The Dalai Lamas Secret Temple

A visual presentation of Tibetan yoga, the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition • Explains the core principles and practices of Tibetan yoga with illustrated instructions • Explores esoteric practices less familiar in the West, including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive substances • Draws on scientific research and contemplative traditions to explain Tibetan yoga from a historical, anthropological, and biological perspective • Includes full-color reproductions of previously unpublished works of Himalayan art Tibetan yoga is the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition: a spiritual and physical practice that seeks an expanded experience of the human body and its energetic and cognitive potential. In this pioneering and highly illustrated overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations of the movements and beautiful, full-color works of Himalayan art, never before published. Drawing on Tibetan cultural history and scientific research, the author explores Tibetan yogic practices from historical, anthropological, and biological perspectives, providing a rich background to enable the reader to understand this ancient tradition with both the head and the heart. He provides complete, illustrated instructions for meditations, visualizations, and sequences of practices for the breath and body, as well as esoteric practices including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive plants. He explains how, while Tibetan yoga absorbed aspects of Indian hatha yoga and Taoist energy cultivation, this ancient practice largely begins where physically-oriented yoga and chi-gong end, by directing prana, or vital energy, toward the awakening of latent human abilities and cognitive states. He shows how Tibetan yoga techniques facilitate transcendence of the self and suffering and ultimately lead to Buddhist enlightenment through transformative processes of body, breath, and consciousness. Richly illustrated with contemporary ethnographic photography of Tibetan yoga practitioners and rare works of Himalayan art, including Tibetan thangka paintings, murals from the Dalai Lama’s once-secret meditation chamber in Lhasa, and images of yogic practice from historical practice manuals and medical treatises, this groundbreaking book reveals Tibetan yoga’s ultimate expression of the interconnectedness of all existence.

Tibet has come to be synonymous with spirituality. It seems that the many hardships endured by the Tibetans - oppressive authorities, extreme altitude, harsh climate - have forced many to focus on the next life rather than the present. Today, still under Chinese occupation, Tibet struggles to regain its independent status. This intriguing and richly illustrated book examines the turbulent history of this beautiful country. Chapters include - Land and Identity; Religions and Beliefs; Kings and Lamas; from Empire to Theocracy; The Quest of the West; Invasion and Colonization; Tibet Today. Fascinating documents include accounts of - Travellers in Tibet; Tibetan Poetry; Tibetan Medicine; The Tibet China agreement of 1951; Lists of the Dalai Lamas and Panchen Lamas.

"This book is an overview of the radical psychological teachings that underlie the Buddhist approach to living a life of freedom and peace. Grounded in deep scholarship, psychological sophistication, and many years of teaching and personal practice, this collection of essays will appeal to anyone looking to gain a richer understanding of Buddhism's experiential tools for exploring the inner world." --Book Jacket.

Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Howard Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace. Based on 2,500 years of Buddhist meditations mixed with a healthy dose of common sense, THE ART OF HAPPINESS is a book that crosses the boundaries of traditions to help readers with difficulties common to all human beings. After being in print for ten years, this book has touched countless lives and uplifted spirits around the world.

Into Tibet
The Tibetan Art of Healing
The Great Exposition of Secret Mantra, Vol. 1
Principles of Buddhist Tantra
HEART OF THE WORLD
The Dalai Lama's Secret Temple
Discover Thailand Miracles

Imprisoned in India by the British when World War II was declared, Austrian climber Heinrich Harrer escaped, crossing the Himalayas to Tibet. Settling in Lhasa, the Forbidden City, he became the tutor and friend of the present Dalai Lama in this classic of adventure literature.

"Don’t ignore intuitive tickles lest they reappear as sledgehammers."That’s the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In The First Rule of Ten, the first installment in a three-book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles.Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows.Set in the modern-day streets and canyons of Los Angeles, The First Rule of Ten is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all.

