

# SHANG SHUNG PUBLICATIONS



## NEW PUBLICATIONS & SPECIAL OFFERS

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on the  
Dzogchen teachings of  
Chögyal Namkhai Norbu,  
Yantra Yoga,  
traditional medicine  
and  
Tibetan culture





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When you buy our books you directly support our efforts to continue producing and publishing books by Chögyal Namkhai Norbu, including commentaries, translations, and practice texts, as well as study materials in audio and video format on the many teachings he transmits to us.

This year, we are making some special offers available to you to inspire the spirit of giving in the Christmas season.

*Special offers valid only at [www.shangshungstore.org](http://www.shangshungstore.org) (while supplies last).  
Offer expires Losar 2015 (February 19, 2015).*



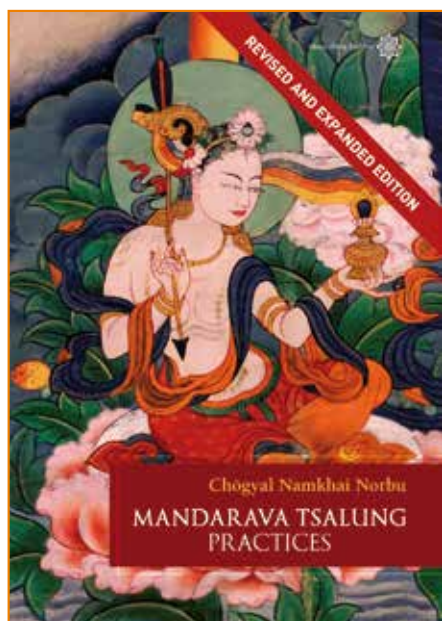


We would like to take this opportunity to express our profound gratitude to our Master, Chögyal Namkhai Norbu, for his myriad teachings and writings, as clear and expansive as space, and for connecting us to the precious Dzogchen transmission.

## Recent book presentations with Chögyal Namkhai Norbu



## New Products for Practitioners



Chögyal Namkhai Norbu  
**MANDARAVA TSALUNG PRACTICES**

**Revised and expanded**

368 pages, color and BW, € 21

November 2014

*A comprehensive guide to the Mandarava Tsalung practices taught by Chögyal Namkhai Norbu*

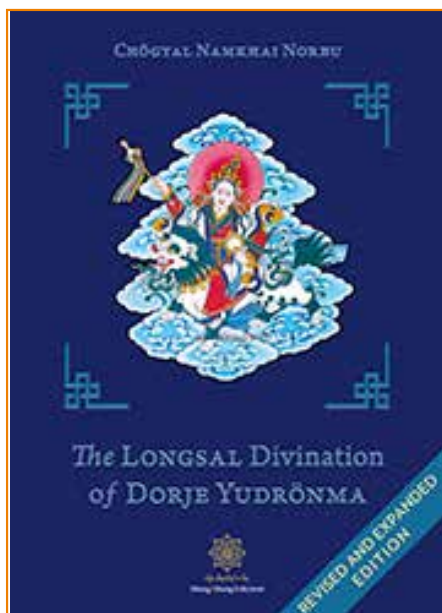
This book is a revised and significantly expanded edition of the original 2007 publication on the Mandarava Tsalung teachings and practices as transmitted within the Longsal cycle.

The new edition has been updated according to recent teachings and features an extensive section on the Long-Life Practice of Mandarava along with general clarifications about the related practices of Chülen and Sogthig.

Other new sections include Chögyal Namkhai Norbu's *Upadesha on the Tsalung of Mandarava*, with the full Tibetan text alongside a translation by Adriano Clemente, followed by Rinpoche's commentary on the same text, which explains the most important Tsalung for training in *dewa* and *tröd* (bliss and heat). The book also contains instructions for training in

the Sogthig breathing for the Chülen of Space from other retreats since 2010. A new appendix gives instructions on how to make a dadar.

Chögyal Namkhai Norbu explains, "We always prepare for these Tsalung practices by doing the main practice of Mandarava. Here we are explaining Tsalung practices that put a lot of emphasis on heat. We need to develop inner heat because it is important for discovering and developing sensation. The sensation of pleasure is one of the most effective means for having knowledge and realization. If we do not develop inner heat we do not have that possibility."



