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吕军◎编著





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艺术是人类生活中较为奢侈的精神食粮。在艺术漫长的演变过程中，宗教总是与其形影不离，这使得两者之间有着千丝万缕的联系。

青藏高原历史悠久，藏族人民勤劳智慧。长期生活在平均海拔4000米高原上的藏族人民，在艰苦的自然环境下，创造了辉煌的文化和艺术。在统一的吐蕃王朝建立之后、佛教传入以前，当地原始宗教——苯教就在此流行。作为重要精神生活的一部分，当地人

们创造了各种各样的神灵形象用于祭祀、占卜，以表达人们对自然的敬畏和崇拜。伴随佛教传入西藏的佛教艺术，在这块神奇的土地上迅速发展，很快渗透到人们日常生活的方方面面。

Art is a relatively luxury mental nourishment in people's daily life. In the process of a long-period evolution of art, religion always follows like a shadow, which makes the two a pair of associated relationship.

Tibet Plateau has a long history, where diligent and clever Tibetan people have been living with an average elevation of 4,000 meters for ages. Despite the tough natural environment, they create a splendid culture and art. Before the establishment of the unified Tibet Regime and the introduction of Buddhism, the local primitive religion Bonism prevailed in this area. As an important part of people's spiritual life, they created various images of deities for sacrificial ceremonies and divinations to express their awes and worships towards the nature. Later, along with the introduction of Buddhism, the Buddhist art started to



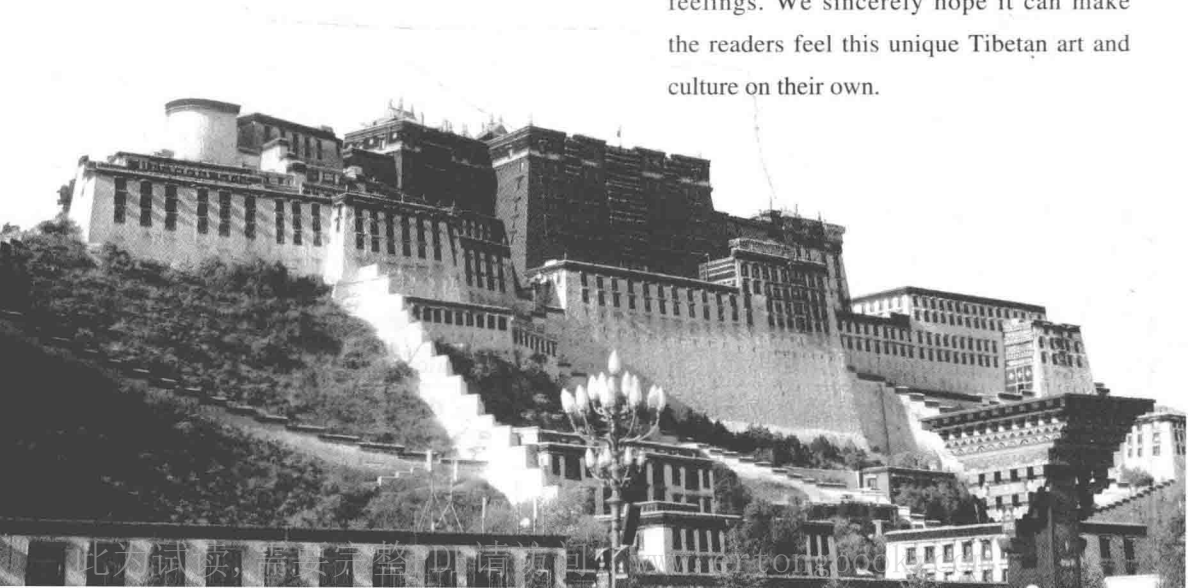
在西藏，艺术可以说是无处不在的，即便在最为繁重的体力劳动中，你也能听到悠扬的歌声；即便是耕地拉车的牦牛，也被人们打扮得十分漂亮。精神的力量是无穷的，藏族人民的生活，充满了快乐。

本书以中英文对照的形式，向读者介绍了西藏的地理概况、西藏的历史，以及神秘的西藏艺术，内容涉及了西藏寺庙建筑、藏式佛像、壁画、唐卡、藏族民居、服饰和手工艺等多方面的内容。书中配以百余幅精美绝伦的西藏风情图片，希望能够带领读者感受这独一无二的西藏文化艺术。

grow rapidly on this fertile land and almost infiltrated into every corner of people's everyday life.

