

Approaching Tibetan Studies

Suggested Source Materials

Background Reading for Educators

Ama Adhe: The Voice That Remembers

see description in Grades 9-12 section

The Anguish of Tibet

see description in Grades 9-12 section

Approaching Tibetan Studies: A Resource Handbook for Educators

By Jon Garfunkel and Tibet Education Network

An extensive collection of curricular and resource materials produced for teaching in K-12 and adult education. Included in the packet: why teach & learn about Tibet, curricular ideas for Tibetan studies, essential questions, maps, facts, historical timeline, suggested bibliographies, videography, resource information, on-line resources, and ideas for broadening one's Tibetan experience.

Paper. 53 Pages. Tibet Education Network at Global Source, 1999.

The Autobiography of a Tibetan Monk

see description in Grades 9-12 section

Bearing Witness: A Zen Master's Lessons in Making Peace

By Bernie Glassman

A powerful story about the experience of bearing witness and making peace one moment at a time. The author, who founded the Zen Peacemaker Order, describes leading retreats at Auschwitz and on the streets of New York City. He explains the practice of engaged spirituality and lessons learned that we all can apply to our lives.

Paper. 213 Pages. Bell Tower, 1998.

The Buddhist Handbook

see description in Grades 9-12 section

Buddhist Symbols in Tibetan Culture

see description in Grades 9-12 section

A Cultural History of Tibet

By David Snellgrove & Hugh Richardson

Widely considered an authoritative, thorough history of Tibet, commonly used as a college text. Hugh Richardson, one of the authors, was a British diplomat in Tibet between 1936-50. With maps, charts, and b & w photos. This book is out of print.

Cloth.. 279 Pages. Praeger, 1968

Demystifying Tibet: Unlocking the Secrets of the Land of Snows

see description in Grades 9-12 section

The Dragon in the Land of Snows : A History of Modern Tibet Since 1947

By Tsering Shakya

This thoroughly researched history, based entirely on unpublished primary sources, examines Tibet from the beginning of the Chinese occupation through the present. It offers many first accounts of political details on all sides of the Tibet-China conflict, and helps the reader examines the realities of the Tibetan situation. This scholarly work adds an important contemporary Tibetan voice to the current English version histories of Modern Tibet. The author was born in Tibet and attended the School of Oriental and African Studies where he is currently a research fellow in Tibetan Studies.

Cloth. 574 Pages. Columbia U. Press, 1999

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Suggested Source Materials

Ethics for the New Millenium

By His Holiness The Dalai Lama

The Dalai Lama discusses a Buddhist view of ethics with a universal lens for addressing global issues in the next century and beyond. This book is a great pathway to engage a dialogue in any classroom or educational circle about the human condition and what it takes to cultivate humanity in a global society, from one who is felt by many to be one of our greatest models. Its no accident this book was a NY Times Bestseller for months.

Cloth. 237 Pages. \$24.95

Feminine Ground: Essays on Women & Tibet

see description in Grades 9-12 section

Freedom in Exile: The Autobiography of The Dalai Lama

By Tenzin Gyatso, The Fourteenth Dalai Lama

The most recent autobiography of The Dalai Lama documenting his remarkable life from childhood through the 1980's. Full of engaging personal reflections, historical accounts, meetings with world leaders, and the spiritual strength that has kept him focused on his responsibilities as a religious and political leader campaigning to regain his homeland.

Paper. 271 Pages. HarperCollins, 1990.

In Exile from the Land of Snows

see description in Grades 9-12 section

In The Footsteps of Gandhi: Conversations with Spiritual Social Activists

see description in Grades 9-12 section

Inner Revolution: Life Liberty, and the Pursuit of Real Happiness

By Robert Thurman

One of the leading scholars of Tibetan Buddhism examines the how the social movement of Buddhism and establishment of monastic institutions, or "enlightenment factories", transformed ancient India, and then Tibet, from warrior to wisdom societies. Through this exploration of the history of civilization, Thurman presents a model for transforming contemporary society.

Paper. 322 Pages. Riverhead Books, 1998.

The Life of Milarepa

Translated by Lobsang Lhalungpa

The classic biography of a revered Buddhist yogi who lived in Tibet during the 11th century. This tale of spiritual life has served model for contemplative life. Translated by a well-respected Tibetan scholar into a simple modern English that reflects the power of the original text.

Paper. 220 Pages. Penguin Arkana, 1992.

The Mystical Arts of Tibet

see description in Grades 9-12 section

Open Heart, Clear Mind

see description in Grades 9-12 section

Orphans of the Cold War: America and the Tibetan Struggle for Survival

see description in Grades 9-12 section

A Portrait of Lost Tibet

see description in Grades 9-12 section

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Suggested Source Materials

Prisoners of Shangri-la: Tibetan Buddhism and the West

By Donald Lopez

A recently published cultural history of the encounter between Tibetan Buddhism and the West, exploring the western imagination which has been captured by the ancient culture, wisdom, and exotic nature of Tibet. This well-respected Tibetan Buddhist scholar argues that our romantic with Tibet ultimately imprisons those who seek the goal of Tibetan independence from Chinese occupation.

Paper. 275 Pages. U. Chicago Press, 1998.

The Snow Lion & The Dragon: China, Tibet and The Dalai Lama

By Melvyn Goldstein

A recently published analysis, by a leading western Tibetan scholar, of the Tibet-China relationship examining the historical and current positions of The Dalai Lama, the Chinese government, and western powers with a look to the future of Tibet. Paper. 145 Pages. U. California Press, 1997.