Clear, eloquent, simple, and profound, His Holiness's teachings are easily accessible to beginning practitioners yet richly nourishing to those more advanced in practice. In The Path to Bliss, the Dalai Lama shows how visualization, reason, and contemplation can be systematically crafted to enhance personal development. Beginning with practices designed to create an effective mental outlook, His Holiness skillfully guides the student to more advanced techniques for developing the mind's deepest potential and happiness. An impeccable attention to the correctness of detail, yet manages at the same time to convey a sense of playfulness, a balance of specific technical guidance, and delightful asides. It exemplifies the sophistication and elegance of Tibetan Buddhist methods for spiritual development.

The Dalai Lama's Secret TempleTantric Wall Paintings from Tibet
The Dalai Lama's Cat and the Art of Purring
Le temple secret du Dalaï-Lama
Seven Years in Tibet
A History of Modern Tibet Since 1947
The Secret Mantra
A Tibetan Monk's Encounter with the Living God
Principles and Practices

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

This is the untold story of Tibet—a compelling account of conspiracy, covert organizations and international intrigue—told through the eyes of Gyalo Thondup, the Dalai Lama’s elder brother. After Tibet was overrun by the Chinese in 1951, Thondup served for decades as His Holiness’ special envoy to many countries, gaining an unparalleled perspective of the ongoing tussle of the divergent interests of China, India, Russia and the United States. Together with Anne F. Thurston, Gyalo Thondup shares his experiences, classified information and rare photos for the first time and his vision for Tibet in the twenty-first century.

This book remarkably mixes stunning photographs of Tibet's most sacred monasteries of the early Dalai Lamas with text on the historical relevance of these sites in the unfolding of Tibetan Buddhism. Appearing throughout the book are brief biographies, inspirational quotations and passages from the writings of the early Dalai Lamas. The book takes both an experiential form (through the photographs) and an intellectual exploration of these power spots. It explores the caves where the early Buddhist masters meditated, enters the monasteries where the Dalai Lamas and others taught, and looks down from an altitude of over 16,000 feet into the famous oracle lake of Lhamo Lhatso (where every Dalai Lama has had prophetic visions). The sacred sites include: • Potala • Jokhang • Drepung Monastery • Nechung • Drak Yerpa Valley • The Caves of Songsten Gampo, Jowo Atisha, and Guru Rinpoche • Samye Monastery • Lambhu Lagang Castle • Ani Sanku Nunnery • Lama Tsongkhapa Meditation Cave • Tranduk • Kangyur Stupa • Terdak Lingpa • Tashi Lumpo • Champa Zhishi • Sakya • Chokhor Gyal • Milarepa's Cave • The Oracle Lake

A Buddhist manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. In the shamanic worldview of Tibet, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. The Tibetan tantric view recognizes the elements as five kinds of energy in the body and balances them with a program of yogic movements, breathing exercises, and visualizations. In Dzogchen teachings, the elements are understood to be the radiance of being, and are accessed through pure awareness. Healing with Form, Energy, and Light offers the reader healing meditations and yogic practices on each of these levels. Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings. "The secrets freely given in this volume can help us lay sound foundations for whatever yogic practice we may adopt. Tenzin Rinpoche has rendered all a great service." —Yoga Studies
A Journey to Tibet's Lost Paradise
Healing with Form, Energy, and Light

Tibetan Yoga
Turning the Wheel of Life
The Noodle Maker of Kalimpong
fresques tantriques du Tibet

