

VIDEOS ON TIBET

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TIBET

Art of dying

Encinitas, CA : Inner Directions Video,
1994 (63 min.)
Reveals modern-day Tibet from the Tibetan perspective. Explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs throughout the centuries.
VIDEOTAPE 13375

Chanting Lama

Devizes, Wilts., England : Mt. Vernon, N.Y. : Sussex Video ; Distributed by Gould Media Inc.,
1980 (27 min.) English
Multi-cultural music studies
"Conveys the ritual dance and music of Tibetan monks in Northern India against a backdrop of religious painting, sculpture and architecture."
VIDEOTAPE 4493

Compassion in exile : the story of the 14th Dalai Lama

New York, NY : Lemle Pictures in association with Central Independent Television,
1992 (ca. 60 min.) English
Presents a poignant biographical sketch of Tibet's 14th Dalai Lama who has lived in exile for over 30 years but continues to be the spiritual leader of his people. Shows the tragic plight of Tibetans who have been severely persecuted by the Chinese.
VIDEOTAPE 8175

Destination, Lhasa

Century City, Calif. : Oracle Communications Corp.,
1997 (ca. 49 min.) English
Oracle Pictures classic
Portrays China's military takeover of Tibet (1950-1952) against the backdrop of a Cold War mania.
VIDEOTAPE 14601

Dharamsala : Tibet in exile / a documentary by Leslye Abbey ; Snowflake Productions

[S.l.] : TepProductions Video ; a [New York, NY] : Cinema Guild [distributor],
1999 (48 min.) English
A variety of Tibetans in exile in Dharamsala, India tell their stories of the Chinese cruelties to their people. They describe their history, their reorganization according to democratic principles and their goals for education and an eventual return to their homeland as a free and independent Tibet.
VIDEOTAPE 19018

Discovering China and Tibet

San Ramon, CA : International Video Network,
1988 (52 min.) English
Video visits
A tour of China beginning in Beijing and ending in Tibet.
VIDEOTAPE 5313

Does mind matter?

Oakland, Ca : Thinking Allowed Productions,
1988 English
Thinking allowed
Series moderator Jeffrey Mishlove interviews speakers on the relationship of mind to body or brain; comparison of the mind to computers; and the mind in Tibetan Buddhism.
VIDEOTAPE 3794

Dor, low is better

Netherlands? University of Amsterdam, Dept. of Visual Anthropology ; London : distributed by Royal Anthropological Institute
1988 (47 min.)
In an experimental approach to the study of comparative cultures, Tibet monks compare the horns and flutes used in their ritual music with a Swiss alphorn and Dutch windhorn introduced to them by anthropologist/film-maker Robert Boonzajer.
VIDEOTAPE 6148

Dreams of Tibet

[Alexandria, VA.] : PBS Video,
1997 (60 min.) English
Journalist and China watcher Orville Schell explores the clash of values between American opinion of China's human rights record and the uncomprehending and intransigent Chinese leadership.
VIDEOTAPE 18965

Echoes from Tibet

Devizes, Wilts, England : Sussex Video,
1980 (27 min.) English
Multi-cultural music studies
Discusses the part music plays in the lives of the Tibetan Buddhists.
VIDEOTAPE 6031

Fields of the senses

Seattle, WA : Alpha Video [distributor],
1993 (54 min.)
Tibet, a Buddhist trilogy ; pt. 2
"This film follows the monks and farmers through a day, ending with the advent of dusk, and the detailed portrayal of the monastery's moving ritual response to a death in the community."
VIDEOTAPE 8965

Free Tibet

Canoga Park, CA : The Shooting Gallery, Inc. : MVP Home Entertainment,
1998 (90 min.) English
A feature-length documentary film of the first Tibetan Freedom Concert held at San Francisco Golden Gate Park, June, 1996. Includes live performances and backstage footage with appearances and commentaries by performers and concertgoers. Contains rare footage of Tibet before and after the Chinese occupation, as well as interviews with the Dalai Lama.
VIDEOTAPE 18433

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Heart of Tibet

New York, NY : Mystic Fire Video,
1991 (60 min.) English
A portrait of the 14th Dalai Lama during a visit to Los Angeles. He appears as a spiritual teacher, leading intellectual and Nobel Peace Prize laureate, explaining the importance of the human heart, and as a political leader speaking of the continued occupation of Tibet.
VIDEOTAPE 6663

