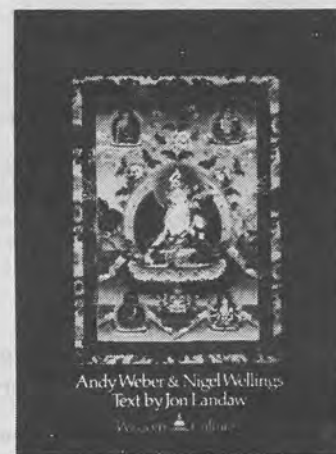
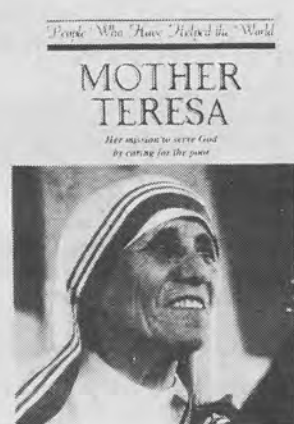
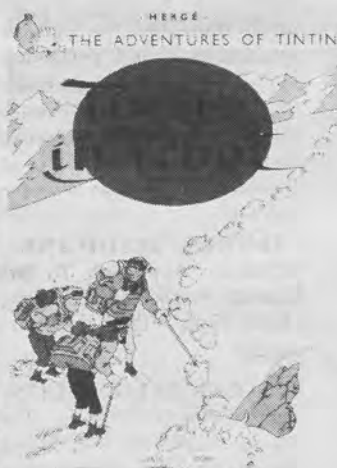
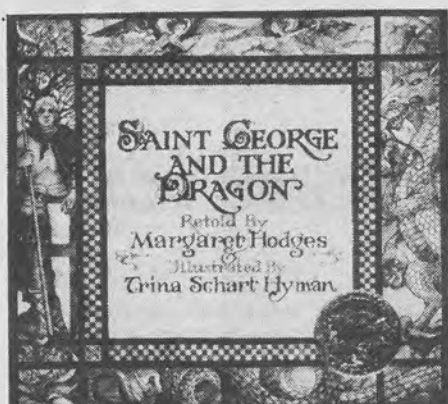
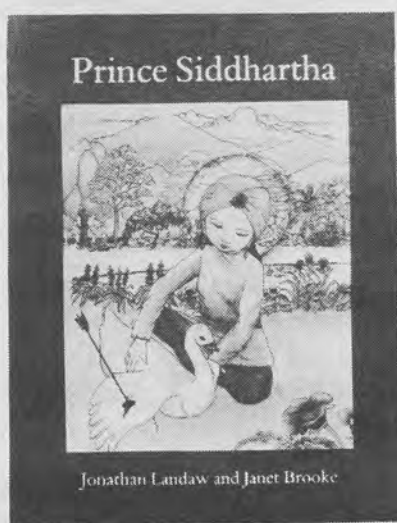
"Absolutely incredible book, highly recommended."—*Circle of Light*

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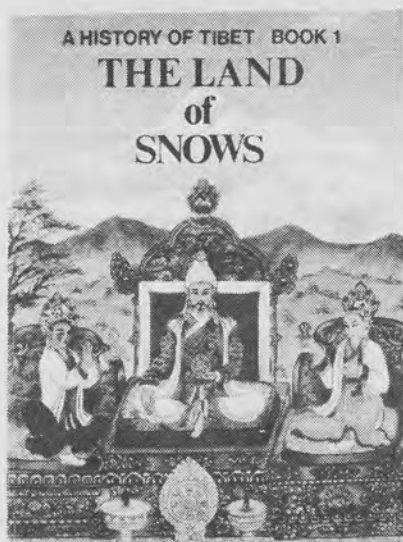
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TO THE LION THRONE
Whitney Stewart



MUSICIAN FROM THE DARKNESS
ILLUSTRATED BY JOHN HOWE



A HISTORY OF TIBET, BOOK 1 & BOOK 2, published by the Tibetan Children's Village for young readers:

BOOK1: THE LAND OF SNOWS, by Christopher Gibb. 93pp., many illustrations and photos, #POLOS, \$6.95

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.

BOOK2: INDEPENDENCE TO EXILE, by Christopher Gibb. 94pp., many illustrations and photos, #POIE, \$6.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion.

NEW!

INDIA: The Culture, by Bobbie Kalman. 32pp., many color photos, 8 1/2 x 11," ages 8 to 14, #CTI \$7.95

The whole world has been influenced by the rich and colorful culture of India. India's art architecture, music, festivals, food and dancing all have their roots in India's three major religions. Explore this fascinating culture through stunning photographs and easy-to-read text.

NEW!

THE MOUNTAINS OF TIBET, by Mordcai Gerstein. Color illus., 7 and up, #HRMT \$4.95

In a tiny village, high in the mountains of Tibet, lives a woodcutter. All his life he has longed to travel to faraway places, to see the world. But he grows old without ever leaving the mountain. When he dies, he is offered the chance to live another life, in any form he wants, anywhere in the galaxies. Carefully he decides... and finds himself in a place he never thought he would choose.

NEW!

MUSICIAN FROM THE DARKNESS, by Claude Clement, illus. by John Howe. 32pp., full-color illus., ages 5-10. #LBMD \$14.95

This evocatively written and beautifully illustrated picture book takes readers back to the reaches of prehistory, to the moment when music began to lift the shadows of darkness.

NEW! NEW! NEW!

People Who Have Helped the World

This is an excellent series that describes the lives of extraordinary people who held strong beliefs, and acted on those beliefs with courage and commitment for the benefit of the world. They are cloth bound and contain many photos in color and B&W. Each is \$12.95 and are suitable for ages 10 and up.

THE DALAI LAMA: The leader of the exiled people of Tibet and tireless worker for world peace. #GSDL

MAHATMA GANDHI: The man who freed India and led the work in nonviolent change. #GSMG

MOTHER TERESA: Her mission to serve God by caring for the poor. #GSMT

DESMOND TUTU: The courageous and eloquent archbishop struggling against apartheid in South Africa. #GSDT

PRINCE SIDDHARTHA, by Landaw & Brooke. Color drawings, #WIBKPS \$15.95

A delightful children's book on the life of Gautama Buddha.

NEW!

SAINT GEORGE AND THE DRAGON, by Margaret Hodges, illus. by Trina Hyman. 32 beautifully illus. pages, ages 4-10. #LBSG \$14.95

Set in the days when monsters and giants and fairy folk lived in England, this classic and well-loved tale recounts the battle between Saint George and the Dragon—a creature so huge and fearsome that his tail swept the land behind him for almost half a mile. The exquisitely detailed drawings and

powerful story make this book a classic.

SPINNING INWARD: Using Guided Imagery with Children for Learning, Creativity & Relaxation, by Maureen Murdock. 158pp., 7 1/2 x 11". #SHSI \$15.95

"Spinning Inward can be the critical event in children's lives as it gives them ways to open to potentials of mind and body that will greatly enhance their capacities for learning and discovery."—Jean Houston

BACK IN PRINT! TARA'S COLORING BOOK, by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #WITCB \$5.95

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.

NEW!

TIBET, by Bobbie Kalman. 32pp., 33 full-color photos, 8 1/2 x 11," ages 8 to 14, #CTT \$7.95

Candid, intimate photographs highlight this study of Tibetan culture and daily life. The photos are excellent and the whole book is very inviting to look at and read.

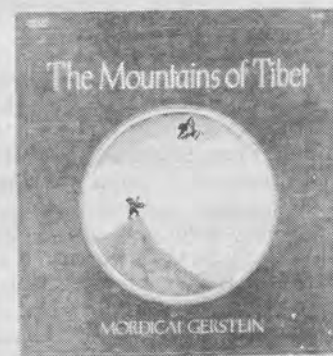
NEW!

TINTIN IN TIBET, by Hergé. 62pp. #LBTT \$6.95

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

NEW!

TO THE LION THRONE, by Whitney Stewart. 55pp. #SLBKTLT \$10.95 October (see Dalai Lama section)



COOKBOOKS / HEALTH & FITNESS

HEALTH & FITNESS

COOKBOOKS

Studies in
Tibetan
Medicine

Dr. Elisabeth Finckh

THE ART OF TIBETAN MEDICAL URINALYSIS: A Do-It-Yourself Technique, by Dr. Lobsang Rappagay, Ph.D. 76pp. #TMATU \$7.00

BACK TROUBLE: A New Approach to Prevention and Recovery, by Deborah Calplan 170pp., illus. #BPBT \$9.95

The techniques described in this book are remarkably effective in the treatment and prevention of back and neck disorders. Written by a well-known Alexander Technique professional of 22 years.

NEW!

CANCER AND CONSCIOUSNESS, by Barry Bryant. 240pp. #SPCC \$15.95

Cancer and Consciousness is about dialogue—the patient's inner dialogue with himself and his disease, dialogue between doctor or healer and patient, dialogue between often competitive healing techniques, but first and foremost the meta-dialogue of soul and body, of East and West. Barry guides us through fascinating and provocative dialogues with fifteen of the world's greatest cancer researchers and healers including Elisabeth Kubler-Ross, Julian Beck, Bernie Siegel, and His Holiness the Dalai Lama.

FORMULARY OF TIBETAN MEDICINE, Vaidya Bhagwan Dash. 453pp., 23 illus., #CIFTM \$35 cloth

164 popularly used and therapeutically effective recipes from the treasure of Tibetan medicine are described in this work. The ingredients, their weight, methods of preparation, therapeutic indications and dosage are given.

FOUNDATIONS OF TIBETAN MEDICINE, by E. Finckh. Vol. 1, 104pp. #ELFTM1 \$17; Vol. 2, Second Edition, 126pp. #ELFTM2 \$17

Vol. 1: Study and System of Tibetan Medicine, Healthy and Diseased Organisms

Vol. 2: System and Nine Disciplines of Tibetan Medicine, Diagnosis, Therapy, Constitutional Types

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by T.J. Tsarong. 101pp. #TMHTD \$5
Gives the composition of 175 popular Tibetan natural drugs.

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshi Donden, Ed. & Trans. by Jeffrey Hopkins. 252pp. #SLBKHTB \$10.95

NEW!

MIGRAINE AND THE ALLERGY CONNECTION: A Drug-Free Solution, by John Mansfield, M.D. 160pp. #ITMAC \$9.95

Research conducted around the world indicates that food allergy is the main single cause of migraine, accounting for 80 to 90 percent of all cases. Dr. Mansfield explores the factors underlying allergy oc-

MIGRAINE AND THE ALLERGY CONNECTION

John Mansfield, M.D.