Tibetan Buddhism and the Dalai Lama enjoy global popularity and relevance, yet the longstanding practice of oracles within the tradition is still little known and understood. The Nechung Oracle, for example, is believed to become possessed by an important god named Pehar, who speaks through the human medium to confer with the Dalai Lama on matters of state. The Dalai Lama and the Nechung Oracle is the first monograph to explore the mythologies and rituals of this god, the Buddhist monastery that houses him, and his close friendship with incarnations of the Dalai Lama over the centuries. In the seventeenth century, during the reign of the Fifth Dalai Lama, the protector deity Pehar and his oracle at Nechung Monastery were state-sanctioned by the nascent Tibetan government, becoming the head of an expansive pantheon of worldly deities assigned to protect the newly unified country. The governments of later Dalai Lamas expanded the deity's influence, as well as their own, by establishing Pehar at monasteries and temples around Lhasa and across Tibet. Pehar's cult at Nechung Monastery came to embody the Dalai Lama's administrative control in a mutual relationship of protection and prestige, the effects of which continue to reverberate within Tibet and among the Tibetan exile community today. The friendship between these two immortals has spanned nearly five hundred years across the Tibetan plateau and beyond.

An untold story that reshapes our understanding of Chinese and Tibetan history From 1956 to 1962, devastating military conflicts took place in China's southwestern and northwestern regions. Official record at the time scarcely made mention of the campaign, and in the years since only lukewarm acknowledgment of the violence has surfaced. When the Iron Bird Flies, by Jianglin Li, breaks this decades long silence to reveal for the first time a comprehensive and explosive picture of the six years that would prove definitive in modern Tibetan and Chinese history. The CCP referred to the campaign as "suppressing the Tibetan rebellion." It would lead to the 14th Dalai Lama's exile in India, as well as the Tibetan diaspora in 1959, though the battles lasted three additional years after these events. Featuring key figures in modern Chinese history, the battles waged in this period covered a vast geographical region. This book offers a portrait of chaos, deception, heroism, and massive loss. Beyond the significant death toll across the Tibetan regions, the war also destroyed most Tibetan monasteries in a concerted effort to eradicate local religion and scholarship. Despite being considered a military success, to this day, the operations in the agricultural regions remain unknown. As large numbers of Tibetans have self-immolated in recent years to protest Chinese occupation, Li shows that the largest number of cases occurred in the sites most heavily affected by this hidden war. She argues persuasively that the events described in this book will shed more light on our current moment, and will help us understand the unrelenting struggle of the Tibetan people for their freedom.

A “fascinating” story of espionage that “fills a blank space in the hidden history of the Cold War” (The Houston Chronicle). Into Tibet is the incredible story of a 1949–1950 American undercover expedition led by America’s first atomic agent, Douglas S. Mackiernan—a covert attempt to arm the Tibetans and to recognize Tibet’s independence months before China invaded. A Nepal-based American journalist reveals how the clash between the State Department and the CIA, as well as unguided actions by field agents, hastened the Chinese invasion of Tibet. A gripping narrative of survival, courage, and intrigue among the nomads, princes, and warring armies of inner Asia, Into Tibet rewrites the accepted history behind the Chinese invasion of Tibet. “A gripping tale.” —The Washington Post

On a willow-covered island behind Tibets Potala Palace is a small pagoda roofed Khang, or temple, a place reserved exclusively for the Dalai Lamas as a place of meditation and spiritual retreat. During the brief reign of the Sixth Dalai Lama, who built the Lukhang Temple in the 18th century, unknown artists created a series of mysterious paintings on its chapel walls; comparable in quality and ambition to the Sistine Chapel in Rome, these masterpieces of Tibetan art are superbly reproduced here in this extraordinary publication, which is now available in paperback. This treasure of Tibetan Buddhist spirituality is presented in a magnificent and sumptuous large format edition. The vivid detail, rich colour and awe-inspiring impact of this path to spiritual liberation can at last be experienced outside the Lukhang Chapel.