Himalaya : life on the roof of the world

[Hollywood, Calif.] : Atlantis Productions,
1958 (22 min.) English
Discusses cultural exchange throughout the Himalayan regions, the civilizations, geological importance, and the influence of Tibet on the peoples of the canyons.
VIDEOTAPE 8043

In search of Kundun with Martin Scorsese

[Beverly Hills, CA] : Hollywood'n't Independent Film Distribution,
1998 (84 min.) English
Documents Martin Scorsese's encounter with the Dalai Lama and the people of Tibet during the making of his feature film, "Kundun." Mixes behind-the-scenes views of the making of the movie with archival film of Tibet and interviews with Tibetan cast members who relate their real-life experiences.
VIDEOTAPE 18145

Journey inside Tibet

Kihei, Hawaii : Dancing Dolphin Press,
1999 (57 min.) English
Journey inside Tibet with Paul Horn and Lama Tenzin. Witness the adventure of the Lama visiting his family for the first time in 40 years and Paul Horn recording his music in sacred Buddhist monasteries. The journey begins in Kathmandu and concludes in Lhasa, Tibet.
VIDEOTAPE 18046

Karmapa : the lion begins to roar

Honolulu, Hawaii : Tsurphu Foundation,
2000 (85 min.) English
Footage of dharma teaching given by the Karmapa at Tsurphu Monastery in Tibet, July 7, 1999. Includes rare scenes in Tibet of debating, performing the lama dances and giving empowerments.
VIDEOTAPE 18988

Kundun

Burbank, Calif. : Touchstone Home Video : Distributed by Buena Vista Home Entertainment,
1998 (135 min.) English
A dramatization of the life and work of the current (14th) Dalai Lama and his ongoing struggle to regain independence for Tibet.
DVD 0220

Lion's roar

Boulder, Colo. : Irwindale, CA : Centre Productions ; Distributed by Barr Films,
1985 (50 min.) English

Explores the Tibetan Buddhist view of life through the life, death, and cremation of his holiness the 16th Gyalwa Karmapa, head of the Kagyu order of Tibetan Buddhism. Shows his holiness's relocation in India, travels in the West, and interviews with high lamas.
VIDEOTAPE 9991

Lord of the dance : destroyer of illusion

New York, NY : Mystic Fire Video,
1985 (114 min.)
Filmed in a remote region of Nepal within the shadow of Mt. Everest, Lord of the Dance documents activities at two Buddhist monasteries where Sherpas and Tibetans preserve a unique way of life and vision of the world. The film focuses on the ancient Mani-Rimdu festival of "awakening" and on Trulshig Rinpoche, the Tibetan Lama who directs its performance.
VIDEOTAPE 9671

Meditation crystallized : Lama Govinda on Tibetan art

Cos Cob, Conn. : Hartley Productions,
1973 (15 min.) English
Lama Govinda discusses Tibetan art as an expression of the deepest and most meaningful levels of the human psyche and a crystallization of centuries of meditation.
VIDEOTAPE 7023

Menri Monastery

Berkeley, Calif. : Dauber Film Services : University of California Extension, Center for Media and Independent Learning,
1993 (25 min.) English
Looks at the only remaining Bonpo monastery of the Menri lineage, established in the Himalayan foothills by refugees. The Bon are indigenous pre-Buddhist Tibetans whose cultural roots go back more than 9,000 years. The monastery has a 900-year unbroken lineage and serves as cultural as well as religious center for the refugee population.
VIDEOTAPE 11714

My husband doesn't mind if I disco: woman's place in a changing Tibet

[Berkeley, Calif.] : University of California Extension Center for Media and Independent Learning,
1995 (28 min.) English
Explores the impact of 40 years of Chinese Communist rule on the lives of women in Lebrong in eastern Tibet. Examines the effects of exposure to Maoist feminism and the degree to which older cultural attitudes remain in place.
VIDEOTAPE 11890

Mystic vision, sacred art : Tibetan thangka painting in Kathmandu Valley

Watertown, MA : Documentary Educational Resources,
1996 (28 min.) English
An introduction to the art of thangka, sacred Tibetan Buddhist painting in the Kathmandu Valley of Nepal, offering insight into the symbolic and religious meaning

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of thangkas and their importance for Tibetan Buddhist life.

