



TIBET
RELIEF FUND

60

YEARS WORKING
WITH TIBETANS

Enlightened Gifts 2020

All products in this catalogue either support a Tibetan social enterprise that helps its local community or are supplied by Tibetan-run businesses based in India. Through your purchases you will be helping projects and Tibetan entrepreneurs to develop, become more self-sufficient and thrive.

Our cover shows Dekyi Palmo, a skilled weaver who works at Dekyiling Handicraft Centre. You can support Dekyi and the other handicraft workers by buying their handmade incense on page four.

Gifts of Hope

Our Gifts of Hope allow you to give a meaningful gift, whilst simultaneously doing something truly life changing for Tibetans. Choose your gift from one of these three amazing projects and we will send you a *rangzen* (freedom) bracelet, a photo, and details of the project in an envelope made by the Clean Upper Dharamsala project.



Picnic for Elders

£16

Elderly Tibetan refugees don't have pensions or social security. Most were children or just beginning their adult lives when they risked everything to escape Tibet. Now many are alone with no income or family to support them.

Your gift will give two elders the opportunity to get together with others and share a picnic (a traditional Tibetan pastime!) during the festive season of Tibetan New Year (Losar). Socialising and sharing memories will bring a little sunshine to the evening of their lives.



Happy Holidays

£36

Imagine having to spend every Christmas and summer holiday at school, unable to return to your home. This is the lonely reality for many orphans and refugee children at Tibetan Homes Foundation.

Your gift will mean four children, like Tenzin and his friends, can enjoy activities during the long holidays to keep their spirits up, like going to the cinema and meeting up with other children.



Help for Hepatitis

£54

Hepatitis B is a major health problem for Tibetans, affecting one in ten of those living in India. Without treatment it can be life-threatening, causing scarring of the liver (cirrhosis) or liver cancer. It's estimated 90% of liver cancer within the community is due to Hepatitis B. Many Tibetans can't afford the long-term medication to keep the virus under control.

Your gift will bring peace of mind to a Tibetan suffering from chronic Hepatitis B, knowing they will have their essential medicines for six months.



The True Meaning of Life Bookmark

Featuring a quote from the Dalai Lama.

Size: 18cm x 6cm

£ 1.50



Fabric Covered Notebooks

A 60-page handmade plain paper notebook with a traditional Bhutanese design fabric wrap-around cover and string tie.

Medium

£ 3.00

Size: 18.5cm x 13.5cm

Large

£ 4.50

Size: 21cm x 16.5cm



Tibet Magnets

Delightful resin-based magnets to brighten up your fridge.

Potala Palace Magnet

Size: 11.5cm x 9cm

£3.50



Yak Magnet

Size: 7cm x 5cm

£3.50





Handcrafted Himalayan Soaps

Made from natural ingredients and not tested on animals. Available in four varieties; crystal salt, meditation, sandalwood yak milk and turmeric milk.

£3.50



Yak Bag

Lined with inner pocket and zip fastening.

Size: 37cm wide x approx 35cm high

£5.50





Tibet Relief Fund Meditation Mat

New and improved design exclusive to Tibet Relief Fund! Handmade in India. Comes with free splash-proof carry bag; blue or red.

Mini

Size: Open - 28.5cm x 27.5cm x 3.5cm

Folded - 27.5cm x 13.75cm x 7.5cm

£ 6.99

Large

Size: Open - approx 35cm x 33cm x 4cm

Folded - 35cm x 16cm x 8cm

£ 14.99

20% discount: buy two or more for only £11.99 each!



EXCLUSIVE



Potala Incense

100% natural ingredients.

