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BRADSHAW JOHNS

[Empires of the Silk Road](#) Shambhala
 Publications

This is an introduction to philosophy but with a difference. Through out the book metaphysical issues are shown to be rooted in the history of philosophy. At the same time the author's treatment of each issues leads right into the contemporary situation. Philosophy can scarcely be defined, the author says, but philosophizing can be `shown`. The various section of the book show in a fresh way what such philosophizing can be like.

[Joro's Youth](#) Wisdom Publications (MA)

A traditional biography on the life of Mipham Rinpoche--one of the greatest

19th-century masters--from Dilgo Khyentse Rinpoche, one of the greatest 20th-century masters. The first half of this volume comprises the first-ever English translation of the biography of Mipham Rinpoche written by Dilgo Khyentse Rinpoche, a teacher to His Holiness the Dalai Lama as well as an entire generation of other teachers and students throughout the Himalayan region and the West. Composed in 1939, it was left behind in Tibet in 1959 when Khyentse Rinpoche went into exile and was lost for fifty-one years before its discovery in 2010 by an extraordinary stroke of good luck. Reverential in tone, it is informed by both oral accounts preserved in notes kept by Khyentse Rinpoche's elder brother and the recollections of Mipham's devoted personal attendant of thirty-seven years. In keeping with the identification of

Mipham as an emanation of Manjushri, the lion of speech, the second half comprises a selection of Mipham's writings, designed to give the reader an experience of Mipham's eloquent speech and incisive thought. It includes both a new translation of The Lion's Roar: A Comprehensive Discourse on the Buddha-Nature and A Lamp to Dispel the Dark, a teaching of the Great Perfection, as well as excerpts from previously published translations of his works on Madhyamaka and tantra.

[The Lion King Gesar - A Hero's Destiny](#)
 Independently Published

The first and only English translation of the centuries-old Tibetan spiritual allegory of King Gesar, a tale on a par with The Arabian Nights or the King Arthur stories. For hundreds of years, versions of the Gesar of Ling epic have been sung by bards in Tibet, China, Central Asia, and

across the eastern Silk Route. King Gesar, renowned throughout these areas, represents the ideal warrior. As a leader with his people's loyalty and trust, he conquers all their enemies and protects the peace. The example of King Gesar is also understood as a spiritual teaching. The "enemies" in the stories represent the emotional and psychological challenges that turn people toward greed, aggression, and envy and away from the true teachings of Buddhism. The epic of Gesar is the longest single piece of literature in the world canon, encompassing some 120 volumes; here the first three volumes are translated, telling of Gesar's birth, his mischievous childhood and his youth spent in exile, and his rivalry for the throne with his treacherous uncle.

Tales from the Land of the Sufis

Shambhala Publications

Critically exploring medical thought in a cultural milieu with no discernible influence from the European Enlightenment, *Being Human in a Buddhist World* reveals an otherwise unnoticed intersection of early modern sensibilities and religious values in traditional Tibetan medicine. It further studies the adaptation of Buddhist concepts and values to medical concerns and suggests important dimensions of Buddhism's role in the development of Asian and global civilization. Through its unique focus and sophisticated reading of source materials, *Being Human* adds a crucial chapter in the larger historiography of science and religion. The book opens with the bold achievements in Tibetan medical illustration, commentary, and institution building during the period of the Fifth Dalai Lama and his regent, Desi Sangye Gyatso, then looks back to the work of earlier thinkers, tracing a strategically astute dialectic between scriptural and empirical authority on questions of history and the nature of human anatomy. It follows key differences between medicine and Buddhism in attitudes toward gender and sex and the moral character of the physician, who had to serve both the patient's and the practitioner's well-being. *Being Human in a Buddhist World* ultimately finds that Tibetan medical scholars absorbed ethical and epistemological categories from Buddhism yet shied away from ideal systems and absolutes, instead embracing the imperfectability of the human condition.

The Epic of the Buddha Pilgrims

The Gesar of Ling epic is the Tibetan equivalent of *The Arabian Nights*. For hundreds of years, versions of it have been known in oral and written form in Tibet, China, Central Asia, and across the