Chögyal Namkhai Norbu  
**THE LONGSAL DIVINATION OF DORJE YUDRÖNMA**

**Revised and expanded edition**

289 pages, color and BW, € 21 (includes set of 5 dice)

November 2014

*Find clarity when faced with difficult decisions*

The art of divination or Mo has always been widespread in Tibetan culture. Various methods of prediction have been practiced and passed down from ancient times. The *Tag-ril Divination of Dorje Yudrönma* is a short, cryptic text on divination that the Author received in 2009 as part of the Longsal cycle of teachings. Dorje Yudrönma, queen of the Pramohas, is the guardian of the Longsal teachings.

The *All-Illuminating Lamp* is a detailed commentary meant to be used as a practical manual. This method of divination uses five dice with the colors of the five elements, rather than numbers, as the identifying factor in the various responses. Outcomes depend upon the relationship between elements according to the system of Tibetan astrology.

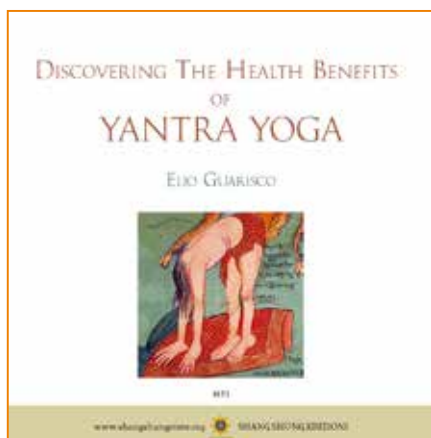
One hundred twenty-six different combinations are possible (plus three negative outcomes).

The twelve categories of prediction are protective energy, spirituality, goals and wishes, social condition, family, travel, marriage and relationships, business, health, enemies and negative forces, gifts of fortune, and wealth.

The divination can be performed by anyone interested, providing they receive the relevant transmission from Chögyal Namkhai Norbu. Transmission can be received by participating in retreats or webcast teachings.

The five dice necessary for performing the divination are included.





## DISCOVERING THE HEALTH BENEFITS OF YANTRA YOGA

Elio Guarisco

MP3 on CD € 12

MP3 download € 9.60

English with Italian translation

Approx. 8 hours

November 2014

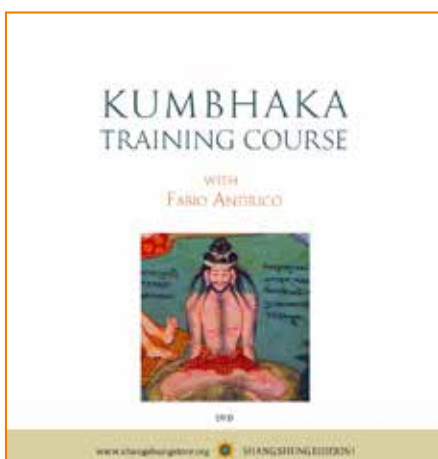
*Understanding the potential health benefits of Yantra Yoga will inspire your practice and encourage you to make it a regular part of your life*

From July 27 to 29, 2014, Tibetan medical expert Elio Guarisco and senior Yantra Yoga instructor Laura Evangelisti led a course at Merigar West on the benefits of Yantra Yoga from the perspective of Tibetan medicine as described in Rinpoche's books on Yantra Yoga.

This recording focuses on the explanatory sessions of the course, during which Elio Guarisco clarified how the movements, breathing, and mental focus that form a part of the practice are of benefit for the various energies and organs of the body as well as for the related functions. He also shed light on the way Yantra Yoga influences the energies connected to the emotions, consequently facilitating the process of healing illnesses and overcoming disturbances that obstruct our life force.

The course covered the benefits associated with each of the 108 Yantras, from the three preliminary groups through the five series including pranayamas to the seven lotuses, addressing them from the perspective of both Tibetan medicine and Vajrayana.

A recording of the course is now available as a CD or downloadable MP3. It expands on and complements the recording of the 2013 course on Yantra Yoga and the Vajra Body, also with Elio Guarisco, which covered the fundamentals of Tibetan medicine in general as well as the principles of the Vajra Body, tsa (subtle channels), lung (prana), and thigle (essence).



