

Viewing Guide

Directions: As you view the film, answer the questions below by providing as many details as possible.

1. As you view “Shangri-La,” record examples of how various people and groups in the film describe Shangri-La and Shambala.

Shangri-La:

Shambala:

2. As Michael Wood travels from India, to Nepal, to Tibet, describe how the closer he gets to Tibet, the more he seems to travel back in time. Do this by describing details about the following:

methods of travel:

technology available in the area:

dress:

housing:

role of religion in everyday life:

landscape/physical features of the land:

lifestyle of the people:

3. The story teller shares the “Prophecy of Padma. Discuss:
 - How Wood compares his visit to the Lama in the Monastery of Jang to the Prophecy of Padma.

 - How what Wood experiences in the Monastery at Jang mirrors the storyline in Hilton’s novel.

4. As Wood enters the ruins of the city of Tsaperang, he describes what the area was like when the King of Gugay occupied the city. In your opinion, does this sound like Shangri-La? Why?

5. The story teller recounts the “Trantra of the Great Circle of Time” in the film. Discuss why the people of Til and the other mountain villages in Nepal and Tibet fully believe Shambala exists.

6. Why are Lake Mansarovar and Mt. Kailash considered holy sites by certain religions? Discuss how the myth of Shambala correlates with these beliefs.

7. The narrative provided by Michael Wood at the end of the film discussed the meaning of the myth of Shambala. What does he say the myth means?

How can people use the ideas I the myth to find their own “paradise” on earth?