

# Shang Shung Institute USA Bookstore Winter 2008

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## New Materials

### THE BOOK OF TUN AND GANAPUJA (RESTRICTED)

This new edition of the Tun Book contains the Tibetan and English text of the different Tuns (Short, Medium, Long), Ganapujas (Simple, Short, Medium, Long), the Invocation of the Lamp, and the Namkha and Lungta practices. Moreover it contains many color illustrations regarding the different visualisations, mudras, Masters, Deities and Guardians of these practices. Finally it contains the instructions for playing the bell and the drum, including the position of the drum according to the required action.

Price: **\$20.00**

Order #: **260E**

Shang Shung Edizioni

### HOW TO PRACTICE THE GANAPUJA IN THE CORRECT WAY DVD: TASHIGAR SOUTH, JANUARY 2007 (RESTRICTED)

How to practice the ganapuja in the correct way is a fundamental teaching for anyone who wishes to understand the Ganapuja practice should be performed. Chögyal Namkhai Norbu goes through the entire practice from start to finish addressing those parts that have proven difficult to learn, then demonstrates the proper way they should be done. Such aspects as rhythm, key or pitch, chants, mudras and most ritual aspects are fully covered.

Price: **\$8.00**

Order #: **v10067**

Istituto Shang Shung

### THE THREE PATHS OF LIBERATION: THE ESSENCE OF THE BASE OF SANTI MAHA SANGHA (RESTRICTED)

#### Part II

This is the second of six DVDs in the series "The Three Paths of Liberation," a fundamental teaching given by Chögyal Namkhai Norbu in Margarita Island, Venezuela, in January-February, 2006. The series will explain the main subjects of the Base of Santi Maha Sangha in an essential yet complete way. Visual aids like pictures, photographs, symbols, and other images are provided in the video to illustrate the subjects explained by the Master. Chögyal Namkhai Norbu established the Santi Maha Sangha study and practice program in 1992, in order to give students the opportunity to learn the foundations of Buddhist Dharma in general, and of the Dzogchen Teaching in particular. Topics in this volume include The Four Mindfulnesses, Refuge and Bodhicitta, The Six Paramitas, and Emptiness and Compassion.

Price: **\$40.00**

Order #: **v10069**

Istituto Shang Shung

### MANDARAVA EXPLANATION AND PRACTICE DVD: MERIGAR WEST, AUGUST 2007 (RESTRICTED)

Chögyal Namkhai Norbu did a month-long retreat of the Manadrava practice of long-life during August 2007. During this retreat he had dreams revealing further clarifications of how to perform this practice. During his retreat on several occasions Rinpoche explained to members of the Community about his dreams. Rinpoche did not give a full explanation of the practice on these occasions because many people already know it well from previous recordings and books. Here he only explained clarifications he received concerning certain points for some of the mudras and visualizations and two lines that were missing from the original text. This DVD is in 3 parts: the explanations Rinpoche gave on the 8<sup>th</sup> of August; the Ganapuja he let on the 8<sup>th</sup> of August; and the explanations he gave after the initiation on the 31<sup>st</sup> of August. The first explanation is in Italian with English subtitles and the second is in English with Italian translation.

Price: **\$40.00**

Order #: **v10068**

Istituto Shang Shung

### GAWALA: HOW HAPPY (Back in stock!)

This wonderful CD includes live recordings of several ancient traditional Tibetan folk songs with Chögyal Namkhai Norbu playing the flute and Tenzin Tsewang singing and playing traditional Tibetan instruments. Highlight songs include the Namgyalgar Song and the Merigar\_Song!

Price: **\$20.00**

Order #: **10042**  
Amiata Records

**THE INVOCATION OF SAMANTABHADRA: EXPLANATION AND PRACTICE (RESTRICTED)**  
**MP3 AUDIO CD & BOOKLET**

The Invocation of Samantabhadra is part of a Dzogchen Terma Cycle called Gongpa Sangthal. This *mönlam*, or invocation, is one of the most famous of the Nyingma lineage and is a part of the Northern Treasures tradition that was discovered by the famous *tertön* Ridgzin Godem Chen from the 14<sup>th</sup> Century. Chögyal Namkhai Norbu transmitted and taught this invocation at Merigar West in September 2006. This MP3 audio CD and booklet set should only be distributed to those who have received transmission for the practice it contains.

Price: **\$25.00**

Order #: **10019**

Istituto Shang Shung

**MANDARAVA TSALUNG PRACTICES (RESTRICTED)**

This book contains the edited transcription of the teachings given by Chögyal Namkhai Norbu in July 2004 in Tashigar Norte, Isla Margarita, Venezuela. These teachings on Tsalung are related to the Long-life practice of Mandarava (*Tsedrub Dorjei Sogthing*), which belongs to Rinpoche's Longsal teachings. They are from one complete teaching related to the practice of Mandarava called *The Profound Crucial Upadesha of the Long-life Practice 'The Vajra Vital Essence.'* Before doing any of these practices we should receive their *lung* transmission.

Price: **\$21.00**

Order #: **255E**

Shang Shung Edizioni

**CHANG-CHOG OF THE NAMCHÖ SHITRO: A SHORT PURIFICATION RITUAL FOR THE DEAD AS A SUPPLEMENT TO THE SHITRO OF THE SPACE TEACHINGS (RESTRICTED)**

The Shitro practice given by Chögyal Namkhai Norbu during the retreat given at Merigar West from November 1-4, 2007. Practice text only.

Price: **\$7.50**

Order #: **259E**

Shang Shung Edizioni

# Public Materials

## Books

**A BRIEF BIOGRAPHY OF ADZAM DRUGPA**

This is a brief biography of Adzam Drugpa written in the form of an invocation by his disciple, Lhundrub Tso, paternal grandmother of Chögyal Namkhai Norbu. The only biography in existence!

Price: **\$6.00x**

Order #: **24**

Shang Shung Edizioni

**BODHICITTA**

Transcript from a retreat held at Merigar (Italy) in 1991: includes detailed explanation of the real meaning of Bodhicitta and how to apply it in practice.

Price: **\$7.00**

Order #: **69E**

Shang Shung Edizioni

**BUDDHISM AND PSYCHOLOGY**

This book is, rather than a comparison between Buddhist philosophy and psychological theory, a frank talk about seeing Oneself, ones conditioning, and the possible place of psychology in the life of a practitioner.

Price: **\$4.00**

Order #: **11**

Shang Shung Edizioni

**THE CRYSTAL AND THE WAY OF LIGHT**

An overview of Dzogchen, including descriptions of the base, path and fruit. Many of Chögyal Namkhai Norbu's life experiences, dreams, terma discoveries, and anecdotes about his teachers are presented. His life story is interwoven with the text to reveal powerful contemporary relevance

Price: **\$16.95**

Order #: **SL135**

Snow Lion

### **DRAJYOR**

The Word “drajyor,” or “writing of the sounds,” refers to the writing of the different syllables that compose words so that we can pronounce them correctly. In this book Choegyal Namkhai Norbu illustrates in detail his own system for transcribing the Tibetan letters to enable the practitioners of the Dzogchen Community to pronounce correctly the invocations of the practices and the most recurrent words of the teaching. The final Phonetic Index indicates the correct pronunciation of every Tibetan syllable.

Price: **\$8.00**

Order #: **232E**

Shang Shung Edizioni

### **DZOGCHEN TEACHINGS**

Through these concise, clear, direct, and precise explanations and instructions not available elsewhere, Namkhai Norbu makes these profound teachings accessible to everyone. All the chapters contain beneficial instructions for both beginning and advanced students regardless of which tradition they may follow, and insights into the genuine meaning of important subjects related to Sutra, Tantra, and Dzogchen.

Price: **\$16.95**

Order #: **SL163**

Snow Lion Publications

### **THE FOUR AWARENESS**

The four awarenesses that change one's mental attitude: the precious human body, impermanence, karma, and the suffering of samsara. Teaching given in Milan (Italy) in 1989.

Price: **\$3.50**

Order #: **20005**

Shang Shung Edizioni

### **DRUNG, DEU AND BON**

An exploration of the legends and poetry of Tibet, her ancient symbolic languages, and explanation of the pre-Buddhist Bon religion through its 12 sciences. Written by Chögyal Namkhai Norbu.

