

Tibetan Sources & Predestination with Tibet

# 藏源

A Pocket Book for Travelers in Tibetan-inhabited Regions

藏地行書手冊



向紅茹 著



by XIANG HONGJU

# 藏緣

藏

源

藏 源 篆 書 一

藏 源 篆 書 二

藏

源

## 图书在版编目 ( CIP ) 数据

藏源·藏缘：藏地行者手卷：汉英对照 / 向红笳  
著. — 北京：朝华出版社，2023.6  
ISBN 978-7-5054-4852-0

I. ①藏… II. ①向… III. ①旅游指南—西藏—汉、  
英 IV. ①K928.975

中国版本图书馆CIP数据核字(2021)第227745号

## 藏源·藏缘——藏地行者手卷

作 者 向红笳

出版人 汪 涛

责任编辑 张 璇

执行编辑 范佳铖 沈羿臻

责任印制 陆竞赢 崔 航

封面设计 微言视觉|乔 东

排版制作 青桃涵文化

出版发行 朝华出版社

社 址 北京市西城区百万庄大街24号 邮政编码 100037

订购电话 (010) 68996522

传 真 (010) 88415258 (发行部)

联系版权 zhbq@cicg.org.cn

网 址 <http://zhcb.cipg.org.cn>

印 刷 北京印刷集团有限责任公司

经 销 全国新华书店

开 本 710mm×1000mm 1/16 字 数 400千字

印 张 20.25

版 次 2023年6月第1版 2023年6月第1次印刷

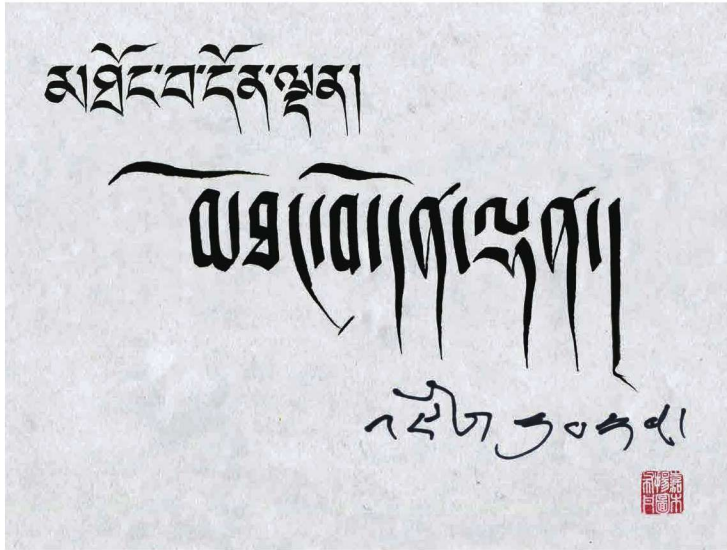
装 别 平

书 号 ISBN 978-7-5054-4852-0

定 价 89.00元

---

版权所有 翻印必究·印装有误 负责调换




见即获益（藏文）

雍和宫嘉木样·图布丹大活佛题

**Reading for Intelligence**

Inscribed by Byams-dbyangs Thub-btsan Rin-po-che from Yonghe Lamasery.

藏源·藏緣 

书名题签：韩书力

Title of the book inscribed by Han Shuli.

与“大家小书”相比，我认为这部小书应算是“小家小书”吧。我希望它能成为身体和灵魂乐游于广袤藏地的中外行者随身携带的“口袋书”，或是当今“闪读”一族的“随身读”。与我本人翻译并出版过的藏学学术专著相比，它更为浅显、易读、易懂，抓人眼球，因为，它以图文并茂的形式回答了一些既令人困惑又令人颇感兴趣的有关藏族、藏族文化和藏传佛教的问题。我深信，汉英对照的文本不仅能使外国读者，也能使从事藏学翻译的中国读者受益。我的初衷是让它成为一本大众读物，但我清楚地知道，我精选的任何一个条目都可能成为专家学者的学术论文和专著所论述的主题，因此，在条目的选择上，我采取了十分审慎的态度。我真诚地希望，准备踏上或已经踏上藏地之旅的人们在行前或途中可以不时地翻阅，以答疑解惑，真正做到一书在手，知彼知行。我更希望人们在藏地旅程中利用短暂的休憩之机或在繁忙的工作之余能心无旁骛地、静心惬意地享受这一读史、读神、读人的过程。

