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内容简介

《秘境西藏》画册精选了作者二十五年来深入西藏生活所拍摄的精美图片，内容主要涵盖了三个部分：壮丽的高原风光、神秘的宗教文化和多彩的民俗风情。百余幅倾心拍摄、精心挑选的高质量图片，把西藏这颗傲首中国西部璀璨的雪域明珠生动地展示在世人面前。图片全面展现了藏民心中高原圣地的朝霞暮色，神山圣湖的纯净苍阔，西藏民间节日的丰富多彩，藏传佛教富于宗教特色的传统活动，质朴的藏族人民达观的生活状态，全面反映了在西藏这片高原热土上人们的执著追求与坚定信仰。作者用镜头真挚地记录下这片雪域圣地最动人的瞬间。作品饱含情感，质朴、真切、打动人心。

Album *Attractive Tibet* contains some of the wonderful photos of Tibet the author took during his 25-year stay there. These photos demonstrate three subjects: magnificent landscape of this highland, mysterious religious culture and colorful local customs. They vividly show to the people in the world Tibet, a bright pearl of the snow land in west China. Some illustrate beautiful and holy mountains and lakes respected by Tibetan people, some introduce colorful festivals, traditional and religious activities, and the life of local people and others display the persistent pursuit and belief of Tibetan people. The author with his cameras recorded down the most wonderful events happened on this snowy highland. All the photos are great and impressive.



作者简介

车刚，1957年出生于中国辽宁省。1983年进藏工作，先后在西藏日报社、自治区旅游局、西藏摄影家协会从事摄影工作，现为西藏摄影家协会驻会副主席。

在西藏二十五年间，走遍了西藏的山山水水，拍摄了十万余张图片，内容包括风光、人物、风土人情、宗教活动，记录了西藏二十多年来的变迁，按本人的话称：是个摄影杂家。

出版了四本摄影集，在北京举办过个人作品展，有数千张图片被报纸杂志选用，有近百幅作品在国内外摄影展览比赛上入选和获奖。在2007年中国平遥国际摄影大展上获得了中国优秀摄影师大奖。2008年出版《秘境西藏》摄影画册。曾被中国摄影家协会评为“德艺双馨”优秀会员、突出贡献摄影工作者等。

The Author

Che Gang was born in 1957 in Liaoning Province and in 1983 he came to Tibet and once worked with Tibet Daily, the regional tourist bureau, and later engaged in photographic work with the Tibet Photographer Association. Today he works as vice-chairman of the association.

During his two-decade stay in Tibet, Che took some 100,000 photos on landscape, figures, customs and religious activities. With his cameras, he recorded down the great changes in Tibet in the past more than 20 years. He calls himself a miscellaneous photographer as he took photos of everything.

Che has published four albums and has held a one-person exhibition in Beijing. Also thousands of his photos have been issued on newspapers and some 100 of them have been recommended or won prizes at domestic and international exhibitions or competitions. In 2007 Che was praised one of the excellent Chinese photographers at the international photography exhibition held in Pingyao, China. In addition, Che was praised an excellent member good in moral and artistry by the Chinese Association of Photographer and one of the photographic workers who have made great contributions to this field.



