

Contents

Translator's Introduction vii

Preface xix

1	The Story of My Family	1
2	My Childhood	9
3	The March 10th Uprising	24
4	The Chinese Fan the Flames of War	34
5	Imprisoned at the Tibet Military District Headquarters	40
6	Imprisoned at the Norbu Lingka Barracks	54
7	At the Nga-chen Power Station Construction Site	57
8	In Tering Prison	72
9	In Drapchi Prison	90
10	The Trong-nying Prison Farm	119
11	Back Home from Prison	137
12	The Agitation by the Muslims of Woba-ling	149
13	The Fall of the Panchen Lama	152
14	The Misuse of Education	157
15	The Establishment of the Tibet Autonomous Region	160
16	The Onset of the Cultural Revolution	167
17	The June 7th Massacre	191
18	A Disastrous New Year	201
19	Old <i>Tsampa</i> in Old Méru	208
20	The Sino-Soviet War Brings Increased Oppression	211
21	The "One Smash and Three Antis" Campaign	214
22	The "Great Massacre"	219

VI CONTENTS

23	PLA Soldiers Destroy the Fruits of the People's Labor in the Marshes	225
24	The Systematic Destruction of Ganden Monastery	235
25	Sent to Kongpo for the Second Time	240
26	The Xichao Dachang Timber Yard	244
27	The Tölung Power Station Construction Camp	247
28	The Lin Biao Affair	251
29	The Defamation Campaign	254
30	"Socialist Transformation"	257
31	The Banak-shöl Production Cooperative	262
32	The Farmer's Life	267
33	The Death of Mao Zedong and Subsequent Developments	273
34	The Rewards of My Hard Work	280
35	Working in the Potala Palace	283
36	At the Tibet Academy of Social Science	292
	Epilogue: Leaving Tibet	295
	Index	299