Size: 20 sticks, 15cm length

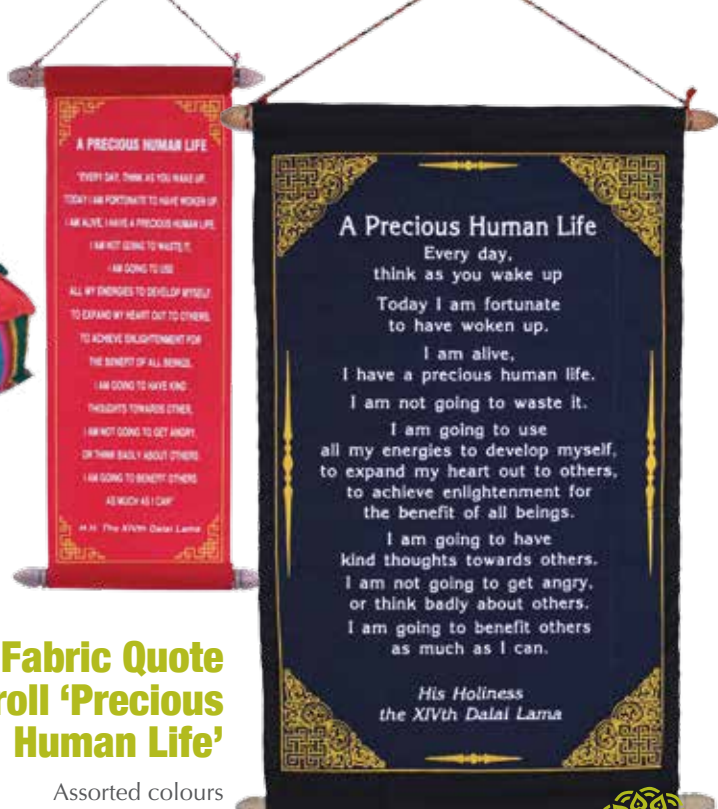
£2.00

Dekyiling Incense Gift Pack

A pack of five boxes of incense sticks; 100% natural ingredients. Made by Tibetans at the Dekyiling Handicraft Centre.

£5.00





Fabric Quote Scroll 'Precious Human Life'

Assorted colours

Small

Scroll: 25cm x 9cm

£ 3.00

Large

Scroll: 35.5cm x 21.5cm

£ 4.50



Lhasa Incense

Size: 40 sticks, 12cm length

£3.00





Four Harmonious Friends Door Hanging

This cotton door hanging features the Four Harmonious Friends of Buddhist literature.

Size: 177cm x 90cm

£ 12.00



Eternal Knot Door Hanging

Traditional heavy canvas fabric door hanging featuring the eternal knot.

Size: 180cm x 90cm

£ 15.00

Prayer Flag Bunting

These bunting prayer flags have been exclusively created for Tibet Relief Fund!

EXCLUSIVE





Prayer Flags

Size comparison

■ Mini

String of ten flags, each flag is approx 10cm x 13cm; total length: approx 1.4m

£ 2.00

Buy five for £8!

■ Small

String of ten flags, each flag is approx 14cm x 20cm; total length: approx 1.55m

£ 4.00

■ Large

String of 25 flags; each flag is approx 19cm x 25 cm; total length: approx 5m

£ 10.00

25% discount: buy two or more for £8.00 each!



Small

String of ten, each flag is approx 11.5cm equilateral triangle; total length: 1.7m

£ 2.00

Medium

String of ten, each flag is approx 16cm equilateral triangle; total length: 2m

£ 4.00

Buy two or more for just £3.00 each!



Chakra Prayer Flags

These vibrant prayer flags feature the Hindu symbols and colours of the body's seven chakra points in which energy flows.

Flag size: 7cm x 9.5cm

Total length: 1m

£2.00



Small Himalayan Fairies

Made from 100% sheep's wool.

Size: 7.5cm tall x 7cm wingspan

£1.20 each

Special offer: five for £5.00!



Standing Himalayan Fairy

Size: 14cm tall x 12cm wide

£ 3.50

Key Clip Mini Bopa Doll

Girl or boy.

Size: 10cm high

£ 4.50 each



Dolls4Tibet

This social and community project trains vulnerable women from the Tibetan and Indian communities in and around Dharamsala to handmake a unique range of items.



Small Yak

Black or white.

Size: 14cm long x 9cm high

£ 8.00



Mini Monk Magnet Dolls

Size: Seated 7.8cm

Standing 13.5cm

£ 4.50

Exile Creations

Based in Dekyiling settlement, this initiative gives young Tibetans, often marginalised from the community through being ex-drug addicts or disabled, high quality training in lampwork glass making. Using imported Italian glass, their beads are delicately crafted by hand, producing a stunning end result.



Tibet Solidarity Bracelet

This unique bracelet, made especially for Tibet Relief Fund, features handmade glass beads in red, blue and yellow, the colours of the Tibetan flag; adjustable length.

£ 6.00



Keyring

Handmade glass beads; blue or red.

Size: total length: 9cm

£3.00 each

Bracelet

Handmade glass beads on traditionally knotted threads so length can be adjusted; blue or red.

£5.00 each





Om Mani Padme Hum Cylinder Pendant

Silver pendant with removable lid.
Embossed with "om mani padme hum".
Necklace cord not included.

Size: 3.5cm x 1cm

£10.00

Travel Amulet

This silver amulet has a seed inside,
blessed by the State Oracle, to protect
against obstacles and pacify negativities
and conflicts. Necklace cord included.

