



# Enlightened Gifts

2022/23

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 and Nepal.

Through your purchases you will be helping projects and Tibetan entrepreneurs to develop, become more self-sufficient and thrive.

**Thank you.**



## Gifts of Hope

Our Gifts of Hope allow you to give a meaningful gift, while 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.



Cover image: Window cat. Gyantse, Tibet © Dennis Jarvis



## Food and Community £16

The Community Kitchen serves free breakfasts and lunches in the main Tibetan area of Delhi. This is a vital source of support for Tibetans who have slipped through the cracks of society or have lost their income due to the recent lockdowns.

Your gift will fund 16 delicious, nutritious meals for disadvantaged Tibetans living in Delhi, making it possible for them to get together and share a meal, and have somewhere to turn to in times of need.



## Care and Comfort £36

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 back in the early 1960s. Now many are alone with no income or family to support them.

Your gift will give elders some of those extras that mean so much, like a special meal to celebrate Tibetan New Year (*Losar*), or providing new offerings, such as butter lamps, for their personal altars.



## 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.

# Online exclusives

For more items and  
exclusive offers visit:  
[www.enlightenedgifts.org](http://www.enlightenedgifts.org)



Please consider ordering online; it is quicker and more cost-effective for us and faster for you. **Thanks!**

## Buddha handmade paper lamp shade

NEW

This handmade paper lamp shade features images of the Buddha meditating. This unique item is naturally dyed, traditionally screen-printed and hand-stitched. It creates a wonderful ambience in a room.

Size of each side: 26cm high x 18cm wide

£4.99

## Mantra door plaque

RETURNING FAVOURITE

Featuring the mantra "Om mani padme hum".

Size: 6cm x 3cm

£4.99



## Om mani padme hum pin badge

Charming and unique pin badge with accompanying information.

Size: 1.5cm

£3.00



NEW

## Handmade mini tabletop prayer wheel

Brass and copper.

Size: 7.5cm x 3.5cm

£6.99



**NEW**

## Small travelling altar incense gift box

Size of box: 17cm  
x 10cm x 4cm

**£9.99**

## Green jasmine incense gift box

This incense comes in a beautiful handmade box and comes with an incense holder, making it the perfect gift. Made using a special blend of natural herbs, bark, plants and leaves. Each stick burns for approximately 30 minutes.

Size: 30 sticks, 10cm length

**£4.00**

**NEW**



**EXCLUSIVE**

## Tibet Relief Fund large meditation mat

Exclusive to Tibet Relief Fund!  
Handmade in India. Comes with free splash-proof carry bag; blue or red.

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

Folded - 35cm x 16cm x 8cm

**£14.99**



## Large travelling altar incense gift box

NEW

Box designs may vary.

Size of box: 20cm  
x 13cm x 5cm

£14.99



## 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 in assorted colours and gift box.

Size: 8.5cm x 6cm

£40.00





**NEW**

## Rope incense: shaman

Made with eight auspicious Himalayan natural herbs rolled in handmade lokta paper. "Calm, peace and powerful".

Size: approx. 20 sticks, 10.5cm length

**£1.50**



**NEW**

## Rope incense: meditation

Made of Himalayan natural herbs & shrubs. Hand rolled in lokta paper.

Size: approx. 30 sticks, 10.5cm 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.

**£7.50**



## Hexagonal brass incense holder

Simple and elegant Tibetan incense holder engraved with a lotus flower.

Size: 3cm x 2.5cm

**£4.99**



## Lotus flower incense holder

Vibrant and colourful Tibetan incense holder.

Size: 9cm x 2.5cm

**£4.00**



## Rope incense holder

NEW

This beautiful incense burner is handmade from clay. It can be used to burn rope incense as well as stick incense and thicker Tibetan incense.

Size: 9cm x 2cm

£4.99



NEW

## Ancient Tibetan sandalwood incense

With incense holder. Each stick burns for approximately 60 minutes. Agarwood variety also available online.