## KUMBHAKA TRAINING COURSE with Fabio Andrico

Recorded at Merigar West from August 18-19, 2014

Video on DVD € 18

English with Italian translation

Approx. 8 hours

November 2014

*Kumbhaka is at the core of many practices aimed at realization*

A new video recorded during a four-session course given by Fabio Andrico at Merigar West, Italy, in August 2014. With his characteristic wit and enthusiasm, Andrico skillfully introduces simple and effective exercises that facilitate an experiential understanding of various aspects of breathing with the goal of developing knowledge of the Kumbhaka hold. The video is suited for all students of Chögyal Namkhai Norbu, in any physical condition, regardless whether they practice Yantra Yoga.

Real knowledge of Kumbhaka is indispensable for the application of many of the practices Rinpoche teaches us, including the Seventh Lojong in the Base of the Santi Maha Sangha, the Tsalungs of Mandarava, and the Pranayamas of Yantra Yoga.

*This video is reserved for Dzogchen Community practitioners. Despite the amateur quality of the recording, it is an extremely valuable tool for enhancing your practice.*



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## Special Offers

### Books for Everyone

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### GREAT MASTERS

#### Two books for € 48 instead of € 57

Chögyal Namkhai Norbu

**The Temple of the Great Contemplation:**

**The Gönpa at Merigar**

Bilingual English/Italian edition

Full color, 365 pages, large format, 2014, € 45

The Gönpa at Merigar represents the original home base of the Dzogchen Community. It is the heart of the first center established by Chögyal Namkhai Norbu. This richly illustrated, full-color book is a well-researched, detailed portrayal of the symbolism and iconography of the temple. In addition to a translation into English and Italian of the design description written by Rinpoche prior to construction, the book includes inspiring biographies of the 148 masters depicted in the Gönpa. Representing all of the main Buddhist and Bön traditions in Tibet, each is also connected with the Dzogchen transmission.

This beautiful book will interest anyone with an open mind, regardless of their religious or philosophical persuasion, and is a perfect gift for your friends and family. It provides an insightful introduction to the origins of the Dzogchen Community and conveys a sense of the extraordinary depth and richness of the teachings.

Chögyal Namkhai Norbu

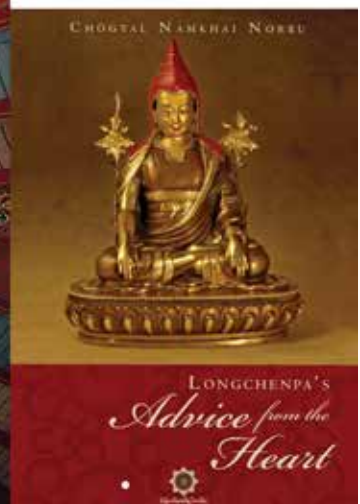
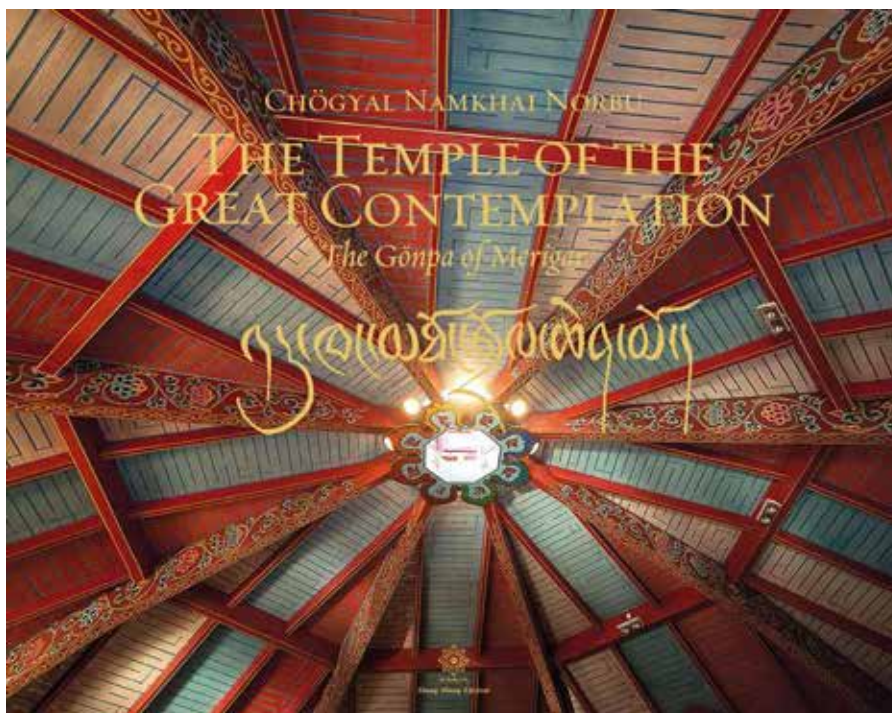
**Longchenpa's Advice from the Heart**

