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Recounts the history of Tibet, describes how its culture is more similar to that of central Asia than to that of China, and argues that the idea that Tibet is part of China is a relatively new development.

Secrets of Tibet - Jason Williams - 2013-12
An Unknown Land of Myths and Mystery TIBET is a common term used in the western world to refer to a remote plateau situated north of the Himalayan mountain range in Asia. A land of high-altitude peaks, some areas are inaccessible to modern technology. The land is populated with malevolent gods and monsters, and deep secrets lie in sleeping in ancient tombs and vaults among Tibet's soaring mountains and deep valleys.

Secrets of Tibet - Jason Williams - 2013-12
Secrets of Tibet - Lee Feiglin - 1996
The book begins with a prologue to the age of the British imperialist and moves on to a description of the region and its culture. The book also includes a map of Tibet and an index.

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However, they not only met their match in Sepu Kangri, but both found their expertise pushed to the limit. While Clarke acted as a travelling doctor, treating myriad 

army officers with the shrewdness behind the Chinese invasion of Tibet. A gripping narrative of survival, courage, and intrigues among the nomads, princes, and warring armies of inner Asia, this gripping narrative of survival, courage, and intrigues among the nomads, princes, and warring armies of inner Asia, this gripping narrative of survival, courage, and intrigues among the nomads, princes, and warring armies of inner Asia, this gripping narrative of survival, courage, and intrigues among the nomads, princes, and warring armies of inner Asia.

Secret Lives of the Dalai Lama - Alexander Norman - 2010-02-16

The Complete Story of the Dalai Lama His Holiness the Fourteenth Dalai Lama is known to the world for his efforts to preserve Tibetan culture and for his inspiring spiritual teachings. Often unnoticed, however, is the long, colorful history from which this most beloved of holy men has emerged. In Secret Lives of the Dalai Lama, Alexander Norman tells the full story of the young man who, at the age of 8, took the famous vow of self-sacrifice to the Dalai Lama tradition. Along with dedicated monks selflessly serving the Tibetan people, among His Holiness's spiritual forebearers there are a Dalai Lama who waged wars, a warning about the consequences of the lack of training and discipline. The book also reveals how, in the wake of China's 1959 invasion, the Dalai Lama was forced to flee Tibet. A new perspective on an old legend, it demonstrates how the Dalai Lama's life is both heartbreaking and intriguing, and essential for understanding what has happened in Tibet since the 1950s.

Secret Lives of the Dalai Lama is immensely readable and offers profound insights into the Dalai Lama's role in the Tibetan people's struggle against Chinese occupation. The book is a must-read for anyone interested in the history of Tibet and the Dalai Lama.

Secret Lives of the Dalai Lama

Apparitions of the Self - Janet Gyatso - 2020-11-01

Apparitions of the Self is a ground-breaking investigation into what is known in Tibet as "secret autobiography," an exceptional, newly studied literary genre that presents a personal exploration of intimate religious experiences. In this volume, Janet Gyatso translates and studies the outstanding pair of secret autobiographies by the famed Tibetan Buddhist visionary, Jigme Lingpa (1730-1798), whose poetic and self-conscious writings are as much about the nature of his own identity, memory, and the understandings of the actual content of his experiences. Their translation in this book marks the first time that works of this sort have been translated in a Western language. Gyatso is among the first to consider Tibetan literature from a comparative perspective, examining the surprising fit--as well as the miff--of Western literary theory with Tibetan autobiography. She examines the intriguing questions of why Tibetan Buddhists produced so many such narratives, the critical role they played in the construction of a collective Tibetan identity, and the complex interrelations of biography and fiction in these works. She also explores the intriguing questions of why Tibetan Buddhists produced so many such narratives, the critical role they played in the construction of a collective Tibetan identity, and the complex interrelations of biography and fiction in these works.

The book concludes with a defence of the autobiographical fiction of the "Dakini" in Jigme Lingpa's writings, and the implications of her gender, sexuality, and her unsettling discourse for the autobiographical subject in Tibet.

Apparitions of the Self

The Secret Art of Boabom - Asanaro - 2006-10-05

The Secret Art of Boabom is an ancient system of relaxation, meditation, breathing, and defense originating in pre-Buddhist Tibet. The movements contained within the collective "Arts" of Boabom are designed to develop vitality and internal essential strengths, as well as to develop strength and endurance. Boabom provides quick relief from stress, and improves focus and confidence, as well as physical condition and mental well-being. The Secret Art of Boabom includes detailed descriptions and more than three hundred instructional drawings of Boabom movements, as well as information about its positive effects. But The Secret Art of Boabom is more than just a how-to book. Combining the thrill of adventure with a rich and deep history, the story of philosophy and mysticism along with the practicality of a guidebook, Asanaro offers this companion to those sages to the explorers of the ancient secret art of Boabom in order to improve their health and well-being.

The Secret Art of Boabom

Tibet's Secret Mountain - Chris Bonington - 2020-02-21

For Chris Bonington, as for many other first-wave expedition partners, few mountains were more alluring than Sepu Kangri. Known locally as 'the Great White Snow Golf', Tibet's nearly 7,000-metre mountain had never before been visited by Westerners. Armed only with a tourist map for reference, the two set out for this elusive peak in 1996. In the reconnaissance and two expeditions that followed, neither of them were expecting to be profoundly impacted by their experiences. However, it's their shared interest in the four elements that have remained strong. Both found the four elements to be an illusion. Truth as they are taught to be the nature of the Dalai Lama's青山-la and provides deeper reasons for admiring Tibetan traditions.

