Activating Bodhicitta and A Meditation on Compassion
His Holiness the 14th Dalai Lama
Translated by Gonsar Rinpoche

The awakening mind is the unsurpassable way to collect merit. To purify obstacles bodhicitta is supreme. For protection from interferences bodhicitta is supreme. It is the unique, all-encompassing method. Every kind of ordinary and supra-mundane power can be accomplished through bodhicitta. Thus, it is absolutely precious.

Although compassion is cultivated in one’s own mind, the embodiment of it is the deity known as Avalokiteshvara (Tib. Chan-re-zig). The various aspects that are visualized in meditation practices and represented in images and paintings are merely the interpretative forms of Avalokitephvara, whereas the actual definitive form is compassion itself.

Awakening the Mind, Lightening the Heart
His Holiness the 14th Dalai Lama
Edited by Donald S. Lopez, Jr.

Awakening the Mind, Lightening the Heart is His Holiness the Dalai Lama’s gentle and profoundly eloquent instruction for developing the basis of the spiritual path: a compassionate motive.

With extraordinary grace and insight, His Holiness shows how the Tibetan Buddhist teachings on compassion can be practiced in our daily lives through simple meditations that directly relate to past and present relationships.

This illuminating and highly accessible guide offers techniques for deepening and heightening compassion in our lives and the world around us.

Commentary on the Thirty Seven Practices of a Bodhisattva
His Holiness the 14th Dalai Lama
Translated by Acharya Nyima Tsering

Ngulchu Gyalse Thogmed Zangpo’s The Thirty Seven Practices of a Bodhisattva is one of Tibetan Buddhism’s most popular texts, incorporated in the Mind Training text and also able to be explained according to the Lam Rim tradition. Its advice is timeless and its relevance is universal.

This commentary by His Holiness the 14th Dalai Lama, as expounded during Kalachakra teachings at Bodh Gaya, is characterised by its clarity, practicality and profundity. Each stanza of the root text is elucidated precisely and in accessible language.

In addition, His Holiness the Dalai Lama gives introductory talks at the start of each day of teaching in which he touches on every aspect of our daily lives. Studying this text leads us to feel that His Holiness is speaking directly to each one of us, and it is universal in its application.
Cultivating a Daily Meditation

His Holiness the 14th Dalai Lama

Translated by LTWA’s Research and Translation

In his discourses His Holiness touched upon all the essential points of the Buddhadharma, and provides a clear and simple method to cultivate a daily practice of meditation. He also goes into depth on how we should proceed in the effort to generate both the heart of compassion and the expansive view of emptiness, the Great Void, in our daily life. In addition, the question and answer sessions that follow each talk makes both inspirational and informative reading which often leads to issues that arise in the course of a layperson’s practice.

In a sense His Holiness’s discourses are principally a commentary on how one should proceed in order to cultivate a daily tantric meditational practice. The visualization used as the basis of the contemplation is that of Buddha and the four great Bodhisattvas: Avalokiteshvara, Manjushri, Vajrapani, and the female Bodhisattva Arya Tara, and explains the symbolic significance of these figures.

Dialogues on Universal Responsibility and Education

His Holiness the 14th Dalai Lama

Dialogue on Universal Responsibility and Education is the result of two workshops held in New Delhi between His Holiness the 14th Dalai Lama and a group of Indian scholars, philosophers, teachers and social reformers. The concept of Universal Responsibility, which His Holiness the Dalai Lama often emphasises the need for in our world, itself arises out of ancient Indian philosophy. Taking this concept as their basis, the participants of the first workshop discuss ways in which we may all work to bring about humanitarian change in our society.

The second workshop focuses on the role of education in effecting positive change: who the real educators are in society, what type of education is the most beneficial, and how we can ensure that young people grow into disciplined, broad-minded and caring adults in order to secure a positive future for all.

Discovery, Recognition and Enthronment of the 14th Dalai Lama (A Collection of Accounts by Khemey Sonam Wangdu, Sir Basil J. Gould and Hugh E.Richardson)

The Discovery, Recognition and Enthronment of Tibetan Lamas have always been mystical and strange for the westerners but at the same time it is extremely interesting and fascinating.

This book contains three accounts written by persons who have witnessed the actual happenings during the Discovery, Recognition and Enthronment of the 14th Dalai Lama of Tibet.

It is hoped that this book will portray a true picture of traditional Tibetan methods followed in discovering the 14th Dalai Lama of Tibet and of the actual events which took place during that time.
Four Essential Buddhist Commentaries

His Holiness the 14th Dalai Lama
Translated by Research and Translation Department

The Four Essential Buddhist Commentaries provided by His Holiness the 14th Dalai Lama are on The Thirty Seven Bodhisattva Practices by Thogmed Zangpo; Three Principal Paths by Je Tsong-Khapa, The Eight Verses on the Training of the Mind by Geshe Langri Thangpa and The Song of Four Mindfulnesses by Seventh Dalai Lama. The first two commentaries have been given under the Bodhi tree at Bodh Gaya in 1981 and the last two in Switzerland in July 1979.

All the commentaries are preceded by their original text in Tibetan with their English translation. With His Holiness’s constant emphasis on compassion and human brotherhood as the only weapon that can foster true spiritual growth and solve the many ills of society which threads all the four commentaries, readers will certainly realise the remarkable relevance of the Buddhist teachings by the great Tibetan Buddhist teachers of past and present to our contemporary society.

Four Essential Buddhist Texts

His Holiness the 14th Dalai Lama
Translated by Geshe Ngawang Dhargay, Sharpa Tulku, Khamlung Tulku, Alexander Berzin and Jonathan Landaw

The Four Essential Buddhist Texts included in this anthology are The Opening of the Dharma by Jamyang Khyentse Rinpoche; Foundation of Buddhist Meditation by Venerable Kalu Rinpoche; The Great Seal of Voidness by the First Panchen Lama and A Key to Madhyamika by His Holiness the 14th Dalai Lama. It is hoped that the publication of this anthology of translated scriptures, all of which are indigenous Tibetan works by very highly respected scholar-yogis, will further an understanding of the panoramic and trans-sectarian approach of the great Tibetan Buddhist teachers of past and present.

Generous Wisdom

His Holiness the 14th Dalai Lama
Translated by Tenzin Dorjee

Generous Wisdom is a set of four commentaries on the Jatakamala Garland of Birth Stories of Buddha given by His Holiness the Dalai Lama during the annual Great Prayer Festival that follows Tibetan new year, in Dharamsala keeping alive the tradition started by Tsongkhapa in 1409. This work is probably the first of its kind for it is not just a story-telling but brings new meaning to life when one reads through the book.

Though the theme of this work is the perfection of generosity of the bodhisattva, His Holiness speaks comprehensively on other perfections such as ethics and patience. He also speaks at length on such concepts as karmic action, dependent-arising and the four classes of reason applied in Buddhism to study phenomena, which correlate with modern scientific methodology.
Meditations on the Lower Tantras
(From the collected works of His Holiness the II, V, VII & XIII Dalai Lamas)
Compiled and edited by Glenn H. Mullin

This work entitled Meditations on the Lower Tantras from the Collected Works of the Dalai Lamas makes no attempt to deal with the philosophical aspects of the Lower Tantras. Rather, its aim is simply to present a range of meditation manuals from the first stage of these systems. It should be noted here that most practitioners of the Higher Tantras also practice the Lower Tantras either from time to time or as a lifetime daily meditational endeavor. The First Dalai Lama, for example, a renowned practitioner of the Kalachakra Tantra, was even more famous for his applications to the Tara and Amitayus systems. Almost every Tibetan yogi today practices a daily sadhana of one or more of the Lower Tantra deities dealt with within the covers of this work.

Opening the Mind and Generating a Good Heart
His Holiness the Fourteen Dalai Lama
Translated by Tsepak Rigzin and Jeremy Russell

Opening the Mind (legs bshad blo gsar mig ‘byed), consists of a concise survey of Buddhist teaching. Beginning with advice about the importance of religious practice, the work goes on to explain the presentation of the two levels of truth, how to advance upon the paths of Hinayana and Mahayana by practicing the three trainings of ethics, meditative stabilization and wisdom as well as describing the result of such practice-Buddhahood.

Generating a Good Heart, is a translation of a talk given in Dharamsala. The Dalai Lama explains how generating a good heart, a sense of kindness, towards others is the core of Buddha's teaching and gives practical advice that everyone can beneficially incorporate into his or her life.

Paths and Aspirations of the Enlightened Ones
Compiled by The Office of His Holiness the Dalai Lama
Translated by Research and Translation Department, LTWA

Paths and Aspirations of the Enlightened Ones is a book of Buddhist teachings drawn from the Kanjur and Tanjur, the two major Tibetan Buddhist canons containing the collection of Buddha's teachings and their commentaries by Indian masters respectively. Containing prayers exclusively of the Sutrayana Tradition, this book serves as a recitation manual for all pilgrims to the holy places. It can be read at important Buddhist religious ceremonies and also as a daily reading practice for interested individuals.

Structured and arranged in accordance with the standard stages of meditation, the prayers, composed in verse form, explain and guide us in the practice of taking refuge, generating the Bodhi-mind, making offerings and praises, recitation of Buddha Shakyamuni Mantra and many more.
Pluvial Nectar of Blessings
(A Supplication to the Noble Lama Mahaguru Padmasambhava)
His Holiness Ngag dbang blo bzang rgya mtsho “The Fifth Dalai Lama”
Translated by Dennis Cordell

The Rje btsun Bla ma Mahaguru Padma Byung gnas La Gsol ba Debs pa Byin rlabs Bdud rtsi i Char rgyun Zhes Bya ba Bzhugs so translated here as simply the Pluvial Nectar of Blessings was written as a prayer by His Holiness (Ngag dbang Blo bzang Rgya mtsho), the Great Fifth Dalai Lama. The prayer is a supplication to Guru Rinpoche Padmasambhava written in thirty-four quatrain verses including a colophon. The verses use a mixture of Buddhist terminology combined with Tibetan historical references to create what is a virtual petition for the welfare of the Tibetan nation during the seventeenth century.

Songs of the Sixth Dalai Lama
Translated by K. Dhondup

The Sixth Dalai Lama Losang Rigzin Tsangyang Gyatso (1683-1706), whose name means “The Ocean of Melodious Songs” was a special Dalai Lama.

Born in a renowned Nyingma family and brought up at a late age in the Gelugpa tradition, Tsangyang Gyatso proved to be an uncomfortable blend of the two traditions. But leaving aside the unfortunate politics that surrounded his desolate life, Tsangyang Gyatso brought to holy Lhasa and Shol taverns some of the purest and most beautiful lyrics of all times.

Extraordinary as a lover of wine and women, melodious as a singer of love songs and above all, tragic as a national hero of the status of a Dalai Lama, reduced to become a heroic pawn at the hands of the Qosot Lhazang Khan, Tsangyang Gyatso became a legend within his short lifetime. Worshipped and loved by the Tibetan people with stainless faith, Tsangyang Gyatso’s songs became famous in every corner of Tibet reviving once again the fascination of simple folk poetry.

The Dalai Lamas of Lhasa and their relations with The Manchu Emperors of China (1644-1908)
W. W. Rockhill

This important work by W. W. Rockhill on the relations between the Dalai Lamas of Tibet and the Manchu Emperors of China, published in Tound-Poo, Series III, Vol. I, No. 4 and subsequently reprinted by Oriental Printing-office, Late E. J. Brill, Leyden in 1910, has remained inaccessible and out of print for a long time.

Library of Tibetan Works & Archives has undertaken the reprinting of this work to make for yet another objective of study of Tibet’s chequered history and clarity of facts.

We hope this work, inspite of its several shortcomings, will serve as an additional resource material to scholars and the general readers.
The Essence of Superfine Gold

(A Guide on Stages of the Paths to Enlightenment)

His Holiness the Third Dalai Lama
Translated by Dr. Chok Tenzin Monlam

The Essence of Superfine Gold is the most famous literary composition of the Third Dalai Lama (1543-1588). It is a condensed but comprehensive commentary on Je Tsongkhapa’s (1357-1419) A Song of Experience which is the seminal guide on the Stages of the Path to Enlightenment of the Beings of Three Capacities. Although brief, this text summarizes the three principal paths of the teachings of the Shakyamuni Buddha.

Also included in this volume is Je Tsongkhapa’s A Song of Experience, plus a brief biography of the Third Dalai Lama and the relevant Tibetan texts for both teachings.

The Joy of Living and Dying in Peace

His Holiness the 14th Dalai Lama
Edited by Donald S.Lopez, Jr.

The Joy of Living and Dying in Peace underscores the importance of “practice”—of awareness through meditation, compassion, patience and effort—in lending rich and joyous meaning to this lifetime, and so to our passage to the next.

His Holiness the Dalai Lama offers his thoughts on achieving a meaningful life and death. At the heart of his eloquent presentation is this lesson: by cultivating compassion, wisdom, and positive thought and action—in short, by living a good life—we can approach death without fear or regret, and welcome our passage and rebirth.

He teaches that the way to peaceful death is to live a meaningful life by practicing love and compassion. The book also provides straightforward lessons on how to embrace death and impermanence, which ultimately leads to a life of peace, joy and spiritual fulfillment.

The Way to Freedom

His Holiness the 14th Dalai Lama
Edited by Donald S.Lopez, Jr.

The Way to Freedom, begins with His Holiness the Dalai Lama’s gentle and profoundly eloquent exposition of the Buddha’s teachings and instructions presented in easy-to-understand steps. With unprecedented simplicity and beauty, he reveals the essence of Tibetan Buddhism to both novice and advanced students/practitioners.

He also offers elegant, straightforward reflections on death, rebirth, karma, the Four Noble Truths, and the cultivation of the bodhisattva ideals and deeds: generosity, ethics, patience, effort, concentration, and wisdom.
Three Principal Aspects of the Path

His Holiness the 14th Dalai Lama
Translated by Ven. Lhakdor and Edited by Jeremy Russell

The Three Principal Aspects of the Path are the basis of all the sutric and tantric practices that you undertake. When one’s practice is influenced by renunciation, it becomes a cause for achieving liberation (Nirvana), when it is influenced by Bodhichitta it becomes a cause for achieving omniscience (Buddhahood), and when it is influenced by correct view it becomes an antidote to the cycle of existence (Samsara).