Unlimiting Mind
A Tenzing Norbu Mystery
Tibet
The Alice S. Kandell Collection
Tantra in Tibet
When the Iron Bird Flies
Spiritual Attainment, the Dissolution of the Material Body, and the Case of Khenpo A Chö

I am not quite sure if everybody will like this book as I do know that as much as I would want it to, not majority of people truly understands Buddhism. I can actually see people getting very bored by looking at the temples that can be found in Thailand. However, for people who have opened their beings and existence for buddhism and learning, I would definitely beg to differ. Each temple in Thailand has its story attached to it. I could find nothing more interesting that chatting with a friendly Thai monk in a Thai temple for a day. I wish to dedicate this book to His Holiness, the Dalai Lama, as well as the people of Tibet. Thank you our Dalai Lama for everything you have done to save the very essence of humanity and keeping your ground to be the greatest example of how war achieves nothing. It truly saddens me that 2000 year old temples were destroyed by the Chinese occupiers. I fervently pray that I get to witness Tibet getting back its lost sovereignty and see the people of Tibet graciously live according to our Dalai Lama's examples.

Francis V. Tiso, a noted authority on the rainbow body, explores this manifestation of spiritual realization in a wide-ranging and deeply informed study of the transformation of the material body into a body of light. Seeking evidence on the boundary between physical science and deep spirituality that might elucidate the resurrection of Jesus, he investigates the case of Khenpo A Chö, a Buddhist monk who died in eastern Tibet in 1999. Rainbow Body and Resurrection chronicles the dissolution of Khenpo's material body within a week of his death, including eye-witness interviews. Tiso describes the spiritual practices that give rise to the rainbow body and traces their history deep into the encounter of religions in medieval Central Asia. His erudite exploration of the Tibetan phenomenon raises the fascinating question of whether there is a connection between the rainbow body and the dying and rising of Jesus. Drawing on a wealth of recent research, Tiso expands his discussion to include the contemplative geography out of which Dzogchen arose some time in the eighth century along the great Silk Road across Central Asia. The result is an illuminating consideration of previously unimagined relationships between spiritual practices and beliefs in Central Asia.

*This biography of the Dalai Lama--blessed by His Holiness himself--is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Geyche Tethong, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness--their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, His Holiness the Fourteenth Dalai Lama: An Illustrated Biography is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. * As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses India's lackluster attempts at uplifting his people--denying them official documentation, restricting employment, and crowding refugees in the remote location of Dharmsala--citing its fear of angering China as the reason behind its ambivalence towards Tibet. * Ngari Rinpoche revisits his own profound memory of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. * Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharmsala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.*

Le Lukhang - temple des esprits serpents - émerge d'un bosquet de saules, an milieu d'un lac situé derrière le palais du Potala à Lhassa, la capitale du Tibet. Les murs de ce temple, érigé au XVIIIe siècle, ont été ornés par des artistes inconnus d'extraordinaires peintures, uniques dans l'histoire de l'art tibétain. Abritant exclusivement la méditation des dalaï-lamas, ces peintures illustrent quelques-uns des enseignements les plus élevés de la tradition tantrique tibétaine. Ces pratiques spirituelles sont, longtemps restées secrètes, de peur que celui qui s'y engage sans être convenablement, guidé ne s'égare... Désormais accessibles, ces fresques sont souvent recouvertes de grilles. Ce livre offre donc pour la première fois l'occasion de les contempler librement, en toute quiétude. Une invitation à la méditation. Introduction de Tenzin Gyatso, le quatorzième Dalaï-Lama du Tibet.

The Path to Bliss
The Untold Story of My Struggle for Tibet
Celestial Gallery
Kindness, Clarity, and Insight
Lama Chopa
Tibetan Murals
Tibetan Book of the Dead

Romio Shrestha, Tibet's foremost traditional artist, uses the age-old technique of painting with rich minerals such as gold, lapis, and garnet to provide a beautiful re-creation of revered, 400-year-old, Tibetan "thangkas" on the art of healing--long considered lost. Tibetan scholar Ian Baker guides us through these exquisite paintings, unfolding their invaluable insights to remedies for a myriad of illnesses. Full color.