30余年从事藏学汉英互译的经验和实践给了我编写和翻译这样一本小书的信心和勇气，也使我能在条目选择和译文的精准把握上略有优势。实际上，编写和翻译这样一部贴近大众、满足大众需求的小书是我由来已久的愿望，特别是看到有人把“空行母”译成“空心母”，把“佛本身经”写成“佛本身经”，甚至把多闻天王手捧的“吐宝鼠鼯”译成“正在呕吐的大老鼠”等时，我的这一愿望就变得格外强烈。由于中外行者对藏地文化的兴趣与日俱增，我认为这样一本小书的出版恰逢其时。它以碎片化方式采集了260个条目，可粗略地分为神佛与器物、宗教与寺院、自然与地理、民俗与习惯、人文与人物五大部分，涉及藏地文化、历史、宗教、民俗、自然地理和人物等诸多方面。每一部分的具体条目均参照汉语拼音字母顺序和词条内容进行编排。在此，必须指出的是，由于篇幅所限，条目的选择更多是出于对知

识性、趣味性和可读性的考量，因此无法做到面面俱到，难免有以偏概全、挂一漏万之处。

本书在编辑翻译过程中得到了一些朋友和家人的帮助及鼓励。中国国际出版集团朝华出版社对这一选题给予了极大的肯定和关注，出版社的编辑人员也为此付出了艰辛的努力。我的儿子沈晋在图文编辑方面助我一臂之力，南加博士在百忙之中抽出时间通读了全文并提出了一些中肯的意见和建议，严钟义先生等友人为本书提供了精美的照片。在洪涛先生的牵线搭桥下，我有幸得到了著名美术家韩书力先生特赐的墨宝。最值得一提的是北京雍和宫嘉木样·图布丹大活佛特为本书题了词。我衷心地希望读者如题词所言能在阅读中“见即获益”。

敬奉三宝，愿得吉祥！

向红笳

2016年5月28日

In comparison with “little books written by great masters”, I think, this book should be considered as “a little book written by a nobody”. It is my hope that it will serve as a portable “pocketbook” for Chinese and foreign travelers to go on pleasant trips with their bodies and souls in a vast expanse of Tibet, or for present-day “Flashing read family” to read it at any time. It is more simple, readable, digestible and eye-catching than already published academic works on Tibetan studies that I have translated. For this book, by illustrating with vivid photos and words, answers some confusing and interesting questions related to Tibetan, Tibetan culture and Tibetan Buddhism. I am deeply convinced that both foreign travelers and Chinese readers engaged in Tibetological translation work will enjoy the benefit of such a Chinese-English version. I know clearly that each carefully chosen entry can be viewed as a subject by experts or scholars in their treatises or monographs. So, I did it in a very cautious way. My original intention is to make it a popular literature. I sincerely hope that those who get ready for their trips or already stay in Tibet can read it before or during their trips so as to find answers to their doubts. In that case, they will have a better understanding of the conditions there and their own doings. I hope that people can make full use of short rests during their trips in Tibet or their leisure time after work to enjoy the process of comprehending history, divinities and human beings single-mindedly and pleasantly.

I have been doing Chinese-English translation work on Tibetan studies for over thirty years and accumulated rich experience, which gave me not only confidence and encouragement in making such a book, but also an advantage in precise choice of entries and accurate translation. In fact, it is my cherished desire to do so. In particular, whenever I see some wrong translations, for example, “Hollow Goddess” for “Dakini”, “Buddha’s Own Texts” for “Jatakas”, even

“disgorging rat” for “jewel-disgorging mongoose” held by the Heavenly King of the North (Vaisramana), my desire will become much stronger. Nowadays, Chinese and foreign travelers’ interest in Tibetan culture is increasing rapidly, so I believe that its publication is at the right time. This book contains 260 entries collected in a fragmented way, roughly divided into five parts (Deities and Attributes; Religions and Monasteries; Nature and Geography; Customs and Habits; Society and Humans). They involve Tibetan culture, history, religions, folk customs, nature, geography, personages and other aspects. It must be pointed out that due to space constraints, only informative, interesting and readable entries are under my consideration. Therefore, I cannot reach every aspect of a matter and avoid for one thing cited.