VIDEOTAPE 13173

Ocean of wisdom

Alexandria, Va. : PBS Video,
1991 (29 min.) English

A biographical account of the life of Tenzin Gyatso, 14th Dalai Lama. The program contrasts the Dalai Lama's non-violent campaign to free his homeland of Tibet with the deadly reality of the Chinese occupation.
VIDEOTAPE 5416

Overcoming differences

Pittsford, NY : Trueheart Productions; Ithaca, NY :
Distributed by Snow Lion Publications
1991 (58 min.)

Documents a speech by the Dalai Lama at Cornell University in which he stresses that the only real hope for world peace is to recognize the "oneness of humanity". He argues that humans are basically compassionate and not aggressive.
VIDEOTAPE 8433

Prophecy

Seattle, WA : Alpha Video [distributor],
1993 (54 min.) English

Tibet, a Buddhist trilogy ; pt. 1
"A documentary on the Dalai Lama and the changing structure of his theocracy today. Filmed in Sera--the second largest monastery of the old Tibet--and in Dharamsala, the present headquarters of the Dalai Lama's administration in exile, the film portrays the devotional and working life of the monks and lay people."
VIDEOTAPE 8964

Radiating the fruit of truth

Seattle, WA : Alpha Video [distributor],
1993 (127 min.)

Tibet, a Buddhist trilogy ; pt. 3
Preparations for and the performance of the ritual known as A Beautiful Ornament.
VIDEOTAPE 8896

Requiem for a faith : Tibet

Cos Cob, Conn. : Hartley Film Foundation,
1978 (30 min.) English

Surveys Buddhist practices and explains the role of Tibetan lamas in developing the extremely religious nature of Tibetan culture.
VIDEOTAPE 1363

Robert A.F. Thurman on Tibet

New York : Mystic Fire Video : Distributed by WinStar TV & Video,

1999 (ca. 4 hr.) English
Robert A.F. Thurman gives lectures on the history of Tibet and the role of Tibetan Buddhism from ancient times to the present.
VIDEOTAPE 17879

Sacred dances of Tibet

Edwardsville ; Chicago : Yantra Production,
1974 (ca. 30 min.) English
The actual religious rites of the Cham dancing by monks of Khampagar in the spring of 1972.
VIDEOTAPE 4926

Salzmanner von Tibet

[New York, N.Y.] : Zeitgeist Video,
2002 (109 min.)

Documents the ancient traditions and day-to-day rituals of a Tibetan nomadic community on a three-month pilgrimage. Observing age-old taboos and steadfast homage to the deities of nature, four men meticulously plan their yak caravan to fetch precious salt from the holy lakes of the Changtang region of northern Tibet.
DVD 1382

Satya : a prayer for the enemy : a film

Ho-Ho-Kus, N.J. : Distributed by Film Library,
1993 (28 min.) English

Tibetan Buddhist nuns describe their ongoing struggle to gain human dignity, religious freedom, and independence as well as the brutal treatment they have received in prison under the Chinese.
VIDEOTAPE 9409

Secret heart of Asia. Buddha on the silk road

New York, NY : Mystic Fire Video,
1998 (60 min.) English

Features Xuan Zang, the famous 7th century monk, scholar, diarist and poet, as he travels the Silk Road in search of the original scriptures of the Buddha Sutras.
VIDEOTAPE 16876

Secret heart of Asia. Inside Tibet

New York, NY : Mystic Fire Video,
1998 (60 min.) English

Features rare archival footage of ceremonies and ritual public festivals at the Potala, the Dalai Lama's summer palace and the Jokang temple recorded before China's invasion of Tibet. Witnesses the siege of Ganden Monastery as well as recent footage showing the Tibetans striving to rebuild their homes and temples in the wake of China's repression.
VIDEOTAPE 16877

Seven years in Tibet

Culver City, Calif. : Columbia TriStar Home Video,
1998 (ca. 136 min.) English

Heinrich Harrer is an Austrian national and a Nazi sympathizer. He leaves Austria in 1939 to climb a mountain in the Himalayas. Through a series of circumstances (including POW camp), he and fellow climber Peter Aufschnaiter become the only two foreigners in the Tibetan holy city of Lhasa. There, Heinrich's life changes forever as he becomes a close confidant to the young Dalai Lama.
VIDEOTAPE 16591

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Seven years in Tibet

New York, NY : Kino on Video,
1998 (79 min.) English

A reconstructed account of an Austrian mountain climber's escape from a British internment camp in India during World War II and his twenty-one-month journey through the Himalayas to safety in the forbidden city of Lhasa, where he befriended the young Dalai Lama and was allowed to photograph the breathtaking architecture, pageantry and populace of this remote paradise. Smuggled out of Tibet, Harrer's 16mm color footage is featured in this account and records the Dalai Lama's escape to India with the red Chinese army in hot pursuit.
VIDEOTAPE 15847