MIND AND MENTAL HEALTH IN TIBETAN MEDICINE



ELISABETH FINCKH, M.D.

currence, identifying common foods that are the main offenders and pointing the way to lifestyle and eating habits that will lessen the chance of continued migraine attacks.

MIND AND MENTAL HEALTH IN TIBETAN MEDICINE, 61pp. #POMMH \$5.95

Three excellent essays are contained here: *Mind and Mental Disorders in Tibetan Medicine* by Sonam Topgay and Mark Epstein, *Sleep and the Inner Landscape* by Dr. Dhonden, *Mind-Made Health: a Tibetan Perspective* by Dr. Lobsang Rappagay.

STAYING HEALTHY WITH THE SEASONS, by Elson Haas, M.D. 252pp., illustrated, 8 x 10" #TSSH \$9.95

This is one of the most popular of the new health books. It contains a balanced blend of Western and Eastern medicines, nutrition, herbology, exercise, and a wealth of other health topics. An excellent textbook on preventative medicine that has been used in many courses.

STUDIES IN TIBETAN MEDICINE, by Elisabeth Finckh. 90pp. #SLBKSTM \$9.95

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system.

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

"I congratulate the author for her most diligent and laudable efforts to propagate Tibetan medicine."—H.H. the Dalai Lama

Dr. Elisabeth Finckh is perhaps the first Western doctor to translate and interpret the main texts of Tibetan medicine for use in the West.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford. #WETBM \$12.95
Now in Paperback!

Presented here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In

YOU CAN RELIEVE PAIN

How Guided Imagery Can Help You Reduce Pain or Eliminate It Altogether
Ken Dachman and John Lyons

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 MEDICINE: A Wholistic Approach To Better Health, by Dr. Lobsang Rappagay, Ph.D. 87pp. #TMTM \$7.00

NEW!

YOU CAN RELIEVE PAIN, by Ken Dachman & John Lyons. 161pp., #HRYRP \$18.95 cloth

Are you one of the many who suffer daily from the chronic pain of arthritis, back injuries, migraines, cancer, or other afflictions? If so, here are simple but effective methods, using the proven techniques of guided imagery, to relieve pain or end it altogether. In a study of one thousand patients who worked with these techniques, 90% of the cases had pain reductions of more than half.

TIBETAN THERAPEUTIC MASSAGE OIL #RAMO \$8.50
34 Himalayan Herbs are blended in Olive Oil. Heat before use.

TIBETAN MEDICINE BRACELETS & RINGS #3METAL

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.

Bracelet:
Thin 3-metal band \$14
Medium 3-metal band \$19
Ring:
3-metal band \$11.50

TIBETAN MASSAGE CHART, 18" x 24" #SLTAC \$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. Rappagay, well-known Tibetan physician.

INCENSE

AQUILARIA-R #AQ \$5.00

A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Dr. Lobsang Rappagay and the Tibetan Holistic Medical Centre of India. Aquilaria-R herbal formula is one of the most popular and well-known stress formulas prepared from therapeutic and non-toxic herbal ingredients handrolled into sticks.

NIRVANA BRAND #TMNIR \$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.

INDIAN VEGETARIAN COOKING



MICHAEL PANDYA

THE TASSAJARA BREAD BOOK

Revised & Updated Edition
EDWARD ESPE BROWN



THE GREYSTON BAKERY COOKBOOK

GOURMET SPECIALTIES FROM THE ZEN COMMUNITY OF NEW YORK

HELEN GLASSMAN AND SUSAN POSTAL
FOREWORD BY EDWARD ESPE BROWN

Snow Lion is pleased to offer some of the very finest vegetarian cookbooks for those of you who would like to experience delectable and largely non-violent cuisine.

NEW!

FROM A MONASTERY KITCHEN, by Brother Victor-Antoine d'Avila-Latourrette. 128pp. #HRFMK \$12.95

This is a classic natural foods cookbook arranged seasonally—complete with recipes for soups, salads, main dishes, fish, breads, and desserts from Brother Victor's kitchen at Our Lady of the Resurrection Priory in Lagrangeville, New York.

THE GREENS COOKBOOK: Extraordinary Vegetarian Cuisine from the Celebrated Restaurant. 396pp. #DDGC \$21.95 cloth
A rare book that truly represents a revolution in cooking. Here are the recipes that created the boldly original and highly successful restaurant on San Francisco Bay. This book caters to everyone who seeks delight in cooking and eating. Using an extraordinary range of fresh ingredients in imaginative and delicious ways, it shows how to present a feast for the eyes as well as for the palate.

THE GREYSTON BAKERY COOKBOOK: Gourmet Specialties from the Zen Community of New York, by Helen Glassman & Susan Postal. 148pp., illus. #SHGBC \$9.95

"Eighty scrumptious recipes. All are easy to prepare, and the spectacular results belie their simplicity."—*Bon Appetit*

The superb cakes, cookies, pastries, pies, and breads in this book—made with mindfulness and care by the Zen monks who run the Greyston Bakery—contain rich natural ingredients that will satisfy the most demanding gourmet tastes.

NEW!

INDIAN VEGETARIAN COOKING, by Michael Pandya. 208pp., illus. #ITIVC 10.95

This is a definitive collection of vegetarian dishes covering every aspect of the Indian meal, from a multitude of curries, breads, sauces, and side dishes to desserts, drinks, and appetizers. A tempt-

ing array of picnic and party food adds special enjoyment and flair to the art of Indian cooking. The author includes valuable information on Indian herbs and spices and the proper presentation and balance of an Indian meal.

NEW!

RECIPES FROM MOOSEWOOD RESTAURANT, by the Moosewood Collective. 320pp., color photos. #TSNRM \$12.95

200 recipes celebrating the varieties of new vegetarian cooking offer an endless array of creative combinations. "Superior, innovative vegetarian cuisine."—*Publisher's Weekly*

NEW!

THE SELF-HEALING COOKBOOK, by Kristina Turner. 210pp., illus. #ETSH \$15

This is the macrobiotic primer for healing the body, moods and mind with whole, natural foods. Kristina has been a macrobiotic cooking teacher for over eight years. She trained at the Center for Healing Arts in LA and the East West Center for Macrobiotics in Eureka, CA. The basics for nutritional healing as well as recipes to make tasty, healthful food make this one of the most sound approaches to eating available.

THE TASSAJARA BREAD BOOK, by Edward Brown. 146pp., illus. #SHTBB \$8.95

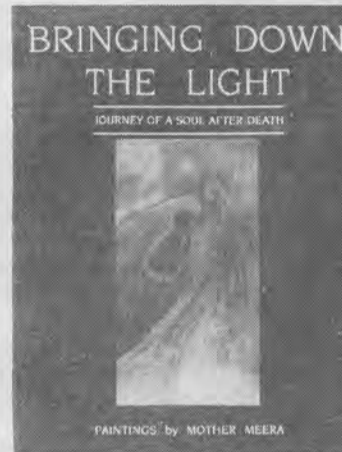
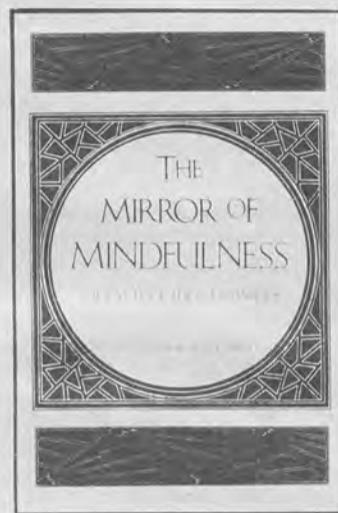
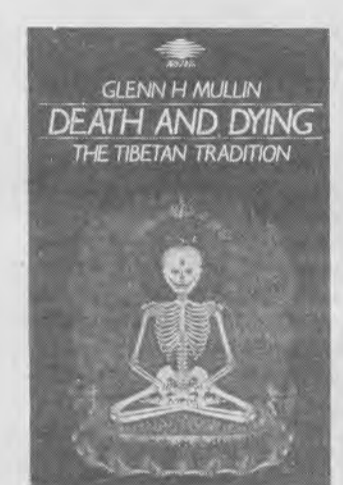
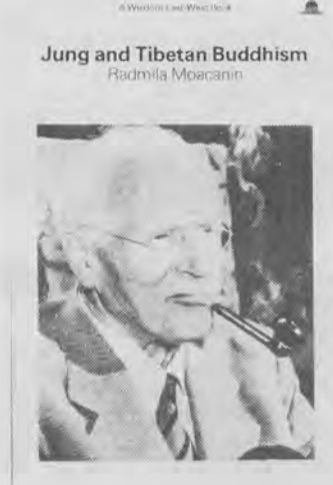
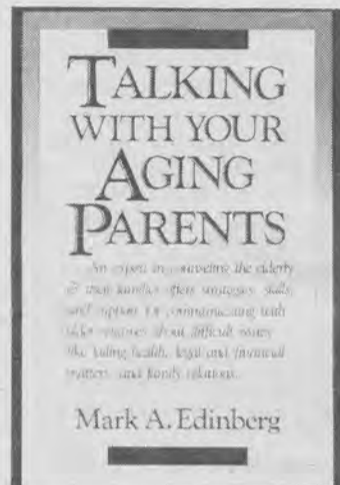
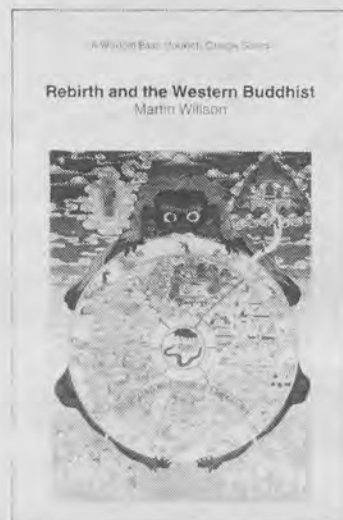
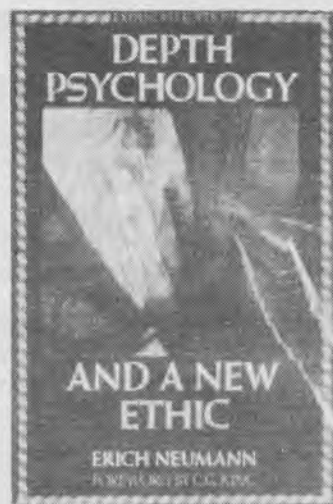
This is the revised and updated edition of the baking best-seller. It is "the bible for bread baking."—*Washington Post*.

In this edition Brown offers thirty new recipes for croissants, Italian bread and desserts, plus revised sections on yeasted and unyeasted breads, sourdough breads, pancakes, muffins, quick breads, and pastries.