Je Tsongkhapa’s masterpiece appears here with a commentary by the greatest commentator and foremost teacher on Buddhism of our time His Holiness the 14th Dalai Lama.

Speeches of His Holiness the 14th Dalai Lama

(1959-1989) (Addressed to the Kashag, Assembly of Tibetan People’s Deputies and Civil Servants)
translated by Sonam Gyatso

This book contains the speeches made by His Holiness the Dalai Lama from 1959-1989. These detailed historical speeches show how hard His Holiness worked to push his people to safeguard the ancient Tibetan tradition, to get modern education, and to work for the just cause of freedom and dignity.

Compassion and the Individual

His Holiness the 14th Dalai Lama

His Holiness the Dalai Lama is admired and respected worldwide as a man of peace. In lectures and tours around the world he has touched the hearts of people of different cultures and religions with the simplicity, profundity and the universality of his message—that of greater universal responsibility and great compassion.

In this small booklet he explains with utter clarity and reasoning why compassion is so inseparable from our human nature and how at any moment we can tap into and develop this birthright.
A Human Approach to World Peace
His Holiness the 14th Dalai Lama

His Holiness the Dalai Lama is one of the most respected leaders living today. Wherever he travels, he cuts across religious, national and political barriers and reaches the hearts of human beings. He truly cares for people everywhere, and everything he does is for the sake of achieving peace on this planet.

What he says in a *A Human Approach to World Peace* is not complicated or even unusual. In fact, it is almost radical in its simplicity. He feels that science and technology are indeed remarkable but alone are not enough to bring progress and contentment.

An Introduction to Buddhism and Tantric Meditation
His Holiness the 14th Dalai Lama

The teachings of the Buddha can be summarised as dealing with conduct and the view. Conduct refers to the way we should behave, which is essentially to be non-violent. The Buddha explained that nothing exists of its own accord in isolation. Everything exists in dependence on something else, the result of a variety of causes and conditions.

His Holiness was requested to compose *A Tantric Meditation* to give an opportunity to people seriously interested in finding out about the practice of tantra the opportunity to do so without the necessity of receiving prior empowerment.

The Global Community and the need for Universal Responsibility.
His Holiness the 14th Dalai Lama

His Holiness the Dalai Lama is admired and respected worldwide as a man of peace. In lectures and tours around the world he has touched the hearts of people of different cultures and religions with the simplicity, profundity and the universality of his message—that of greater understanding, mutual respect and compassion amongst the nations and the people of this world.

In this booklet, His Holiness offers a way of approaching the new political challenges of our rapidly changing world based on a genuine feeling of global and universal responsibility. His statement also affords insight into the way of thinking of one of today’s truly great world leaders.
A Compendium of Ways of Knowing  
A-kya Yong-dzin Yang-chan Ga-wai Lo-dro  
Translated and edited by Sherpa Tulku and Alexander Berzin with Khamlung Tulku and Jonathan Landaw

This concise and engaging synopsis of the text known as A Compendium of Ways of Knowing is used in the training of novice monks in the Gelugpa tradition. This book introduces the reader to the system of philosophical logic followed in the Tibetan Buddhist tradition. Novitiates memorise texts such as this and use them to hone their debating skills. The main points of this great text is accompanied by an oral commentary given by the learned scholar, the late Geshe Ngawang Dhargyey, to students at the Library of Tibetan Works and Archives.

A Guide to the Bodhisattva’s Way of Life  
Shantideva  
Translated by Stephen Batchelor

Shantideva’s Bodhisattvacharyavatara (A Guide to the Bodhisattva’s Way of Life) holds a unique place in Mahayana Buddhism akin to that of the Dhammapada in Hinayana Buddhism and the Bhagavadgita in Hinduism. In combining those rare qualities of scholastic precision, spiritual depth and poetical beauty, its appeal extends to a wide audience of Buddhists and non-Buddhists alike. Composed in India during 8th century of the Christian era it has since been an inspiration to millions of people throughout the world.

The present translation by Stephen Batchelor is based upon a 12th century Tibetan commentary as orally explained by Ven. Geshe Ngawang Dhargyey. The ninth chapter on wisdom has been expanded for this edition with relevant commentarial passages.

A Handful of Flowers  
(Drastshadpa Rinchen Namgyal  
Translated by Hans van den Bogaert

This condensed biography, A Handful of Flowers, was composed in praise of Buton Rinchen Drub, one of Tibet’s most outstanding scholars, who lived from 1290 to 1364. Known as the ‘Lord of Zhalu’ - Zhalu being the location of his principal monastery this unique master was a prolific translator into Tibetan of the Buddha’s teachings, as well as a supremely wise and compassionate teacher who worked tirelessly to bring all beings to liberation.

His close disciple, Drastshadpa Rinchen Namgyal, wrote this work out of a strong faith and devotion in his master. In it he relates many of the wondrous events of Buton Rinpoche’s virtuous life and deeds. This fascinating work also vividly conveys a sense of the historical period in which Buton Rinpoche lived and taught in Tibet.
A Manual of Ritual Fire Offerings

Translated and Compiled by Sharpa Tulku and Michael Perrott

The Ritual Fire Offering, which is derived from Indian tradition, plays an important part in Buddhist Tantric practice. The Ritual Fire Offering for Peace is commonly performed at the conclusion of the prescribed meditation retreat associated with specific meditational deities, in order to compensate for any errors that may have occurred during the practice. It can also be done to pacify hindrances such as illness. The Ritual Fire Offering for Increase may be performed to increase merit, wealth, life span and so forth.

This manual contains translations of texts required to perform the Ritual Fire Offering for Peace associated with six meditational deities: Thirteen Deity Vajrabhairava, Solitary Hero Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara, according to the Gelugpa tradition of Tibetan Buddhism.

A Necklace of Good Fortune

Geshe Lam Rim

Translated by Jampa Gedun, Tsepak Rigzin and Damdul Namgyal

Geshe Lam Rim’s A Necklace of Good Fortune which propounds the Buddhist theory of Karma and past and future lives carries a rare significance uncommon among such writings. Lucid and sincere in his approach and analysis, A Necklace of Good Fortune stands out at the same time as the spiritual and political testimony of the true courage of a Tibetan Buddhist monk who singlehandedly challenged the formidable censorship of Mao’s Great Proletarian Cultural Revolution in Tibet and defied the Chinese anti-religion propaganda with a scientific religious work that is at once bold and inspiring.

A Necklace of Good Fortune is born out of this admirable sense of duty and dedication towards the Buddha Dharma at a time when the very survival of Tibetan culture and religion is threatened by the Chinese atheist ideology.

An Anthology of Well-Spoken Advice on the Graded Path of the Mind

Geshe Ngawang Dhargyey

This anthology is a compendium of oral teachings based primarily on Kyabjey Pabongka’s A Personal Gift for Being Utterly Freed and Tsongkapa’s A Grand Presentation of the Graded Paths of the Mind. It includes many traditional anecdotes and guideline instructions from Kyabjey Trijang Dorjechang, the late junior Tutor to His Holiness the 14th Dalai lama.

In this volume, complete instructions are given on how to approach spiritual training and best prepare for building up beneficial habits of the mind. The techniques are outlined for developing a whole-hearted commitment to a fully qualified spiritual mentor, and then on that basis, how to take the essence of a precious human-life. This is the foundation and initial level training for gradually being able to overcome all problems and realize one’s fullest potential in order to benefit others the most.
Buddha Nature

Geshe Sonam Rinchen
Translated & Edited by Ruth Sonam

Do all living beings ultimately become enlightened? Do we have Buddha nature, the seed of enlightenment? These questions concerning an ordinary living being’s potential to become a Buddha, the purest form of existence, are the main topic of this book. Based on the views of the three major Buddhist schools of Buddhist philosophy - Vaibhasika, Cittamatin and Madhyamika - Geshe Sonam Rinchen explains how our minds, though stained by temporary defilements, are innately pure, luminous and cognizant and how we can become aware of the mind’s clear light nature.

Geshe Sonam Rinchen was born in 1933 in the Tehor region of Kham, Tibet. He began his religious studies at Dhargye Monastery and later entered Sera Je Monastery at Lhasa. He was a resident teacher at the Library, Dharamsala, India for over 25 years.

Chandragomin’s Twenty Verses on the Bodhisattva Vow

Sakya Dragpa Gyaltsen
Translated by Dr. Mark Tatz

Chandragomin’s Twenty Verses on the Bodhisattva Vow is short, clear and simple. Acharya Candragomin himself was a great Indian lay practitioner (upasaka) of the 7th century, famous for his extensive learning and practice. The commentary to the Twenty Verses was also by a learned Tibetan lay practitioner of the Sakya School of Tibetan Buddhism. He was Sakya Dragpa Gyaltsen (1147-1216), the third son of Jetsun Kunga Nyingpo, and is believed to have been a direct disciple of Manjushri for seven lifetimes.

Famous for his mastery of both sutra and tantra traditions, Dragpa Gyaltsen’s commentary to the Twenty Verses on the Bodhisattva Vow is lucid and very popular within the Sakya School of Tibetan Buddhism. It covers not only a discussion of the basic vow, but also explains the arrangement of the ceremony and provides guidelines for taking the vow.

Chandrakirti’s Seven Fold Reasoning

(Meditation on the Selflessness of Persons)

Joe Wilson

This explanation of Chandrakirti’s presentation of the Sevenfold Reasoning is based on what is found in the Clear Exposition of the Presentation of Tenets, a Beautiful Ornament for the Meru of the Subduer’s Teaching composed by Jang-kya. In this small volume, Joe Wilson includes an explanation of the context of the Sevenfold Reasoning in Buddhist philosophy as a whole.

Chandrakirti represents the Prasangika-Madhyamika school of philosophy, which is reviewed in the Gelugpa presentation of Sutra and Tantra as the highest system, or most correct system, for explaining phenomena and the way in which they exist. This book explores its essential and complex subject in depth for the benefit of all readers making a detailed investigation of the Buddha-dharma.
Daily Recitations
Compiled by Library of Tibetan Works & Archives

*Daily Recitations* is published by the Library of Tibetan Works & Archives for the benefit of those who show a keen interest in the study and practice of Buddhism.

These prayers are recited daily in the Buddhist philosophy classes and the Monday meditation sessions conducted here at the Library of Tibetan Works & Archives for the purpose of accumulating wholesome actions and purifying unwholesome ones.

Presented here is the Tibetan, phonetic and translated versions of these daily recitations.

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Essence of Ambrosia
Jo Nang Taranatha
Translated and Edited by David Templeman

*Essence of Ambrosia* is a guide to Buddhist meditation, composed by the prolific and eclectic Tibetan scholar and practitioner Taranatha (1575-1634). Following the lead of Atisha, Taranatha expounds a graduated approach (known as lam rim) to cognitive and meditative development designed to address the needs of three types of person: the person of lesser, average and greater capacity.

Taranatha’s innovative contribution to this genre is to instruct the student in “contemplation sessions”, that specifically guide a beginning Buddhist practitioner through the traditional practices of meditation, beginning with devotional reflection up to the apex of Buddhist meditation, insight (vipassana) meditation. The result is a remarkably accessible and concise insider’s guide to the Mahayana Buddhist path.

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Vajrayogini Sadhana and Commentary
Geshe Ngawang Dhargyey
Translated by Alan Wallace

*Vajrayogini Sadhana and Commentary*, a translation of an oral explanation given by Geshe Ngawang Dhargyey in Seattle, Washington, U.S.A., in 1981. Traditionally, the practice of tantra is supposed to be kept secret, and it is to be noted that this book is intended purely for those who have received the proper initiations. However, as His Holiness the Dalai Lama has advised, the great misunderstandings to which tantra is often subject to are more harmful than the partial lifting of such secrecy, so there is a necessity for books to be made available which contain authentic explanations.

Venerable Geshe Ngawang Dhargyey was born in the Kham province of Tibet in 1928 and attended Sera Je Monastery. His Holiness the 14th Dalai Lama asked him to teach Dharma courses to westerners at the Library of Tibetan Works and Archives in Dharamsala.
Buddhism

Foundation of Buddhist Meditation

Venerable Kalu Rinpoche

*The Foundation of Buddhist Meditation* by Ven. Kalu Rinpoche outlines the basic meditation practices common to all sects of Tibetan Buddhism. In this manual, Rinpoche gives concise explanation of the Buddhist path leading to the supreme goal of enlightenment for the welfare of all sentient beings.

This manual will provide the reader with a deeper insight into the complex scope of Tibetan Buddhist thought and practice.

Ven. Kalu Rinpoche (1905-1989) of the Shang-pa Kagyu tradition was one of the leading Kagyu meditation masters of this century, and has taught and guided many disciples in meditation and retreats all over the world.

Indian Buddhist Pandits

(From ‘Jewel Garland of Buddhist History’)

Translated by: Lobsang Tsonawa

*Indian Buddhist Pandits*, describing the life and works of the major Buddhist Masters of Ancient India, translated from the second volume of *The Jewel Garland of Buddhist History*, compiled by the Tibetan Masters, will surely serve as an inspiration to all the students and scholars of the Buddhist philosophy. Between the covers of this slim volume, the reader is offered glimpses of the courage, compassion, dedication and the devotion with which luminous Buddhist Masters like Nagarjuna, Aryadeva, Asanga, Chandrakirti, Shantideva, Shantaraksita and Dharmakirti, etc. upheld the Buddhist philosophy and contributed to its enrichment and propagation. Above all, this volume offers a well-abridged biography of the beloved Atisa, the Indian Buddhist Master, who arrested the decline and fall of Buddhism in Tibet and revived it once again with his chief disciple Dromtonpa.