Size: 30 sticks, 10cm length

£4.00

## Potala incense

100% natural ingredients.  
Size: 20 sticks, 16cm length

£2.50



## Sorig incense

100% natural ingredients.  
Size: 20 sticks, 21cm length

£3.00





## 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 25cm; total length: approx 5m

**£10.00**

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



## Four Harmonious Friends prayer flags

String of 10 flags, each flag is approx 20cm x 15cm; total length: approx 1.9m

**£4.00**

## Prayer flags

*Called lungta (meaning wind horse in Tibetan), prayer flags fly in the wind and are believed to blow their prayers and mantras into the surroundings, spreading goodwill and compassion around the world.*



**EXCLUSIVE**

## Prayer flag bunting

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

### 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!**



**NEW**

## Wheel of life prayer flags

Featuring the ancient Tibetan wheel of life and mantra. String of 10 flags, each flag is approx 15cm x 20cm; total length: approx 1.9m

**£3.50**



## Mantra prayer flags

Heart mantra of the Medicine Buddha. String of 5 flags, each flag is approx 12cm x 12cm; total length: approx 1m

**£3.00**

## “Om mani padme hum” mini prayer flags

String of 10 flags, each flag is approx 6cm x 4cm; total length: approx 1.1m

**£2.00**

## White Tara hand-painted thangka

White Tara symbolises compassion, long life and health. She is a very popular deity within Tibetan Buddhism.

Size: approx. 29.5cm x 21.5cm

£30.00

NEW



The Eight Auspicious Symbols

NEW

## Eight auspicious symbols paper wall hanging

These originate from Indian iconography and are now strongly associated with Tibetan Buddhism. Information about each symbol is detailed on the reverse of the scroll. Hand-printed on handmade Himalayan paper.

Size: approx. 46cm x 15cm

£4.99

## Fabric quote scroll 'A Precious Human Life'

Assorted colours.

Size: 36cm x 21.5cm

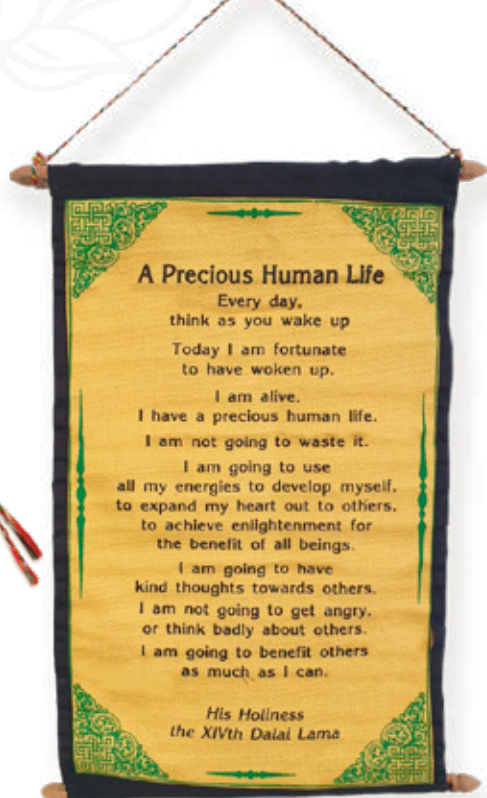
£3.00

## Dalai Lama quote bookmark

Featuring quote from the Dalai Lama: "The True Meaning of Life".

Size: approx. 18cm x 6cm

£1.50



## "Om mani padme hum" lotus thangka

These beautiful hand-painted thangkas feature the mantra "Om mani padme hum". More colour combinations available online.

Size: approx. 29.5cm x 29.5cm

£30.00

NEW



# Dolls4Tibet

*This social and community project trains vulnerable women from the Tibetan and Indian communities in and around Dharamsala to hand-craft a unique range of items using natural fibres.*



## Small Himalayan fairies

100% sheep's wool.

Size: 7.5cm tall x 7cm wingspan

£1.20 each

**Special offer: five for £5.00!**



## Once I Was A Nomad

Pema tells us about her nomadic life on the Tibetan grasslands, her arduous journey across the Himalayas and her new life as a Tibetan refugee in India. For children and parents alike, this story was written by Mona Bruchmann, co-founder of Dolls4Tibet and illustrated by her teenage daughter, Samdol Lhamo Sichoe.

£9.99

**RETURNING FAVOURITE**

## Small yak with bell

100% sheep's wool.  
Black or white.

Size: 14cm long x 9cm high

£9.50



## Mini monk magnet doll

Size: Seated 7.8cm

Standing 13.5cm

£4.50

**NEW**

# Sorig

*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.*



## Arthritis oil

Helps to improve joint movement.