This book is based on a revered collection, long ago considered lost, of three-hundred-year-old Tibetan thangkas - elaborate paintings that portray a philosophy of healing based on Buddhist beliefs, Ayurvedic practices and ancient shamanic traditions. Rendered by Tibet's foremost traditional artist, Romio Shrestha, using the age-old techniques of painting with rich materials such as gold and lapis lazuli, these breathtaking works reward the minutest contemplation. It ?s is also a practical guide to our search for physical, emotional and spiritual well-being. With insights into such 'contemporary' ailments as stress, allergies and heart disease, and chapters devoted to aspects of sexual alchemy, rejuvenation and Tantric yoga, this wide-ranging study is an unprecendented journey into health and transformation.

In a series of candid interviews with the Dalai Lama, the spiritual leader speaks out about the land, people, culture, history, traditions, and spirituality of Tibet, discussing the role played by religion and spirituality in the nation's history, the Dalai Lama's flight into exile in 1959, his personal religious beliefs, and his lifelong study of Buddhism. Reprint.

In the tradition of Celestial Gallery and Goddesses of the Celestial Gallery, Romio Shrestha’s latest art book gathers striking Tibetan-style mandala paintings featuring the Buddha. These hauntingly powerful paintings depict the life of the deity in eloquent detail and render postmodern interpretations of an age-old Tibetan artistic tradition in which images are painstakingly created using malachite, lapis, and marigolds, and painted at times with three hairs of a cat’s tail. These exquisite portrayals of the celestial spheres, known as mandalas, invite viewers to meditate on the Buddha’s message of love, completion, and connectedness. Also available in a lavishly illustrated oversize edition

The Dragon in the Land of Snows
Buddhas of the Celestial Gallery
An Illustrated Biography
Growing Up Is Hard To Do
A Matt Lester Spiritual Thriller
Tibet's Most Sacred Buddhist Temple
China's Secret War in Tibet

Provides a history of modern Tibet from 1947, providing Chinese and Tibetan versions of events in many cases and critiquing Tibets's leadership strategy as well as China's

Kirti Tsenshap Rinpoche was a renowned teacher of Tibetan Buddhism with students worldwide. Revered as a teacher by even the Dalai Lama, he was known especially as a master of Buddhist tantra, the powerful esoteric methods for attaining enlightenment swiftly. The teachings in this book are a singular record of his deep learning in that field. Originally delivered in California to a group of Western students, the teachings comment on a classic introduction to tantra by the nineteenth-century Mongolian lama Choje Ngawang Palden. The work, Illumination of the Tantric Tradition, is a staple even today of the curriculum for training young monastics. Kirti Tsenshap Rinpoche explains the distinctive features of the four classes of tantra--action tantra, performance tantra, yoga tantra, and highest yoga tantra--by describing the way to progress through their paths and levels. He illuminates key issues in tantric practice that are still a matter for debate within the tradition. Finally, he gives a special treatment of the unique methods of Kalacakra tantra, which is regularly taught around the globe by His Holiness the Dalai Lama.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue,Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Where Does the Search for Truth Lead? When Tenzin Lahkpa is fifteen years old, his parents give him over to a local temple in Tibet as an offering. Unable to change his fate, he wholeheartedly embraces his life as a monk and begins a quest for full enlightenment through the teachings of Buddhism. From his local monastery to the famed Potala Palace in Lhasa, Tibet, he learns deep mysteries of Tibetan Buddhism. Yearning to study with the current Dalai Lama, he eventually escapes from China by means of an excruciating, two-thousand-mile, secret trek over the Himalayas—barefoot, with no extra gear, changes of clothing, or money. His dream is realized when he finally sits under the Dalai Lama himself. But his desire to go deeper only grows, leading him to unexpected conclusions…. Follow the fascinating, never-before-told, true story of what causes a highly dedicated Tibetan Buddhist monk to make the radical decision to walk away from the teachings of Buddha and leave his monastery to follow Jesus Christ. Discover the reasons other monks want him dead before he can share his story with others. Leaving Buddha dares to expose the mysterious world of Tibetan Buddhism, with its layered teachings, intricate practices—and troubling secrets. Ultimately, it tells a moving story about the search for truth, the path of enlightenment, and how no one is beyond the reach of a loving God. This gripping narrative will resonate with people from all backgrounds and nations.

