

Padmasambhava An Indian Buddhist master.

shamanistic religion A religion that has a belief in natural phenomenon and in powerful spirits that can be influenced by shamans (a person who acts as an intermediary between natural and supernatural worlds).

lama A Buddhist monk from Tibet or Mongolia.

Sandalwood A tree grown for its fragrant wood and oil in the Indian subcontinent.

feliculously Pleasingly or well-chosen.

Sanskrit An ancient Indian language.

Jesuits Members of a Roman Catholic order devoted to missionary work.

cordial Friendly and polite.

Ashley Eden An official and diplomat in India under British rule.

Great Game The economic and political conflict between the British Empire and the Russian Empire for supremacy in Central Asia in the 19th century.

agree. Of medium height and sturdily built, they have beautiful aristocratic faces with dark, almond-shaped eyes, high cheekbones and gentle smiles. Both men and women wear their black hair short. The women wear a *kira*, a brightly striped, ankle-length dress and the men a *gho*, a knee-length robe that resembles a kimono, except the top part is exceptionally voluminous. The Bhutanese of Nepali origin tend to be taller, with sharper features and darker complexions. They too wear the *gho* and *kira*. People look at us curiously, but they do not seem surprised at our presence. Although we see few other foreigners in town, we know they are here. Gordon said something this morning about Thimphu's small but friendly 'ex-pat' community.

When we stop and ask for directions at a hotel, the young man behind the counter walks with us to the street, pointing out the way, explaining politely in impeccable English. I search for the right word to describe the people, for the quality that impresses me most – dignity, unselfconsciousness, good humor, grace – but can find no single word to hold all of my impressions.

In Thimpu, we attended a week-long orientation session with twelve other Irish, British, Australian and New Zealand teachers new to Bhutan. Our first lessons, in Bhutanese history, are the most interesting. Historical records show that waves of Tibetan immigrants settled in Bhutan sometime before the tenth century, but the area is thought to have been inhabited long before that. In the eighth century, the Indian saint Padmasambhava brought Buddhism to the area, where it absorbed many elements of Bon, the indigenous shamanistic religion. The new religion took hold but was not a unifying force. The area remained a collection of isolated valleys, each ruled by its own king. When the Tibetan lama Ngawang Namgyel arrived in 1616, he set about unifying the valleys under one central authority and gave the country the name Druk Yul, meaning Land of the Thunder Dragon. Earlier names for Bhutan are just as beautiful – the Tibetans knew the country as the Southern Land of Medicinal Herbs and the South Sandalwood Country. Districts within Bhutan were even more felicitously-named: Rainbow District of Desires, Lotus Grove of the Gods, Blooming Valley of Luxuriant Fruits, the Land of Longing and Silver Pines. Bhutan, the name by which the country became known to the outside world, is thought to be derived from *Bhotanta*, meaning the 'end of Tibet' or from the Sanskrit *Bhu-uttan*, meaning 'highlands'.

While the rest of Asia was being overrun by Europeans of varying hue but similar cry, only a handful of Westerners found their way into Bhutan. Two Portuguese Jesuits came to call in 1627, and six British missions paid brief but cordial visits from the late 1700s until the middle of the next century. Relations with the British took a nasty turn during the disastrous visit of Ashley Eden in 1864. Eden, who had gone to sort out a small problem of the Bhutanese raids on British territory, had his back slapped, his hair pulled, and his face rubbed with wet dough, and was then forced to sign an outrageous treaty that led to a brief war between the British and the Bhutanese. Considering the consolidated British empire in the south, and the Great Game being played out in the north between the colonial powers, Bhutan's preservation of its independence was remarkable. I am full of admiration for this small country that has managed to look after itself so well.