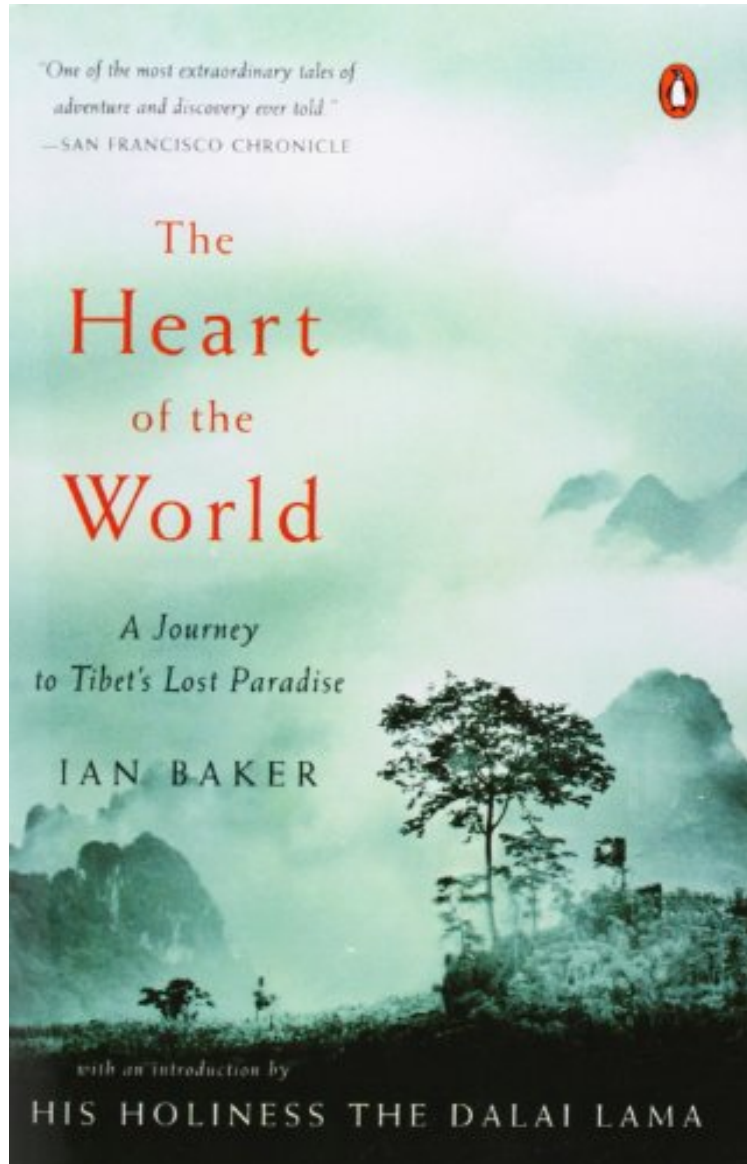


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The Heart of the World: A Journey to Tibet's Lost Paradise

Ian Baker

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Ian Baker : The Heart of the World: A Journey to Tibet's Lost Paradise before purchasing it in order to gage whether or not it would be worth my time, and all praised The Heart of the World: A Journey to Tibet's Lost Paradise:

0 of 0 people found the following review helpful. DISCOVERING SPIRITUAL LANDSCAPESBy Douglas CookI simply can't get enough of this book. I've read it twice and am about to start my third reading. Baker's writing is magical as I would imagine from his YouTube posts, he is as well. I have embraced his outlook on my many travels to

Asia to study martial arts. And, by maintaining a meditative, open mind, perspectives are revealed that, I am confident, wouldn't otherwise be to the uninitiated. I am about to complete my 5th book on taekwondo; this one on making our seventh martial pilgrimage to the Land of the Morning Calm...Korea. I have been inspired by this book to emulate a similar literary model where vista, both of substance and spiritual, abound. Read Heart of the World...you will see.0 of 0 people found the following review helpful. This is a great book! It goes very well with Tournament of ...By CustomerThis is a great book! It goes very well with Tournament of Shadows: The Great Game and the Race for Empire in Central Asia by Karl E. Meyer and Shareen Blair Brysac, although the latter does contain a few factual errors. If one has the stomach for it, I also recommend, in conjunction with Baker's book, reading Elizabeth English's Vajrayogini (but, warning: English's book is dry and technical, although a real accomplishment in scholarship).1 of 1 people found the following review helpful. Great adventure story and lots moreBy Raymond CooperThis is one of the best books I have read in a long time. It is a combination adventure story, philosophical treatise, personal search for meaning in life, and a wonderful book about indigenous Tibetans. I think this is one of the few books that I have read that I will read again, because I know there is more I will get out of it. Ian Baker's many attempts to "discover" the hidden waterfalls on the Tsangpo river form the core of the book, but he is also searching for the truth behind many of the myths of local Tibetan Buddhist beliefs in the Tsangpo region. He leads expeditions with a colorful character list eccentric westerners, and has dealings with Buddhist lamas, local hunters, Chinese bureaucrats, and more. A great read!

The myth of Shangri-la originates in Tibetan Buddhist beliefs in beyul, or hidden lands, sacred sanctuaries that reveal themselves to devout pilgrims and in times of crisis. The more remote and inaccessible the beyul, the vaster its reputed qualities. Ancient Tibetan prophecies declare that the greatest of all hidden lands lies at the heart of the forbidding Tsangpo Gorge, deep in the Himalayas and veiled by a colossal waterfall. Nineteenth-century accounts of this fabled waterfall inspired a series of ill-fated European expeditions that ended prematurely in 1925 when the intrepid British plant collector Frank Kingdon-Ward penetrated all but a five-mile section of the Tsangpos innermost gorge and declared that the falls were no more than a religious myth and a romance of geography. The heart of the Tsangpo Gorge remained a blank spot on the map of world exploration until world-class climber and Buddhist scholar Ian Baker delved into the legends. Whatever cryptic Tibetan scrolls or past explorers had said about the Tsangpos innermost gorge, Baker determined, could be verified only by exploring the uncharted five-mile gap. After several years of encountering sheer cliffs, maelstroms of impassable white water, and dense leech-infested jungles, on the last of a series of extraordinary expeditions, Baker and his National Geographic-sponsored team reached the depths of the Tsangpo Gorge. They made news worldwide by finding there a 108-foot-high waterfall, the legendary grail of Western explorers and Tibetan seekers alike. The Heart of the World is one of the most captivating stories of exploration and discovery in recent memory an extraordinary journey to one of the wildest and most inaccessible places on earth and a pilgrimage to the heart of the Tibetan Buddhist faith.

"The Heart of the World is among the most complex, compelling and satisfying adventure books I have ever read.... Baker has written one for the ages." The San Francisco Chronicle "Up to its chin in physical adventure. Reading the book is itself a big, almost a transcendent, experience." Adventure Magazine About the Author Ian Baker has lived in Kathmandu, Nepal, and been a student of Tibetan Buddhism for more than twenty years. He studied fine arts, literature, and comparative religion at Middlebury College, Oxford University, and Columbia University. He has written several books on Tibet and Tibetan Buddhism, including The Tibetan Art of Healing, Celestial Gallery, and The Dalai Lamas Secret Temple: Tantric Wall Paintings from Tibet. He is also the coauthor of Tibet: Reflections from the Wheel of Life and has contributed articles to Explorers Journal and National Geographic magazine. He currently divides his time among New York, Thailand, and the Himalayas.