





I am delighted to welcome you to our 2013-14 Enlightened Gifts catalogue. This year's catalogue is packed full of exciting new products but still has all your old favourites.

A big thank you to everyone who bought gifts from last year's catalogue or through our online shop [www.enlightenedgifts.org](http://www.enlightenedgifts.org); your purchases really do make a difference. Many of our products directly support a range of Tibetan run initiatives such as the Rogpa tailoring workshop and the Clean Upper Dharamsala project, both of which not only produce some of the wonderful items in this year's catalogue but also offer essential employment, training and welfare programmes to exiled Tibetans.

Keep a look out for a stunning new range from Rogpa including fabric card holders, hand embroidered keyrings and the enormously cute mini-monk 'dangly' – all new this year! Buy a string of prayer flags and help keep Tibetan culture alive or bring a touch of Tibet to your home with our new paper lanterns. And, if you find all this shopping hard work, then why not unwind with our new herbal relaxation gift pack from Sorig?

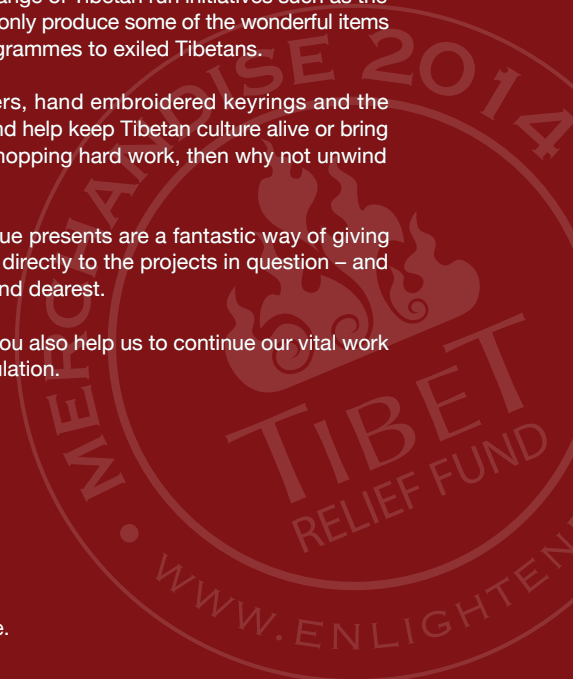
This year we have also introduced several new Virtual Gifts (pages 2-3). These unique presents are a fantastic way of giving a loved one something truly life changing. Proceeds from the sale of Virtual Gifts go directly to the projects in question – and we will send you a card with information on your gift for you to give to your nearest and dearest.

Remember that in buying your gifts from us you not only receive great products but you also help us to continue our vital work on improving health, education and community development within the Tibetan population.

Thank you once again for your continued support and happy shopping!

Philippa Carrick, Chief Executive

Ps. Be sure to visit [www.enlightenedgifts.org](http://www.enlightenedgifts.org) to see the full range of our merchandise.





Virtual Gifts are a great way to give a life-changing and inspiring gift to your family and friends – and they couldn't be simpler! Just fill out the order form on the back of this catalogue and send it back to us. Once your order has been received, we will send you a beautiful card along with an insert detailing the project your gift is supporting for you to send to your loved ones. We then transfer funds directly to the project you have chosen. By offering sustainable project support, these gifts will go on working long after the festivities are over.

With a wide range of gifts to choose from, there is a Virtual Gift for everyone. Treat the bookworm in the family by saving a precious Tibetan manuscript from decay. Give an elderly friend or relative the satisfaction of knowing that an elderly Tibetan refugee has food for the winter. Or why not Donate a Doll and send a Bopa Doll to a refugee Tibetan child? This year we have a range of new Virtual Gifts that are sure to bring a smile to whoever you give them to – not to mention the Tibetans in Tibet, India and Nepal who will directly benefit from your gift!



## The Breadline

Elderly Tibetans in settlements in northern India and Nepal often find themselves without any family to support them. Poor health frequently means they cannot work and so have little or no money to buy even the most basic of foodstuffs like bread, potatoes or rice. With this gift you can offer not just food but comfort and security to these vulnerable elders.

Each gift will provide a Tibetan elder with food for one month.



## Accident & Emergency

To not be able to afford basic medicines or treatment in an emergency is something that, thankfully, most of us will never have to face. But, for many Tibetans, especially those in remote settlements in Nepal, it is a daily reality. This gift will provide the funding to make sure the most basic of medical needs – such as crutches, bandages, or a course of antibiotics – will be met.