Jorcho

(The Six Preparatory Practices Adorning the Buddha’s Sublime Doctrine)

Ngag-dbang Chos-'byor translated by Lobsang C. Gangchenpa and Karma Lekshe Tsomo

*The Six Preparatory Practices Adorning the Buddha’s Sublime Doctrine* (sbyor-ba’i chos-drug bya-tshul thub-bstan lhun-po’i rdzases-rgyan) is important as an example of that body of Tibetan literature explaining preparatory practices. It outlines the organization of a Buddhist practitioner’s daily meditation session, including visualizations, verses of praise, and a convenient condensation of the Graded Path (Lam-rim) contemplations. All the major points of the Graded Path meditation, including bodhicitta and right view, are touched upon. In addition, the verses of the famous and well-loved prayer Yon-tan bzhi-gyur-ma are to be found herein.
The Kalacakra initiation has now been given in the west on a number of occasions, yet authentic teachings of this ancient tradition remain rare. Here is presented a commentary given by Geshe Ngawang Dhargyey, which contains explanations and advice concerning the various commitments and initial practices peculiar to the Kalacakra system within the context of Highest Yoga Tantra and Mahayana Buddhist practice in general.
Meditation of a Tibetan Tantric Abbot
Kensur Lekden
Translated and edited by Jeffrey Hopkins

This book presents, with intimate detail of the oral tradition, the main practices of the Mahayana Buddhist path. It details the attitudes cultivated in meditation—ranging from turning away from cyclic existence, to developing love and compassion for all beings, to the profound view of emptiness.

Kensur Lekden was the Abbot of the Tantric College of Lower Lhasa prior to the Chinese invasion. Renowned among the Tibetans as a great lecturer on varied topics, in this work he highlights the incisive and direct approach of mind transformation that runs contrary to the ordinary worldly perspective. A scholar who knew the meaning of applying the great teachings as precepts for practical application, Kensur Lekden, embodied the total involvement of the mind as per ‘Mahayana’.

Of particular interest is his explanation of the compatibility of emptiness and dependent-arising, showing that realization of emptiness opens the way for understanding the true nature of things, both ultimate and conventional.

Meditation on Vajrabhairava
Translated by Sharpa Tulku with Richard Guard

In response to increasing interest in the study and practice of Highest Yoga Tantra, many highly qualified Tibetan lamas have given teachings and initiations into the mandalas of Highest Yoga tantric deities throughout the world. They strongly emphasize that the best way to make these teachings meaningful is to put them into practice through meditation. This retreat manual is presented here in order to enable people to do these meditations, as well as to dispel misconceptions about tantric practices.

This important deity Vajrabhairava, with its five unique features is widely acclaimed as a crucial practice for our degenerate times. Therefore, those who have trained in the common paths and received the initiation of Vajrabhairava should be encouraged to do the retreat of this deity as often as possible and wherever possible, and to integrate this retreat practice into ordinary life.

Mind Training like the Rays of the Sun
Namkha Pel
Translated by Brian Beresford & Edited by Jeremy Russell

The mind training teachings are a great vehicle instruction, because they are mostly concerned with developing the awakening mind, the altruistic mind of enlightenment. They are directed primarily towards the practitioner of great capacity, and deal essentially with transforming our mental attitudes.

One special feature of the mind training teachings is the advice to transform adversity into advantage. So, not only do these instructions help us open out towards other beings, but they also help us transform whatever difficulties come our way into something valuable.

The Mind Training Like the Rays of the Sun exemplifies Tsong-khapa’s presentation of mind training. The author, Nam-kha Pel, as he mentions in his introduction, received the lineage of the explanation of the Seven Point Mind Training, which is the fundamental text here, from various sources including Je Rinpoche, his principal teacher.
Nagarjuna’s Drop of Nourishment and its commentary The Jewel Ornament

Translated by Dr. Stanley Frye

A Drop of Nourishment for People by Nagarjuna and its commentary The Jewel Ornament provides a very fascinating reading on the meanings of compassion, virtuous deeds and the law of Karma in the theory and practice of Buddhist philosophy. Through numerous fables and legends that are at once delightful and frightening, the text and its commentary reveals the impermanent nature of Samsara and prompts the reader towards the Buddhist ideals of Nirvana. Not only adults but children will also enjoy and benefit by reading A Drop of Nourishment and especially its commentary The Jewel Ornament which delves into the world of fables, fairy tales and legends to bring home the Buddhist message of love, compassion and kindliness to all sentient beings.

5.5 X 8.5
92 pages
₹ 95 paperback
ISBN: 81-85102-55-4

Nagarjuna’s Letter

(Commentary by Venerable Rendawa, Zho-nu Lo-dro)

For centuries, Dharma students have traditionally studied Nagarjuna’s Letter to a Friend, for it provides a concise and thorough introduction to the entire Buddhist path practice. By examining the Four Noble Truths and the Six Perfections, Nagarjuna describes logically and poetically the internal patterns of experience which leads a person to buddhahood.

Nagarjuna wrote this letter to his friend King Satavahana, in order to alert him to the worldly impurities, especially in discharging his royal activities, and to integrate spiritual values into his daily life. In this respect, his advice is still of special interest to those who wish to cultivate a religious practice while continuing to live and work in society.

5.5 X 8.5
160 pages
₹ 220 paperback

Overview of Buddhist Tantra

General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate One

Panchen Sonam Dragpa

Translated by Martin J. Boord and Losang Norbu Tsonawa

Overview of Buddhist Tantra, subtitled General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate Ones, is a scholarly exposition of the framework of Tantric practice presented by its author, Panchen Sonam Dragpa, in a methodical and accessible manner.

Detailed explanations within this book include: the historical emergence of Buddhism in our world as interpreted by various Buddhist traditions; the differing tenets of the sects, and the differences between the vehicles (yanas); the doors to the path to liberation; and the classes of Tantric practice leading to that state of liberation.

6.25 X 9.5
172 pages
₹ 300 paperback
Paths and Grounds of Guhyasamaja According to Arya Nagarjuna

Yangchen Gawai Lodoe
Translated by Tenzin Dorjee

Paths and Grounds of Guhyasamaja According to Arya Nagarjuna is a very significant eighteenth century Tibetan treatise (with a brief contemporary commentary) which maps out the paths and the grounds of Guhyasamaja Tantra according to Arya Nagarjuna’s tradition. It is based on the incomparable masterpieces of Manjushri, Lama Tsongkhapa and his hearer-like disciples. In many Buddhist Tantras and works of realised masters Guhyasamaja is referred to as ‘the supreme and king of all Tantras’. Acharya Chandrakirti’s Bright Lamp (sgron gsal) states, “This (Guhyasamaja) is the supreme subsidiary practice; a compendium of the meanings of all Tantras”. Khedrup Rinpoche in his Short Writing (Yig chung) states, “...Moreover, if one initially understands Guhyasamaja one will automatically understand other (Tantras)”. 

Self-Initiation of Vajrabhairava

Translated by Sharpa Tulku & Richard Guard

The texts presented here are an intermediate-length sadhana and a concise self-initiation ritual of the Solitary Hero Vajrabhairava. After receiving the Highest Yoga Tantra initiation of Vajrabhairava, and then completing the retreat of this deity, with the compensating ritual fire offering of peace, one is authorized to do the self-initiation. It is important to do the self-initiation in order to restore broken vows and tantric commitments. A sadhana must be done in conjunction with the self-initiation. The concise nature of the self-initiation will enable many practitioners to do this practice more frequently.

Lama Mipam’s Commentary to Nagarjuna’s Stanzas for a Novice Monk & Tsongkhapa’s Essence of the Ocean of Vinaya

Lama Mipam & Je Tsongkhapa
Translated by Glenn H. Mullin and Lobsang Rapgay

This small volume contains two works on the Vinaya, or system of self-discipline, which is considered very important within all the Dharma traditions of Tibet. These texts focus on the Vinaya as it is taught to young novice monks: the first work is Nagarjuna’s Stanzas for a Novice Monk, presented with a commentary by the 19th-century Nyingma lama, Jamyang Mipam Rinpoche. The second work in this volume is the Essence of the Ocean of Vinaya, composed by the 14th-century lama, Je Tsong Khapa, concerning the eight fundamental categories of pratimoksha vows.

Although both of these texts were primarily composed for ordained members of the Sangha, they contain wisdom and advice of benefit to all those interested in the Buddhadharma and Tibetan culture.
Sutra of the Wise and the Foolish  
Translated by Stanley Frye

One of the great treasures of Buddhist literature, is mDo-mdzangs-blun or the Sutra of the Wise and the Foolish as it is known to the Mongols. The text was translated to Mongolian from Tibetan as the Uliger-un dalai or Ocean of Narratives. It is one of the most interesting, enjoyable and readable Buddhist scriptures. For centuries, it has been an inexhaustible source of inspiration, instruction and pleasure for all who have been able to read it. The history of this unusual scripture is still uncertain. Legend has it that the tales were heard in Khotan by Chinese monks, who translated them (but from what language?) into Chinese, from which it was translated into Tibetan, then into Mongolian and Oirat.

The Narratives are Jatakas, or rebirth stories, tracing the causes of present tragedy in human lives to events which took place in former lifetimes. But unlike Greek tragedy, Buddhist tragedy is never an end in itself, i.e. a catharsis, but a call to transcend that which can be transcended and need not be endlessly endured.

Taranatha’s Life of Krishnacharya/Kanha  
Translated by David Templeman

This biography of one of the charismatic Indian siddhas, or tantric adepts, prominent in the tantric lineages that were conveyed to Tibet, particularly those concerning Cakrasamvara and Vajravarahi, was compiled by the renowned Tibetan historian Jonang Taranatha from both written and oral sources.

He describes Krishnacharya’s training with his own guru, Jalandharipa, his exploits in various parts of India, which included discovery of the Samputatilaka Tantra, and his eventual untimely death. His life, which is interesting as much for its setbacks as for its successes, is typical of the siddha tradition to which he belonged. Of the various yogic traditions which flourished in the different regions of India, Krishnacharya was largely responsible for propagating the Carya tradition in the East. Summarized accounts of Krishnacharya’s main male and female disciples, as well as sundry other stories concerning the order of Caryapa yogis, are also recounted here.

The Ambrosia Heart Tantra  
Annotated by Yeshi Dhonden  
Translated by Jampa Kelsang

In Sanskrit this text is known as Amrta-astangahrdayupadesatantra; in Tibetan: bDud rtsi snying po yan lag brgyad pa gsang ba man ngag gi rgyud translated into English as Ambrosia Heart Tantra: The Four Secret Oral Teachings on the Eight Branches of the Science of Healing. The original Sanskrit work was probably written during the fourth century A.D. It was translated into Tibetan by Vairochana and given to King Khri-srong lDe'u-btsan (755-797 A.D.) and to the royal court physician, the Elder Yuthog Yontan Gonpo (708833 A.D.). Yuthog not only clarified this work but also wrote 18 supplements to it. It is most likely that after the famous international medical conference at Samye, Yuthog synthesized the best of the then known medical systems and rewrote the rGyud-bzhi Four Tantras. His work was shaped by his most famous descendent, the Younger Yuthog Yontan Gonpo (1112-1203 A.D.).
The Confession of Downfalls  
(The Confession Sutra and Vajrasattva Practice)  
Arya Nagarjuna  
Translated and Edited by: Brian C. Beresford

The Confession of Downfalls contains translations along with extensive commentaries to the two main sutra and tantra practices of mental purification in Tibetan Buddhism, the Sutra of Three Heaps and the visualization and mantra recitation of Vajrasattva.

The commentaries include excerpts from a shastra by the Indian master Nagarjuna to the Sutra of Three Heaps and both practices are supplemented by verbally transmitted commentaries from The Tibetan lamas Geshe Ngawang Dhargyey, Geshe Rabten, Thupten Zopa Rinpoche and Gegen Kyentse.

The Dzogchen  
(Innermost Essence - Preliminary Practices)  
Jig-me Lingpa  
Translated with commentary by Ven. Tulku Thondup

This tradition was founded by Padmasambhava, the Indian tantric saint who established the dharma there in the 8th century. Like the later traditions of the Kagyu, Sakya and Gelug it is grounded in the mystical experience of Vajrayana or Tantric Buddhism. These most essential teachings of Buddha are considered ‘secret’, making use of esoteric language and techniques. Their meaning can only be revealed to those who have established the proper motivation of universal altruism and the correct view of reality—the view of emptiness.

Because the scope of the sutras and tantras is vast many of the great Tibetan masters condensed their essential points into easily followed prayers for practice. This is one such text and, rather than being a prayer, it is a guide for contemplation, providing the necessary link between sutra and tantra.

The Essence of Nectar  
(Lam-rim-bdud-rtzi snying-po)  
Yeshi Tsondru  
Translated by Geshe Lobsang Tharchin with Benjamin & Deborah Alterman

The Essence of Nectar (Lam-rim-bdud-rtzi snying-po), an extensive prayer written by Yeshi Tsondru, an incarnate Lama of the Gelug tradition, is a poetic supplement of the Great Exposition of the Graded Path (Lam-rim chen-mo) written by the founder of the Gelug tradition, Je Tsong-kha-pa (1357-1419). Such teachings were promulgated by Buddha Shakyamuni in the 5th century B.C. and subsequently transmitted through a succession of realised Indian and Tibetan masters. In this work, Yeshi Tsondru eloquently synthesizes all the cogent points of the progressive meditations leading to the awakening of a Buddha: the complete eradication of suffering and the attainment of all wholesome spiritual qualities. In the process he draws examples from various facets of life in order that one may enrich one’s meditations on the “Graded Path” and easily apply the practices to the development of one’s thought and conduct.
To realise the beginningless purity and perfection of all reality as an indivisible unity of voidness and appearance is to realise Dzog-ch’en, the Great Completeness. The lineage of this Mahayana system of meditation traces from Shakyamuni Buddha and was taken from India to Tibet by such masters as Guru Rinpoche Padmasambhava and Vimalamitra. It has been transmitted mainly through the Nying-ma Tradition of Tibetan Buddhism and its oral teachings preserved unbroken until the present day. This text by Long-ch’en Ram-jam-pa (1303-1363), one of the greatest codifiers of the Dzog-ch’en teachings as witnessed by his trilogy Kindly Bent to Ease Us, is an exposition on the "Four Themes of Gam-popa," the author of The Jewel Ornament of Liberation.