In Tibet, art is everywhere. Even in the most onerous physical works, the beautiful sound of singing you can hear. Even the yak used for ploughing and pulling carts is well dressed. The power of spirit is ultimate. And this is the life of the Tibetan people, full of joy and happiness.

This book written in Chinese and English, introduces the general geographical situation of Tibet, the local history and its mysterious arts, including the architecture of Tibetan temples, figures of Buddha of Tibetan style, the fresco, the *Thang-ga*, Tibetan residential buildings, costumes and handicraft, etc. It is illustrated by hundreds of exquisite pictures of Tibetan amorous feelings. We sincerely hope it can make the readers feel this unique Tibetan art and culture on their own.



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神秘的雪域高原

The Mysterious Snowy Plateau

西藏地区地理地貌多样，自然资源十分丰富。经国家权威部门勘察证实，这一地区金属、非金属矿藏储量极大，且品种繁多，可以说是应有尽有。由于得天独厚的地理优势，水利资源和地热资源也很丰富。尤其是水利资源，流量大、落差高，其资源蕴藏量可占全国水利资源的五分之一，有极其可观的开发前景，是西藏一项无污染、可持续发展的宝贵财富。

Tibet has various landforms and rich natural resources. According to the authority's reconnaissance, this area has huge reserves for metal and metalloid with great diversity and abundant supply. With its natural geographical advantage, the water and geothermal resources are plentiful too, especially the water resources, due to its vast flow and high drop, which takes one fifth reserves of the national water resources. It has considerable perspective of exploitation, which is a non-pollution and sustainable treasure for the Tibetan People.





> 地理概况

世间变化最大的莫过于沧海桑田。但是若用沧海桑田来形容西藏高原的形成，却远远说不上贴切。这是因为拥有“世界第三极”之称的青藏高原，竟是因为地壳的变化而由浩瀚的大海逐渐演变成世界屋脊的。时至今日，喜马拉雅山脉的珠穆朗玛峰仍然在不段地升高。这是一块地球上面积最大、海拔最高、年龄最轻的高原。

据地质学家分析，在2.4亿年前，印度板块开始向北移动并挤压亚洲板块，由此引起昆仑山脉和可可西里地区的隆起。随着印度板块不断向北推进，并不断向亚洲板块下插入，青藏高原在亚洲板块不断的上升过程中，形成了如今平均海拔4000米的世界屋脊。

> General Geographical Situation

The greatest change in the world is the geomorphologic alteration: Seas change into mulberry fields and mulberry fields into seas (*Cang Hai Sang Tian*); however, it is far from appropriate when people describe the formation of the Tibet Plateau. Because "The Third Pole of the World" was gradually developed from the ocean to the "Spine of The World" due to the earth crust shifts. Even to this day, The Mount Everest of the Himalayas is still continuously rising. This is a youngest Plateau with maximum area and highest elevation on the earth.

According to the geologists' analysis, 240 million years ago, the Indian Plate started to shift northward and squeeze the Asian Plate, which caused the upheaval near the Kunlun Mountains and the Hoh Xil area. Along with the continuously northward pushing driven by the Indian



• 雅鲁藏布江
Brahmaputra River

提起西藏，人们总会想到一年四季白雪皑皑、高寒缺氧的珠穆朗玛峰，荒草漠漠、人烟稀少的高原阿里。其实西藏的地质地貌丰富多样，既有常年覆盖白雪的喜马拉雅山，又有日夜奔腾不息的雅鲁藏布

Plate, and its diving under the Asian Plate, The Tibet Plateau was formed in the rising process of the Asian Plate and then become the present day's "Spine of the World" with an average elevation of 4000 meters.