Price: **\$21.95**

Order #: **818510**

Shang Shung Edizioni

### **DZOGCHEN, THE SELF PERFECTED STATE**

Based on the teachings at Merigar in 1985 & 1986, this text is divided into two parts, the first being talks that explain what the Dzogchen teachings are and how they differ from other paths. The second part, a commentary on the Six Vajra verses, is entitled “The Cuckoo of the State of Presence.” Also this section clearly states what is meant by Practice. A captivating, non-intellectual treatment of the essence of Dzogchen.

Price: **\$13.00**

Order #: **SL057**

Snow Lion

### **DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**

Provides the instructions for guiding dream states and developing clarity within sleep and dream. This edition is enlarged and revised from the original published ten years ago, and contains material previously unpublished. A milestone in the literature and practice of sleep and dreams written by Chögyal Namkhai Norbu and edited and Introduced by Michael Katz.

Price: **\$14.95**

Order #: **SL007**

Snow Lion

### **THE FOUNDATION OF THE PATH**

This collection of teachings contains the foundation for observing ourselves and understanding our real condition: The Four Awarenesses, The Three Sacred Principles (Refuge, Bodhichitta, Dedication of Merit), The Three Trainings, the Vajra State. This is a transcription from oral teachings by Choegyal Namkhai Norbu.

Price: **\$15.00**

Order #: **230E**

Shang Shung Edizioni

### **THE GREAT HISTORY OF GARAB DORJE, MANJUSHRIMITRA, SHRISINGHA, JNANASUTRA AND VIMALAMITRA**

An informative and lively account of the lives of great masters together with the Rigdzin Symbolic Transmission Lineage. Written by Chögyal Namkhai Norbu and translated by Jim Valby from the Great History of the Innermost Essence of Dzogchen.

Price: **10.00**

Order #: **161E**

Shang Shung Edizioni

### **THE INTERPRETATION OF DREAMS IN A 17TH CENTURY TIBETAN TEXT**

This short text belongs to a series of thirteen volumes transmitted by the tertön Master Minjyur Dorje, called Namcho, “The Teaching of the Sky.” This brief text is not sufficient as an exhaustive study on dreams, but does provide a wide perspective enabling the reader to have a general idea of a way of interpreting dreams.

Price: **\$5.50**

Order #: **53**

Shang Shung Edizioni

#### **THE LITTLE HIDDEN HARVEST BY BUDDHAGUPTA**

This book is a version of the “sBas pa'I rgum chung,” an ancient original Dzogchen text found in the Tunhuang documents.

Translated by E. Dell'Angelo.

Price: **\$5.50**

Order #: **54**

Shang Shung Edizioni

#### **THE LAYERS OF THE ONION: DISCOVERING THE NATURE OF MIND**

Presented in Dugu Chögyal Rinpoche's usual informal style, these teachings combine a freshness of spontaneity with the directness and depth arising from his vast experience of practice.

Price: **\$5.50**

Order #: **45**

Shang Shung Edizioni

#### **THE LIFE OF PADMASAMBHAVA**

By: Taranatha

Since it was Padmasambhava who brought Tantric Buddhism to Tibet, he is the most important guru in its lineages. Therefore, any reliable testimony regarding his life is extremely valuable for those who study and practice these teachings in the Western World. Tarantha (1575-?), the author of the biography contained in this book, is one of the major Tibetan historians of his age. His testimony is still considered reliable by Tibetans, and the source of his writings is in the *Kama* tradition.

Price: **\$13.00**

Order #: **221E**

Shang Shung Edizioni

#### **THE MIRROR: ADVICE ON PRESENCE AND AWARENESS**

The Mirror – Advice on Presence and Awareness was written during a gathering of the Dzogchen Community held at Lu Cumitoni in Sardinia at Christmas 1977. It is a brief text that with astonishing simplicity and depth expounds the three fundamental aspects of the Dzogchen path: the view, or intuitive understanding of one's primordial state; the meditation, or the application of this knowledge; and the conduct, or the integration of meditation with all one's daily activities.

Price: **\$15.00**

Order #: **219E**

Shang Shung Edizioni

#### **MEETING WITH THE 14TH DALAI LAMA**

The proceedings of the meeting with H.H. 14th Dalai Lama titled “Environment and different cultures with the same objective of peace” held in Italy in 1990, with addresses by Chögyal Namkhai Norbu, various Italian senators, and disciples.

Price: **\$5.50**

Order #: **20028**

Shang Shung Edizioni

#### **ON BIRTH, LIFE, AND DEATH**

This book presents the basic principles of traditional Tibetan Medicine that enable the reader to grasp some of the main points regarding Birth, Life, and Death. This book, produced thanks to a close collaboration with the Ka-Ter Translation Project of Shang Shung Institute-Austria, also contains the whole original Tibetan text.

Price: **\$24.50**

Order #: **227E**

Shang Shung Edizioni

#### **THE ORIGINS OF TIBETAN CULTURE AND THOUGHT**

From a lecture delivered at the Centre Civic Elizalde, Barcelona, Spain on June 14, 1987. Edited by Oriol Aguilar and the editorial staff of the Merigar magazine.

Price: **\$5.00**

Order #: **20008**

Shang Shung Edizioni

#### **AN ORNAMENT OF THE THOUGHT OF NAGARJUNA CLARIFYING THE CORE OF MADHYAMAKA**

By: Gendun Chopel with preface by Choegyal Namkhai Norbu

Gendun Chopel, eminent scholar of 20<sup>th</sup> century Tibet, was a master of both the traditional curricula of his time – the five branches of Buddhist wisdom and the five subjects of Tibetan culture – and of numerous modern subjects in such fields as Philosophy, Language, and History. The “Ludrub Gongyen” clearly demonstrates his profound knowledge of both Sutra and Tantra and his precise understanding of the essence of the teachings of Buddha and the thought of Nagarjuna. Careful study and analysis of this work will lead to an understanding of the essential meaning of the Buddha's teachings.

Price: **\$18.00**

Order #: **224E**

Shang Shung Edizioni

### **PAGCHEN RULES AND BASIC STRATEGY**

Rules and strategies introduced by Namkhai Norbu Rinpoche as a method to apply wisdom in this game of hazard yield a wealth of insight that we can apply to daily life. "Pagchen is not just frivolous entertainment, but can be a fertile soil for developing our capacities. We can learn to be attentive, clear-minded, logical and spontaneous at the same time."

Price: **\$10.00**

Order #: **185E**

Shang Shung Edizioni

### **PARTING FROM THE FOUR ATTACHMENTS**

H.H. Sakya Trizin delivered teachings on Mind Training, presented by the great masters in the most practical way through their own experience. This book is particularly useful for deepening the knowledge of the Base level of Santi Maha Sangha.

Price: **\$13.00**

Order #: **128E**

Shang Shung Edizioni

### **PHILISOPHICAL VIEW OF THE GREAT PERFECTION IN THE TIBETAN BON RELIGION**

Two Bonpo texts belonging to the terma and oral tradition. Translated for the first time and critically edited in their entirety, the "Twelve Little Tantras" and "The View Which is Like a Lion's Roar." Translated by Donatella Rossi.

Price: **\$21.95**

Order #: **SL129**

Snow Lion

### **POEMS**

Chögyal Namkhai Norbu collected and kept the poems that children and grown-up practitioners sent to him in the course of years and finally decided to publish them. As a result this book is reporting these poems in full as they were written, with their drawings and illustrations. "These poems like a mirror reflect light and shadows, the hopes and regrets, the discomfort and enthusiasm of those practitioners who are traveling in the same boat along this difficult route, difficult but impossible to give up, towards total enlightenment."

Price: **REDUCED! \$5.00**

Order #: **141**

Shang Shung Edizioni

### **THE PRACTICE OF DAILY LIFE**

"Think about what you do from the early morning until the evening, what is your possibility. Everybody works, in the daytime we go to our job in the office or in a shop. So when do you do your practice? In this case you have to deal with your practice in relation to time. We must integrate the teaching in our daytime." Advice on The Practice of Daily Life, taken from oral teachings by Chögyal Namkhai Norbu at Merigar, August 2003, Kunsangar, June 2001, Merigar, 2001, Hawaii, 1999.