## Newborn Necessities

In certain areas of Tibet four out of every nine births will result in the death of either mother or baby. Most of these deaths could be prevented by using the correct equipment such as sterilised scissors, towels, soap and clean clothes for the baby. This gift will provide all these essential items in a newborn baby pack to make sure that mother and baby do not have their lives put at risk for want of basic equipment.



## Donate a Doll

To live as a refugee is emotionally hard for anybody but especially for children who find themselves living in a new environment far from their family home. Many have made the hazardous journey over the Himalayas, sent by their parents to gain a Tibetan education. When arriving at the Tibetan Refugee Reception Centre in Dharamsala, the younger ones are placed in Tibetan Children's Village schools across India or at Tibetan Homes Foundation in Mussoorie.

This Virtual Gift gives a hand-made Bopa Doll to a vulnerable Tibetan child and helps relieve some of their distress by giving them a new friend.



## Wise Words

Since 1391 there have been 14 Dalai Lamas, each offering their own distinctive wisdom. Their priceless teachings offer a unique insight into Tibetan Buddhism and Tibetan culture. Without urgent action these will be lost forever. With the blessing of the current Dalai Lama, the Library of Tibetan Works and Archives are working to preserve, digitalise and publish these invaluable resources to make them available for study and research.

Your gift will help keep Tibetan culture and knowledge alive by saving a manuscript, preserving a speech or digitalising a film.

VIRTUAL GIFTS  
£ 30

## Winter Warmers

With over 2,500 children to care for, the Tibetan Homes Foundation in Mussoorie finds it next to impossible to make sure all the youngsters have enough warm clothing to see them through the bitterly cold Himalayan winters. This gift will provide winter coats, gloves, hats and scarves to keep the little ones snug and warm!

VIRTUAL GIFTS  
£ 25

## Giving Shelter

Help on Hand is a wonderful initiative in Chandigarh, India which helps countless Tibetans every year with their medical needs. As well as providing medical care and medicines for those who cannot afford it, Tsering Dolkar and her sister also provide accommodation and translation services for newly arrived Tibetans with little or no Hindi or English. Every year they are seeing an increasing number of patients with HIV and Hepatitis B come through their doors. Treatment is expensive and lengthy with patients often too unwell to work and earn money to support themselves. With this gift you can give patients peace of mind by securing their accommodation for one year.

VIRTUAL GIFTS  
£ 150

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FUND. PAGE  
03





## Notebook Gift Pack

Set of three

Made from recycled paper and fastened with a string tie. With three different sizes, why not keep one for shopping, one for the car and one for your musings?

Assorted colours, lucky dip.

Sizes: S: 65mm x 103mm, M: 90mm x 133mm, L: 100mm x 175mm

£6.50

## Striped Notebook

Clean Upper Dharamsala Project

Made from 100% recycled paper these colourful hardback notebooks are a perfect pocket-size. With plenty of plain pages for all your jottings, they will surely be a hit with family and friends or as a sneaky treat for yourself!

Assorted colours, lucky dip.

Size: 100mm x 160mm

£3.95





### In a Nutshell

*Rogpa*

These fun little walnut 'danglies' are made at the Rogpa women's workshop. After making walnut cake in the Rogpa café, the shells are collected up and fashioned into these hand-embroidered mini-cushions. Recycling at its best! They make a great addition to the Christmas tree, the car mirror or your sewing box. With our 'buy 5 for £10' offer you can even buy a few and treat your friends.

**£2.50** each or **5 for £10**

### Door Plaque

Fix this charming metal plaque over doorways and the mantra of great compassion will bestow blessings on all who pass beneath it. This plaque makes for a great little gift for friends and family or for your own home.

Size: 60mm x 30mm

**£4.00**





## Notebook Wallet

*Rogpa*

Keep all your essentials in one place with this funky notebook wallet. It comes with a beautifully made recycled paper notebook, has a zipped pouch and additional pockets for all your cards, cash and photographs. Secure it all together with the handy cloth tie and when you've filled up the first notebook, why not get yourself one of our mini notebooks and start afresh?!

*Assorted colours and patterns, lucky dip.*

*Size when closed: 155mm x 115mm*

**£9.50**

NB. This item will be delivered in early December



## Rogpa Card Holder

*Rogpa*

Pretty, practical and just the thing for holding cash, cards and tickets or your Oyster card. Handcrafted from recycled materials no two card holders are the same and what's more, your purchase supports the ethical consumerism promoted by the Rogpa workshop.

