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Glossary & Index

Page numbers in *italic* refer to illustrations.

Abhayamudra: gesture of protection. 56, 84, 168

Abhedha: one of the sixteen Indian arhats. 28

Abhirathi: paradise of the Buddha Akshobhya. 32

Acala: *yidam* (tutelary deity). 74, 116, 128

Adi Buddha: see Primordial Buddha. 19

Ajita: one of the sixteen Indian arhats. 28, 30, 90

Akshobhya (Buddha): Buddha of the East of the five Transcendental Buddhas. 19, 32, 44, 46, 56, 116, 128, 132, 134, 178 (n. 18)

Alidhasana: posture of 'drawing the bow'. Opposite to *pratyalidhasana*. 58, 86, 98, 110, 118, 128

Altan Khan: 16th century Mongol chieftain who invested the Geluk lamas with the title Dalai, and was the grandfather of Yonten Gyatso, the 4th Dalai Lama. 15

Amban: the imperial representative of the Manchu Qing dynasty (1644–1911) in Lhasa. 16

Amdo (A.mdo): region of East Tibet largely within present day Qinghai province of China.

Amitabha (Buddha): Buddha of the West of the five Transcendental Buddhas. 19, 42, 44, 48, 50, 56, 76, 82, 98, 116, 120, 122, 128, 132, 134, 158, 168, 178 (n. 18)

Amitabhayamari: manifestation of Yamantaka. 158, 162

Amitayus (Buddha): often considered an alternate form of Amitabha, and also interpreted as the Buddha of endless life. 48, 76, 114, 120, 126, 166

Amoghaphalokeshvara: manifestation of Avalokiteshvara. Also known as **Amoghaphasha**. 48, 106, 179 (n. 93)

Amoghasiddhi (Buddha): Buddha of the North of the five Transcendental Buddhas. 19, 44, 116, 132, 134, 152, 168, 178 (n. 18)

Angaja: one of the sixteen Indian arhats. 28, 30, 90

Anuttarayoga Tantra: most advanced of the group of four 'mother' *tantras* of Tibetan Buddhism. 160

Apsara: celestial being often depicted strewing flowers on the central image in Tibetan painting. 30

Arhat ('meritorious'): originally indicating one who has reached enlightenment, and subsequently applied primarily to the group of sixteen disciples of the Historical Buddha Shakyamuni. In Tibet and China, they are more commonly known as a group of eighteen, with the addition

of two figures of Chinese origin. They are Angaja, Ajita, Vanavasin, Kalika, Kanaka Bharadvaja, Rahula, Bakula, Cudapanthaka, Kanakavatsa, Gopaka, Bhadrakputra, Pindola Bharadvaja, Panthaka and Nagasena, Bhadra, Abhedha, Dharmatala and Hvasang. 18, 20, 26, 28, 30, 40, 82, 88, 90, 178 (n. 1)

Arthasadhanavarahi: *dakini* of the Karamukhachakrasamvara mandala. 160

Atavaka: one of Vaishnavana's eight helpers. 80

Ati Muwer (A.ti.mu.wer): Bon entity; the deification of the sacred syllable 'A'. 174

Atisha (Dipamkara; 982–1054): most famous Indian master to travel to Tibet during the Second Diffusion of Buddhism. 12, 15, 19, 20, 26, 54, 66, 74, 96, 106, 112, 148

Aureole: term indicating the body aura of a figure. 26, 28, 30, 32, 38, 46, 50, 54, 56, 58, 76, 86, 92, 96, 98, 102, 104, 106, 108, 110, 112, 114, 118, 120, 122, 124, 126, 136, 138, 142, 144, 146, 148, 152, 154, 158, 174, 176

Avadanakalpalata: the hundred-and-eight deeds of Buddha Shakyamuni during previous lives recounted in the *jataka* tales and compiled into a long epic poem *Bodhisattva Avadanakalpalata* in 1052 by the Kashmiri poet Kshemendra. 27, 34

Avadhuti (9th century): Indian *mahasiddha* who was the student of Damarupa, and important in the transmission of the *Hevajra Tantra* to Tibetan lineages. 70

Avalokiteshvara: the bodhisattva of compassion. 15, 19, 38, 42, 44, 48, 50, 52, 54, 56, 58, 62, 64, 72, 74, 76, 82, 86, 92, 98, 106, 120, 122, 126, 128, 144, 166, 168

Bakula: one of the sixteen Indian arhats. 28, 30, 40, 90

Balin (Bhad.lang): Indian master who instructed Nyö Lotsawa in the *Guhyasamaja Tantra*. Together with Mitraba (Mi.tra.ba), Karnapa (Ka.na.ba), Yigepa (Yi.ge.ba) and Peldipa (dPal. ste.pa), he forms a group of Indian mentors to the Nyö family. 72

Balsasgampa (dBal.gsas.rngam.pa): wrathful Bon deity. 176

Balsojidungtsetsan (dBal.so'i.mdung.rte.can): 6th *shen* of the Bon religion. 170

Bangtruknyernga (dBang.phyug.nyernga): 28 animal-headed *dakini* of the Bardo journey, who represent the last obstacles to the mind in the quest for enlightenment. 136, 138, 152

Bardo Thodol (*Bar.do.thos.grol*): The Tibetan *Book of the Dead*, allegedly by Padmasambhava. It narrates the 49 day journey between death and rebirth. 11, 12, 18, 20, 23, 62, 132, 134, 136, 138, 140, 152, 170

Begder: Mongolian term for 'coat of mail'. 98

Begtse (Beg.tse): guardian deity; one of the eight *dharmapala*. 21, 96, 98, 166

Bhadra: one of the sixteen Indian arhats. 28

Bhadrakputra: one of the sixteen Indian arhats. 28

Bhaisajyaguru (Buddha): principal Medicine Buddha. 23, 30, 38, 40

Bhrkuti Tara: manifestation of Tara. 58

Bhumisparshamudra: gesture of touching the earth, enacted by Buddha Shakyamuni at the moment of his enlightenment. 28, 30, 32, 40, 44, 46, 56, 74

Bhutan: independent Himalayan kingdom to the southeast of the plateau and within the Tibetan ethnic and cultural sphere. 10, 21, 25, 52, 72, 122, 128, 130, 146

Bhutadamaravajrapani: a manifestation of Vajrapani. 128

Blue Annals (*Deb.ther sNgon.po*): history of Tibetan Buddhism compiled by Gö Lotsawa Zhönupel ('Gos.los.tsa.ba.gzhon.nu.dpal; 1392–1481). 72

Bodhisattva: in Mahayana and Vajrayana Buddhism, a being who has achieved enlightenment, but who, out of compassion, will not enter nirvana until every last living creature has been brought along the path to enlightenment. In Theravada, the name for the Historical Buddha in his lives leading up to his enlightenment. 15, 18, 19, 20, 22, 23, 28, 34, 38, 42, 44, 48, 50, 52, 54, 58, 62, 64, 72, 74, 76, 82, 86, 92, 98, 100, 102, 106, 116, 120, 122, 126, 128, 134, 136, 142, 144, 150, 158, 164, 166, 168

Bon: religion followed by a minority of Tibetans which maintains that it is the survivor of Tibet's pre-Buddhist faith. 11, 21, 22, 108, 168, 170, 172, 174, 176

Bonpo (Bon.po): a priest or member of the Bon religious community. 21, 22

Brahma: one of the three principal gods of Hinduism. 64, 96, 102, 114, 150, 166

Brahmanarupa: manifestation of Mahakala. 110, 144

Brahmanic: term embracing those belief systems represented in the Indian *vedas* as well as the later developments of Hinduism. 19, 48, 94, 100, 102, 106, 110, 150, 156

Buddha: supreme being who has achieved enlightenment. 18, 19, 20, 22, 23, 27, 28, 30, 32, 34, 38, 40, 42, 44, 46, 48, 50, 52, 56, 66, 70, 72, 74, 76, 78, 80, 82, 88, 90, 98, 104, 106, 108, 110, 114, 116, 120, 122, 124, 126, 128, 132, 134, 136, 138, 140, 144, 150, 152, 156, 158, 160, 162, 164, 166, 168

Buddhajnanapada (Ye.shes.zhabs): an Indian *siddha*. 72

Buddhakrodheshvari: consort of Heruka Yontenlatshog. 140

Buddhas of the Past: Vipashayin, Shikin, Vishvabu, Krakucchanda, Kanakamuni, Kasyapa and Shakyamuni. 18, 32, 82

Buddhist creed: A mantra, the very sound of which is sacred. Although it is in Sanskrit, in inscriptions it is usually written in Tibetan script in phonetic transliteration. It can be translated as: 'Those things which have a cause as their origin, this cause has been proclaimed by the Tathagata (Buddha). Their cessation has also been proclaimed by the great ascetic practitioner.' 42, 68, 72, 76, 90, 104, 120

Buryat: northern Mongolian ethnicity from the region of the present day Russian province of Buryatia. 17

Caturbhujamahakala: four-armed manifestation of Mahakala. Tibetan name is Nakpachenpo (Nag.pa.chen.po). 21, 110

Cave 17: Buddhist rock-cut chapel at Dunhuang in which was found an enormous repository of painted scrolls and manuscripts. 11