Commentary transcribed and edited by Elio Guarisco  
BW, 116 pages, 2008, € 12

Longchenpa Trimed Wözer (1308-1363) was one of the most important Dzogchen masters of Tibet. His scriptural learning and realization were equal to those of the famous saints who graced the land of India, and true to his words of advice, his was a disciplined life spent in forest and mountain hermitages.

*Longchenpa's Advice from the Heart* comprises thirty biting honest verses that can turn our mind to a sincere and uncorrupted spiritual practice.

After giving a clear and concise introduction to the principles and practice of Dzogchen, Chögyal Namkhai Norbu explains each verse in the context of Longchenpa's spiritual experience in a way that is relevant to us as individuals in our time.



## TIBETAN HISTORY

**Light of Kailash Vol. 1&2 PLUS Necklace of Zi: € 45 instead of € 63**

Chögyal Namkhai Norbu

**The Light of Kailash: A History of Zhang Zhung and Tibet**

**Volume One: The Early Period**

**Volume Two: The Intermediate Period**

BW, 262 and 305 pages, 2009 and 2013, € 25 each vol.

Translated by Donatella Rossi

This summa of Chögyal Namkhai Norbu's researches is dedicated first and foremost to his fellow countrymen and women and to Tibetan youth in particular. The text was originally conceived as a set of university lectures that Chögyal Namkhai Norbu was invited to give at the University of Nationalities in Beijing in 1988, forming a first abridged version of *The Light of Kailash* subsequently enlarged by the author after further research; the manuscript through meticulous selection and a critical use and analysis of a vast array of literary and frequently unpublished sources became a work of 1,900 pages divided in three volumes.

The first volume, *The Early Period: The History of Ancient Zhang Zhung*, considers the rise of early human generations and the Bon lineages of ancient Zhang Zhung, its dynasties, language, and culture.

The second volume, *The Intermediate Period: Tibet and Zhang Zhung*, is focused upon human generations, the Bonpo lineages, the spread of Bon during the lifetimes of the first Tibetan monarchs, the dynasties, written language, and civilization of ancient Tibet, as well as upon the reigns of specific kings, the Bon religion, and Bonpo religious figures of Zhang Zhung during that period.

The forthcoming third volume, *The History of the Later Period: Tibet*, is concerned with an assessment of the genealogies, Bonpo lineages, royal dynasties, language, and civilization of Tibet.

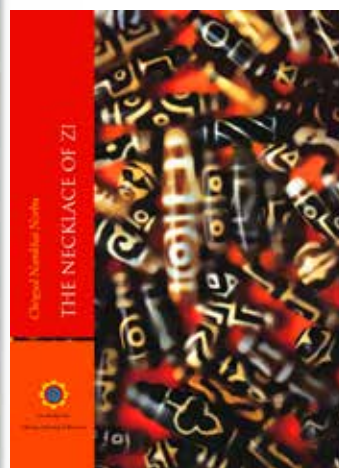
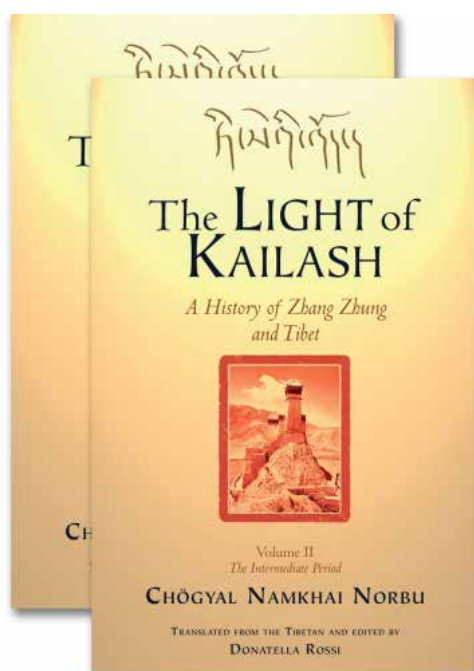
This amazing trilogy, aptly named *The Light of Kailash*, offers an open, daring, holistic, unbiased approach to the study of the cultural and spiritual heritage of Tibet and to the understanding of the origin of this fascinating and endangered civilization.

