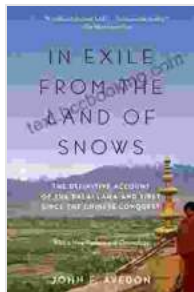


Journey into the Heart of Tibet: A Review of "In Exile from the Land of Snows"



In Exile from the Land of Snows: The Definitive Account of the Dalai Lama and Tibet Since the Chinese Conquest by Roger Rosenblatt

★★★★☆ 4.7 out of 5

Language : English
File size : 15053 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 706 pages
Screen Reader : Supported

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In "In Exile from the Land of Snows," Tsering Yangzom Lama recounts her extraordinary journey from a remote Tibetan village to a life of exile in India. Born into a devout Buddhist family, Lama was destined to become a nun at the age of six. She spent the next 13 years in a Tibetan monastery, immersed in the teachings of the Dalai Lama and the study of Buddhist scriptures.

But in 1959, the Chinese government invaded Tibet, forcing the Dalai Lama and thousands of his followers to flee into exile. Lama, then just 19 years old, made the perilous journey across the Himalayas to India, where she has lived ever since.

"In Exile from the Land of Snows" is a deeply personal and moving memoir that offers a rare glimpse into the life of a Tibetan nun and the challenges she has faced in exile.

Life in a Tibetan Monastery

Lama's early life in a Tibetan monastery was marked by strict discipline and devotion. She describes her days as being filled with prayer, meditation, and study. She also learned traditional Tibetan arts and crafts, such as weaving and painting.

Lama's account of her life in the monastery is rich in detail and provides a fascinating insight into the world of Tibetan Buddhism. She describes the daily rituals of the nuns, the teachings of the Dalai Lama, and the importance of compassion and non-violence.

The Chinese Invasion and Exile

In 1959, the Chinese government launched a brutal invasion of Tibet, crushing the Tibetan resistance and forcing the Dalai Lama and thousands of his followers to flee into exile. Lama was among those who made the treacherous journey across the Himalayas to India.

Lama's account of the Chinese invasion and the subsequent exile is harrowing and heartbreaking. She describes the horrors she witnessed firsthand, including the killing of her fellow nuns and the destruction of her monastery.

But even in the face of such adversity, Lama never lost her faith or her hope for a return to Tibet.

Life in Exile

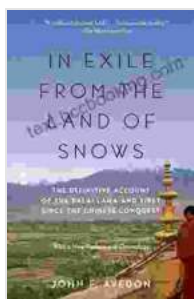
Lama has spent the past 60 years living in exile in India. She has worked tirelessly to preserve Tibetan culture and traditions, and to advocate for the Tibetan people's right to self-determination.

In "In Exile from the Land of Snows," Lama shares her experiences of life in exile, from the challenges of adapting to a new culture to the joys of raising a family.

"In Exile from the Land of Snows" is more than just a memoir. It is a powerful testament to the resilience and spirit of the Tibetan people, and a reminder of the importance of never giving up on hope.

"In Exile from the Land of Snows" is a remarkable and inspiring book. Tsering Yangzom Lama's story is one of courage, resilience, and hope.

If you are interested in Tibet, Buddhism, or the experience of refugees, then I highly recommend reading this book. It is a powerful and moving account of a life that has been shaped by exile, but never defined by it.



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