



INTERNATIONAL
CAMPAIGN
FOR TIBET

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TIBET WATCH

WINTER 2019

INSIDE:

Nyima Lhamo Captures
the World's Attention
for Tibet

Thousands of
Solidarity Ribbons
Delivered to Dharamsala

Reciprocal Access
to Tibet Bill Introduced
in the UK

Petition: Ask Congress
to Support the Tibetan
Policy and Support Act



PROTECTING TIBET

WHY IT MATTERS NOW MORE THAN EVER



**EVERYONE
DESERVES
TO LIVE FREE**



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Photo: Hillary Levin

ADVOCACY · PROTECTION · FREEDOM

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202.785.4343 Fax
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Dear Friend,

As we go to press, a new bill that ICT has been advocating for the past several months has been introduced in the US Congress. Called the Tibetan Policy and Support Act of 2019 (TPSA), the bill represents a major upgrade of the Tibetan Policy Act of 2002 that set the precedent for US policy on Tibet.

Building from the momentum generated from passage of the Reciprocal Access to Tibet Act in late 2018, the new bill was written in response to US government concerns about China's plans to interfere in the selection process of the next Dalai Lama. Intended to help ensure that religious freedoms are protected, the TPSA states clearly that it is only the right of Tibetan Buddhist communities and His Holiness the Dalai Lama himself to determine how his successor will be chosen, without Chinese government interference. Furthermore the TPSA outlines sanctions for Chinese officials who intervene in the succession process, including freezing their assets in the US and denying them entry to the country.

The TPSA also addresses American diplomatic representation in Tibet, support for Tibet's environment and water security, strengthening the office of the Special Coordinator for Tibet at the State Department, programmatic support inside Tibet and in the diaspora community and Tibetan democracy in exile.

Our members have been very influential in advancing this bill. A special "Mini Lobby Day" at the end of October brought supporters to Washington, DC to meet with more than 75 legislators and their staff to request support as cosponsors of the TPSA. You can help push the bill forward by signing and returning the petition to members of Congress on page 11. The more cosponsors we can secure for the bill, the more likely it is to pass the House and Senate, and eventually be signed into law.

We are very grateful to have the support of so many influential leaders in government, including Speaker Nancy Pelosi, who appears on our cover this issue alongside ICT Chairman Richard Gere and Jetsun Pema, sister of His Holiness the Dalai Lama. These three recently joined in conversation at an ICT hosted event in San Francisco called *Why Tibet Matters* that you can read more about on page 10.

You will also find on pages 4-5 the incredible story of a survivor of religious persecution in Tibet, Nyima Lhamo, niece of the highly respected Tibetan lama Tenzin Delek Rinpoche who died in prison while unjustly convicted as a political prisoner. And read about the bravery of Lhamo Tso (page 9), who supported her family while her husband was held in prison by Chinese authorities for six years.

As we close 2019 and look ahead to the new year, we know there is much work to be done on behalf of all Tibetans who suffer immense oppression at the hands of the Chinese government in the course of their daily lives. The new TPSA legislation gives us tremendous optimism for the future. So does your commitment to peace and justice for Tibet, which brings hope to our Tibetan brothers and sisters (see pages 6-7).

Thank you as always for your support this year, and our warmest wishes for a happy, healthy start to 2020.

In solidarity,



Matteo Mecacci



ADVOCATE NYIMA LHAMO CALLS FOR FREEDOM AND JUSTICE FOR TIBETANS

Photo: Central Tibetan Administration, DIIR

FLEEING TO SEEK JUSTICE FOR MURDERED POLITICAL PRISONER TENZIN DELEK RINPOCHE

In 2015, Tenzin Delek Rinpoche, a revered Tibetan lama, died mysteriously in a Chinese prison. One year later, his niece Nyima Lhamo fled Tibet—leaving behind her mother and six-year-old daughter—to make the world aware of Rinpoche’s case.

Despite the Chinese government’s threats to persecute her family, she has been shining a spotlight on Chinese oppression ever since by telling the world about the injustices of her uncle’s death.

On July 17, 2019, Nyima Lhamo spoke at a major gathering in Washington, DC and urged the governments of the world to hold China accountable for his death. “We, his family members, believe that this is a suspicious death,” Nyima Lhamo said. “And we believe the Chinese authorities killed Rinpoche.”

On this occasion, she was speaking at the second Ministerial to Advance Religious Freedom, an event hosted by the US State Department to bring together stakeholders from around the globe—including government officials, religious leaders and civil society activists—who are working to promote international religious freedom.

At the ministerial, Nyima Lhamo asked the international community to continue to help the Dalai Lama and the Tibetan people in their struggle for a political solution to China’s brutal rule in their land. A thousand participants from a hundred different countries were in attendance.

Later, as she reflected on the event’s participants, she took an optimistic tone: “We are of different colors, we’re of different ethnicities, we’re from different religious traditions, but we’re all bound together by this solidarity about religious freedom. Therefore I firmly believe that if we

can continue... together we can make this world a better place.”

TESTIMONY IN DC

Nyima Lhamo began her remarks at the Ministerial to Advance Religious Freedom by explaining how Tenzin Delek Rinpoche was recognized by the Dalai Lama and how he became well known in Tibet for his social work, including building medical, educational and religious institutions. “I consider my uncle as my teacher who taught me the real meaning of being a Tibetan Buddhist, someone who always helped others in need and had no ill intentions toward others. When I heard the news of his arrest in 2002, I was only 12 years old,” she remembered, her words translated into English by ICT Vice President Bhuchung Tsering.