During this process, some friends and my family helped and encouraged me a lot. The Blossom Press of China International Publishing Group showed its great affirmation and concern for this selected topic, and its editors also made a hard effort for it. My son Shen Jin lent me a helping hand in editing illustrations and characters. Mr. Yan Zhongyi and other friends offered their beautiful photos. Dr. rNam-rgyal made a thorough reading of the full text in his busy time and proposed some pertinent ideas and suggestions. With the help of Mr. Hong Tao, I am fortunate to have received an exquisite calligraphy for its title written by Mr. Han Shuli, a well-known artist. It is worth mentioning that Byams-dbyangs Thub-tsan Rin-po-che from Yonghe Lamasery personally wrote an inscription for this book. It is earnestly hoped that as the inscription goes, readers can “read for intelligence” in their reading.

Worship the Three Jewels, willing to have good luck.

*Xiang Hongjia*

*May 28, 2016*

Part 1 | 朝圣之旅：神佛与器物  
Deities and Attributes



布袋和尚 Cloth-bag Monk	/ 003
擦擦与擦擦模具 Tsha-tshas and Tsha-tsha Molds	/ 004
大白伞盖佛母 White Umbrella Goddess	/ 005
大黑天神 Great Black Deva	/ 006
大红司命主 Red Master of Life	/ 007
大势至菩萨 Powerful Vajrapani	/ 008
大威德金刚 Great Dignity and Virtue	/ 009
地藏菩萨 Bodhisattva Kshitigarbha	/ 010
独髻佛母 Ekajati	/ 011
度母女神 Tara Goddess	/ 012
阿弥陀佛 Amitabha	/ 014
法轮 Wheel of Dharma	/ 015
佛龕 Niches	/ 016
佛旗 Buddhist Flag	/ 017
佛舍利 Buddhist Relics	/ 018
佛祖释迦牟尼 Buddha Sakyamuni	/ 019
嘎巴拉碗 Skull-cups	/ 020
观音菩萨 Avalokiteshvara Bodhisattva	/ 022
哼哈二将 Two Wrathful Gigantic Guardians	/ 024
三世佛 Trinity of Buddhas	/ 025
护身佛盒 Amulet Boxes	/ 026

吉祥天母与五大神器 Auspicious Goddess and Five Magical Weapons	/ 027
金翅鸟和琼鸟 Garuda and Khyung Birds	/ 028
金刚杵 Vajra Club	/ 029
金刚亥母 Thunderbolt Sow	/ 030
金刚橛 Ritual Dagger	/ 031
金刚铃 / 杵 Vajra Bells and Clubs	/ 032
金刚手菩萨 Vajrapani Bodhisattva	/ 033
空行与空行母 Sky-goers and Female Sky-goers	/ 034
莲花座与师子座 Lotus Throne and Buddha's Seat	/ 035
六灵捧座与六异座 Six Spirit Decorative Patterns and Throne with Six Creatures	/ 036
六牙白象 Six-toothed White Elephant	/ 037
嘛呢轮和转经筒 Mani Wheels and Prayer-wheels	/ 038
马头观音 Horse-headed Avalokiteshvara	/ 039
马头金刚 Horse-headed Vajra Deity	/ 040
弥勒佛 Buddha Maitreya	/ 041
念珠 Rosaries	/ 042
怒相神与善相神 Wrathful and Peaceful Deities	/ 044
菩提树 Bodhi Tree	/ 045
普贤菩萨 Samantabhadra Bodhisattva	/ 046
驱魔灵器 Thread-cross	/ 047
燃灯佛 Buddha of Fixed Light	/ 048
如意宝、如意树与如意瓶 Wish-fulfilling Gems, Wish-fulfilling Trees and Talismanic Vases	/ 049
胜乐金刚 Samvara	/ 050
十二丹玛 Twelve brTan-ma Goddesses	/ 051
时轮金刚与时轮坛城 Time-wheel Vajra Deity and Time-wheel Vajra Mandala	/ 052
四大天王 Four Heavenly Kings	/ 054
韦驮 Skanda	/ 055
文殊菩萨 Manjusri Bodhisattva	/ 056
五大守舍神 Five Protective Deities	/ 058
五佛禅冠 Crown with Five Dhyani-Buddhas	/ 059

