

felt giddy, so they gave him an injection. After the injection, his friend passed out. They were beaten often and didn't receive any medical treatment after the physical assaults at all. After one month, he was shifted back to Sangyip prison.

Woeser spent ten months at Sangyip prison. For four months he was not allowed to go outside and see sunlight. At least at Outridu prison, they had been allowed to go outside when they needed to relieve themselves. At Sangyip prison, he complained of pain all over his body. He was taken to the doctor at the prison clinic, who took a blood test. The doctor took away one full bottle of blood, he said. Woeser Rinpoche said that sometimes he lied that he was feeling sick because he could get vitamins. These vitamins helped him sustain his hunger. If he said he had headaches, or stomachaches, they wouldn't accommodate him. At first, there were four members total in his cell, but three were released and he remained alone for a short period of time.

Just before Woeser Rinpoche's release, he was put in a cell with another prisoner. This person was Yulo Dawa Tsering Tulku, a venerable monk, nearly sixty years old, and a highly respected teacher. "Dawa Tsering Tulku had been imprisoned because he had many conversations with Italian foreigners." He had once been an abbot at Ganden monastery. Dawa Tsering Tulku had been a lecturer in Tibetan higher studies. "This man was arrested twice – he had already spent twenty years in prison and was now imprisoned this second time with a sentence of ten years," said Woeser. Dawa Tsering Tulku was also an expert in Tibetan philosophy, Tibetan law, and Chinese law. Woeser remarked that whatever questions the Chinese asked of Dawa Tsering Tulku, he was able to answer very intelligently. (Yulo Dawa Tsering Tulku died in 2002.)

Finally, Woeser Rinpoche was released from Sangyip prison in early February 1990. He said he went back to the monastery and did some important work there. At the time, they were allowing the monks to read the *pechas*, so he was able to go through some of them.

In August 1990, he decided to escape to India. He did not tell his friends about his plans to flee, as there is always a certain danger involved in doing this. If he told others about his plans, someone might inform another who might report it to someone else, and it could reach the wrong ears. So he felt it was most prudent to keep quiet and avoid potential risks. On his journey to exile from Tibet, he did not meet anyone while traveling, since he traveled at night and not at day. He disguised himself by wearing a wig and glasses, a basic shirt, and pants. He left Lhasa in August, and reached Kathmandu in October. He finally reached India in time for the Kalachakra teachings in Saranath, in December 1990.

*It is my hope that Woeser Rinpoche will one day see Tibet become a place where people can live in dignity, with the peace of mind associated with not having to worry about tomorrow. He has surely helped pave the road for such a movement to take place through his own honest and courageous example.*