Tibet: Enduring Spirit/Exploited Land

see description in Grades 9-12 section

The Tibet Guide

see description in Grades 9-12 section

Tibet: The Issue is Independence

see description in Grades 9-12 section

Tibet: My Story

By Jetsun Pema

The autobiography of The Fourteenth Dalai Lama's younger sister. She tells of her life in Tibet before the Chinese occupation and describes the formation of the Tibetan exile community in Dharamsala, India. During the early years of the Diaspora in she was given the responsibility of starting the Tibetan Children's Village and later became the first woman minister in the Tibetan Government in Exile. An excellent look at the value of education in the struggle for cultural survival. Paper. 245 Pages. Element, 1997.

The Tibetan Book of Living and Dying

By Sogyal Rinpoche

From one of the great Tibetan masters teaching in the west, a commentary on the Tibetan view of death and dying based on teachings from The Tibetan Book of the Dead. This book is a treasure of wisdom that transcends Buddhist thought to help one come to terms with death in order to live a more spiritually meaningful life. A New York Times Bestseller.

Paper. 425 Pages. Harper San Francisco, 1992.

Tibetan Nation: A History of Tibetan Nationalism and Sino-Tibetan Relations

By Warren W. Smith, Jr.

A detailed history of Tibet which offers one of the most comprehensive accounts of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. The author explores Tibet's ethnic and national origins, the birth of the Tibetan state, the Buddhist state and its relations with China, Tibet's quest for independence, and the Chinese takeover of Tibet after 1950. The author is a well-known independent scholar, currently working for the Tibet Service of Radio Free Asia. Paper. 732 Pages. Westview Press, 1996.

When the Iron Bird Flies: A Handbook on Tibetan Cultural Survival

see description in Grades 9-12 section

The Wisdom Teachings of The Dalai Lama

see description in Grades 9-12 section

The World's Religions / The Illustrated World's Religions

see description in Grades 9-12 section

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Suggested Source Materials

Additional Sources by Topic

Traditional Tibetan Culture and Civilization

- Ancient Futures*, Helena Norberg-Hodge, Sierra Club Books, 1991
Nomads of Western Tibet, M. Goldstein & C. Beall, University of California Press, 1990
The Tibetan Art of Parenting., A. Hubbell Maiden, & E., Farwell, Wisdom, 1997
Tibetan Civilization, R.A. Stein, Stanford University. Press, 1972

Tibetan Geography & Ecology

- Ancient Futures*, Helena Norberg-Hodge, Sierra Club Books, 1991
Dharma Gaia: A Harvest of Essays in Buddhism and Ecology, Alan Hunt Badiner (Ed.), Parallax Press, 1990
Spirit and Nature: Why the Environment Is a Religious Issue- An Interfaith Dialogue, Steven Rockefeller, and John Elder (Ed.) Beacon Press, 1992
Tibet Environment Watch: www.tew.org

Historical Overview of Tibet

- A History of Modern Tibet, 1913-51*, Melvyn Goldstein, U. of California Press, 1989
Tibet: A Political History, W.D. Shakabpa, Potala Publications, 1984 (1967)

Tibetan Biography

- The Book of Tibetan Elders*, Sandy Johnson, Riverhead Books, 1996
House of The Turquoise Roof, Dorje Yudon Yuthok, Snow Lion, 1990
• *Kundun: The Biography of the Family of The Dalai Lama*, Mary Craig, Counterpoint, 1997
Princess In The Land Of Snows, Jamyang Sakya & Julie Emery, Shambhala, 1990
The Struggle for Modern Tibet: The Autobiography of Tashi Tsering, Goldstein, Siebenschuh, & Tsering, M.E. Sharpe, 1997
Tibet is My Country, Thubten J. Norbu, Wisdom, 1986
Tibet's Great Yogi Mllarepa, W.Y. Evans-Wentz, Oxford Univ. Press, 1973

The Current Tibetan Situation

- From the Land of Lost Content: The Dalai Lama's Fight for Tibet*, Noel Barber, Houghton Mifflin, 1970
Resistance and Reform in Tibet, Robert Barnett (Ed.), Indiana U. Press, 1994
Sky Burial, Blake Kerr, The Noble Press, 1993
Tibet: Survival in Question, Pierre-Antoine Donnet, Zed Books Ltd., 1994

Tibetan Resistance Movement

- Four Rivers, Six Ranges*, Gompo Tashi Andrugtsang, DIIR, 1973
The Secret War In Tibet, Michel Peissel, Little, Brown & Co., 1972
Warriors of Tibet, Jamyang Norbu, Wisdom, 1986

Tibetan Buddhism

- Bodhicaraytara*, Santideva, Oxford University Press, 1996
Essential Tibetan Buddhism, Robert Thurman, HarperSanFrancisco, 1995
Inside Tibetan Buddhism: Rituals & Symbols Revealed, Robert Thurman, Collins, 1995
Kindness, Clarity and Insight, Tenzin Gyatso, Dalai Lama XIV, Snow Lion, 1987
Religions of Tibet in Practice, Donald Lopez, Jr. (Ed.), Princeton U. Press, 1997

Approaching Tibetan Studies

Suggested Source Materials

The Religions of Tibet, Giuseppe Tucci, U. of California Press, 1988 (1970)

The Tibetan Book of the Dead, there are three major translations available

The Way to Freedom, Tenzin Gyatso, Dalai Lama XIV, HarperSan Francisco, 1994

Tibetan Arts

Mandala: The Architecture of Enlightenment, D. Leidy, & R. Thurman, Shambhala, 1997