Price: **\$12.00**

Order #: **211E**

Shang Shung Edizioni

### **THE PRACTICE OF TIBETAN KUNYE MASSAGE**

Kunye Massage, often described in stories and hagiographies by the ancient masters, was originally used in the tradition of Tibetan medicine. Practitioners and yogis of all schools and traditions now practice its practical and popular techniques, which have been preserved and transmitted since the most ancient times. Written by Chögyal Namkhai Norbu.

Price: **\$15.00**

Order #: **189E**

Shang Shung Edizioni

### **PRIMORDIAL EXPERIENCE**

A new edition of the now classic translations of "Gold refined from Ore," first published in 1986. One of the five earliest texts or "Upadesha's" of Dzogchen, this book makes use of the Yogacara school of thought also known as Cittamatra. It contains an introduction on the theory of translation, a history of the text and its author, and a commentary on the text and meditation practice. Written by Chögyal Namkhai Norbu and Kennard Lipman.

Price: **\$19.95**

Order #: **898**

Shambhala Editions

### **THE REAL MEANING OF INTEGRATION: EDUCATING CHILDREN AND NEWCOMERS**

Articles containing advice from practice in daily life to education of children, reasons for buying land, and the relationship between newcomers and old students. Written by Chögyal Namkhai Norbu.

Price: **\$4.50**

Order #: **9**

Shang Shung Edizioni

### **SELF LIBERATION THROUGH SEEING WITH NAKED AWARENESS**

This text belongs to the same cycle as The Tibetan Book of the Dead. The essence of Dzogchen presented in a text written and concealed by Guru Padmasambhava in the eighth century. The commentary by John Reynolds is based on oral teachings by Chögyal Namkhai Norbu.

Price: **\$16.95**

Order #: **SL144**

Snow Lion

### **THE SGR BLA, GODS OF THE ANCESTORS OF GSHEB-RAB MI-BO**

A brief analysis of the fifth chapter of the "gZi brjid," the biography of gShen-rab mibo containing a Sang rite dedicated to various classes of Sgra Bla. Although the "gZi brjid" only dates back to the fourteenth century, it is considered characteristic of the pre-Buddhist Tibetan culture. Translated by Adriano Clemente.

Price: **\$5.50**

Order #: **32**

Shang Shung Edizioni

### **THE SONG OF ENERGY**

Translated and edited by Chögyal Namkhai Norbu with the collaboration of E. Dell'Angelo. The Song of Energy of the Nature of the Mind is a spiritual song, written as advice for two of the Author's disciples. It is particularly meaningful in order to have a direct understanding of Dzogchen.

Price: **\$5.50**

Order #: **76E**

Shang Shung Edizioni

### **THE SONG OF EXPERIENCE**

This brief collection aims to give a "taste" of the spontaneous wisdom of Nyagla Pema Dundul, master of Adzam Drugpa, Ayu Khandro, Changchub Dorje and other important Dzogchen masters.

Price: **\$5.50**

Order #: **20009**

Shang Shung Edizioni

### **THE SUPREME SOURCE**

The Kunjed Gyalpo, or the All-Creating King, and the fundamental tantra of the Dzogchen Semde: This work is in three parts, Origin, fundamental principles, and historical accounts of Dzogchen teaching based on Vairocana's biography. Translated by Adriano Clemente in a succinct and understandable format.

Price: **\$19.95**

Order #: **SL120**

Snow Lion

### **THE THREE SACRED PRINCIPLES**

Refuge and Bodhicitta, contemplation, and the dedication of merits are the three fundamental aspects of the teaching. From a retreat held at Tsegylgar Conway, MA in 1994.

Price: **\$5.50**

Order #: **95E**

Shang Shung Edizioni

### **THE VOICE OF THE BEE**

A song about travel experiences during the pilgrimage to Mount Kailash. Written by Chögyal Namkhai Norbu.

Price: **\$7.00**

Order #: **20006**

Shang Shung Edizioni

### **THREE SONGS FOR THE DISCIPLES OF CHANGCHUB DORJE**

The three songs that have been translated in this collection were written by Chögyal Namkhai Norbu in the summer of 1988 during a visit to Khamdo Gar in east Tibet, the one time residence of Changchub Dorje, his principal Dzogchen master.

Price: **\$5.50**

Order #: **27**

Shang Shung Edizioni

### **TIBETAN CALENDAR**

Pocket agenda containing concise indications of the practices recommended by Chögyal Namkhai Norbu for special days, astrological data of the Tibetan Calendar and the individual aspects for those born between 1912-2007. Indispensable for finding out favorable and unfavorable days for daily activities.

Price: **\$12.00**

Order #: **2134**

Shang Shung Edizioni

### **KEY FOR CONSULTING THE TIBETAN CALENDAR**

Information on Tibetan astrology and on its application in daily life. A practical and complete manual, indispensable for the consultation of the annual astrological calendar.

Price: **\$15.00**

Order #: **159E**

Shang Shung Edizioni

## Public CDs

### **CHOD CD**

1. Practice of Chod 2. The Long Life Practice of Mandarava 3. The Song of the Vajra

Price: **\$21.50**

Order #: **10026**

Amiata Records

### **GAWALA: HOW HAPPY**

This wonderful CD includes live recordings of several ancient traditional Tibetan folk songs with Choegyal Namkhai Norbu playing the flute and Tenzin Tsewang singing and playing traditional Tibetan instruments. Highlight songs include the Namgyalgar Song and the Merigar\_Song!

Price: **\$5.50**

Order #: **10042**

Amiata Records

### **MUSIC FOR THE DANCE OF THE VAJRA CD**

Deeply contemplative music for the accompaniment of the sacred Vajra Dance. 1. Ah 2. The Song of Vajra 3. The Song of the Six Pure Dimensions of Samantabhadra 4. The Song of the Three Vajra 5. Ah

Price: **\$21.50**

Order #: **10029**

Amiata Records

### **SECRET WORLD VOLUME 2**

A world music compilation from Amiata Records Secret World Series which showcases musical offerings from the countries of Italy, Cuba, Burkina Faso, Tuva, India, Laos, Indonesia, and Tibet. Includes an excerpt of Namkhai Norbu performing the practice of Chöd.

Price: **\$5.50**

Order #: **10042**

Amiata Records

## Public Videos

### **THE EIGHT MOVEMENTS OF YANTRA YOGA DVD: \*REMASTERED\***

(reissue of VHS tape by the same name)

This DVD is a practical and simple guide for learning and practicing this ancient discipline. With these eight movements we harmonize and strengthen our energy through simple and effective methods which act on the physical level through the body movements and on the subtle level through the coordination of the breath. Set in the beautiful Himalayan Mountains, with a breathtaking view of famous peaks, the video is an enjoyable guide for learning and applying this ancient Tibetan yogic practice. Chögyal Namkhai Norbu introduces the video in an interview about the origins and purpose of the eight movements of Yantra Yoga. The next part gives step-by-step instructions and the final part shows a practice session.

Price: **\$30.00**

Order #: **v10066**

Istituto Shang Shung

### **GENERAL INTRODUCTION TO DZOGCHEN DVD**

In this video Chögyal Namkhai Norbu answers the question: What is Dzogchen? Dzogchen is a path of self-liberation. It is not a path of renunciation or transformation, but rather one of seeing directly the nature of mind. This video gives the viewer an opportunity to experience directly words of a great master.

Price: **\$30.00**

Order #: **v10059**

Istituto Shang Shung

### **THE FIRST 20 YEARS OF MERIGAR VHS**

The history of Merigar from its beginnings until the present day. The story of how the first Gar in the Dzogchen Community has grown, of Rinpoche's dedication and commitment, and the problems that the Community has had to confront and resolve. This documentary also describes the structures at Merigar, including the Gompa with its paintings, the Yellow House, the Barn etc.

Price: **\$20.00**

Order #: **v10031**

Istituto Shang Shung

#### **KAILASH: LA MONTAGNA SACRA VHS**

A report by Paolo Brunatto from the expedition and pilgrimage of Chögyal Namkhai Norbu in 1988 to Mount Kailash, the sacred mountain of Tibet. Chögyal Namkhai Norbu, accompanied by an international group of students, traveled by foot around the 6000 meter high mountain as pilgrims from Tibet, India and China have done for 3000 years. The film is an extraordinary adventure of spirit and captures the feeling of one of the most beautiful and mysterious mountains on the planet. In Italian language only. 54 minutes.