祥麟法轮 Dharma-wheel and Deer Emblem	/ 060
向向鸟与共命鸟 Shang-shang Bird and Jivam-jivaka Bird	/ 061
须弥山与四大部洲 Mount Sumeru and Four Inhabited Continents of Every Universe	/ 062
须弥座 Sumeru Throne	/ 063
饮血金刚 Blood-drinker	/ 064
拥妃佛像 Statues in a Sexual Union	/ 065
瑜伽、瑜伽师与瑜伽母 Yoga, Yogi and Yogini	/ 066
赞巴拉财神 Dzam-bla-lha God of Wealth	/ 067
增禄佛母 Goddess of Wealth	/ 068
尊胜佛母 Goddess of Dignity	/ 069
作明佛母 Goddess Kurukulle	/ 070

## Part 2 | 皈依之旅：宗教与寺院 Religions and Monasteries



八大尸林与尸陀林主 Eight Charnel Grounds and Lords of Charnel Grounds	/ 073
白居寺 dPal-mchod Monastery	/ 074
贝叶经 Pattra-leaf Scriptures	/ 075
《本生经》 Jatakas	/ 076
苯教与象雄文化 Bon Religion and Zhang-gzhung Culture	/ 077
大乘佛教与小乘佛教 Greater Vehicle of Buddhism and Lesser Vehicle of Buddhism	/ 079
大传召法会与小传召法会 Greater Prayer Ceremony and Lesser Prayer Ceremony	/ 080
大昭寺与释迦牟尼十二岁等身佛像 Jo-khang Temple and Statue of Twelve-year-old Sakyamuni of Life-size	/ 081
法源 Reality Source	/ 083
佛经 Buddhist Scriptures	/ 084
佛塔 Stupas	/ 086
佛陀八相成道 Buddha Sakyamuni's Eight Great Deeds	/ 087
佛像 Buddha Statues	/ 088
佛像坐姿 Sitting Postures of Buddha Statues	/ 090

甘丹寺 dGav-ldan Monastery	/ 091
供灯与灯供 Offering Lamps and Lamp Offering	/ 092
供养与供养人 Offering Sacrifices and Benefactors	/ 093
皈依与皈依处 Taking Refuge and Supports	/ 094
慧眼 Wisdom Eye	/ 095
活佛与活佛转世 Rin-po-ches and Reincarnation System of Rin-po-ches	/ 096
开光与加持 Consecration and Empowerment	/ 097
降神师与乃琼寺 Oracles and gNas-chung Monastery	/ 098
佛经、经书架和经书墙 Buddhist Scriptures, Scripture Shelves and Scripture Wall within Sa-skya Monastery	/ 099
拉卜楞寺 Bla-brang Monastery	/ 100
灵塔 Funerary Stupas	/ 101
六字真言 Six Sacred Words	/ 102
轮回、轮回图与六道轮回 Eternal Cycle of Birth and Death, Wheel of Life and Six Kinds of Existence	/ 103
曼扎 Mantra Offerings	/ 104
密宗与密宗骨饰 Tantric Buddhism and Tantric Bone Adornments	/ 105
摩顶赐福 Giving Blessing Touches on Heads	/ 106
涅槃 Nirvana	/ 107
青海塔尔寺 sKu-vbum Monastery	/ 108
萨迦寺 Sa-skya Monastery	/ 109
三宝与皈依三宝 Three Jewels and Taking Refuge in Three Jewels	/ 110
桑耶寺 bSam-yas Monastery	/ 111
十相自在 Mystical Seal of the Kalicakra	/ 112
手印 Ritual Gestures	/ 113
受戒与灌顶 Ordination and Baptism	/ 115
赎身品与护篱 Ransom Offering and Wooden Plaques	/ 116
四大佛教节日 Four Major Buddhist Festivals	/ 117
四法印 Four Dharma-Mudras	/ 118
坛城 Mandala	/ 119
卍字符与卐字符 Symbols of ཨྎ and ཨྎ	/ 120