ཨ། འོ་ཕྱི་ལོ་མཐོ་མོ་

秘境西藏

ATTRACTIVE TIBET

车刚 摄影

PHOTOS BY CHE GANG

中国旅游出版社

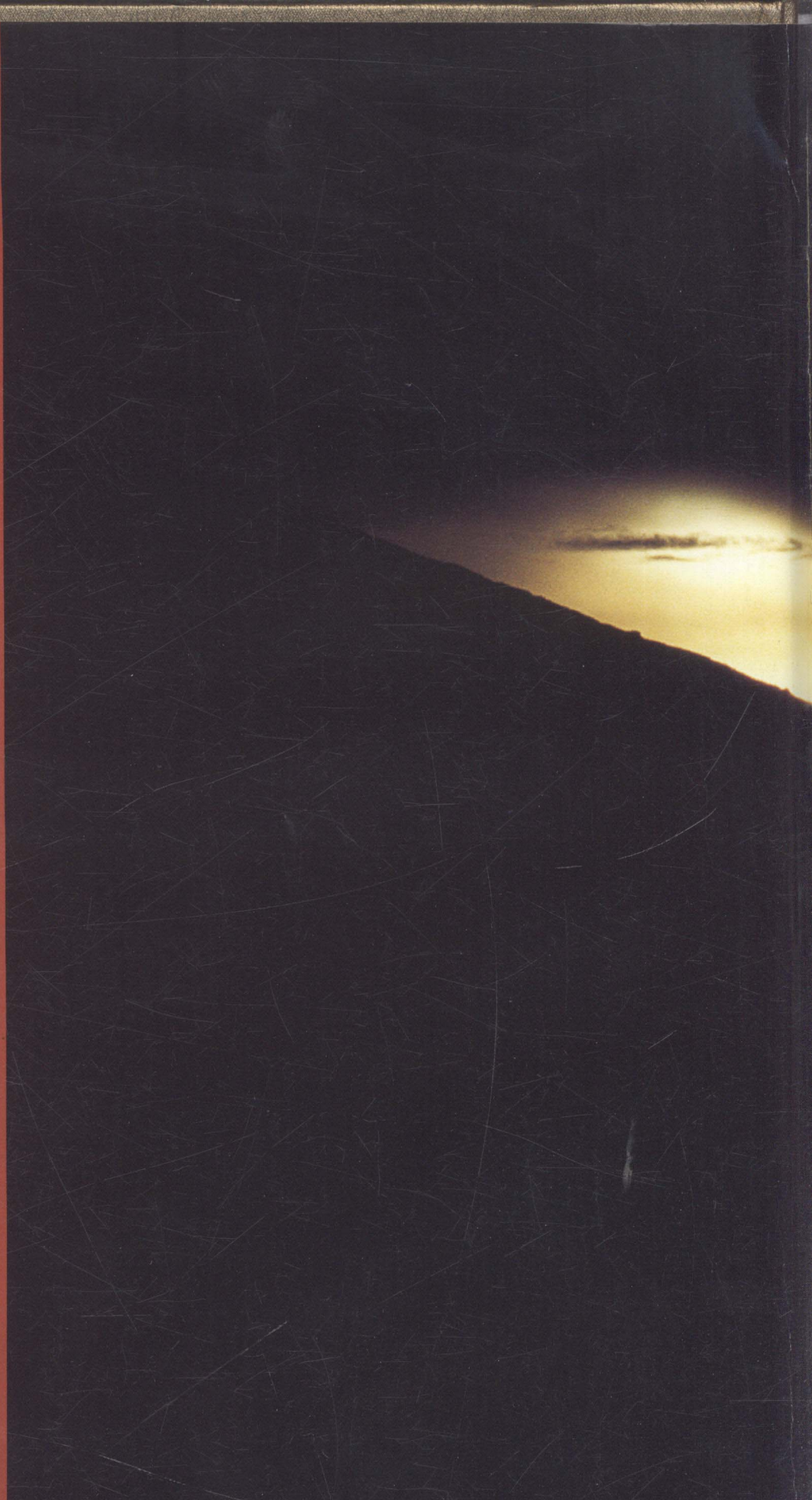
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前言

Preface

西藏是一片充满传奇色彩的土地,这里是离天最近的地方,位于华夏大地的西南边陲——青藏高原的西南部,人们用世界屋脊和雪域圣地来称呼这片高原。西藏的天空碧蓝清湛,西藏的山峰高峻伟岸,西藏的江河宽阔奔涌,西藏的湖泊浩渺明澈,西藏的原野辽远无边,西藏的阳光明媚灿烂。

远古以来,剧烈的地壳变动,造就了西藏雄浑古朴、大气磅礴的自然景观。青藏高原是青藏高原的主体,平均海拔4000米以上,海拔7000米以上的高峰有50多座,其中8000米以上的有11座。在西藏境内,绵延着世界著名的大山脉:喜马拉雅山脉伫立西南,昆仑山脉和喀喇昆仑山脉横卧西北,冈底斯山脉、唐古拉山脉、念青唐古拉山脉贯于中部,横断山脉耸立东部。以卓尔不群的姿态雄踞于地球之巅的是海拔8844.43米的珠穆朗玛峰。终年积雪的冰峰连绵不绝地铺成一片,从空中俯瞰,西藏是山的海洋,一个个雪峰的银色尖顶突兀有致,像披着哈达般纤尘不染。玛卡鲁峰、卓奥友峰、希夏邦马峰、南迦巴瓦峰、冈仁波齐峰……无数的高峰起伏绵延,撑起高原民族古老而年轻的梦想。