Price: **\$20.00**

Order #: **v10045**

Istituto Shang Shung

#### **KU NYE TIBETAN MASSAGE DVD**

Ku Nye is an ancient therapy indigenous to Tibetan Medicine. It is also mentioned in the Bum Shi, a Tibetan medical text dating back to approximately 4,000 years ago. KU, or the application of oil, movement of the joints, and application of heat to the body and NYE, or kneading, rubbing, tapping of the body, which works on the muscles, skin, tendons and points. There is also another part called "chi", that we use to remove the oil from the body. In the video, Dr. Nida Chenagtsang explains and demonstrates the techniques which are aimed at instructing the student of Ky Nye and Tibetan Medicine but it can also be viewed as an introduction to this ancient traditional healing art.

**DVD**

Price: **\$35.00**

Order #: **v10061**

Istituto Shang Shung

#### **WITH A LAMA AROUND THE WORLD DVD**

Chögyal Namkhai Norbu visits the Gars, the Communities of Practitioners spread throughout the world. In this video Rinpoche visits Tibet, Nepal, India, Japan, Australia, New Zealand, Hawaii, Argentina, the United States, Great Britain and Italy while tirelessly transmitting the Dzogchen Teachings. The footage was shot between 1988 and 1990 by Fabio Andrico and Paolo Brunatto and is a rare document that underscores the commitment and international character of the Dzogchen Community. In a particularly moving scene after having spent many years in the West, Rinpoche returns to Khamdogar in Tibet, the village of his Master Chanchub Dorje.

**DVD**

Price: **\$30.00**

Order #: **v10062**

Istituto Shang Shung

#### **WITH A LAMA AROUND THE WORLD 2 VHS**

This new video contains footage of Margarita Island, Sri Lanka, Japan, Nepal, Taiwan, Australia, Namgyalgar, Peru, Tsegylgar, San Francisco, Portland, Lake Tahoe, Kunsangar, and Merigar between 1999 and 2001. The video was made by Fabio Andrico with some images shot by Chögyal Namkhai Norbu himself. Edited by Paolo Brunatto. 94 minutes

Price: **\$20.00**

Order #: **v10047**

Istituto Shang Shung

## Restricted Materials

### Books

The following media is intended solely for practitioners of Chögyal Namkhai Norbu's International Dzogchen Community. Each media item is restricted to those with transmission from the Master for the practices contained therein.

#### **AN INTRODUCTION TO THE PRACTICE OF CONTEMPLATION**

Transmitted during a retreat in 1980, this book contains a complete method for practicing Dzogchen contemplation. From beginning practice to total perfection, the points of true practice are distinguished clearly from commonly encountered deviations.

Price: **\$17.00**  
Order #: **20031**  
Shang Shung Edizioni

#### **AN ORAL COMMENTARY OF LONGCHENPA'S PRECIOUS SHIP**

An oral commentary given in 1986 by Chögyal Namkhai Norbu, which has been edited into an explanation of Guruyoga by Jim Valby.  
Price: **\$17.00**  
Order #: **136E**  
Shang Shung Edizioni

#### **AN ORAL COMMENTARY ON NARAG TONTRUG**

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**Tashigar South, 26th December 2000 – 1st January 2001**

Chögyal Namkhai Norbu received this teaching in a dream from his master Changchub Dorje, but the teaching is not his. It is from Guru Padmasambhava, and explains in a very simple way that we can enter into the knowledge of Ati. One night Rinpoche dreamed that he was in the place where Changchub Dorje lived and in the dream Rinpoche said to him, "In Eastern Tibet there is a big revolution, no one can lead a normal life anymore, and now all these turmoils are breaking out in central Tibet too, so even if we want to practice we can't, and if we want to learn the teachings and practice Dharma we don't get much chance: what can we do in such a situation?" Changchub Dorje replied, "I gave you an essential teaching, condensed, just right for this kind of situation; it is called Ati Gojed; *ati* means primordial state, knowledge, *go* means gate, *jed* means to open, and so it means how to open the gate of knowledge. With this teaching you can not just receive the knowledge but you can apply it."

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Merigar, July 5<sup>th</sup> -9<sup>th</sup>, 2002

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This book contains the comments and remarks made by Chögyal Namkhai Norbu during the three Teachers' Trainings that were held at Tashigar Norte, Venezuela, in 2002, 2003, and 2005 for appointing the teachers of Santi Maha Sangha, Yantra Yoga, and Vajra Dance. Rinpoche explained, "The Teachers' Training program is very important because we need people who have the capacity to teach, and who can develop that capacity for the future. That is the only way in which the teaching can continue."

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Price: \$25.00  
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**Dzogchen Man ngag 'Odsal Nangcha of Patrul Rinpoche**  
**Merigar West: September 7 – 13, 2007**  
Order Number: 10123  
Price: \$25.00  
Restricted Webcast

**Chang-Chog of the Namchö Shitro**  
**Merigar West: November 1 – 4, 2007**  
Order Number: 10124  
Price: \$25.00  
Restricted Webcast

**Teachings and Practice of Buddha Shakyamuni's Praises to the 21 Taras**  
**Merigar West: October 5 – 11, 2007**  
Order Number: 10125  
Price: \$25.00  
Open Webcast

**Longchenpa's 30 Nyingtams**  
**Barcelona, Spain: November 25 – 29, 2007**  
Order Number: 10126  
Price: \$25.00  
Open Webcast

FROM ISTITUTO SHANG SHUNG  
**Restricted Videos**

**GARUDA PRACTICE DVD**

The main part of the video contains the explanation and practice of Garuda as given by Chögyal Namkhai Norbu in London in 1984. The explanation is given in Italian, and is translated into English by John Shane. Several pictures of the seed syllable and the deity have been added in the video as an aid for the visualization. This video is best used in conjunction with the Garuda Practice book.

DVD

Price: **\$30.00**

Order #: **v10063**

Istituto Shang Shung

**SHITRO DVD**

Explanation and practice of Shitro as given by Chögyal Namkhai Norbu in Merigar in August 2003, during a private recording. It contains images useful for visualization. 66 Minutes.

Price: **\$30.00**

Order #: **v10052**

Istituto Shang Shung

**WORLDWIDE TRANSMISSION ANNIVERSARY PRACTICES DVD**

This DVD in itself does not constitute a Transmission. Real Transmission is given by Chögyal Namkhai Norbu at specific times on Adzam Drugpa, Padmasambhava, and Garab Dorje anniversary days during the particular practices. Duration: 180 min.

In order to be able to receive this item you must have received the transmission of the Master.

Price: **\$25.00**

Order #: **v10056**

Istituto Shang Shung

# Longsal Teachings

*THE LONGSAL CYCLE OR THE INNERMOST ESSENCE OF THE DAKINIS OF THE LUMINOUS CLARITY OF THE UNIVERSE*

*The Longsal Cycle or The Innermost Essence of the Dakinis of the Luminous Clarity of the Universe (Klong chen 'od gsal mkha' 'gro'I snying thig) is the collection of Chögyal Namkhai Norbu's rediscovered teachings (termas).*

**LONGSAL TEACHINGS VOLUME ONE**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Each book contains three Upadeshas received through dreams, including the histories of their discovery over a period of time ranging from 1959 to 1989. Astonishing detailed accounts of how the termas were received.

Includes:

- The Yoga of Prana for Clarity and Emptiness
- The Upadesha of the oral Transmission of Thangtong Gyalpo
- The Root Upadesha on the Vajra Bridge of Longde
- The Upadesha on the Profound Path of Illusory Body

Price: **\$17.00 each**

Order #: **150E**

Shang Shung Edizioni

**LONGSAL TEACHINGS VOLUME TWO**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Astonishing detailed accounts of how the termas were received.

Includes:

- The Opening of the Gate to the State of Ati
- The Upadesha of Introduction to the State of Ati

-The Upadesha for the Self-liberation of the Six Lokas

Price: **\$17.00 each**

Order #: **154E**

Shang Shung Edizioni

### **LONGSAL TEACHINGS VOLUME THREE**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Astonishing detailed accounts of how the termas were received.

