



Enlightened Gifts

2024/5





Many of the 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 blank card, a handmade red fabric bracelet and a printed note with details of the project you have opted to support.

If you do not require the card, bracelet or note please append “donation” to the gift of hope name.



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 provide 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.

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.

£36

OR

£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.

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.

£54

OR

£108

If you are able, please shop online

Visit: www.enlightenedgifts.org

Benefits of ordering online:

- more sales and multi-buy deals
- up-to-date stock
- many more items
- faster for you (and us)
- orders usually sent out the same working day
- more cost-effective for us



Any deals listed in this catalogue are valid for 2024, for the latest offers and deals please check the website.



<http://shop.tibetrelieffund.co.uk>

You can buy unique t-shirts and mugs from our print-on-demand shop, including t-shirts with 'freedom' and 'peace' written in Tibetan script and a flaming sword design all created for Tibet Relief Fund



Handcrafted Himalayan soaps

Made from natural ingredients and not tested on animals. 100% Vegetarian

Options: Meditation, Yak Milk / sandalwood, Turmeric, Lavender
Size: 6cm x 6cm x 2.75cm, 100g

£3.49

Small shoulder bag

Supplied by
Tibetan Children's Village
Size: 16cm x 14cm x
4.5cm - strap 130cm

£8.99

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



Clay incense holder

Handmade from clay. It can be used to burn rope incense, stick incense and thicker Tibetan incense.

Size: 9cm width x 2cm height

£4.49





NEW

Ancient Tibetan sandalwood incense / Tibetans dragon's blood incense / Ancient Tibetan agarwood incense

With incense holder.
 Approx. 60 minute burn time. Size: 30 sticks, 10cm length
£3.99 each



DEAL!

Dekyiling incense gift pack

A pack of five boxes of incense sticks; 100% natural ingredients. Made by Tibetans at the Dekyiling Handicraft Centre.
 Size: 75 sticks (15 sticks per box), 13.5cm length
£5.99 (reduced from £7.49)

Guru Rinpoche cone incense

This incense is a blend of 108 medicinal and aromatic plants sourced from the Himalayan landscape. This incense is based on the legendary formular prescribed by Guru Padmasambhava himself. Approx. 30 minute burn time. Size: 30 cones, 5cm length

£2.99

NEW





The Fabric of Tibet + FREE Fabric of Tibet colouring book

Hardback book, 150 pages containing 144 illustrations (134 in colour). Discover the role of fashion in Tibetan culture.

£9.99 (reduced from £34.99!)

FREE

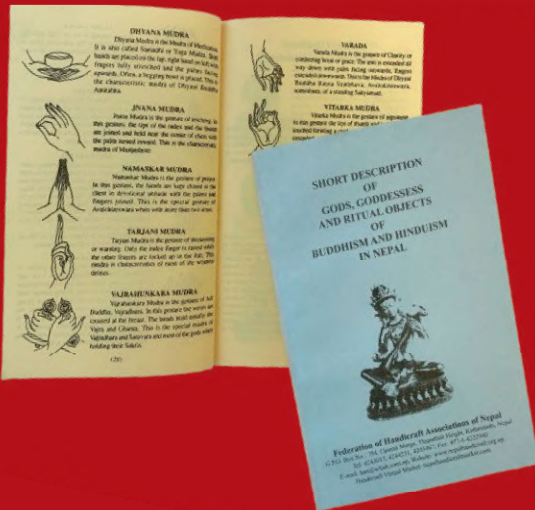
DEAL!



The Fabric of Tibet colouring book

The Fabric of Tibet colouring book contains 20 blank images over 44 pages adapted from paintings by Anne Jennings Brown that record a fascinating and fast-disappearing aspect of Tibet's cultural heritage.

£2.99 (reduced from £9.99!)