Chögyal Namkhai Norbu

**The Necklace of Zi**

2004, € 13

*The Necklace of Zi* is the revised and extended text of a lecture given by Chögyal Namkhai Norbu in 1975 to the annual meeting of young Tibetans in Switzerland. Some years later, *The Necklace of Zi* was published in Dharamsala in both Tibetan and English, and immediately provoked great interest for a completely new approach to the history and culture of Tibet. With remarkable authority, the Author emphasizes the originality and specificity of his people's culture. Citing ancient texts but also using illuminating examples from his education in Tibet, he refutes the almost universally accepted theory that reduced Tibetan civilization to a Himalayan appendage of Indian culture. For that prior theory, pre-Buddhist Tibet did not even possess its own form of writing. Chögyal Namkhai Norbu traces back the emergence of his country's culture nearly 4,000 years, and identifies the original Tibetan system of writing in the ancient Mar alphabet, from which the present cursive characters or Umed evolved. Besides the analysis of the Tibetan history and language, and a short chronicle of the pre-Buddhist Bon, this text deals in a simple but meaningful way with the crucial topic of the harmonious union of Dharma and politics.





## Package Offers for Practitioners

### MANDARAVA TEACHINGS

**Two books and one DVD for € 42 instead of € 52**

#### Mandarava Tsalung Practices

(see New Products for details), € 21

**plus**

#### The Practice of Long Life of the Immortal Dakini Mandarava: Terma Texts and Their Origins

Translated by Iacobella Gaetani

1999, € 13

*The Mandarava Teachings package includes the new Mandarava Tsalung Practices book as well as The Practice of Long Life of the Immortal Dakini Mandarava and the DVD from the Mandarava retreat at Merigar in 2007.*

*The Practice of Long Life of the Immortal Dakini Mandarava* contains Iacobella Gaetani's translation of the original text of the teaching revealed by Chögyal Namkhai Norbu in 1984 while on pilgrimage to Maratika, the cave where Guru Padmasambhava and Mandarava practiced and attained immortality. It comprises also Rinpoche's story of how this terma originated, as well as the text of the Seven Elixirs, the recipes for Chüdlen nectar that Rinpoche revealed in 1985 during a teaching retreat at Tsegylgar East, Massachusetts, USA. An added bonus, the book includes the full manuscript of both texts in the Tibetan handwriting of the Author himself.