Includes:

-The Purification of the Six Lokas as Preliminaries of the Path of Ati

- The Upadesha on All-Penetrating Wisdom

-The Upadesha for the Self-liberation of the Six Lokas

Price: **\$18.00 each**

Order #: **179E**

Shang Shung Edizioni

### **LONGSAL TEACHINGS VOLUME FOUR**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Astonishing detailed accounts of how the termas were received.

Includes:

-The Main Points of the View Totally Beyond the Conceptual Mind

Price: **\$18.00 each**

Order #: **180E**

Shang Shung Edizioni

### **LONGSAL TEACHINGS VOLUME FIVE**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Astonishing detailed accounts of how the termas were received.

Includes:

-The Principle of the View Totally Beyond Conceptual Mind

-The Direct Introduction to the Principle of the Mirror of Vajra Sattva

-The Upadesha on the Tregchod of Primordial Purity

-The Upadesha on the Profound Path of Illusory Body

Price: **\$18.00**

Order #: **217E**

Shang Shung Edizioni

### **LONGSAL TEACHINGS VOLUME SIX**

The Longsal Cycle is the collection of Chögyal Namkhai Norbu's rediscovered teachings. Astonishing detailed accounts of how the termas were received.

Includes:

-The Upadesha on the Guruyoga of the White A

-The Actions of the Guru Jnanadakiki

-The Profound Essential Upadesha of the Long Life Practice "The Thigle of Vajra Life"

Price: **\$18.00**

Order #: **225E**

Shang Shung Edizioni

### **PRELIMINARY PRACTICE OF THE LONGSAL CYCLE**

The explanation and practice text for the Longsal Ngondro that Rinpoche transmitted during the April 2002 in Margarita Island. It is a version of the Purification of The Six Lokas Practice, which incorporates Vajrasattva practice. Rinpoche has indicated that this can be practiced by anyone who has received his general cycle of transmission.

Price: **\$5.50**

Order #: **170E**

Shang Shung Edizioni

### **ATI LAMGYI NGONDRO MP3**

Chögyal Namkhai Norbu's teachings on the Preliminary Practice from the Longsal Cycle given in Merigar, August 2002. An audio CD of the practice led by Adriano Clemente is also included. 5 Hours 49 Minutes.

Price: **\$35.00**

Order #: **10047**

Istituto Shang Shung

### **DZOGCHEN TEACHINGS IN GUTENSTEIN, AUSTRIA**

This book contains the transcription of the whole retreat held in Gutenstein on June 12-14, 1998, including the oral teachings on the Daki Mantri text of Thangtong Gyalpo belonging to the Longsal Cycle which is the collection of Chögyal Namkhai Norbu's rediscovered teachings (see Longsal Teachings, Vol. 1, Shang Shung Edizioni 2001). It contains the Tibetan text and a useful glossary of Tibetan names and words.

Price: **\$17.00**

Order #: **197E**

Shang Shung Edizioni

#### **THE PRACTICE OF SELF-LIBERATION OF THE CAUSES OF SIX LOKAS (FROM THE LONGSAL CYCLE).**

This book contains the root-text of the terma, a short commentary to the root-text written by Chögyal Namkhai Norbu, and the transcription of the oral teachings given at Merigar in August, 2003. Useful drawings of the positions for the practice are included.

Price: **\$17.00**

Order #: **207E**

Shang Shung Edizioni

## Santi Maha Sangha

*The Santi Maha Sangha training, designed by Chögyal Namkhai Norbu, embraces nine levels of study and practices of the three series of Dzogchen: Semde, Longde, and Mennagde (Upadesha). This course of study is designed to deepen the practitioner's understanding of the teachings. Each level treats the three fundamental aspects of view, meditation and behavior in relation to the teachings of Sutra, Tantra, and Dzogchen. In the words of Rinpoche, "In order to follow the Dzogchen teaching, knowledge of the 'base' of the Santi Maha Sangha is indispensable."*

*-- adapted from "The Precious Vase" (p.13, Shang Shung Edizioni, 1999)  
Chögyal Namkhai Norbu*

#### **SANTI MAHA SANGHA BASE LEVEL TEXT: THE PRECIOUS VASE**

This Book is the new Base text of the Santi Maha Sangha. Expanded on notes and quotations, it is the essential text for the study and practice of the base Level of Santi Maha Sangha training. It also contains the updated list of practices required for the Base Level examination.

Price: **\$25.00**

Order #: **127E**

Shang Shung Edizioni

#### **SANTI MAHA SANGHA PRELIMINARY PRACTICES OF THE BASE**

This booklet contains the verses of the Four Awarenesses, Refuge, Bodhicitta, and the Four Immeasurable to be used for the Base of the Santi Maha Sangha.

Price: **\$5.50**

Order #: **66E**

Shang Shung Edizioni

#### **SANTI MAHA SANGHA: PRELIMINARY PRACTICES OF THE BASE CD**

Adriano Clemente performs the preliminary practices in a private recording.

Order Number: **10030**

Price: **\$15.00**

Istituto Shang Shung

#### **THE THREE PATHS OF LIBERATION: THE ESSENCE OF THE BASE OF SANTI MAHA SANGHA**

##### **Part I**

This is the first of six DVDs in the series "The Three Paths of Liberation," a fundamental teaching given by Chögyal Namkhai Norbu in Margarita Island, Venezuela, in January-February, 2006. The series will explain the main subjects of the Base of Santi Maha Sangha in an essential yet complete way. Visual aids like pictures, photographs, symbols, and other images are provided in the video to illustrate the subjects explained by the Master. Chögyal Namkhai Norbu established the Santi Maha Sangha study and practice program in 1992, in order to give students the opportunity to learn the foundations of Buddhist Dharma in general, and of the Dzogchen Teaching in particular.

Price: **\$40.00**

Order #: **v10065**

Istituto Shang Shung

#### **THE THREE PATHS OF LIBERATION: THE ESSENCE OF THE BASE OF SANTI MAHA SANGHA**

##### **Part II**

This is the second of six DVDs in the series "The Three Paths of Liberation," a fundamental teaching given by Chögyal Namkhai Norbu in Margarita Island, Venezuela, in January-February, 2006. The series will explain the main subjects of the Base of Santi Maha Sangha in an essential yet complete way. Visual aids like pictures, photographs, symbols, and other images are provided in the video to illustrate the subjects explained by the Master. Chögyal Namkhai Norbu established the Santi Maha Sangha study and practice program in 1992, in order to give students the opportunity to learn the foundations of Buddhist Dharma in general, and of the Dzogchen Teaching in particular. Topics in this volume include The Four Mindfulnesses, Refuge and Bodhicitta, The Six Paramitas, and Emptiness and Compassion.

Price: **\$40.00**

Order #: **v10069**

Istituto Shang Shung

## **SANTI MAHA SANGHA TRAINING FOR BOYS AND GIRLS: BASE LEVEL**

A short text aimed at giving boys and girls the opportunity to step onto the path through a very simple base of the teaching.

Price: **\$6.50**

Order #: **20030**

Shang Shung Edizioni

# Ganapuja

*Members of Rinpoche's Dzogchen Community are encouraged to perform this offering practice four times during each lunar month. Practitioners make offerings (traditionally of meat and alcohol) to the Master, Guardians of the Teachings, and to all sentient beings. The intention is both to become more familiar with state of Dzogchen and to create a cause of liberation for all beings.*

## **GANAPUJA**

A long and general explanation of the real meaning of the Ganapuja followed by the ritual formalities and behavior, with an updated way of doing the practice. Compiled from teachings given worldwide from 1980 to 1997.

Price: **\$9.00**

Order #: **99E**

Shang Shung Edizioni

## **GANAPUJA CD: \*REMASTERED\***

A set of 2 CDs by Chögyal Namkhai Norbu with explanation and practice, Merigar, 1991.

Order Number: **10032**

Price: **\$30.00**

Istituto Shang Shung

## **TSOK GYE: THE LONG GANAPUJA CD**

The entire Ganapuja practice, sung by Chögyal Namkhai Norbu. The long invocations to Ekajati and Dorje Legpa are included. Recorded during a collective practice in Merigar, 1998. 51 Minutes.