Shadow circus : the CIA in Tibet

[Berkeley, Calif.] : University of California Extension Center for Media and Independent Learning,
2000 (50 min.) English

"When Communist China marched into Tibet in 1949, Tibetans took up arms against the invading forces. Unknown to most, from the mid-1950s to 1969 the CIA armed, financed, and trained Tibetan guerrillas in an effort to curtail the expansion of communism. This project, code named ST Circus, was one of the CIA's longest-running covert operations. To the dismay of Tibetan soldiers, the CIA pulled out their support when the U.S. decided that ST Circus was no longer in the best interest of America's political and economic agenda."

VIDEOTAPE 20076

Song for Tibet

New York, N.Y. : Zeitgeist Films,
1991 (57 min.) English

Records the efforts of the Tibetan people and the Dalai Lama to keep their civilization alive in exile. Includes interviews with exiles, music and dancing.
VIDEOTAPE 9473

Sound of wisdom

Cos Cob, Conn. : Hartley Film Foundation,
1987 (57 min.) English

Features the Tibetan Buddhist monks of Gyuto Tantric University, David Hykes and the Harmonic Choir, Philip Glass, Pauline Oliveros, and Terry Riley. Eleven Tibetan Buddhist monks, practitioners of the tantric arts of Tibet, perform their ritual chanting accompanied by Tibetan bells, cymbals, trumpets and long horns.
VIDEOTAPE 1383

State sponsored terrorism

Santa Monica, CA : Eugene, OR : TAE Productions ;
(distributed by) Marathon Music & Video,
1996 (ca. 60 min.) English

Terrorism: a world in shadows ; 5
Volume five depicts four examples of state sponsored violence: The Chinese government's massacre of students at Tian an men Square, China's subjugation of Tibet, the repression of the Kurds by Saddam Hussein, and South Africa's domestic terror against its black

population. In each of these cases the ruling elite used different forms and degrees of violence to suppress challenge to state authority.
VIDEOTAPE 18946

Strange spirit : one country's occupation

New York, NY : Cinema Guild,
1997 (42 min.)

A documentary film chronicling the Chinese invasion and brutal occupation of Tibet from the first battles in 1950 to the present day. Includes interviews with Tibetan exiles including soldiers who describe the fall of the capital city of Lhasa and how they smuggled the Dalai Lama across the Himalayas into India. Tibet's "warrior nun", Ani Pachen, describes her 21-year imprisonment while other former prisoners describe executions, mass graves and suicides during their years of incarceration. Chinese police footage shows the brutal suppression of Tibetans engaged in pro-independence demonstrations.
VIDEOTAPE 17162

Tanka

Los Angeles, CA : First Light Video,
1994 (9 min.) English

A vision of the peaceful and wrathful gods, derived from the Tibetan Book of the dead and photographed from Tibetan paintings in major American collections.
VIDEOTAPE 12026

Tantra of Gyuto : sacred rituals of Tibet

New York, N.Y. : Mystic Fire Video,
1985 (52 min.) English

An account of the secret Tibetan Buddhist ceremonies by monks of Gyuto Tantric College. Film is prefaced by an account of Tibetan history.
VIDEOTAPE 3870

Tashi Jong : a traditional Tibetan community in exile

Berkeley, CA : Tibetan Video Project,
1998 (45 min.) English

This award-winning documentary chronicles the life of one of the first Tibetan refugee communities established in India by the renowned spiritual teacher, the 8th Khamtrul Rinpoche after the Chinese occupation of Tibet. Interweaves everyday rhythms and activities of laypeople and monks with intricate rituals and ceremonies of monastic life.
VIDEOTAPE 18026

Tibet

Hollywood, Calif. : Paramount [Home Video],
1988 (54 min.) English

Mere mention of the word Tibet evokes images of a rich and magical country, its culture shrouded by a remote and inaccessible location. This program provides a look at the place called the "Roof of the World," where the heavens and the earth meet, and where centuries old rhythms continue.
VIDEOTAPE 5428

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[S.I.] : Windam Hill : Pioneer Artists,
2000 (54 min.) English
Scenic photography of Tibet enhanced by music from
the Windham Hill musicians.
DVD 0614