The Mandala: Sacred Circle in Tibetan Buddhism, Martin Brauen, Shambhala, 1997

The Sand Mandala of Vajrabhairava, Daniel Cozort & Monks of Namgyal, Snow Lion, 1994

Wisdom and Compassion: The Sacred Art of Tibet, M. Rhiie, & R. Thurman, Harry Abrams, 1991

The Fourteenth Dalai Lama of Tibet (By or About)

The Dalai Lama, Christopher Gibb, Gareth Stevens Children's Books, 1990. (grades 7 & up)

The Dalai Lama: A Policy of Kindness, Sidney Piburn (Ed.), Snow Lion, 1990

Kindness, Clarity and Insight, Tenzin Gyatso, The XIV Dalai Lama, Snow Lion, Ithaca, 1987

Kundun: The Biography of the Family of the Dalai Lama, Mary Craig, Counterpoint, 1997

My Tibet, Photographs by Galen Rowell, Text by The Dalai Lama, Mountain Light Press, 1990

Flight of The Dalai Lama, (Cover Photo) Photographs by Heinrich Harrer, Life, 4/23/51

The Dalai Lama I Knew, Text & Photos by Heinrich Harrer, Life, 2/22/54

Miraculous Escape of The Dalai Lama, (Cover Photo) Text by Heinrich Harrer, Life, 5/4/59

Tibet: The Escape That Rocked The Reds (Cover Photo), Time, 4/20/59

About the film Kundun

Dalai Lama Movie Imperils Disney's Future in China, by Seth Faison, The New York Times, 1/26/96

Now, Mickey Mao, by Richard Turner, Newsweek, 12/6/96

What China Hoped Disney Would Bury in Moroccan Sand, by Jean Nathan, The New York Times, 12/22/96

The Hollywood Love Affair With Tibet, by Richard Berstein, The New York Times, 3/19/97

In Two Looks at Tibet, No Sign of Shangri-La, by R. Lyman, The New York Times, 9/7/97

From Scorsese to Tibet, Editorial by A.M. Rosenthal, The New York Times, 12/12/97

The God In Exile: A Visit with the Leader of Tibet, The Subject of a New Movie, But a Star without a Stage, by Pico Iyer, Time, 12/22/97

Books About Women and Tibet

Women of Wisdom, Tsultrim Allione, Arkana, 1984

Determination: Tibetan Women & the Struggle for an Independent Tibet, Carol Devine, Vauve Press, 1993

Tibetan Buddhist Nuns, Hanna Havnevik, Nowegian University Press, 1989

The Tibet Art of Parenting, A. Hubbell-Maiden & E. Farwell, Wisdom, 1997

Tibetan Woman's Biographies

The Book of Tibetan Elders, Sandy Johnson, Riverhead Books, 1996

Princess In The Land Of Snows, Jamyang Sakya & Julie Emery, Shambhala, 1990

Daughter of Tibet, Rinchen Dolma Taring, Wisdom, 1970

House of The Turquoise Roof, Dorje Yudon Yuthok, Snow Lion, 1990

Women Foreign Visitors to Tibet

Land of the Snow Lion: An Adventure in Tibet, Elaine Brook, Jonathan Cape, 1987

My Journey To Lhasa, Alexandra David-Neel, Beacon Press, 1986 (1927)

On Top of the World: Five Women Explorers in Tibet, Luree Miller, The Mountaineers, 1984

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Suggested Source Materials

Journey Across Tibet, Sorrel Willby, Contemporary Books, 1988

Sources with Sections/Pages on Role of Women in Tibet and Tibetan Diaspora

In Exile From The Land Of Snows, John Avedon, Wisdom, 1979

The People of Tibet, Charles Bell, Oxford Univ. Press, 1927

Tibet: Survival in Question, Pierre-Antoine Donnet, Zed Books Ltd., 1994

The Anguish of Tibet, P. Kelly, G. Bastian, and P. Aiello., Parallax Press, 1991

Sky Burial, Blake Kerr, Snow Lion, 1993

Tibet: The Issue is Independence, Edward Lazar (Ed.), Parallax Press, 1994

Ancient Futures, Helena Norberg-Hodge, Sierra Club Books, 1991

Tibetan Civilization, R.A. Stein, Stanford University Press, 1972

A Portrait of Lost Tibet, Rosemary Tung Jones, Snow Lion, 1980

Photography of Tibet

Lost Lhasa: Heinrich Harrer's Tibet, Heinrich Harrer, Harry N. Abrams Inc., 1992

My Tibet, Galen Rowell & The Dalai Lama, Mountain Light Press, 1990

The Sacred Mountain of Tibet: On Pilgrimage to Kailas, Russell Johnson, & Kerry Moran, Inner Traditions, 1989

Tibet, Pietro Mele, Snow Lion, 1988

Tibet: The Sacred Realm, Photographs 1880-1950, Aperture Inc., 1983

Tibetan Folk Tales

The Snow Lion's Turquoise Mane: Wisdom Tales From Tibet, Surya Das, HarperSanFrancisco, 1992

Tales of Uncle Tompa, Rinjing Dorje, Station HillsArts/Barrytown Ltd., 1997

Tibetan Diaspora

The Renaissance of Tibetan Civilization, Christoph von Furer-Haimendorf, Synergetic Press, 1990

So Close to Heaven: The Vanishing Buddhist Kingdoms of the Himalayas, Barbara Crossette, Alfred A. Knopf, 1995

Tibetan Medicine

Health Through Balance: An Introduction to Tibetan Medicine, Dr. Yeshi Donden, Snow Lion, 1986