Once mentioning the Tibet, a picture will appear in people's mind: snow all the year round, the Everest of cold and thin air, the wild and abandoned Plateau Ngari. In fact, Tibet has rich and colorful sceneries: from the snowy Himalayas to the surging Brahmaputra River; from the North Tibet Plateau as

• 西藏邦达草原

地处昌都地区三江流域的高山深谷中的邦达草原，水草丰美，畜牧业发达。

The Bangda Grasslands of Tibet

Located at the three rivers basin's valley (Jinsha River, Lancang River, and Nu River) of the Qamdo Prefecture, the Bangda grasslands has lush pastures and developed animal husbandry.





沧海桑田

中国成语，意思是海洋变成陆地，陆地变成海洋。比喻世事变化很大。

沧海桑田是气候变化造成的。气温降低，海洋中蒸发的水在陆地上结成冰，无法流归海洋，致使海水减少，较浅的海洋渐渐变为陆地；气温升高，陆地上的冰川会融化成水流入海洋，使海平面升高，致使海洋周围的陆地或低洼地区变成海洋。

Seas change into mulberry fields and mulberry fields into seas

(Cang Hai Sang Tian)

A Chinese idiom, meaning seas change into mulberry fields and mulberry fields into seas, indicates time brings a great change to the world.

Cang Hai Sang Tian is caused by the climatic change. While the temperature goes down, the water evaporated from the ocean frozen on the land and cannot flow back to the ocean, which makes the seawater reduced and the shallow parts of the ocean gradually change into the land. While the temperature goes up, the glacier on the land will melt and flow into the ocean, which makes the elevation rise and the low-lying lands change into the ocean.

江；既有中国五大牧区之一的藏北高原，又有中国第三大林区的“西藏江南”。西藏有着各种丰富的矿物、植物、动物等自然资源，蕴藏着巨大的经济发展潜力。

西藏不仅仅是一块美丽神奇的高原，而且是中国乃至世界的一块宝地。美国科幻电影《2012世界末日》的编剧将人类在地球上最后的落脚点安排在西藏，不能不说的对这块高原充满了寄托和希望。

one of the five national pasturing areas to the “Tibet *Jiangan* (originally meaning the regions south of the Yangtze River, where is with rich resources)” as one of the three national forest regions. Tibet is full of minerals, plants, animals and other natural resources, containing huge potential for economic development.

Tibet is not only a beautiful and magical Plateau, but also a treasure land of China even to the whole world. The screenwriters of the American science fiction movie “2012” put people’s final foothold at Tibet, which expressed the entrustment and the hope to the Plateau.



• 古格王国遗址

古格王国是在公元10世纪前后，由吐蕃王朝末代赞普朗达玛的重孙吉德尼玛衮在王朝崩溃后，率领其亲随在阿里时建立起来的。17世纪初，这个曾经有过700年灿烂文明的古格王朝突然神秘消失，亦未发现任何文字、实物记载。它的消逝时至今日仍是个不解之谜。

古格王国遗址是全国首批重点文物保护单位之一。遗址从山麓到山顶高300多米，错落有致地密布和泥土颜色一样的建筑群和洞窑，十分荒凉神秘。除少有的几间寺庙之外，全部房舍均已塌顶，只剩下一道道土墙。整个遗址建在土山上，建筑分上、中、下三层，依次为王宫、寺庙和民居。

The Relics of the Guge Kingdom

The Kingdom Guge was established by the great-granson of the last tsan po (Tibetan king) of the Tübo regime in ancient China, Gielgud Dagon nima around the 10th century. After the fall of the regime, he led his entourage to the Plateau Ngari and found a new kingdom. In the early 17th century, the Kingdom Guge of 700 years splendid history of civilization suddenly disappeared. And so far, none of the written records and material objects of that time are found. Its vanishment is still an unsolved mystery up to this day.