Size: 3cm x 2cm

£6.99

Prayer Wheel Bracelet

Back by popular demand! Each
bracelet comes with three beads
carved into the shape of prayer
wheel. Adjustable slip knot.

£9.99

**20% discount: buy two
or more for £8.00 each!**

Beaded Bracelet

Assorted colours

Size: length approx. 15cm

£4.50



Culture & Costume

Tibet Relief Fund's Culture & Costume project aims to preserve and promote Tibet's rich variety of cultural heritage.



The Fabric of Tibet

Hardback book, 150 pages. Containing 144 illustrations, 134 in colour. This book records a fascinating and fast-disappearing aspect of Tibet's cultural heritage. Plus free set of six postcards featuring paintings from *The Fabric of Tibet*.

£35.00



Blossoming Broken Flowers

Selected writings from High Peaks Pure Earth, who translates writings from within Tibet and China, accompanied by discerning commentary, to present a unique and vital insight into Tibet today.

Special offer: £ 4.99



The Fabric of Tibet Colouring Book

Contains 20 line drawings adapted from *The Fabric of Tibet*. Written in English and Tibetan we have already started to deliver these books to young Tibetans so they can colour the images and learn about their rich heritage.

£10.00

£20.00 buy a book for yourself and we'll send a copy to a Tibetan school child!

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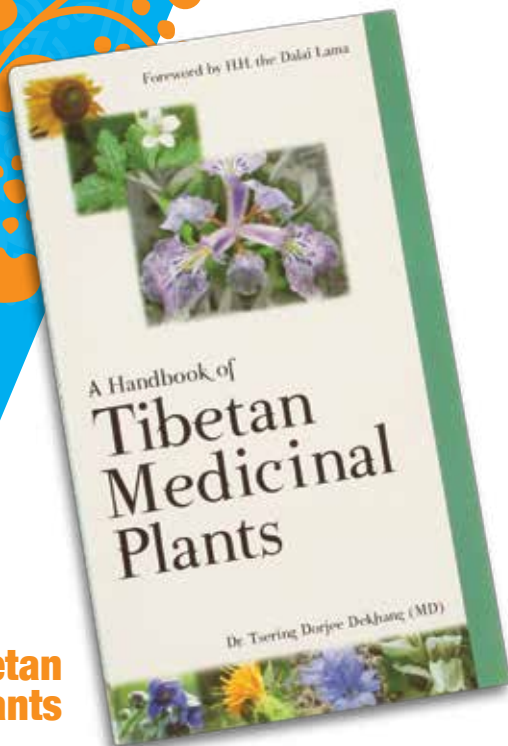
Tibetan herbal products made to traditional recipes by the medical institute of the Dalai Lama, Men-Tsee-Khang. Products are made from natural ingredients and not tested on animals.



Handbook of Tibetan Medicinal Plants

A comprehensive and useful reference for anyone interested in plants and their herbal properties. References nearly 200 plants with 250 colour photographs.

£ 7.50



Tibetan Beauty Cream

Moisturising cream, makes skin more supple and glowing. For dry and normal skin.

Size: 40g

£ 5.00



Aru Balm

Gives relief from colds, insect bites, muscle pain and rheumatism.

Size: 20g

£ 3.50



Soothing Balm

Antiseptic and anti-inflammatory properties.

Size: 20g

£ 3.50



Everyday Tea

20 tea bags. For wellness and vitality.

£ 4.75



Loong Tea

20 tea bags. For calmness and relaxation.

£ 4.75



Cold and Flu Relief Tea

10 tea bags. Enhances the body's immunity.

£ 2.50



Cooling Massage Oil

Helps to relieve body irritation, lethargy, upper back pain and muscle discomfort.

Size: 75ml

£ 5.00



Massage Oil

Made with a special blend of Himalayan herbs.

Size: 75ml

£ 5.00



Arthritis Oil

Helps to improve joint movement.

Size: 75ml

£ 5.00

Tibetan Singing Bowl

For centuries, singing bowls have been thought to have sound healing powers, and are used during meditation to focus the mind. Create healing tones. Free display cushion.

Size: 10cm x 10cm x 5cm



“Om Mani Padme Hum” Style

£ 30.00

“Beaten Antique” Style

£ 35.00



Solar Powered Prayer Wheel

Prayer wheels are uniquely Tibetan spiritual objects. When the sun turns this prayer wheel, prayers (mantras are on a scroll inside the barrel) are multiplied and radiate outward to the world.

Size: 11cm x 9.5cm

£ 10.00



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For more items and special offers visit
www.enlightenedgifts.org

To order by phone, please call 020 3119 0041

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Cover image: Weaver at Dekyiling Handicraft Centre.
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