The Tibetan Connection with Other Peoples & Religious Traditions

Navajo & Tibetan Sacred Wisdom: The Circle of Spirit, Peter Gold, Inner Traditions, 1994

The Good Heart: A Buddhist Perspective on The Teachings of Jesus, Tenzin Gyatso, Dalai Lama XIV, Wisdom, 1996

The Jew In the Lotus:, Rodger Kamenetz, HarperSanFrancisco, 1994

Dharma Gaia: A Harvest of Essays in Buddhism and Ecology, Alan Hunt Badiner (Ed.), Parallax Press, 1990

Spirit and Nature: Why the Environment is a Religious Issue- An Interfaith Dialogue, Steven Rockefeller, and John Elder (Ed.) Beacon Press, 1992

Tibet Travel

Tibet Handbook: A Pilgrimage Guide, Victor Chan, Moon Publications, 1994

Tibet Handbook, with Bhutan, Gyurme Dorje, Footprints Handbook, 1996

The Power-Places of Central Tibet: A Pilgrim's Guide, Keith Dowman, Routledge & Kegan Paul, 1988

Trekking In Tibet, Mountaineers, Gary McCue, 1992

On This Spot: An Unconventional Map & Guide to Lhasa, International Campaign for Tibet, 1994

The Myth of Shangri-la: Tibet, Travel Writing and the Western Creation of Sacred Landscape, Peter Bishop, U. California Press, 1989

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Prisoners of Shangri-la: Tibetan Buddhism and the West, Donald Lopez, U. Chicago Press, 1998

Foreign Visitors Before 1959

Berry, Scott, *A Stranger in Tibet: The Adventures of a Zen Monk*, Harper Collins, 1990

David-Neel, Alexandra, *My Journey to Lhasa*, Beacon Press, 1986 (1927)

Ekvall, Robert, *Tibetan Skylines*, Farrar, Straus & Young, New York, 1952

Bayonets to Lhasa, Peter Fleming, Oxford University Press, 1984 (1961)

Wind between the Worlds, Robert Ford, Snow Lion Graphics, 1987 (1957)

The Way of the White Clouds: A Buddhist Pilgrim in Tibet, Lama Anagarika Govinda, Shambhala, 1970 (1966)

Trespassers on the Roof of The World, Peter Hopkirk, Jeremy P. Tarcher, Inc., 1982

Secret Tibet, Fosco Maraini, Hutchinson & Co. Ltd., 1952

To Lhasa in Disguise, Grosset & Dunlap, William Montgomery McGovern, 1924

On Top of the World: Five Women Explorers in Tibet, Luree Miller, The Mountaineers, 1984

Out of this World, Lowell Thomas Jr., The Greystone Press, 1951

To Lhasa and Beyond: Diary of the Expedition to Tibet in the Year 1948, Giuseppe Tucci, Snow Lion, 1987 (1956)

Foreign Visitors in Tibet After 1959

Naked Spirits: A Journey into Occupied Tibet, Adrian Abbots, Canongate Books, 1997

Land of the Snow Lion: An Adventure in Tibet, Elaine Brook, Jonathan Cape, 1987

The Timely Rain: Travels in new Tibet, S. & R. Gelder, Monthly Review Press, 1965

Altar of the Earth, Peter Gold, Snow Lion, 1987

Lhasa. The Open City: A Journey to Tibet, Han Suyin, G.P. Putnam's Sons, 1977

Video Night In Kathmandu, Vintage Books, Pico Iyer, 1988

The Sacred Mountain of Tibet: On Pilgrimage to Kailas, Russell Johnson & Kerry Moran, Park Street Press, 1989

Sky Burial, Snow Lion, Blake Kerr, 1997

Requiem for Tibet, George N., Patterson, Aurum Press, 1990

Himalayan Passage, Jeremy Schmidt, The Mountaineers, 1991

Riding the Red Iron Rooster, Paul Theroux, G.P. Putnam's Sons, 1988

Journey Across Tibet, Sorrel Wilby, Contemporary Books, 1988

Heinrich Harrer in Tibet (About or By)

Flight of The Dalai Lama, Photographs by Heinrich Harrer, Life, 4/23/51

The Dalai Lama I Knew, Text & Photos by Heinrich Harrer, Life, 2/22/54

My Life in Forbidden Lhasa, by Heinrich Harrer, National Geographic, July 1955

Miraculous Escape of The Dalai Lama, Text by Heinrich Harrer, Life, 5/4/59

Return to Tibet, by Heinrich Harrer, Penguin, 1984

Born in Tibet: A Lasting Friendship (between Harrer & The Dalai Lama), by Betty Rogers, Tricycle, Fall 1991

Lost Lhasa: Heinrich Harrer's Tibet, Photographs & Text by Heinrich Harrer, Harry Abrams., 1992

The Strange Journey of Heinrich Harrer, by Lewis Simons, Smithsonian, October 1997

The Last Explorer, by H.G. Bissinger, Vanity Fair, October 1997

About the film Seven Years in Tibet

Film Furor Satisfies Dalai Lama's Former Tutor, By D.J.R. Bruckner, The New York Times, 1/4/97

A Star's Trek (about filming of movie in Argentina), By Jeff Giles, Newsweek, 2/3/97

It Must Be Karma (about filming of movie in Argentina), by L.C. Chollet, LA Times, 2/9/97

The Hollywood Love Affair With Tibet, by Richard Berstein, The New York Times, 3/19/97

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Suggested Source Materials

'Tibet' is revised to stress Nazi past, by Elaine Dutka, The Seattle Times, Aug. 20, 1997
In *Two Looks at Tibet, No Sign of Shangri-la*, by Rick Lyman, The New York Times, 9/7/97