有山必成川,山峰与天空的深挚情感孕育了云雨,使西藏拥有千年不化的冰雪和湍急奔流的水系。西藏高原地势高亢,形成了冰雪奇观。现代冰川总面积2.74万平方公里,冰塔林立,冰湖剔透,冰瀑壮

观;从雪山上流淌而下的涓涓雪水,汇聚为纵横交错的江河溪流和明珠般洒落的高原湖泊。雅鲁藏布江全长2292公里,是世界上最高的大河,也是藏民族的摇篮和象征,横贯西藏南部;金沙江、澜沧江、怒江穿山越岭,在起伏巍峨的山峦间奔涌不息;藏北和藏南两大内流水系形成了无数晶莹夺目的大小湖泊,纳木错、羊卓雍错、玛旁雍错、班公错、然乌错、巴松错……星罗棋布的高原湖泊间,舒展润泽出碧绿平阔的牧场草原,险峻幽深的江河峡谷间,养育了一代又一代勤劳善良的藏族儿女。

西藏是金色的。西藏的金色来源于太阳的恩赐,年均日照3000多个小时,阳光的普照与生命极地的精神不谋而合。一座座神山静默伫立,莽莽的长河流淌过如雪似冰的永世洪荒。风餐露宿的转经路,艰辛的跋涉一寸寸溶入暮色苍茫,五彩斑斓的经幡和风马旗飞升飘摇,诉说着沧海桑田的世事变幻。高原的风,挟裹着沙尘雪粒,如无形的雕刀掠过大地,勾勒与塑造出高原民族的棱角与轮廓;岁月更迭,沉淀积聚成高原民族坚韧执著的个性气质。高原民族豪放坚实的情感,构筑着苍莽的原始气韵,形成了独特的生命意识。

西藏是信仰的崇高精神归宿,是宗教文化永恒的中心之一。藏传佛教自成体系,宗教文化的神秘凸显出历史的厚度,让佛以真切的形式走进信徒的心中,释迦牟尼的追随者终生致力于探寻佛法奥义,在拉萨及各个市镇村落,在神山圣湖畔,随处可见寺庙的灿灿金顶。寺庙是僧侣们生活学习、弘扬佛法的场所,是信徒们心中的圣地,布达拉宫、大昭寺、扎什伦布寺、色拉寺、甘丹寺、哲蚌寺、白居寺、托林寺……难以计数的寺庙建筑是一座座集绘画、雕塑为一体的宗教艺术殿堂。千百年来,宗教的精神力量已深深植入大部分西藏民众的内心,在世代的传承中融合了善良、博爱、悲悯、亲和、宽容、无私无畏,成为藏族品格中不可分割的组成部分,体现着宗教所追寻的精神高度和生态和谐。寺庙、佛像、嘛呢堆、经幡、酥油灯……这一切宗教元素默默地守护着神圣的高度,将虔诚的祈祷传递到天边,并以其自身独有的形式精心描绘着彼岸世界的光芒。

一如天外的世界,神圣与世俗,在这里相互纠结交错,却又如此和谐。西藏既是精神世界的象征又是现实生活的家园,在这里,生活充满了粗犷、真实、浓厚的诗意;在这里,每一个仪式都隆重庄严,每一个节日都载歌载舞;在这里,平淡质朴、凝重神圣、璞玉浑金的本色呈现不经意间攫获了每一个有所追寻的灵魂。西藏有丰富多彩的民族节日:藏历新年、雪顿节、沐浴节、望果节……藏族在漫长岁月中以特有的方式欢庆自己的节日。在这个寻梦之地,可以用面颊轻轻贴近神山圣湖的圣洁,可以在异彩纷呈的民族风情中感受真正的美,可以在高远的天际用心捕捉与自然之神沟通的那一道灵光。