TASSAJARA COOKING, by Edward Brown. 255pp., illus. #SHTCD \$9.95

Discusses methods for working with vegetables, grains, beans, dairy products, and fruits; cooking techniques; and suggestions for planning good tasting, nutritious meals from soups and salads to desserts. "Rarely has a book of such simplicity underscored so well the joy of culinary discovery."—*Bon Appetit*

PSYCHOLOGY & SELF-HELP / DEATH & DYING



BEYOND THERAPY: The Impact of Eastern Religions on Psychological Theory, ed. Guy Claxton. 352pp. #WIBKBT \$18.95

The impact of Buddhism on psychological thought was the topic of a recent British Psychological Society conference. How Buddhist ideas about self, identity and personality go beyond or can be interpreted in terms of current psychological concepts is presented. Also considered is the research on meditation, the value of contemporary therapeutic techniques and the question of spiritual and personal development.

NEW!

DEPTH PSYCHOLOGY AND A NEW ETHIC, by Erich Neumann. 160pp. #SHDP \$9.95

This classic work on the Jungian concept of the shadow—the dark side of human nature—is by one of Jung's most creative pupils. Neumann advances an approach to the problem of evil based on confronting the shadow and integrating it into conscious awareness. The new ethic that he proposes, instead of denying the negative forces in the psyche, accepts and transforms them for the benefit of both individual and collective life.

NEW!

DIVINE MADNESS: Archetypes of Romantic Love, by John Haule. 296pp., #SHDM \$19.95 cloth

This book describes romantic love as the paradigm of relationship, in which the instinctual depths and spiritual heights of human experience come together. Draws on psychology, the mystical traditions and literature to lead the reader inside the mind and heart of the lover. Each chapter explores a characteristic aspect of relationship: fusion, separation, quarreling, seduction and, by focusing on the meaning of these experiences reconnects us with the wisdom of time immemorial.

FINDING EACH OTHER: A Practical Guide to Achieving Successful Relationships, by John Selby. 131pp. #GTFEO \$12.95

John Selby, a psychologist specializing in interpersonal relations, explores the hidden factors

which lead to success or failure in finding each other and building successful relationships.

JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart, by Radmila Moacanin. 192pp. #WIBKJP \$12.95

The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities and differences with simplicity and straightforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.

THE LOTUS AND THE POOL: How to Create Your Own Career, by Hilda Lee Dail. 297pp. #SHLP \$12.95

Here is a new, holistic approach to career development, involving the wisdom of the unconscious—expressed in dreams, symbols, personal myths, intuitions, and memories—as well as the analytical skills needed to set goals and plan strategies. It will help you choose a field, change career or to just get more satisfaction out of work.

TALKING WITH YOUR AGING PARENTS, by Dr. Mark A. Edinberg. 220pp. #SHTAP \$9.95

With compassion and common sense Dr. Edinberg presents positive ways of communicating with the elderly about their changing needs. He teaches communication skills and provides guidelines for breaking out of guilt and unproductive habits in family relationships.

WRITING DOWN THE BONES, by Natalie Goldberg. 171pp. #SHWDB \$8.95

Here is a book that tells how to create good writing. The secret of creativity is a process of uneducation rather than education. A fine poet and prose writer, Natalie's Zen background speaks to us through the many practical suggestions in this book.

BARDO TEACHINGS: The Way of Death and Rebirth, by Ven. Lama Lodo. 73pp. #SLBKBTE \$5.95

NEW!

BRINGING DOWN THE LIGHT: Journey of a Soul After Death, by Mother Meera. 64pp., 26 full-color plates, 9 x 11 1/2," #MPBDL \$29.95 cloth

What happens after death? Answered with unique authority by one of the most widely respected spiritual teachers of our time—Mother Meera—whose fame has swept Europe. Painted directly from Meera's inner perception of the after death experiences of a disciple, these luminous works inspire our vision of death and comfort those who have lost loved ones.

DEATH AND DYING: The Tibetan Tradition, by Glenn H. Mullin #ARDD \$9.95

This authoritative book covers topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, and methods to facilitate the transition to new modes of consciousness at death.

DEATH, INTERMEDIATE STATE AND REBIRTH by Lati Rinbochay & Jeffrey Hopkins 86pp. #SLBKD \$6.95

Anyone interested in the process of dying will find this book fascinating. The Highest Yogas 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.

In the foreword by H.H. the present Dalai Lama, practical, mature advice is offered on how, through correctly approaching the death experience, its spiritual potential can be enhanced for everyone involved.

"Hopkins has given us numerous translations of important Tibetan Buddhist texts. All of his

works bear the stamp of authority. The present volume is a fine example. 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*

NEW!

DEATHING: An Intelligent Alternative for the Final Moments of Life, by Anya Foss-Graber. 415pp., #WED \$14.95

Death is the most natural passage we will make since birth. Looking at death before the time comes is like learning about natural childbirth before having a baby. The process of conscious preparation is called "deathing." The author provides exercises and meditations that teach us the dying process and how to benefit from it the most. Anya is a lecturer, yoga teacher, linguist and survivor of a near-death experience.

THE MIRROR OF MINDFULNESS: The Cyle of the Four Bardos, Tsele Natsok Rangdrol. 140pp. #SHMMI \$9.95

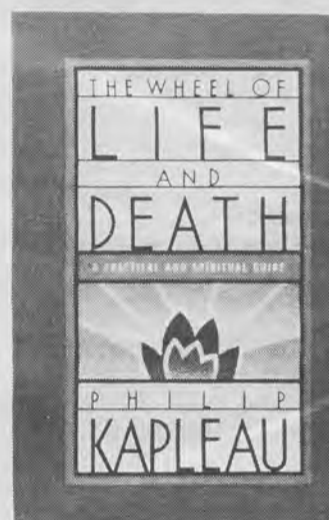
This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.

ON DREAMS & DEATH, by Marie Louise von Franz. 193pp. #SHODD \$12.95

"A true master piece of research and interpretations of dreams by patients prior to a sudden or anticipated death. Although there exists ever-increasing literature on the topic of death, very little has been studied and published on the content and meaning of unconscious material of these individuals."—Elisabeth Kubler-Ross

REBIRTH AND THE WESTERN BUDDHIST, by Martin Willson. 96pp. #WIBKRWB \$6.95

In this essay Martin Willson presents one hundred references—devotional, scriptural, observational, logical and



scientific—for and against rebirth.

THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo, Trans. by Francesca Fremantle and Chogyam Trungpa. 119pp. #SHTBD \$9.95

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.

THE TIBETAN BOOK OF THE DEAD, by Evans-Wentz. 249pp. #OXTBD \$7.95

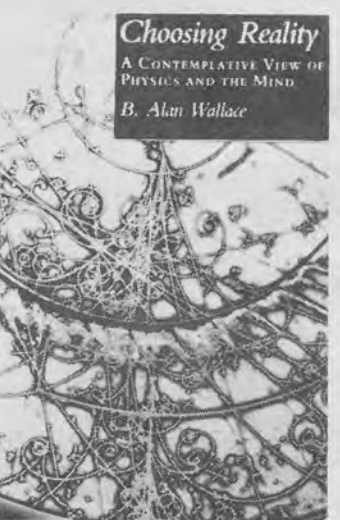
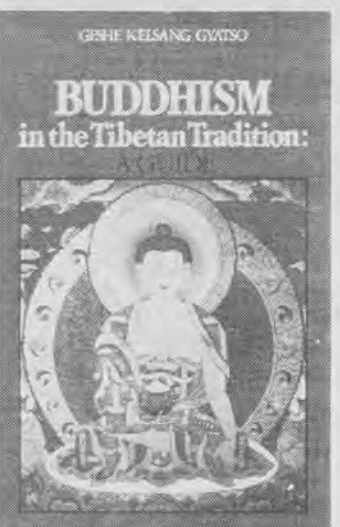
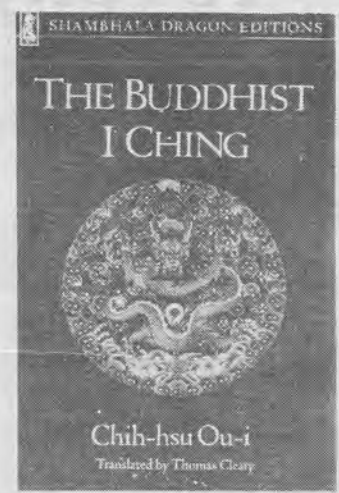
This is a classic Tibetan Buddhist scripture focusing on the nature of the mind and its projections—wretched and peaceful—which seem to be objective. This book describes what happens after you die and the psychic experiences in the intermediate state before rebirth.

NEW!

THE WHEEL OF LIFE AND DEATH: A Practical and Spiritual Guide, by Philip Kapleau. 371pp., #DDWLD \$19.95 cloth

A very thorough discussion of death and dying by the famous Western Zen Roshi. Intimate in tone, he covers dying, death, karma and rebirth as traditionally understood in the world religions as well as the philosophic, scientific and humanistic traditions. One of the best books on the topic.

RELIGION & PHILOSOPHY



ADVICE FROM A SPIRITUAL FRIEND, by Geshe Rabten and Geshe Dhargyey. #WIBKASF \$8.95

NEW!

A MANUAL OF RITUAL FIRE OFFERINGS, by Sharpa Tulku & Michael Perrott. 180pp., #LTMRO \$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.

NEW!

A MEDITATION HANDBOOK, by Geshe Kelsang Gyatso. #THBKM \$11.95 cloth

An excellent introduction to meditation for beginners and experienced meditators. The procedure of meditation and 21 meditations are presented on the various aspects 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.

ANALYSIS OF GOING AND COMING, by Chandrakirti, Trans. Jeffrey Hopkins. #LTAGC \$2.95

Through a masterful analysis of going and coming, Chandrakirti shows how the Madhyamika handles the problem of existents.

AN ANTHOLOGY OF WELL-SPOKEN ADVICE ON THE GRADED PATHS OF THE MIND, by Geshe Ngawang Dhargyey. 441pp. #LTWSA \$14.95

THE ART OF HAPPINESS: Teachings of Buddhist Psychology, by Mirko Fryba. 368pp. illus., #SHAH, \$15.95

Based on the earliest works of Buddhist psychology and philosophy (Abhidharma), this book offers advice and 30 practical techniques for nurturing one's innate capacity for happiness. True happiness, the author states, cannot be manufactured or conjured up but arises spontaneously when one is freed from external conditioning.

