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Nota di contenuto	pt. 1. Ethnographic settings and analytical frameworks -- pt. 2. The field site and Tibetan areas of knowledge -- pt. 3. The life-span and life-forces in Tibetan medical contexts -- pt. 4. The life-span in astrological and divinatory context -- pt. 5. Tibetan Buddhist long-life empowerments.
Sommario/riassunto	Longevity and long-life practices have been a pan-Tibetan concern for a very long time, but have hardly been studied by anthropologists. This book presents ethnographic accounts and textual material demonstrating how Tibetans in the Darjeeling Hills, India, view the life-span and map out certain life-forces in various areas of knowledge. These life-forces follow daily, monthly, and annual cycles. Divinations and astrological calculations are widely but varyingly used by Tibetans

to assess the strength of life-forces and forecast difficult periods in their lives. Loss, exhaustion, or periodic weaknesses of life-forces are treated medically or through Tibetan Buddhist practices and rituals. In all these events, temporality and agency are deeply interlinked in the ways in which Tibetans enhance their vitality, prolong their life-spans, and avoid 'untimely deaths.'
