

第一单元

魅力康巴 我们共同拥有

在地球“第三极”青藏高原东南部，有个广袤、美丽、富饶的地方叫“康巴”。

康巴地区泛指今天的云南省迪庆藏族自治州、青海省玉树藏族自治州、四川省甘孜藏族自治州及凉山彝族自治州木里县和西藏自治区的昌都市，地域面积达 50 多万平方千米，人口约 250 万。

康巴有着无数的雪山、冰川、江河、湿地、湖泊等，旅游资源极其丰富。

雪山富集。著名的神山有冈底斯山、念青唐古拉山、格拉丹东、卡瓦格博、贡嘎山、仙乃日、央迈勇、夏诺多吉、尕朵觉吾等。

江河纵横。金沙江、澜沧江、怒江、雅砻江等发源或流经康巴大地，抚育着流域数亿人口，于是人们把它称作“亚洲水塔”。

草原辽阔。塔公、依拉、扎溪卡等不胜枚举，是中国最重要湿地生态系统的组成部分。

湖泊众多。碧塔海、纳帕海、米格措、伍须海、木格措等高原湖泊数不胜数，它们虽然没有青海湖般的体量，但柔美、秀丽总是让摄影家们放不下相机，让人流连忘返。

特殊的地理环境，养育了许多珍稀动植物种，是滇金丝猴、黑颈鹤、野牦牛、藏羚羊、云豹们的乐园，是银杏、红豆杉的家园，国家保护名录上的动植物就有数百种之多。

特殊的地理环境孕育了独特的康巴文化。早在 4000 年前就有人类在

① 本单元的汉语和英语译文选自迪庆州委宣传部主编的《魅力康巴 (Khampa Glamour)》(云南人民出版社, 2011 年 7 月, 第 1-2 页), 略有修改, 特此致谢。



这一带生存繁衍。迪庆的戈登遗址，显示了新石器时代就有人类活动的清晰痕迹，在同一时期，与昌都卡若遗址关系密切的文化地图还可以这样描绘：往东是有着同样葬俗的金沙江、雅砻江流域，往西是怒江流域的横断山脉古人，几乎都奉行石板葬俗。可见他们早就已扎根于此，开发耕耘于此，神山和圣水崇拜也已经形成。

公元 630 年，康巴全境已融入吐蕃的版图，这个时候是吐蕃历史上原来信奉的苯教和佛教相互较劲的时期，稍后佛教取得了王家的支持，占了主要地位。但后来又出现了大规模的灭佛事件，接着吐蕃分崩离析，雪域大地上部落林立，佛教也再次兴盛，许多经典传说就来自康巴地区，由此可见佛法再次中兴过程中，康巴人有着不可替代的作用。于是，佛法和佛号成为了镌刻在康巴大地上的一道风景线，影响了社会及人们生活的各个方面。

然而康巴文化又且是一个“佛”字了得！

近一千年来，康巴大地上出现过许多惊人的科技创举，在云南境内的金沙江上，康巴人修建了第一座横跨长江的铁索桥，在康巴大地上修建了许多土碉堡和石碉堡，尤其是丹巴的古碉，经历数百年的风雨浸湿而兀立。

康巴人在藏医药学方面的贡献也是独特的，如心脏神药七十味珍珠丸，如列入中国十大民医的藏医大师向·此称江初活佛。

千年来康巴人在文化艺术方面塑造的格萨尔系列人物形象更是吸引了人们的眼球。提到歌舞的海洋，人们就联想到玉树，说起情歌的故乡，人们会指出这是甘孜，一提起藏东明珠，人们就会自然而然说是昌都，说到人类精神家园香格里拉，人们就会向往云南迪庆。

新中国成立以来，康巴大地改天换地，大事多多，喜事连连，中国第一个民族自治州——四川省甘孜藏族自治州成立，接着又有青海玉树藏族自治州、云南迪庆藏族自治州成立，昌都市也随着西藏自治区的成立建立。康巴人当家做了国家的主人，社会形态从封建农奴制跨越迈入社会主义社会，康巴融入了国家经济社会发展的轨道，古老大地焕发出勃勃生机。

