



Enlightened Gifts

2023/4



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.





Care and Comfort

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.

£16

OR

£36



Help for Hepatitis

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.

£54



Transformative Training

When Tibetan students in India come to leave school and head off to university or work, they often face huge barriers. Navigating the Indian university admissions system and finding the right course is a major challenge, accessing training courses is limited, and the Indian careers system can prove equally baffling. As a result, many young Tibetans end up in poorly paid jobs or taking unsuitable qualifications, leaving them unable to build up savings, weather crises, or invest in their futures.

Your gift will help a young Tibetan complete a training course and provide the support needed for them to secure a job, so they can start building a better future for themselves.

£100

Online exclusives

For more items and
exclusive offers visit:
www.enlightenedgifts.org

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

Thanks!



NEW

Green Tara cone incense

A revered offering exclusively handmade for Green Tara, the compassionate mother lord of wealth and wish fulfilment. This incense is a blend of 108 medicinal and aromatic plants sourced from the Himalayan landscape. Approx. 30 minute burn time.

Size: 30 cones, 5cm length

£2.99



Tibetan skeleton pendant

Unique and expertly handcraft skeleton pendant.

The human skeleton, a symbol of mortality and the impermanence of life, serves as a reminder to embrace each moment and live life to the fullest.

Size: 6cm length x 2cm width

£3.99

NEW

Dorje brass pendant

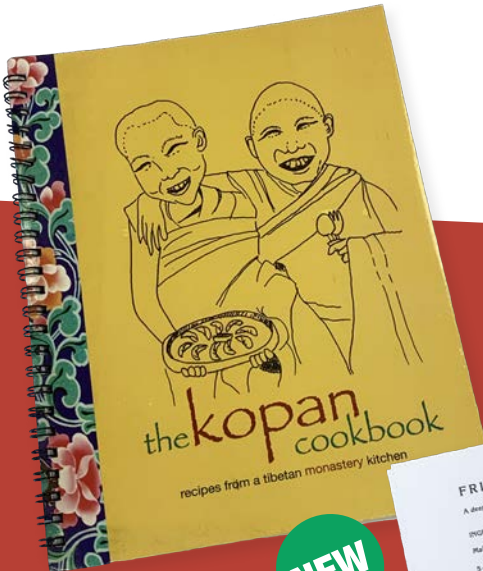
Crafted with precision and artistry, this petite yet formidable pendant features a solid brass dorje.

Size: 5cm length x 1.5cm width

£4.99



NEW



NEW

The Kopan cookbook

Revealing the secrets of a monastery kitchen famous for its vegetarian food. 67 pages.

£4.99

FRIED CHAPATIS

A deep-fried sweet chapati.

INGREDIENTS

Makes 10-12

- 5 cups flour (white or 1/2 white and 1/2 whole)
- 2 cups water
- 1 teaspoon baking powder

METHOD

Refer to Kopan chapati recipe (see page 44) for dough preparation, adding some small salt.

Roll the dough, cut and roll out like regular chapatis.

Heat oil in a wok over medium heat. Put a wooden strainer into the oil to test the temperature: when bubbles form, the oil is ready. Holding a chapati with both hands,

- 1 teaspoon fresh yeast
- 1/2 cup sugar
- 1/2 teaspoon salt
- 2 cups warm water
- oil for deep-frying

carefully slide it in from the side of the wok, to prevent oil from splattering.

As soon as the chapati begins to float, remove but do not see the top. Turn after 30 seconds. Continue to turn every 30 seconds, until golden brown, 2 to 3 1/2 minutes.

Remove and drain on paper towels. Best when served hot.

STUFFED CHAPATIS

A meal in themselves, everyone loves them!

INGREDIENTS

Makes 4

- 8 uncooked Kopan chapatis (see page 44)

METHOD

Place approximately 1/4 cup medium filling in an uncooked chapati. Spread filling to about 1.5 cm (1/2 in) from the edge.

Top this with a second uncooked chapati and press down edges with a fork. Fold edges like a pie crust.

To serve: Cook chapatis in a pan over medium heat. Break up on top. Turn over after 1-2 minutes. Continue to turn every 3-4 minutes.

- 1 cup moose filling of your choice (see pages 12-19)
- oil for pan-frying or deep-frying

To deep fry: Heat oil in a wok over medium heat. Put a wooden strainer into the oil to test the temperature: when bubbles form, oil is ready. Carefully slide in stuffed chapatis from the side of the wok.

As soon as the chapati begins to float, remove but do not see the top. Turn over after approximately 1 minute. Continue to turn every 30 seconds until golden brown, about 3-4 minutes.

Serve hot.



