

# 西藏之旅

## A Spiritual Trip to Tibet



Dr. White meets Living Buddha Jiang-jia Hutukhtu in Cheng-du.



Hutukhtu blesses us for our Spiritual Trip to Tibet.



We arrive at Lhasa airport.



We stop at an early rock carving on our way into Lhasa.



First stop: Jhokang Temple, Lhasa



A closer view of Jhokang Temple





Entrance to Jhokang thronged with holiday visitors  
Note people prostrating on the porch



Burning incense outside Jhokang



Potala



Doug and Grace Tia look at Potala from Medicine King Rock.  
We see the view in the previous photo.





We circumambulate the Potala



Stupas along the circumambulation route



Countless prayer wheels along the circumambulation route



Graffiti on the walls outside Potala. No pictures allowed inside :-(  
The graffiti are as good as what's inside, the lighting is better,  
and the common people have free access.





Norbulingka Summer Palace of Dalai Lama in Lhasa



Pema poses with Summer Palace scenery





Closeup of Pema, the Living Buddha's daughter



Sacred Lingam outside one of the Summer Palace Temples



Painting a Tanka, a Tibetan Spiritual Exercise





Riding a camel to an ancient Yung-bu-la-kang Castle of 1<sup>st</sup> Tibetan King



Camel en route



The castle in the distance. Earliest Castle in Tibet.



A troupe of Tibetan singing ladies relaxes by a spring





Piles of incised and painted prayer slates



A print shop at Sela Temple. Printing sutras.



Library of wood blocks for printing sutras.  
During the Cultural Revolution 100's of thousands of these wood blocks  
were burned and now have to all be re-carved by hand



Graffiti at Sela Temple (No pictures allowed inside)





More Graffiti



View of a section of vast Sela Temple



Dr. White rests on a rock in a willow grove near Sela Temple



Dr. White gives the I'm OK mudra and the I take handouts mudra.





Quick shot inside a temple hall as monks prepare to begin service.



Going right out the roof.



Yang-zho-yung-co Sacred Alpine Lake





Grace Tia at she shore of the sacred alpine lake



Dr. White raps with a monk at the Kashyapa cliff caves



View from inside a cliff cave



Group photo on a ledge along the cliff caves





A monk in his cliff cave



View from the cliff caves (Note white stupa in lower center)



Maitreya in a cliff temple





Fierce Padmasambhava in a cave



Jewel encrusted votive art





Vulture at a Heavenly burial on top of cliff caves. Note 3 white stupas.



View from the Kashyapa cliff caves



Tibetan Solar Power



Golden glow left in rock by Padmasambhava in a cave



Lunch break at the Cliff Cafeteria





Pema makes tsemba



And the monk pours yak butter tea



More tea for everybody





Getting High on an Alpine Pass



Herd of yaks led by cowgirl on high alpine plain



A gorgeous white yak



High Alpine Sacred Lake, 4700+ meters altitude  
Not much oxygen to go around.

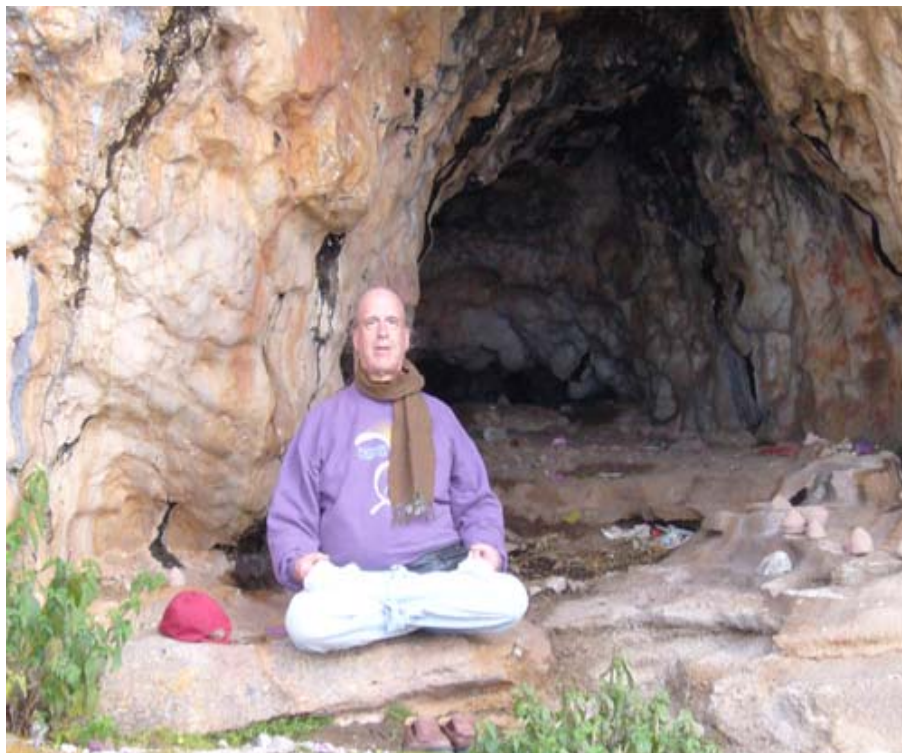




Entrance to a Meditation Cave



A Peephole at Heaven



Dr. White meditates by "his" cave looking out over the lake  
Note clay votive bullas.





Buddha's namaste at sunset – overlooking alpine lake at over 4000 m.



View from one of the caves



Sunset over the lake from entrance of a large cave