Price: **\$21.50**

Order #: **10046**

Istituto Shang Shung

## **GANAPUJA EXPLANATION AND PRACTICE DVD**

Chögyal Namkhai Norbu leads and explains the Ganapuja Ritual in this practice video.

Part One: Explanation in New York, 1994

Part Two: Practice in Merigar, 1998

Part Three: Chanting advice by Adriano Clemente

Price: **\$30.00**

Order #: **V10058**

Istituto Shang Shung

# Tun Practice

*Tun means "session of practice." Within the Dzogchen Community's Tun Book are several practices, including the Short, Medium, and Long Tuns. The different lengths of these three practices allow a practitioner to work within his or her time circumstances for a sitting practice.*

## **TUN PRACTICE BOOK- BASIC PRACTICE BOOKLET OF THE DZOGCHEN COMMUNITY**

Essential practices for daily use where one can find the majority of ritual practices done in the Dzogchen Community. No explanation.

1. Short Tun 2. Medium Tun 3. Long Tun 4. Ganapuja 5. Chod 6. Namkha 7. Lungta (Prayer Flag) 8. Marme Monlam

Price: **\$6.50**

Order #: **121E**

Shang Shung Edizioni

## **CONCISE EXPERIENTIAL INSTRUCTIONS ON THE SHORT TUN AS A DAILY PRACTICE FOR THE DZOGCHEN COMMUNITY**

An updated explanation of the short Tun, expanded and further illustrated in a beautiful new format. The definitive explanation and practice text of this essential daily practice. An excellent resource for Rinpoche's students!

Price: **\$13.00**

Order #: **168E**

Shang Shung Edizioni

## **TUN DRIN - EXPLANATION OF THE MEDIUM TUN**

The only extensive explanation on Medium Tun currently available.

Price: **\$5.50**

Order #: **tundrin**

Shang Shung Edizioni

#### **TUNDUS, TUNDRIN CD**

The practices and explanations were recorded in Merigar in 2001. The practices have been divided into separate tracks for easy memorization. The explanations are in English and would be best accompanied by the two booklets "Tundus" and "Tundrin."

Price: **\$21.50**

Order #: **10104**

Istituto Shang Shung

#### **TUNDUS, TUNDRIN, TUNGYAS VIDEO**

In this video Chögyal Namkhai Norbu explains the invocations, mantras, mudras and visualizations specific to each of the three tuns (short, medium, and long). The corresponding practice follows each explanation. The DVD menu is structured so one can select whichever explanation or practice one wants, making it an excellent practice aid. Duration: 134 minutes.

**DVD**

Price: **\$30.00**

Order #: **v10055**

Istituto Shang Shung

## Chod Practice

*The practice of Chöd comes from the great Master Machig Labdrön. This important practice unifies the teachings of Sutra, Tantra, and Dzogchen and brings one to complete realization. By making offerings of oneself to all beings, the practitioner overcomes the four demons: attachment to senses and sense objects, distraction of the mind, pride, and attachment to oneself.*

#### **CHOD**

An extensive explanation on the meaning of Chöd and the way of doing the practice followed by the text of the practice. Compilation of teachings from 1976 to 1991.

Price: **\$14.00**

Order #: **114E**

Shang Shung Edizioni

#### **HOW TO PLAY THE DAMARU IN CHOD PRACTICE**

How to play the damaru according to the instructions transmitted by Chögyal Namkhai Norbu.

Price: **\$6.50**

Order #: **20014**

Shang Shung Edizioni

#### **CHOD CD (NOT RESTRICTED)**

1. Practice of Chod 2. The Long Life Practice of Mandarava 3. The Song of the Vajra

Price: **\$21.50**

Order #: **10026**

Istituto Shang Shung

#### **CHOD PRACTICE AND EXPLANATION DVD**

In this teaching from Japan 1993 Chögyal Namkhai Norbu gives a detailed presentation covering all aspects of the rite as well as insightful historical information. He leads the practice with damaru and bell. 108 minutes.

Price **\$30.00**

Order #: **V10054**

Istituto Shang Shung

## Green Tara

Green Tara is the Beloved Mother of Compassion. The practice of this deity brings one to complete realization, quickly removes obstacles to the practitioner, and pacifies the sufferings of all beings.

#### **THE YOGA OF ARYA TARA – GREEN TARA PRACTICE**

This booklet contains a new short text on the Green Tara Practice, recently written by Chögyal Namkhai Norbu, which includes the 21 action mantras of Tara. The original text is followed by an explanation on the meaning of the text and the way of doing the practice.

Price: **\$9.00**

Order #: **156E**  
Shang Shung Edizioni

### **GREEN TARA MP3**

This MP3 format CD contains the entire teachings (3 hours) by Chögyal Namkhai Norbu in Peru where he explained the historical origins of Tara, how to do the practice as well as giving precise and detailed teachings for doing a personal Tara retreat. Explanations only.

Price: **\$21.50**  
Order #: **10100**

Istituto Shang Shung

### **GREEN TARA PRACTICE CD**

Recorded in Peru January 2002. Audio CD. Practice only.

Price: **\$17.00**  
Order #: **10101**

Istituto Shang Shung

### **GREEN TARA DVD**

Tara is the manifestation of the pure state of the element air. Green Tara is considered more important than the other female elemental manifestations. This is because the nature of air is movement, from which arises the "energy." Tara represents the function of compassion, the energy of all that illuminates and its wisdom. This video contains the teachings Chögyal Namkhai Norbu gave in Peru where he explained the historical origins of Tara, how to do the practice in general, and gave precise and detailed teachings to do a personal Tara retreat. Rinpoche teaches in English then is translated into Spanish. Explanation and practice.

Price: **\$30.00**  
Order #: **v10057**

Istituto Shang Shung

### **GREEN TARA CD-ROM**

The entire teaching Chögyal Namkhai Norbu gave in Peru in the year 2002. One can choose to listen and to view Rinpoche's explanation, or follow him while he performs the practice. Drawings of the mudras, images for visualization, and the complete text of the practice are all included. 3 Hours 20 Minutes. For Windows only.

Price: **\$30.00**  
Order #: **10048**

Istituto Shang Shung

## Mandarava Practice

*This Long Life Practice is a terma from Namkhai Norbu Rinpoche's Longsal terma cycle. It was entrusted to him by the supreme guardian, Ekajati herself, while Rinpoche was on retreat in the holy cave of Maratika in northern Nepal. Aside from extending the practitioner's physical life, magnetizing fortune, and removing obstacles, this practice has the power to bring one to complete realization.*

### **THE PRACTICE OF LONG LIFE AND CHUDLEN OF MANDARAVA**

Expanded explanations on chudlen practice with detailed descriptions of the Seven Nectars. This long life practice for strengthening one's protective energy is very useful. Also included is the story of how this teaching was revealed. Based on an oral commentary given at Merigar in 1986.

Price: **\$15.00**  
Order #: **178E**

Shang Shung Edizioni

### **THE PRACTICE OF LONG LIFE OF THE IMMORTAL DAKINI MANDARAVA**

The original terma texts on Long Life practice and on Chudlen of Mandarava received by the Master in 1984 and 1985. Translated from Tibetan by I. Gaetani

118E: (Explanation and Practice text)  
124E: (Practice only)

Price: **\$18.00**  
Order #: **118E**

Shang Shung Edizioni

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Price: **\$5.50**

Order #: **124E**

Shang Shung Edizioni

### **MANDARAVA TSALUNG PRACTICES**

This book contains the edited transcription of the teachings given by Chögyal Namkhai Norbu in July 2004 in Tashigar Norte, Isla Margarita, Venezuela. These teachings on Tsalung are related to the Long-life practice of Mandarava (*Tsedrub Dorjei Sogthing*), which belongs to Rinpoche's

Longsal teachings. They are from one complete teaching related to the practice of Mandarava called *The Profound Crucial Upadesha of the Long-life Practice 'The Vajra Vital Essence.'* Before doing any of these practices we should receive their *lung* transmission.

Price: **\$21.00**

Order #: **255E**

Shang Shung Edizioni

#### **MANDARAVA EXPLANATION AND PRACTICE DVD**

Chögyal Namkhai Norbu leads and explains the Mandarava practice.