Central Tibet: the eastern section of the plateau encompassing the Tibetan regions of Ü and Tsang. Contained entirely within the present-day People's Republic of China. 12, 13, 14, 22, 25, 26, 27, 30, 38, 40, 42, 44, 46, 48, 50, 54, 56, 64, 66, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 94, 98, 100, 102, 104, 106, 108, 112, 114, 116, 118, 120, 124, 126, 136, 138, 140, 142, 144, 148, 150, 152, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174

Chakra: 'wheel'; symbol of the Buddhist Law. 74, 94, 108, 116, 126, 138, 140, 158

Chakrasamvara: alternate name of the tutelary deity (*iyidam*) Samvara and subject of the *Chakrasamvara Tantra*. 20, 28, 76 114, 156, 160, 166

Chandra: moon god. 48, 112

Chang'an: capital of Tang dynasty (618–907) China. 10

Changchub Gyaltsen (Byang.chub.rgyal.mtshan; 1302–1362): lay leader of the Phakmodru order who seized control from the Sakya Dishi. 14

Chinnamundavajravara: *dakini* of the Karamukhachakrasamvara mandala. 160

Chitipati: skeleton. 160

Chökyi Jungne, Situ Panchen (Si.tu.pan.chen Chos.kyi.'byung.gnas; 1700–1774): incarnate Karmapa lama and artist who designed the set of *Avadanakalpalata* paintings. 27, 34

Choying Gyatso (Chos.dbyings.rgya.mtsho; c. 1615–1685): creator of the New Menri painting style. 26

Chula: dagger with wave-shaped blade. 126

Cintamahakala: manifestation of Mahakala, and guardian of the Geluk order. 166

Circle of Convention (goddesses of): eight goddesses from the circle of Convention of the mandala of Chakrasamvara, namely: Yamadahi, Yamaduti, Yamadamstri, Yamamathani, Kakasya (crow

head), Ulukasya (owl head), Shavanasya (dog head) and Sukurasya (boar head). 156

Cixi (1835–1908): dowager empress of the Manchu Qing dynasty (1644–1911). 17

Confession Buddhas: group of 35 Buddhas invoked in the confessing of sins. 44, 82, 88, 166

Cudapanthaka: one of the sixteen Indian arhats. 28, 40, 90

Cultural Revolution (1966–76): iconoclastic movement within the People's Republic of China that wreaked great destruction on Tibet's cultural heritage. 25

Dakini: a female spirit, who much like the classical 'genius' serves as a guide and muse to the tantric practitioner. 22, 48, 64, 70, 72, 76, 82, 94, 110, 114, 118, 120, 132, 136, 138, 142, 144, 152, 156, 160, 168

Dakini: a four-armed *dakini* who appears in the first circle of the Samvara mandala. 114, 156

Dajianlu (Dar.rtse.mdo): in western Sichuan province, China, it was named by Gushri Khan as the eastern boundary of the 5th Dalai Lama's authority. 15

Dalai Lama (Ta.la'i.bla.ma): incarnate lama of the Geluk order, as well as its and Tibet's principal religious and political leader since the 17th century. 15, 16, 17, 20, 26, 27, 84, 86, 92, 94, 96, 98, 166

Dalai Lama (1st): see Gedun Truppa. 15, 86, 94, 166

Dalai Lama (2nd): see Gedun Gyatso. 15, 166

Dalai Lama (3rd): see Sonam Gyatso. 15, 86, 98

Dalai Lama (4th): see Yonten Gyatso. 15

Dalai Lama (5th): see Ngawang Lozang Gyatso. 15, 16, 26, 92

Dalai Lama (6th): see Tsangyang Gyatso. 16, 92, 94, 166

Dalai Lama (7th): see Kelzang Gyatso. 16

Dalai Lama (8th): see Jampal Gyatso. 16

Dalai Lama (12th): Trinley Gyatso ('Phrin.las.rgya.mtsho; 1826–1837). 16

Dalai Lama (13th): see Thubten Gyatso. 17

Dalai Lama (14th): see Tenzin Gyatso. 17

Damaru: a double drum, usually made of human skulls. 64, 70, 114, 136, 140, 156

Damarupa (9th century): Indian *mahasiddha* who was the student of Virupa and the teacher of Avadhuti. 70

Dandayamari: gate guardian of the Krishnayamari mandala. 158

Debzhin Shegpa (De.bzhin.gshegs.pa; 1384–1415): 5th Karmapa; only Tibetan lama to take up Yongle emperor's invitation to establish patron–priest relationship. 15

Denchencho (bDag.chen.chos): Sakya lama. 78

Densathil (gDan.sa.thel): monastery in Ü province, Central Tibet. 13

Dharani: queens of magic; group of ten or twelve goddesses who personify different magical formulae. 56

Dharma: Buddhist Law. 19, 30, 68

Dharmachakra: 'Wheel of the Law'. 160

Dharmachakramudra: gesture of instruction literally translating as 'turning the wheel of the law'. 46, 56, 66, 92, 148

Dharmadhatuvagishvara: manifestation of Manjushri. 128

Dharma Kings (Three): Songtsen Gampo, Trisong Detsen, Ralpachen. 11, 15

Dharmapala: defender of the faith; a group of eight guardian deities. 20, 21, 48, 56, 64, 66, 76, 86, 94, 96, 98, 100, 102, 106, 108, 110, 114, 118, 120, 122, 126, 128, 134, 140, 144, 146, 148, 150, 154, 158, 162, 166

Dharmatala: one of the two Chinese arhats. 28, 88

Dhoti: unstitched cloth of male apparel worn wrapped around the waist as a skirt. 28, 42, 48, 128, 168, 170

Dhrtarashtra: *lokapa* of the west. 88, 92, 166

Dhyanamudra: gesture of meditation. 42, 50, 56, 58, 134

Dhyani Buddhas: see Transcendental Buddhas

Dikpa: group of ten guardians of the cardinal directions, namely: Indra, Agni, Yama, Rakshasha, Brahma, Varuna, Vayu, Kubera, Vashita and Prthivi. 150, 156

Dipankara (Mar.me.mdzad.bzang.po): an Indian siddha. 72

Dishi: 'Imperial Preceptor'; office first conferred by Kubilai Khan on Phagspa Lodro Gyaltsen as the imperial Mongol (and by connection Yuan) regent of Tibet. 14

Dolpo: region of northern Nepal with a predominantly ethnic Tibetan population. 22, 168

Dombipa: Indian *mahasiddha* and king of the Indian state of Magadha who received instruction from Virupa. Also known as Dombhi Heruka. 66

Dong Marma (Dong. dmar.ma): sister of Begtse. 98

Dorjedragdan (rDo.rje.grags.lsan): guardian deity. 106

Dorje Lama (rDo.rje.bla.ma, 12th century): Nyö hierarch, son and disciple of Nyö Lotsawa, and father and master of Nyö Palgye Jungne. 72

Dorje Lepa (rDo.rje.legs.pa): chief of the demon kings subdued by Padmasambhava. Also known as Damcan. 64

Dorje Shug (rDo.rje.shrug): guardian deity. 84, 92, 126, 136

Dorje Zikji (rDo.rje.gzi.brjid): see Sangye Rechen Gyelwa Lhanangpa. 72

Drathang (Grwa.thang): monastery in Tsang province, Central Tibet. 25

Drepung ('Bras.spuns): Geluk monastery southwest of Lhasa, Ü province, Central Tibet. 68

Drakpomarchen (Drag.po.dmar.chen): guardian deity. 122

Drigung Kagyu order ('Bri.gung bKa'.brgyud.pa): branch of the Phakmodru Kagyu order founded by Phakmodru's disciple Rinchenpel. 13, 50, 66, 72

Dromton ('Brom.ston; 1008–1064): founder of Kadam order and principal disciple of Atisha. 12, 20, 26, 74, 96, 112, 144