The Relics of the Kingdom Guge is one of the first batches of the national important cultural protection areas. With 300 meters from the piedmont to the peak, well arranged clay-color architectural complex and cave dwellings, the relic gives out a desolate and mysterious feeling. Except for the rare temples, all the residential buildings are collapsed, only leaving stalls of mud wall. The whole structure was built on the hills, and divided into three parts vertically, from top to the bottom respectively are palace, temple and dwellings.

雪山之路
The Path of Snow Mountain

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西藏艺术
Tibetan Art





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神秘的雪域高原
The Mystery Snowy Plateau



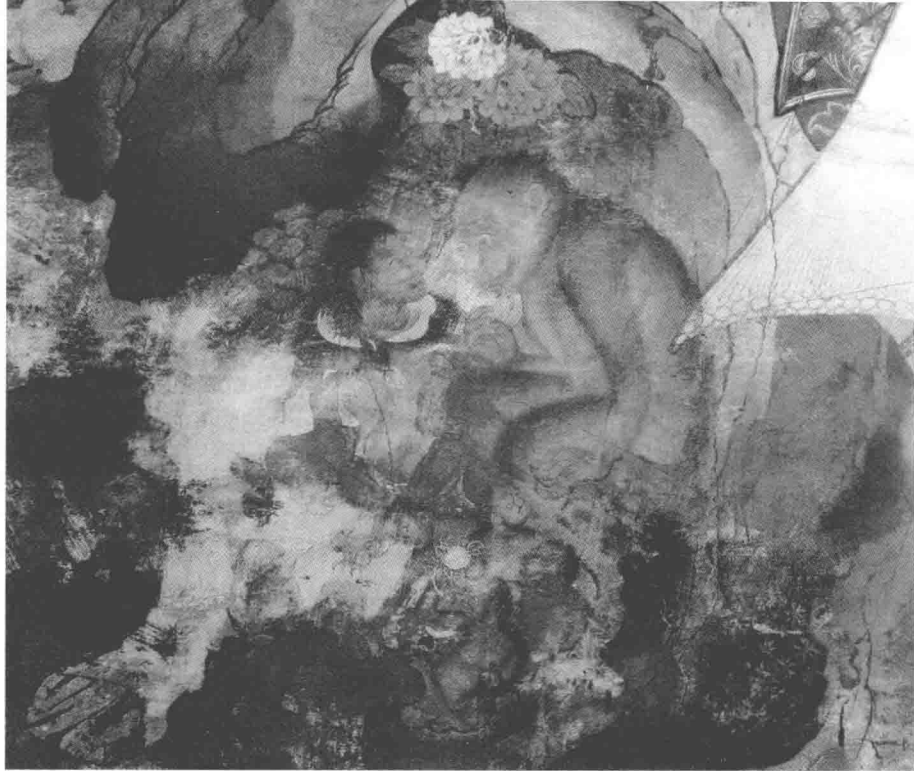


> 西藏历史

与中国其他民族一样，世代生活在这块神奇高原上的藏族人民，同样有着悠久的历史 and 灿烂的文化。关于藏族的先祖有这样的传说：藏文史书《西藏王统记》载，南海普陀山的观音菩萨给一只神变猕猴受戒，并命他到雪域高原修行。神猴奉命前往，就住在雅砻河谷的山洞之中。神猴不断受到魔女的诱惑，起初并不为所动。于是魔女对神猴言道：“如果我们成不了亲，我今后必定成为妖魔的妻子，将生出无数的魔子魔孙，残害世间生灵。”闻听此言，身为普渡众生观音菩萨弟子的神猴权衡利弊，便与魔女结成伴侣。后来这对神猴魔女夫妻共生下了六只小猴。当猴子猴孙们繁衍到五百只而面临饥荒时，神猴赐它们五谷种子，并教其