Part One: Rinpoche explains the main practice, the Ganapuja ritual, chudlen, chudlen breathing, the mudras and the use of the bell and vajra, the damaru and the dadar. From the Singapore retreat, 1994, English with Chinese translation.

Part Two: Practice led by Chögyal Namkhai Norbu with bell, damaru and dadar, Singapore, 1994.

Price: **\$35.00**

Order #: **v10060**

Istituto Shang Shung

#### **MANDARAVA EXPLANATION AND PRACTICE DVD: MERIGAR WEST, AUGUST 2007**

Chögyal Namkhai Norbu did a month-long retreat of the Manadrava practice of long-life during August 2007. During this retreat he had dreams revealing further clarifications of how to perform this practice. During his retreat on several occasions Rinpoche explained to members of the Community about his dreams. Rinpoche did not give a full explanation of the practice on these occasions because many people already know it well from previous recordings and books. Here he only explained clarifications he received concerning certain points for some of the mudras and visualizations and two lines that were missing from the original text. This DVD is in 3 parts: the explanations Rinpoche gave on the 8<sup>th</sup> of August; the Ganapuja he let on the 8<sup>th</sup> of August; and the explanations he gave after the initiation on the 31<sup>st</sup> of August. The first explanation is in Italian with English subtitles and the second is in English with Italian translation.

Price: **\$40.00**

Order #: **v10068**

Istituto Shang Shung

## Vajra Dance

*The Practice of the Vajra Dance is an Upadesha terma revealed to Chögyal Namkhai Norbu through dreams by the great Dzogchen Master, Princess Gomadevi. By dancing on the Mandala, the practitioner learns to integrate presence with movement. The sacred action of this dance harmonizes the energy of the practitioner, purifies the land, and creates a cause of liberation for all beings.*

#### **ESSENTIAL NOTES ON THE VAJRA DANCE**

This text is meant for practioners of the Vajra Dance who have already received instruction in this practice and endeavors to clarify some of its technical aspects. The notes presented in this booklet are mainly indicating very basic particulars and positions of palms and feet in relation with each of the syllables of the Three Vajra Dances. Included are all adjustments and clarifications to the dance given by Rinpoche in recent years.

Price: **\$10.00**

Order #: **228E**

Shang Shung Edizioni

#### **VAJRA DANCE DVD**

This new video shows important updates to the Vajra Dance resulting from many indepth study sessions conducted by Chögyal Namkhai Norbu in August 2002 and 2003 on the Mandala in Merigar, with our two main Vajra Dance teachers, Prima Mai and Adriana Dal Borgo. It contains all the Vajra Dances currently practiced in our Community, including The Vajra Dance of the Song of the Vajra, The Vajra Dance of the Liberation of the Six Lokas, The Vajra Dance of the Three Vajras, The Vajra Dance of the Three Vajras - Irregular form for both Pamo and Pawo.

Price: **\$40.00**

Order #: **v10050**

Istituto Shang Shung

#### **TEACHINGS ON THE VAJRA DANCE VHS**

Teachings on the Vajra Dance by Chögyal Namkhai Norbu from 1991 to 1999. In this video tape Rinpoche was interviewed by Prima Mai, revealing historic discoveries of the Vajra Dance and how it has developed around the world. VHS only.

Price: **\$20.00**

Order #: **v10033**

Istituto Shang Shung

### **MUSIC FOR THE DANCE OF THE VAJRA CD (NOT RESTRICTED)**

Deeply contemplative music for the accompaniment of the sacred Vajra Dance. 1. Ah 2. The Song of Vajra 3. The Song of the Six Pure Dimensions of Samantabhadra 4. The Song of the Three Vajra 5. Ah

Price: **\$21.50**

Order #: **10029**

Amiata Records

### **THE STEPS OF THE VAJRA DANCE**

This booklet is a collection of original drawings of the steps of the Dance of Vajra drawn by Chögyal Namkhai Norbu. It is presented separately from the original text for easy consultation.

Price: **\$6.50**

Order #: **20022**

Shang Shung Edizioni

### **DANCE OF VAJRA - EXPLANATION OF THE ARMS AND OF THE MUDRAS**

This book mainly describes the arm movements and the mudras of the three Dances of the Vajra. This book is intended for those who have received instruction on the Dance of Vajra from a qualified teacher. Edited by Prima Mai.

Price: **\$7.00**

Order #: **113E**

Shang Shung Edizioni

## **Yantra Yoga**

*The teachings of Yantra Yoga were transmitted from the 8th century Dzogchen Master Vairocana. Through a detailed series of breath and movement exercises, the practitioner gradually learns to control his or her prana and relax into a non-dual experience. This important practice is emphasized by Chögyal Namkhai Norbu in his text, "The Precious Vase."*

### **YANTRA YOGA MANUAL**

An easy to consult booklet for those who already follow and practice Yantra Yoga. It includes preparatory exercises, preliminaries and the first two groups of asanas based on the text of Vairochana according to the teachings given by Chögyal Namkhai Norbu. This booklet contains an introduction by the Master plus a series of drawings illustrating different positions. Useful Text!

Price: **\$10.00**

Order #: **81E**

Shang Shung Edizioni

### **THE BASIC YANTRAS OF THIRD, FOURTH AND FIFTH SERIES AND THE SEVEN LOTUSES**

This manual, which is complementary to the manual containing all the preliminary sections of Yantra Yoga and the first and second series of basic yantras, illustrates the basic movements of the last three series of yantras and the seven lotuses. The medical benefits of the fifteen yantras described are included. Edited by Laura Evangelisti and Fabio Andrico. Translated from Tibetan by Adriano Clemente.

Price: **\$10.00**

Order #: **204E**

Shang Shung Edizioni

### **YANTRA YOGA: THE TIBETAN YOGA OF MOVEMENT DVD**

This DVD contains a demonstration by Yantra teacher Laura Evangelisti of the first level of Yantra Yoga as transmitted by Chögyal Namkhai Norbu; no explanation is given. It is meant for Dzogchen practitioners who have received the transmission from the Master and who have attended at least one Yantra Yoga first level course. The video includes all preliminaries including Tsigion, Lungsang (The Eight Movements), Tsandul, and the Pranayamas and Asanas of the first and second series.

Price: **\$25.00**

Order #: **v10053**

Istituto Shang Shung

### **THE EIGHT MOVEMENTS OF YANTRA YOGA DVD: \*REMASTERED\***

(reissue of VHS tape by the same name)

This DVD is a practical and simple guide for learning and practicing this ancient discipline. With these eight movements we harmonize and strengthen our energy through simple and effective methods which act on the physical level through the body movements and on the subtle level through the coordination of the breath. Set in the beautiful Himalayan Mountains, with a breathtaking view of famous peaks, the video is an enjoyable guide for learning and applying this ancient Tibetan yogic practice. Chögyal Namkhai Norbu introduces the video in an interview about the origins and purpose of the eight movements of Yantra Yoga. The next part gives step-by-step instructions and the final part shows a practice session.

Price: **\$30.00**

Order #: **v10066**

Istituto Shang Shung

### TEACHINGS ON YANTRA YOGA

A general explanation on the origin, the meaning and the practice of Yantra Yoga teaching transmitted by Guru Padmasambhava to Vairochana. Teachings given at Merigar in 1986.

Price: **\$10.00**

Order #: **20027**

Shang Shung Edizioni

### THE 25 BASIS YANTRAS, THE 7 LOTUSES AND THE VAJRA WAVE

This booklet is an extract from the translation by Adriano Clemente, of the original Tibetan text by Chögyal Namkhai Norbu.

Price: **\$10.00**

Order #: **41**

Shang Shung Edizioni

### KUMAR KUMARI YANTRA YOGA FOR CHILDREN

Yantra Yoga for children, illustrated by Rinpoche himself with hundreds of stylized figures. Children require a particular form of Yantra Yoga because their physical constitution is different from adults.

Price: **\$7.00**

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Shang Shung Edizioni

### STICKY YOGA MATS FOR SALE IN 5 COLORS

Specify Light Blue, Dark Blue, Green, Purple, or Brown.

Easy to use and to Carry!