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

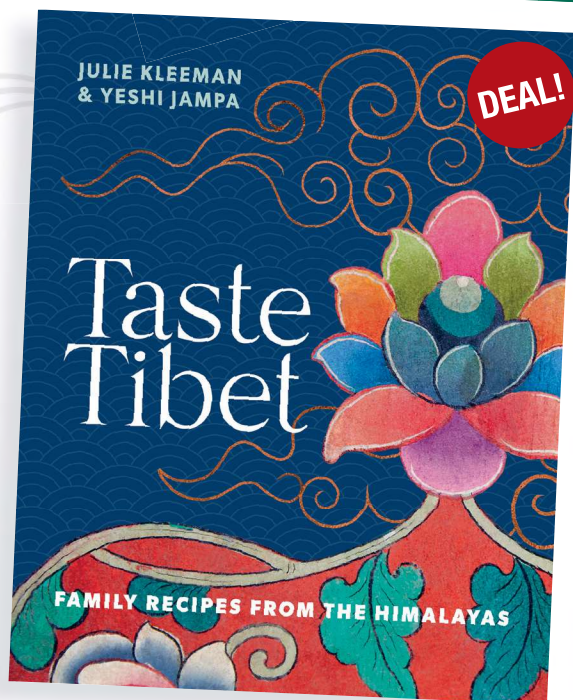
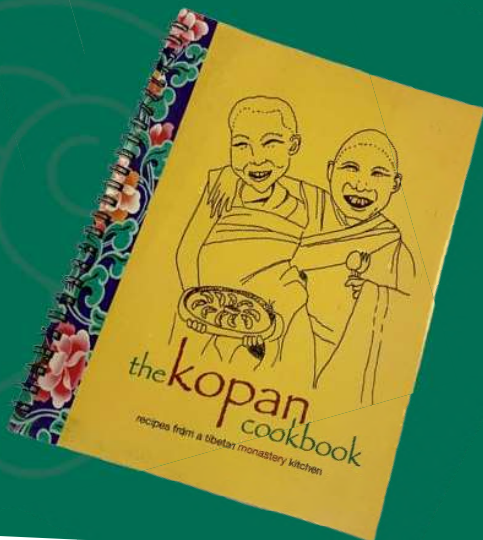
A must-have for anybody wanting to gain a deeper understanding of the deities, objects and symbols of Buddhism. Illustrations throughout.

£3.99

The Kopan cookbook

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

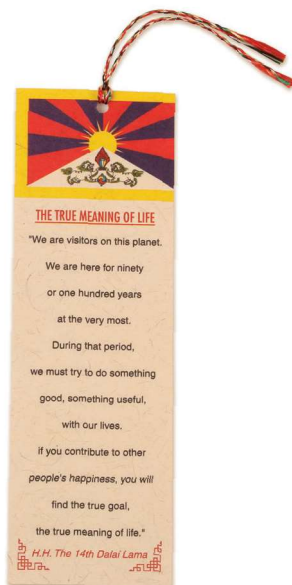
£4.99



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!)



Dalai Lama quote bookmark

Size: 18cm length x 6cm width

£1.49

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

DEAL!

Mini ■

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

£1.99

Buy 5 for £8!

Large ■

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

£9.99

25% discount: buy 2 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



Seven chakra “prayer” flags

String of 7 flags, each flag is approx. 7.5cm X 10cm; total length: approx. 1m

£1.99 (reduced from £2.49)

DEAL!



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



Four Harmonious Friends prayer flags

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

£3.99

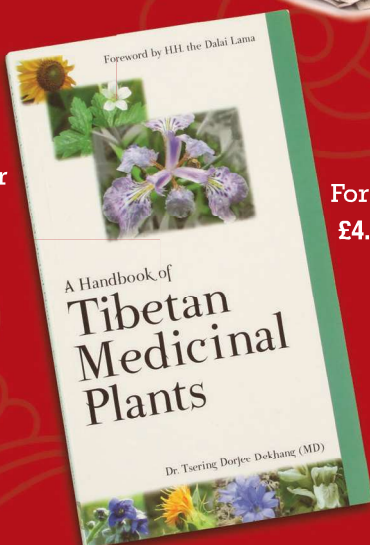
Sorig

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



DEAL!

Loong tea

20 tea bags.
For calm and relaxation.
£4.49 (reduced from £5.49)

DEAL!



Arthritis oil

Helps to improve joint movement.

Size: 75ml

£9.49 (reduced from £14.99)

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



Aru balm

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

Size: 20g

£4.99



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.

£9.99



Exile Creations keyring

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

Red or blue.