BREADS

Rope incense: Amitabha Buddha ritual

This incense embodies the fusion of 25 herbal ingredients, including the revered saffron, nagi, and red and white sandalwood.

Size: approx. 35 sticks, 8.5cm length

£2.49

Rope incense: meditation

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

Size: approx. 30 sticks, 10.5cm length

£1.99

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

£1.49



Rope incense holder

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 width x 2cm height

£4.49

NEW



Hexagonal brass incense holder

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

Size: 3cm height x 2.5cm depth

£3.99

Ancient Tibetan sandalwood incense

With incense holder.
Approx. 60 minute burn time. Agarwood variety also available online.
Size: 30 sticks, 10cm length

£3.99



Potala incense

100% natural ingredients.
Size: 20 sticks, 16cm length
£2.49



Dragon incense

NEW

This extraordinary incense blend is carefully composed to evoke a sense of tranquillity and spiritual awakening.
Size: 27 sticks, 19cm length
£2.99



Daytime incense

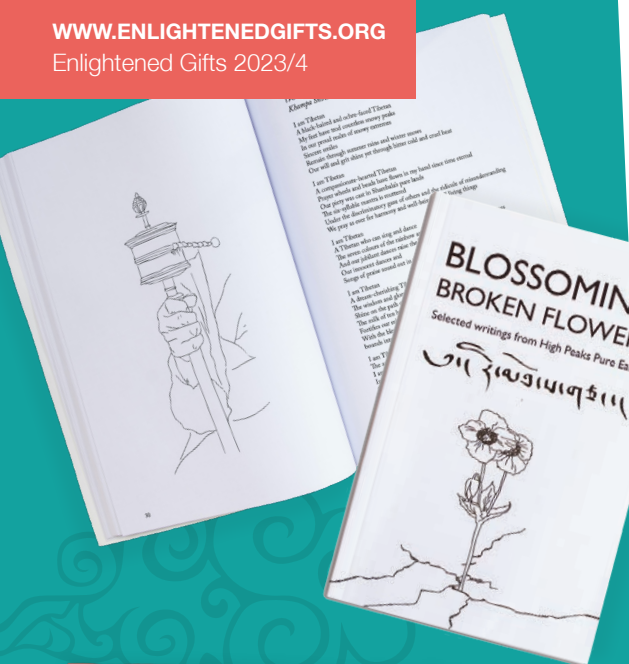
NEW

This incense is made from a harmonious blend of natural herbs, plants, leaves, and tree bark, carefully infused with the essence of juniper.
Size: 19 sticks, 17cm length
£2.99



Lotus flower incense holder

Vibrant and colourful Tibetan incense holder.
Size: 9cm x 2.5cm
£2.99 (reduced from £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.

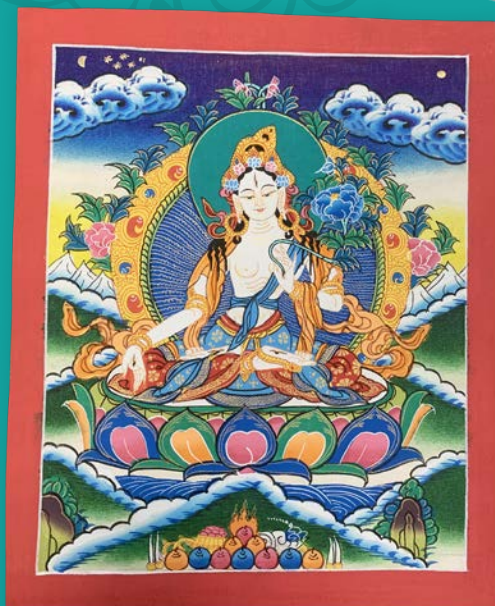
£4.99 (reduced from £6.99!)

Taste Tibet cookbook

A collection of over 80 recipes from the Tibetan plateau written for today's home cook. 256 pages.

£19.99 (reduced from £24.99!)

NEW

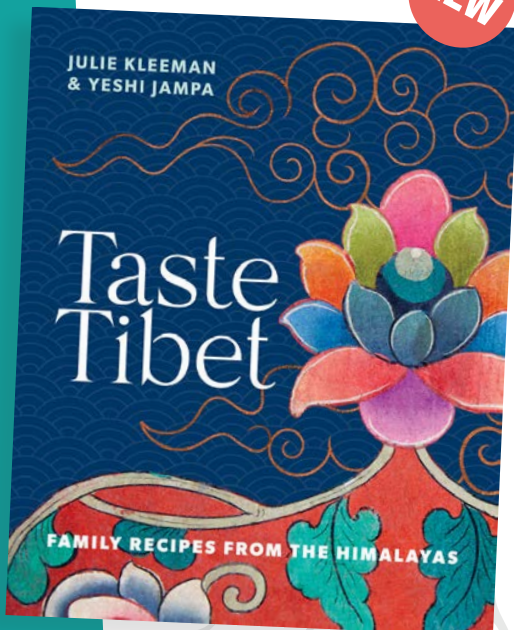


White Tara hand-painted thangka

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

Size: approx. 29.5cm length x 21.5cm width

£24.99 (reduced from £29.99!)