> History of Tibet

Like other ethnics in China, The Tibetan people who have been living in the magic plateau for generations, also have a long history and brilliant culture. There is a legend about the origin of the Tibetan: according to the history book *The Record of Tibetan Kings (Xi Zang Wang Tong Ji)* written in Tibetan language, The Avalokitesvara from the South Sea of Mount Putuo initiated a god transferred hanuman into monkhood, and ordered him to cultivate himself on the snowy plateau. The hanuman went under orders and lived in the cave of Yalong River valley. Facing the ceaseless lure from the demon, at first the hanuman remained unmoved, and then the demon said: "If we are not getting married, I will become other demon's wife in the future and give birth to countless devils, letting them harm the people on earth." After hearing this, as the disciple of the compassionate



• 布达拉宫的壁画《菩提神猴与岩石罗刹女》

The Fresco of the Potala Palace "Bodhi Hanuman and the Rock Raksasi"

耕种。从此大地有了耕耘。劳动不但使猴群得到充足的食物，最终也因此而变成人——这就是雪域高原上的先民。这种猴变人的说法，尽管被蒙上了浓厚的佛教色彩，但是与达尔文进化论还是非常契合的。藏文字出现至今虽然只有1300多年，可是长于讲故事的藏族人民却将先祖的来历用口耳相传的方法代代相传到今天。当年神猴居住过的山洞被当地人们称为“猴子洞”，

Avalokitesvara, the hanuman weighed up the pros and cons, and decided to marry the demon. Later they had six children. When their descendants turned into five hundred and suffered famine, the hanuman gave them the seeds of five cereals (rice, two kinds of millet, wheat and beans) and taught them to plough and weed. From then on, the hanumans learned how to cultivate, and the labor not only provided them enough food, but also helped them evolved into human beings, who were the origins of the



位置就在泽当镇附近的贡布日神山之上。“泽当”乃藏语译音，是“猴子玩耍的坝子”之意。

猴变人的故事在藏民族间广泛流传，并被写入经书，就连布达拉宫的壁画上也有这个故事。

藏族把先祖的来历描述得如此神奇，这表现出了他们丰富、浪漫的想象力。而有如此丰富想象力的民族，是不缺乏丰富的创造力的。20世纪70年代，在西藏东部的昌都卡诺遗址，出土了距今4600多年的遗物：大批的磨制石器、骨器和大量绘有精美纹饰的陶片，同时还发现了相当规模的建筑遗址。这些4000多年前的历史遗存，充分说明了当时的藏族先民在这块土地上已经开始了定居的生活，并开创了西藏地区的人类文明史，继而出现了西藏历史上的若干个第一。

西藏地区第一位“赞普”的出现，是在公元前240多年前。“赞普”是“英武之主”的意思，因此以后的历代藏王都被称为“赞普”。有了王就必定要有王宫，因此又出现了西藏第一座王宫雍布拉克，其距猴子洞的所在地泽当有20多公里。

snowy plateau. Although this story is covered with a strong Buddhism color, yet it corresponds to the Darwinian evolution. The Tibetan language only has been used for 1,300 years, however the Tibetan people passed down their origins' legends from mouth to mouth till today. The cave where the hanuman lived is called "Monkey Cave", locating on the Mount Gongburi near the Zedang County. The name "Zedang" is transliterated from the Tibetan language, meaning the dam where the monkeys played at.

The story of monkey turning into human is widely spread among the various nations of Tibet and was written in the sutras, even was painted on the walls of the Potala Palace.

The Tibetan people describe their origins in such a legendary way, which represents a rich and romantic imagination. And the nation with such imagination will never be lack of creative power. In 1970s, reliques dating back 4,600 years were unearthed at the Kanuo relics in Qamdo at the east part of Tibet. A whole lot polished stone wares, bone wares and many delicate pottery pieces with patterns were found, as well as a large scale construction site. Those remains of 4,000 years fully demonstrate