The Heart of the World
The Poster Collection
A Journey to the Last Secret Place
Pattaya Secret Temples Discover Thailand
The Radically Experiential Psychology of Buddhism
The First Rule of Ten
Tantric Wall Paintings from Tibet

In a remote, Himalayan monastery, Matt Lester has devoted five years of spiritual preparation for this moment: it is his destiny to open an ancient, sealed scroll containing prophetic wisdom the world urgently needs. But when his time comes, violent assailants steal the scroll. Matt is caught up in a dangerous, high-stakes hunt to recover it, turning him from the pursuer to the pursued. On the other side of the world, the results of scientist Alice Weisenstein ’ s mind-body healing research are about to be revealed. Things take a sinister turn when her supervisor goes missing - and she realizes she is being followed. Guided by the lamas, Matt ’ s search for the scroll takes him to Alice. The pair become caught between powerful influences and escalating threats. Together they must decide who they can really trust. The Secret Mantra weaves breakthrough science and spiritual insights into a heart-stopping storyline. It won ’ t just have you turning the pages. It will shake up your whole idea of who you are, and the transformation of which you are capable.

This beloved classic brings together in one volume all the major themes of the Dalai Lama ’ s teachings. Drawn from the lectures he gave during his first three visits to North America, the book covers the core subject matter of Tibetan Buddhism, as presented for the first time to an English-speaking audience. The chapters are arranged developmentally from simple to complex topics, which include the luminous nature of the mind, the four noble truths, karma, the common goals of the world ’ s religions, meditation, deities, and selflessness. Central to all these teachings is the necessity of compassion—which the Dalai Lama says is “ the essence of religion ” and “ the most precious thing there is. ”

Chen Dan was a graduate from the Department of Journalism of the China School of Journalism and Communication, and furtHered Her study of the Chinese culture in Tsinghua University. She went to cover the cultura! activities in Tibet for a dozen times, and once stayed in Lhasa for over a year. Her experience made it possible for her to write good books or articles on Tibetan culture. Beginning in 2009, she wrote for China's Tibet magozine columns of Tibet Handicrafts and Tibctan Arr Collectors. Cashingin on her stay and work in Tibet, she has taken thousands of photos ofgreat value, and many of these were used for her works which run to somemillion wor'ds. Her illustrated works aiready published include? Tibetan murals, Arts and Crafts Unique to the Snowland, Tibetarz, Hanclicrafts and Ancient Road for Tea-Horse Trade-Places Covered by Caravans.

Leaving Buddha
Yoga Journal
The CIA's First Atomic Spy and His Secret Expedition to Lhasa
His Holiness the Fourteenth Dalai Lama
Reflections on your earliest beginnings to your late teenage years
The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen
The Dalai Lama's Cat and the Four Paws of Spiritual Success

The Dalai Lama ’ s Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws. The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the book to get you purring!

Tibetan Buddhists see the world in two realities, of relative and absolute: the relative world is experienced as either the ordinary world of samsaric suffering or the extraordinary state of universal bliss and fulfillment. This title is a celebration of this philosophy.

Tantra is Tibet consists of three parts published under the auspices of the Dalai Lama:The Great Exposition of Secret Mantra-Part I by Tsong-ka-pa is one of the principal classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the difference between sutra and tantra.

"What makes you purr? Of all the questions in the world, this is the most important. . . . . Because no matter whether you are a playful kitten or sedentary senior, whether you ’ re a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness ’ s cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it ’ s the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness ’ s Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness ’ s residence, as well as encounters with intriguing strangers and celebrities from far and wide, The Dalai Lama ’ s Cat and the Art of Purring will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama ’ s teachings about our quest for enduring happiness.