西方极乐世界 Western Paradise	/ 121
喜旋 The Wheel of Joy	/ 122
小昭寺 Ra-mo-che Temple	/ 123
行脚僧 Roaming Monks	/ 124
因果报应 Retribution for Sins	/ 125
圆光 Nimbus	/ 126
藏传佛教及其派别 Tibetan Buddhism and Its Religious Sects	/ 127
扎什伦布寺 bKra-shis-lhun-po Monastery	/ 128
哲蚌寺 vBras-spungs Monastery	/ 130
中阴与《西藏度亡经》 Intermediate State between Death and Rebirth and <i>Tibetan Book of Life and Death</i>	/ 131
种子字符 Seed-syllables	/ 132
转世灵童与转世灵童的寻访程序 Reincarnated Soul Boys and the Procedures in Search of Them	/ 133
装藏与装藏仪式 Inserting Holy Objects and Holy Object-inserting Ceremony	/ 134
坐床仪式 Enthronement Ceremony	/ 135

### Part 3 | 发现之旅：自然与地理 Nature and Geography



阿尼玛卿山与阿尼玛卿山神 A-myes-rma-chen Mountain and A-myes-rma-chen Mountain Deity	/ 139
白朗古墓群 Pa-snam Ancient Tomb Groups	/ 140
查拉鲁甫石窟 Brag-lha-klu-phug Grotto	/ 141
定日岩画 lDing-ri Rock Paintings	/ 142
法王修行洞 Dharma King's Meditation Cave	/ 143
冈底斯山与冈仁波切 Mount Kailas and Gangs-rin-po-che Peak	/ 144
古格王朝与古格王朝遗址 Gu-ge Kingdom and Its Ruins	/ 145
江孜宗山抗英遗址 Site of Resistance to British Aggression at Zongshan	/ 146
卡若遗址 mKhar-ro Ruined Site	/ 147

- 绿松石 Turquoise / 148
- 牦牛与拉萨牦牛博物馆 Yaks and Lhasa Yak Museum / 149
- 念青唐古拉山与念青唐古拉山神 Mount gNyan-chen-thang-lha  
and gNyan-chen-thang-lha Mountain Deity / 150
- 钦浦静修地 mChims-phu Meditation Site / 151
- 青海和日石经墙 Heri Stone Scripture Wall in Qinghai / 152
- 青海湖 Qinghai Lake / 153
- 青瓦达孜山摩崖造像 vPhying-ba-stag-rtse Hill Cliff Carvings / 154
- 青藏铁路 Qinghai-Tibet Railway / 155
- 曲贡遗址 Chu-gong Site / 156
- 日月山 The Sun-moon Mountain / 157
- 四河源 Four Rivers / 158
- 唐蕃古道 Tang-Tubo Ancient Road / 159
- 唐古拉山 gTang-la Mountain / 160
- 西藏的三大圣湖 Three Major Holy Lakes in Tibet / 161
- 西藏的摩崖石刻 Cliff Carvings in Tibet / 163
- 香跋拉与香格里拉 Sham-bha-la and Shangri-la / 164
- 小恩达遗址 dNgul-mdav Ruined Site / 165
- 药王山 Medicine King Hill / 166
- 雅鲁藏布大峡谷 Yar-klung-gtsang-po Canyon / 167
- 藏獒 Tibetan Mastiffs / 168
- 藏地的传统桥梁 Traditional Bridges in Tibetan-inhabited Regions / 169
- 藏羚羊与索南达杰自然保护站 Tibetan Antelopes and bSod-rnam dar-rgyas  
Nature Preserve Station / 170
- 六大黄教寺院 Six Major Monasteries of the Yellow Sect / 171
- 札达土林与日土岩画 rTsa-mdav Earth Forest and Ru-tog Rock Paintings / 172
- 珠穆朗玛峰 Jo-mo-glang-ma Peak / 173