ARYASURA'S ASPIRATION AND A MEDITATION ON COMPASSION, by H.H. the Dalai Lama, trans. Brian Beresford. 148pp. #LTAA \$6.95

A bodhisattva's aspirational prayer in seventy stanzas by Aryasura is supplemented by a rare commentary. It also contains a sadhana on the inseparability of the spiritual master and Avalokitesvara, and a discourse by the Dalai Lama on the activation of compassion and bodhicitta (includes Tibetan text).

AWAKENING THE MIND OF ENLIGHTENMENT, by Geshe Wangchen. 192pp. #WIBKAME \$12.95

A simple, clear presentation of meditations that take the beginner towards enlightenment.

BEING NOBODY, GOING NOWHERE, Ayya Khema. 192pp. #WIBKBN \$12.95

Based on a ten-day meditation course in Sri Lanka by a Western Buddhist nun, *Being Nobody, Going Nowhere* is full of clear, helpful instructions on meditation and mindfulness, and all the essential points of the Theravadin Buddhist path.

BEING PEACE, Thich Nhat Hanh. 115pp. #PABP \$8.50

Thich Nhat Hanh, poet and Zen master, was nominated by Dr. Martin Luther King, Jr. for the Nobel Peace Prize. Emphasizes the importance of being peace in order to make peace.

THE BODHGAYA INTERVIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp. photos, #SLBKBI \$8.95 (see Dalai Lama section).

BRIDGING THE SUTRAS AND TANTRAS, by the First Dalai Lama & Glenn H. Mullin. 288pp. #SLBKSW1 \$12.95

In sixteen works ranging from mind-training to Highest Yoga Tantra, the emphasis is on practice in this collection of Buddhist texts by the first Dalai Lama, one of Tsong-kha-pa's brightest disciples. Major topics include:

Kalachakra Tantra: initiation into and practice of the most sophisticated Highest Yoga Tantra. A summary of the structure and methodology of the six completion stage yogas, representing the highest and most powerful teachings of the Buddha brought to Tibet, are translated here by permission of His Holiness, the present Dalai Lama.

Arya Tara: probably the most widely practiced devotion among both Tibetan and Western Buddhists. Included with the Twenty-one Verses in Praise of Arya Tara—a basis for numerous Tara practices—are the complete texts for three popular sadhanas of Green and White Tara practice.

Lo-jong: the heart of all Mahayana teachings. A detailed commentary on the seven aspects of Atisha's method of training the mind to develop the Bodhisattva spirit, through transforming every activity into a spiritually significant event.

In addition to two texts on emptiness, and a beautiful biography of the Buddha entitled "Crushing the Forces of Evil to Dust," a traditional biography of the First Dalai Lama as well as biographical sketches on all fourteen Dalai Lamas are included.

"There is no other book on the market that offers the same selection of information in such a concise form."—Prof. Roger Jackson
"... a genuine and valuable contribution to the growing library of works which illumine Tibetan

Buddhism."—Janice D. Willis, *Religious Studies Review*

"... recommended as the real nuts and bolts of Kadampa practice."—Mark Tatz, *Tibetan Review*

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Talbot. 482pp. #SLBKBM \$18.95 paper, #SLBKBMC \$28.95 cloth

"Tulku Thondup Rinpoche has performed a service of inestimable value for all serious students of Buddhist thought. One of Tibet's greatest philosopher-sages, Kunkhyen Klong-chen-pa is here made accessible to the specialist and interested non-specialist in a manner that is authoritative, comprehensive and clear. This book fills a major gap."—Matthew Kapstein, *The University of Chicago*

Buddha Mind is an anthology of writings on Dzogpa Chenpo (Dzogchen) by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingma School of Tibetan Buddhism. Dzogpa Chenpo 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. Dzogpa Chenpo employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddha Mind or Buddhahood itself.

Buddha Mind has two parts. The first half of the book is an introduction which summarizes Buddhist teachings characterizing the common exoteric view through to the resultant perspective and practice of the Dzogpa Chenpo proficient. Every point is extensively illustrated with quotations from the scriptures and early writings.

The second part is an anthology in thirteen sections. It addresses topics beginning with the basis of delusion up to the attainment of Buddhahood. It also includes a detailed biography of Longchen Rabjam.

Tulku Thondup Rinpoche was born in 1939 in Eastern Tibet. At age four he was identified as the rebirth of a great Lama named Konme Khenpo. At six he began his training at Dordrup Chen Monastery, and after years of study attained the degree of Dorje Lupon (Vajracarya). He has taught in Indian universities and from 1980-83 was a visiting scholar at Harvard. Presently, he is writing on Tibetan Buddhism and translating Nyingmapa scriptures under the auspices of the Buddhayana Foundation.

BUDDHA NATURE: The Seed of Happiness, Ven. Thrangu Rinpoche. 180pp. #ESBN \$13.95

Buddha Nature expounds in a simple way the profound points of the Uttara Tantra which forms a vital link to Vajrayana practice.

BUDDHISM IN THE TIBETAN TRADITION: A Guide, Geshe Kelsang Gyatso. 132pp. #RKBT \$12.95

THE BUDDHIST I CHING, Trans. by Thomas Cleary. 290pp. #SHBIC \$13.95

The Buddhist I Ching is the only full-length interpretation of the I Ching by a Chinese Buddhist meditation master. Chih-hsu Ou-i (1599-1655) offers three levels of interpretation: social, Buddhist, and meditational.

THE BUDDHIST TANTRAS: Light on Indo-Tibetan Esotericism, by Alex Wayman. 247pp. #WEBT \$12.50 cloth.

CHANDRAKIRTI'S SEVEN-FOLD REASONING, by Wilson. 69pp. #LTCR \$4.95

An astute discussion on emptiness and selflessness.

CHOOSING REALITY: A Contemplative View of Physics and the Mind, by B. Alan Wallace. 216pp. #SHCR, \$15.95

How shall we understand the relationship between reality as we experience it and reality as 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 inadequate, the author goes on to explore a middle way between the two and shows the relevance for modern physics of Buddhist contemplative methods of investigating reality.

THE CHRIST AND THE BODHISATVA, Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274pp. #SUCB \$16.95

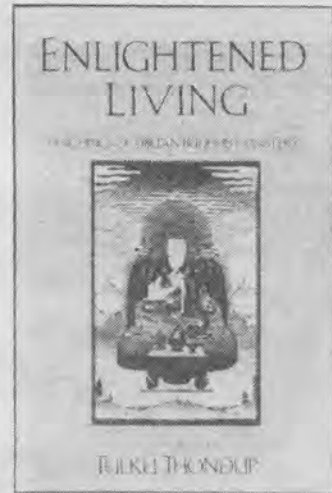
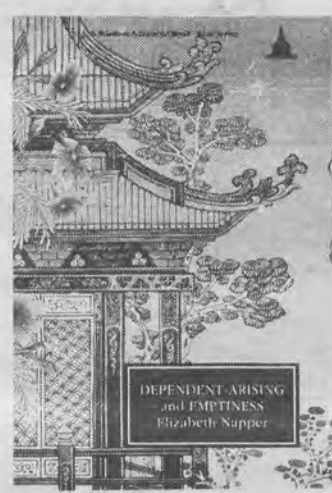
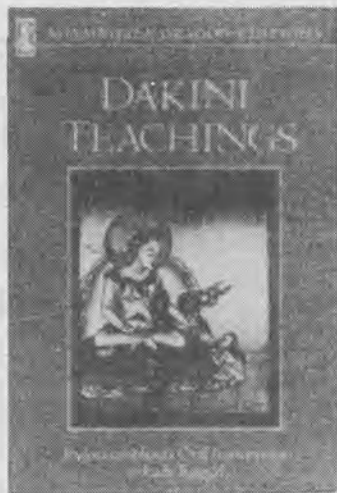
The contemporary significance of the Christ and the Bodhisattva is explored in essays by theologians and Buddhist scholars. Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov examine the significance of the Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA, by Geshe Lobsang Tharchin. 80pp. #SLBKCGY \$6.95

Guru yoga is one of the most accessible and profound practices for spiritual development. By his words and living example, the teacher serves as the representative of the Buddha's doctrines. The guru, as a spiritual friend, helps students to discover their own Buddha-nature; by their practice of guru yoga meditation the enlightened qualities of the Buddha become their own.

The guru yoga text used here consists of 12 short verses which guide the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin unfolds the meaning of the verses in his

RELIGION & PHILOSOPHY



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.

Here, for the first time in English, are presented the three forms of mandala offering:

- outer mandala—the symbolic world
- inner mandala—one's own body
- secret mandala—the offering of the two minds, that of the altruistic aspiration to enlightenment and the wisdom that perceives emptiness.

This last offering is reserved for tantric practitioners.

COMPASSION IN TIBETAN BUDDHISM, *Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein*. 263pp. #SLBKCTB \$10.95 Practical methods for generating compassion according to oral and written traditions of Tibetan Buddhism are clearly presented in this compelling work.

Part One: "Meditations of a Tantric Abbot" by Kensur Lekden (1900-71), former abbot of the Tantric College of Lower Lhasa, Tibet. Intimate in style, these meditations take one through the steps of cultivating altruism and describe in lively detail how to reflect on personal relationships so that heartfelt love and compassion are generated.

Part Two: "Way of Compassion" is a work by Tibet's great 14th century yogi/scholar Tsongka-pa entitled "Illumination of the Thought". In a philosophic as well as practical context the importance of compassion at all levels is surveyed, detailing its types, and describing the deeds motivated by it.

"... the Madhyamikas have, in the last two thousand years, created an impressive body of literature, an example of which has now been translated by Jeffrey Hopkins and Kensur Lekden."—Prof. David Komito, *Journal of the American Academy of Religion*

A COMPENDIUM OF WAYS OF KNOWING, *A-kyä Yong-dzin Yangchen Gawai Lodro*. 67pp. #LTCWK \$2.95

A CONTINUOUS RAIN TO BENEFIT BEINGS, *by 15th Karmapa*. 33pp. #KKCR \$5.00 This commentary by the 15th Karmapa on Tang Tong Gyalpo's work on the meditation and mantra of Supreme Compassion is a supporting text recommended for students wishing to perfect the practice of Chenrezi.

THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, *by Namkhai Norbu, Compiled and Ed. by John Shane*. 176pp. #RKCWL \$14.95 This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.

CULT OF TARA: Magic and Ritual in Tibet, *by Beyer*. 542pp. #UCCT \$15.95 The practices and philosophic ba-

sis 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.

NEW!