Tibet's Secret Mountain

Inner Power - Christopher Khiasa - 2008

Inner Power

Secret Tibet; with an Introductory Letter by Bernard Berenson - Fosco Maraini - 1952

Secret Tibet

A Tibetan Revolutionary - Melyn C. Goldstein - 2006-04-04

A Tibetan Revolutionary is a groundbreaking investigation into what is known in Tibet as "secret autobiography," an exceptional, newly studied literary genre that presents a personal exploration of intimate religious experiences. In this volume, Janet Gyatso translates and studies the outstanding pair of secret autobiographies by the famed Tibetan Buddhist visionary, Jigme Lingpa (1730-1798), whose poetic and self-conscious writings are as much about the nature of his own identity, memory, and the understandings of the actual content of his experiences. Their translation in this book marks the first time that works of this sort have been translated in a Western language. Gyatso is among the first to consider Tibetan literature from a comparative perspective, examining the surprising fit--as well as the miff--of Western literary theory with Tibetan autobiography. She examines the intriguing questions of why Tibetan Buddhists produced so many such narratives, the critical role they played in the construction of a collective Tibetan identity, and the complex interrelations of biography and fiction in these works. She also explores the intriguing questions of why Tibetan Buddhists produced so many such narratives, the critical role they played in the construction of a collective Tibetan identity, and the complex interrelations of biography and fiction in these works.

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Tibet's Secret Mountain
Fosco Maraini travelled Tibet as a wanderer in the late 1940s. He talked to people of all backgrounds and classes. His book is very graphic, making us feel that we were part of the story. What appears to be a scholarly quest evolves into a twisting tale of the police, forbidden romance, dangerous adventures, and personal obsessions played out against the backdrop of the infamous bullies and browbeats Erzebet, the nomads and local monks in his relentless search to surface the papers and ultimately is forced to confront his own shrinking conscience.

In this volume, Janet Gyatso translates and studies the outstanding pair of secret autobiographies by the famed Tibetan Buddhist visionary, Jigme Lingpa (1730-1798), whose poetic and self-conscious writings are as much about the nature of his own identity, memory, and the indescribability of autobiographical truth as they are narrations of the actual content of his experiences. Their translation in this book marks the first time that these works have been translated into English.

The Tibetan Book of the Dead is one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The Tibetan Book of the Dead is also one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The Tibetan Book of the Dead is also one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The Tibetan Book of the Dead is also one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century.
The Tibetan Book of the Dead

A book of modern authors, November 14, 2021

The Tibetan Book of the Dead is unique among the sacred texts of the world, for its socio-cultural influence in this regard is without comparison. This fourth edition features a new foreword, afterword, and suggested further reading list by Donald S. Lopez, author of Prisoners of Shangri-La: Tibetan Buddhism and the West. The four levels of Tibetan Ayurveda are outlined here, with details on how to improve nutrition and longevity. Original.

The Tibetan Book of the Dead

The Tibetan Book of the Dead is one of the texts that, according to legend, Padma-Sambhava was compelled to hide during his visit to Tibet in the late 8th century. The guru hid his books in stones, lakes, and pillars because the Tibetans of that day and age were somehow unprepared for their teachings. Now, in the form of the ever-popular Tibetan Book of the Dead, these teachings are constantly being discovered and rediscovered by Western readers of many different backgrounds—a phenomenon which began in 1927 with Oxford’s first edition of Dr. Evans-Wentz’s landmark volume. While it is traditionally used as a mortuary text, to be read or recited in the presence of a dead or dying person, this book—which relates the whole experience of death and rebirth in three intermediate states of being—was originally understood as a guide not only for the dead but also for the living. As a contribution to the science of death and dying—not to mention the belief in life after death, or the belief in rebirth—the Tibetan Book of the Dead is unique among the sacred texts of the world, for its socio-cultural influence in this regard is without comparison. This fourth edition features a new foreword, afterword, and suggested further reading list by Donald S. Lopez, author of Prisoners of Shangri-La: Tibetan Buddhism and the West. Lopez traces the whole history of the late Evans-Wentz’s three earlier editions of this book, fully considering the work of contributors to previous editions (C. G. Jung among them); the sections that were added by Evans-Wentz along the way; the questions surrounding the book’s translation, and finally the volume’s profound importance in empowering both popular and academic interest in the religion and culture of Tibet. Another key theme that Lopez addresses is the changing nature of this book’s audience—from the prewar theosophists to the beat poets to the hippies to contemporary exponents of the hospice movement—and what these audiences have found (or sought) in its very old pages.

The Secret Oral Teachings in Tibetan Buddhist Sects

This is an account of the Madhyamika (Middle Way) school of Buddhism, a method of meditation and enlightenment that was developed by the great Indian teacher Nagarjuna. In a collaboration between the Frenchwoman Alexandra David-Neel and her friend, the Tibetan lama Aphiur Yongden, these teachings are presented clearly and elegantly, intended for the layman who seeks a way to practice and experience the realization of oneness with all existence. Alexandra David-Neel was born in 1868 in Paris. In her youth she wrote an incendiary anarchist treatise and was an acclaimed opera singer; then she decided to devote her life to exploration and the study of world religions, including Buddhist philosophy. She traveled extensively to Tibet and the Far East, where she learned a number of Asian languages, including Tibetan. In 1914, she met Lama Yongden, who became her adopted son, teacher, and companion. In 1923, at the age of fifty-five, she disguised herself as a pilgrim and journeyed to Tibet, where she was the first European woman to enter Lhasa, which was closed to foreigners at the time. In her late seventies, she settled in the south of France, where she lived until her death at 101 in 1969.

Tibetan Ayurveda

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Tibetan Ayurveda

Robert Sachs - 2001-05

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The Great Exposition of Secret Mantra, Volume One

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