*Assorted colours and patterns, lucky dip.*

*Size when closed: 115mm x 80mm*

**£4.75**

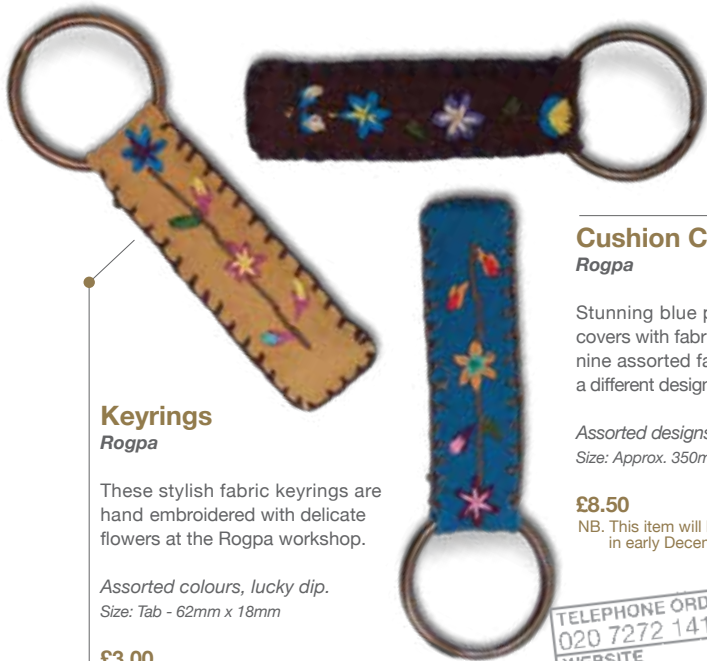




# Rogpa

Rogpa was established in Dharamsala in 2004 with the aim of preserving Tibetan culture whilst promoting independence for local Tibetan women. With a craft centre, a free crèche, a café and a shop – Rogpa is a self-sufficient community where women can work, learn and grow with no childcare or language barriers to stop them.

We have been supporting the project since 2011 and this year we are pleased to be able to offer you an even bigger selection of Rogpa's products. The products in this catalogue are made with recycled fabrics at the Women's Craft Centre and are not only beautifully crafted, they are also a great way to support and encourage self-reliance in Tibetan communities.



## Keyrings Rogpa

These stylish fabric keyrings are hand embroidered with delicate flowers at the Rogpa workshop.

*Assorted colours, lucky dip.*  
Size: Tab - 62mm x 18mm

**£3.00**

## Cushion Covers Rogpa

Stunning blue patchwork cushion covers with fabric tie fastenings. With nine assorted fabric panels each of a different design.

*Assorted designs, lucky dip.*  
Size: Approx. 350mm x 350mm

**£8.50**

NB. This item will be delivered in early December

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Green



Mustard



Burgandy

**Woolen Seat Pad**  
*Dekyling Handicraft Centre*

These heavyweight cushion covers are made from hand spun wool in a variety of colours, all with traditional Tibetan designs on the front. Supplied with a foam insert for use as a padded mat, they are great for the garden, picnics and more! Alternatively, with a cushion inner, they make striking cushions for your home.

*Assorted colours. We will try and supply colours requested.*

Size: 465mm x 465mm

**£8.50**



Slate Blue



## Bopa Dolls

*Dolls4Tibet*

Our ever popular Bopa Dolls are handcrafted by Dolls4Tibet, a women's co-operative in a small workshop in Dharamsala. Each doll is dressed in traditional Tibetan dress and is individually named by the women who make them. Better still, every doll you buy will see 90 per cent of the purchase price going directly back to the project. This means that as well as a unique and well-made gift, you will also be providing training and skills for Tibetan refugee women at the Dolls4Tibet workshop.

We will try to provide a girl or boy doll if preference is stated.

**Large doll** (340mm high)    **£40**

**Small doll** (250mm high)    **£25**

## Mini-Monk 'Dangly'

*Rogpa*

These unique little accessories are the perfect novelty for the Christmas tree, your car mirror or to give to friends. Get yours quickly!

**£2.50**



## Letter Holder

*Gu Chu Sum*

This attractive wall hanging for storing your letters features three colourful panels embroidered with auspicious symbols from Tibetan Buddhism. Each letter holder has a hanging loop at the top for easy fastening.

Sizes: 195mm x 95mm  
(including tassels)

**£12**



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PAGE 09



## Potala Incense

Hand prepared quality incense made in Nepal with medicinal herbs.  
Approx. 20 sticks per pack.