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism, *by Geshe Sopa & Jeffrey Hopkins*. 376pp. #SLBKCTAP \$15.95 paper, #SLBKCTAC \$25.95 cloth June

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, a meditation manual written by the Fourth Pan-chen Lama (1781-1852), 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. Written by Gonchok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, consciousness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

Geshe Lhundup Sopa is a top-rank recipient of the highest degree of traditional Tibetan studies from Sera Monastic University in Lhasa. He is now professor of South Asian Studies at the University of Wisconsin, near which he founded the Evam Monastery and the Deer Park Center for the study of Indo-Tibetan Buddhism.

Jeffrey Hopkins is professor of Indo-Tibetan Buddhist Studies at the Univ. of Virginia, where he is also Director of the Center for South Asian Studies. He has authored and translated over a dozen books on Tibetan Buddhism.

CUTTING THROUGH SPIRITUAL MATERIALISM, *by Ven. Chogyam Trungpa*. #SHCSM \$12.95

THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation, *by Namkhai Norbu*. 128pp. #STCDN \$10.95

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.

DAILY RECITATIONS OF PRELIMINARIES, *by Library of Tibetan Works and Archives*. #LTDPR \$2.50

Contained here are the Tibetan, phonetic and translated versions of requisite practices such as the seven-limbed puja, the mandala offering, praise to Manjushri and others.

NEW!

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal, *by Erik Pema Kunsang*. 200pp., #SHDT \$12.95 July

This is a terma text of the oral teachings given to his chief disciple, Yeshe Tsogyal which were 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.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, *H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins*. 255pp. #SLBKDLHP \$12.95 paper, #SLBKDLHC \$22.95 cloth (see Dalai Lama section).

FORTHCOMING!

DEBATE IN TIBETAN BUDDHISM, *by Dan Perdue*. 1025pp., Bibliography, Notes, Index, #SLBKDTBP #SLBKDTBC \$55.00 cloth Winter 1990

The practice and theory of introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, is the focus of this clear and thorough exposition. A cornerstone of 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 commentary tradition employs 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.

This volume takes as its basis a translation of *The Introductory Path of Reasoning in the Presentation of Collected Topics Revealing the Meaning of the Texts on Valid Cognition, the Magical Key to the Path of Reasoning*, composed by Purbu-jok Jam-ba-gya-tso, (1825-1901). Using this debate manual as its basis, Dan Purdue's foundational book 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. In addition to comparative studies of debate in the several Tibetan traditions, the final section of the work relates the Tibetan system to the categorical logic of Aristotle, explicates the logic through the use of Euler diagrams, and describes the predication theory implied in the Tibetan debate manuals by reference to John Stuart Mill's theory of naming.

DEITY YOGA in Action and Performance Tantras, *H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.)*. 274pp. #SLBKDY \$14.95 (see Dalai Lama section).

DEBATE IN TIBETAN BUDDHIST EDUCATION, *by Dan Perdue*. 111pp. #LTDTB \$5.95 An introduction to Tibetan debate, as well as Buddhist logic and epistemology.

RECOMMENDED!

DEPENDENT-ARISING AND EMPTINESS, *by Elizabeth Napper*. 849pp. #WIBKDAE, \$49.95 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 still 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*. 222pp. #SUD \$10.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.

DZOG CHEN AND ZEN, *by Namkhai Norbu*. #ZZDCZ \$5.00 Presents the principle of Dzog Chen teaching, which, like that of Zen, is self-perfectedness, the already-being-perfect of every individual.

DZOGCHEN: INNERMOST ESSENCE, *by Tulku Thondup*. #LTDIE \$6.95

EMPTINESS YOGA, *by Jeffrey Hopkins*. 504pp. #SLBKEYP \$19.95; cloth #SLBKEYC \$35

"... Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance. The generous layout of the book makes it much easier to follow the argument and sophisticated technical terminology."—*Spectrum Review*

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 is 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.

NEW!

ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters, *by Tulku Thondup*. 144pp., #SHEL \$12.95 June

These writings focus on how to live harmoniously in the world through the practice of social and spiritual values. They offer advice on ethical conduct from several prominent teachers including Paltrul Rinpoche.

ESSENCE OF BUDDHISM: Teachings at Tibet House, 212pp. #TIEB \$9.95

Teachings by outstanding Tibetan masters of the four Tibetan Buddhist traditions: Kyabgon Sakya Trizin Rinpoche, Kyabje Yongzin Ling Rinpoche, Kyabje Dilgo Khyentze Rinpoche, and Venerable Lama Kalu Rinpoche.

ESSENCE OF REFINED GOLD, *by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama*. 271pp. #SLBKERG \$10.95 (see Dalai Lama section).

THE ETERNAL LEGACY, *by Sangharakshita*. #THBKEL \$15.95

A clear and scholarly introduction to all the major sacred texts of Buddhism. The author summarizes the essential teachings of each text and places them in both a doctrinal and historical context. A valuable reference book.

THE EXCELLENT PATH OF ENLIGHTENMENT, *H.H. Dilgo Khyentse Rinpoche*. 120pp. #ESEPE \$9.95

Teachings on the tantric preliminary practices of the Nyingma School of Buddhism including liturgy, calligraphy and line drawings by one of the greatest living masters. Based on a text by Jamyang Khyentse Wangpo, the former incarnation of His Holiness, these teachings cover ngondro for all Nyingma lineages.

EXPERIENCE OF INSIGHT: A Simple and Direct Guide to Buddhist Meditation, *by Goldstein*. 169pp. #SHEI \$10.95

A classic of clear, practical instruction on meditation and themes that support its proper practice.

THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life, *by Joel Levey*. 350pp. #WIBKFAC \$14.95

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions. 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.

RELIGION & PHILOSOPHY



FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Anagarika Govinda. 331pp., many illus. #WEFTM \$12.95

A thorough presentation of Tibetan esoteric principles written by a Western Kargyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the Dhyani Buddhas.

FOUR ESSENTIAL BUDDHIST TEXTS, 117pp. #LTFBT \$6.50

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44pp. #LITPG \$5.95

Dzog-chen 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 Dzog-chen methods.

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

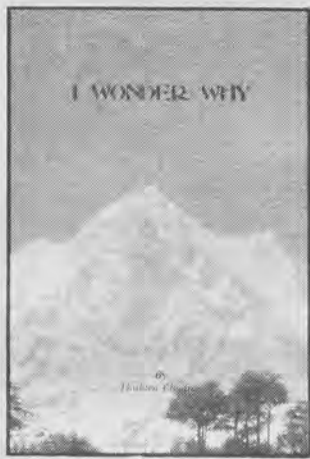
THE GARLAND OF MAHAMUDRA PRACTICES, Trans. by Khenpo Rinpoche Gyaltsen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140pp. #SLBKGM \$9.95

"An important work... a clear and concise summary of the Vajrayana path."—*Religious Studies Review*
Mahamudra or the "Great Seal" refers to a direct path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa and Milarepa. Gampopa, a disciple of Milarepa who lived in the 11th century, brought together these teachings of the Buddha into one five-fold path.

The Kunga Rinchen text is a manual of practical instructions for serious students who are practicing or would like to practice the path of Mahamudra in meditation. Khenpo Konchog Gyaltsen has provided an extensive introduction to the text which explains the essential points of this direct path.

THE GEM ORNAMENT OF Manifold Oral Instructions Which Benefits Each and Everyone Appropriately, by His Eminence Kalu Rinpoche. 206pp. photos. #SLBKGO \$12.95

This great introductory volume of talks includes, in a very accessible



manner, all of the quintessential points for the practice of Tibetan Buddhism.

Kalu Rinpoche was born in 1905 in eastern Tibet. From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then went on a twelve-year mountain retreat. Afterwards, Rinpoche spent many years teaching and directing retreats in Tibet. In 1962 he established a monastery in Sonada, India for exiled Tibetans. Since 1971, Rinpoche made six trips to the West, during which he founded numerous dharma and retreat centers. He passed away in 1989.

THE GREAT GATE, by Chokgyur Lingpa. #ESGG \$12.95

Lucidly explains the preliminary practices and the application as well as a daily meditation on Padmakara, with commentaries. This is a terma text by the 19th century master Chokgyur Lingpa.

THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training, Jamgon Kongtrul, Trans. Ken McLeod. 100pp. #SHGPA \$9.95

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.

A GUIDE TO THE BODHISATVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. 199pp. #LIGBW \$11.95

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, 67pp. #LTGP \$3.95

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, the lam-rim dedication prayer and so forth. In Tibetan phonetics and in English.

THE HEART OF UNDERSTANDING: Commentaries on the Prajnaparamita Heart Sutra, by Thich Nhat Hanh. 72pp. #PAHU \$6.00

This is a charming and straightforward commentary on the Heart Sutra which explains the nature of emptiness and dependent arising. This translation and commentary are the fruit of the author's more than 40 years of monastic practice. "We cannot just be by ourselves alone; we have to inter-be with every other thing."

HEART OF WISDOM, by Geshe Kelsang Gyatso. 150pp. #THBKHOW \$15.95

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.

THE HEART SUTRA EXPLAINED, by Donald S. Lopez, Jr., 227pp. #SUHSE \$10.95

The Heart Sutra Explained offers new insights on emptiness and form, on the mantra "gate gate paragate parasamgate bodhi svaha," 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.

HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of the Nyingma School of Buddhism, by Tulku Thondup. 240pp. #WIBKHTT \$18.95

Dharma Treasures, *Terma*, have been concealed and later discovered at appropriate times by realized masters. The tradition of passing on teachings of the great 9th century saint, Guru Padmasambhava, is elaborated here by Tulku Thondup. He outlines the Nyingma teachings on terma and then translates and gives commentary on *Wonder Ocean*, by the third Dodrup Chen Rinpoche, a text that clearly explains the entire Terma tradition.

HIGHEST YOGA TANTRA, by Daniel Cozort. 192pp. #SLBKHYT \$10.95

"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*

Highest Yoga Tantra is supreme among yogas. This presentation of the stages of Highest Yoga Tantra is based on a famous Tibetan text by the yogi/scholar Nga-wang-belden entitled "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets," and draws heavily on oral commentary by the present Ganden Tri Rinbochay, H.H. Jambel Shenpen.

Part One discusses the practices common to sutra and tantra; Part Two presents the generation stage of highest yoga tantra; Part Three covers the entirety of the completion stage yogas; and Part Four compares the Kalachakra and Guhyasamaja stages of completion.

Remarkable for its definitive clarity, this exposition of the stages of highest yoga tantra is the first of its kind in the English language and a must for anyone interested in these highest tantras.

