



## Pureland Travels

### READING LIST FOR TIBET TOURS

#### The crossroads: modernization & traditional culture

- Norberg-Hodge, H. Buddhism in the Global Economy.  
<http://www.localfutures.org/publications/online-articles/buddhism-in-the-global-economy>
- Norberg-Hodge, H. (1992). The pressure to modernise. In The Future of Progress. Devon, UK:Green Books.  
<http://www.localfutures.org/publications/online-articles/the-pressure-to-modernise>

#### Tibetan Nomads and the region of Yushu

- News on the Yushu 2010 quake & yushu itself  
<http://www.guardian.co.uk/world/2011/may/24/yushu-tibet-china-tensions-pedroletti>  
[http://kekexili.typepad.com/life\\_on\\_the\\_tibetan\\_plate/2006/09/yushu\\_tibet\\_aut.html](http://kekexili.typepad.com/life_on_the_tibetan_plate/2006/09/yushu_tibet_aut.html)
- Overview of nangchen  
[www.nangchen.org/eng/schedule/place\\_interest.htm](http://www.nangchen.org/eng/schedule/place_interest.htm)

#### Tibetan Farmers and the region of Rebkong

- simple blog post on Rebkong  
<https://tibettravelblog.wordpress.com/2009/10/16/rebkong-amdo-tongren-qinghai/>

#### Tibetan Buddhism

- very general Intro to Buddhism  
<http://www.religionfacts.com/buddhism/sects/tibetan.htm>

#### Xining & Chengdu

- simple history of Xining  
[www.chinahighlights.com/xining/](http://www.chinahighlights.com/xining/)
- simple history of Chengdu  
<https://www.chinahighlights.com/chengdu/>

#### Health

- OPTIONAL vaccines  
<http://www.mdtravelhealth.com/destinations/asia/tibet.php>

#### Books to read:

Blazing Splendor

Intro to Tibetan Buddhism-John Powers

\*Words of My Perfect Teacher- Patrul Rinpoche

\*The Tibetan book of the dead-Sogyal Rinpoche

#### Movies to watch:

For the Benefit of All Beings- Garchen Rinpoche

\*for those already into Buddhist Philosophy