NEW

Short description of gods, goddesses and ritual objects of Buddhism and Hinduism in Nepal

A must-have for anybody wanting to gain a deeper understanding of the deities, objects and symbols of Buddhism. Illustrations throughout.

£3.99

SHORT DESCRIPTION OF GODS, GODDESSES AND RITUAL OBJECTS OF BUDDHISM AND HINDUISM IN NEPAL



Federation of Handicraft Associations of Nepal
G.P.O. Reg. No. 144, P.O. Box 4099, Thaplethi Marg, Lalitpur, Nepal
Tel: 443011, 426431, 424140; Fax: 3773-422240
E-mail: handicrafts@nepal.gov.np; Website: www.nepalhandicraft.org.np
Handicrafts Vendor Market: apph@nepalhandicraft.com



DHYANA MUDRA

Dhyana Mudra is the Mudra of Meditation. It is also called Samadhi or Yoga Mudra. Both hands are placed on the lap, right hand on left with fingers fully stretched and the palms facing upwards. Often, a begging bowl is placed. This is the characteristic mudra of Dhyanī Buddha Ananātha.



JNANA MUDRA

Jnana Mudra is the gesture of teaching. In this gesture, the tips of the index and the thumb are joined and held near the center of chest with the palm turned inward. This is the characteristic mudra of Mahāvairocana.



NAMASKAR MUDRA

Namaskar Mudra is the gesture of respect. In this gesture, the hands are kept closed in the chest in devotional attitude, with the palms and fingers joined. This is the typical gesture of Anāhatachakra when with more than two other Anāhatachakra.



TARJANI MUDRA

Tarjani Mudra is the gesture of teaching or warning. Only the index finger is raised while the other fingers are locked up to the fist. This mudra is characteristic of most of the wrathful deities.



VAJRAHANKARA MUDRA

Vajrahankara Mudra is the gesture of Adā Buddha. In this gesture the wrist are crossed at the breast. The hands hold either the Vajra and Chakra. This is the special mudra of Vajrahara and bhairava and most of the wrathful deities like Śaiva.



(28)



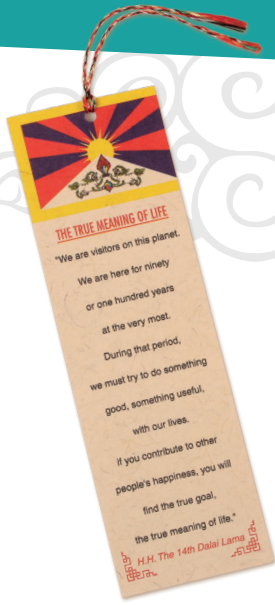
The Eight Auspicious Symbols.

Dalai Lama quote bookmark

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

Size: approx. 18cm length x 6cm width

£1.49



THE TRUE MEANING OF LIFE

"We are visitors on this planet.

We are here for ninety or one hundred years at the very most.

During that period,

we must try to do something good, something useful, with our lives.

If you contribute to other people's happiness, you will find the true goal,

the true meaning of life."

H.H. The 14th Dalai Lama
1987

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 length x 15cm width

£4.99

Prayer flags

Prayer flag bunting

These bunting prayer flags have been exclusively created for Tibet Relief Fund! String of ten, each flag is approx. 11.5cm equilateral triangle; total length: 1.7m

£1.99

EXCLUSIVE

Called lung-ta (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.



Prayer flags

Mini ■

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

£1.99

Buy five for £8!

Large ■

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

£9.99

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

Small ■

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

£3.99



Size comparison





“Om mani padme hum” mini prayer flags

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

£1.99



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

£3.49



Mantra prayer flags

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

£3.49



Four Harmonious Friends prayer flags

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

£3.99

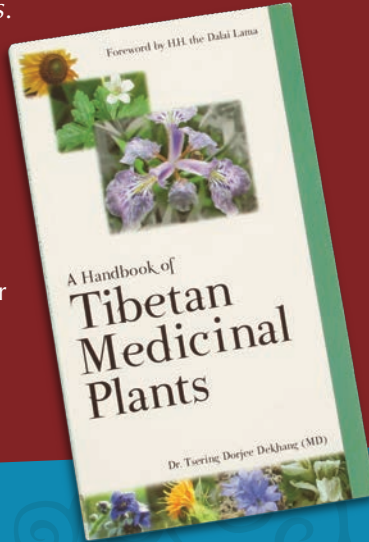
Sorig

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.