**plus**

#### Mandarava: Explanation and Practice DVD video

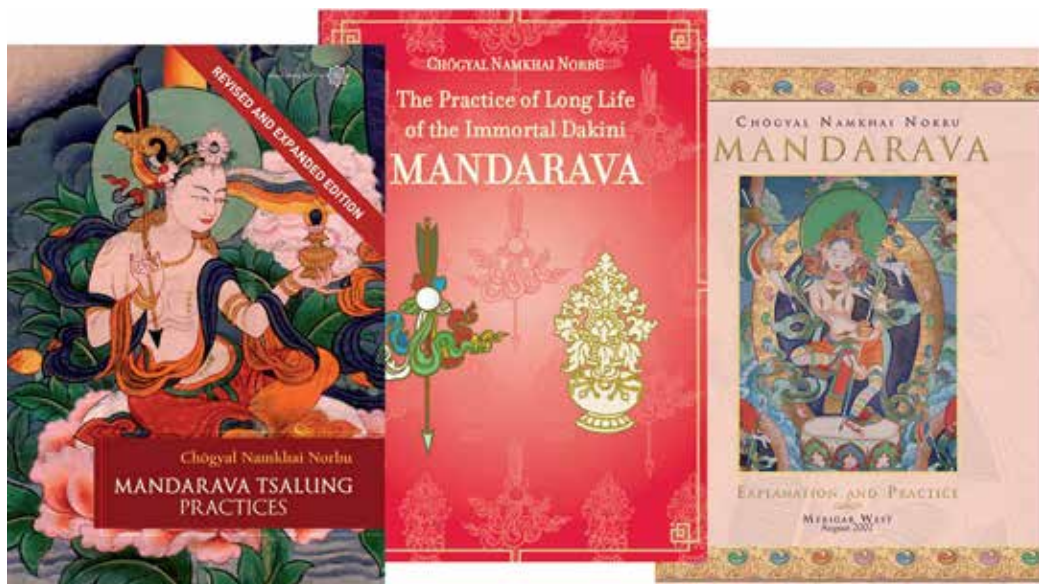
Italian with English subtitles and Italian with English translation

2007, € 18

The Mandarava DVD contains a video from a month-long teaching retreat held at Merigar West in August 2007. During this retreat, Chögyal Namkhai Norbu had dreams revealing further clarifications of how to perform the practice. On the August 8, Dakini day, Rinpoche led a Ganapuja for members of the Community and also explained his dreams. On the last day of the retreat Rinpoche gave an initiation to about 700 of his fortunate students. This was followed by further explanations from his dreams and a Ganapuja.

This DVD is in three parts: the explanations Rinpoche gave on August 8, the Ganapuja he led that same day, and the explanations he gave after the initiation on the August 31.

*The first explanation is in Italian with English subtitles and the second is in English with Italian translation.*





## YANTRA YOGA AND ITS BENEFITS

Two CDs for € 18 instead of € 24

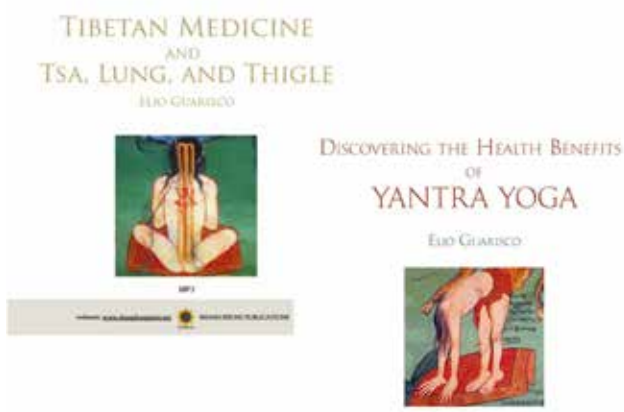
or downloadable MP3 for € 14.90 instead of € 19.20

### Discovering the Health Benefits of Yantra Yoga

(see New Products for details)

MP3 on CD € 12

MP3 download € 9.60



plus

### Tibetan Medicine and Tsa, Lung, and Thigle

MP3 recording (CD or download)

English with Italian translation

Approx. 8 hours, 2013

MP3 on CD € 12

MP3 download € 9.60

This package includes the recording of the 2014 course on the Discovering the Health Benefits of Yantra Yoga (see New Products for description) and the 2013 course Yantra Yoga, Tibetan Medicine and the Vajra Body with Elio Guarisco, which provided a detailed overview of the fundamentals of Tibetan medicine in general as well as the principles of the Vajra Body, tsa (subtle channels), lung (prana), and thigle (essence).

We are offering the two audio products together for practitioners interested in taking their Yantra Yoga practice to a more profound level and newcomers wishing to find inspiration through knowledge.

## HOW TO PRACTICE THE GANAPUJA

Umdze Training DVD for € 12 with free booklet

### NEW! Umdze Training Led by Adriano Clemente DVD video

English with Spanish translation

Approx. 8 hours, 2014, € 12

In February 2014, Adriano Clemente gave a five-day intensive at Dzamling Gar on how to sing the Ganapuja. This Training DVD is an invaluable aid for anyone in the Community because it helps us learn the correct melodies and timing of the Ganapuja.