Within the Tantra tradition, reliance upon and devotion to one’s Guru are of paramount importance — without them progress on the path to Enlightenment cannot be made. Thus, Guru Yoga is the foundation of Mahayana tantric practice, and gives vitality to the serious practitioner’s meditation. This edition of The Guru Puja and The Hundred Deities of the Land of Joy provides the students with two essential prayers for such practice, and the juxtaposition of the Tibetan transliteration and English translation of these prayers is intended to facilitate their use by non-Tibetan Buddhist practitioners.

The subject of the work concerns two important themes of Buddhist philosophy: emptiness and dependent-arising. All schools of Buddhism expound theories of emptiness and dependent-arising, but their interpretations vary greatly and are even contradictory. Here Ven. Lobsang Gyatso, very skilfully explains these two theories through logical analysis combined with simple and wonderful illustrations.

Late Ven. Lobsang Gyasto was born in Kham province, Tibet, 1928 and educated at Drepung Monastic University. He escaped from Tibet in 1959 and was one of the first trained Tibetan teachers in exile. In 1973, with the blessing of H. H. the Dalai Lama, he founded the Institute of Buddhist Dialectics in Dharamsala.
**The Jewel Ladder**

*(A Preliminary Nyingma Lamrim)*
Minling Terchin Gyurme Dorjee
Commentary by Garje Khamtrul Rinpoche
Translated by Tseoak Rigzin

The Jewel Ladder (Rin-chen them-skas) is a short and comprehensive Nyingma Lamrim for beginners by Minling Terchen Gyurme Dorjee (1643-1714), commonly known as Terdak Lingpa, one of the foremost early master-scholars of Tibet, who was both a teacher and disciple of the Great Fifth Dalai Lama.

The text introduces us to the preliminaries of the Buddhist practice required for higher spiritual development such as the four basic ways of concentrating one’s mind on the Dharma and the Four Noble Truths.

This commentary by Khamtrul Rinpoche given in simple and lucid language unravels the gist of Rin-chen them-skas. Appended at the end of the book is a guide to the voluminous Nyingma Lamrim (kun-bzang bla-ma’i zhal-lung).

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**The Life of the Mahasiddha Tilopa**

Mar-pa Chos-kyi bLo-gros
Translated by Fabrizio Torricelli and Acharya Sangye T. Naga

The Life of the Mahasiddha Tilopa, thought to have been composed in the 11th century by the renowned Tibetan yogi Marpa Lotsawa, is a compelling account of the ‘complete liberation’ of the guru of Naropa, and belongs to the genre of ‘Buddhist hagiology’. As such, it will be of interest to followers of the Kagyud school of Tibetan Buddhism as well as to those who are fascinated by the lives of the Buddhist saints and masters.

This fine translation is presented in a vivid and accessible manner, and the translators have included a transliteration of the original Tibetan text for scholars who wish to study this early biography of Tilopa in both languages.

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**The Mahamudra**

*(Eliminating the Ignorance of Darkness)*
Ninth Karmapa Wangchuk Dorje
Translated by Alexander Berzin

The Great Seal, refers to a Mahayana Buddhist system of meditation nature of the mind and is undertaken for realising Enlightenment. Taught by Buddha manifesting in the form of Vajradhara, its lineage was passed in India from Tulip to Naropa to Marpa, and then in Tibet to Milarepa and Gampopa, author of The Jewel Ornament of Liberation. The specific lineage represented here is that of the Karma Kagyu which passed from Gampopa to the first Karmapa and then through successive Gurus until the present day.

This text by the Ninth Karmapa (1556-1603) is one of the most famous expositions of this meditational system. It covers both the preliminary practices as well as the actual Mahamudra meditations of mental quiescence (samatha) and penetrative insight (vipasyana).
The Origin of Tara Tantra

Jo Nang Taranatha
Translated and edited by David Templeman

The Origin of Tara Tantra by Taranatha, one of the most accomplished scholars of the unorthodox Jonang sect, strings together from various fragmentary sources a mine of legends and episodes on the origin and diffusion of Tara’s tantra.

Translated by David Templeman, this work is supplemented with voluminous notes, an excellent appendix and a comprehensive bibliography for the serious readers. Similar in style to the author’s bkah. babs.bdon.ldan (1600), this work heralded Taranatha’s major historic work History of Buddhism in India written four years later in 1608.

The Origin of Tara Tantra, though dependant on legends and largely anecdotal, has nevertheless about it a strong feeling of historic time and provides an important and accurate account of the lineages of the Siddhas who worshipped Tara and passed on her Upadesas, revelations and Tantra besides giving a background to the masters of the Tibetan Siddhas who grew from India’s rich-tantric soil.

The Preliminary Practices of Tibetan Buddhism

Geshe Rabten
Translated by Gonsar Tulku

“You may wonder whether the Buddha through his infinite compassion can assist in the elimination of the unskilful karma of a certain being. All beings have accumulated innumerable unskilful deeds which will inevitably result in suffering and misery. Out of compassion the Buddha has shown how karma may be destroyed and thereby eliminate suffering. However, it is entirely up to the individual whether or not this is to be achieved.

A doctor may have great sympathy for a patient and give him the best treatment, but it is up to the patient to follow the prescribed cure. Samsara would have ended long ago if the Buddha’s mercy alone could liberate all beings. His compassion even surpasses the powerful love of self. It is like the sun shining equally on all things. Yet if a pot is upside down how can the sunlight enter it?”

The Seven Instruction Lineages

Jo Nang Taranatha
Translated & Edited by David Templemen

In the present work, Taranatha paints a miraculous picture of the great Siddhas of India their lives and the lineages which sprang from their teachings. In all, the lives of some 59 Siddhas are related some well known, others more obscure, but all linked by their various lineages and by the instructions handed down from Siddha to disciple. Taranatha’s account of these remarkable lives is especially valuable as he had as his gurus, and as the sources of these accounts, three Indians from the very traditions about which he wrote with such conviction.

The lineage accounts are very important for a clear understanding of the Tantric upadesas themselves. In several places Taranatha makes quite sure that his own lineage is irrefutably established so that there is no doubt that he is a participant in the upadesas themselves, not merely a hander down of legends. The accounts were evidently passed on and, due to the special factors involved in the tantric oral tradition, we cannot but understand them as being accurate and reliable.
The Stages of A-Khrid Meditation  
(Dzogchen Practice of the Bon Tradition)  
Bru-sgom rGyal-ba gyung-drung  
Translated by Per Kvaerne and R. K. Rikey

The Stages of A-Khrid Meditation presents one tradition of the system of meditation known as “the Great Perfection” (rdzogs pa chen po), in the form of a methodical and practical guide written to assist those noble beings who set themselves the task of leading others to enlightenment through the practice of the Great Perfection.

The A-Khrid (“the Teachings regarding the Ultimate Origin (A)”) is believed to have had a historical source in the great lama called rMe’u dGongs-mdzod (1038-1096). The text given here is a condensed version of his original composition, written by Bru-sgom rGyal-ba gyung-drung (1242-1296).

All readers with an interest in rdzogs-chen—which is common to both the Nyingmapa school of Tibetan Buddhism and the Tibetan Bon tradition—will gain great benefit from the lucid and compelling translation contained in this book.

The Thirty-Seven Practices of All Buddha’s Sons  
Rgyal-sras lag-len so-bdun-ma  
Thogme Zangpo  
Translated by Geshe Ngawang Dhargyey, Sharpa Tulku, Khamlung Tulku, Alexander Berzin & Jonathan Landaw

We are pleased to present a bi-lingual rendering of The Thirty-Seven practices of All Buddhas’ Sons (Rgyal-sras lag-len so-bdun-ma) by Thogs-med bzang-po, 1295-1369 in response to persistent demand.

The first English translation of this pithy Mahayana Text was published by us in 1975, and a revised edition was published in 1985 and reprinted in 1989.

In this edition we have retained the original translation which is more a commentary in the form of poetry than a literal rendition for the benefit of the general readers.

The Wheel of Sharp Weapons  
Dharmarakshita  
Commentary by Geshe Ngawang Dhargyey  
Translated by Geshe Ngawang Dhargyey, Sharpa Tulku, Khamlung Tulku, Alexander Berzin and Jonathan Landlaw

The Wheel of Sharp Weapons, one of the most important and influential texts in the Mahayana training of the mind, was composed by the great Indian Yogi Dharmarakshita. From among his numerous disciples, Dharmarakshita transmitted these teachings to Atisha (982-1054) who transmitted the same to his greatest disciple Upasaka Dromtonpa and together translated it into Tibetan from Sanskrit. The present English translation based on its Tibetan text was done by the Translation Bureau of the Library of Tibetan Works and Archives. Commentary to The Wheel of Sharp Weapons was given by Geshe Ngawang Dhargyey.
Three Texts on Madhyamaka

Sakya Chogden
Translated by Komarovski Laroslav

Madhyamaka Philosophy of Shakya Chokden (gSer-mdog pan-chen sha-kya mchog-idan) 1428-1507, translated by Komarovski Laroslav includes three major treatises on Madhyamaka philosophy.

The Wish-fulfilling Meru attempts in presenting in a lucid and concise way the Madhyamaka view including the Tantrikmadhyamaka, and its spread in India and Tibet. Drop of Definitive Meaning, through its brief yet succinct explanation guides us in entering the spheres of definitive meaning by means of understanding the two truth- the conventional truth and the ultimate truth. Great Ship of Discrimination that sails into the Ocean of definitive meaning extensively explains the divergence of Madhyamaka into Svatantrika and Prasangika Madhyamaka, their philosophical views, and their interpretation of various concepts. In all, this anthology gives a general presentation of Madhyamaka schools and their views according to the great Sakyapa master.

Tibetan Tradition of Mental Development

Geshe Ngawang Dhargyey

Comprising the class notes of the first year-long course given at LTWA, this book gives a thorough but accessible introduction to Buddhist teaching as presented in the Tibetan tradition of the ‘Graded Path to Enlightenment’. Not only are the principle aspects of this path, such as renunciation-the wish for liberation, the altruistic aspiration to enlightenment and the correct understanding of voidness explained in theory, but the Venerable Geshe offers practical advice from his own experience as to how to implement the teaching and integrate them with the mind.

An account of Buddha’s life provides further introduction to Buddhism in general and some insight into Tibetan monastic training can be gained from the author’s autobiography, while numerous anecdotes throughout the book introduce many of the personalities significant in the history of Indian as well as Tibetan Buddhism.

Blaze of Quotations and Logic

(A Lamp Illuminating the significance of the Four Seals of the Buddha’s )

Teachings
Gen Lamrimpa Ngawang Phuntsok
Translated by Tenzin Gyaltser

The first seal, that All Composite Products are Impermanent, refers to anything that is composed as impermanent. Understanding this seal will help us accept loss, ageing and death, which are all part of life, a composite product.

The second seal, All that is Contaminated is Suffering, refers to the nature of actions, emotions and thoughts contaminated by selfish attachment, aversion and ignorance, due to stained or contaminated actions, emotions and thoughts we become attracted to, or repulsed by. The third seal, Aggregates are Devoid of a ‘Self’, is related to the teaching that speaks of everything as lacking inherent or intrinsic existence. Both person and phenomena should be judged objectively as they are, without mental projections, rather than holding on to the opinions of ‘I have no self’ or ‘I have self’.
Buddhism

Fifty Stanzas on the Spiritual Teacher

Aryashura
Commentary by Geshe Ngawang Dhargyey
Translated by Geshe Ngawang Dhargyey, Sharpa Tulku, Khamlung Tulku, Alexander Berzin and Jonathan Landlaw

Fifty Stanzas on the Spiritual Teacher (formerly titled Fifty Stanzas on Guru Devotion) by Aryashura is an indispensable text that deals with how to calculate the proper relationship between a student and his or her Spiritual Teacher. This text along with the oral commentary by Geshe Ngawang Dhargyey have been ably translated by the LTWA translation bureau and revised by Dr. Alex Berzin.

Freeing Yourself from the Cycle

Geshe Palden Drakpa
Translated by Tenzin Gyaltse

Seven Points For Training The Mind

Geshe Checkawa

Of the many mind training (lojong) texts that exist, Geshe Chekawa’s Seven Points for Training the Mind is one of the most complete. The mind training tradition that developed in Tibet has its source in the words of the great Indian masters Nagarjuna and Shantideva. This particular text expands on the Tibetan master Geshe Langritangpa’s Eight Verses from Training the Mind. Although it was written in the twelfth century, Geshe Chekawa’s advice is as relevant today as it was then because human nature has remained much the same. The text provides us with the means to transform our attitudes, gain increased mental control, develop a deeper understanding of reality and greater love, compassion and kindness towards other. Remarkably, the commitments and precepts set out by the author act as pertinent guidelines for a less stressful and more harmonious life in today’s world.
Precious Garland

Arya Nagarjuna
Translated by Sonam Tsering Ngulphu

*Precious Garland: Buddhist Approach to Life, Polity and Liberation* is a book of advice composed by the renowned Buddhist monk philosopher Arya Nagarjuna for his royal friend King Satakarni of the Indian Satavahana dynasty in circa, first century AD.

Strung in 500 quatrains, the book is presented in five chapters, each shedding light on concepts and realities such as life, death, beauty, love, power, and virtue. It also provides deep philosophical insight into relevant Buddhist views of Karmic causality, impermanence, emptiness, relativity or interdependence, and Nirvana. More importantly, it delineates Nagarjuna’s quintessential Madhyamaka philosophy, which remained a central philosophy theme in various Buddhist traditions for centuries.