eastern Silk Route. King Gesar, renowned throughout these areas, represents the ideal warrior. As a leader with his people's loyalty and trust, he conquers all their enemies and protects the peace. His life story, which is full of miracles and magic, is an inspiration and a spiritual example to the people of Tibet and Central Asia even today; Gesar's warrior mask can be seen in the town square and on the door of homes in towns and villages throughout this area. As a Buddhist teaching story, the example of King Gesar is also understood as a spiritual allegory. The "enemies" in the stories represent the emotional and psychological challenges that turn people's minds toward greed, aggression, and envy, and away from the true teachings of Buddhism. These enemies graphically represent the different manifestations of the untamed mind. The teaching is that genuine warriors are not aggressive, but that they subjugate negative emotions in order to put the concerns of others before their own. The ideal of warriorship that Gesar represents is that of a person who, by facing personal challenges with gentleness and intelligence, can attain spiritual realization. This book contains volumes one through three, which tell of Gesar's birth, his mischievous childhood, his youth spent in exile, and his rivalry for the throne with his treacherous uncle. The Gesar epic tells how the king, an enlightened warrior, in order to defend Tibet and the Buddhist religion from the attacks of surrounding demon kings, conquers his enemies one by one in a series of adventures and campaigns that take him all over the Eastern world. He is assisted in his adventures by a cast of heroes and magical characters who include the major deities of Tibetan Buddhism as well as the native religion of Tibet. Gesar fulfills the Silk Route ideal of a king by being both a warrior and a magician. As a magician he combines the powers of an enlightened Buddhist master with those of a shamanic sorcerer. In fact, at times the epic almost seems like a manual to train such a Buddhist warrior-magician. In the story, the people and nation of Ling represent the East Asian notion of an enlightened society. There, meditation, magic, and the oral folk wisdom of a communal nomadic society are synchronized in a lifestyle harmonious with the environment, but ambitious for growth and learning and refined literate culture. Filled with magic, adventure, and the triumphs of this great warrior-king, the stories will delight all—young and old alike. The Gesar epic is still sung by bards in Tibet. The words of the Gesar epic have

never been translated into a Western language before.

The Epic of Gesar of Ling Shambhala Publications

"...These stories and songs emerge from the chaos of war to invoke telopa, essence of lineage transmission, kukkuripa, embodiment of limitless compassion, mekhkhal and kankhala who unify prajna and devotion, and king indrabhuti, exemplar of an enlightened ruler. It includes biographies of all 32 rulers and rigdens of Shambhala."--P.4 Cover.

Lord of the Dance Shambhala Publications

An overall view of the Tibetan civilization, both ancient and modern Tibet. This book relates developments in Tibet to those in the rest of Asia.

Being Human in a Buddhist World

Abela Publishing Ltd

The Tibetan classic *The Epic of King Gesar* believed to date from the 12th century, the tale relates the heroic deeds of the cultural icon Gesar, the fearless lord of the legendary kingdom of Ling. The epic is composed of a numerous versions, each with many variants, and is reputed by some to be the longest epic tale in the world. In 2009, China had the epic included in UNESCO's Representative List of Intangible Cultural Heritage. This book vividly demonstrates the highest achievement of Tibetan folk art, Gesar, in unique Tibetan scroll painting form. With 100 pieces of Thangka paintings, it illustrates how the hero Gesar descended from heaven to conquer the devils of other tribes and seek to help ordinary people before finally returning to heaven after completing his sacred mission. It offers a vivid glimpse into the world's longest epic through Thangka's exceptional artwork. *Religion, Myth and Folklore in the World's Epics* BEIJING BOOK CO. INC.

Introduction to the Middle Way presents an adventure into the heart of Buddhist wisdom through the Madhyamika, or "middle way," teachings, which are designed to take the ordinary intellect to the limit of its powers and then show that there is more. This book includes a verse translation of the Madhyamakavatara by the renowned seventh-century Indian master Chandrakirti, an extremely influential text of Mahayana Buddhism, followed by an exhaustive logical explanation of its meaning by the modern Tibetan master Jamgön Mipham, composed approximately twelve centuries later. Chandrakirti's work is an introduction to the Madhyamika teachings of Nagarjuna, which are themselves a systematization of the Prajnaparamita, or "Perfection of Wisdom" literature, the sutras on the crucial but elusive concept of

emptiness. Chandrakirti's work has been accepted throughout Tibetan Buddhism as the highest expression of the Buddhist view on the sutra level. With Jamgön Mipham's commentary, it is a definitive presentation of the wisdom of emptiness, a central theme of Buddhist teachings. This book is a core study text for both academic students and practitioners of Mahayana and Vajrayana Buddhism.

Establishing Appearances as Divine
Shambhala Publications

Mrs. Dorje Yuthok's frank and fascinating account of life in upper-class Lhasa before the Chinese occupation is also a quiet, dignified description of a noblewoman's status in the family and the community. She moved in the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Yet her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

Art and Architecture in Ladakh
Shambhala Publications

The book provides a chance for foreign readers to know Tibetan and Epic Gesar.