Having studied directly with Rinpoche for many decades, Adriano Clemente, who happens to be a dedicated musician, has perhaps more experience leading practices than any other student in the Community. "There are many things I am not sure about at all," says Clemente, "but at least I understood how you should lead, where you should stop and make a pause, where you should continue, how long you should chant mantras, and so on, because these things are all very important. And you don't need to be a singer to do that. Not even a musician."

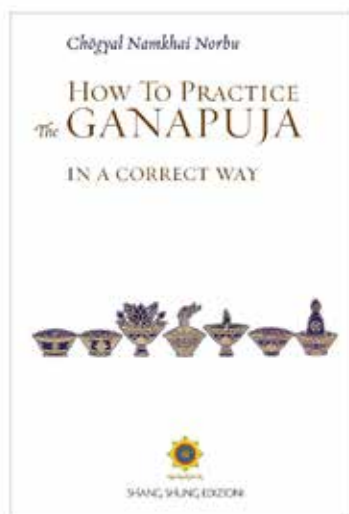
*The DVD video is divided into chapters so you can easily play and replay as you learn.*

plus

### How to Practice the Ganapuja in a Correct Way

2014, € 5

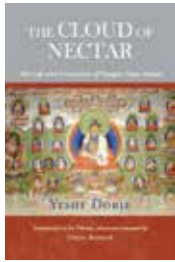
The special price of € 12 includes *How to Practice the Ganapuja in a Correct Way*, a booklet compiled by Rita Bizzotto from teachings given by the Master at Tashigar South in 2007. It includes concise instructions for each phase of the Ganapuja as practiced in the Dzogchen Community.



# Shang Shung Publications 2013-2014

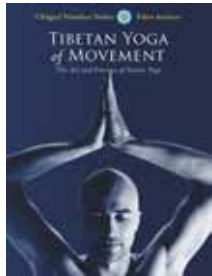
## Public Products

### English Books



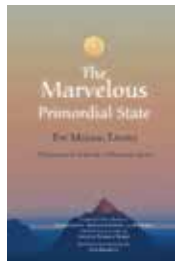
#### ***The Cloud of Nectar: The Life and Liberation of Nyagla Pema Döndul***

By Yeshe Dorje  
Translated by Oriol Aguillar  
Publication date: July 2013  
€ 23



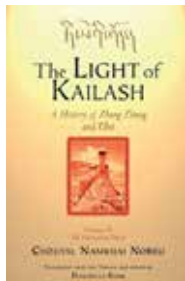
#### ***Tibetan Yoga of Movement: The Art and Practice of Yantra Yoga***

By Chögyal Namkhai Norbu and Fabio Andrico  
Copublished with North Atlantic Books  
Publication date: July 2013, € 25



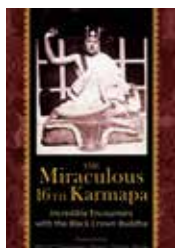
#### ***The Marvelous Primordial State***

Translated by Elio Guarisco, Adriano Clemente, and Jim Valby  
Publication date: August 2013  
€ 25



#### ***The Light of Kailash, Volume Two: The Intermediate Period***

By Chögyal Namkhai Norbu  
Translated by Donatella Rossi  
Publication date: October 2013  
€ 25



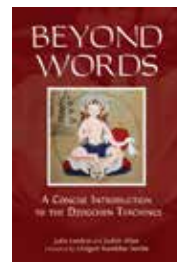
#### ***The Miraculous 16th Karmapa: Incredible Encounters with the Black Crown Buddha***

Compiled by Norma Levine  
Publication date: December 2013  
€ 23



#### ***Message from Tibet Through Songs and Dances***

Compiled by Chögyal Namkhai Norbu  
Publication date: January 2014  
€ 28



#### ***Beyond Words***

By Judy Allan and Julia Lawless  
Publication date: March 2014  
€ 15



#### ***The Temple of the Great Contemplation: The Gönpa of Merigar***

By Chögyal Namkhai Norbu  
Translated by Fabian Sanders and Iacobella Gaetani

Publication date: April 2014, € 45



#### ***The Light of the Sun: Commentary on Longchenpa's Precious Mala of the Four Dharmas***

By Longchenpa, Chögyal Namkhai Norbu  
Translated by Jacob Braverman  
Publication date: July 2014