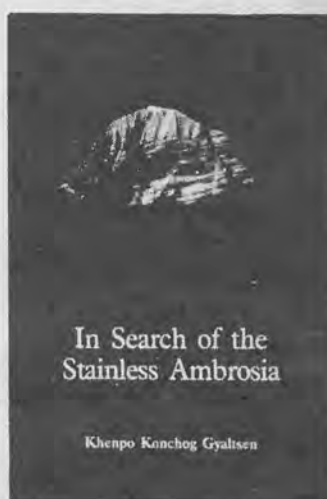
Daniel Cozort teaches Buddhist studies at Dickenson College.

HOW TO MEDITATE, by MacDonald. 216pp. #WIBKHTM \$10.95

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!

I WONDER WHY, Thubten Chodron. 80pp. #ICIWW \$2

An American Buddhist nun living in Singapore has produced this little gem of a book which skilfully answers basic but intelligent questions on Buddhism. Her answers



are thoughtful, and we recommend this book to anyone who is new to the subject or who instructs others.

ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism, by Sakya Pandita. 192pp. #LOI \$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.

IN PRAISE OF TARA: Songs to the Saviouress, Trans. & Ed. by Martin Willson. 480pp. #WIBKIPT \$26.95

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 scholarly, but 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 Huckenpahler. 150pp. #SLBKSSA \$12.95

The teachings in this volume constitute a direct path which is easy to practice and quickly leads to liberation. Indeed, this is a remarkable collection of texts. Khenpo Gyaltsen, the abbot for the Drikung in North America, has produced this handbook especially for Western students.

In Search of the Stainless Ambrosia provides the practitioner with the basic tools needed to overcome afflictive attitudes and self-centered feeling. Included also are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

INTRODUCTION TO THE BUDDHIST TANTRIC SYSTEMS, by Wayman. 382pp. #WEIBTS \$8.95

THE JEWEL ORNAMENT OF LIBERATION, by Gampopa, trans. & ed. by Guenther. 353pp. #SHJOL \$14.95

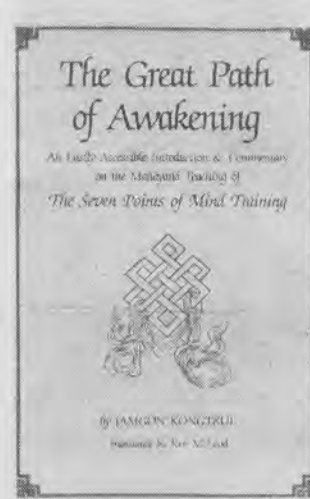
A comprehensive and authoritative exposition of the stages on the Buddhist path.

THE JEWELLED STAIRCASE, by Geshe Wangyal. 176pp. #SLBKJS \$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*

In 1955, a geshe from Drepung Monastery in Lhasa, Tibet arrived in the United States. He founded the first Tibetan Buddhist monas-



tery in North America and was to become one of the main forces in the newly developing awareness of Tibetan Buddhism in America.

Geshe Wangyal's early students have in turn become leading Buddhist scholars and practitioners. During the 28 years that the late Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. During the last several years of Geshe-la's life he 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.

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by Ngakpa Chogyam. 288pp. #ELJV \$13.95

Ngakpa Chogyam offers here a previously unpublished collection of practical Tibetan meditation techniques.

NEW!

JOYFUL PATH OF GOOD FORTUNE: The Stages of the Path to Enlightenment, by Geshe Kelsang Gyatso. 448pp. #THBKJP \$18.95

Joyful Path of Good Fortune is one of the clearest and most extensive commentaries on the stages of the path to enlightenment to be made available in English. 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. In this way Geshe Kelsang offers a thorough and practical approach to the entire Buddhist path to enlightenment, enabling the reader to fully appreciate the essential meaning of Buddha's teachings and apply them in his or her own daily life.

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95 (see Kalachakra section).

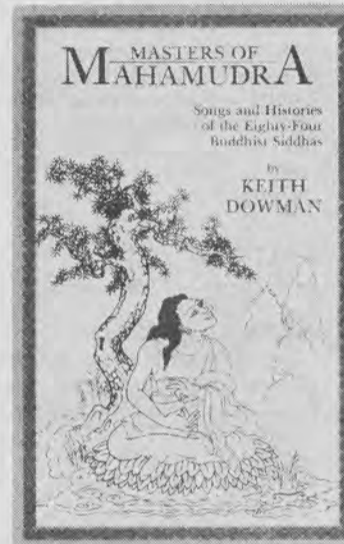
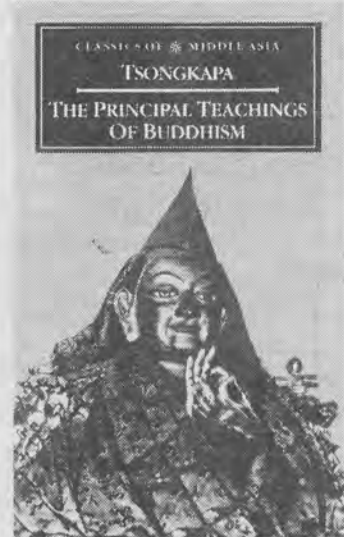
KALACHAKRA TANTRA, Geshe Ngawang Dhargyey. 180pp. #LTKT \$12.00 (See Kalachakra Section)

KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239pp. #SLBKCI \$10.95 (see Dalai Lama section).

KING UDRAYANA AND THE WHEEL OF LIFE, by Sermey Geshe Lobsang Tharchin. 248pp. #MSKU \$9.50

In this book, texts on the Wheel, its origin and meaning are presented by Geshe Tharchin (with accompanying Tibetan text) from traditional sources.

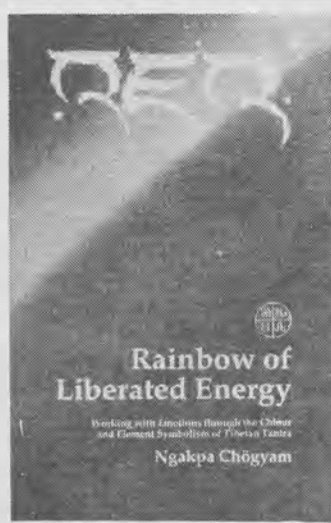
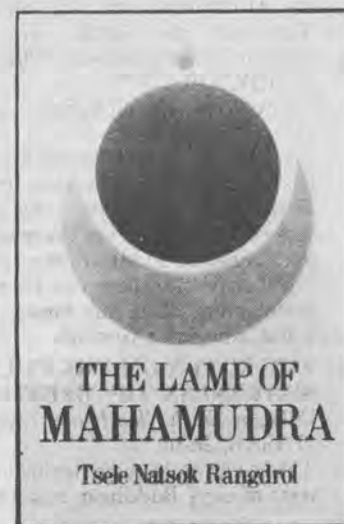
RELIGION & PHILOSOPHY



A Buddhist Psychology of Emptiness



Commentary on Nagarjuna's text by Geshe Sonam Rinchen



NEW!

KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology, by Anne Klein. 220pp. approx. #SLBKKNP \$16.95 paper, #SLBKKNNC \$27.50 cloth, June

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 found here in the English language for the first time, annotated by the translator and supplemented with interspersed commentary from leading modern 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.

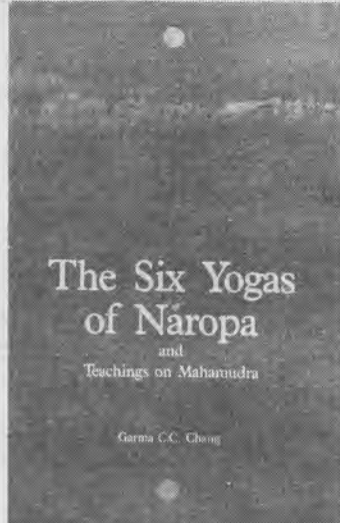
KNOWLEDGE & LIBERATION, by Anne Klein. 283pp. #SLBKKLK \$15.95, #SLBKKLC \$27.50 cloth

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.

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of newly translated Tibetan and Indian texts. This book is indispensable for anyone desiring a deeper understanding of the fundamental issues in Buddhist philosophy. It is also highly relevant to current issues in modern Western philosophy.

"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, author.

LAMP OF MAHAMUDRA, by Tsele Natsok Rangdrol. 140pp. #SHLMA, \$9.95
This simple and insightful guide takes the reader through the stages of Mahamudra practice: from the



cultivation of clarity and one-pointedness of mind to a mode of experiencing beyond duality.

FORTHCOMING!

LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment, by Pabongka Rinpoche. 1000pp. approx. #WIBKLP, \$80

Based on a 24-day teaching in Tibet in 1921, given to a group of some 700 people. 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 the outline of Je Tzong Khapa. Throughout, he tells marvellous stories to bring his teachings alive.

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.

THE LIFE AND TEACHING OF NAROPA, by Herbert Guenther. 292pp. #SHLTN \$9.95

Naropa's biography, translated by world-renowned Buddhist scholar Herbert V. Guenther, describes with great psychological insight the spiritual development of this scholar-saint of the Orient. It is unique in that it also contains a detailed analysis of his teaching which has been authoritative for the whole of Tantric Buddhism.

LIFE AND TEACHING OF TSONG KHAPA, by Thurman. 258pp. #LTLTT \$11.95

LOGIC AND DEBATE TRADITION OF INDIA, TIBET AND MONGOLIA, by Geshe Lobsang Tharchin. #MSLDT \$11.50

MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis, by Thinley Norbu. 167pp. #JEMD \$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.

MAHAMUDRA: Eliminating the Darkness of Ignorance, by the 9th Karmapa, trans. Alex Berzin. 194pp. #LTMAR \$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. 550pp. #SHMAH \$25

This text is still the primary source used by living Tibetan meditation masters in instructing their disciples in this practice. The levels of meditation covered are as follows: the differentiation between stages of tranquillity 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. 272pp. #MEMB, \$17.95

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.

MAHAYANA PURIFICATION, trans. & ed. by Brian Beresford. 124pp. #LTMP \$6.95

A commentary to the main practices of mental purification in Tibetan Buddhism.

MAINTAINING THE BODHISATTVA VOW AND THE BODHICITTA PRECEPTS. #KDKMB \$5.00

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by Keith Dowman. 454pp. #SUMM \$14.95

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.

MATRIX OF MYSTERY: Scientific and Humanistic Aspects of Dzogs-Chen Thought, by Herbert V. Guenther. 317pp. #SHMM \$22.50 cloth.

MEDITATION ON EMPTINESS, by Jeffrey Hopkins. 1017pp. #WIBKME \$35.00 cloth
MEDITATIONS ON THE LOWER TANTRAS, by Glenn Mullin. #LTMLT \$7.95

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 Avalokitesvara, Manjushri, Tara, Maitreya, Sarasvati, Sitapatra, Vajra Vidarana, Vajrasattva.