Introduction to the Middle Way
Dharma Publishing

Crossings On A Bridge of Light is the first English rendition of a vibrant and pivotal episode in the Gesar of Ling epic. In this story, Gesar, King of Ling, moves between life and death to free his mother from the bonds of hell. He traverses the six realms of being and passes through the five traditional states (bardos). His journey reaches its apex in four visions of the enlightened rulers of the Kingdom of Shambhala. Gesar's inner journey, his encounters with a panoply of beings embodying the spontaneous presence of the awakened state, enable him to heal the doubts and divisions that have come to threaten his kingdom. This tale of how the vision of an enlightened society can be realized on this earth has inspired people for many centuries; it is equally powerful today. The miraculous images of King Gesar dance so vividly on the pages of 'Crossings On A Bridge of Light' it's as if they were alive. It's beautiful! -The Ven. Tulku Thondup, translator of many important Nyingma texts, author of Healing Power of Mind, Boundless Healing, and Peaceful Death, Joyful Rebirth 'Crossings On A Bridge of Life' is a treasure, a work of true inspiration. It demonstrates that the tradition of Gesar and his significance is not lost, and that singers may appear in any land or time. In relating Gesar's quest to liberate his mother from hell, it vividly brings to life the Buddhist teachings on the six realms,

the cycle of bardos, the pure lands of the five transcendent Buddhas, and the inseparability of existence and awakening. The poetry of its language deeply touches the heart with compassion and opens the mind to the ever-present reality of the awakened state. -Dr. Francesca Fremantle, translator (with Chogyam Trungpa, Rinpoche) of The Tibetan Book of the Dead and author of Luminous Emptiness *The Epic of King Gesar* Shambhala Publications

A selection of 52 short prayers and practices devoted to Tibet's cultural hero Gesar of Ling as an enlightened tantric deity to generate positive circumstances and increase one's experiences and realization in Buddhist practice. Gesar of Ling is widely known as the hero of Tibet's national oral epic, considered the longest epic in the world. But he is also the focus of Buddhist practices in which his enlightened form, known as King Gesar the Jewel, becomes one of the numerous spiritual methods offered by Tibetan Vajrayana Buddhism to progress toward buddhahood. This work contains the complete selection of practice texts compiled by the early modern Tibetan polymath Jamgon Mipham and included in his Collected Works. Gesar personifies the ideal of the spiritual warrior, who tames negative forces which obstruct the Buddhist path. The practices presented here detail poetic imagery of offerings and their recipients, including Gesar, his court, and the spirits who dwell in his personal belongings. Vajrayana practices such as these are considered mind treasures, meaning rather than being composed, they appeared fully formed as a transmission with the mind of a Vajrayana master. The practices in this book are meant to be done only by those who have received Gesar Dorje Tsegyal empowerment or "entrustment with his life force," the reading transmission of the practice, and the associated instructions from a qualified master.

Gesar of Ling Stanford University Press King Gesar, renowned throughout Tibet and Central Asia, represents the ideal warrior—the principle of all-victorious confidence. As the central force of sanity, he conquers all his enemies, the evil forces of the four directions, who turn people's minds away from the true teachings of Buddhism. These enemies graphically represent the different manifestations of cowardly mind. As Chögyam Trungpa explains in the Foreword: "When we talk here about conquering our enemy, it is important to understand that we are not talking about aggression. The genuine warrior does not

become resentful or arrogant . . . It is absolutely necessary for the warrior to subjugate his own ambition to conquer at the same time that he is subjugating his other more obvious enemies. Thus the idea of warriorship altogether is that by facing all our enemies fearlessly, with gentleness and intelligence, we can develop ourselves thereby attaining self-realization." The legends of Gesar usually take weeks for a bard to recount. Filled with magic, adventure, and the triumphs of this great warrior-king, the stories will delight all—young and old alike.

Gesar Balboa Press

A newly translated volume of the centuries-old spiritual epic of King Gesar. For centuries, the epic tale of Gesar of Ling has been told across Asia. This epic is a living oral tradition, performed widely by singers and bards and beloved especially in Tibet. Considered the longest single piece of literature in the world canon, the epic of Gesar chronicles the legend of King Gesar of Ling, a heroic figure known for his fearless leadership. The epic encompasses some 120 volumes and nearly 20 million words, and there are numerous versions across cultures. This book is the first English translation of the fourth volume of this sweeping literary work, with stories from after Gesar's coronation to the throne of Ling. This volume focuses on battles won and strategies applied, as the warrior-king Gesar fended off demons and liberated his foes. Though largely a violent account focused on his superhuman prowess in battle, this volume is rich with ethical proverbs that inform Tibetan culture to this day. A significant work of legend, the epic of Gesar is also a vital part of Tibetan Buddhism, as Gesar is said to have been chosen by celestial beings to restore order and destroy anti-Buddhist forces. The epic of Gesar is the cultural touchstone of Tibet, analogous to the Iliad or the Odyssey. While Book One covers Gesar's birth, youth, and rise to power, this volume recounts the martial victories and magical feats that made him a legendary figure to so many.