Size: 75ml

£6.50

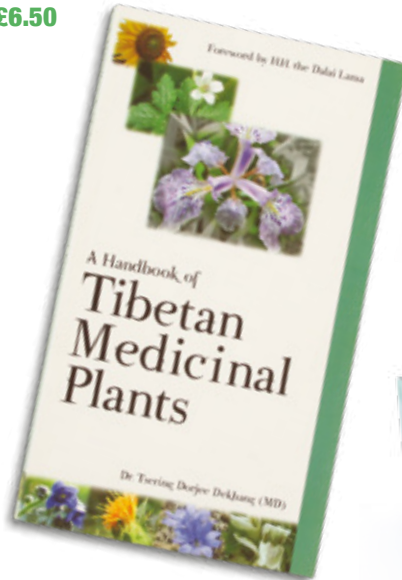


## Aru balm

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

Size: 20g

£5.00



## A Handbook of Tibetan Medicinal Plants

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

£7.50



## Loong tea

20 tea bags. For calmness and relaxation.

£5.50



## Everyday tea

20 tea bags. For wellness and vitality.

£5.50

## Gau pendant

Pendant based on the design of Tibetan religious amulet boxes, known as *gau*. Removable back.

Assorted designs.

Necklace cord not included.

*Size: length 5cm, depth 1cm*

**£6.00**



## 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*

**£14.99**

**NEW**

## Delicate turquoise bead necklace

A delightful beaded necklace created in a Tibetan style.

*Size: 52cm total length*

**£7.50**





## Woven fabric wristbands

Simple and delightful handmade fabric bracelets. Adjustable slipknot allows the bracelet to fit most wrists; red or multicoloured (the colours of the elements).

**£3.00**



## Prayer wheel bracelet

Three beads are mini prayer wheels with mantra. Adjustable slipknot allows the bracelet to fit most wrists.

**£9.99**



## Medicine bracelet

Tibetan medicine bracelets are worn to help balance the body's energy. The three metals: copper, nickel and brass help promote healthy blood flow and circulation. Hand-crafted and inlaid with coral and turquoise. Adjustable slipknot allows the bracelet to fit most wrists; red or white.

**£5.00**



# Mapcha

*Mapcha was founded by designer Lhanzey Palden. Their unique products take inspiration from the rich heritage of Himalayan communities in an innovative and mindful manner, maintaining relevance and respect towards the global Tibetan community.*



## Playing cards

Unique playing cards with Tibetan numerals and featuring characters in Tibetan regional dress.

**£4.99 (reduced from £6.99!)**



## Prayer carousel

Om mani padme hum mechanical tin carousel.

Size: 9.5cm high  
x 8.5cm wide

**£9.99 (reduced from £14.99!)**



## Dorje pendant necklace

The *dorje* (or *vajra*) is a Tibetan ritual object that represents the indestructible and the irresistible force of enlightenment. 18k gold plate over brass. Hypoallergenic.

Size: Pendant: 3.5cm.

Chain: 57.5cm

**£35.00 (reduced from £40.00!)**

## Set of two notebooks

*Thangka* clouds now on your notebooks! Set of two A6 notebooks. One blank and one ruled. 80 pages. Covered in 100% recycled cotton fabric.

**£4.99**



## Compassion keyring

A weighty brass keyring with "compassion" written in Tibetan on one side and in English on the other.

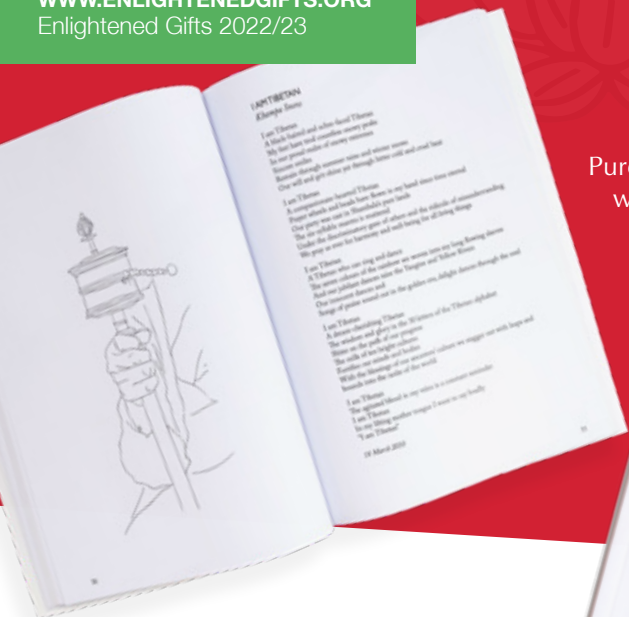
Total length: 11.5cm

**£3.99**

# 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.

£4.99 (reduced from £6.99!)



## Handcrafted Himalayan soaps

Made from natural ingredients and not tested on animals. Lavender, turmeric milk, yak milk with sandalwood, or meditation.

£3.50



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For more items and special offers visit:  
[www.enlightenedgifts.org](http://www.enlightenedgifts.org)

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