Price: **\$18.00 each**

## Other Materials

*Incense, malas, prayers flags, photos of Chögyal Namkhai Norbu, deity artwork and more.*

*ITEMS TO SUPPORT PRACTICE*

### TIBETAN MEDICINE NOTE CARDS

These notecards are reproduced from illustrations in a seventeenth-century commentary on the Four Tantras, an ancient medical text of uncertain origin. That commentary--often referred to as the Blue Beryl treatise--together with the Four Tantras, form the basis of traditional Tibetan medicine, which brings together cosmic, meteorological, physiological, and pathological phenomena in a rationally ordered conceptual framework.

Price: **\$15.00**

Order #: **3000**

Pomegranate Arts

### TIBETAN MEDICINE KNOWLEDGE CARDS

The paintings reproduced in this deck are illustrations from a seventeenth-century commentary on the 'Four Tantras,' an ancient medical text of uncertain origin. Together, the Blue Beryl treatise and the Four Tantras form the basis of traditional Tibetan medicine. Twenty-eight full-color 7 1/4 X 8 5/8" cards (color on both sides), with 4-page pamphlet introducing the fundamentals of Tibetan Buddhist medicine, the history of Tibet's primary teaching texts, and the creation and subsequent rocky history of the Blue Beryl. Cigar box flip-top style packaging; size: 7 9/16 X 9".

Price: **\$25.00**

Order #: **3001**

Pomegranate Arts

### PRAYER FLAGS (LUNGTA)

#### The Song of Vajra Lungta

Handwritten by Chögyal Namkhai Norbu Lungta is to harmonize and protect your energy while purifying the environment. One set includes 5 primary colors with an instruction sheet. Made by Dzogchen Community in America.

Price: **\$9.00 for one set, \$25.00 for 3 sets, \$40.00 for 5 sets**

Order #: **Flag set**

### T-SHIRTS

Handprinted with Song of the Vajra Lungta Pattern, L Only

**\$12.00**

Incense

### **Special Incenses from Tibet**

Yellow Khangdru (Peaceful) or Red Khangdru (Wrathful). Each box contains 2 bundles.

Price: **\$18.00**

### **Small box of Tibetan Khangdru Incense (New!)**

The smell of the new incense has been best described as a mix between the peaceful and wrathful.

Price: **\$6.00**

### **Tara Healing Incense**

Hand made by Tibetan Refugees, according to traditional Tibetan medicine for relieving stress, tension and depression.

Price: (Tara) **\$3.00 per bundle**

**5-pack giftbox for \$14.00**

### **SANG OFFERING INCENSE**

#### **Riwo Sang Cho Powder Mix \$12.00**

Powderd "mother" mixture of more than 30 ingredients for mountain smoke offering

#### **Juniper Herbal Mix \$7.00**

For purification and propitiation of the local deities.

#### **Gugul Pieces \$7.00**

Fragrant crystalline myrrh, burned to dispel obstructions and negativities.

#### **Charcoal \$3.00**

A pack of ten quality pieces of charcoal on which to burn your powdered Sang Incense

## Vajras and Bells

### **Vajra and Bell Set**

Small Size **\$35.00**

Medium Size **\$45.00**

### **Vajra and Bell Covers**

Small Size **\$13.00**

Medium Size **\$14.00**

## Malas and Accesories

### **BAGS**

#### **Pecha Bags**

text holders (Red, Blue, Purple, Yellow, or Green)

**\$16.00**

### **Mala**

Gemstone (Amethyst, Malachite, Rose Quartz, Jade, Crystal) **\$39.00**

Bodhi Seed, **\$16.00**

Bone Skulls, **\$18.00**

Sandlewood, **\$10.00**

Rudraksha Seed, **\$14.00**

Mala Counters - Silver and Gold bell and Dorje Counters, **\$7.00**

Mala Bag - Keep your Mala safe in this beautiful silk container! Many colors available. **\$6.00**

## Drums and Damarus

### **Drums**

Sangpan Wood Chod Drum with tail & case

10" dia.

**\$120.00 Order #: 2100**

Dhamaru Drum with tail & case 3" dia

**\$30.00 Order #: 2102**

## Jewelry

Small Enameled Deity Pendant

Choose from: Green Tara, Padmasambhava, Kalachakra, Budda Shakyamuni, or Vajrasattva

**#2200 \$6.00**

Small Melon of 5 metals  
#2204 \$60.00

Large Melon of 5 metals  
#2202 \$120.00

## Kata

Offering Scarf  
Silk, in White or Gold  
\$5.00

## Artwork

### PLEASE NOTE

*\*\*\*All artwork is now by donation only. Prices here are suggestions, when ordering please let us know how much you would like to pledge for each artwork piece ordered.\*\*\**

### TIBETAN SYLLABLES FOR PRACTICE SUPPORT

**\$2.50 Order#: 30101**  
Gakyil Symbol 4X4 Laminate

**\$2.50 Order#: 30102**  
Six Loka Laminated

**\$1.50 Order# 30103**  
Om A Hum Laminated

**\$1.50 Order#: 30052**  
AH 4 x 4 Laminate

## GLEN EDDY

*Glen Eddy was the internationally acclaimed Thangka Painter who used traditional Tibetan Thangka technique but brought his own uniquely elegant style to the work. Chögyal Namkhai Norbu commissioned him to express this important lineage of Dzogchen.*

### GREETING CARDS(AS SHOWN THROUGHOUT CATALOGUE)

**Beautifully Drawn Greeting Cards 4x6**  
**By Glen Eddy with envelopes 50¢ each**  
**These cards can be color personalized by hand !**  
**Eight Cards for \$2.50 !!!**

Choose from: Odzer Chenma, Vajrapani, Machig Lapdorn, Garab Dorje, KunKyed Gyalpo, Sinhamukha, Gomadevi, Vajrasattva, Medicine Buddha, Buddha's Face, A, Snow Lion, Samantabhadra, Eternal Knot or General Assortment

### POSTERS

**17" x 27" Full Color Posters by Glen Eddy**  
Commissioned by Chögyal Namkhai Norbu  
Choose from: Goma Devi \*NEW\*, Chögyal Namkhai Norbu or 13 Primordial Dzogchen Masters: \$10.00

**12" x 17.75" Full Color Refuge Poster by Glen Eddy**  
Commissioned by Chögyal Namkhai Norbu  
\$10.00

**8" x 6" full color drawings** by Glen Eddy on Card  
Stock Choose from: Ekajati, Garab Dorje, Refuge  
\$4.00 each

## POSTERS AND WORK BY OTHER ARTISTS

**11" x 13" drawings printed on glossy photo paper**  
**by Atsuko Ozeki**  
Tibetan A with Tige, Simhamukha, Guru Tragpur  
**\$12.00**  
Laminated Machig Labdron 8.5" x 11", **\$2.00**

## Posters

1. Guru Padmasambhava, Yidams, Dharmapalas 17 x 23 **\$13.00 Order#: 30044**
2. Nantsg rGyalpo Yab Yum 10 x 13 **\$13.00 Order#: 30042**
3. Vajrapani, Garab Dorje, Rahula, Namsara 17 x 23 **\$13.00 Order#: 30043**
4. Guru Padmasambhava 9 x 13 **\$13.00 Order#: 30041**
5. Garab Dorje 11 x 17 **\$9.00 Order#: 30047**
6. Vajra Sattva Yab Yum **\$8.00 Order#: 30040**

## DEITY CARDS BY NICK DUDKA, GLEN EDDY AND OTHERS

Mandarava, Dorje Legpa, Garab Dorje, Chögyal Namkhai Norbu, Ekajati, Green Tara, White Tara, Guru Dragpur, Sinhamuka, Ozer Chenma, Rahula, Vajrapani, Vajrasattva Yab Yum, Manjushri, Garuda, Medicine Buddha, Goma Devi Tseu Marbo, Avalokiteshvara  
Medium (5" X 7") **\$2.00**  
Small (2.5"X 4") **\$.50**

### PLEASE CALL OR EMAIL TO CONFIRM!

Please call or email to confirm that your preferred deities and card sizes are in stock as our selection varies. Thank you.

## Photos of RINPOCHE

Prices:

4x6: \$3.00

5x7: \$5.00

8x10: \$8.00

**Call or email for info about selection**

Please confirm item availability before sending a payment. Thank you.

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