- Drugse Chempa** ('Brug.gsas.chem.pa): wrathful Bon deity with dagger-shaped lower body. 176
- Drukpa Kagyu order** (Brug.pa bKa'.brgyud.pa): branch of Phakmodru Kagyu order founded by Phakmodru's disciple Lingrepa Padma Dorje (gLing.ras.pa.pad.ma.rdo.rje; 1143–1212), and which became particularly popular in Bhutan. 13, 52, 72, 122, 128, 146, 154
- Drupchen Phagdorpa** (Grub.chen.phyag.rdor.pa): Sakya lama. 78
- Dukhadahana Tara**: manifestation of Tara. 58
- Dunhuang**: Gansu province, China. Eastern Silk Roads terminus and site of vast system of Buddhist rock cut chapels and shrines. 11
- Durga**: Brahmanic goddess from whom Shri Devi is ultimately derived. 94
- Dusum Khyenpa** (Dus.gsum.mkhyen.pa; 1110–93): founder of the Karmapa branch of the Kagyu order and disciple of Gampopa. 1st Karmapa lama of the incarnate line. 13, 66
- East Tibet**: The regions of Kham (Khams) and Amdo (A.mdo) at present in the easternmost portion of the Tibet Autonomous region, Qinghai province and western Sichuan province of the People's Republic of China. 11, 13, 16, 22, 25, 26, 27, 30, 32, 34, 62, 68, 76, 90, 92, 118, 120, 132, 134, 136, 154, 176
- Ekadashalokeshvara**: eleven-headed manifestation of Avalokiteshvara. 48
- Ekajati**: blue manifestation of Tara. 64, 132, 144
- Ekavira-Vajrabhairava**: form of Vajrabhairava as the 'Incomparable Hero'. 162
- Elements**: Prithivi (Earth), Varuna (Water), Vayu (Air), Tejas (Fire/Passion), Chandra (Moon), Aditya (Sun), Yama (Death) and Dhananda (Wealth). 112
- 'Four Lakes'**: group of Bon guardian deities. 174
- 'Four Rivers'**: group of Bon guardian deities. 174
- Gandhavajra**: goddess of the second circle of Guhyasamaja's mandala. 116
- Gangba Zangpo** (Gang.ba.bzang.po): horse-headed assistant of Nartakarakta. 104
- Gampopa** (Gam.po.pa; 1079–1153): founder of Kagyu order and disciple of Milarepa. 13
- Garuda**: half human/half bird deity and enemy of the *naga* serpents. He is frequently used as a mount by Buddhist and Hindu entities. In Tibetan painting, he is often replaced by the *khyung*-bird. 30, 134, 136
- Gauri**: deity of the Krishnayamari mandala. 158
- Gauri Tara**: 'Blond' manifestation of Tara. 58
- Gedun Gyatso** (dGedun.rgya.mtsho; 1475–1542): posthumously realised 2nd Dalai Lama. 15, 166
- Gedun Truppa** (dGe.'dun.grub.pa; 1391–1474): posthumously realised 1st Dalai Lama and one of the principal disciples of Tsongkhapa. 15, 86, 94, 166
- Geluk order** (dGe.lugs.pa): the 'renewed Kadam order' founded by Tsongkhapa. 13, 15, 16, 19, 20, 26, 27, 30, 46, 50, 58, 68, 80, 82, 84, 86, 92, 94, 96, 98, 106, 110, 112, 126, 150, 166
- Genghis Khan** (1155/62/67–1227; r. 1206–1227): Mongol chieftain who led his people in the conquest of a world empire. 14
- Ghanta**: ritual bell, symbolic of compassion. 19, 28, 72, 76, 78, 80, 114, 116, 134, 136, 138, 140, 142, 152, 154, 156, 160, 162
- Godan Khan** (13th century): Mongol prince who established Sakya Pandita as the Mongolian regent of Tibet. 14
- Goddesses of Longevity**: five goddesses associated with the retinue of Shri Devi, namely: Tseringma (Tshe.rin.ma), Thinggi Shalsangma (mThin.gi.shal.bzan.ma), Lobsangma (bLo.bzan.ma), Dinsangma (mGrin.bzan.ma) and Dosangma (hGro.bzan.ma). 94
- Goddesses of the Seasons**: four goddesses associated with the retinue of Shri Devi, namely: Vasanta rajni (Queen of Spring), Varsha rajni (Queen of Summer), Sharad rajni (Queen of Autumn), and Hemanta rajni (Queen of Winter). 94
- Gomkhang** (mgon.khang): chapel of wrathful deities within a temple complex. 23, 100
- Gonpobernaksan** (mGon.po.ber.nag.can): 'Black-Robed-One'; manifestation of Mahakala. 134
- Gopaka**: one of the sixteen Indian arhats. 28, 40
- Great Khan**: supreme leader of the Mongol tribes. 14
- Guge** (Gu.ge): West Tibetan kingdom and important catalyst and patron of the Second Diffusion of Buddhism in Tibet. 12, 28, 58, 112
- Guhyasadhana Hayagriva**: esoteric manifestation of Hayagriva. 106
- Guhyasamaja**: tutelary deity (*yidam*) and subject of the *Guhyasamaja Tantra*. As an emanation of the Buddha Akshobhya, he is also known as Guhyasamaja-akshobhya. 21, 28, 116, 156, 166
- Guhyasamaja Tantra**: tantric text centred on the *yidam* Guhyasamaja, and which includes an exposition on the method of Buddha *jnana*. 104
- Gui**: Chinese type of dragon.
- Guru**: teacher. 19, 70, 74, 76
- Guru Drakmar** (Gu.ru.Drag.dmar): wrathful manifestation of Padmasambhava. 20, 114, 122
- Guru Drakpoche** (Gu.ru.Drag.po.che): wrathful manifestation of Padmasambhava. 20, 114, 120
- Guru Rinpoche**: epithet of Padmasambhava. 12
- Gushri Khan** (r. 1638–1654): leader of the Mongolian peoples and ally of the 5th Dalai Lama, he helped establish the Geluk order as the political rulers of Tibet. 15
- Gyalsab Je** (rGyal.tshab.je; 1364–1432): principal disciple of Tsongkhapa often depicted in a pair with Khedrup Je in images of the founder of the Geluk order. 15, 96, 166
- Gyalwakhya** (rGyal.ba.khya): elephant-headed assistant of Nartakarakta. 104
- Gyantse** (rGyal.tse): city and principality of Tsang province, Central Tibet, which until the 17th century was a stronghold of the Sakya order. 17, 26
- Hariharilokeshvara**: manifestation of Avalokiteshvara. 128
- Hayagriva**: horse-headed guardian deity; one of the eight *dharmapala*. 20, 48, 106, 114, 118, 120, 122, 126, 128, 134, 140, 166, 179 (n. 93)
- Heruka**: class of wrathful manifestations of different Buddhist entities (in particular the five Transcendental Buddhas and the Primordial Buddha) encountered during the 49 day Bardo journey between death and rebirth. 128, 132, 136, 138, 140
- Heruka Yontanlatshog** (Che.mchog.yon.ta.lha.tsogs): Heruka considered to be manifestation of Samvara, and unique to the Nyingma order. He appears on the 8th day of the Bardo journey. 20, 140
- Hevajra**: tutelary deity (*yidam*) and subject of the *Hevajra Tantra*. 20, 70, 76, 80, 112, 144, 156
- Hevajra Tantra**: Esoteric text dealing with the *yidam* Hevajra. 20, 70
- Hinayana (Lesser Vehicle) Buddhism**: see Theravada Buddhism. 18, 19
- Historical Buddha**: see Shakyamuni (Buddha). 18, 19, 20, 30
- Hvashang**: one of the two Chinese arhats. 28, 88
- Incarnate lama**: lama who is repeatedly incarnated; a position within the Tibetan religious hierarchy which passes from one incarnation of the individual to the next. 13, 15, 19, 20, 27, 34, 84
- Indra**: Brahmanic deity and member of the *dikpala*. 150, 166
- Indrabhuti**: an Indian siddha. 66
- Irshyayamari**: manifestation of Yamantaka. 158, 162
- Jambhala**: God of wealth and prosperity; earlier name for Vaishravana. 48, 78, 102
- Jamchen Choje Shakya Yeshe** (Byams.chen.chos.rje.sa.kya.ye.shes): a Geluk order dignitary. 166
- Jampal Gyatso** ('Jam.dpal.rgya.mtsho; 1758–1804): 8th Dalai Lama. 16
- Jamyang Sherab Rinchenpa** ('Jam.dbyangs.shes.rab.rin.chen.pa): Sakya lama. 78
- Jataka**: a set of stories relating the deeds of Shakyamuni in his lives leading to his enlightenment. 26, 27, 34
- Je Konchokpel** (rJe.dkon.chog.'phel): Sakya lama. 78
- Jin dynasty** (1115–1234): Jurchen-ruled dynasty of northern China. 13
- Jokhang** (Jo.khang): principal temple of Tibetan Buddhism founded in the 6th century in Lhasa by King Songtsen Gampo. 11