The book is intended at helping readers develop a healthy outlook to life, spirituality and practice. Carry a universal message, the book, originally composed for a king, will serve as an effective advice manual for those in responsible positions of power and also those bound by a sense of civic duty.

Set in bilingual format, the book contains a new Tibetan rendition of the text drawn primarily from its five major editions -- Derge, Chone, Narthang, Peking and Zhol -- with a lightly annotated English translation that opts literally over readability.

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The Excellent Vessel of Ambrosia

*(A commentary on The Thirty-seven Practices of Bodhisattva)*

Dzatrul Ngawang Tenzin Norbu
Translated by Julia Wilson

Dzatrul Ngawang Tenzin Norbu’s *Excellent Vessel of Ambrosia* is a commentary on the much-loved Tibetan Buddhist classic *The Thirty-Seven Practices of Bodhisattvas* composed by the 14th century scholar and meditation master Thokmé Sangpo. In this elegant and lucid commentary, Dzatrul Ngawang Tenzin Norbu provides us with practical guidelines to cultivate the stages of the Buddhist path—from the fundamental contemplations to advanced mind training exercises and meditation. The guidelines are derived from the author’s personal experience, with reference to the sutras and tantras as well as Indian commentaries and those of Tibetan Buddhist masters of all major traditions. Dzatrul Ngawang Tenzin Norbu shows us how to recognize the great potential of our ephemeral human life, how to identify and rely on an authentic teacher, how to cultivate disenchantment with cyclic existence, and how to rouse the altruistic mind of enlightenment and develop insight into the nature of reality. He also offers profound advice on how to effectively deal with destructive emotions—such as attachment, hatred, envy, and miserliness—and how to transform adverse conditions into the spiritual path. His guidelines are relevant for the neophyte and seasoned practitioner, as well as others who may have an interest in developing the mind and gaining a deeper understanding of reality.
A Buddhist Perspective on the Faults of Eating Meat
Lama Phurbu Tashi Rinpoche with a contribution by Mathieu Ricard

Each year, around 120 billion land animals and 1.5 trillion sea animals are killed for human consumption. This book provides compelling arguments on the wisdom of giving up meat and adopting a vegetarian diet. Lama Phurbu Tashi Rinpoche draws on Buddhist teachings, both sutra and tantric, to support his case, while Mathieu Ricard refers to scientific evidence on the environmental damage caused by the industrial farming of animals and commercial fishing. Both authors invite us to extend our compassion to reduce the vast number of animals raised and slaughtered for human consumption.

Discourses on Bodhicharyavatara
His Holiness The 14th Dalai Lama

_Bodhicharyāvatāra_, composed in the 8th century A.D. by the Indian scholar Śāntideva, is one of the most celebrated texts of Mahāyāna Buddhism. Its Tibetan translation is included in the Tengyur. Achārya Śāntideva himself was a bodhisattva and a realized tantric adept and his writings have a universal, timeless appeal. Many ancient scholars wrote Sanskrit commentaries on _Bodhicharyāvatāra_, prominent among them being Vibhūtichandra, Krishnapāda, Kamalśila, Vairochan and Prajnākaramati. Besides its Tibetan translation by such masters as Sarvajnadeva, Dharmasrībhadra and Sumatikirti, this great classic was also translated into Chinese, French, German, English and Italian languages.

The present work is an English translation of His Holiness the Dalai Lama’s discourses on _Bodhicharyāvatāra_ given to the Himalayan devotees from Lahaul, Spiti, Kinnaur and the Tibetan residents at Kullu-Manali, Himachal Pradesh in 1981. His Holiness himself has received this teaching from the great Himalayan master Khunu Lama Tenzin Gyaltsetn of Kinnaur.

Taranatha’s Commentaries on the Heart Sutra
Adele Tomlin

The present work is a translation and study of a commentary on the _Heart Sūtra_ written by Tāranātha (1575–1634), who is widely considered to be one of the most remarkable Buddhist scholars, translators and practitioners from Tibet.

In his commentary, Tāranātha succinctly distils his vast studies of Indian and Tibetan Buddhist thought on prajñāpāramitā and Buddha-Nature with the philosophical view of ‘Empty-of-Other’. The leitmotif of the text is Tāranātha’s five-fold assertion that the Sūtra ‘clearly teaches the Empty-of-Other Great Madhyamaka’. For Tāranātha, this confirms that ‘the intention of all three Turnings is the Empty-of-Other Great Madhyamaka’.
A Basic Grammar of Modern Spoken Tibetan
(A Practical Handbook)
Tashi Daknewa

A Basic Grammar of Modern Spoken Tibetan is written for those non-Tibetans who have a keen interest in learning the proper rules of spoken Tibetan grammar. This book is based on the author’s twelve years of experience in teaching Tibetan language at the Library of Tibetan Works and Archives, Dharamsala and one year teaching and studying in the U.S.A. During these years the author has collected several notes which express the common grammatical problems of Tibetan language students. This book tries to present the grammar rules as clearly as possible with a number of simple examples, so that it may be used by anyone who has no previous knowledge of spoken Tibetan. The English translations follow the Tibetan as closely as possible in order to help students understand both its meaning and form.

A Manual of Key Buddhist Terminology
(Categorization of Buddhist Terminology with Commentary)
Lotsawa Kawa Paltseg
Translated by Thubten K. Rikey and Andrew Ruskin

In order to understand Buddhism clearly, we need to have a good knowledge of Buddhist terminology. This text, written by an 8th-century Tibetan translator named Kawa Paltseg, introduces us to a world of definitive Buddhist terms. In addition to clearly categorizing many key Buddhist terms, the author provides comprehensive lists with commentaries of the terms through which the reader can learn about the world of Buddhism: its psychology, cosmology, philosophical outlook and other aspects.

A Workbook on Tibetan Pronunciation
(Intermediate level)
Kinneth Liberman and Ngawang Thondup Narkyid

Pattern drills as a method of language learning which restricts the learner to the linguistic world of the language being studied. By requiring the student to think in the languages s/he is learning, such drills are used as an excellent means for students at an intermediate level to make speedy progress. To date, there have been no pattern drills prepared for Tibetan language learning; to help fill this gap the authors have developed this collection. These drills exercise the student’s knowledge of grammar, as the student must be able to recognize not only the meaning of each word being introduced but also must know how to employ it correctly in the syntactical context of the sentence.
Colloquial Tibetan

(A Textbok of the Lhasa Dialect)

Tsetan Chonjore with Andrea Abinanti

Mr. Tsetan Chonjore has been working as the coordinator and instructor of Tibetan language for the University of Wisconsin’s College Year in Nepal Program since 1983. This book is the result of the author’s experience as a Tibetan language teacher to foreign students for 18 long years. It covers a detailed grammatical analysis of the Lhasa colloquial and clarifies the similarities and differences between literary and Lhasa colloquial grammar. In a simple fashion, the author follows a contextual teaching method introducing unique forms such as the personal/impersonal perspective, the evidential categories carried by verbs and conjugations, the time-based aspect of the language etc.

English for Beginners

Lobsang Thonden

*English for Beginners* is a reference for elementary learners. It concentrates on areas such as how to read English alphabets and how to write small and capital letters; introduces the eight parts of speech, how to use the punctuation marks; and also touches on the tenses.

English-Tibetan Dictionary of Modern Tibetan

Melvyn C. Goldstein

“The phonetic and grammatical introduction is excellent. ...The semantic subsenses of each English word are carefully distinguished and the format is dense and concise, so that there is no wasted blank space and no fat. ...The stylistic and semantic ranges of the entries are as broad as can be, including technical vocabulary as well as colloquialisms, and account is taken of the dialectical differences that have arisen between Tibetan-in-Tibet and Tibetan as spoken by the overseas communities in India, Nepal, and throughout the rest of the world.”

-James A. Matisoff. University of California, Berkeley
Modern Tibetan Language Vol - I
Lobsang Thonden

Modern Tibetan Language, Volume I, is a product of author's long experience of teaching Tibetan language and has been critically and thoroughly reviewed by both Tibetan and foreign scholars. Beginning with the alphabet, vowels and combination letters with stack letters, it presents the basic structure of Tibetan language accompanied by exercises after each lesson. This revised edition is being hailed as one of the best text-books on Tibetan language. The lessons of this book are available on audio cassettes in author's original voice and accent. It can be purchased separately.

Learn to Speak Tibetan and Hindi
Professor P. N. Sharma with Lobsang Thonden and Sangye T. Naga

This book aims to help Hindi and Tibetan speakers acquire conversational proficiency in each other's language. To this end, the written and phonetic forms of words are provided for both languages. The addition of an English translation provides the opportunity for others to gain access to these languages. The topics covered in this book are relevant to everyday life, grouped into lessons containing useful phrases and sentences. There is also an extensive vocabulary of commonly used words at the end of the book. Thus, this practical guide will be of benefit to all readers who wish to learn to speak basic conversational Hindi and Tibetan quickly and easily.

Modern Tibetan Language Vol - II
Lobsang Thonden

Modern Tibetan Language, Vol. II was published by LTWA in 1980. It was received with great interest and enthusiasm by the students of the Tibetan language everywhere. Many felt that it helped in the basic task of introducing the intricacies of the Tibetan language to a non-Tibetan student in a systematic and intelligent manner.

To fulfill the further needs of the students, the author Lobsang Thonden has tirelessly worked on the second volume of the text covering all the essential lessons of the language. For those students that have found volume one of Modern Tibetan Language useful, the second volume will be a boon.

To further help the students, the lessons of this book are available on audio cassettes in author’s original voice and accent. It can be purchased separately.
Speak Tibetan the Tibetan Way
Nyima Dekyi

This book is designed and structured for the intermediate level of the LTWA’s Tibetan as a foreign language course. The author has based it on the Lhasa dialect and it skillfully covers the colloquial, honorific and non-honorific and other intricacies of the Tibetan Language, all of which can be studied simultaneously.

This book will also be of great help to young Tibetans who are interested in learning spoken Tibetan.

Textbook of Modern Colloquial Tibetan Conversation
Tashi Daknewa

This collection of informal conversation is intended for students of Tibetan language who can read, but require more experience of the colloquial language. The conversations deal with a number of everyday situations and present patterns that are easily adapted to other circumstances. An accompanying tape is available, providing an opportunity to strengthen the skills of speaking and listening.

Tibetan-English Dictionary of Buddhist Terminology
Tsepak Rigzin

Based on the Great Volume of Precise Understanding, bye brag tu rtogs par byed pa chen mo—Mahavyutpatti drawn up by Tibetan translators in the ninth century at the instigation of the Tibetan Dharma-King Tri Ralpa-Chen and supplemented from the collected works of various Tibetan Lamas, this Tibetan-English Dictionary of Buddhist Terminology contains 6000 main entries and over 8000 sub-entries. Sanskrit equivalents of terms are given wherever possible in romanised transliterated form. The English definitions largely reflect the mode of oral translation evolved in the Buddhist Philosophy classes at the Library of Tibetan Works & Archives.
**Tibetan Quadrisyllabics, Phrases and Idioms**  
Acharya Sangye T. Naga and Tsepak Rigzin

*Tibetan Quadrisyllabics, Phrases and Idioms* is a compilation of Tibet’s rich repository of idioms and phrases. These are the important elements of the Tibetan language which creates its life, beauty and melody.  
This book aims to bridge the gap between the literary and colloquial world. Its creation acts as an aid to the world of Classical and Modern Tibetan language.

**The New Light English-Tibetan Dictionary**  
T. G. Dhongthog


**Tibetan Language, Literature and Grammar**  
Sangye Tandar Naga

This book has been compiled to familiarise and acquaint English readers with the Tibetan words and phrases that are found in Tibetan characters or transliterations while reading Tibetan manuscripts. Also this work is intended to help the Tibetans and non-Tibetans who will study Tibetan Grammar.  
This book is divided into 3 parts. The first part introduces the basic structures of Tibetan language consisting of vowels, consonants, superscribed and subcribed letters and prefixes and suffixes. The second part consists of a collection of articles on Tibetan literature published in the Tibet Journal Series.  
The third part consists of translations of the three treatises on Tibetan Grammar.
Speak Fluent Tibetan

Dr. Chok Tenzin Monlam Peltsok

Speak Fluent Tibetan is a researched and trialled work done at the Library of Tibetan Works and Archives for the last four years. The students love this book for the progress of their spoken Tibetan.

Learning a new language can be daunting. However, by easily mastering some basic speech patterns, and then using them in our day-to-day life, we were soon able to gain the confidence and inspiration we need to go further on the journey.

The best way to learn to speak Tibetan is by speaking Tibetan! So how can we begin speaking Tibetan in a manner that is at once fluent, interesting and coherent? My simple answer is this: you can learn Tibetan just as children acquire and learn their mother tongue, through the process of open listening and repeating.

You will enjoy this method for learning Tibetan, just as a Tibetan child learns to speak. The process is simple, accessible and above all, practical. You just listen attentively to your teacher (or the recordings) and repeat what you hear. It is logical and easy to grasp, as you will soon discover. In this way, you will be able to speak useful Tibetan in no time at all.
Zos-Gar
(Commemorative issue on the occasion of the 25th anniversary of the founding of Tibetan Institute of Performing Arts (1959-1984))
Edited by Jamyang Norbu

Zos-Gar is an invaluable collection of articles on the many aspects of the music and performing traditions of Tibet by fourteen scholars from many different countries. Since this important part of Tibetan culture has not been studied comprehensively until now, this collection of highly informative and readable papers fill a significant gap in our knowledge of Tibetan civilisation.

This book is not only of value to the expert, but will delight anyone who has an interest in Tibet or in the musical and theatrical traditions of the world.

Blighted Flowers and Other Stories
Compiled and Translated by Riika J. Virtanen

A Blighted Flower and Other Stories provides a fascinating glimpse of modern Tibetan literary art. These four stories focus on women’s lives in contemporary Tibet.

