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The Tibetan name for their land, Bod འབྲུག་ཡུལ་, means "Tibet" or "Tibetan Plateau", although it originally meant the central region [citation needed] around Lhasa, now known in Tibetan as འབྲུག་ཡུལ་. The Standard Tibetan pronunciation of Bod, [pʰɛ̃˥˥.ʈ͡ʂʰɛ̃˥˥], is transcribed Bhāṅ in Tournadre Phonetic Transcription, Bāṅ in the THL Simplified Phonetic Transcription and Poi in Tibetan pinyin.

### Tibet - Wikipedia

Bon, also spelled Bāṅ (Tibetan: འབྲུག་ཡུལ་, Wylie: bon, Lhasa dialect IPA: pʰɛ̃˥˥.ʈ͡ʂʰɛ̃˥˥), is a Tibetan religion, which self-identifies as distinct from Tibetan Buddhism, although it shares the same overall teachings and terminology. It arose in the eleventh century and established its scriptures mainly from termas and visions by tertans such as Loden Nyingpo.

### Bon - Wikipedia

The International Campaign for Tibet (ICT) and FIDH highlight the serious human rights risks and counter-productive nature of China's new counter-terrorism law in a new report launched today at the Foreign Correspondents Club of Tokyo, Japan.

### Dangers of China's counter-terrorism law for Tibetans and

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Paida and Lajin Self-Healing (Abridged Version) By Hongchi Xiao \* This is an abridged version of Paida and Lajin Self-Healing (English edition), which came out in Singapore in October, 2012.

### Paida and Lajin Self-Healing

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