

provinces of *Hbog-hchol*; and the twenty-four little and minor kingdoms. These are found in our southern *Hdzam-bu-gliñ*. Then, to the south of the chief mountain of the middle (Sumeru), there is the 'tree of life' (Bodhi-tree) of *Hdzam-bu-gliñ* and other countries. When the number of the 1,002 Buddhas of this 'Good Kalpa' was in the period of diminishing, there [appeared] at *Rdo-rje-gdan* (*Vajrāsana*) of India, at the heart of Bodhi (*Bodhimāṇḍa*), the four wheel-turning kings. Let us relate only of the great ones among them. At the time when the wheel-turning kings lived in the belly of Mount *Ri-rab* (Sumeru), fields and grounds being still in the egg, each Buddha went to do his teaching and accomplished his course. The men of *Lha-mi-groñ-bdun* (the seven towns of the divine men) [then] lived in the belly of Mount *Mu-khyud-hdzin* (*Nimindhara*). They ate nectar and enjoyed the essence [of food]. The people of *Me-tog-snubs-gnas* were born on the flowers of the wishing-tree, and enjoyed the fruits [of it]. The 'men who drank the essence of nectar' were born on the twigs of the *Hdzambu-briksha* [tree]; they enjoyed the sap of the *Hdzambu-briksha* [tree]. The *Mi-ham-ci* (*Kinnaras*) and three others ate the fruit of the immortal tea-[tree], and drank the *Kha-žag* (foam?) of the ocean. The [so-called] *Sdig-btsugs* fight against the sword-carrying ogres. Their food is flesh and blood. The children of the *Skyes-drug* are born in the heat of five summers, and die in winter. The *Mgo-gñan* have heads of various animals, eat grass, and live in the lakes of the small continents (islands).

As regards the four places of birth:—*Hdzam-bu-gliñ* (*Jambudvīpa*) of the South was born from the womb; *Lus-hphags-po* of the East (*Pūrva-Videha*) was born out of moisture; *Ba-lañ-spyod* (*Paścima-Godāniya*) of the West was born out of an egg; and *Sgra-mi-sñan* of the North (*Uttara-Kuru*) was born spontaneously. There are four kinds of 'dwarfs of the frontier', viz. *Gam-šañ-Rgya*, *Gyim-šañ-Hor*, *Ha-le-Mon*, and *Spu-rgyal-Bod*, these four. There were also four kinds of inner dwarfs, viz. *Smra-Žañ-žuiñ*, *Gtoñ-gsum-pa*, *Ldoñ-me-ñag*, and *Se-ha-ža*, these four. As regards the four kinds of separated dwarfs:—one kind was separated from the hyena tribe(?); one kind was separated from the monkey tribe(?); one kind was separated from the lizard-brahman tribe(?); one kind was separated from the hoof-tribe(?). These and many more [creatures] came into existence, more than can be grasped with our minds. Besides these arose the twenty-four kingdoms, and many more which in course of time became separated from their kind.

At that time the essence of nectar, of reddish-yellowish colour and of a honey-like taste, came into existence. The god *Gśed-bu* (*Manu*) tasted it, and, having enjoyed its sweet taste, again and again coveted it. Thereupon all men followed his [example], and, they having licked it, their bodies became firm and obtained weight and other attributes; the light of their bodies deteriorated; they could no more go up to the heavens; and, when it became dark and they were distressed, then by virtue of the religious merit of the community, in the lifetime of *Gśed-can* (*Manu*), the light of the day, the fiery mirror of the sun, appeared. At the same time, during the lifetime of *Gśed's* (*Manu's*) helpmate, the light of the night, the watery mirror of the moon, appeared. During the lifetime of *Gśed-bu* (*Manu*) the Milky Way appeared. At that