- Kadam order** (bKa'.gdams.pa): monastic order established by Dromton on the principals set down by Atisha. 12, 15, 20, 74, 96, 112, 144, 148
- Kagyü order** (bKa.brgyud.pa): monastic order established by Gampopa. 13, 19, 20, 64, 66, 68, 72, 122, 128, 134, 146, 154
- Kakamukhamahakala**: raven-headed manifestation of Mahakala. 20, 66, 122, 146
- Kakasya**: a four-armed crow-headed goddess of the Samvara mandala. 114, 156
- Kalachakra Tantra**: important tantric text with Shri Kalachakra as its *vidam* (tutelary deity). 84
- Kalasha**: vase containing the elixir of life. 28, 44, 52, 56, 64, 70, 128, 160, 164
- Kali**: *dakini*. 144
- Kalika**: one of the sixteen arhats. 28
- Kanaka Bharadvaja**: one of the sixteen Indian arhats. 28, 40
- Kanakavatsa**: one of the sixteen Indian arhats. 28
- Kanali**: *dakini*. 144
- Kangxi emperor** (1662–1723): 2nd ruler of the Manchu Qing dynasty (1644–1911). 16
- Kanjur** (bKa'.gyur): class of literature containing the principal teachings of both the Buddhist and Bon religions. 19, 22, 24
- Kantali**: *dakini*. 144
- Kapala**: skull cup; symbolic of transcending wisdom. 52, 62, 64, 68, 70, 86, 94, 96, 100, 104, 106, 108, 110, 112, 114, 118, 120, 124, 126, 128, 130, 132, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 174
- Kapaladharahevajra**: sixteen-armed manifestation of Hevajra holding *kapala*. 110, 112
- Karamukhachakrasamvara**: donkey-headed manifestation of Samvara. 160
- Karma Gardri** (Kar.ma.sgar.bris): school of painting based on the style of the artist Namkha. 26
- Karmaheruka**: Heruka manifestation of Amoghasiddhi. 132, 152
- Karmapa Kagyu** (Kar.ma.pa bKa.brgyud.pa): branch of the Kagyu order founded by Dusum Khyenpa. 13, 15, 20, 26, 27, 34, 64, 66, 68, 134
- Karmapa lama** (Kar.ma.pa.bla.ma): line of incarnate lamas of the Karmapa Kagyu order. 13
- Karmapa (1st)**: see Dusum Khyenpa. 13, 66
- Karmapa (2nd)**: Karma Pakshi (Kar.ma.pa.pag.shi; 1204–1283). 13
- Karmapa (3rd)**: Ranchung Dorje (Rang.byung.rdo.rje; 1284–1339). 66
- Karmapa (5th)**: see Debzhin Shegspa. 15
- Karttrika**: ritual chopper. 52, 86, 94, 104, 110, 112, 114, 118, 120, 130, 138, 140, 142, 144, 146, 150, 156, 158, 160
- Katarimudra**: gesture showing thumb and third finger touching each other. 168
- Kelzang Gyatso** (Bskal.bzang.rgya.mtsho; 1708–57): 7th Dalai Lama. 16
- Kesi**: a Chinese tapestry technique. 23, 82
- Keurimas**: a group of eight goddesses encountered during the Bardo journey. They are Keurima, Pukkasi, Caurima, Ghasmari, Pramoha, Chandali, Vaitali, Shmashani. 132, 136, 138, 152
- Khadgayamari**: gate guardian of the Krishnayamari mandala. 158
- Kham** (Khams): region of East Tibet straddling present day Tibet Autonomous Region and Sichuan province of China. 27, 34, 134
- Khandaroha**: a four-armed *dakini* who appears in the first circle of the Samvara mandala. 114, 156
- Khatvanga**: ritual sceptre. 100, 106, 148, 160
- Khedrup Je** (mKhas.grub.je; 1385–1438): principal disciple of Tsongkhapa often depicted in a pair with Gyaltsab Je in images of the founder of the Geluk order. 15, 96, 166
- Khotanese**: of or from the Central Asian kingdom that once flourished at the western end of the Silk Roads. Its former territory is now part of the Xinjiang Uighur Autonomous Region of China. 102
- Khyenri** (mKhyen.bri): school of painting derived from the style of Khyentse Wangchuk. 26
- Khyentse Wangchuk** (mKhyen.brtse.dbang.phyug; 1420–1500): creator of the Khyenri style. 26
- Khyung**: Tibetan mythological bird and equivalent of Garuda. 30, 106, 128, 172, 174, 176
- Kila**: dagger, one of its varieties being the *vajrakila* (Tib. *phurbu*). Guardian emanations of the *kila* include Vajrakila, Ratnakila, Padmakila and Karmakila. 124, 138, 174, 176
- Kinnari**: mythical half-human/half bird creature which figures as an element of the throne backs of Tibetan paintings. 28
- Kirttimukha**: 'Face of Glory' mask which sometimes appears as the arch apex of throne backs in Tibetan paintings. 28
- Kokonor** (mTsho.sngon): lake and settlement in Amdo, East Tibet (present day Qinghai province, China). 14, 15
- Konchog Gyalpo** (dKon.mchog.rgyal.po; 1034–1102): founder of the Sakya order and of Sakya monastery in Tsang, Central Tibet. 13
- Krodha**: 'wrath'; a group of ten protective deities of the directions. They are, namely: Yamantaka, Prajnantaka, Padmantaka, Vighnantaka, Acala, Takkiraja, Niladanda, Mahabala, Ushnishachakravartin and Sumbharaja. 20, 112, 116, 120, 122, 128, 134, 142
- Krishnayamari**: manifestation of Yamantaka. 158, 162
- Kshemendra** (11th century): Kashmiri poet who composed the *Avadanakalpalata*. 34
- Kubera**: earlier name for Vaishnavana, sometimes listed as the *lokapala* of the north. 102, 150, 166, 178 (n. 79)
- Kubilai Khan** (1216–94): Great Khan of the Mongol empire and 1st emperor of the Yuan dynasty (1279–1368) of China. He conferred the office of Dishi on the Sakya lama Phagpa Lodro Gyaltsen. 14
- Kuchi Mangke** (Ku.byi.mang.ke): Bon entity who is a deification of the sacred mantra syllable 'Om'. 174
- Kukuripa**: Indian *mahasiddha* who taught Marpa and who received enlightenment from his dog – a manifestation of Avalokiteshvara. 66
- Kula** (*sku.bla*): mountain spirits who were the pre-Buddhist guardians of the Yarlung kings. 21
- Kunga Gyaltsen** (Kun.dga'.rgyal.mtshan 1182–1251): also known as Sakya Pandita. He was established as the Mongolian regent of Tibet by Godan Khan. 14
- Kurukulla**: red manifestation of Tara. 128
- Kyong**: Tibetan mule. 104
- Ladakh** (La.dwags): former West Tibetan kingdom, and now ethnically Tibetan region of the Indian province of Jammu and Kashmir. 15
- Lama** (bLa.ma): 'superior one'; name for high ranking cleric in Tibetan Buddhist community. 13, 23, 24, 25, 26, 27, 28, 30, 46, 48, 50, 52, 62, 64, 66, 68, 76, 78, 80, 82, 94, 98, 108, 114, 116, 120, 122, 128, 134, 144, 146, 152, 154, 156, 160, 162, 164, 166, 178 (n. 35, 73)
- Lama**: a four-armed *dakini* who appears in the first circle of the Samvara mandala. 114, 156
- Lamaism**: a Western term for Tibetan Buddhism popular at the end of the 19th and early 20th centuries. 20
- Lang Darma** (gLang.dar.ma; r. 838–842): Yarlung dynasty (7th–9th century) king who launched persecution of Buddhism that led to the fall of the dynasty. 11
- Lanka**: land mentioned in ancient Indian myths and epics, and generally accepted to be the present day Sri Lanka. 94
- Lantsha** (*glang.tsha*): type of Tibetan script. 78
- Leidzaktummo** (Las.mdzad.gtum.mo): *dakini*. 110
- Leikhan Marpo** (Las.mkhan.dmar.po): assistant of Begtse. 98
- Lekpe Sherab** (Legs.pa'i.shes.rab; 11th century): monk of the Guge kingdom who together with Rinchen Zangpo survived the mission to Kashmir. He was also Atisha's principal disciple in West Tibet. 12, 112, 148
- Lhasa** (Lha.sa): city in Ü province, Central Tibet which was the country's capital during the Yarlung dynasty (7th–9th century) and again under the hegemony of the Geluk order from the 17th century onwards. 10, 14, 15, 16, 17, 68, 72, 94, 178 (n. 33)
- Lhapa Kagyu** (Lha.pa.bka'.brgyud.pa): Kagyu order sect founded by Sangye Rechen Gyelwa Lhanangpa. 72
- Lochana**: consort of Vairochana. 116
- Lokapala**: guardian kings of the four cardinal directions: Vaishnavana (north),

