

Education in Exile
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Tibetan Resources



Films

***Call It Karma* (Directed by Geoff Browne. High Altitude Films, 2004.)**

“*Call It Karma* is the inspiring true story about a young Tibetan Monk named Gyalten Rinpoche who in 1995 was sent on a spiritual pilgrimage by his Master to walk 1,000 miles from his remote mountain village.”

***The Cup* (Directed by Khyentse Norbu. New Line Home Video, 1999.)**

“Comedy set in 1996 about a group of boys in a Tibetan monastery-in-exile in India who are determined to watch the World Cup soccer tournament.”

***Dreaming Lhasa* (Directed by Ritu Sarin and Tenzing Sonam. First Run/Icarus Films, 2007.)**

“Karma, a young Tibetan woman from New York City comes to Dharamsala, the exile headquarters of the Dalai Lama in India, in search of her roots. She is making a documentary film about former political prisoners who have escaped Tibet. One of her interviewees is Dhondup, who has recently fled to India. He reveals to her that his dying mother had made him promise to deliver an old charm box to an exile Tibetan named Loga, and appeals to her for help in locating the man.”

***Himalaya* (Directed by Eric Valli. Kino on Video, 2002)**

“The story of a generational struggle for the leadership of a tiny mountain village between its proud old chief and a headstrong young caravanner. The balance of power shifts uneasily as they make their annual salt trek across the Himalayas.”

***Journey into Buddhism: Vajra Sky over Tibet* (Directed by John Bush. WGBH Boston Video, 2007)**

“Examines Buddhist traditions in Tibet, visiting temples, monasteries, and festivals, focusing on the Jokhang Temple and the Potala Palace, home to His Holiness the Dalai Lama.”

***Kundun* (Directed by Martin Scorsese. Touchstone Home Video, 1998.)**

“A dramatization of the life and work of the current (14th) Dalai Lama and his ongoing struggle to regain independence for Tibet.”

***The Saltmen of Tibet* (Zeitgeist Video, 2002.)**

“Documents the ancient traditions and day-to-day rituals of a Tibetan nomadic community on a three-month pilgrimage. Observing age-old taboos and steadfast homage to the deities of nature, four men meticulously plan their yak caravan to fetch precious salt from the holy lakes of the Changtang region of northern Tibet.”

***Seven Years in Tibet* (Directed by Jean-Jacques Annaud. Columbia TriStar Home Video, 1997.)**

Heinrich Harrer leaves Austria in 1939 to climb a mountain in the Himalayas. Through a series of circumstances (including POW camp), he and fellow climber Peter Aufschnaiter become the only two foreigners in the Tibetan holy city of Lhasa. There, Heinrich's life changes forever as he becomes a close confidant to the Dalai Lama

***Tibet: A Buddhist Trilogy* (Directed by Graham Coleman. Threadcross Films, 2004)**

“An exploration of Tibetan Buddhist culture, from a portrait of the Dalai Lama to a revelation of the mystical inner world of monastic life and an unflinching depiction of the response to a death in the community.”

***Tibet: Cry of the Snow Lion* (New Yorker Video, 2004.)**

“A snow lion is a mythic beast of Tibetan legend. As a protector of the nation, the snow lion is emblazoned on the Tibetan flag. Today the Tibetan flag is outlawed in its own homeland. Ten years in the making, filmed during a remarkable nine journeys throughout Tibet, India and Nepal. The dark secrets of Tibet's recent past are powerfully chronicled through riveting personal stories and interviews, and a collection of undercover and archival images never before assembled in one film.”

***The Tibetan Book of the Dead* (Directed by Hiroaki Mori and Yukari Hayashi. National Film Board of Canada, 2006.)**

“This two-part series explores ancient teachings on death and dying.”

***Windhorse* (Directed by Paul Wagner and Thupten Tsering. New Yorker Video, 1998.)**

"Based on true events, *Windhorse* focuses on the lives of two siblings and their cousin who as young children witnessed their Tibetan grandfather brutally murdered over his resistance of Chinese aggression. Eighteen years later, the memory of losing their grandfather has affected each of the kids very differently."--Container.

***What Remains of Us* (Directed by François Prévost and Hugo Latulippe. Nomadik Films, 2008.)**

A young Tibetan from the diaspora enters her homeland for the first time - carrying a clandestine video message from the Dalai Lama to Tibetans inside Tibet. Powerfully affected, the people break 50 years of silence, their whispered reactions revealing the urgency of the current situation.