Gessar Khan Shambhala Publications The Taming of the Demons examines mythic and ritual themes of violence, demon taming, and blood sacrifice in Tibetan Buddhism. Taking as its starting point Tibet's so-called age of fragmentation (842 to 986 C.E.), the book draws on previously unstudied manuscripts discovered in the "library cave" near Dunhuang, on the old Silk Road. These ancient documents, it argues, demonstrate how this purportedly inactive period in Tibetan history was in fact crucial to the Tibetan assimilation of Buddhism,

and particularly to the spread of violent themes from tantric Buddhism into Tibet at the local and the popular levels. Having shed light on this "dark age" of Tibetan history, the second half of the book turns to how, from the late tenth century onward, the period came to play a vital symbolic role in Tibet, as a violent historical "other" against which the Tibetan Buddhist tradition defined itself. -- Georges Dreyfus

Tibetan Folk Tales Hillcrest Publishing Group

Gleaned from an ancient oral tradition, these imaginative, colorful, and wisdom-filled stories will delight children and adults alike. This collection includes the Tibetan myth of creation; some of the famous Jataka tales, or stories of former lives of the Buddha; and the most popular of all the time-honored legends of Tibet, the great epic of King Gesar of Ling, the warrior who became a national hero.

House of the Turquoise Roof Columbia University Press

The Song of King Gesar is one of the world's great epics, as significant for Tibetans as the Odyssey and Iliad for the ancient Greeks, and as the Ramayana and Mahabharata in India. Passed down in song from one generation to the next, it is sung by Tibetan bards even today. Set partly in ancient Tibet, where evil spirits mingle with the lives of humans, and partly in the modern day, The Song of King Gesar tells of two lives inextricably entwined. Gesar, the youngest and bravest of the gods, has been sent down to the human world to defeat the demons that plague the lives of

ordinary people. Jigmed is a young shepherd, who is visited by dreams of Gesar, of gods and of ancient battles while he sleeps. So begins an epic journey for both the shepherd and the king. The wilful child of the gods will become Gesar, the warrior-king of Ling, and will unite the nation of Tibet under his reign. Jigmed will learn to see his troubled country with new eyes, and, as the storyteller chosen by the gods, must face his own destiny.

The Taming of the Demons Shambhala Publications

The Gesar epic encompasses a vast range of ancient Central Asian cultural and spiritual traditions. At its center, Gesar, King of Ling battles tirelessly in a world riven by greed, confusion, fear, and religious ambition to open pathways to an enlightened society. The Warrior Song of King Gesar follows the unbroken heritage of that warrior tradition and presents the saga of Gesar's life, from the hardships of his youth through his great battles against the demonic enemies of the four directions. This ever evolving epic tradition continues to inspire people in diverse societies by showing that, despite failures, an unsparing spiritual journey is integral to a secular life and that, despite defeats, such a quest is inseparable from working towards true social harmony. The Venerable Tulku Thondup's introduction is uniquely valuable for its profound scholarship and contains the only account in English of King Gesar's mind teachings.

* "I hope that the wisdom, imagination, and humor with which Douglas Penick has

conveyed both Gesar's story and the energy of his being will rouse unconditional confidence throughout the world." Sakyong Mipham Rinpoche, head of Shambhala International, author of *Making the Mind into an Ally*, and *Ruling Your World*. "The Warrior Song of King Gesar maintains traditional Asian epic genres and conventions while simultaneously transforming them into a completely contemporary vehicle of expression. The book captures in a remarkable way the nomadic warrior traditions from which Gesar's inner life emerged while uncovering the personal reality hidden within them. This work then is not a 're-telling' of the Gesar saga, but an authentic continuation of that tradition which thus becomes available to modern audiences in new and provocative ways." Kidder Smith- former Professor of Chinese History at Bowdoin College, author of articles on the East Asian classics, lead translator in the Denma Translation Group's *Sun Tzu's Art of War*.

The Many Faces of King Gesar Motilal Banarsidass Publ.

Son of Dawa Drolma, one of Tibet's most renowned female lamas, Chagdud Rinpoche was recognized early in life as a Tulku, or incarnation of a realized master, and was rigorously trained by many great lamas. Forced into exile by the Chinese invasion, he was the last generation to inherit the highest teachings and methods of Buddhism in Tibet. This candid autobiography helps Westerners understand the astonishing culture that is bound up with Vajrayana teachings.

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