- Virudhaka (south), Dhrtarashtra (west) and Virupaksa (east). 21, 23, 32, 48, 76, 82, 84, 88, 90, 92, 94, 96, 100, 102, 126, 166, 178 (n. 79)
- Lowo Khenchen, Sonam Lhundrup** (gLo.bo.mkhan.chen. Bsod.nams.lhun.grub; 1456–1532): Sakya lama and commentator on Kunga Gyaltsen (Sakya Pandita). 78
- Luyipa**: Indian *mahasiddha*. 66
- Luten** (Klu.bstan): one of the four attendants in Seikhrabtsan's retinue. 96, 148
- Mahabodhisattva**: group of 'Great Bodhisattva', usually eight in number. 19, 116, 136
- Mahachakravajrapani**: guardian deity; wrathful emanation of Vajrapani. 48
- Mahakala**: an important *yidam* (tutelary deity) and as a guardian deity he is counted as one of the eight *dharmapala*. 20, 21, 26, 48, 56, 64, 66, 76, 86, 94, 108, 110, 112, 114, 126, 134, 144, 146, 154, 166, 179 (n. 125)
- Mahakali**: *dakini*. 144
- Mahakrodheshvari**: consort of Mahashriheruka. 136
- MahashribuddhaHeruka**: Heruka manifestation of Vairocana. 132, 138
- Mahashriheruka**: Heruka manifestation of Samantabhadra. 136, 138, 152
- MahashrisamantabhadraHeruka**: consort of MahashribuddhaHeruka. 132
- Mahasiddha**: 'perfect being'; mainly known as a group of eighty-four Indian Tantric Buddhist adepts. 20, 22, 26, 66, 70, 82, 84, 108, 156, 178 (n. 73)
- Mahasthamaprapta**: bodhisattva attendant of Amitabha. 168
- Mahavajrabhairava**: manifestation of Yamantaka and *yidam* (tutelary deity) of the Geluk order. 59
- Mahayana (Great Vehicle) Buddhism**: Buddhist tradition promulgated along the Silk Roads, where the believer might achieve enlightenment not only through his own studies of the sutras, but also through the assistance of Buddhas and bodhisattva. 18, 19, 88, 106
- Maitreya**: a bodhisattva and Buddha of the Future. 28, 40, 44, 50, 58, 74, 164
- Maitridakini**: *dakini* of the Karamukhachakrasamvara mandala. 160
- Makara**: sea monster often depicted as part of the throne back decoration in Tibetan paintings. 30, 94, 122, 124, 172, 176
- Makaravaktra**: *makara*-headed *dakini*. 94, 118.
- Mamaki**: consort of Ratnasambhava. 116
- Manchu**: Mongolian/Turkic people of the region of present day northeast China, who conquered that country in the 17th century and established the Qing dynasty (1644–1911). 16, 17, 110
- Mandala**: a schematic representation of the Buddhist cosmos, and a tool for ritual and meditation. 19, 23, 24, 76, 84, 112, 114, 116, 132, 156, 158, 160, 162, 164, 179 (n. 140)
- Mandarava**: one of Padmasambhava's two wives. 124
- Mangalaloka Tara**: manifestation of Tara. 58
- Maningnakpo** (Ma.ning.nag.po): manifestation of Mahakala. 136, 154
- Manjushri**: bodhisattva of wisdom. 19, 20, 28, 34, 38, 50, 52, 72, 74, 100, 126, 128, 150, 158
- Manjushrikirti**: the 7th king of the mythological land of Shambhala. 84
- Manjushrikirti** ('Jam.dpal.grags.pa'i.bshes.gnyen): an Indian *siddha*. 72
- Mantra**: mystical chanted charm or invocation. 22, 72, 76, 78, 156, 174, 176
- Manushi Buddha**: a group of six Buddhas roughly the same as the Buddhas of the Past, being Buddhas who have had mortal manifestations. As Manushi Buddhas they guard the gates into the six worlds wherein the deceased may be reborn after the 49 day Bardo journey. 132, 134
- Marichi**: *dharani* goddess also associated with the retinue of Sita Tara. 56, 130
- Marpa** (Mar.pa; 1012–97): founder of the lineage which under Gampopa would become the Kagyu order. 13, 19, 68, 72
- Matshig Labdron** (Ma.cig.lab.sgron): goddess associated with Shadaksharilokeshvara. 50
- Maudgalyayana**: together with Sariputra, he forms 'the model pair' of the Historical Buddha Shakyamuni's disciples, who often flank him in images. 30
- Medicine Buddhas**: set of eight Buddhas, namely Bhaisajyaguru, Dharmakirti, Sagaraghosha, Suparikirtita namashri, Svaraghosharaja, Shakyamuni, Ashokotamashri, Suvarnabhadra vimala ratna prabhava and Abhijinaraja. 19, 23, 38, 40, 166
- Menla Dondrup** (sMan.bla.don.grub; c. 1425–1505): creator of the Menri painting style. 26
- Menmo** (sMan.mo): Bon deity associated with the Zhangzhung kingdom. 174
- Menri** (sMan.bris): school of painting established by the painter Menla Dondrup. 26
- Menri** (sMan.ri): principal Bon monastery in Central Tibet. 22
- Milarepa** (Mi.la.ras.pa; 1040–1123): the poet-saint of Tibet; disciple of Marpa and master to Gampopa. 13, 76
- Ming dynasty** (1368–1644). Chinese-ruled dynasty that reclaimed China from the disintegrating Mongol empire. 15, 23, 26
- Mortal Buddhas**: group of four Buddhas, namely: Maitreya, Dipamkara, Kasyapa and Shakyamuni. 40
- Mudgayamari**: gate guardian of the Krishnayamari mandala. 158
- Mudra**: iconographic gesture. 88, 168, 172
- Naga**: serpent and natural enemy of Garuda. 28, 30, 48, 88, 96, 122, 172, 176
- Nagarjuna**: name of several Indian *siddha*, the most famous being regarded as the founder of the Mahayana tradition. 66, 74, 88, 110
- Nagasena**: one of the sixteen Indian arhats. 28, 40, 90
- Nairatmya**: consort of Hevajra. 112
- Nakthang** (nag.thang): portable scroll with a black ground. 23, 142, 144, 146, 148, 150, 152, 154
- Namaskaramudra**: gesture of adoration. 48, 50, 58, 128
- Namkha** (Nam.mkha'): creator of the Karma Gadri style. 26
- Namkha Barzin** (Nam.mkha'. sbar.'dzin): guardian deity. 126
- Namkhe Ole** (Nam.mkha'i.slas): female assistant of the Bon deity Palchen Meri. 174
- Nampar Gyalwa** (rNam.par.rgyal.ba; 'Fully Victorious One'): wrathful manifestation of the Bon deity Tonpa Shenrab. 22, 168, 172, 179 (n. 146, 157)
- Narodakini**: *dakini* of the Karamukhachakrasamvara mandala. 160
- Naropa** (1016–1100): Indian master who instructed Marpa. 13, 70
- Nartakarakta**: a red form of Vaishravana. 104
- Narthang** (sNar.thang): monastery in Tsang province, Central Tibet associated with the Kadam order. 58
- Nayashri** (Na.ya.shri): a *dakini* associated with the spiritual lineage of the Nyö family of lay masters. 72
- Nele Sipe Gyalmo** (Ne.slas.srid.pa. rgyal.mo): female assistant of Palchen Meri. 174
- Newar**: ethnicity which has historically made up the majority of the population of Nepal's Kathmandu Valley. Their arts had a great influence on the development of Tibetan painting. 13, 14, 24, 25, 26, 40, 48, 56, 66, 80, 156, 179 (n. 93, 135)
- New Menri** (sMan.bris): style of painting established by Choying Gyatso. 26, 27
- Ngawang Lozang Gyatso** (nGag.dbang. blo.bzang.rgya.mtsho; 1617–1682): 5th Dalai Lama who through his alliance with Gushri Khan established himself and the Geluk order as the spiritual and temporal overlords of Tibet. 15, 16, 26, 92
- Ngor** (gNor): monastery in Tsang, Central Tibet associated with the Sakya order. 24, 76
- Ngorchen Kunga Zangpo** (Ngor.chen Kun.dga'.bzang.po; 1382–1444): abbot of Ngor monastery. 76
- Nilashvakra**: 'Blue Horse' Vaishravana. 104
- Nirvana**: total extinction of the self and the ultimate goal of all Buddhists. 18
- Nispannayogavali**: 11th/12th century Indian Buddhist *tantra* describing different mandala to be used in meditation, and thereby an important iconographic source for Tantric imagery. 19, 114, 116, 156, 158
- Norbu Zangpo** (Nor.bu.bzang.po): sheep-headed assistant of Nartakarakta. 104
- Nyethang** (sNye.thang): monastery near Lhasa in Ü province, Central Tibet. The site of Atisha's death. 12
- Nyima Odzer** (Nyi.ma.'od.zer): manifestation of Padmasambhava. 114
- Nyingma order** (rNying.ma.pa): Tibetan religious order based on the Buddhism expounded in the Yarlung dynasty (7th–9th