Size: 10.5cm total length

£3.99



Mapcha playing cards

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

£6.99



Tibet Relief Fund blue meditation mat

Exclusive to Tibet Relief Fund!

Handmade in India.

Comes with
free splash-proof carry bag;

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

Folded - 35cm x 16cm x 8cm

£14.99

EXCLUSIVE



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

£29.99 (reduced from £39.99)

DEAL!



Ancient symbolic wool shawl

This exquisite shawl blends ancient symbols with modern craftsmanship. It is both warm and comfortable. Each shawl is unique, reflecting the artisans' skill and passion.

Made of: acrylic wool and sheep wool.

Size: Approx 210cm x 97cm

£19.99



Tibetan wool shawl

This simple and stylish blanket is handmade in Nepal from a blend of soft, warm acrylic wool and sheep wool. It is perfect for keeping you cosy on cold winter nights or during your time in meditation. Made of acrylic wool & sheep wool.

Size: Approx 225cm x 115cm

£19.99





Mapcha birthday card

Handmade from recycled paper, these cards have a 'WISHING YOU A VERY HAPPY BIRTHDAY' message in both Tibetan and English on the front, the inside is blank. Each card also comes with a handmade envelope.

Size: 15cm x 10cm

£1.99

Small travelling altar gift box

This amazing gift set has all you need to create a mini altar at home or on the go. Containing Tibetan incense, Buddha figurine, mala necklace, mini prayer flags incense burner and a candle. These items are packed in a handmade Lokta paper box.

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

£12.99





Mantra door plaque

Featuring the mantra
"Om mani padme hum".

Size: 6cm x 3cm

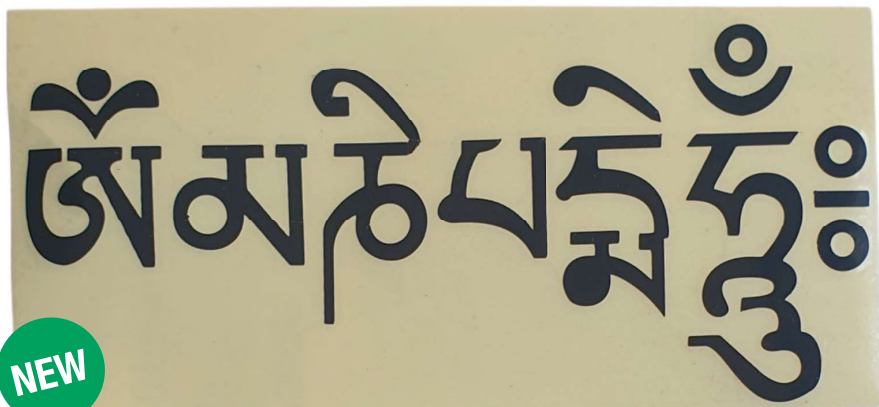
£4.99

Vinyl cut / transfer OM sticker

Featuring the mantra "Om mani padme hum".

Size: 20cm x 9cm (max height)

£1.99



Special green tea bodhi leaf gift pack

This green tea is grown high in the Himalayas and comes in sealed foil pouch, a handmade lokta paper wrapped box, mini card and envelope.

Size: 11.5cm x 8.5cm x 6.5cm

100g of tea

£4.99





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

Prayer wheel bracelet

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

£9.99



Red fabric wristbands

Simple and delightful handmade fabric bracelets. Adjustable slipknot allows the bracelet to fit most wrists.

£2.99

Om mani padme hum pin badge

Charming and unique pin badge with accompanying information.

Size: 1,5cm x 1,5cm

£2.99



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

Delicate turquoise bead necklace

A delightful beaded necklace created in a Tibetan style.

Size: 52cm total length

£7.49



DEAL!



Travel amulet

This 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!)



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

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



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 Himalayan fairies

100% sheep's wool.

Size: 7.5cm length x 7cm width

£1.19 each

Special offer: 5 for £5.00!

DEAL!

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



Black small yak with bell

100% sheep's wool.

Size: 9cm height x 14cm width

£9.49



www.tibetrelieffund.co.uk



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*Thank you for
your support!*



(tashi delek)

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