特别是改革开放和实施西部大开发以来，康巴人发扬“敢教日月换新天”的精神，逢山开路，遇水架桥，国道 317 和国道 318 贯穿康巴境地，

国民经济基础建设翻天覆地，日新月异，村村通公路，神鹰翱翔蓝天，坐飞机已经不再是梦想，而只是出行的普通方式。

康巴地大物博，人文历史博大精深，盛世盛会连连。有诗为证：“四季枯荣皆斑斓，八方人文俱灿烂。” 我们想尽力做到“天地舒展一卷中”，但康巴之大、康巴之美、康巴之深、康巴之奇，是怎样的文笔，怎样的镜头都无法囊括，在这里我们只能采撷康巴自然和人文海洋中的点滴浪花，为您展示康巴山水和康巴风情。

Unit One

Khampa Glamour: A Gift to All Mankind

In the southeast of the Qinghai-Tibet Plateau, which is called “the Earth’s third pole”, there is a vast, beautiful and richly -endowed area known as “Khampa”.

Khampa region generally refers to the area including today’s Diqing Tibetan Autonomous Prefecture in Yunnan Province, Yushu Tibetan Autonomous Prefecture in Qinghai Province, Garzê Tibetan Autonomous Prefecture and Muli Tibetan Autonomous County of Liangshan Yi Autonomous Prefecture in Sichuan Province and Chamdo Prefecture in the Tibet Autonomous Region, totally covering more than 500,000 square kilometers with a population of around 2.5 million.

Khampa has numerous snow-capped mountains, glaciers, rivers, wetlands and lakes, so it is extremely rich in tourism resources.

Well-known sacred mountains are Kailash Mountain, Nyainqê ntanglha Mountain, Geladaindong Peak, Kawagebo Peak, Gongga Mountain, Chenrisig Mountain, Jambayang Mountain, Chanadorje Mountain, Gato Jowo Mountain, etc.

Rivers such as the Jinsha River, the Lancang River, the Nujiang River,

and the Yalong River originate in or flow across the Khampa area, nourishing millions of people throughout their valleys. Therefore, Khampa is lauded as “Asia’s Water Tower”.

Tagong Grassland, Yila Grassland, Zhaxika Grassland and other countless grasslands are components of the most important wetland ecosystems of China.

Here are numerous alpine lakes like Bita Lake, Napa Lake, Migequo Lake, Wuxu Lake, Mugequo Lake, and so forth. They are smaller than Qinghai Lake, but their beauty constantly keeps photographers enchanted and travelers attracted. Their picturesque scenery renders tourists reluctant to leave.

Khampa of the unique geographic environment is home to various rare animals and plants, among which hundreds are on the national protection list, such as the Yunnan snub-nosed monkey, the black-necked crane, wild yak, the Tibetan antelope, the clouded leopard, ginkgo, Chinese yew, etc.

Unique Khampa culture originated in this unique geographic environment. Human beings started to reside in the region 4,000 years ago. The evidence to such early human activities in the Neolithic age is the Gedeng Neolithic Site in Diqing Tibetan Autonomous Prefecture. Several cultures of the same period are closely linked to Chamdo Karub Relics, and the cultural map can be depicted as: to the east are the Jinsha River and the Yalong River valleys where people shared the same funeral rites; to the west are the Nujiang River valleys where most ancient people of Hengduan Mountains followed a stone slab burial custom. Those ruins are signs that people have long lived and farmed here, and have already developed worships of sacred mountains and holy waters.