The Chinese View of Tibet

100 Questions about Tibet, Jing Wei (Ed.), Beijing Review Press, 1989
China Wakes: The Struggle for the Soul of a Rising Power, N. Kristof & S. WuDunn, Random House, 1994
The Coming Conflict with China, Richard Bernstein & Ross Munro, Vintage Books, 1998
Demystifying Tibet: Unlocking the Secrets of the Land of Snows, Lee Feigon, Ivan R. Dee, 1996
Highlights of Tibetan History, Wang Furen and Suo Wenqing, New World Press, 1984
Lhasa, The Open City: A Journey to Tibet, Han Suyin, G.P. Putnam's Sons, 1977
The Snow Lion and The Dragon: China, Tibet and The Dalai Lama, Melvyn Goldstein, U. California Press, 1997
The Struggle for Modern Tibet: The Autobiography of Tashi Tsering, Goldstein, Siebenschuh, & Tsering, M.E. Sharpe, 1997
Tibet - Its Ownership and Human Rights Situation, Information Office of the State Council of The People's Republic of China, 1992 (available through the Chinese Embassy)
Tibet: Myth vs. Reality, Dai Yannian, Beijing Review Press, 1988
Tibet: Survival in Question, Pierre-Antoine Donnet, Zed Books Ltd., 1994
Tibet Through Dissident Chinese Eyes: Essays on Self Determination, Changching Cao & James Seymour (Ed.), M.E. Sharpe, 1997
Tibet Transformed, Israel Epstein, New World Press, 1983
Tibetan Interviews, Anna Louise Strong, New World Press, 1959
When Serfs Stood Up in Tibet, Anna Louise Strong, New World Press, 1965

Resource Information

A Handbook of Tibetan Culture, Graham Coleman (Ed.), Shambhala, 1994
The International Tibet Resource Directory, International Campaign for Tibet, 1995

Tibet-Related Articles in Periodicals and Newspapers

Blood Brothers, David Guterson, Los Angeles Times Magazine, May 1, 1994 (The development of a friendship between an American and a Tibetan refugee in Seattle)
China Invades Tibet- Again, Melinda Liu, Newsweek, April 3, 1995 (Chinese economy in Tibet)
China's Undercover War on Religious Life, Christian Science Monitor, November 4, 1993
China Sentences Tibetan With Fullbright to 18 Years for Spying, Patrick Tyler, The New York Times, December 28, 1996
The God In Exile: A Visit with the Leader of Tibet, The Subject of a New Movie, But a Star without a Stage, Pico Iyer, Time, December 22, 1997 (The Dalai Lama)
High Stakes, Far Eastern Economic Review, June 22, 1995 (Chinese economy in Tibet)
The Hollywood Love Affair with Tibet, Richard Bernstein, The New York Times, March 19, 1997
Human Rights in China, James D. Seymour, Current History, September 1994
In A Strange Land: Tibetans in the U.S., Karma Gyatsho Zurkhang, Utne Reader, March/April 1993 (U.S. resettlement of Tibetan refugees)
Inside Tibet: A Country Tortured, a series of articles, The Philadelphia Inquirer, Dec. 8-15, 1996
Inside Tibet, collected articles, Utne Reader, March/April 1989
The Little Lama: A Seattle Boy learns to lead a Tibetan Buddhist monastery in Kathmandu, Paula Bock, The Seattle Times Pacific Magazine, May 4, 1997
A Secret War In Tibet: How the CIA helped Tibet fight their Chinese invaders, Paul Salopek, The Chicago Tribune, January 25, 1997
Shangri-la's Shackled Spirit, Jeff Greenwald, San Francisco Examiner, April 14, 1991
The Silent Killing of Tibet, Alex Shoumatoff, Vanity Fair, May 1991 (Overview of the Tibetan situation)

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Suggested Source Materials

The Silver Chalice: Two Himalayan expeditions and an odyssey through the jails of Kathmandu help chart the path of Tibetan Khampas, America's Ultimate Cold Warriors, Jeff Long, Climbing, June 15-August 1, 1995 (The CIA's involvement in the Tibetan resistance movement during the 1960's)

Snow Leopards in Cultural Zoo, Brenda Bell, The Seattle Times Pacific Magazine, June 13, 1993 (Story of The Sakya Monastery of Tibetan Buddhism and part of the Seattle Tibetan community)

Struggling through Hell and High Water, Newsweek, September 11, 1995 (Shutting Tibetan delegates at the 1995 UN Women's Conference in Beijing)

Sun Without A Moon: In Search of the Missing Boy Buddha, Alex Shoumatoff, Vanity Fair, August 1996 (The story of the Tibetan-Chinese conflict over the choice of the reincarnation of the Panchen Lama)

Tibet: The Next Great Cause?, collected articles, Shambhala Sun, November 1996

Tibetan Youths Fed Chinese Fare, Ann Scott Tyson, Christian Science Monitor, November 4, 1993 (Chinese run education for Tibetans)

To Beijing's Surprise, the Tibetans Are Still Restive, Nicholas Kristoff, The New York Times, October 7, 1990

Trade vs. Human Rights: With Cold War Over, U.S. Faces Dilemma: Should It Export Its Values or Goods?, Thomas Friedman, The New York Times, February 6, 1994

Two People, One Land: A rare look at how Chinese capitalism is exacerbating tensions in Tibet, Susan Lawrence, U.S. News & World Report, June 7, 1993

The Wisdom of Tibetan Childbirth, Edie Farwell & Anne Hubbell Maiden, In Context, No. 31 (How Tibetan women view and live the process of childbirth)