- century) and which considers Padmasambhava as its founder. 11, 12, 20, 27, 30, 62, 64, 68, 70, 94, 106, 114, 118, 120, 124, 126, 132, 134, 140, 142, 152, 154
- Nyipangse** (Nyi.pang.sad): Bon deity associated with the Zhangzhung kingdom. 174
- Nyö (gNos)**: family of Buddhist masters originally from West Tibet and ultimately from western Bhutan; loosely connected to the Kagyu order. 72
- Nyö Drupapal** (gNos.Grags.pa.dpal, 12th century): Nyö hierarch, master and father of Sangye Rechen Gyelwa Lhanangpa, and principal subject of Plate 21. 72
- Nyö Lotsawa** (gNos.lo.rtsa.pa; 10th/11th century): primary ancestor of the Nyö lineage and master and father of Dorje Lama. 72
- Nyö Palgye Jungne** (gNos.dPal.gyi. 'byung.gnas; 12th century): Nyö hierarch, son and disciple of Dorje Lama, uncle and master of Nyö Drupapal. 72
- Ogadei Khan** (r. 1229–1241): Mongol Great Khan and father of Godan Khan. 14
- Padmaheruka**: Heruka manifestation of Amitabha. 132
- Padmapani**: 'Lotus Bearer'; 'surname' of Avalokiteshvara. 42, 44, 48
- Padmasambhava**: 'One Born in a Lotus'; 8th century Buddhist master from Kashmir who was the guru to King Trisong Detsen, and is also considered the founder of the Nyingma order. See also Guru Rinpoche. 11, 12, 18, 19, 20, 48, 62, 68, 70, 76, 94, 106, 114, 118, 120, 122, 124, 126, 132, 140, 142, 152, 178 (n. 33)
- Padmavajra**: an Indian siddha. 66
- Padmayamari**: gate guardian of the Krishnayamari mandala. 158
- Pala**: 8th to 12th century northeast Indian kingdom whose Buddhist practice and art had a great impact on Tibet during the Second Diffusion of Buddhism. 25
- Palchen Meri** (dPal.chen.me.ri): 'Mountain of Fire'; Bon tutelary deity. 174
- Pancharakshas**: group of five deities who ward off illness and evil. 166
- Panchen Drakpa Dorje** (Pan.chen.grags.pa.rdo.rje): Sakya lama. 78
- Panchen Lama** (Pan.chen.bla.ma): Geluk order incarnate lama established by the 5th Dalai Lama. Abbot of Tashilhunpo monastery, he is the second highest ranking Tibetan religious leader. 16, 20, 27, 58, 84, 98, 166
- Pandara**: consort of Amitabha. 116
- Pandit**: Indian Buddhist scholar. 12
- Panjaramahakala**: 'Lord of the Tent'; a manifestation of Mahakala. 20, 56, 144, 160, 164
- Panthaka**: one of the sixteen Indian arhats. 28, 40, 90
- Parashu**: axe. 114, 118, 120, 138, 140, 176
- Paripurana Tara**: manifestation of Tara. 58
- Paripachaka Tara**: manifestation of Tara. 58
- Parnashabari**: *dharani* goddess. 56
- Pasha**: Noose. 28, 96, 100, 102, 106, 114, 118, 128, 140, 146, 148, 154, 176
- Patience Creed**: This mantra in Tibetan can be translated as: 'The holy ascetic practice of patience is the best path to Buddhahood, thus the Buddha has said. For a monk to harm others is not virtuous practice.' 72
- Patron–priest relationship**: see *yoncho*. 14, 15, 23
- Peihar** (Pe.har): guardian deity. 126
- Phagpa Lodro Gyaltsen** (Phags.pa.blo.gros.rgyal.mtshan; 1235–1280): nephew of Sakya Pandita who was made Dishu of Tibet by Kubilai Khan. 14
- Phakmodrupa** (Phag.mo.gru.pa; 1110–70): disciple of Gampopa and founder of the Phakmodru branch of the Kagyu order. 13, 66, 178 (n. 39)
- Phakmodru Kagyu order** (Phag.mo.gru.bKa.brgyud.pa): branch of the Kagyu order founded by Phakmodrupa. 13, 14, 15
- Phramenmas** (Phra.men.mas): eight animal-headed goddesses associated with the Bardo journey. 132, 136, 138, 152
- Phurbu** (phur.ba): see *vajrakila*. 64, 106, 122, 152, 176
- Pindola Bharadvaja**: one of the sixteen Indian arhats. 28, 40, 90
- Potala**: mountain residence of Avalokiteshvara and the namesake of the Potala palace. 82
- Potala (Po.ta.la) palace**: residence and seat of government of the Dalai Lamas in Lhasa, built by the 5th Dalai Lama in the 17th century. 15, 16
- Prajna**: wisdom. 19
- Pratyaliidhasana**: posture of stepping to the right. Opposite of *alidhasana*. 102, 108, 128
- Primordial Buddha**: the supreme, universal Buddha. Known variously as Samantabhadra, Vajrasattva and Vajradhara. Alternate name: Adi Buddha. 19, 48, 64, 66, 72, 76, 78, 82, 104, 108, 110, 114, 124, 134, 136, 138, 140, 144, 150, 152, 156, 160, 162, 164, 166
- Prinla Konpo**: group of five guardian deities. 96, 148
- Puja**: sacrifice or offering. 102
- Qianlong emperor** (r. 1736–95): 4th ruler of the Manchu Qing dynasty (1644–1911). 16, 110, 112
- Qing dynasty** (1644–1911). Manchurian-ruled dynasty of China. 15, 16, 17, 23, 110
- Raganisudana Tara**: manifestation of Tara. 58
- Rahula**: one of the sixteen Indian arhats. 28, 30, 40, 90
- Rahula**: half serpent guardian deity. 126, 128, 136, 152, 154
- Raksha**: demoniac divinity. 62, 94
- Raktayamari**: red manifestation of the *dharma* *pala* Yamantaka. 20, 48, 108
- Ralpachen** (Ral.pa.chen; r. 815–838): 3rd of the Three Dharma Kings of the Yarlung dynasty (7th–9th century). 11
- Rasavajra**: goddess of the second circle of Guhyasamaja's mandala. 116
- Ratnaheruka**: Heruka manifestation of Ratnasambhava. 132
- Ratnasambhava** (Buddha): Buddha of the South of the Five Transcendental Buddhas. 19, 44, 56, 116, 132, 134, 178 (n. 18)
- Ratneshayamari**: manifestation of Yamantaka. 158, 162
- Reting** (Rwa.sgreng): monastery in northern Ü province, Central Tibet, founded by Dromton as the seat of the Kadam order. 12
- Rig Veda**: Brahmanic text composed circa 1500 BC. 100
- Rikshavaktra**: bear-headed *dakini*. 52, 118
- Rinchenpel** ('Jig.rten. mgon.rin.chen.dpal; 1143–1217): founder of the Drigung branch of the Kagyu order. 72
- Rinchen Zangpo** (Rin.chen.bzang.po; 958–1055): monk of the Guge kingdom who together with Lekpe Sherab survived the mission to Kashmir. He was subsequently responsible for much of the propagation of Buddhism in West Tibet during the Second Diffusion of Buddhism. 12, 42, 112
- Rudra**: alternate name for Shiva. 106
- Rupavajra**: goddess of the second circle of Guhyasamaja's mandala. 116
- Rupini**: a four-armed *dakini* who appears in the first circle of the Samvara mandala. 114, 156
- Sabdavajra**: goddess of the second circle of Guhyasamaja's mandala. 116
- Sachen Kunga Nyingpo** (Sa.chen.kun.dga'. nying.po; 1092–1158): founder of both the Sakya order and monastery. 144
- Sadhanamala**: 11th/12th century tantric text with detailed iconographic description of deities. 19
- Sakshu** (sag.zhu): literally 'gold coloured hat'. 92, 126
- Sakya** (Sa.skya): principal monastery of the Sakya order in Tsang, Central Tibet. 13, 14, 144
- Sakya order** (Sa.skya.pa): monastic order founded by Konchog Gyalpo and its lineage was transmitted from uncle to nephew. 13, 14, 15, 16, 20, 24, 26, 76, 78, 80, 108, 116, 144, 146, 156, 158, 160, 162, 164
- Sakya Pandita**: see Kunga Gyaltsen. 14, 78
- Samantabhadra**: manifestation of the Primordial Buddha. 19, 64, 110, 124, 134, 136, 140, 152
- Samvara**: tutelary deity (*yiḍam*) and subject of the *Chakrasamvara Tantra*. 21, 48, 114, 140, 142, 156, 160
- Samye** (bSam.yas): the first Tibetan monastery, founded by Padmasambhava and located in Ü province, Central Tibet. 11, 62, 68
- Sangye Rechen Gyelwa Lhanangpa** (Sangs.rgyas.ras.chen. rgyal.ba.lha.nang.pa; 1164–1224): Nyö hierarch, son and disciple of Nyö Drupapal, founder of Lhapa Kagyu order. Possible commissioner of Plate 21. 72
- Saptaratna**: 'seven treasures of the Chakravartin (Universal King); emblems

