

# CONTENTS

	<b>Page</b>
<i>List of Illustrations</i>	<i>vii</i>
<i>Introduction</i>	<i>xi</i>
1. Journey from Darjiling to Tashilhunpo	1
2. Residence at Tashilhunpo	49
3. Journey to Dongtse	76
4. Residence at Tashilhunpo, and Preparations for Journey to Lhasa	114
5. From Tashilhunpo to Yamdo Samding, and thence to Lhasa	134
6. Residence at Lhasa	162
7. Government of Lhasa—Customs, Festivals, etc.	187
8. Return to Tashilhunpo and Ugyen-gyatso's visit to the Bonbo Sanctuary of Rigyal Sendar	213
9. Funeral of the Panchen Rinpoche—Visit to the Great Lamasery of Samye and to Yarlung	233
10. Visit to Sakya and Return to India	259
11. Social Divisions—Marriage—Funerals—Medicine— Festivals	269