£3.50



## Dekyling Incense

*Dekyling Handicraft Centre*

Based on traditional Tibetan incense used for centuries in Tibet to balance the mind and relieve tension and stress, this incense is made using time honoured methods with Himalayan plants. It comes in a gift pack of five.

£6.50



## Embroidered Pocket Bag

These hugely popular pocket bags feature motifs based on the eight auspicious symbols and Om Mani Padme Hum mantra. They make great gifts and are ideal for holding a mobile phone, ipod or sunglasses, with a handy popper to keep the contents safe! Now also available in iPhone size.

Assorted colours, lucky dip.

**Original pocket bag:** Approx size: 70mm x 135mm

£3.50

**iPhone bag:** Approx size: 95mm x 145mm

£4.50

(iphone not included!)





## Prayer Flags

These colourful cotton prayer flags are traditionally strung on mountain passes, in monasteries, from stupas and outside the home. The 'windhorse' (Lung ta) carries the prayers on the wind as blessings to all beings.

The large and small strings of prayer flags feature windhorse prayers and mantras and are perfect for hanging virtually anywhere, outside or in. The mini prayer flags are printed with the traditional 'Om mani padme hum' mantra, known as the mantra of compassion. Spread your compassion by hanging them from your car, your bicycle or even your backpack!

**Mini flags:** 1m string of 15 flags, each approx. 52mm x 35mm

£ 1.75

**Small string:** 10 flags, each approx. 150mm x 200mm

£ 4.00

**Large string:** 25 flags, each approx. 190mm x 235mm

£ 10.00



## Lotus Flower Incense Burner

A hand painted and beautifully crafted wooden incense holder in the shape of a Lotus - the Buddhist symbol of purification. It holds both thin and full thickness incense sticks and will catch the falling ash in the bottom.

£4.50





Small Holdall

Rucksack



Large Holdall



## Squashable Bags

A new take on folding shopping bags, these fantastic and quirky bags are designed by Kalden Aukatsang who was previously helped by Tibet Relief Fund through a start-up loan. They are absolutely great for travel, the daily shop or for trips to the gym. Not only are they neat and compact once folded, they are also spacious and sturdy to use. They are available in three different designs, so you can be sure to have a bag for every occasion!

Three colours available: Turquoise/Black; Cerise/Magenta; khaki/mustard

- |  |            |
|--|------------|
| <b>Rucksack</b> Approx: 53 litres      | <b>£10</b> |
| <b>Small Holdall</b> Approx: 15 litres | <b>£10</b> |
| <b>Large Holdall</b> Approx: 53 litres | <b>£15</b> |





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FUND • PAGE • TIBET RELIEF  
13

### Quilted Silk Bags *Set of three* *Gu Chu Sum*

This gorgeous set of silk bags are fully lined with a silk interior and are perfect for holding all of your jewellery, cosmetics and bits and pieces. Keep them as a set or give them individually to friends and family!

Small: 140mm x 110mm  
Medium: 200mm x 150mm  
Large: 225mm x 195mm

£17.50

### Snow Lion Bag

These fully lined bags are both sturdy and striking. They have a handy velcro fastening pocket and strong contrasting handles. Printed with a traditional Tibetan Snow Lion design they are available in black or natural canvas – great for the eco-shopper or as an everyday tote!

Size: 320mm x 40mm plus handles

£6.00





# Projects your purchases support

## Gu Chu Sum

The Gu Chu Sum movement was established in 1991 to look after the welfare of former political prisoners and their family members. They provide free health care, training and educational courses for ex-political prisoners who would otherwise have nowhere else to go. Their two tailoring centres offer training and employment for 30 tailors.

The Gu Chu Sum teaching centre also provides educational courses in basic Tibetan, English and computer education. Here at Tibet Relief Fund we are very proud to have supported the project for a number of years both by providing grants and selling merchandise crafted in the tailoring workshop.

## Clean Upper Dharamsala

This environmental initiative offers skills training and employment to newly arrived and elderly Tibetans. The project organises daily rubbish collections throughout Dharamsala and the waste paper, cardboard and cotton collected by 'green workers' is used to create 100% handmade recycled paper. This is then made into lots of different products such as the lampshade, striped notebooks and Tibetan animal cards you see in this catalogue.