The translation of Dondrub Gyel’s A Blighted Flower forms the main work in this collection. It is a novella of seven chapters and is considered to be one of the pioneering works in modern Tibetan story-telling. The other stories in this compilation are: A Shameless Bride by Dondrub Gyel and Tshering Dondrub, A Girl with Her Face Concealed by a Scarf by Tenpa Yargye and The Yellow Leaves of Summer by Tashi Palden.

Until recently access to modern Tibetan novels and short stories for non-Tibetan readers has been rare and the present work is intended to fill this gap.

Drowa Sangmo
Tibetan Folk Opera
Translated by C. B. Josamya

Drowa Sangmo is one of Tibet’s most popular stories for young and old alike. A tale filled with kings and queens, fairies and demons, it encompasses early Tibetan folklore, history and the introduction of Buddhism. Tibetans especially love the story as it is rich with religious symbology. Here is a tale where even the queen suffers though young and beautiful. Her children must undergo a series of hardships but realize that it is because in past lives they were negligent with their religious duties that they are suffering in the present life. Through prayer and sincere fortitude, the prince and princess become the inheritors of kingdoms sworn to the practise of Buddhism.
Eurasian Mythology in the Tibetan Epic of Gesar

Siegbert Hummel
Translated by Guido Vogliotti

Ge-sar is the most extraordinary Tibetan legendary figure and remains, despite various unsuccessful attempts to tie him down into a context of historical reality, a great mythological character.

The figure of Ge-sar (the name is modelled on the western Caesar-Kaiser) has served as a repository of traditions that, through the corridor of the Eurasian steppe belt, reach back into the world of Germanic and Greek legends and into Megalithic religious beliefs.

Utilizing the Tibetan versions of the epic, Professor Hummel provides us with a wealth of mythological, legendary and folkloric motifs which over the course of centuries sedimented around the initial crystallization kernel. He thus manages to bring to life one of the most fascinating legends of world literature.

Festivals of Tibet

Tsepak Rigzin

Tsepak’s Rigzin’s Festivals of Tibet is an invaluable work that captures the true essence of Tibetan festive traditions. Festivals such as Losar The Tibetan New Year, sMon Lam - The Great Prayer Festival, Saga Dawa, Buddha’s Descent from Tushita, and the Dalai Lama’s Birthday are each colourfully described with their own special charm. Tibet’s rich and diverse festivals are explored, both in its historical and Buddhist context. Festivals of Tibet offers to the reader a glimpse into Tibet, bringing to life its people and its cultural traditions for all to enjoy.

Folk Culture of Tibet

Norbu Choephel

Folk Culture of Tibet is a general exposition of the miscellaneous Tibetan beliefs and superstitions. It includes chapters on Tibetan superstitions on the birth of a child, man and his clothes, foods and animals. From sections on the significance of the Language of Ravens to the Tibetan traditional method of interpreting dreams. Also included is a translation of Karma Chakme’s rare text The Mirror of Omens. Above all, Folk Culture of Tibet brings to the readers a glimpse of the rich and innocent Tibetan culture that sees life through a Mirror of Omens, seeking meaning in the Language of Raven and the flashes of dreams. Such a work can surely enrich the readers with a thorough understanding of the timeless and transcendental Tibetan mind.
Folk Tales from Eastern Tibet
Translated by Ryoshun Kajihama

*Folk Tales from Eastern Tibet*, an English translation of the traditional tales prevalent in the Amdo region of Tibet was originally published in Japanese by Professor Ryoshun Kajihama, Setsunam University.

This collection consists of twenty-eight tales; most of which come from the memories of the Tibetans. These folk tales convey a sense of the traditional nomadic life and within them we can catch a glimpse of a nomad’s life—friendships, enmities, conflicts—and can get a sense of his or her joys and sorrows.

Just as in folk tales everywhere, this collection includes many animal stories, tales of family strife and community division, disputes about morals and laws and encounters with magic and magical beings. These stories are governed by plots common to all folk tales: the rule of greedy kings are ended; wicked beings are punished, and usually the good are rewarded.

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Folk Tales of Tibet
Norbu Chophel

Folk tales occupy an important place in Tibetan literature and often enrich the genre with their flavour and originality. But folk tales have remained unwritten and unrecorded. As such these fascinating tales have remained stored in the memories and were transmitted orally from generation to generation. In the process, a folk tale undergoes numerous changes, both gaining and losing a lot of their flavour. They are delightful nevertheless and never cease to surprise us with their store of princesses and witches: dogs and demons and frogs and mirgos intermingled in an innocently evil world of their own. It is only in exile that Tibetans have taken up the important work of recording and documenting the many facets of Tibetan civilization, including the folk tales.

Translated directly from oral narration into English by a Tibetan, the present edition of *Tibetan Folk Tales* will serve a very significant purpose of introducing the readers to the fascinating world of Tibetan folk culture.

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Gyalsa Belsa
Tibetan Folk Opera Story
Translated by Cynthia B. Josayma

*Gyasa Belsa* is an interesting opera story set in the 7th century. It narrates the feats and wit of minister Gar Tongtsen in winning the Princesses of Nepal and China for King Songtsen Gampo of Tibet. It was also during the rule of this powerful king that Buddhism first came to Tibet.
Stories from Beyond the Clouds

*An Anthology of Tibetan Folk Tales*
Clifford Thurlow

*Stories from Beyond the Clouds,* poignantly displays Clifford Thurlow’s masterful translation of Tibetan folk tales. In the stories themselves, interwoven between mysteries and fantasies, are the essential teachings of Buddhism, as only as they could be found within the rich cultural heritage of Tibet.

Publication Year:
5.5 X 8.5
196 pages

₹ 150 paperback
ISBN: 81-85102-09-0

Kache Phalu’s Advice on the Art of Living
Translated by Dawa Norbu

*Kache Phalu’s Advice on the Art of Living* was based on three Persian classics that were then taught in Mosque schools in Tibet: Gulistan, Bostan and Pantanama. But a close study indicates that the work is not an imitation of Persian classics, neither in its style nor in its content. To be sure it is not the classic written by a highly-educated lama or an aristocrat who are the usual authors of the “Great Tradition”. *Kha-che Phalu’i rNam thar* belongs to the “Little Tradition”, and it is precisely in this that its unique position in the history of Tibetan literature resides. It is one of the very few, if not the only, written document belonging to the little tradition. It opens to social scientists an enormous vista of the folk-mind; its strength and weakness; its wisdom and follies; its suffering and yearning; its ideals and illusions, its social ethos and trickiness; in short, its way of life and world view. Never before have we had so much common sense with so little allusion to the classical literature.

Publication Year:
1986, 1993
5.5 X 8.5
56 pages

₹ 125 paperback

The Dispute between Tea and Chang
Ja-Chang Lha-mo’i bstan bcos Bon-grong-pa
Translated by Alexander Fedotov and Acharya Sangye T. Naga

*The Dispute Between Tea and Chang* demonstrates the literary talent of Bon-drong-pa, a renowned scholar of the 18th Century. He skillfully sets a complete example of the court proceedings of his time. This is a beautiful introduction to the legendary arguments between two fairies on the subject of Tea and Chang. Read and discover how the king verdict as the fairies attempt to outwit each other. Their infamous disputes have created a tale of timeless value.

Publication Year:
1993
5.5 X 8.5
76 pages

₹ 85 paperback
ISBN: 81-85102-86-4
**The Story of Golden Corpse**

Translated by Yeshi Dhondup

Commonly known as ro-drung (corpse stories), *The Tales of the Corpse* have been an integral part of Tibetan folk tales for many centuries. Originally written in Sanskrit by the great Indian Buddhist master Nagarjuna, *The Golden Corpse Stories* was translated into Tibetan many centuries back. Today, one can find many versions of the golden corpse stories with different titles and number of stories. But despite the differences, the plot and the three main characters (the saint, the boy and the corpse) remain the same.

In this collection, a boy accidentally meets a saint and finding the boy determined and honest, the saint assigns him the task of fetching the corpse called Ro Ngodrup Gyatso from the mountain cemetery. The boy must redeem himself by carrying a talking corpse full of wondrous tales on a long journey, without himself speaking a word. These tales of intrigue and magic provide the reader with a window through which to view ancient Tibetan culture. Within them, you will encounter heroes and villains, fearsome witches, murderous demons, and clever tricksters with a uniquely Tibetan humour. Songs, riddles, jokes, and sayings make the stories come alive as they unfold against the background of everyday Tibet - its farmers and nomads, kings and magical beings.

**Tibetan Proverbs**

Compiled by Lhamo Pemba

This extensive collection of Tibetan proverbs offers a precious insight into the wisdom, humour and traditions of Tibet. With subject-matters ranging from the natural landscape and livelihood of the people to human personality traits and the tenets of Buddhist philosophy, these sayings reflect the values and attitudes of the people who coined them and of their community.

Lhamo Pemba has transcribed the proverbs from their natural oral form into written Tibetan and has also provided an English translation, with contextual explanations where appropriate.

This book is a testament to the folklore and culture of Tibet, and as such will be enjoyable and informative both for Tibetans and for others who share an interest in Tibet and its people.

**Two Classic Tibetan Fables**

Translated by Acharya Ngawang Namgyal

The two engaging stories in this volume originate in Tibetan folklore and deliver their essential moral message in such a way as to appeal to adults and children alike. In the first tale, "A Story of Antelopes: A Message of Renunciation Towards Cyclic Existence", we meet a stubborn antelope, whose refusal of his chieftain's wise advice leads to his downfall despite the compassionate prayers of a great sage. From this tale we learn the invincible laws of self-responsibility or karmic cause and effect.

The second fable, "The Legend of the Birds and Monkeys", involves us in a dispute between a group of monkeys and a flock of birds. The way the dispute is resolved highlights the wisdom of a fair-minded and logical approach in the face of argument and aggression. The enduring relevance of this message is particularly useful in today's world.
STORY FROM MONYUL

Namgey Lhamu

Monyul, also know as Tawang - the beautiful land of the Monpas is located in Western Arunachal Pradesh, India, bordering Tibet, China and Bhutan. Its people are called ‘Monpas’.

Tawang Monastery was founded by the Merak Lama Lodre Gyatso in 1681 in accordance with the wishes of the 5th Dalai Lama, Ngawang Lobzang Gyatso, and has an interesting legend surrounding its name, which means “Chosen by Horse”. The sixth Dalai Lama, Tsangyang Gyatso, was born in Tawang.

This small collection of gems is unique. Mon’s wonderful characters, beliefs and language have been interwoven into simple stories, which entertain, move and profoundly educate us. Namgey Lhamu (Ani Sangmo) has gifted the readers with rare glimpses into the heart and spirit of this special place.

When the Wolf Fell into the Pit

A Tibetan folktale retold and illustrated by Veronica Leo

The story about the wolf that fell into the pit is a Tibetan folktale, of which there are many variations. It is always about a wild animal that is hungry and is trapped in a pit or sometimes in a house and about his benevolent rescuer who happens to come along. The unhappy passer-by is sometimes a human or, as in this tale, an animal. The one who solves the problem that inevitably arises is, however, always the sly rabbit. In contrast to the cowardly rabbit in Western folktale, his Tibetan equivalent is courageous, in patient and occasionally even cruel - a real trickster.

This tale, retold and illustrated by Veronica Leo, can be found in W.F. O’Connor’s Folktales from Tibet, first published 1906.

Veronica Leo is a well-known Finnish illustrator and author, born in 1935. She writes in her mother tongue, Swedish. Her interest in Tibetan culture and folklore has resulted in many books based on the Jataka tales of the Buddha’s previous lives or on Tibetan folktales. The first one to be published in Tibetan was the story ‘The Three Coins’.

The Headlong Flight

A Jataka tale retold and illustrated by Veronica Leo

The story of the timid hare and the wise lion comes from a collection of very old fables and legends, called the Jataka tales. They originated in ancient India, where they were written down around 500 years BC. At that time, Buddhism was the main religion in India, and the Jataka tales are said to allegories told by Buddha himself to show the connection between people’s deeds and their results in order to inspire a wise and loving action. The Wild Flight is freely retold based on a translation from Pali into English, Published in Oxford in 1895.
The Hare in the Moon

A Jataka tale retold and illustrated by Veronica Leo


A Study of Tibetan Paper Money

Paper currency was only introduced into Tibet in the early 20th century, and yet Tibetan banknotes are arguably the most attractive among world currencies. The designs on the banknotes include both religious and national symbols, such as the snow lion and the lung rta (“wind horse”), and most are printed in vivid colours.

This currency represents a unique blend of printing skills and the artistic genius inspired by a long historical tradition of painting in Tibet. Those banknotes which survive are a testament to Tibet’s independent status prior to 1959, and serve as a tangible reminder of Tibetan material culture.

The author of this numismatic study, Wolfgang Bertsch, explores both the content and design of the currency, and provides a thoroughly researched and comprehensive Bibliography for those who wish to pursue the subject further.

Lectures on Tibetan Medicine

This is a general introduction to the fascinating yet complex subject of this ancient science of healing from Tibet. In it, the late Dr. Dolma lectures on many of the fundamental concepts of Tibetan medicine and answers the numerous questions that students of Tibetan medicine have. Mainly compiled from her lectures on the subject during her tour of Australia and Holland, this compilation provides the readers with one of best introductions to Tibetan medicine, its history and the various cures and concepts propounded in its general and secret medical tantras. Being one of the foremost practitioners of Tibetan medicine for over two decades, Dr. Dolma was among the undisputed authorities on the practice and theory of Tibetan medicine. As such, Lectures on Tibetan Medicine will be of interest and use to all the readers interested in Tibetan medicine.

The Currency of Tibet

The author has taken great pain in compiling this book. He has provided a comprehensive introduction with illustrations of paper currency and coins and their explanations. He has, also, consulted numerous western non numismatic publications on Tibet and has listed all those which mention some aspects of Tibet’s currency, often quoting extensively, particularly from those works which may not be of easy access.