MIND IN TIBETAN BUDDHISM by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181pp., Tibetan Text, #SLBKMTB \$10.95

Buddhist practitioners in the great Tibetan monasteries of Lhasa, seeking to purify 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 context of this work within the Indian and Tibetan traditions and outlines 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. A valuable contribution."—Prof. Janice Willis, *Religious Studies Review*

"... Highly recommended for those wishing a greater understanding of the mind."—*The Middle Way*

Lati Rinbochay, a Tibetan master of the highest rank, entered Gaden Monastery in Lhasa at an early age and later received his Geshe degree, after which he attended the Tantric College of Upper Lhasa.

MIRACULOUS JOURNEY, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232pp. #LOMJ \$12.95

A rare collection of previously untranslated narratives and songs by the famous Tibetan poet-yogi Milarepa.

NEW!

MO: The Tibetan Divination System, by Jay Goldberg. 70pp. book, 36 color cards, dice, \$29.95 June

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 die 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 volume begins with an introduction by H.H. Sakya Trizin, one of the most highly esteemed Tibetan lamas who is also proficient in this system. This is a unique item, never before made available to Westerners.

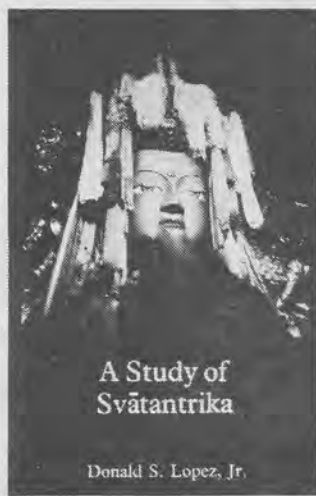
THE MOON BAMBOO, by Thich Nhat Hanh. 179pp., illus. #PAMB \$12.

These stories emerge from the experience of war, exodus, and living in exile, and offer us a glimpse into the spirit of the Vietnamese people and the unbearable suffering of their recent history, much of which continues today. Imaginary characters weave through the lives of actual persons and events, blending fiction and non-fiction, magic and fantasy into the profound realization of the interconnectedness of all beings.

NAGARJUNA'S SEVENTY STANZAS: A Buddhist Psychology of Emptiness, by David Ross Komito, Trans. and Commentary by Geshe Sonam Rinchen, Tenzin Dorjee, and David Ross Komito. 240pp. #SLBKNS \$14.95

For almost two thousand years Nagarjuna's teachings have occupied a central position in Mahayana Buddhism. This volume contains a translation of a fundamental work of Nagarjuna, along with a new commentary on it by Geshe Sonam Rinchen which, while based on traditional sources, was created expressly for the contemporary English reader.

RELIGION & PHILOSOPHY



translation and commentary: "I am breathing in and making my whole body calm and at peace. It is like drinking a cool glass of lemonade on a hot day and feeling your body become cool inside. When you breathe in, the air enters your body and calms all the cells of your body. At the same time, each "cell" of your breathing becomes more peaceful and each "cell" of your mind also becomes more peaceful. The three are one. This is the key to meditation. Breathing brings the sweet joy of meditation to you."

THE SYMBOLISM OF THE STUPA, *Adrian Snodgrass*. 469pp. #CUSOS \$22.95

The stupa is a symbolic form used throughout South, Southeast, and East Asia. This scholarly study explores the symbolism and principles of the stupa in a thought-provoking manner and will be of great value in understanding the cultural context of Buddhism. The book is replete with diagrams, photos and illustrations.

TANTRA IN TIBET, *H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.)*. 252pp. #SLBKTT \$12.95 (see Dalai Lama section).

THE TANTRIC DISTINCTION, *by Jeffrey Hopkins*. 184pp. #WIBKTD \$8.95

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 MYSTICISM OF TIBET, *John Blofeld*. 257pp. illustrated, #SHTMT \$13.95

What makes tantra special is that it offers a wealth of practical techniques for utilizing all of life's circumstances in pursuit of the highest wisdom. Among the topics Blofeld covers are tantric morality and conduct, meditation and visualization, the symbolic meaning of gods and demons, the significance of rituals and shrines, and the relationship with the guru.

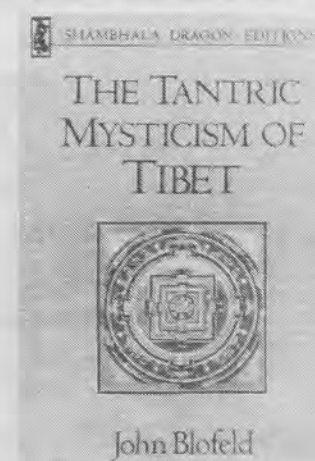
TANTRIC PRACTICE IN NYING-MA, *by Khetsun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein*. 239pp. #SLBKTP \$12.50

"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 Nyingma presentation of the Tantric practices which lead to the realization of Buddhahood.

Topics include external & internal preparatory practices, and a valuable explication of the direct breakthrough and leap-over paths to realization of the Buddha-mind. The book concludes with a useful section on daily practices to actualize the teachings of the previous sections.

"...this text offers an all-encompassing presentation of the Vajrayana expression of Mahayana philosophy and practice... the vir-



due of this work is its technical completeness... avoids the pitfalls of being a mere text translation. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*

Khetsun Sangpo Rinbochay, a lay priest and renowned yogi/scholar, was trained in all four lineages of Tibetan Buddhism and taught in Japan for ten years.

TANTRIC YOGAS OF SISTER NIGUMA, *by the Second Dalai Lama & Glenn H. Mullin*. 240pp. #SLBKSW2 \$10.95

"This has been the most enjoyable book on Buddhism I've read in many years... one of the best survey books about Tibetan Buddhism on the market today."—*Bruce Wilson, The Tibet Bulletin*

In this collection of important texts, Glenn Mullin has chosen works that vividly convey the Second Dalai Lama's scriptural mastery and breadth of tantric experience. Among the texts translated are:

Tantric Yogas of Sister Niguma: these explicit, extraordinary yogas are a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect.

Vajrabhairava Tantra (Yamantaka): teachings on the generation and completion stages.

Four tenet systems: an excellent survey of the structure and historical development of Indian Buddhism's principal schools, outlining their definitive doctrinal distinctions.

Flower essence pills: detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..."—*The Middle Way*

THIRTY-SEVEN PRACTICES OF ALL BUDDHA'S SONS, *by Geshe Dhargyey et al.* #LT37P \$2.50

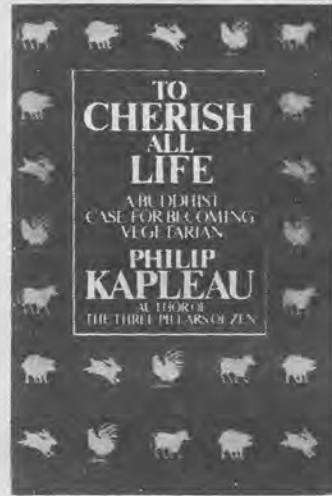
THUS HAVE I HEARD, *by Maurice Walshe*. 672pp. #WIBKTHIH \$34.95

TIBETAN TRADITION OF MENTAL DEVELOPMENT, *by Geshe Dhargyey*. 255pp. #LTTT \$9.95

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.

TO CHERISH ALL LIFE: A Buddhist Case for Becoming Vegetarian, *by Philip Kapleau*. 104pp. #DDCAL, \$7.95

Clear, direct, and concise, *TO CHERISH ALL LIFE* marshals the basic religious, humanitarian, and scientific reasons for becom-



ing vegetarian. Expanding on the Buddhist principle of cherishing all life, Kapleau's compelling discussion examines crucial Buddhist texts, thoughtfully considers the spiritual-ethical dimensions of the issue, and speaks cogently to those with a religious or humanitarian respect for all life.

TRANSCENDENT WISDOM: A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva Way of Life, *by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace*. #SLBKTW \$9.95 (see Dalai Lama section).

TRANSFORMING PROBLEMS: Utilizing Happiness and Suffering in the Spiritual Path, *by Lama Zopa Rinpoche*. 34pp. #WIT23 \$3.95

TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, *by Geshe Rabten*. 224pp. #THBKTD \$14.95

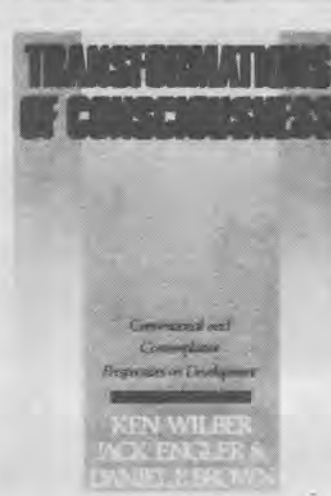
Geshe Rabten describes the mental roots of happiness and suffering, the wholesome and unwholesome tendencies of the mind, and introduces different meditative techniques for effectively counteracting our misconceptions and negative emotions. He emphasizes the responsibility we have to the world and the necessity of adopting the altruistic values of the bodhisattva. The book concludes with a detailed analysis of emptiness, the ultimate nature of reality, an understanding of which lies at the very heart of Buddhist practice.

TRANSFORMATIONS OF CONSCIOUSNESS, *by Ken Wilber, Jack Engler & Daniel Brown*. 356pp. #SHTC, \$22.95

Drawing on modern psychology and psychiatry as well as the world's great meditative traditions, this innovative book presents a full-spectrum model of human development, one that includes both the conventional stages of psychological growth and the higher levels of spiritual development. Highly recommended for meditators in any tradition who are interested in how mystical experience fits with normal and abnormal psychological development.

TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, *by Robert A. F. Thurman*. 442pp. #PRSO \$55.50 cloth

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 Prasangika 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 Prasangika to our own time. This text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.



NEW!

THE TWO TRUTHS, *by Guy Newland*. 700pp., Bibliography, Notes, Index #SLBKTRP \$29.95 paper, #SLBKTRC \$39.95 cloth Winter 1990

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an insipient 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.

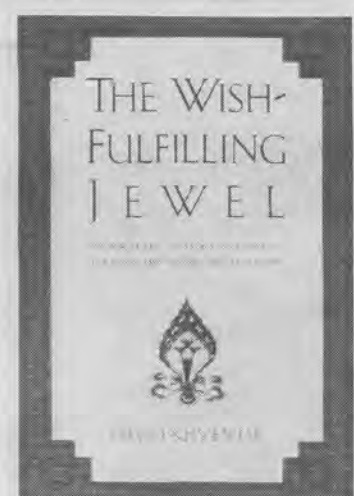
THE UNION OF BLISS AND EMPTINESS, *H.H. the Dalai Lama*. 191pp. #SLBKUBE \$10.95 (see Dalai Lama section).