The Story of Tibet
A Handbook for Living
The Sacred Sites of the Dalai Lamas
Rainbow Body and Resurrection
Conversations with the Dalai Lama
Jokhang
A Shrine for Tibet

Lama Chopa is a practice of guru devotion special to the Gelugpa tradition of Tibetan Buddhism. In the Gelugpa tradition, there are many guru yoga sadhanas, but Lama Chopa is the most popular and sacred text. A special practice of Je Tsongkhapa (1357-1419), the founder of the Gelugpa School, Lama Chopa was compiled by the first Panchen Lama, Panchen Lozang Chokyi Gyaltsen (1570-1662), who was the teacher of the fifth Dalai Lama (1617-1682). Lama Chopa became so popular in Tibet and Mongolia that almost every monk of the Gelugpa tradition had it memorized, and recited it on a daily basis, both in the temple as a group practice, and individually. Lama Chopa is considered to be an Anuttarayoga Tantra or Highest Yoga Tantra practice. As indicated by the opening words, "Arising within the sphere of great bliss, I manifest as a Guru Yidam," it contains the idea of personal transformation through the practitioner merging his or her mind with the guru as the meditational deity. The essence of the practice is to see the guru as an Enlightened Being, a Buddha, and to receive his or her blessings in return. This new translation by Rob Preece, with a preface by HH the Dalai Lama's official translator and a foreword by Zasep Tulku Rinpoche, contains all the traditional melodies and sacred hand gestures required to perform the prayer in its traditional form.

Describes the expedition of Buddhist scholar and mountain climber Ian Baker and his team into the heart of the previously unexplored Tsangpo Gorge, one of the world's most inaccessible and wildest regions.

Growing Up is Hard to Do, yet there are very few comprehensive “how to” manuals for young people, to help them negotiate and understand what momentous changes occur on the winding road between infancy and adulthood. In this helpful, highly readable manual, Dr. Spence, an Obstetrician and Gynecologist, with further sub-specialty training in Pediatric Gynecology, examines each stage of development, pointing out the many difficulties that may be encountered along the way. He tackles the issues head-on: conception, the early years, off to school with potential bullying, childhood sexual abuse and what happens during puberty. In warm, empathetic, and accessible language, concerns like sex, unwanted pregnancy, sexually transmitted diseases, and gender issues are discussed. In addition, he delves into subjects such as smoking, alcohol, marijuana, illegal drug use and the risks of the Internet and teenage driving. Nutrition, obesity, anorexia and exercise are highlighted. The last chapter comments on the value of completing one’s education and choosing an appropriate career. In treating young people for over forty years, Dr. Spence has seen many teenagers and their families suffer the tragic consequences of poor or uninformed choices. He wrote Growing Up is Hard to Do to provide honest, unfiltered information in the hope of helping young readers avoid many of the “potholes” of early life. Though the book is written specifically for young people negotiating growing up, parents, caregivers and teachers will also find it very helpful in providing information and context for further discussion.

Romio Shrestha’s depictions of White Tara, Green Tara, the Medicine Buddha, and many other celestials invite meditation and reflection. The original artworks were made from natural ingredients like marigolds and hand-ground malachite and lapis, and were painted at times with just three hairs of a cat’s tail. Each work of art took months to create and is reproduced here in hauntingly powerful detail. Celestial Gallery: The Poster Collection, Volume I brings the most popular and breathtaking paintings from Shrestha’s Celestial Gallery series into a new poster format. The large size and full-color printing allows for a greater appreciation of the intricate details in each piece, and the removable pages make it easier than ever to display these beautiful paintings throughout the home and office.

The Art of Happiness
The Dalai Lama and the Nechung Oracle