## Dolls4Tibet

The Dolls4Tibet workshop empowers women by training them in new skills and offering enjoyable work opportunities to generate income a supportive environment. The wonderfully unique Bopa Dolls are handmade by vulnerable women in the Tibetan and Indian communities of Dharamsala; women who, with little or no skills training, would otherwise find it hard to get employment and become more independent.

Since its inception in 2007, Dolls4Tibet has been able to provide meaningful training and employment to 16 craftswomen. By stocking Bopa Dolls, Tibet Relief Fund is able to send 90 per cent of the purchase price directly back to the project to ensure that it has funding for years to come.



## Gift Bag Set

*Clean Upper Dharamsala*

This sturdy gift bag set fastens with string wound around a button, meaning they can be recycled and reused – perfect for taking the hassle out of wrapping. 2 bags per set.

Small: 180mm x 160mm

Large: 210mm x 240mm

**£4.00**



## Paper Lampshade

*Clean Upper Dharamsala*

Light up your home with a touch of Tibet! These recycled paper lampshades are printed with pictures of different native Tibetan animals. Easy to assemble and great for children's rooms.

Images depict a Tibetan yak, panda, Tibetan antelope and a snow lion.

Size: 30mm x 175mm

**£4.25**

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PAGE  
16  
TIBET RELIEF  
FUND



### Travel Amulet

This silver amulet has a seed inside, blessed by the State Oracle, to protect against obstacles and pacify negativities and conflicts. The back has a monogram of the tantric Kalachakra Heruka and the front features a Double Vajra (thunder bolt) symbol inlaid with a turquoise bead.

£4.00



### Eternal Knot Pendant

The eternal knot is one of the eight auspicious symbols in Tibetan Buddhism and symbolises endless wisdom and compassion. This stylish pendant is made of silver and inlaid with turquoise. Wear it on a chain or make it more casual on a leather thong.

Limited stock so buy yours now!

Size: 25mm x 30mm

£12.00



### Turquoise and Wood Wrist Mala

This delightful elasticated wrist mala is formed of wooden, coral and turquoise beads. A pretty and useful alternative to longer malas.

£5.00



## Medicine Bracelet

Hand-crafted from Yak bone and inlaid with turquoise and coral, known for their healing properties, the Tibetan medicine bracelet is worn to help the body balance its essential energy. The three metals: copper, nickel and brass help promote healthy blood flow and circulation. Wear the medicine bracelet and allow its healing properties to radiate through your body.

*Available in white or red.*

**£5.00**



## Dzi Mala

Mala beads are traditionally used when reciting mantras and prayers. This striking mala with two mantra counters is made from 108 Dzi beads, each one unique. It can be used for spiritual practice or as an unusual eye-catching necklace.

Limited stock.

**£12.00**



## Small Bangle

A delicate silver bangle embossed with 'Om mani padme hum' - the mantra of compassion. Fully adjustable and suitable for men and women.

**£9.00**



# Sorig

Men-Tsee-Khang is the Tibetan medical institute of His Holiness the Dalai Lama. Their products are made from the finest ingredients according to traditional Tibetan herbal formulations under the supervision of highly trained Tibetan pharmacists. Sorig products (translated as "the Tibetan science of healing") are not tested on animals and are made from entirely natural ingredients. Your purchase of Sorig products helps us support the work of Men-Tsee-Khang in the preservation and promotion of Tibetan medicine.



## Relaxation Gift Pack Sorig

*Massage oil, herbal bath, stress incense*

Unwind with this delightful combination of massage oil, herbal bath therapy and stress incense.

The massage oil is specially blended to promote calmness and well-being and is suitable for adults and babies.

Let the incense de-stress you whilst you soak in a herbal bath - particularly useful in treating restlessness, nervous disorders and even arthritis.

£14.25

## Massage Oil

*Size: 75ml*

£ 6.25

## Everyday Tea

*Sorig*

A tasty alternative to caffeine that blends ginger, wild rose, redcurrants and saffron. This tea is said to balance bodily energy and promote relaxation, healthy skin, appetite and digestion.

£4.75



## Aru Balm

*Sorig*

Aru Balm is based on an exclusive formula from Tibetan medicine for the relief of headaches, colds and aches and pains. It comes in a handy little pot that you can pop in your bag and take with you. You'll never want to be without it again!