## Part 4 | 徜徉之旅：民俗与习惯 Customs and Habits



八宝 Eight Auspicious Signs	/ 177
白算、黑算与历算图 White Calculation, Black Calculation and Picture Depicting Calculation	/ 179
多玛与抛撒多玛仪式 gTor-ma and gTor-ma Casting Rituals	/ 180
风马旗 Wind-horse Flags	/ 181
哈达 Ceremonial Scarves	/ 182
护摩仪式 Burning Rituals	/ 183
护身符与辟邪物 Amulets and Talismans	/ 184
吉祥天女游幻节 Goddess Festival	/ 185
夹经板 Scripture Binders	/ 186
金瓶与金瓶掣签制度 Gold Urns and Lot-drawing Ceremonies	/ 187
磕长头、磕短头与磕响头 All-body, Short-length and Bumping Prostrations	/ 188
六长寿图 Picture Depicting Six Symbols of Long Life	/ 189
沐浴节 Bathing Festival	/ 190
燃灯节 Lamp Festival	/ 191
日月宝焰图 Sun-moon and Flaming Gem Pattern	/ 192
萨嘎达瓦节 Sa-ga-zla-ba Festival	/ 193
瑟珠 gZi Beads	/ 194
晒佛节 Buddha Image Displaying Festival	/ 195
酥油花与灯节佛供 Butter Sculptures and Butter Sculpture Display	/ 196
唐卡 Thang-kas	/ 197
投石带 Slingshots	/ 199
望果节 Bumper Harvest Festival	/ 200
煨桑仪式 bSang Ritual	/ 201
西藏的货币 Tibetan Currency	/ 202
响铜 Bell Metal	/ 203
凶神会 Gathering of Nine Vices	/ 204
雪顿节 Yogurt Festival	/ 205
浴佛节 Buddha Bathing Festival	/ 206

元宵供 Butter-lamp Festival	/ 207
藏地歌舞 Songs and Dances in Tibetan-inhabited Regions	/ 208
藏历 Tibetan Calendar	/ 210
藏历年 Tibetan New Year	/ 211
藏文书法 Tibetan Calligraphy	/ 213
藏戏与藏戏面具 Tibetan Operas and Tibetan Opera Masks	/ 214
藏香 Tibetan Joss Sticks	/ 216
藏语 Tibetan Language	/ 217
藏语吉祥话 Tibetan Auspicious Words	/ 218
藏纸 Tibetan Paper	/ 219
藏族的日常饮食 Tibetan Daily Diet	/ 220
藏族的丧葬习俗 Tibetan Burial Customs	/ 221
藏族服饰 Tibetan Costume and Adornments	/ 223
藏族谜语 Tibetan Riddles	/ 225
藏族面具 Tibetan Masks	/ 226
藏族民歌与谚语 Tibetan Folk Songs and Proverbs	/ 227
藏族人取名 Tibetan's Naming	/ 228
藏族日常生活用品 Tibetan Articles for Daily Use	/ 229
藏族乐器 Tibetan Musical Instruments	/ 230
藏族宗教乐器 Tibetan Religious Musical Instruments	/ 231
转山与转湖 Circumambulations around Mountains and Lakes	/ 233

## Part 5 | 追寻之旅：人文与人物 Society and Humans



阿底峡 Atisa	/ 237
八廓街 Bar-skor Street	/ 238
八思巴与八思巴文 vPhags-pa and vPhags-pa Script	/ 239
布达拉宫 The Potala Palace	/ 240
布达拉宫印经院 Potala Scripture Printing House	/ 241
布达拉宫中的长生牌位 Longevity Tablet in the Potala Palace	/ 242