We hope that this sourcebook will be of immense use to all those scholars and students who would like to be thoroughly informed on an aspect of Tibetan history and culture.
Drung Deu and Bon
(Narrations, Symbolic languages and the Bon Tradition in ancient Tibet)
Namkhai Norbu
Translated by Andrew Lukianowicz

*Drung, Deu and Bon* offers a rare opportunity to explore pre Buddhist Tibetan culture, presented within the three categories commonly described as the foundation of the kingdom of Tibet—*drung* (narrations), *deu* (symbolic languages), and the *Bon* tradition.

In this important work, Professor Namkhai Norbu begins by investigating the epic poems and legends of Tibet's secular culture. He then turns his attention to the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms; and he concludes by elucidating the complexities of the pre-Buddhist Bon religion in the context of its 12 'lores' or 'sciences'.

On Zhang-zhung
Seigbert Hummel
Translated by Guido Vogliotti

The country of Zhang-zhung, the stronghold of the ancient Bon religion, is generally believed to have been situated at the western end of Tibet, in the region around Mount Kailasa. Religious Bon texts handed down to us in Tibetan translations mention the fact that these texts were originally written in the language of Zhang-zhung, but due to the scarcity of material in this language many scholars tended to dismiss this as a fabrication of the Bonpos.

In this book Professor Hummel revisits the whole issue of Zhang-zhung, concentrating particularly on its language, but also on the actual size and geographical position of this kingdom.

Without any pretensions to have fully resolved the issue of understanding the Zhang-zhung language, the author opens up new perspectives for future research.

The Twelve Deeds
(A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion)
Translated by Sangye Tandar Naga

According to the Bon tradition of Tibet, Tonpa Shenrab was not only the founder of the Bon religion but also the first Buddha to appear in this ‘degenerate age’ (Kaliyuga), with the express purpose of relieving the sufferings of all sentient beings. In *The Twelve Deeds*, told according to the traditional format, we can read about the major events of Tonpa Shenrab’s life, including his compassionate and miraculous deeds and his entrance into mahaparinirvana.
Account of a Pilgrimage to Central Tibet

Andreas Brunder

Account of a Pilgrimage to Central Tibet investigates a rare text, the dbus gtsang gi gnas bskor and its author ‘Jam-dbyangs-bstan-pa-rgya-mtsho, about whom very little was formerly known. This Brag-dgon-pa lama made his pilgrimage in 1916, while visiting central Tibet and meeting the 13th Dalai Lama.

Besides an edition and annotated translation of part of the guidebook, as well as a translation of the biographical material about ‘Jam-dbyangs-bstan-pa-rgya-mtsho, this study also provides a bibliography that lists and classifies some 370 Tibetan-language works belonging to the Tibetan literary genre of historical and sacred Geography.

dGe-'dun chos-'phel

(A Biography of the 20th-Century Tibetan Scholar)

Irmgard Mengele

The savant dGe-'dun-chos-'phel (1902-1951) was the first "modern" scholar of Tibet. He was the first who not only completed a traditional Tibetan education, but who also was courageous enough to leave the monastic society, travel abroad, learn several new languages and deepen his knowledge by collaborating with scholars of different nationalities. dGe-'dun-chos-'phel was renowned in Tibet as a brilliant scholar, a talented artist, a highly gifted poet, an excellent translator, and a skillful dialectician. Yet he was also well-known for his non-conformity which turned him into a highly controversial figure in Tibetan society.
Sacred Spaces and Powerful Places in Tibetan Culture
(A Collection of Essays)
Toni Huber

The essays in this volume all attempt to document and interpret ways in which Tibetan peoples have identified and related to different categories of space and place as being unique or of higher ontological value, and as being set apart from many other spheres and sites of human life. The focus of the collection is intentionally broad, and its very breadth reflects the multitude of traditions of thinking about space and place which can be found in Tibetan culture, and which have also been associated with Tibet by non-Tibetans.

Each essay constitutes a separate chapter and they are arranged into four parts relative to their predominant themes. These parts are: i. Narrative, Social Identity and Territory; ii. Ritual Spaces and Places; iii. Hidden Countries and Holy Lands; and iv. Colonialism and Modernity.

The Founding Inscription in the gSer Khan of Lalung
Kurt Tropper

The inscription that forms the subject of this study ranks among the oldest extant literary documents from Spiti (Himachal Pradesh). It was already brought to the attention of the scholarly community by H.L. Shuttleworth in 1929, but despite several attempts to edit and translate the fragmentary epigraph it has hitherto remained unpublished. The present study provides the first edition and a richly annotated translation, thus establishing a basis for further research on this intricate document. In trying to unravel its contents, the author could rely on his detailed digital documentation of the inscription as well as on earlier transcriptions that were prepared in situ. The oldest of these were found among A.H. Francke’s unpublished works and are reproduced in transliteration and as facsimile images in the appendix to this volume.

The Guide to India
(A Tibetan Account by Amdo Gendun Chophel)
Toni Huber

The creative and controversial Tibetan intellectual Amdo Gendun Chophel (1903-1951) composed his, Guide to India during the 1930s while visiting many sites of Indian Buddhism, which had only recently been the object of archaeological rediscovery and modern religious revival. His work offered traditionally minded pilgrims from the remote Tibetan highlands clear instructions on the correct identification of authentic Buddhist sites, as well as a unique practical guide for using the Indian rail system. The Guide to India is one of the first works of modern Tibetan literature, and was to become the most widely used manual of contemporary Tibetan pilgrimage.
A History of Traditional Fields of Learning

(A Concise History of Dissemination of History of Traditional Fields of Learning in Tibet)

Muge Samten

Translated by Sangye Tandar Naga

A History of Traditional Fields of Learning contains a concise history of dissemination of traditional fields of learning in Tibet during the early and later diffusion of Buddhism. It also mentions the translators and scholars who visited Tibet, texts translated and monasteries founded by them and further highlights the spread of Buddhism to Mongolia and China and Tibetan texts translated in their native language.

This work by a highly respected contemporary Tibetan scholar Muge Samten (1914-1993) is from the third volume of his collected works and is a very reliable source on the subject. A History of Traditional Fields of Learning is a must for those who wants to study the history of Tibetan literature.

Russia’s Tibet File

Nikolai S. Kuleshov

Russia’s Tibet File: the unknown pages in the history of Tibet’s independence offers the reader a challenging new interpretation of Tibetan political history in the early years of the 20th century. Using evidence gleaned largely from Russian, Indian and British archival sources, author Dr. Nikolai S. Kuleshov puts forward a persuasive thesis and sheds new light on the relations between these political powers and Tibet.

Basing his study around the central figures of the time-His Holiness the 13th Dalai Lama, the Buryat lama Agvan Dorjiev, Lord Curzon as Viceroy of India and Sir Francis Younghusband-the author documents the events and changing circumstances of Tibet’s political fortunes, and offers the reader a fascinating and innovative look behind the scenes of governmental policy and ambition.

The Treasure of the Ancestral Clans of Tibet

Gyilung Tashi Gyatso and G. Thugchok Dorji

Translated by Yeshi Dhondup

The Treasure of the Ancestral Clans of Tibet is a translation of Bod mi bu gdong drug gi rus mdzod me tog skyed tshal zhes bya ba bzhugs so composed jointly by Gyilung Tashi Gyatso and Gyilung Thugchok Dorji, Tibetan scholars in Tibet, and published by the Religious Affairs Committee of Qinghai Prefecture. Based on various old Tibetan records, folksongs, biographies, oral stories, etc., this book discusses the origin of Tibetan people, supporting the traditional Tibetan theory that Tibetans orginated from a monkey father, an emanation of Avalokiteshvara, and a mother rock-dwelling ogress. It tells us how the ancestral Tibetan clans or tribes got their names and how they branched out and spread throughout Tibet, with a special focus on Kham and its environs. It gives examples of many eminent personalities, such as kings, high lamas, siddhis, chieftains, etc., born to various clans. The authors skillfully draw a connection between Chinese astrology and identification of a person’s clan, depending on the movement of his or her lips, manner of breathing and body gestures while talking.
**The Water Horse and Other Years**  
*(A history of 17th and 18th Century Tibet)*  
K. Dhondup

*The Water-Horse and Other Years* is a history of Tibet during the 17th and 18th centuries, roughly covering the period from the First to the Seventh Dalai Lamas. It attempts to capture the sound and fury of the sectarian and regional conflicts and turmoil that dominated the larger part of some of the most violent and power-hungry chapters in Tibetan history, when diverse personalities such as Qosot Gushri Khan, Desi Sonam Chophel, Karma Tenkyong Wangpo, Desi Sangay Gyatso, Qosot Lhazang Khan, Kanchenay Sonam Gyalpo, Miwang Pholanay Sonam Topgyal, Gyurmed Namgyal, and many others roamed across the Tibetan landscape in search of personal, sectarian, or regional victory and domination.

**Tibet and the British Raj**  
Alex McKay

Despite the popular image of Tibet as a remote and inaccessible land to which few Europeans ventured, more than one hundred British-Indian officials lived and worked there during the years 1904-1947.

Following Colonel Younghusband’s 1903-04 mission to Lhasa, these officers and their supporting staff were posted in central and southern Tibet, and, after 1936-1937, at the British Mission Lhasa. Among those who rose to the senior positions there were such famous frontiersmen as Colonel F.M. Bailey, Sir Charles Bell, and Hugh Richardson.

This ground-breaking work draws on previously unpublished sources, both oral and written, to examine the character, role, and influence of these officers. It concentrates on those who formed a small, distinct, group of Tibetan specialists: ‘the Tibet cadre’.

**Hidden Tibet**  
*(History of Independence and Occupation)*  
S.L. Kuzmin

This book traces the history of Tibetan statehood from ancient times to our days, describes the life of the Tibetans at the times of Feudalism and Socialism, the coercive inclusion of Tibet into People’s Republic of China, the suppression of the national liberation movement, the Cultural Revolution, and subsequent reforms. Many pictures and data concerning these events are being published for the first time.

The book has garnered much interest in Russia, particularly in academic and political science circles.
From Tibet Confidentially
(Secret correspondence of the 13th Dalai Lama to
Agvan Dorzhiev, 1911-1925)
Jampa Samten & Nikolay Tsyrempilov

The essence of this book is twenty four letters stored for decades on the shelves of the National Museum of Buriatia - reproduced here for the first time both as facsimile copies and in English translation. The letters cover a pivotal period of modern Tibet's history - 1911-1925 - when the Great Game entered its last dramatic stage. the British Raj and Russian emperor, Bolsheviks and academic explorers, Chinese president and French travelers - all these personages and discussed in the letters penned by the most important figures in the history of modern Tibet - the Thirteenth Dalai Lama Thupten Gyatso - and his well-known favorite officials, Sholakhang Shappe and Tsarong Shappe.

Political and Military History of Tibet Volume I
Gyaltse Namgyal Wangdu
Translated by Yeshi Dhondup

Political and Military History of Tibet is virtually the first comprehensive Tibetan military history. Based on many historical and biographical sources, including eyewitness accounts of many veterans of Tibetans' war of resistance against the Communist Chinese in 1950-59, as well as the author's own experience during his military service in Tibet, this volume elaborates the evolution of the Tibetan Army and various wars it fought with foreign forces throughout Tibetan history, especially Sino-Tibetan political intricacies and Tibetan internal political struggle during the 18th and 19th centuries, as well as detail description of the 14th Dalai Lama's miraculous escape to India in 1959 on the eve of PLA's violent suppression.

The author, Namgyal Wangdu, is a retired army officer of the Special Frontier Force (SFF), also known by Est. 22, based in Dehradun, India. He also served as an army officer in the traditional Tibetan army until 1959.

Political and Military History of Tibet Volume II
Gyaltse Namgyal Wangdu
Translated by Yeshi Dhondup

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Ladakhi Histories (Local and Regional Perspectives)

John Bray

Ladakh’s geographical location between the Himalaya and Karakoram mountains has exposed it to competing political and cultural influences from India, Central Asia and Tibet. This book points to Ladakh’s distinct local identity, but argues that its historical development can best be understood in a wider regional perspective. It contains twenty-three research papers from the International Association of Ladakh Studies (IALS), and draws on contributions from historians, art historians, linguists and anthropologists. Their sources include Ladakhi historical documents, comparative linguistic research, visual evidence from temple architecture and inscriptions, Mughal biographies, European travel accounts, government records, trade receipts, and local oral tradition. Taken together, the volume provide a much richer view of Ladakhi history than was previously available, and makes a significant contribution to the study of the wider Himalayan region.
Don’t Say No to a Tibetan (Dharamsala Chronicles)
Bertrand Sauzier

The Tibetans portrayed here are not represented as downtrodden victims, but as a courageous people waiting for an opportunity to show their worth. Don’t Say No to a Tibetan is not a slogan. The title sends a message to the Chinese that the karmic retribution for treading on an innocent people will be great. The book makes a distinction between the brutal “no!” of the aggressor and the well thought out “No” of the person open to dialogue. Tibetans have a perfect right to say No to their colonizers. To learn to fight back as an organized movement is now a necessity.

Flight and Adaptation
(Tibetan Refugees in the Darjeeling-Sikkim Himalaya)
Tanka B. Subba

Dr. Tanka B. Subba was born on 9 May 1957 in Kalimpong. He graduated from Kalimpong College and was awarded a Gold Medal for securing 1st in MA. in 1980, and received his Ph.D. in 1986 for Caste, Class and Agrarian Relations in the Nepalese Society of Darjeeling and Sikkim. He is currently a Lecturer in Sociology at the Centre for Himalayan Studies, University of North Bengal. In this book the author makes an in-depth study of the adaptation process of the Tibetan refugees who started their exile life on the Darjeeling-Sikkim Himalaya, which is physically, culturally, climatically and linguistically, to a large extent, similar to what exists in Tibet, and shows that the process of rehabilitation and adaptation of Tibetan refugees in these areas has been less problematic than those in other parts of India.