Editorials

The ABC's of Tibet, Edward Luttwak, The New Republic, April 17, 1989

Apologists should quit coddling China, Kunzang Yuthok, Seattle P.I., May 18, 1993

Beyond the Movie, A.M. Rosenthal, The New York Times, November 29, 1996

Criminals For Freedom, A.M. Rosenthal, The New York Times, December 27, 1994

Endangered Species, A.M. Rosenthal, The New York Times, May 24, 1991

Free Tibet - one way or another, T.N. Shakabpa, Providence Journal, August 8, 1996

Jimmy Carter Turns, A.M. Rosenthal, The New York Times, August 12, 1997

The Monk & The President, A.M. Rosenthal, The New York Times, March 4, 1990

The Power of Tenzin Gyatso, A.M. Rosenthal, The New York Times, January 5, 1988

'Splendid China' whitewashes history, Elizabeth Churchward, The Miami Herald, August 6, 1994

The Uncountry, The New Republic, June 8, 1992

We Win No Oscars for Tibet, Richard Gere, The New York Times, April 13, 1993

You Are Palden Gyatso, A.M. Rosenthal, The New York Times, April 11, 1995

National Geographic Magazines

Himalayan Caravans, Eric Valle & Diane Summers, December 1993, pp. 5-35

Tibet's Remote Chang Tang, George B. Schaller, August 1993, pp. 62-87

Bhutan, Kingdom in the Clouds, Bruce W. Bunting, May 1991, pp. 79-101

The Remote World of Tibet's Nomads, M. Goldstein & C. Beall, June 1989, pp. 752-781

Himalaya, Many Articles & Authors, November 1988, pp. 612-710

A Journey Through Tibet, Sorrel Wilby, December 1987, pp. 764-785

In Long-Forbidden Tibet, Fred Ward, February 1980, pp. 218-259

Ladakh, The Last Shangri-la, Thomas J. Abercrombie, March 1978, pp. 332-359

Pilgrimage to Nepal's Crystal Mountain, Joel F. Ziskin, April 1977, pp. 500-518

Little Tibet in Switzerland, Laura Pilarski, November 1968, pp. 711-727

Sherpaland, My Shangri-la, Desmond Doig, October 1966, pp. 545-576

Mustang, Nepal's Lost Kingdom, Michel Peissel, October 1965, pp. 579-604

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- Sikkim, Tiny Himalayan Kingdom in the Clouds*, Desmond Doig, March 1963, pp. 398-429
- Beyond Everest*, Sir Edmund Hillary, November 1955, pp. 579-610
- My Life in Forbidden Lhasa*, Heinrich Harrer, July 1955, pp. 1-48
- Triumph on Everest*, Sir Edmund Hillary, July 1954, pp. 1-64
- A Journey to "Little Tibet"*, E. Bhavnani & V. Wentzel, May 1951, pp. 603-634
- Across Tibet from India to China*, I. Tolstoy, August 1946, pp. 169-222
- Sungmas, Living Oracles of the Tibetan Church*, Joseph F. Rock, October 1935, pp. 475-485
- Flags of the World* (features Tibetan Flag), September 1934, pp. 383 & 392
- Kongka Risumgongba, Holy Mountain of the Outlaws*, Joseph F. Rock, July 1931, pp. 1-65
- On the World's Highest Plateaus*, Hellmut de Terra, March 1931, pp. 319-367
- The Glories of the Minya Konka*, Joseph F. Rock, October 1930, pp. 385-437
- Seeking the Mountains of Mystery*, Joseph F. Rock, February 1930, pp. 1-185
- Life Among the Lamas of Choni*, Joseph F. Rock, November 1928, pp. 569-619
- The Land of the Yellow Lama*, Joseph F. Rock, April 1925, pp. 447-492
- Banishing the Devil of Disease Among the Nashi...*, Joseph F. Rock, November 1924, pp. 473-499
- Life Among the People of Eastern Tibet*, Dr. A.L. Shelton, September 1921, pp. 293-326
- The World's Strangest Capital* (with pullout panorama photo: Lhasa- The Mecca of the Buddhist Faith), John Claude White, March 1916, pp. 272-295
- The Most Extraordinary City in the World*, S.H. Chuan, October 1912, pp. 959-995

Tibet News Periodicals

- News Tibet*, The Office of Tibet, New York, NY, (212) 213-5010
- Snow Lion Newsletter*, Snow Lion Publications, Ithaca, NY, (617) 273-8506
- Tibet Brief*, International Committee of Lawyers for Tibet, San Francisco, CA, (415) 252-5967
- Tibet Press Watch*, International Campaign for Tibet, Washington, DC, (202) 785-1515
- World Tibet News*, on-line international news clearinghouse featuring Tibet-related articles from international media sources, you can search their website and/or sign onto a list-serve for daily articles on Tibet, this service is based in Canada <www.tibet.ca>

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Suggested Source Materials

Discography

Cho

Choying Drolma and Steve Tibbetts

A moving, inspiring musical project of east meets west which has received international acclaim. Choying Drolma and the nuns of Nagi Gompa sing Tibetan Buddhist songs accompanied by guitarist Steve Tibbetts and other Western musicians. Recorded at a Tibetan Nunnery in Kathmandu.

CD /Cassette. 50 Minutes. Rykodisc. 1997.

Dhama Suna

Tibetan Institute of Performing Arts

A rich collection of traditional Tibetan folk music performed by some of the best singers and musicians in the Tibetan Diaspora, along with sacred chants by The Gyuto Monks. 19 selections with liner notes and translations. Some selections were featured in the film, *Seven Years in Tibet*.