像格桑花诱惑春风,像高耸的雪山诱惑雄鹰,西藏对人的诱惑那样地让人无法摆脱。大自然以最纯净最强烈的色彩拥抱与包容着世间万物,时间与空间在这里飘摇入梦。这里有千万年不曾湮没的记忆与传说,从远古走来的风吹拂了高原年年的春草,漠漠的云朵如烟飘过广袤的大地。走进西藏的农庄村落,原生态的悠远歌舞中融入辛勤劳作的欢娱,西藏人民在日常生活中的那份自信与安然让人为之震撼。青稞酒般香醇醉人的歌唱,酥油茶般香甜的笑声,与生俱来的乐观精神使人忘却了严酷的生存环境带来的压力与重负,抒发着藏族对自己亲手建设起来的美好家园的深情依恋。今天,长长的铁轨如一条银色的巨龙,向这片曾经原始、落后、封闭的高原飞腾铺展开来。

西藏,已张开有力的双臂,热情地等待您投入它的怀抱;等您来看天空的澄澈、白云的纯粹,丈量山峰的高度,接受大江大河的荡涤;等您来体验藏族文化的浑厚与神秘,论证山高水远的包容与宽广;等您来品味生命是怎样情不自禁地融入空灵虚渺的神圣与尊严,感受信仰的伟大力量;雪域高原等待着向您展现这片热土悠长岁月的陈酿深藏。

今生有缘走进西藏,走进西藏今生有缘。带上一颗朝圣的心虔诚地追寻信仰,把嘹亮的歌声交给翱翔雪峰的雄鹰,把欢快奔放的舞蹈献给银装素裹冰清玉洁的珠穆朗玛,把生命的激情与心灵的向往装进行囊,走进西藏,走向阳光。

Tibet is a wonderful place full of mysteries. The closest area to the sky and on the southwest Qinghai-Tibet Plateau, Tibet on the southwestern border of China has been named the "roof of the world" or the "snowland." The sky in Tibet is blue, the towering mountains are magnificent, the rivers are wide and flow rapidly, and the lakes are vast with clean water. Also Tibet has open country and brilliant sunlight.

Since ancient times, the violent crust movements resulted in many simple imposing and magnificent natural scenes in Tibet. Tibet Plateau is the main part of the Qinghai-Tibet Plateau and averages 4,000 meters above sea level. On it, more than 50 mountains have an elevation of 7,000 meters or higher. Of which, 11 are more than 8,000 meters above sea level, including the world-known Himalaya Mountain in the southwest, Kunlun Mountain and Karakorum Mountain in the northwest, Gangdise Mountain, Tanggula Mountain and Nyainqentanglha Mountain in the central, and the Hengduan Mountain in the east. Standing out of these mountains is the Qomolangma Peak, 8,844.43 meters above sea level, covered by snow year round. A bird's-eye view shows that Tibet is like a sea of snow-clad mountains, wearing a Khatag scarf. The Makaru, Qowowuyag, Xixabangma, Namjagbarwa, Kangrinboqe peaks and others support the old and new dreams of the people on the Tibet Plateau.

There are mountains; there are rivers. Clouds and rains caused by the towering mountains have brought about ice and snow frozen year round and flowing water systems to Tibet. The plateau landform of Tibet really produces a wonderful ice and snow scenery. Modern glaciers cover an area of 27,400 square kilometers. Icy towers can be seen everywhere, the icy lakes are transparent and icy waterfalls magnificent. The water from the snow-clad mountains runs down to become winding rivers and pearl-like lakes. The Yarlung Zangbo River is 2,292 kilometers long and is a river with the highest elevation in the world. The cradle and symbol of the Tibetan people, this river runs through the southern Tibet. The Jinsha, Lancang and Nujiang rivers wind their ways among the undulated mountains. In addition, the two water systems in north and south Tibet produce numerous lakes of different sizes, such as the Nam Co, Yamzho Yumco, Mapam Yumco, Banggong, Rawu, and Pagsum Co lakes. Around these lakes are vast green pastures and these quiet and deep valleys support one generation after another of diligent and kind Tibet people.