By 630 A.D., the entire Khampa region had become a territory of the Tubo. It was a time when indigenous Bonism and Buddhism tried to overpower each other. With the royal support, Buddhism later gained the upper hand. Then came large-scale events of abolishing Buddhism, followed by the collapse of

the Kingdom. Numerous tribes of the region, however, carried on the religion and helped Buddhism to thrive again, leaving behind classic legends and stories. Khampa people thus played an indispensable role in the course of Buddhism's resurgence. Buddhist doctrines and Buddha's names have already become a part of Khampa scenery and have penetrated every aspect of Khampa society and daily life.

Khampa culture, however, is much more than Buddhism.

Many astonishing scientific and technical accomplishments have been made in the recent millennium. Over the Yunnan section of the Jinsha River, Khampa people built the first chain bridge across the Yangtze. They also built a large number of earth blockhouses, represented by Danba Ancient Watchtowers, which still keep standing after centuries of winds and rains.

Khampa people have also made great contribution to Tibetan medicine and pharmacology. To name a few, the miracle-working cardiac medicine "70-Flavor Pearl Bolus", and a master of Tibetan medicine, Living Buddha Hsiang Chengchu Jiangchu, who is listed in the "the Top Ten Folk Doctors in China".

In literature and arts, Khampa people have created the Gesar characters which have been appealing to people for thousands of years. At the mention of a "sea of songs and dances", one would think of Yushu; mentioning "the hometown of love songs", one would point out the Garzê; speaking of the "eastern-Tibet pearl", one would naturally say Chamdo; when it comes to the mankind's spiritual garden, Shangri-La, one would long for Diqing in Yunnan.

Tremendous changes have taken place, one after another, in Khampa since the founding of New China. Following the establishment of the first minority autonomous prefecture-Sichuan Garzê Tibetan Autonomous Prefecture, other prefectures-Qinghai Yushu Tibetan Autonomous Prefecture, Yunnan Diqing Tibetan Autonomous Prefecture, and Chamdo Prefecture along with the Tibet Autonomous Region-were set up in succession. Khampa people rose to the masters of their own land. Feudal serfdom was abolished and socialism



was built. Khampa was back on track to integrate into national economic development. The ancient land started to shine with its vigor and vitality.

Since the beginning of reform and opening to the outside world and the implementation of “large-scale development of the western regions” strategy, Khampa people displayed the spirit of bold confidence and hard struggle, cutting paths through the mountains and building bridges across the rivers. Infrastructure constructions for national economic development were going on in full swing, changing the old Khampa dramatically and rapidly. By the end of 20th century, Khampa had turned into a region where asphalt roads and highways reached its villages. Traveling by air was no longer a dream, but merely a common way of transportation.

Khampa is vast in territory, rich in natural resources, extensive in culture, and profound in arts. In a grand time of peace and prosperity there are many grand gatherings and ceremonies. A poem goes, “Beauty is in all seasons, glory comes from all regions.” We wish we could “convey all its looks in a book”, but the breadth, beauty, depth and mystery of Khampa are beyond any words or photos. Here we can present you a very limited selection of Khampa nature and culture, to show some Khampa sceneries, customs, and ceremonies.

Vocabulary List (词汇表)