- of both cosmic and secular power, and namely: the king, queen, elephant, wheel, horse, jewel and minister. 52
- Saraha:** Indian *mahasiddha* and one of the earliest masters of the *Chakrasamvara Tantra*. 66
- Sarasvati:** goddess whose name literally means 'Melodious Voice'. 50, 52, 128
- Sari:** unstitched cloth of female apparel worn wrapped around the waist as a skirt. 58, 92, 128
- Sariputra:** together with Maudgalyayana, he forms 'the model pair' of the Historical Buddha Shakyamuni's disciples who often flank him in images. 30
- Sarvabuddhadakini:** *dakini*. 52, 76, 114, 120, 138, 156
- Second Diffusion of Buddhism:** The period of the re-introduction of Buddhism into Tibet considered to have begun in the late 10th century, *circa* 978. 12, 18, 21, 23, 24, 25, 26, 74, 106
- Seikhrabtsan** (bSe'i.khrab.can): manifestation of the *dharmapala* Tsangpa Karpo (White Brahma). 21, 96, 148, 166
- Sekpong Zangpo** (Sred.spong.bzang.po): goat-headed assistant of Nartakarakta. 104
- Serthang** (gser.thang): a portable scroll with a 'cold gold' ground. 23, 78
- Shadaksharilokeshvara:** four-armed manifestation of the bodhisattva Avalokiteshvara. 38, 48, 50, 72, 76, 120, 122, 126, 128
- Shah:** Present ruling dynasty of Nepal which conquered the Kathmandu Valley in the late 18th century. 16
- Shakyamuni** (Buddha): the Historical Buddha, and member of the seven Manushi (Mortal Manifestation) Buddhas, the seven Buddhas of the Past, the eight Medicine Buddhas and the four Mortal Buddhas. 18, 19, 20, 22, 23, 27, 28, 30, 32, 34, 38, 40, 52, 66, 70, 74, 80, 82, 90, 106, 164
- Shalu** (Zhwa.lu): monastery near Shigatse in Tsang province, Central Tibet. 25, 44
- Shambala:** 'Northern Paradise' of Tibetan Buddhist mythology. 84
- Shankha:** conch. 96
- Shantarakshita** (8th century): Indian Buddhist master who suggested that King Trisong Detsen invite Padmasambhava to Tibet, and who became the 1st abbot of Samye. 62
- Shantidevi:** Indian Buddhist master. 74
- Sharmapa Kagyupa** (Zhwa.dmar.pa bKa'.brgyud.pa): sub-order of the Karmapa branch of the Kagyu order, which was founded by Trakpa Senge (Grags.pa.seng.ge; 1283–1349), the disciple of the 3rd Karmapa, Rangchung Dorje (Rang.byung.rdo.rje; 1284–1339). 64, 134
- Shen:** Bon term for 'teacher', equivalent of the Buddhist 'Buddha'. 170, 172
- Shigatse** (gZhis.ka.rtse): city in Tsang province, Central Tibet. 16
- Shiva:** Brahmanic deity, and one of the three principal gods of Hinduism. 48, 106, 150
- Shoka Vinodana Tara:** manifestation of Tara. 58
- Shou:** Chinese character for long life. 90
- Shri Devi:** female guardian deity; one of the eight *dharmapala*. Her Tibetan name is Palden Lhamo (dPal.lhan.lha.mo). 21, 48, 50, 94, 96, 106, 118, 126, 144, 152, 166
- Shri Chakrasamvara:** alternate name for Chakrasamvara. 114
- Shri Heruka Vajramanjugosha:** wrathful manifestation of Manjushri. 128
- Shri Kalachakra:** *yidam* (tutelary deity) and subject of the *Kalachakra Tantra*. 84
- Siddha:** 'perfect being'; an Indian Tantric Buddhist adept. 66, 72
- Sikkim:** former Himalayan kingdom ruled by a Tibetan dynasty, and made a protectorate by the British empire, and ultimately absorbed by the Indian republic. 10
- Silk Roads:** the trade routes crossing the Central Asian deserts from West and South Asia to China. Particularly active during the 1st millennium AD, they were important arteries for the initial transmission of Buddhism to Tibet, Mongolia, China, Japan and Korea. 10, 11, 13, 18
- Simhanadalokeshvara:** 'Roar of the Lion' manifestation of Avalokiteshvara. 56
- Simhavaktra:** lion-headed *dakini*; also known as Simhamukha. 52, 76, 94, 114, 118
- Simla treaty:** 1914 treaty by which Tibet's sovereignty was recognised. Signed by Tibet and Britain, it was not signed by the Chinese Republic. 17
- Singalingwa** (Sin.ga.gling.ba): *dakini*. 110
- Sita Tara:** white manifestation of Tara. 34, 50, 52, 54, 92, 126, 128, 166
- Sitamanjugosha:** manifestation of the bodhisattva Manjushri. 52, 72
- Situ Panchen** (Si.tu Pan.chen): incarnate lama of the Karmapa Kagyu order. 27, 34
- Sonam Gyatso** (bSod.nam.rgya.mtsho; 1543–88): 3rd Dalai Lama, and the one on whom the title was first conferred by the Mongol Altan Khan. 15, 86, 98
- Sonam Lodro** (Bsod.nams.blo.gros; 1432–1468): Sakya abbot of Tehura monastery. 76
- Songtsen Gampo** (Srong.btsan.sgam.po; r. 617–650): 1st of the Three Dharma Kings, and believed to be the king of the Yarlung dynasty (7th–9th century) to unify the different polities of the plateau into one nation. Founder of the Jokhang in Lhasa. 11, 15
- Sparshavajra:** consort of Guhyasamaja. 116
- Spiritual Heroes** (gyung.drung.sems.dpa): the 13 primeval *shen* of the Bon religion. 172
- Spiti:** Himalayan valley in Himachal Pradesh with a largely Tibetan population and once part of the West Tibetan kingdom of Guge. 42
- Srinmochenmo** (Srin.mo.chen.mo): *dakini*. 110
- Stupa:** funerary shrine to Shakyamuni Buddha which became an important aspect of Buddhist architecture and imagery. 26, 44, 56, 72, 84, 166
- Sukarasya:** a four-armed boar-headed of the Samvara mandala. 114, 156
- Surya:** sun god. 48
- Suryagupta** (bLo.bzang.bstan.pa'i.nyi.ma; 1781–1854): the 4th Panchen Lama who established the pantheon of 500 deities at Narthang monastery. 58
- Sutra:** Buddhist text. 18
- Svabhajrapajna:** consort of Krishnayamari. 158
- Svanasya:** a four-armed dog-headed goddess of the Samvara mandala. 114, 156
- Syama Tara:** green manifestation of Tara, and consort of Amoghasiddhi. 50, 54, 56, 64, 72, 74, 86, 116, 128, 166
- Tabo** (Ta.bo): temple of the Guge kingdom of West Tibet. 25
- Takkiraja:** *krodha* guardian. 116, 120, 122, 134
- Takla Mebar** (sTag.la.me.'bar): wrathful Bon deity. 108
- Taklung Kagyu** (sTag.lung bKa'.brgyud.pa): branch of the Drigung order founded by Tashipel, Taklung Thangpa Chenpo – a disciple of Phakmodrupa. 13, 66
- Tang dynasty** (618–907). Chinese-ruled dynasty of China contemporary with the Tibetan Yarlung dynasty (7th–9th century). 10, 11
- Tanjur** (bsTan.'gyur): class of commentary literature in both Buddhism and Bon. 20, 22
- Tantra:** type of esoteric Buddhist texts which delineate a 'quicker path' to spiritual liberation through a system of rituals, yogic exercises and techniques such as meditation and visualisation. 18, 19, 70, 84, 112, 116, 160
- Tantrayana:** see Vajrayana. 18
- Tantric Buddhism:** see Vajrayana.
- Tara:** female emanation of the bodhisattva Avalokiteshvara. 19, 26, 50, 54, 58, 64, 72, 128, 132, 144, 178 (n. 30), 179 (n. 122)
- Tarjanimudra:** gesture of pointing out error. 30, 118, 128, 164
- Tashilunpo** (bKra'.shis.lhun.po): monastery near Shigatse in Tsang province, Central Tibet, of which the Geluk Panchen Lama is abbot. 16, 82, 86, 94
- Tashipel, Taklung Thangpa Chenpo** (Ta.shi.dpal, sTag.lung thang.pa.chen.po; 1142–1210): disciple of Phakmodrupa and founder of the Taklung Kagyu lineage. 66
- Tazik** (rTag.gzigs): original homeland of the Bon religion. 21, 22
- Tehura** (rTe'u.ra): Sakya monastery in Tsang province, Central Tibet. 76
- Tenzin Gyatso** (Bstan.'dzin.rgya.mtsho; b. 1935): 14th and present Dalai Lama. 17
- Tergye Srungma** (gTer.gyi.srung.ma): one of the four attendants of Seikhrabtsan. 96, 148
- Terma** (gter.ma: treasure): a class of 'rediscovered' literature in Tibetan Buddhism and Bon. 12, 84
- Terton** (gter.ston; 'Treasure Finders'); discoverers of the *terma* texts. 12, 114, 154