Journey Among the Tibetan Nomads
(An Account of a Remote Civilization)
Namkhai Norbu
Translated by Maria Simmons

This book, conceived and written at the time of the author’s journeys among the nomad population of eastern Tibet in the 1950s, is a precious mirror of the usages and customs of these people, which strikingly correspond to descriptions in the ancient Tibetan epic of Gesar of Ling. From marriage to religion, from animal husbandry to popular justice, all aspects of the culture and daily life of the nomads are explored by an alert and curious traveller on his way through ancient, far-off lands.
Tibet and Tibetan Muslims

Dr. Abu Bakr Amir-uddin Nadwi
Translated by Prof. Parmananda Sharma

*Tibet and Tibetan Muslims* by Dr. Abu Bakr Amir-uddin Nadwi is the first ever book on Tibet that has been written in Urdu. The author attempts to illustrate historical accounts of the Muslims community of Tibet.

The initial section of the book is about the origin of the Tibet, its early kings, the emergence of the Dalai Lamas and so on. The middle section of the book narrates the propagation of Islam in Tibet and illustrates the harmonious co-existence of Buddhist Tibet with the early Muslim immigrants.

This book highlights how Islam as a religion was tolerated and sustained under a Buddhist nation.

The community of Tibetan Muslims led peaceful and constructive life, and also contributed to the growth of the Tibetan societal development.

The strong relationship between Arab and Tibet could be understood from the influence Muslim culture had in enriching the Tibetan civilization.

My youth in Tibet

*(Recollections of a Tibetan woman)*

Tseyang Sadutshang

*My Youth in Tibet* takes us back to a time when Tibet was a land that truly belonged to the Tibetans.

In the first part of the book, the author vividly recounts instances that take place during her childhood and during the early part of her married life, with both candour and charm. In particular, we see the life of a woman who was not part of the nobility, unlike most memoirs of Tibetan women so far which have been of women from the nobility.

The second part of the book concentrates on the Regent Reting Rinpoche, her uncle. Here we are revealed intimate details of Reting Rinpoche, the person, and the much loved uncle. This entirely fresh perspective on the Regent is a welcome change from what has been written before about him.

Towards a Nonviolent Mind

Ravindra Varma
Anna Alomes

How can we reduce the violent going on around us and lead happier more meaningful lives? What can we do to change a fearful or anxious state of mind into one that is relaxed, happy and compassionate in order to benefit ourselves and others?

In this book, the authors provide impressive answers and practical solution to these questions. By bringing forward the combined 20-year work of Western Scientists and Tibetan Meditators (including the Mind & Life group lead by H.H. The Dalai Lama). Cutting edge research is offered for transforming the mind from a negative to a positive state.

The author provide an engaging picture of the problems facing us in today’s society like the fear and threat of terrorism, and the broader social concerns of damage to the environment and declining standards of living.
Power in Philosophy

(Two arguments for nonviolence today)
Anna Alomes

In a world witnessing social transformation by non-violent means on the scale never before seen, this book offers a challenge to philosophy to catch up and support these changes with the required foundations for sustaining peace in the 21st century and beyond.

This book offers hope for a compassionate future, issues a wake-up call to academia and provides a roadmap for change.

People of the Prayer Wheel

Parmananda Sharma

People of the Prayer Wheel is a study of Tibet and Tibetans right from the legendary days of religious kings to the present age. It describes their social and religious beliefs, spiritual development and the unfolding of the saga of Ganden Phodrang under the Great Fifth to the Thirteenth Dalai Lama and its renunciation by the democracy loving H.H Tenzin Gyatso, the 14th Dalai Lama. The author also traces the background of Sino Tibetan relations through the centuries and Tibet's occupation by the Chinese. Written in a simple and racy style People of the Prayer Wheel is totally free from scholastic jargon. Prof. Sharma is now permanently settled in Dharamsala.

Gendun Chophel : Portrait of a Great Thinker

compiled by Kirti Rinpoche

Gendiin Chophel was seen as a mysterious Tibetan figure during his lifetime and it remained so for a long time even after his death. He was often projected negatively. This was attributed mainly to Tibetan people's misconception about this man and lack of intellectual development in Tibetan society in those days. Lately, many scholars, both Tibetan and Westerners, have started taking keen interest in his life history. His works are searched and compiled. Books and articles about him are written. People who knew him personally are interviewed and oral accounts about him are collected and compiled. Gradually, the truths about this man are coming to light and the misconception about him is slowly going away. His fans are increasing. More and more people are showing interest in his biography and many scholars are searching for more information about him.

This volume contains recollections about Gendiin Chophel, a man with formidable intellect and strong patriotism, told by people who had known him closely or less intimately at various times during his life or had first-hand information about him. Compiled by the 11th Kirti Rinpoche, the original Tibetan version was published in 1983 by the Library of Tibetan Works and Archives. The purpose of this English translation is to reach wider readership and provide an important source of information about Gendun Chophel for his fans in general and scholars and others who want to do research on him. The following poem that he composed just before his death gives a glimpse of his life.
FEMININE WISDOM:
(Collection of Articles on Tibetan Women)
Namgey Lhamu

Tibetan women have played unparalleled and exemplary role in shaping the contours of Tibetan civilization and in the preservation of Tibetan race, language, culture and religion. However, though the women’s studies in general have made a major progress in recent decades, the study of Tibetan women has not made a similar stride, due partly to lack of literature and historical sources on the Tibetan women and partly to the gender prejudice.

Therefore, an unbiased and in-depth research is necessary in order to have a proper understanding of the Tibetan women’s history and role in general and their contribution towards the Tibetan civilization in particular. And, in order to encourage and facilitate research and study on Tibetan women, the Library of Tibetan Works and Archives has brought out this publication entitled Feminine Wisdom: Collection of Articles on Tibetan Women. These articles, authored by prominent scholars, have originally appeared in various issues of Tibet Journal, a quarterly publication of this institute devoted to the scholarly and general interest articles on Tibetan civilization.

MY THIRD EXPEDITION TO TIBET (1936)
Rahul Sankrityayan

My Third Expedition to Tibet gives knowledge and insight about the people and places in Tibet, and also provides important information about the many rare manuscripts which existed and were being carefully preserved in Tibet at that time. It also depicts the life and many contributions to literature and history made by Gendun Choephel, the renowned and most progressive intellectual of modern Tibet. The contents of this book are further enriched by the inclusion of Professor Samdhong Rinpoche’s well-researched preface to Gendun Choephel’s rCyal-khams rigspas bskor-ba gTam-rgyud gSer-gyi Thang-ma (The Tales of the Golden Plain, the Story of a Cosmopolitan’s Journey).

Pandit Rahul Sankrityayan was one of the most widely travelled Indian writers of his time, and is thus referred to as the Father of Hindi travel writings. His travels took him to different parts of India, including Ladakh, Kinnaur and Kashmir, and also to several other countries including Nepal, Tibet, Sri Lanka, Iran, China and the former Soviet Union. He made several visits to Tibet, and brought back valuable paintings and Pali and Sanskrit manuscripts to India. Most of these treasures once formed an important part of the libraries of the ancient Indian Vikramshila and Nalanda Universities.

The Exile Tibetan Community : Problem & Prospect
Tsewang Rigzin

When Tibetan first became refugees, they never thought that they would remain refugees for more than half a century and for the unknow future; no one can be predict how long they still have to wait for their eventual return to Tibet. Looking at the current economic and political influence of China on the global stage and the attitude of Chinese leaders regarding Tibet as reflected in the Sixth Work Forum on Tibet, it is unlikely that the return will come anytime soon. With brief analysis on the past trends and current status of the three pillars of the exile Tibetan establishment, i.e. CTA, the Settlements and the Educational Centers, this book attempts to outline the potential future challenges that the exile Tibetan establishment may face. In the process, attempts were also made to identify a set of recommendations of approaches, strategies and best practices to overcome or mitigate these anticipated risks which will contribute to a more vibrant and self-sustaining exile community till the exile Tibetan’s eventual return to Tibet.
**My Mountain and My Valley**

Parmananda Sharma

In this revealing autobiographical work *My Mountain and My Valley* by Professor Parmananda Sharma, we follow one man’s simple yet remarkable personal life and adventure through some of the most extraordinary decades and events of the last century in India, including his remarkable meetings with key political and spiritual figures. He reveals his own quirks and those in this professional and personal world, and at the pinnacle shares moments from his mutually karmic friendship with His Holiness the Dalai Lama.

Professor Parmananda Sharma is an educated man willing to share and record important details of this own remarkable slice of history, and himself, to others. He speaks and writes eloquently in several languages and like all true educators understands the responsibility of recording stories. The story recorded here is for the interest and inspiration of future generations, to give them glimpses of a world that has moved on to more dangerous things, the importance of education motivation and action for good, and our collective choice about the future of our challenging world.

**Hundred Customs and Traditions of Tibetan People**

Sagong Wangdu & Tenzin Tsepak

*A Hundred Customs and Traditions of Tibetan People* puts together everyday beliefs, practices, observations and mannerisms of living life enriched by thousands of years of spiritual consciousness. Though it is hard to condense the rich customs and traditions of Tibet into one topic, the author has tried to provide a clear insight into it. From ceremonial rites, auspicious days and symbols to everyday beliefs, Tibetan opera and various kinds of dance forms to the five schools of Tibetan Buddhism. The tradition of naming a newborn to marriage customs and finally to funeral rites, the author covers major aspects of Tibetan customs and traditions in a nutshell.

**HIGH HOPES**

Tony London

*High Hopes* is the story of Tibetan education in India since the arrival of Tenzin Gyaltso, the 14th Dalai Lama in India in 1959.

When His Holiness the Dalai Lama arrived in India, he came with his retinue many thousand of followers who arrived soon after. Their arduous journey was to a country about which most of them were ignorant. They came as deeply committed Buddhists and with a positive belief in the future. Other than the monks and high officials, most of them had little or no formal education or experience.

They arrived into a country which was still emerging and forming its own identity, and still reeling from the ‘Partition’ and all of the related changes that had taken place after the departure of the British ‘Raja’.

This relatively small group of Tibetans were strangers in the political landscape of the sub-continent, with its millions. Somehow Nehru and the Indians found a way to accommodate the Tibetans. This book traces that story and the way that the Tibetan in-exile have been able to forge their own unique Buddhist way of life and to incorporate that into their path for the future.
Tibetan National Flag and Anthem

(Te编 by Library of Tibetan Works & Archives)

Tibetan national flag is ultimately connected with the authentic history and royal lineage of Tibet which are thousands of years old. In the Tibetan royal year 820 (the seventh century of the Christian era), at the time of the Tibetan religious king Song-Tsan Gampo, the great and vast land of Tibet was divided into large and small districts known as “Go-kyi tong-de” and “Yung-g’i mi-de”. From these districts, an army of 2,860,000 men were chosen and stationed along the borders of Tibet, and the subjects thus lived in safety.

The regiments of each area had its own individual military emblem. Continuing with that tradition up to the beginning of the twentieth century, various regiments within the Tibetan army had military flags with either a pair of snow-lions facing each other, or a snow-lion leaping upwards and so forth. Based on the formats of previous Tibetan military flags, His Holiness improved upon them and designed the present national flag.

Life and Thangka

Searching for Truth through Sacred Art
Tiffani H. Rezende

“This is a sacred art, a path which can take you to enlightenment.” When a Mongolian lama whispered these words to her, she realized she was meant to follow this path.

Tiffani H. Rezende was born in Brazil in 1981. Her spiritual search took her through an alternative community, a marine life, an Australian aboriginal reserve, the Russian wilderness and finally to the Mongolia steppes, where she saw Thangka painting for the first time. She followed the suggestion from her lama to study in Dharamsala in northern India, the seat of H. H the Dalai Lama in exile. There she was accepted as the first western student by the Norbulingka Institute and became a trained Thangka artist. Described with humour and sensibility, a daily life as an apprentice in the art of Thangka painting.....
Cosmology and Consciousness I
(Mind and Matter) [Science Book No. 06]
Dialogue Between Scientists and Buddhist Scholars.

Human consciousness looks out into the cosmos and tries to make sense of the Universe we inhabit. Our theories about the physics of the Universe were created by our brains and minds. And it is incredible that single individuals, through thinking, can invent a theory that describes the whole Universe. Yet, as we explore the outer limits of the Universe, can our thinking also lead us to examine our own capacity to understand? Are there some profound connections between the inner dynamics of our mind and the outer structure of what we call physical reality, including perhaps the large-scale nature of the Universe, and the smallest scales of the quantum? This book explores and answers these questions.

Cosmology and Consciousness II
(Knowing and Action) [Science Book No. 07]
Dialogue Between Scientists and Buddhist Scholars.

Human consciousness looks out into the cosmos and tries to make sense of the universe we inhabit. Our theories about the physics of the universe were created by our brains and mind. And it is incredible that single individuals, through thinking, can invent a theory that describes the whole universe. Yet, as we explore the outer limits of the universe, can our thinking also lead us to examine our own capacity to understand? Are there some profound connections between the inner dynamics of our mind and the outer structure of what we call physical reality - including, perhaps, the large-scale nature of the universe and the smallest scales of the quantum? This book attempts to simplify some of those questions.

Cosmology and Consciousness III
(Harmony and Happiness) [Science Book No. 08]
Dialogue Between Scientists and Buddhist Scholars.

Harmony and Happiness explores the important Buddhist concept of interdependence and its connections to physical and biological systems that are in and out of balance. From the physical and biological sciences we look at balance and equilibrium, and the importance of tiny perturbations and forces accumulating over time. Presentations also delve into cultivating positive consciousness and well-being from the perspective of learning and teaching, and from the perspective of clinical and contemplative practices. The highest education is that which does not merely give us information but brings our life into harmony with all existence. The conference series seeks to focus not only on sharing knowledge but also on contributing towards a happier life and a harmonious world.
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Email: tibetjournal@gmail.com
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The Tibet Journal’s forthcoming issue is a special issue dedicated to late Prof. Dawa Norbu. Titled Third Symposium in Memory of Prof. Dawa Norbu, it contains articles from young Tibetan scholars and Indian professors.