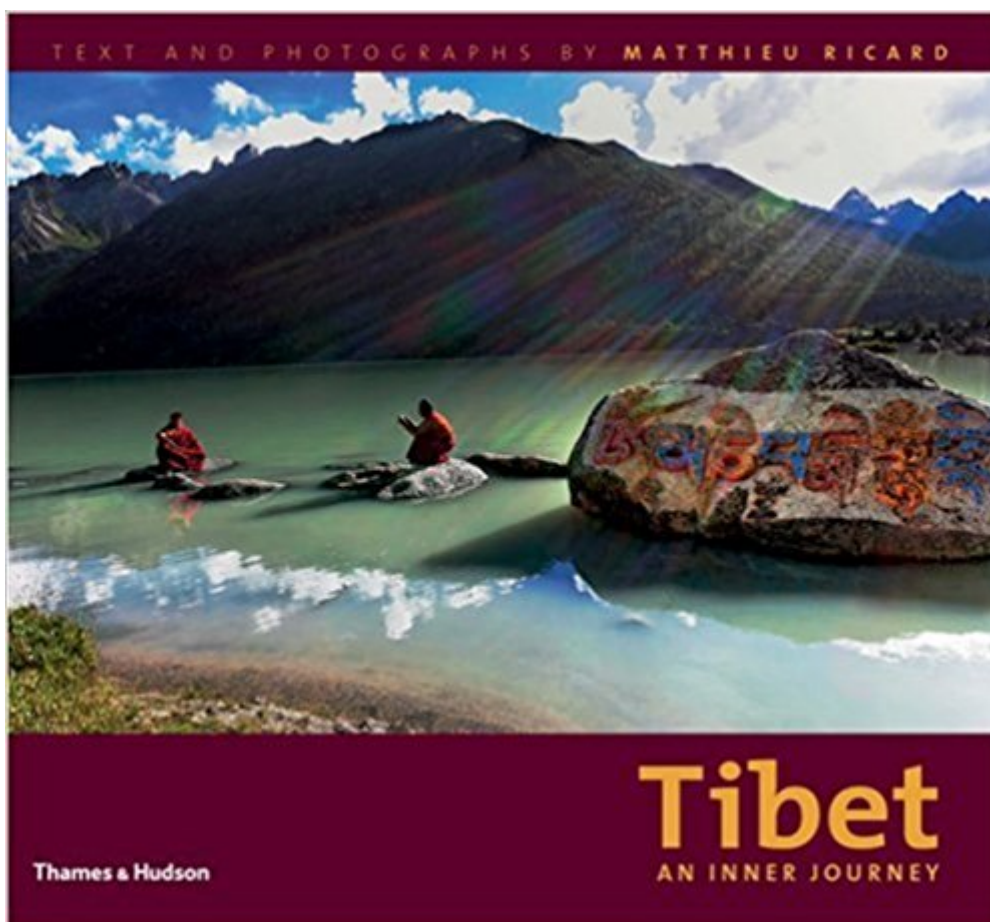


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# Tibet: An Inner Journey



## Synopsis

A moving journey into the heart of Buddhist spirituality and into the daily life and festivals of people in the Tibetan interior. "Matthieu's spiritual life and his camera are one and the same, and it is from this unity that these fleeting yet eternal images spring."—Henri Cartier-Bresson Matthieu Ricard has lived in Nepal for over thirty years. During this time he has forged close ties with some of Buddhism's greatest spiritual masters, from Dilgo Khyentse Rinpoche to His Holiness the Dalai Lama, for whom he is the official French interpreter. Ricard's status as a monk and his knowledge of the Tibetan people and culture have opened many doors to him: he has been able to follow pilgrimages made by the great lamas of eastern Tibet; to bear witness to the artistry of wood-engravers at the gigantic, mysterious Dege printing press; and to meet hermit monks in extremely remote regions of Kham. These experiences and many others are recorded here in 191 sublime color photographs.

## Book Information

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General

## Customer Reviews

"Matthieu's spiritual life and his camera are one and the same, and it is from this unity that these fleeting yet eternal images spring." -- Henri Cartier-Bresson

Matthieu Ricard lives in Shechen monastery, Nepal. He has been the French interpreter for His Holiness the Dalai Lama since 1989. Among his other books are the bestselling *The Monk and the Philosopher*, which he co-wrote with his father, and *Buddhist Himalayas*, which he co-wrote with Olivier Follmi.

This is a welcome addition to other books published in recent years by Ricard. While it reproduces some photographs that can be found in *The Spirit of Tibet* and *Monk Dancers of Tibet* (in themselves, wonderful books), *Tibet, An Inner Journey* is Ricard's fullest photographic offering to date, closely covering a number of events and aspects of Buddhist life in Tibet, with an extensive focus on the Tibetan people themselves. I can't imagine another book that brings this people so close to the reader. It makes a persuasive plea for humanitarian assistance to preserve them and their unique Buddhist heritage.

Well organized...beautiful photographs.

Beautiful. Makes me want to go there and see this way of life with my own eyes

This book is a wonderful trip in Tibet. Matthieu Ricard is an extremely talented author and photographer. He takes the best portraits! It is an awe inspiring journey to the roof of the world! So many magnificent photograph of the beautiful tibetan people! By buying this book, not only you are getting your money worth 10 time over but you are also giving to charities to support the himalayan people. This book is of the same quality as any from the legendary Arthus-Bertrand! Fantastic buy for yourself or as a gift!

Great book with interesting information and beautiful pictures!

the pictures are nice, thank you!

A gift

Merchandize arrived quickly and in 100% excellent quality. Coming all the way from New Delhi, India delightful care was taken with the packaging, too. Many thanks!

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