abolish [əˈbɒlɪʃ] *vt.* 废止，革除，消灭

alpine [ˈælpaɪn] *adj.* 高山的，高山生长的

appealing [əˈpiːlɪŋ] *adj.* 有感染力的，动人的，恳求的

asphalt [ˈæsfælt] *n.* 柏油 *adj.* 用柏油铺成的 *vt.* 以柏油铺

bold [bɔːld] *adj.* 大胆的 *n.* 粗体

cardiac [ˈkɑːdɪæk] *n.* 心脏病患者，强心剂，健胃药

adj. 心脏的，(胃的)贲门的

component [kəmˈpəʊnənt] *n.* 元件，组件，成分 *adj.* 组成的，构成

的

dramatically [drəˈmætɪkli] *adv.* 戏剧地，引人注目地，突然地

enchant [ɪnˈtʃænt] *vt.* 施魔法，使入迷

endow [ɪnˈdaʊ] *vt.* 捐赠，捐助，赋予

glacier [ˈgleɪʃər] *n.* 冰川

implementation [ɪmˌplɪˈmenʃntɪʃən] *n.* 安装启用，实行，履行

indigenous [ɪnˈdʒɪnəs] *adj.* 本土的，国产的，固有的

indispensable [ɪnˈdɪspensəbl] *n.* 不可缺少之物

adj. 不可缺少的，责无旁贷的，绝对必要的

infrastructure [ɪnˈfræstrʌktʃə] *n.* 基础结构，基础设施

integrate [ɪnˈteɪgrət] *vt.* 综合，使完整，使成整体 *vi.* 成一体

adj. 完整的，完全的

laud [ləʊd] *n.* 赞美；颂歌；称赞 *v.* 赞美；称赞

millennium [mɪˈlenɪəm] *n.* 千禧年，一千年

neolithic [niːəʊlɪθɪk] *adj.* 新石器时代的

nourish [ˈnɜːrɪʃ] *vt.* 滋养，使健壮，怀有

nurture [ˈnɜːtʃə] *n.* 养育，营养物，培育 *vt.* 养育，供给营养物，教

养

originate [əˈrɪdʒɪneɪt] *vt.* 创始，发明，发起 *vi.* 发源，发生，起

航

pharmacology [fɑːməˈkɒlədʒi] *n.* 药理学，药物学

picturesque [pɪˈktʃərəsk] *adj.* 美丽如画的；(语言)生动的，绘声绘色

的

render [ˈrendə] *vt.* 回报，付给，汇报，提出，反映，表示，表演，

致使，实施 *vi.* 给予补偿

serfdom [ˈsɜːfdəm] *n.* 农权制，农奴地位，农奴境遇，奴役

socialism [ˈsəʊʃəlɪzəm] *n.* 社会主义，社会主义运动

wetland [ˈwetlənd] *n.* 湿地，沼泽地



Terms (短语)

- Asia's Water Tower 亚洲水塔
Bita Lake 碧塔海
black-necked crane 黑颈鹤
Bonism 苯教
Buddhism 佛教
Chamdo Karub Relics 昌都卡若遗址
Chamdo Prefecture 昌都市
Chanadorje Mountain 夏诺多吉山
Chenrisig Mountain 仙乃日山
Chinese yew 红豆杉
clouded leopard 云豹
Danba Ancient Watchtower 丹巴古碉
Diqing Tibetan Autonomous Prefecture 迪庆藏族自治州
Garzê Tibetan Autonomous Prefecture 甘孜藏族自治州
Gato Jowo Mountain 杂朵觉吾山
Gedeng Neolithic Site 戈登新石器遗址
Geladaindong Peak 格拉丹东峰
ginkgo 银杏
Gongga Mountain 贡嘎山
Hsiang Chengchu Jiangchu 向·此称江初
Jambayang Mountain 央迈勇山
Jinsha River 金沙江
Kailash Mountain 冈底斯山
Kawagebo Peak 卡瓦格博峰
Khampa 康巴
Lancang River 澜沧江
Liangshan Yi Autonomous Prefecture 凉山彝族自治州

Living Buddha 活佛
 Migequo Lake 米格措
 Mugequo Lake 木格措
 Muli Tibetan Autonomous County 木里藏族自治县
 Napa Lake 纳帕海
 Nujiang River 怒江
 Nyainqê ntanglha Mountain 念青唐古拉山
 Qinghai Lake 青海湖
 Qinghai-Tibet Plateau 青藏高原
 Tagong Grassland 塔公草原
 the Earth's third pole 地球“第三极”
 Tibet Autonomous Region 西藏地区
 Tibetan antelope 藏羚羊
 Tubo 吐蕃
 wild yak 野牦牛
 Wuxu Lake 伍须海
 Yalong River 雅砻江
 Yila Grassland 依拉草原
 Yunnan snub-nosed monkey 滇金丝猴
 Yushu Tibetan Autonomous Prefecture 玉树藏族自治州
 Zhaxika Grassland 扎溪卡草原

Notes (注释)

Bonism: Bon or Bon religion, is a Tibetan religious tradition or sect, being distinct from Buddhist ones in its particular myths, although many of its doctrines, terminology and rituals resemble those of Tibetan Buddhism.

