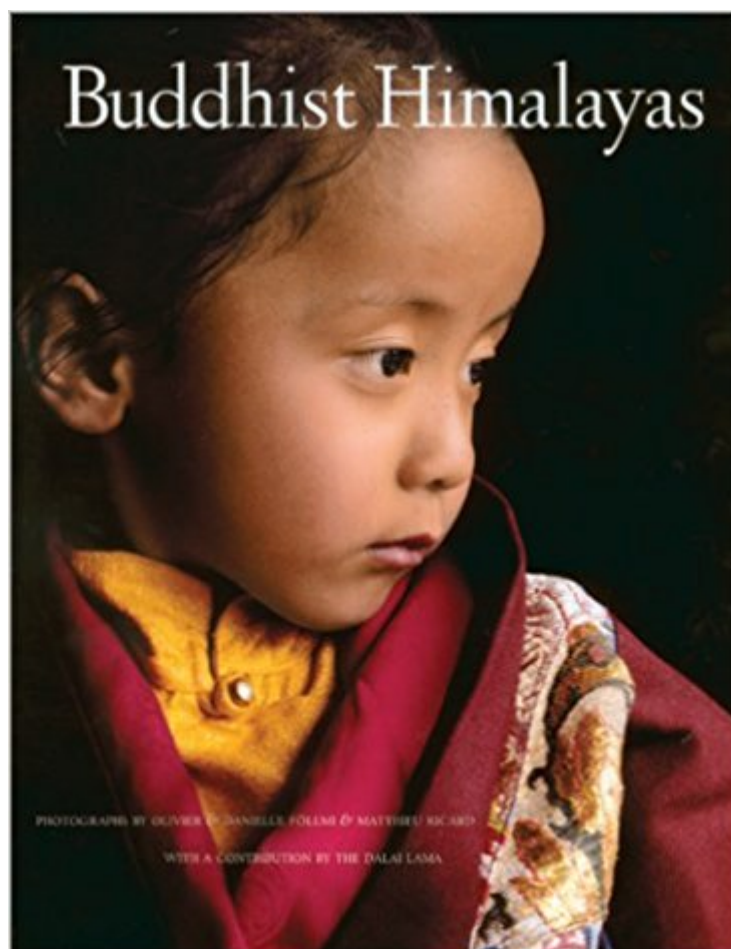


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# Buddhist Himalayas



## Synopsis

This spectacular book invites the reader on a journey to a faraway exotic land-and into one's own heart and soul. The beauty of the majestic Himalayan countryside, of the Tibetan people-spiritual masters and humble shepherds alike-and of their sacred places all inspire a desire to look within, in search of an understanding of the essence of Buddhism and the Himalayan spirit. Contributions by eminent specialists on Tibetan culture-from the noted photographer Galen Rowell to the Dalai Lama himself-illuminate the cycle of birth, life, death, and rebirth. Glorious photographs of the Himalayas combine with the text to form a harmonious mosaic of this uniquely spiritual mountaintop civilization.

## Book Information

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## Customer Reviews

"Terma," a Tibetan word meaning "revealed treasures," applies to teachings hidden by ancient masters under rocks or in the earth to be found by future generations; it also applies to this massive volume of photographs and text. The [F&A](#)llmis have spent 25 years living, working and travelling in the Himalayas with peasants, nomads, monks and spiritual masters; Ricard, a monk himself, has photographed life in Tibet and Nepal for 30 years and is the French translator for the Dalai Lama. Their giant, glossy photographs (often in two-page spreads) capture the vividness of Tibet's landscape and people in beautiful detail. The accompanying essays cover basic Buddhist concepts, schools of Tibetan Buddhism, Tibetan astrology and medicine as well as profiles of village, monastic and nomadic life. (The topic of meditation, however-a core practice of Buddhism-strangely warrants only a brief description in the glossary.) Chilling accounts of the Chinese invasion and occupation and its results (1,200,000 slaughtered, over 6,000 temples destroyed) convey the bleakness of the

situation: this is a culture on the verge of extinction. Captions to the 185 color photographs come at the end of the book, and although going back and forth from photo to explanatory text can be bothersome, the stunningly rich images make the effort worthwhile. For anyone interested in Buddhism and the history and culture of Tibet, this book is a worthy object of meditation. Copyright 2002 Reed Business Information, Inc.

Danielle and Olivier Föllmi divide their time between the Alps and traveling the world. Together they founded HOPE, an association dedicated to promoting education. They are the authors of many books, including Offerings: Buddhist Wisdom for Every Day. Matthieu Ricard lives in the Himalayas as a Buddhist monk and spent the past thirty years photographing spiritual masters and monastic life. --This text refers to an out of print or unavailable edition of this title.

As a photographer I would like to imagine that someday I would be able to produce a book like this one, as I feel that it captures perfectly the beauty, details, emotions, colors, traditions and above all the people of the Himalayas. I did not mind at all having to wait until the end of the book for the information and credits because when I purchase a 'coffee table' type book I approach it by looking at the photos first before any of the text. The double page format really enhances a viewers visual perception by allowing them in some way to be surrounded by the photographs and thus experience in part the scale of the great mountains dwarfing the figures of people or buildings in the foreground. I also love the 'chiaro-scuro' technique used to photograph many of the monks and other people-the dark background makes the colors and expressions 'pop' and draws all attention to the subject. The photographs are wide ranging between sweeping landscapes and intimate portraits. The text is informative and thoughtful to explain the cultural differences between the countries, villages, and ethnic peoples that live within the Himalayan range, as well as a primer on the philosophies of Buddhism. I am so happy to have found this treasure of a book and will gladly share it with friends and family that want to know more about a land that I will soon travel to.

It's wonderful, the pictures are gorgeous and touching and human, and the text is very helpful and sensitively written. Such a beautiful reminder of humanity and a window into a world so far from my own. Thank you ~

simply gorgeous, the Föllmis have both a great eye and real living experience in the Himalayas

## Beautiful book

First, the book is very well produced. The quality of the book for this price is awesome. It should hold up to good use. The reproduction of each and every photograph is extremely good. Quite a few of the photographs in this book are exquisite. All the photographs are well composed. It is obvious that the photographers have a special sympathy to the subjects of their lenses -- as another reviewer remarked, there is a radiance about the subjects that comes through in the photograph. The photographs of people are great -- it is marvelous to see the reflection in the eyes of the subjects of what they are looking at. Some of the photographs are so stunning that it is quite natural that other photographs in this book do not quite live up to that impact. The text is well written. Highly recommended.

This book has the most beautiful photographs of the Himalayas that I've ever seen. The photographers captured the essence of this region in perfect, minute detail. Interspersed between the photos are articles written by prominent Buddhist lamas and scholars, including HH the Dalai Lama. It demands its own book stand and place for display in your home. The book is very large. The photos are borderless and some span both pages. This is truly something to have to pass down in your family. For lovers of Buddhist thought and for those who just appreciate great photography.

The photos in this book are simply extraordinary. The composition of each shot is lyrically beautiful. The images of great masters are radiant and inspiring. The quality of the reproductions is wonderful and unusual (I think) in a book at this price. Anyone with a love of Tibetan Buddhism should surely have this book. (By the way, I bought this in a bookstore and paid about twenty dollars more)

This is a gorgeous book with exquisite photography and interesting and sensitive text. The only problem was the poor quality of the binding which fell apart the first time I opened it. Otherwise I would rate it 5 stars.

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