



suffer brain damage when one is unable to breathe. Strong winds and frigid temperatures make the climate even more rigorous. Clearly the peak of Mount Everest is a place for only the heartiest of people.

Check this link: <http://www.mrdowling.com/612-himalayas.html>

The life of Tsong Khapa (1357-1419)

Tsong Khapa, also called Je Rimpoche, was born in eastern Tibet in the Valley of Tsong Kha (Onion Valley) in the province of Amdo. It is said, that at the place where he was born later the Kumbum monastery was founded. His birth took place in the Tibetan “Year of the Bird”, or in the year 1357 of our era. Many of the facts and circumstances described here are in the first part of the book *Life and Teachings of Tsong Khapa* by Robert A. F. Thurman. He was the fourth of a family with six sons. The father was a hefty, but modest and taciturn man. This energetic and subdued man was constantly with his thoughts on the teachings of the Buddha and recited every day the “the pronunciation of the names of Mañjushri”. Mañjushri is one of the main bodhisattvas in Mahayana Buddhism. His name means compassion. The mother was a most friendly and unsuspecting woman. She always sang the