- Terton Padma Lingpa** (gTer.ston.pad.ma. gling.pa; 1450–1513): master of the Nyingma order. 140
- Thangka** (*thang.ka*): a portable scroll that can be rolled up and is painted, embroidered or made of patchwork. 20, 23, 25, 27, 48, 58, 62, 66, 68, 78, 84, 86, 102, 118, 128, 144, 146, 154, 168
- Theravada** ('School of the Elders) **Buddhism**: earliest form of Buddhism alternately known as Hinayana Buddhism. 18
- Tholing** (mtho.liding): temple founded in the 10th century in the Guge kingdom of West Tibet, located in the Tibet Autonomous Region of China. 25, 42, 58
- Three Principles of Buddhism**: the Buddha, his Teachings and the Community. 19
- Thousand Buddhas**: decorative theme in Buddhist painting where the background is filled with countless repeated images of the Buddha. 168
- Thubten Gyatso** (Thub.bstan.rgya.mtsho; 1876–1933): 13th Dalai Lama. 17
- Tibetan empire** (7th–9th century): see Yarlung dynasty. 11, 18, 21, 25, 54
- Tilopa** (988–1069): Indian master who instructed Marpa. 13, 70
- Tonpa Shenrab** (sTon.pa.gshen.rab): historical 'Enlightened One' of the Bon religion; also known as Shenrap Miwo. 22, 172
- Torma** (*tor.ma*): offering made of butter. 146
- Trapusha and Bhalika**: two brothers who witnessed the *lokapala* presenting offerings to the Historical Buddha Shakyamuni in a stone bowl. 32
- Transcendental Buddhas**: group of five Buddhas, namely: Vairochana, Ratnasambhava, Akshobhya, Amitabha and Amoghasiddhi. Alternately known as the five Cosmic Buddhas, and as the five Dhyani Buddhas. 19, 25, 32, 42, 44, 56, 64, 116, 132, 134, 136, 166, 168
- Tribhanga**: a thrice-bent posture. 42
- Triratna**: 'Three Jewels', standing for the Three Principles of Buddhism: Buddha, his Teachings and the Community. 116, 134
- Trisong Detsen** (Khri.srong.lde.btsan; r. 775–797): 2nd of the Three Dharma Kings, and royal disciple of Padmasambhava. 11, 62, 124
- Trisula**: trident. 100, 106, 110, 114, 118, 124, 132, 136, 138, 140, 154, 160
- Tsakli** (*tsa.ka.li*): miniature paintings of deities which serve in Buddhist initiation and Bon funerary rituals. 170
- Tsalthang** (*mtshal.thang*): portable scroll with a red ground. 23, 30, 38, 46, 50, 56
- Tsan** (bTsan): group of mountain deities. 152
- Tsang** (gTsang): southern province of Central Tibet. 13, 17, 24, 76, 80
- Tsangpa Karpo** (Tsang.pa.kar.po; the White Brahma): guardian deity, one of the eight *dharmapala*. 21, 94, 96, 126, 148, 166
- Tsangyang Gyatso** (Tshangs.dbyangs.rgya.mtsho; 1683–1706): 6th Dalai Lama who was hidden for much of his childhood by the 'delayed' announcement of the 5th Dalai Lama's death and who was subsequently forced to abdicate when he did not live up to his counsellors' expectations. 16, 92, 94, 166
- Tsar Nicholas** (1868–1918): Russian ruler in contact with 13th Dalai Lama. 17
- Tsengye Makpon** (bTsan.gyi.dmag.dpon): one of the four attendants of Seikhrabsan. 96, 148
- Tseringma** (Tshe.ring.ma): one of the five Goddesses of Longevity. 50, 94
- Tseumarpo** (Tsi'u.dmar.po): chief of the Tsan deities. 106
- Tsongkhapa** (Tsong.kha.pa; 1357–1419): founder of the Geluk order. 15, 19, 20, 30, 74, 82, 86, 96, 106, 166
- Tsurphu** (mTshur.phu): Karmapa Kagyu monastery northwest of Lhasa in Ü province, Central Tibet, which was founded by Dusum Khyenpa. 13
- Tumoshinje** (bDud.mo.gshin.rje.): group of four assistants of Nilashvakrishna, namely: Tumoshinje Goguma (mgo.dgu.ma), -Lukgyama (lug.brgya.ma), -Phungkrolma (phung.krol.ma) and -Sodyema (gsod.byed.ma). 104
- 'Twelve Boats'**: group of Bon guardian deities. 174
- Ü** (dBus): region of Central Tibet around the capital Lhasa. 14
- Uchen** (*dbu.can*): Tibetan 'with-head' script often used for inscriptions on paintings. 42, 62, 68, 78, 122, 160, 176, 179 (n. 136)
- Ulukasya**: a four-armed owl-headed goddess of the Samvara mandala. 114, 156
- Umed** (*dbu.med*): cursive Tibetan 'headless' script derived from *uchen* and also sometimes used for inscriptions on paintings. 74, 148, 170
- Upaya**: compassion. 19
- Ushnishavijaya**: female emanation of Buddha Vairochana, goddess of long life. 19, 23, 56
- Ushnishavijaya Tara**: manifestation of Tara. 58
- Utpala**: blue lotus. 42, 44, 50, 158
- Vairochana** (Buddha): chief of the five Transcendental Buddhas. 19, 44, 56, 116, 132, 134, 138, 178 (n. 18)
- Vairochanayamari**: manifestation of Yamantaka. 158, 162
- Vaishravana**: *lokapala* of the north, also associated with wealth. 21, 23, 26, 48, 76, 84, 94, 96, 102, 104, 126, 166, 178 (n. 79), 179 (n. 84)
- Vajra**: Tib. *dorje* (*rdo.rje*) – literally 'thunderbolt' or 'diamond-sceptre'; ritual implement symbolic of wisdom. 18, 19, 28, 30, 38, 42, 46, 50, 68, 72, 76, 78, 80, 92, 102, 106, 114, 116, 120, 122, 124, 128, 132, 134, 136, 140, 142, 152, 154, 156, 158, 160, 162, 166
- Vajrabhairava**: manifestation of Yamantaka. 150, 162
- Vajracarcika**: deity of the Krishnayamari mandala. 158
- Vajrachanda**: wrathful manifestation of Vajrasattva. 164
- Vajradanda**: wrathful manifestation of Vajrasattva. 164
- Vajradhara**: manifestation of the Primordial Buddha. 19, 48, 66, 72, 76, 78, 82, 104, 108, 114, 134, 144, 150, 156, 160, 162, 166
- Vajraheruka**: Heruka manifestation of Akshobhya. 132
- Vajrahumkara**: deification of the mantra syllable *hum* and guardian associated with Hevajra. 128, 144
- Vajrakila**: guardian deity with a dagger-shaped lower body. 20, 124, 138, 176
- Vajrakila**: ritual dagger; in Tibetan: *phurbu* (*phur.ba*). 124, 176
- Vajrakilaya**: wrathful manifestation of Vajrasattva. 164
- Vajramudgara**: wrathful manifestation of Vajrasattva. 164
- Vajrapada**: an Indian siddha. 66
- Vajrapani**: bodhisattva often depicted in his aggressive aspect as a *krodha* guardian. 20, 28, 30, 38, 42, 64, 102, 106, 114, 120, 122, 126, 134, 142, 166
- Vajrasana**: posture of meditation; alternate term: *dhyanasana*. 28, 30, 38, 42, 92, 168, 172
- Vajrasarasvati**: deity of the Krishnayamari mandala. 158
- Vajrasattva**: manifestation of the Primordial Buddha. 19, 66, 72, 104, 164
- Vajravahni**: boar-headed *dakini* and consort of Chakrasamvara. Deity of the Krishnayamari mandala. 48, 122, 128, 156, 158, 160
- Vajravetali**: consort of Raktayamari. 108
- Vajravidarana**: a wrathful manifestation of Vajrasattva. 164
- Vajrayana (Diamond Path) Buddhism**: Buddhist tradition based on tantric texts and a shorter path to enlightenment; alternate names: Tantrayana or Tantric Buddhism. 18, 19, 20
- Vanali**: *dakini*. 144
- Vanavasin**: one of the sixteen Indian arhats. 28
- Vasudhara**: goddess of abundance. 50, 78
- Varadamudra**: gesture of wish granting. 40, 44, 52, 54, 56, 62, 92, 128
- Varunadeva**: one of the 35 Confession Buddhas. 88
- Vetali**: consort of Mahavajrabhairava. 150
- Vidyadhara**: literally 'Bearers of Knowledge', usually depicted in pairs. During the 49-day Bardo journey, they help guide the deceased towards paradise. 134
- Vina**: lute, attribute of the *lokapala* Dhrtarashtra. 31
- Virudhaka**: *lokapala* of the south. 88, 166
- Virupa**: Indian *mahasiddha* who instructed Dombipa, and is particularly identified with the Sakya order. 70
- Virupaksha**: *lokapala* of the east. 166
- Vishnu**: Brahmanic deity, and one of the three principal gods of Hinduism. 106, 150
- Vishva**: adept who was the father of Vaishravana. 102

- Vishvavajra**: ritual object comprised of two vajras crossed perpendicularly. 56, 134
- Vitarkamudra**: gesture of instruction. 46, 66, 68, 72, 74, 78, 82, 86, 88, 134, 170
- Vyagravaktra**: tiger-headed *dakini*. 118
- Vyala**: leogryph; mythical lion-goat creature often found as part of decoration of throne backs in Tibetan painting. 30, 42, 72
- West Tibet**: the western regions of the plateau and its related mountain valleys, in the present day western half of the Tibet Autonomous region and in the eastern section of India's Jammu and Kashmir, and the northern section of India's Himachal Pradesh. Alternate name Ngaris (mNga.ris). 12, 21, 25, 26, 27, 28, 42, 58, 62, 72, 90, 112, 148, 168, 179 (n. 122)
- Xixia kingdom** (982–1227): Central Asian kingdom centred on present-day Gansu and Ningxia provinces in northwestern China. 13, 25
- Xylography**: paintings which are produced through wood-block printing techniques. 27, 84, 86
- Yab**: term for 'father'. 72
- Yabyum** (*yab.yum*): literally 'father-mother', posture of sexual embrace. 84
- Yama**: guardian deity; one of the eight *dharmapala*. Also the Brahmanic god of death. 21, 94, 100, 108, 112, 120, 122, 134, 142, 150, 158, 166
- Yamantaka**: guardian deity; one of the eight *dharmapala*. 20, 72, 100, 108, 116, 126, 150, 156, 158, 162, 166
- Yamaraja**: manifestation of Yama. 108
- Yami**: sister of Yama. 100, 150
- Yana**: literally 'path' or 'vehicle'. 18
- Yangdakshe Zangpo** (Yang.dag.shes.bzang.po): stag-headed assistant of Nartakarakta. 104
- Yarlung dynasty** (Yar.lung; 7th–9th century). dynasty which created and ruled over the Tibetan empire. Also known as the Pugyel (sPu.rgyal) dynasty. 10, 11, 124
- Yarlung Valley** (Yar.lung): valley to the south of Lhasa in Ü province, Central Tibet. It is considered to have been the original power base of the Yarlung dynasty (7th–9th century). 10
- Yidam** (*yi.dam*): tutelary deity; entity who helps guide the practitioner along the path to enlightenment, specifically as a focus of meditation. 19, 20, 21, 28, 70, 72, 74, 76, 80, 82, 84, 110, 112, 114, 116, 140, 150, 156, 160, 166
- Yogi**: a male yoga adept. 142, 162, 174
- Yogini**: a female yoga adept. 110
- Yoncho** (*yon.mchod*): the patron–priest relationship first established by the Mongol princes with their spiritual gurus, the Sakya abbots. 14, 23
- Yongle emperor** (r. 1403–24). 3rd ruler of the Ming dynasty, who established the patron–priest relationship with the Karmapa lamas. 15
- Yonten Gyatso** (Yon.tan.rgya.mtsho; 1589–1617): 4th Dalai Lama and grandson of Altan Khan. 15
- Younghusband**, Colonel Francis (1863–1942): Officer who led the British invasion of Tibet in 1903. 17
- Yuan dynasty** (1279–1368). Mongol-ruled dynasty of China. 14, 15, 23
- Yuchashogchikma** (gYu.bya.gshogs.gcig.ma): mountain goddess. 126
- Yundrun** (gYung.drung): a Bon monastery in Central Tibet. 168, 179 (n. 157)
- Yungmo** (gYung.mo): *dakini*. 110
- Zhangzhung** (Zhang.zhung): pre-imperial kingdom in West Tibet, said to be the secondary homeland of the Bon religion. 21, 62, 174