CD. 71 Minutes. Warner Music. 1997.

Freedom Chants from the Roof of the World

The Gyuto Monks, Philip Glass, Mickey Hart, Kitaro

Two meditative, ritual chants by the world famous Tibetan monks of Gyuto Tantric University (India) during their first 1988 American Tour. Both are over 25 minutes. The third track is a composition by Philip Glass, Mickey Hart, and Kitaro performed during a concert by the Gyuto Monks at Cathedral of St. John the Divine in New York. Informative liner notes.

CD/Cassette. 68 minutes. Rykodisc. 1989.

Quiet Mind: The Musical Journey of a Tibetan Nomad

Nawang Khechog

This world musician remembers his Tibetan nomadic roots with nine soothing, meditative instrumentals, playing a Tibetan bamboo flute, didgeridoo, and Incan pan pipes. Great for reflective activities or quieting a classroom.

Cd/Cassette. 55 Minutes. Sounds True. 1991.

Renewal: Contemporary Tibetan Folk Songs

Chaksampa

Twelve Tibetan Songs about the experience of exile performed in a traditional folk style. Chaksampa is one of the premier Tibetan arts groups in the Diaspora, who work to preserve their cultural heritage through music and education.

Cd/Cassette. 55 Minutes. Sounds True. 1991.

Sacred Tibetan Chants of the Great Prayer Festival

Monks of the Drepung Loseling Monastery

Five recordings of sacred chants traditionally performed during the Monlam Chemo, or Great Prayer Festival, a religious celebration held in Lhasa, Tibet since 1409, which celebrates events dating back to original Buddhism. The Drepung Monastery traditionally helped lead this religious event.

Cd/Cassette. 55 Minutes. Sounds True. 1991.

Tibet: Heart of Dharma

This CD and booklet introduce listeners to the "Buddha's teachings and the music they inspired" through the Tibetan monastic chant and music. Four recordings feature the monks of Drepung Monastery (India) and the fifth selection feature the monks Khampagar Monastery (India). The booklet covers the basics of Buddhism, major figures and deities within the Tibetan tradition, and background of the two featured monasteries.

CD & 64 Page Booklet. 62 Minutes. Ellipsis Arts. 1996.

Approaching Tibetan Studies

Suggested Source Materials

Tibet, Tibet

Yungchen Lhamo

Ten devotional and traditional offerings by one of the divas of Tibetan song. Since Yungchen Lhamo escaped Tibet in the 1980's, she has used her beautiful voice to tell the world of her country's plight. Since she signed on with Peter Gabriel's Real World label, she has become an international artist educating people about the Tibetan spirit and struggle for survival. You can find a story on Yungchen Lhamo for young adult readers in *Faces* magazine (Oct. 1999).

CD. 47 minutes. Real World. 1996.

Videography

Ancient Futures: Learning from Ladakh

Based on the work of Helena Norberg-Hodge. The ancient Tibetan culture of Ladakh, in the Himalayas of Northern India, struggling between tradition and way of life and modern development. *Themes: Ecology, Environment, Sustainability, Patterns of Life*

Documentary. 60 minutes. Int'l Society for Ecology & Culture. 1993.

Compassion In Exile: The Story of The 14th Dalai Lama

An award winning film, by Mickey Lemle, about the life of The Fourteenth Dalai Lama and overview of the current situation in Tibet, including many interviews. *Themes: Biography, Human Rights, Cultural Survival, History, Exile Experience, Compassion*

Documentary. 60 minutes. Lemle Pictures. 1992.

Dalai Lama: Soul of Tibet

A historical and contemporary look at the life of The Fourteenth Dalai Lama. Produced by CBS News for the A&E biography series. *Themes: Biography, History, Tibet-China Relationship*

Documentary. 50 minutes. A&E Home Video. 1997.

Dreams of Tibet

Examination of the western imagination and current popular culture surrounding Tibet compared with reality of the current Tibetan situation. Produced for PBS Frontline. Hosted by Orville Schell. *Themes: Myth, Media, Foreign Interest in Tibet*

Documentary. 60 minutes. Frontline/PBS. 1997.

Home to Tibet

A Tibetan exile living in the United States returns to visit his family in Tibet, then leaves with his niece whom he takes to a Tibetan refugee community in India for their formal education. A film by Alan Dater and Lisa Merton. *Themes: Exile Experience, Current Tibetan Situation*

Documentary. 55 minutes. Marlboro Productions. 1995.

Inside Tibet

Rare black and white footage of the 1942 trip to Tibet by United States OSS (former CIA) Officers Brooke Dolan and Ilia Tolstoy, sent on fact finding mission during WWII by President Roosevelt. They receive warm Tibetan hospitality and meet the young Dalai Lama. *Themes: Tibet prior to Chinese Occupation, Traditional Culture and Society of Lhasa*

Documentary. 39 minutes. 1943.

Kundun

The story of The Fourteenth Dalai Lama from his birth in 1935 to his escape into exile in 1959, during the Chinese occupation of Tibet. Authentic recreation of life in Tibet starring an all Tibetan cast. A Martin Scorsese film, written by Melissa Mathison. *Themes: Biography, History, Tibet-China Relationship, Non-violence, Compassion, Leadership*

Feature Film. 135 minutes. Touchtone Pictures. 1998.

