



## ***Northern India & Bhutan: Outer Travels, Inner Explorations***

October 7-26, 2018

### **Suggested Reading & Film Guide**

compiled by Carleton faculty leader Roger Jackson

#### **Background**

Abboud, Gerardo, Adam Kane, and Sean Price (trans.). *The Supreme Siddhi of Mahamudra: Teachings, Poems, and Songs of the Drukpa Kagyu Lineage*. Snow Lion, 2017. *Translation of spiritual songs by several of the great masters of the Buddhist school most prevalent in Bhutan.*

Aitken, Molly Emma. *Meeting the Buddha: On Pilgrimage in Buddhist India*. Riverhead Books, 1995. *Anthology of writings, by both Asians and Westerners, on travel to the holy sites of Buddhism in north India.*

Choden, Kunzang. *The Circle of Karma*. Penguin Global, 2005. *A highly acclaimed novel about a young woman's travels across her country to understand her country and herself.*

Dowman, Keith, trans. *The Divine Madman: The Sublime Life and Songs of Drukpa Kunlay*. 3<sup>rd</sup> ed. CreateSpace Independent Publishing Platform, 2014. *Translation of a folk-tale-like biography of a transgressive and charismatic Buddhist master from 16<sup>th</sup>-century Bhutan.*

Eck, Diana L. *Banaras: City of Light*. Columbia University Press, 1998. *Superb exploration of significance of Varanasi in Indian religious life.*

Lopez, Jr., Donald S. *The Story of Buddhism: A Concise Guide to Its History and Teachings*. HarperOne, 2009. *One of a number of good introductory books on Buddhism, The Story of Buddhism is marked by an approach that is thematic and synthetic rather than chronological.*

Phuntsho, Karma. *The History of Bhutan*. Vintage Books, 2016. *The most detailed history of Bhutan yet to appear, by a Bhutanese-born, European-educated scholar.*

Powers, John. *A Concise Introduction to Tibetan Buddhism*. Snow Lion, 2008.  
*A clear account of the history, doctrines, and major schools of Tibetan Buddhism.*

Tsogyal, Yeshe. *The Lotus-Born: The Life Story of Padmasambhava*. Rangjung Yeshe Publications, 2004.  
*Lengthy hagiography—attributed to his Tibetan consort—of the charismatic Indian tantric master who was instrumental in the introduction of Buddhism to Tibet and Bhutan.*

Wangchuk, Ashi Dorji Wangmo. *Treasures of the Thunder Dragon: A Portrait of Bhutan*. Revised ed. Penguin/Viking, 2012.  
*Part memoir, part historical and cultural account of Bhutan, written by a former queen of the country.*

### **Practicalities**

McDonald, Kathleen. *How to Meditate: A Practical Guide*. 2<sup>nd</sup> ed. Wisdom Publications, 2005.  
*Gives instructions on a range of Tibetan Buddhist meditations, some of which we will be practicing during the tour.*

Mayhew, Bradley, and Lindsay Brown. *Lonely Planet Bhutan*. 6<sup>th</sup> ed. Lonely Planet, 2017.  
*The best short travel guide to Bhutan, updated quite recently.*

### **Film**

*Arrows of the Thunder Dragon*. 2015. Dir. Greg Sneddon.  
*Story of a brother and sister from a remote mountain village in Bhutan whose passion for the national sport of archery leads them on various adventures.*

*The Other Final*. 2003. Dir. Johan Kramer.  
*Prize-winning documentary about a soccer match held in Thimphu between the world's two lowest-ranked teams at the time, Bhutan and Montserrat.*

*Travelers and Magicians*. 2003. Dir. Khytentse Norbu.  
*Picaresque tale of the journey through Bhutan of a young man smitten with the idea of moving to America. Inspired by a Japanese story by Yasunori Kawabata, the film is directed by a recognized reincarnate lama from Bhutan who is now a major Tibetan Buddhist teacher.*