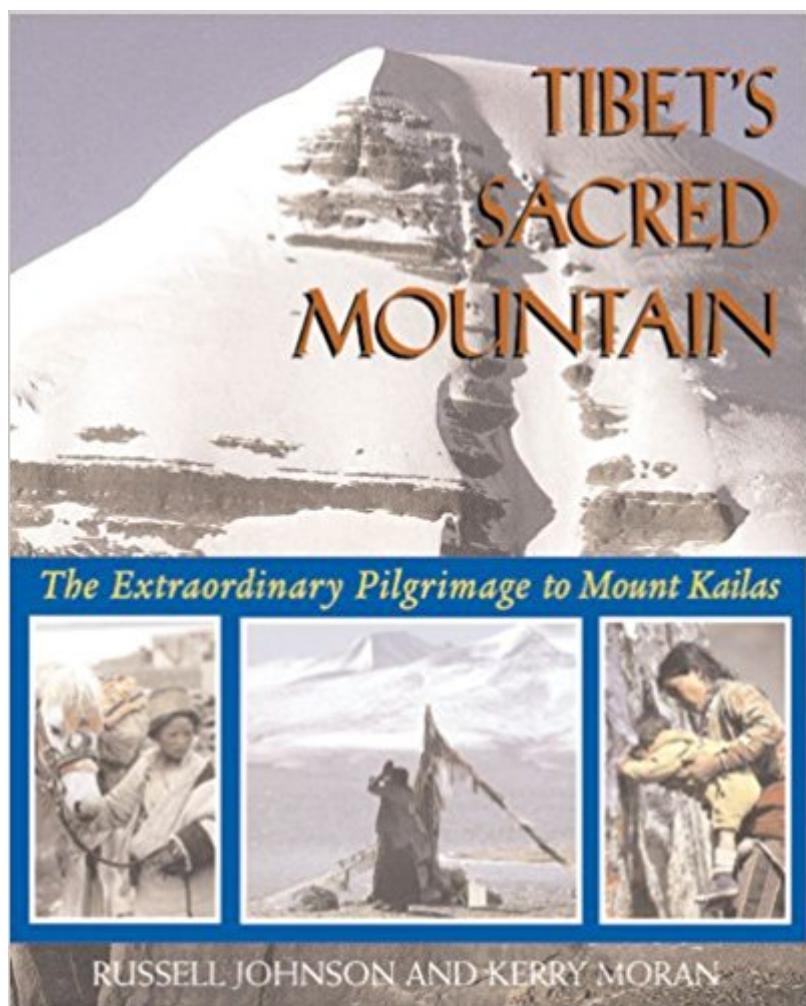


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# Tibet's Sacred Mountain: The Extraordinary Pilgrimage To Mount Kailas



## Synopsis

The record of a spiritual journey through an extraordinary land, and of the devoted pilgrims who seek to climb Mount Kailas. Two Americans recount their experiences during the sacred pilgrimage to one of the most remote places on Earth. With more than 100 color photographs that capture the awe-inspiring landscape and the tireless determination of the pilgrims. In a remote corner of western Tibet, in one of the highest, most pristine places on Earth, rises a sublime snow-clad pyramid of rock and snow--Mount Kailas. To Hindu and Buddhist pilgrims this 22,028-foot mountain is the throne of the gods, the "Navel of the Earth," the place where the divine takes earthly form. For more than a thousand years these pilgrims have journeyed here to pay homage to the mountain's mystery, circumambulating it in an ancient ritual of devotion that continues to the present day. Spinning prayer wheels, chanting mantras, and prostrating themselves at shrines, the pilgrims make the arduous climb toward the physical and emotional high point of the journey, the lofty pass known as the Dolma La. With spectacular color photography and vivid travel writing, Tibet's Sacred Mountain provides a stunning account of this awe-inspiring landscape, and of the variety, vitality, and sheer determination of the pilgrims who venture there. Both photographer Russell Johnson and writer Kerry Moran have made the difficult pilgrimage around the mountain several times. Tibet's Sacred Mountain is the record of their inspiring journey that opens a window on a magical land of pure light and dazzling color where the temporal and the eternal unite and where every feature of the landscape holds its own divinity.

## Book Information

Paperback: 128 pages

Publisher: Park Street Press; New Edition of The Sacred Mountain of Tibet edition (September 1, 1999)

Language: English

ISBN-10: 0892818476

ISBN-13: 978-0892818471

Product Dimensions: 8.5 x 0.3 x 10.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,306,694 in Books (See Top 100 in Books) #75 in Books > Travel > Asia > Tibet #616 in Books > Religion & Spirituality > New Age & Spirituality > Reference #1175 in Books > Travel > Asia > General

## Customer Reviews

"Both the vivid description and the awe-inspiring color photographs help to capture the mystical experience of this region and its religious significance." (Booklist)"The authors document their own pilgrimage to Kailas in this splendid book. . . . Kelly Moran's text integrates well-researched religious import, history and geography into her personal odyssey; the awesome color photography of Russel Johnson complements every page, revealing a lofty realm where Earth and Spirit soar together. An unforgettable experience and a gift book for any season." (Light of Consciousness, 1998)

Russell Johnson is a freelance photographer whose work has appeared in numerous books and publications. He has traveled widely in India, Nepal, and China, including several extended stays in Tibet, and regularly lectures on aspects of Tibetan culture. He lives in Seattle, Washington. Kerry Moran is an American writer who worked in Kathmandu for 14 years. She lives in Portland, Oregon.

This is an extraordinary work, and it is great to see it in paperback. The pictures of Lake Manasarovar itself make it worth purchasing. It pictures a place on this planet where the spiritual, what by some might be referred to as weird, or totally otherworldy, imbues the whole atmosphere. A landscape like no other on earth. Mt. Kailas has been a pilgrimage destination for Hindus, Bon-pos, and Buddhists for centuries, and this book is a must for anyone considering such a journey themselves. For those who grew up reading The Way of the White Clouds by Lama Govinda , or The Sacred Mountain, by John Snelling, this work beautifully sums up Mt. Kailas within the context of the late 20th century, and is illuminating for those who dream of someday attempting to undertake their own pilgrimage in the 21st. Very insightful and wonderful for armchair travelers also. An excellent effort.

Number 1 on my wanna-go-there list ! I hope it hasn't changed too much since this book was created, which book wonderfully captures the spirit of the people, the religions, the places, and the authors' own experiences in both word and image.

Tibet's Sacred Mountain is a beautiful book in every respect. Russell Johnson's photos are stunning and amazing, capturing the essence of Kailas and the local people. Kerry Moran's text will transport the reader to "Kang Rimpoché" (Kailas) and Lake Manasarovar - it fully communicates the wonder, sublime beauty and powerful energies of this place and is full of profound spiritual insights. This book is a treasure!

Fantastic photographs and great explanation of this pilgrimage.

Just returned from a month in Tibet, doing the Kora. This book is one of good information and fine photography. A souvenir of choice.

This is your way to experience Kailas without having to ante-up or endure the journey to begin the kora. The pictures are gorgeous, many with deep and clear blue skies. The various characters, that is, the pilgrims, are very real, typical of the many types one sees in Lhasa or Western Tibet. (They are very sincere, fun-loving people.) One must admire their devotion to their faith. I re-sell many of my books, but will not do so with this one.

This book is illustrated with extraordinarily beautiful photographs showing the journey from Kathmandu to Mount Kailash, Lake Manasarovar and the Kailash kora. It also contains a fairly detailed and easy-to-read description of the history of Mount Kailash, and its significance to both Hindus and Buddhists. If you want just one book to prepare you for Mount Kailash, this is the one.

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