Books: Nonfiction

***The Autobiography of a Tibetan Monk*. Palden Gyatso. New York, Grove Press, 1997.**

***Dalai Lama, My Son: A Mother's Story*. Diki Tsering and Khedroob Thondup. New York : Viking/Arkana, 2001.**

***The Dalai Lama's Secret Temple : Tantric Wall Paintings from Tibet.* Text by Ian A. Baker ; photographs by Thomas Laird ; introduction by Tenzin Gyatso, the fourteenth Dalai Lama of Tibet. New York: Thames & Hudson, 2000.**

***The Dragon in the Land of Snows: A History of Modern Tibet Since 1947.* Tsering Shakya. New York: Columbia University Press, 1999.**

***Freedom in Exile: The Autobiography of the Dalai Lama.* Bstan-'dzin-rgya-mtsho, Dalai Lama XIV. HarperCollins, 1990.**

***My Land and My People: The Original Autobiography of His Holiness the Dalai Lama of Tibet.* Bstan-'dzin-rgya-mtsho, Dalai Lama XIV. Warner Books, 1997 (reprint edition).**

***My Tibet.* Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, and Galen A Rowell. Berkeley: University of California Press, 1990.**

***Return to Tibet: Tibet After the Chinese Occupation.* Heinrich Harrer. New York : J.P. Tarcher/Putnam, 1998.**

***The Search for the Panchen Lama.* Isabel Hilton. New York: W.W. Norton, 2000.**

***Seven Years in Tibet.* Heinrich Harrer. New York : J.P. Tarcher/Putnam, 1997.**

***The Siege of Shangri-la: The Quest for Tibet's Sacred Hidden Paradise.* Michael McRae. New York : Broadway Books, 2002.**

***The Snow Lion and the Dragon: China, Tibet, and the Dalai Lama.* Melvin C. Goldstein. Berkeley : University of California Press, 1999.**

***The Spirit of Tibet: Portrait of a Culture in Exile.* Photographs and text by Alison Wright ; foreword by H.H. The Dalai Lama. Ithaca: Snow Lion Publications, 1998.**

***Tibet: My Story.* Jetsun Pema. Boston: Element, 1997.**

***Tibet: The Road Ahead.* Dawa Norbu. London: Rider, 1998.**

***Tiger of the Snows: The Autobiography of Tenzing of Everest.* Tenzing Norkey. New York: Putnam, 1955.**

***Touching my Father's Soul : A Sherpa's Journey to the Top of Everest.* Jamling Tenzing Norgay with Broughton Coburn. San Francisco, Calif.: HarperSanFrancisco, 2001.**

***Why the Dalai Lama Matters.* Robert Thurman. New York: Atria Books, 2008.**

Books: Fiction

Inspector Shan Tao Yun Series. Eliot Pattison. Minotaur Books. (*The Skull Mantra; Water Touching Stone; The Lord of Death; Bone Mountain; Prayer of the Dragon; Beautiful Ghosts*)

The Mandala of Sherlock Holmes. Jamyang Norbu. London, J. Murray, 2000.

Oracle Lake. Paul Adam. St. Martin's Minotaur, 2007.

Books: Children

The Mountains of Tibet. Mordicai Gerstein. New York, Harper and Row, 1989.

Tibet: Through the Red Box. Peter Sis. Farrar, Straus, and Giroux, 1998.

Tintin in Tibet. Herge. Little, Brown Young Readers.

Charities

Lha Charitable Trust: <http://www.lhasocialwork.org/>

Lha Charitable Trust is a non-profit Social Work Organization based in Dharamsala and founded in 1997. The primary aim of Lha is to provide social services to both exiled Tibetans and local Indians. Managed by Tibetans and fuelled by volunteers from around the world, Lha provides a multitude of social services, including free education, health care, and environmental awareness.

Tibet Charity: <http://www.tibetcharity.in/index.html>

Tibet Charity is working in close coordination with the Tibetan Government in Exile (TGIE). Its broader objectives are to offer necessary assistance to the poor and needy Tibetans, help set up self-sustainable businesses, offer basic medical care and advice, help improve the basic requirements in the schools and provide vocational/professional training for school leavers.

Tibet Hope Center (formerly HEC): <http://www.tibethopecenter.org/>

A grassroots language school for adults started by a young Tibetan man from the Dharamsalacommunity.

Volunteer Tibet: <http://www.volunteertibet.org/>

VolunteerTibet can connect you with the perfect volunteer opportunity. All opportunities currently listed are with non-profit or government organizations in or around Dharamsala in Northern India

Support Organizations and Information Sources

The Government of Tibet in Exile: <http://www.tibet.com/>

Website of His Holiness the Dalai Lama's government in Dharamsala.

International Campaign for Tibet: <http://www.savetibet.org>

The International Campaign for Tibet works to promote human rights and democratic freedoms for the people of Tibet.

Monadnock Friends of Tibet: www.monadfriendsoftibet.org

MFT supports Tibetans in New Hampshire's Monadnock Region and internationally.

Phayul: <http://www.phayul.com/>

Tibetan news source.

Students for a Free Tibet: <http://www.studentsforafreetibet.org/>

Students for a Free Tibet (SFT) works in solidarity with the Tibetan people in their struggle for freedom and independence.

Website of His Holiness the Dalai Lama of Tibet: <http://www.dalailama.com/>

The official website of the 14th Dalai lama of Tibet includes a biography, teaching schedules, and a photo gallery.

Central Tibetan Administration: <http://www.tibet.net/en/index.php>

Website of the Tibetan Government-in-Exile.