€ 16, eBook € 13.90



#### ***Agenda Calendar for the Wood Horse Year 2014-2015***

Publication date: January 2014  
€ 7



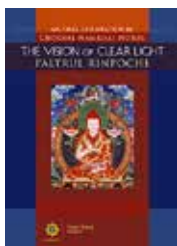
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# Books for Practitioners

## by Chögyal Namkhai Norbu 2013-2014

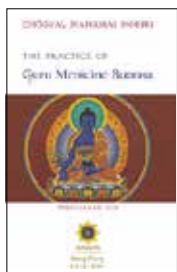
### English Books



#### ***The Vision of Clear Light and the Crucial Points of Dzogchen Practice: An Oral Explanation of Paltrul Rinpoche's Commentary*** € 15

This book is based on a teaching retreat that Chögyal Namkhai Norbu gave at Merigar, Italy, in 2007, centered on his profound

understanding of the Great Perfection knowledge communicated by Paltrul Rinpoche in his text entitled *The Vision of Clear Light and the Crucial Points of Dzogchen Practice*.



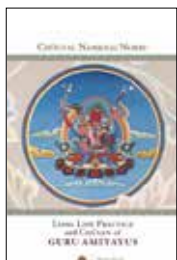
#### ***The Practice of Guru Medicine Buddha*** € 7

This booklet contains two practices of Medicine Buddha, together with explanations on how to apply them, as transmitted by Chögyal Namkhai Norbu at

Tsegyalgar East, Massachusetts,

USA, during a retreat that took place in 2008.

The first practice is centered around the figure of Padmasambhava in the aspect of the Buddha of Medicine. The second is a Medicine Buddha practice from a terma teaching of Namchö Mingyur Dorje.



#### ***Long Life Practice and Chülen of Guru Amitayus*** € 6, eBook € 5

The long-life practice discovered as a terma by Nyagla Pema Dündul is called Tsedrub Gongdü. *Tsedrub* means long life practice, *gongdü* is universal union. Guru

Padmasambhava and his consort Mandarava practiced together in the cave of Maratika in Nepal and attained immortality.



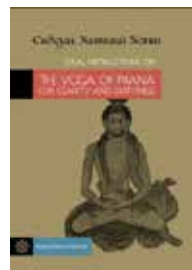
#### ***Secondary Practices of the Dzogchen Community***

€ 6, eBook € 5

This booklet contains brief explanations of the content and function of the practices that Chögyal Namkhai Norbu transmits at the end of each retreat.

#### ***Oral Teachings on the Yoga of Prana for Clarity and Emptiness***

€ 17, eBook € 15



This book contains a transcription of the oral teachings given by Chögyal Namkhai Norbu during the transmission of his Longsal text *The Yoga of Prana for Clarity and Emptiness* and the related

commentary written by Rinpoche himself for clarifying its essential points.

Rinpoche transmitted and explained all the introductory teachings as well as both the preliminary and main methods, giving precise explanations on the nature of the various prana energies and instructions on how to gain mastery over prana's different aspects through exercises of visualization and kumbhaka.



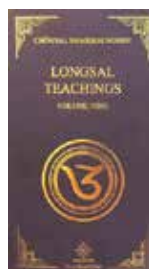
#### ***Shine and Lhagthong in the Dzogchen Teaching***

€ 10, eBook € 8

The Dzogchen Semde series explains the methods for understanding and applying the nonduality of Shine and Lhagthong. Realization is none other than the integration of such a

state into daily life.

The text is divided into three parts related to the three aspects of the path: view, meditation, and behavior.



#### ***Longsal Volume Nine***

This ninth volume of teachings from the Longsal cycle contains a fundamental upadesha on the Dzogchen Yangti called *The Upadesha of the Wish-Fulfilling Jewel of Yangti*. These teachings are closely connected to the famous instructions of the *Unique Golden Letter of the Black Yangti*, a terma rediscovered by Tungso Repa the Latter, Nyima Pal (1287-1335).

**This volume is restricted to those who participated in the Yangti retreat conducted by Chögyal Namkhai Norbu at Merigar West, August 19-23, 2011.**