Tibetan Buddhism: formerly (and incorrectly) also called Lamaism, after their religious gurus known as lamas—is the body of religious Buddhist



doctrine and institutions and also is the characteristic of Tibet and the Himalayan region.

Khampa: or Kham-pa, is a historical region of Tibet, covering a land area largely distributed in Tibet Autonomous Region and Sichuan province presently, with smaller portions located within Qinghai, Gansu and Yunnan provinces. The natives of the Kham region are called Khampas.

Tubo: The Tibetan Empire existed from the 7th to 9th centuries AD when Tibet was unified as a large and powerful empire, and ruled an area considerably larger than the Tibetan Plateau, stretching to parts of East Asia, Central Asia and South Asia.

Traditional Tibetan history describes the exploits of a lengthy list of rulers. External corroboration is available from the 7th century in Chinese histories. From the 7th to the 9th century, a series of emperors ruled Tibet. From the time of the emperor Songtsen Gampo the power of the empire gradually increased over a diverse terrain. By the reign of the emperor Ralpacan, in the opening years of the 9th century, it controlled territories extending from the Tarim basin to the Himalayas and Bengal, and from the Pamirs to the Chinese provinces of Gansu and Yunnan.

The varied terrain of the empire and the difficulty of transportation, coupled with the new ideas that came into the empire as a result of its expansion, helped to create stresses and power blocs that were often in competition with the ruler at the center of the empire. Thus, for example, adherents of the Bön religion and the supporters of the ancient noble families gradually came to find themselves in competition with the recently introduced Buddhism. The empire collapsed into civil war in the 840s.

Translation Exercises (翻译练习)

1. 康巴地区地处青藏高原与云贵高原和川西台地过渡地带,雪山雄伟林立,江河自北向南纵穿全境,高原湖泊星星点点,草原星罗棋布,森林茂密参天,生态保持完整。康巴地区占中国国土面积不到 0.4%,却拥有全国 20%以上高等植物的“三江并流”世界自然遗产区。作为康巴地区的缩影,迪庆州森林覆盖率达 73.9%,拥有含我国特有动物滇金丝猴在内的 77 种国家级保护动物和国家级重点保护珍稀濒危植物 34 种,拥有 37 种省级保护植物,是世界生物多样性最丰富的地区之一。

2.“你中有我,我中有你,和谐相处,相依共存”,是康巴多民族聚居的写照。康巴地区居住着以藏族为主的众多民族,是历史上我国西北地区氐羌系民族南下,西南地区越、濮系民族北上,汉族西进,藏族东渐的“民族迁徙走廊”和民族文化融合地带。不同的族群在这条走廊内迁徙或定居、交汇或融合,使康巴地区的民族渊源复杂、成分众多,形成了历史底蕴深厚、文化特色鲜明、艺术种类多样、魅力独特的民族文化群落,从而形成了涵盖宗教、民俗、歌舞、服饰、生产、生活的风情。随着康巴神秘面纱的逐步揭开,了解、感受、享受康巴风情成为世人的向往。

3.康巴地区民间工艺美术,根植于传统文化的沃土上,在长期的艺术审美实践中,积累了丰富的艺术审美经验,形成了极具地域和民族特色的审美观念,体现了高尚的审美情操和较高的工艺水平。从丰富深邃的内容,到多姿多彩的形式和诱人的艺术魅力,都有着她卓尔不群的超拔之处,是传统精神文化的重要组成部分。其主要种类有绘画、雕刻、土陶、编织、木器、泥塑和金属工艺等,内容涵盖了宗教、文化、社会和日常生活等,代表性产品有壁画、唐卡、神龛、氍毹、酥油花、面具等,其中也不乏诸多艺术精品。

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