UNION OF MAHAMUDRA & DZOGCHEN, *by Tulku Chokyi Nyima Rinpoche*. 267pp. #ESUMD \$15.95

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.

UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points, *by Geshe Kelsang Gyatso*. 160pp. #THBKUC \$13.95

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.



NEW!

UTTARATANTRA: The Sublime Science of the Great Vehicle to Salvation of Maitreya, *by Obermiller*. 306pp. #CPU \$27.50

This is one of the famed Five Treatises of the coming Buddha, Maitreya, received from him by the founder of the Yogacara school, Aryasanga, after twelve years of one-pointed meditation. It is an analysis of the Tathagatagarbha teaching. Often used in the Tibetan tradition to bridge the sutras and tantras.

WHEEL OF SHARP WEAPONS, *by Geshe Dhargyey*. #LTWSW \$4.95

An inspiring Yamantaka text for the Bodhisattva warrior.

WISDOM ENERGY 2, *by Lamas Yeshe and Zopa*. 92pp. #WIBKWE2 \$4.95

THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthing Tradition, *by Dilgo Khyentse Rinpoche*. 108pp. #SHWJ \$10.95

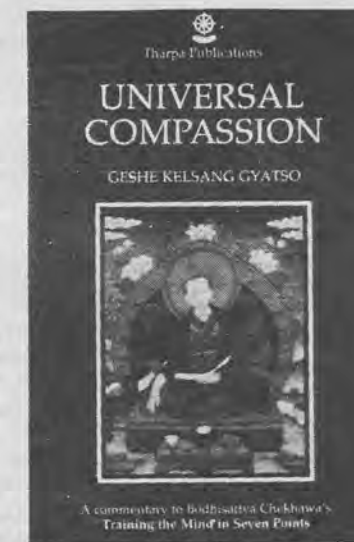
Based on the teachings of Jigme Lingpa, a great eighteenth-century saint and visionary, the instructions in this book focus on the devotional practice known as Guru Yoga. The author, H.H. Dilgo Khyentse Rinpoche, is a highly-revered meditation master and scholar.

WRITINGS OF KALU RINPOCHE, *by Kenneth McLeod*. 71pp. #KKKR \$5.95

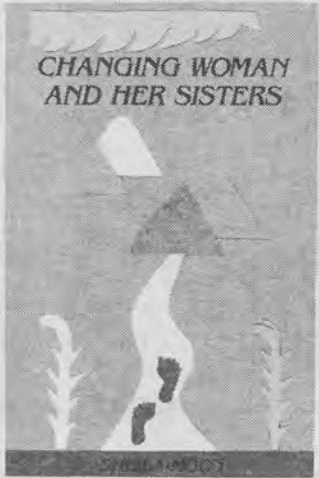
Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

YOU ARE THE EYES OF THE WORLD, *by Longchenpa*. 128pp. #LOY \$16.00

Longchenpa's guide to the Kunbyed Rgyal-po presents a method for connecting with intrinsic awareness all the time. This book shows how to live within the source of all life, the unified field where all experience takes place. Translated by Kennard Lipman and Merrill Peterson; introduction by Namkhai Norbu.



NATIVE AMERICA AND OTHER TRADITIONS



RICHARD ERDOES CRYING



FOR A DREAM

NEW!

CHANGING WOMAN AND HER SISTERS: Feminine Aspect of Selves and Deities, by Sheila Moon. 232pp. #SP*** \$11.50

Sheila Moon has called upon her exceptional imaginative gifts and long experience with Jungian analysis to provide a remarkable synthesis of Navajo and Pueblo myths concerning feminine deities and their psychological application. The acceptance and union of the male-female in everyone is the key to becoming a whole human being.

CRYING FOR A DREAM: The World Through Native American Eyes, by Richard Erdoes. 128pp., 70 color photos, 8 1/2 x 11". #BCCD \$24.95.

In this stunning collection of photographs and quotations, Richard Erdoes focuses on the mystical world of America's indigenous peoples. The ceremonial cycle of Sacred Pipe, Vision Quest, Yuwipi and Sun Dance are described in the words of Native Americans—a moving commentary on their spirituality and life today.

MEDITATIONS WITH ANIMALS, by Gerald Hausman. 144pp. #BCMA \$7.95.

Shows the helping and healing roles animals play through rites and rituals that depict a world unified by the belief that the animal spirit dwells within us all.

MEDITATIONS WITH THE HOPI, by Robert Boissiere. 144pp. #BCMh \$7.95.

Meditations with the Hopi is a heartfelt and reverential view of the Hopi way of spiritual cultivation.

VOICES OF OUR ANCESTORS: Cherokee Teachings from the Wisdom Fire, by Dhyani Ywahoo. 294pp. #SHVA \$12.95

Teaches practical ways of transforming obstacles to happiness and good relationships, fulfilling one's life purpose, manifesting peace and abundance, and renewing the planet. It includes meditations for clarifying body, mind and emotions; healing rituals; instructions for working with crystals; teachings on how to practice generosity in one's life; and guidance on cultivating harmony in the family and community. Dhyani Ywahoo calls on us to become "Peacekeepers" in our hearts and in the world, so as to manifest good for the benefit of all beings.



ADVANCED CONTEMPLATION,

by Paul Brunton. 353pp. #LAAC \$14.95.
Takes the high road, a direct route to the deepest mystical states—yielding permanent results of a transpersonal nature. Explains how and in what spirit to use short path methods effectively. Paul Brunton directs you to "the peace which passeth understanding" at the core of every human being, showing how its rich serenity can be integrated into daily living.

NEW!

THE ALCHEMICAL MANDALA: A Survey of the Mandala in the Western Esoteric Traditions, by Adam McLean. 143pp., 77 illus., #PHAM \$12.95

Though various Western traditions possess mandalas for contemplation as spiritual exercises, they have not often been recognized as such, except by those deeply schooled in Western esotericism. Many beautiful engravings are here analyzed in depth. Not only is this book a guide on how to read the spiritual symbolism of alchemical engravings, but Adam McLean also outlines three ways for working practically with these mandalas in meditation.

NEW!

ANDROGYNY: The Opposites Within. 273pp. #SPA \$14.95

"Androgyny is an illuminating, and I would even say indispensable contribution... It will surely stand for years as the definitive exposition of its subject."—Joseph Campbell

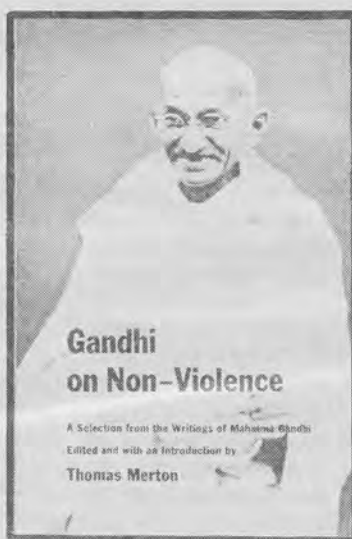
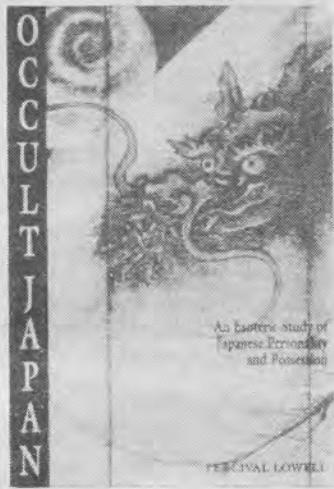
THE ASIAN JOURNAL OF THOMAS MERTON. 445pp., many photos. #NDAJ \$11.95

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. "The book itself is a kind of mandala, drawing the reader deep into a philosophical analysis, then abruptly forcing him out into the physical world."—*Time*

NEW!

DICTIONARY OF WORLD RELIGIONS, ed. Keith Crim. 830pp., many illus., #HRDWR \$22.95

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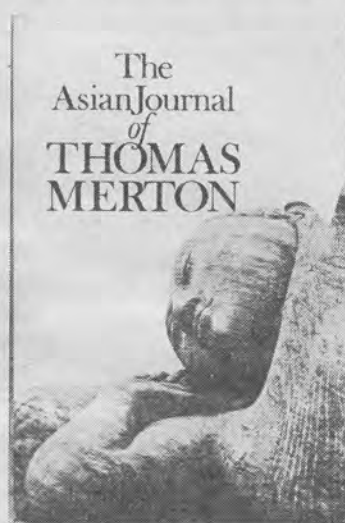
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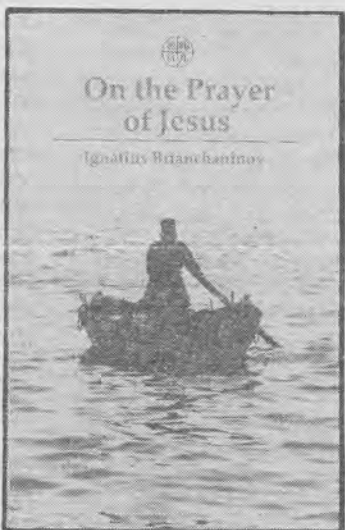
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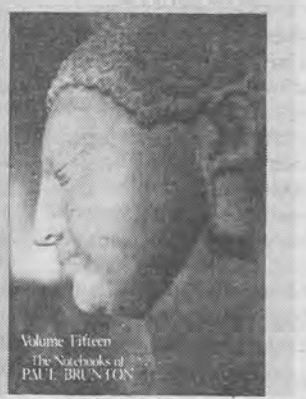
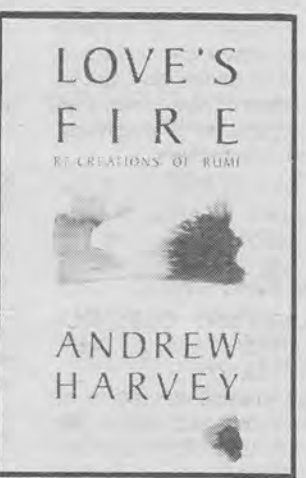
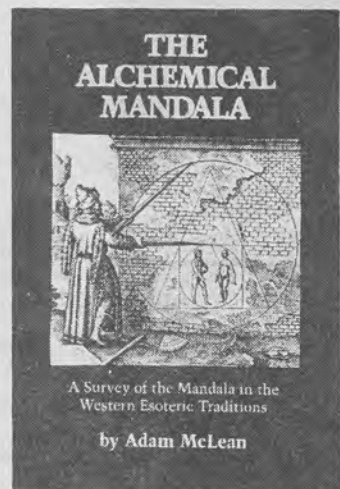
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