Tibet : a seed for transformation

Olympia, WA : Jupiter Video,
1990 (29 min.) English
Describes Tibet's political circumstances and China's
human rights violations in the region.
VIDEOTAPE 5974

Tibet : on the edge of change

Chicago, IL : Distributed by Questar, Inc.,
1997 (58 min.) English
Questar video collection
Captures the idyllic essence of a Tibet that may soon
exist only in memory. Also documents China's
methodical destruction of Tibet's culture, land and
people.
VIDEOTAPE 14145

Tibet : the end of time

Alexandria, Va. : Time-Life Video and Television
(distributor),
1995 (48 min.) English
Time Life's lost civilizations
Isolated by the Himalayas, Tibet has developed a
culture centered on lives of altruism, the worship of the
Dalai Lama as the manifestation of god on earth, and a
perception of life as a repeating cycle. Now, however,
modern life is intruding and the Tibetans' quest for
peace, inner knowledge and nirvana may cease to
exist.
VIDEOTAPE 18882

Tibet in exile

Oakland, CA : Distributed by the Video Project,
1991 (30 min.) English
Features the tragic plight of Tibet where over 1 million
Tibetans have died and nearly 120,000 Tibetans have
escaped to live as exiles primarily in India.
VIDEOTAPE 6059

Tibetan Book of the Dead

[Santa Monica, CA] : Direct Cinema Limited,
1994 English
Documentary film which examines the Book of the
Dead, a Tibetan Buddhist teaching that is read aloud to
dying persons as they pass from this life to the next.
Part 1, filmed primarily in Ladakh, northern India,
shows rites being performed for a recently deceased
Ladakhi elder and includes an interview with the Dalai
Lama. Part 2 follows an elderly Tibetan priest and his
young student as they perform these same rituals.
VIDEOTAPE 10942

Tibetan heritage

New York : Focus International,
1976 (18 min.) English

Nepal : land of the gods
Examines the Buddhist education of young Tibetan
refugees at Kagyu Shedrup Ling, a monastery in Nepal.
Describes instructional methods, curriculum, meditation
training and the elements of monastic life.
VIDEOTAPE 6905

Tibetan medicine : a Buddhist approach to healing

New York : Mystic Fire Video,
1985 (29 min.) English
Ama Lopsang Dolma, Tibet's first woman doctor,
shows how medicines are made and how acupuncture
and moxibustion are used in her daily rounds as a
physician. The Tibetan belief in emotion and
spiritualism as an integral part in the healing process is
also explored.
VIDEOTAPE 2681

Tibetan question

[London?] : Orientations Production for Channel Four
Television Co.,
1986 (12 min.) English
A news broadcast covering awarding of the Nobel Prize
to the Dalai Lama, his views on a non-violent solution
to achieve Tibetan independence from China; includes
interviews with pro-Tibetan Chinese students and
scenes of Chinese police brutality and environmental
damage in Tibet.
VIDEOTAPE 5333

Two Tibetan Buddhist nunneries : India 1985-86

[London] : Meridian Foundation,
1986 (30 min.) English
Tibetan culture. Green series
Describes life and religious practices of Tibetan
Buddhist nuns, their importance in Tibetan society, and
two convents founded by Tibetan refugees living in
India, the Tilokpur Nunnery and Geden Choeling
Nunnery.
VIDEOTAPE 5332

Windhorse

New York, N.Y. : Waterville, Maine : New Yorker Video;
Shadow Distribution,
2000 (97 min.)
American independents
Based on true events, Windhorse focuses on the lives
of two siblings and their cousin who as young children
witnessed their Tibetan grandfather brutally murdered
over his resistance to Chinese aggression.
VIDEOTAPE 17723

Wonders of the Himalayas

Century City, Calif. : Oracle Communications Corp.,
1997 (ca. 49 min.) English
Oracle Pictures classic
"An introduction to the fascinating culture, history, and
religion of Tibet, once home to the world acclaimed
non-violence and religious campaigner, His Holiness,
the Dalai Lama, through the eyes and lenses of native
Tibetan cameramen. It takes viewers from Yalung
Valley, the birthplace of Tibetan civilization to the holy

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sites and prominent monasteries of Central Tibet"--
Container.
VIDEOTAPE 14700

Y na na : woman of a thousand places : a film
San Francisco, CA : [Distributed by Tara Films],
1992 (20 min.) English
Features the women of four minority groups in
southwestern China and Tibet especially their customs
and rituals which are being transformed as they
assimilate into mainstream China.
VIDEOTAPE 9601