Also Tibet is golden under the illumination of the

sunlight, with an average annual sunshine time of more than 3,000 hours. Numerous holy mountains stand toweringly, while the long rivers run forward continuously. The honest Buddhists walk on their praying roads. The colorful prayer flags and sutra streamers wave in the air, witnessing the ups and downs in the world. The highland winds mixed with sand and dust blow through the vast land and, like an invisible carving knife, draw and create edges and corners, and the outlines of this ethnic group of Tibetan people. Through ups and downs in their life the Tibetan people have cultivated a resolute and indomitable characteristic. Their bold and unconstrained affection constitutes a boundless and virgin temperament and becomes a unique quality for their life.

Tibet is the home of lofty spirit of religious belief and is one of the eternal centers of religious culture. The Tibetan Buddhism has developed into a religious culture itself and its mystery demonstrates its long history. The Tibetan Buddhism has really penetrated into the hearts of its believers and the followers of Sakyamuni have devoted their whole life to studying deep significance of Buddhism. In Lhasa and various towns and villages, on the holy mountains or around holy lakes, the glistering golden roof of the monasteries can be seen everywhere. These monasteries are places for monks to study, stay and carry forward Buddhism and are the holy sites in Buddhists' hearts. Numerous monasteries such as the Potala Palace, the Jokhang, Trashilhunpo, Sera, Gandain, Drepung, Palkor and Toling monasteries are religious art halls demonstrating paintings and sculptures. In the past hundreds of thousands of years, the religious spirit has deeply rooted in the inner minds of the most Tibetan people. Through development for generations, Buddhism has mixed with honest, love, misery, harmony, tolerance, selflessness, dauntlessness and has become an inseparable part of the characteristics of the Tibetan people. It reflects the spiritual attitude and ecological harmony the religion seeks after. The monasteries, statues of Buddha, Mani Mounds, sutra streamers, butter lanterns and other religious elements defend this sacred attitude and accompany their sincere pray to the heaven. In their unique form, they draw carefully the bright nether world.

The sacred and secular things join together here and coexist harmoniously. Tibet symbolizes spiritual world and at the same time reflects the real life. Here the life is filled with simple, real and profound poetic quality and every ceremony is solemn and grand and

every festival is filled with songs and dances. Here, simple, serious and sacred flavors easily catch the souls of those who seek after something. In Tibet, there are many colorful festivals, such as the New Year of Tibetan calendar, the Shoton, Bathing, Ongkor and Bumper Harvest festivals. The Tibetan people celebrate their own festivals in a special way. They kiss the purity of the holy mountains and lakes with their cheeks, to feel the pure beauty in the form of their own customs, and to grasp the anima of the nature with their hearts.

Like Kesang flowers lure spring wind and towering snow-covered mountains lure eagles, Tibet's mystery attracts tourists and makes them difficult to get rid off. The nature holds and harbors everything in the world with its strong colors. Here the time and space flew into the dream. The tens of thousands of memories and legends come and blew the green grass growing on this highland and the clouds fly over this vast land. In the country villages, the primitive melodious songs and beautiful dances can be seen or heard among the working Tibetan people. The confidence and peace of the Tibetan people towards their life surprise tourists. Their songs are fragrant and sweet like the highland barley wine and their smile is sweet like the butter tea. Their optimist spirit makes them forget the pressure and heavy load brought about by their harsh survival environment and expresses their deep feelings towards beautiful homeland they have built with great efforts. Today, the long Qinghai-Tibet Railway Line, like a white dragon, extends to this highland which was once primitive, background and closed to the outside world.

Tibet has opened its powerful hands to warmly welcome you to see its clear sky, white clouds, towering mountains and rapid rivers. It is ready to meet you with its simple, vigorous and mysterious culture, with towering peaks and vast lakes. It is waiting for you to understand how the life has been mixed without any refrain into sacred and dignity of souls and to feel how powerful the belief is. The snowy highland is ready to demonstrate its long-standing resources to you.