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Suggested Source Materials

Little Buddha

A young boy from Seattle is identified as the incarnation of a Tibetan Lama, interspersed with flashbacks to scenes from the life of the historical Buddha in ancient India. A Bernardo Bertalucci Film, shot on location in Seattle, Kathmandu, and Bhutan. *Themes: Tibetan Buddhism & Monastic Culture, Historical Buddha, Tibetan Diaspora*

Feature Film. 123 minutes. Miramax Films. 1994.

Mandala: The Sacred Circle of Vajrabhairava

Follows the construction of a Tibetan Buddhist Sand Mandala, with a detailed introduction of this sacred process and its meaning. Includes segment of a 3-D computer animated mandala. *Themes: Tibetan Buddhist Culture, Buddhist Philosophy, Tibetan Religious Art*

Documentary. 35 minutes. South Mountain Productions. 1997.

Mustang: The Hidden Kingdom

Journey of a high Tibetan Lama from Dharamsala, India sent by the Dalai Lama to the Tibetan Kingdom of Mustang, in Nepal to teach and find two young children to bring back to India for a formal education. Produced for the Discovery Channel, narrated by Harrison Ford. *Themes: Tibetan Diaspora, Traditional Tibetan Culture, Tibetan Buddhism, Geography*

Documentary. 90 minutes. The Discovery Channel. 1994.

Red Flag Over Tibet

Chronicles the Tibetan situation from Chinese invasion through 1992 APEC Conference. Visits to Tibet, Dharamsala, and US. Interviews with political figures connected with Tibetan issues. *Themes: History, Current Tibetan Situation, Human Rights, Geo-Politics*

Documentary. 60 minutes. Frontline/PBS. 1993.

Seven Years in Tibet

The story of Austrian mountain climber Heinrich Harrer who, after escaping from a WWII British Internment Camp, makes his way to Lhasa, Tibet and develops a close relationship with a young Dalai Lama, at the time of the Chinese Communist Revolution and invasion of Tibet. Authentic recreation of traditional Tibetan society. Directed by Jean-Jacques Annaud. *Themes: History, Traditional Tibet, The Young Dalai lama, Cross-Cultural Relationship*

Feature Film. 136 minutes. Mandalay Entertainment. 1997.

(The Original) Seven Years in Tibet

A 1950's British documentary of Harrer's journey to Tibet (see above), using original color film of Tibet taken by Harrer in 1949-50. A mix of dramatic re-creation and actual footage. *Themes: Rare Footage of Tibet prior to the Chinese Occupation*

Documentary. 79 minutes. Seven League Production. 1957.

Tashi Jong: A Traditional Tibetan Community in Exile

An award winning documentary, by Barbara Green, about villagers from a community in the Kham Province of Tibet who flee their homeland after the Chinese occupation and resettle as a community in the foothills of Northern India. The lama who arranges this resettlement named their village Tashi Jong or Auspicious Valley, and helped create a self-sustaining Tibetan enclave in exile. The film offers a model for the sustainability of traditional culture, once insulated from the outside world, now redefining itself in a modern world. A valuable cross-cultural source for teaching students about elements and patterns of culture and the growing trend of vanishing traditional culture. Grade 5 & up. *Themes: Traditional Culture, Exile Experience, Diaspora, Sustainability, Education, Cultural survival.*

Documentary. 45 minutes. Tibetan Video Project. 1999.

Tibet: The End of Time

Examination of Tibetan Civilization and Current Tibetan Situation. Part of Time Life's "Lost Civilizations" Series. Narrated by Sam Waterson. *Themes: Civilization, Traditional Culture, Buddhism, History, The Dalai Lama, Exile Experience*

Documentary. 48 minutes. Time-Life Video. 1995.

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Suggested Source Materials

Tibet in Exile

Follows a group of young Tibetan children who have escaped from Tibet and their introduction and socialization into the Tibetan exile community of Dharamsala, India. A film by Barbara Banks and Meg McLagan. *Themes: Exile, Migration, Diaspora, Education, Human Rights, Cultural Survival*
Documentary. 30 minutes. Tibet in Exile Video Project. 1991.

Some of these videos may be available to rent or purchase through your local video store. All of these videos are available for local rental through Tibet Education Network. Some can be purchased through the Tibet Education Network at Global Source. Others are available through the Snow Lion Catalog (800) 950-0313. Many can be rented from the Office of Tibet (212) 213-5010. An extensive annotated list of Tibet-related videos can be accessed on-line at: <www.tibet.com>.

Many of the books, videos, music, and periodicals can be found through Tibet Education Network in The Global Source Lending Library (for Puget Sound Area Educators) or through The Global Source Catalog (see our contact information at the end of this handbook).

Approaching Tibetan Studies Suggested Source Materials

Resources on the World Wide Web

Art of Tibet (Tibetan Buddhist Paintings): www.TibetArt.com

The Dalai Lama's 1989 Nobel Peace Prize: <http://mirror.nobel.ki.se/laureates/peace-1989.html>

Escape into Exile (documenting Tibetan refugees fleeing Tibet): www.savetibet.org

Free Tibet Campaign (London): www.freetibet.org/index.htm

Human Rights in China (New York): www.hrichina.org

People's Republic of China (Embassy, Washington DC): www.china-embassy.org/

Sakya Monastery of Tibetan Buddhism (Seattle): www.sakya.org

Tibet Education Network: www.GlobalSourceNetwork.org

Tibet Environment Watch (San Francisco): www.tew.org

Tibet Information Network (London): www.tibetinfo.net/

Tibet Online Resource Gathering: www.tibet.org/

Tibetan Government in Exile (Official Site): www.tibet.com/

Tibetan Studies Resources (Australia): www.ciolek.com/WWWVL-TibetanStudies.html

World Tibet News (Canada): www.tibet.ca