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.

£7.49



Beauty cream

Made in accordance with the Tibetan Science of well being. It is moisturising; improves the skin texture making it more soft, supple and glowing.

Size: 50g

£4.99



RETURNING

FAVOURITE

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.

£9.99

Arthritis oil

Helps to improve joint movement.

Size: 75ml

£6.49



Aru balm

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

Size: 20g

£4.99

Loong tea

20 tea bags.
For calm and relaxation.

£4.49



Exile Creations keyring

Each unique keyring features six beautiful handmade and hand-painted beads. Red or blue.

Size: 10.5cm total length

£3.99

RETURNING

FAVOURITE



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.

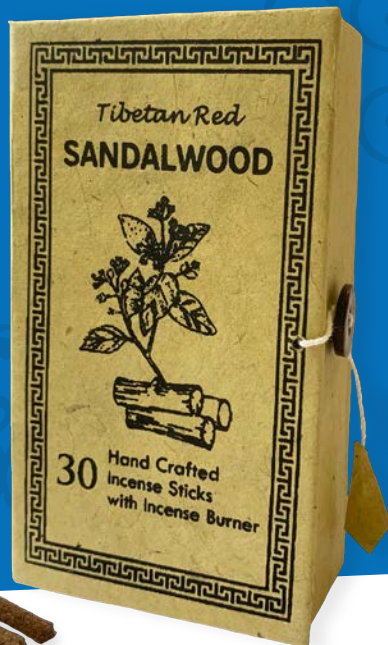
Tibetan red sandalwood incense gift box

This incense comes in a beautiful handmade box and with an incense holder, making it the perfect gift. Approx. 30 minute burn time.

Size: 30 sticks, 10cm length

£3.99

NEW



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 width x 6cm height

£39.99



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

EXCLUSIVE



Tibetan herbal amulet

NEW

Handcrafted with utmost care
and devotion by Tibetan lamas
and monks, these amulets
are infused with the power of
prayers and blessings.

Size: 1cm x 1cm

£4.99



Dekyiling incense gift pack

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

£7.49



Mantra door plaque

Featuring the mantra "Om mani padme hum".

Size: 6cm length x 3cm width

£4.99



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, featuring characters in Tibetan regional dress.

£6.99

Small travelling altar incense gift box

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

£9.99



Om mani padme hum pin badge

Charming and unique pin badge with accompanying information.

Size: 1.5cm x 1.5cm

£2.99



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 length

Chain: 57.5cm length

£34.99 (reduced from £39.99!)

Prayer wheel bracelet

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

£9.99



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).

£2.99



Om mani padme hum cuff bracelet

Om mani padme hum mantra cuff bracelet. Intricate dragon engraving to the interior.

Size: 18cm approx. circumference x 1.5cm width

£4.99

NEW



Delicate turquoise bead necklace

A delightful beaded necklace created in a Tibetan style.

Size: 52cm total length

£7.49



NEW

Green mantra copper bracelet

Om mani padme hum mantra copper bracelet. With its antimicrobial and anti-inflammatory properties, copper is renowned for promoting overall well-being.

Size: 17.5cm approx. circumference x 1cm width

£4.99

NEW

Prayer wheel barrel bracelet

A beautifully crafted handmade prayer wheel barrel bracelet. Adjustable slipknot allows the bracelet to fit most wrists.

£3.99





Seng amulet

This traditional Buddhist mandala talisman has been prepared and blessed by Tibetan lamas. It is believed to increase positive energies and help to remove obstacles and interferences.

Size: 2.5cm length, 2.5cm width

£4.99

NEW



Travel amulet

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

Size: 3cm length x 2cm width

£9.99 (reduced from £14.99!)

NEW



Wisdom sword pendant

This remarkable pendant symbolises transformative insight and the dispelling of ignorance.

Size: 5.5cm length x 1cm width

£3.99

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.

£5.99



Dolls4Tibet

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



Small yak with bell

100% sheep's wool.

Black or white.

Size: 9cm height x

14cm width

£9.49



Small Himalayan fairies

100% sheep's wool.

Size: 7.5cm length x 7cm width

£1.19 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 refugee in India. By Mona Bruchmann, co-founder of Dolls4Tibet and illustrated by her teenage daughter, Samdol Lhamo Sichoe.

£9.99



www.tibetrelieffund.co.uk

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 youtube.com/tibetrelieffund

For more items and special offers visit:

www.enlightenedgifts.org

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