Today we have opportunity to enter Tibet. With a heart honest to seek after belief, you enter Tibet and into the sunlight, with your enthusiasm for the life and your aspiration in your travel bag, to bring your nice songs to eagles on the snow-clad mountains and to present your wonderful dances to the pure snow-covered Qomolangma Peak.





日喀则喜马拉雅山脉 The Himalaya Mountain in Xigaze

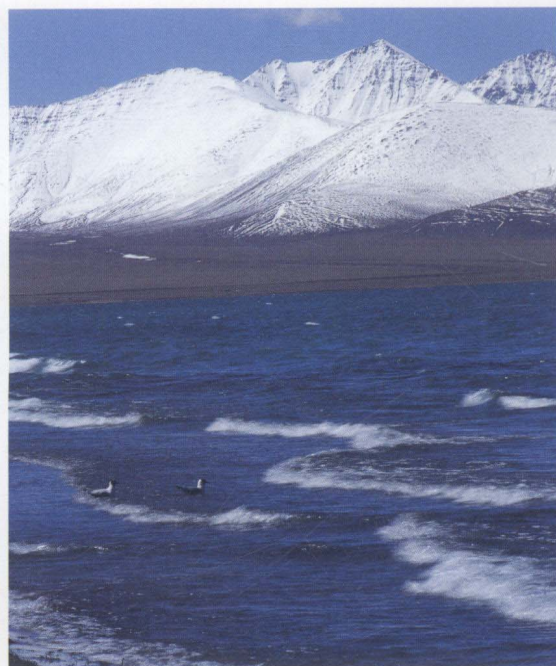




大昭寺 Jokhang Monastery







纳木错 Nam Co

西藏，世界屋脊上的一颗明珠。这块古老神秘的雪域高原，一直被视为人类生存的一方净土，展现着地球之巅的圣洁与超然……

西藏高原地域辽阔，是西藏古代文明的摇篮、藏民族的发祥地。这里区域地貌组合形式差异显著，平均海拔4000米以上，是地球高山大川之集大成者。被称为地球第三极的珠穆朗玛峰，超越了世间所有的高度；高山大川间，散落着诸多被藏民族尊为“神山圣湖”的雪峰和湖泊。南迦巴瓦峰，冈仁波齐峰……冰峰雪山诠释着自然纯净；纳木错、羊卓雍错、玛旁雍错、巴松错等湖泊宁静美丽，终年映衬着朝圣者的艰辛足迹；素有母亲河美誉的雅鲁藏布江，哺育与见证着藏民族的成长；气势雄伟的宗教建筑，赋予人们心灵的震撼；藏北高原和藏南谷地，以博大的胸怀环抱着藏民族的美好家园。

雪山冰川，河滩谷地，魔幻土林，神山圣湖，莽莽林海，历史遗迹……高原多姿多彩的自然风貌，构成了西藏神秘、古朴而又壮丽的自然奇景。

Tibet is a bright pearl on the roof of the world. Appreciated as a pure land for the survival of human beings, this ancient and mysterious snowy plateau demonstrates its purity and greatness of this roof of the world.

The vast Tibet Plateau is a cradle of the ancient Tibetan culture and birthplace of Tibetan minority people. It demonstrates great differences in geographic landforms. Averaging a sea level of higher than 4,000 meters, the Tibet Plateau is the largest compound of high mountains and river sources. The Qomolangma Peak, the third pole of the earth, is the highest in the world. Among these high mountains and rivers many have been respected as the holy ones. The icy Namjagbarwa, Kangrinboqe and other peaks are famous for their nature and purity while the Nam Co, Yamzho Yumco, Mapam Yumco, Pagsum Co and other lakes for their tranquility and beauty. Year after year, they reflect the arduous tracks of pilgrims. The Yarlung Zangbo River, the mother river in the heart of the Chinese people, cultivates and witnesses development of the Tibetan people. The magnificent religious buildings shock the soul of the visitors. The highland in north Tibet and the valleys in south Tibet embrace the beautiful home of Tibetan people with their arms.

The snowy mountains and icy rivers, shoals and valleys, illusive earthen forests, sacred mountains and rivers, vast forest seas, and historical sites constitute a colorful, mysterious and fantastic scenery of Tibet.

→ 飘扬的经幡 Prayer flags in air



