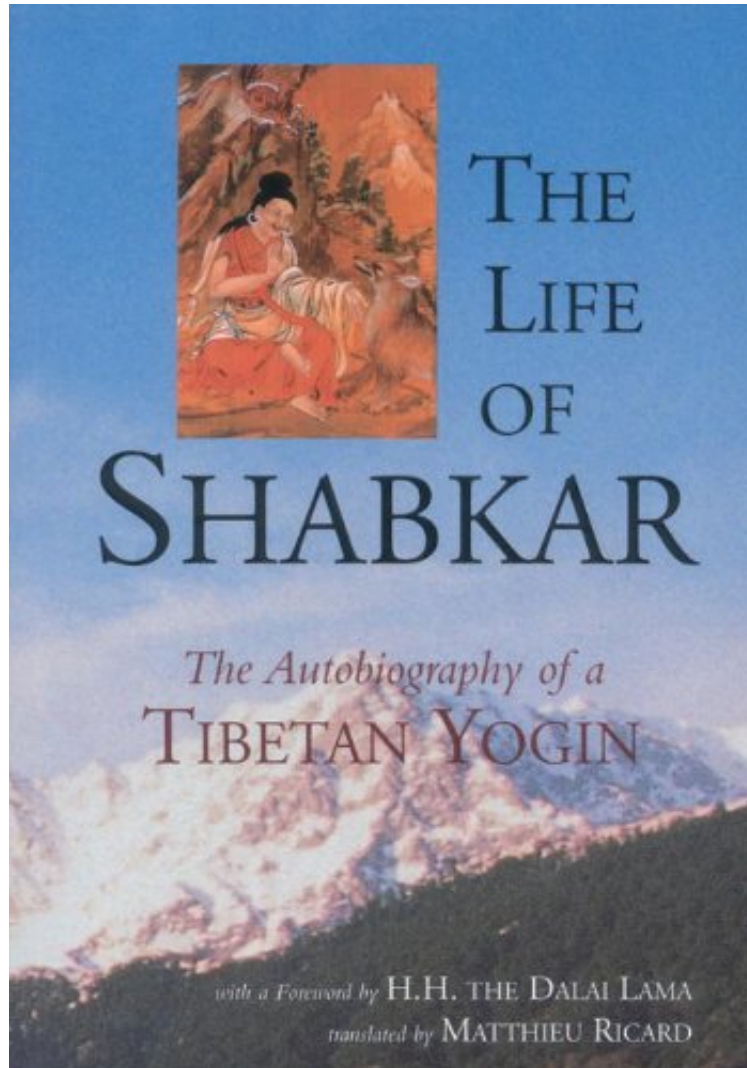


[Library ebook] The Life of Shabkar: The Autobiography of a Tibetan Yogin

## The Life of Shabkar: The Autobiography of a Tibetan Yogin

*Shabkar Tsogdruk Rangdrol*

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determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization. Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism, as well as the social and cultural life of early nineteenth-century Tibet.