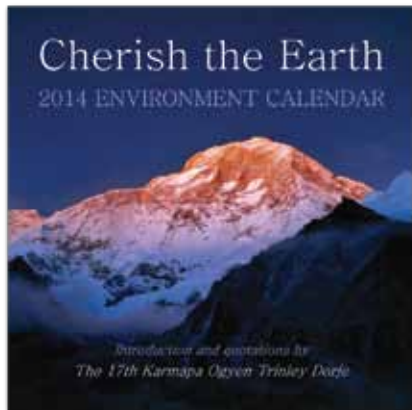
£3.50



18 TIBET RELIEF

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## Calendars



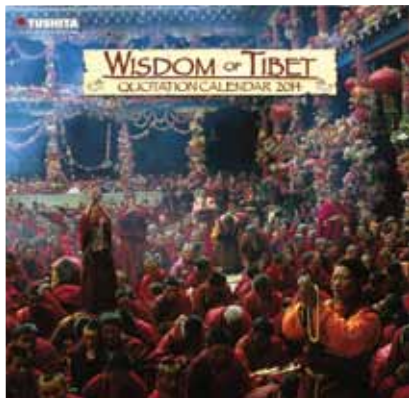
### Cherish the Earth

Wall calendar

This brand new wall calendar has been produced in collaboration with His Holiness the 17th Karmapa. Each month features an outstanding environmental image from around the world along with an inspirational quote. A carbon neutral product with proceeds going both to Tibet Relief Fund and other charities supported by His Holiness the 17th Karmapa. This calendar is beautiful on every level!

Size: 30mm x 30mm

£9.99



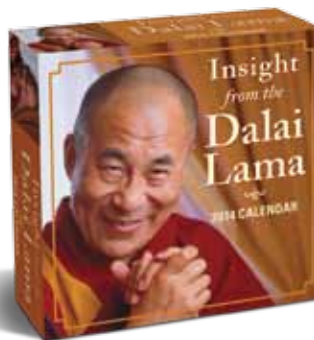
### Wisdom of Tibet

Wall calendar

A sixteen-month wall calendar with 12 stunning images of Tibetan culture.

Size: 3mm x 30mm

£9.99



### Insights from the Dalai Lama

Desk calendar

A motivational quote from the Dalai Lama for every day of the year. Perfect for home or work or as a thought-provoking gift for a friend.

Size: 137mm x 137mm

£9.99



### Tibetan Animal Cards

Clean Upper Dharamsala

These cute little animal cards are handmade from recycled paper. A pack of six blank cards contains prints of three different Tibetan animals. Why not give them to children to colour in and make their very own designs?!

Size: 115mm x 160mm

£4.50



## Greeting Cards

Four wonderful images of Tibetan life and culture taken by Jan Reurink. These blank cards will make unique Christmas greetings or use them throughout the year for those special occasions. Choose from Ganden Monastery, Shaman Festival, Tibetan Woodcarving or Mani Stones.

Pack of six, single design

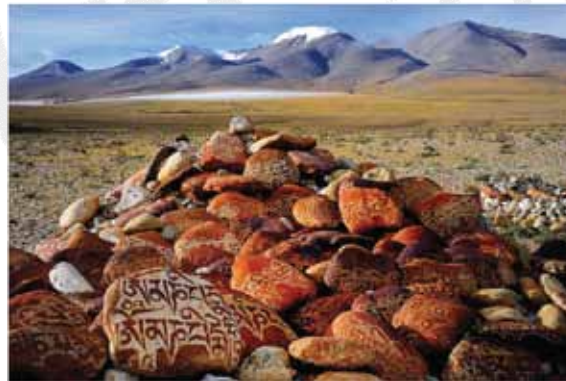
Card size: 125mm x 175mm

£3.50



### Tibetan Woodcarving

A striking image of a traditional Tibetan wood carving.



### Mani Stones

A remarkable image of Mani Stone on the Tibetan Plateau

## Assorted Pack

A pack of 12 cards featuring the stunning photos depicting aspects of Tibetan life by Jan Reurink: Tibetan Woodcarving, Ganden Monastery, Mani Stones and Shaman Festival.

Pack of 12, four designs, three cards of each design.

Card size: 125mm x 175mm

£5.50



### Shaman Festival

A colourful image of girls in tradition dress at a Shaman Festival in Tibet



**Ganden Monastery**  
A stunning view over the valley  
from inside Ganden Monastery



### Monk Cards

These beautiful images were taken by a long-time supporter of Tibet Relief Fund, Peter Bennion. Printed on high quality card, this unique set of cards gives a colourful glimpse of Tibetan monastic life in exile. Use as notecards, birthday cards or even as novel Christmas cards!

Pack of five cards and envelopes.  
Card size: 125mm x 175mm

**£6.00**