In 2002, Chinese authorities arrested Nyima Lhamo’s uncle on false charges of exploding bombs and distributing separatist leaflets. The trial was held in secret with no independent

legal counsel—and Tenzin Delek Rinpoche received a death sentence, later commuted to life in prison. His relative Lobsang Dhondup, convicted of the same crime, was executed in 2003.

In 2015, prison officials told the family that Tenzin Delek Rinpoche had died from a heart attack. Nyima Lhamo and her relatives had been waiting to see him, in what would have been his second family visit in 13 years. Nyima and her family, with the help of local people and monks, sought to liaise with prison officials for the return of the body of their much-loved religious teacher to his monastery for proper prayer rituals. Their request was not granted, but the authorities allowed a brief visit by a small group of monks and family for prayer. In the end, Rinpoche's corpse was cremated without an autopsy, and his family was not able to hold a proper funeral.

"The inhumanity of the Chinese government can be seen by the fact that even we, his relatives, were not given the opportunity to do the final rites for him according to Tibetan Buddhist tradition," Nyima Lhamo said.

SPEAKING UP FOR TIBET AT THE WHITE HOUSE

Following her presentation at the Ministerial to Advance Religious Freedom, Nyima Lhamo was able to further voice her concerns directly to

President Trump at the White House. Meeting the president in the Oval Office alongside other survivors of religious persecution, she spoke up spontaneously to ask for US support for the Tibetan people.

"I'm from Tibet. It's my dream to visit, this opportunity to visit the president [of] America," Nyima Lhamo said, adding, "Tibetan[s] need America's support, please. We need support."

Nyima Lhamo asked for US support for the Dalai Lama to return to Tibet. President Trump replied by thanking her and asking her to "say hello," presumably to the Dalai Lama.

REMARKS AT THE UN

Following her time in Washington, DC, Nyima Lhamo was invited by Ambassador-at-Large for International Religious Freedom Sam Brownback to attend the Global Call to Protect Religious Freedom held in the United Nations in New York City on the morning of September 23, 2019. That event was addressed by UN Secretary-General António Guterres, President Donald Trump, Vice President Mike Pence and Secretary of State Mike Pompeo.

Following the event, Ambassador Brownback gave a briefing at the Foreign Press Center in the US Mission to the United Nations, where he invited Nyima Lhamo and five other survivors of religious persecution to speak.



Nyima Lhamo and Ambassador Gingrich at the Ministerial to Advance Religious Freedom



Nyima Lhamo speaks up for the Tibetan people in the Oval Office

In her remarks, she talked about the need for a collective effort by the international community to solve issues like the lack of religious freedom in Tibet. In a heartfelt and emotional tone, she pointed to the self-immolation by more than 150 Tibetans and their common desire that the Dalai Lama be allowed to return to Tibet.

Nyima Lhamo continues to share the story of her uncle's death and advocate for freedom and justice for all Tibetans.

POLITICAL PRISONER REHABILITATION PROGRAM

ICT's **Political Prisoners Rehabilitation Program** offers assistance to former political prisoners via monetary support, help with reintegration into society and language courses or other education. Currently, the program provides assistance to a select group of former political prisoners to empower them to become politically active and support them in developing the necessary skills to present their case to politicians, media and the public at large. It also helps with the publication or translation of their memoirs as well as organizing speaking tours or events at which they can share their stories. As part of the program, Nyima Lhamo was able to enroll in intensive English language courses in New York. She later put her language studies to good use in her meeting with President Donald Trump this past July.

ICT PRESIDENT PRESENTS NEW TIBET BILL TO DALAI LAMA DURING CONGRESSIONAL STAFFER DELEGATION TO DHARAMSALA

A delegation of Congressional staffers visited Dharamsala, India, accompanied by Matteo Mecacci, President of ICT, from September 30-October 3, 2019. The trip included meetings with the leadership of the Central Tibetan Administration, briefings with NGOs and visits to cultural institutions.

Among other activities, delegation members visited the reception center where new arrivals from Tibet receive assistance and the transit school where Tibetans can attend lessons while they adjust to life as refugees in India. The staffers also had the opportunity to meet with children at the Tibetan Children's Village School and attend a public teaching by His Holiness the Dalai Lama.

A highlight of the visit was Mecacci's presentation to His Holiness during a private audience of a copy of the newly introduced Tibetan Policy and Support Act of 2019. Read more about the bill on page 10.



“This is a new bill, it was just introduced 10 days ago in the House and in the Senate... There are new provisions on religious freedom, on the environment... And we are also trying to move this in Europe.”

To watch a video clip of this special moment, learn more about this bill or take action by contacting your representatives, visit our Tibet Support Act hub page at <https://savetibet.org/tibet-support-act>

ICT MEMBERS DELIVER MESSAGES OF SUPPORT TO TIBETAN REFUGEES IN DHARAMSALA



Members of the International Campaign for Tibet joined organization leaders in late October for a trip to Dharamsala, India. The group had the honor of hand-delivering over 5,000 ribbons proclaiming “I Stand With Tibetans” that had been signed and sent by ICT members from across the world. The ribbons, in the colors of Tibetan prayer flags, were presented to children at the Tibetan Children's Village School and were received with many smiles and words of thanks.

Lesley Rich, ICT's Director of Special Programs, said, “Every day they get news of how bad the situation is inside Tibet. Many students have family they can't contact. So it really makes a difference to know that people care and to see how much support they have from ICT members. Everywhere we went, people thanked our members for their help.”

While visiting Dharamsala, the group met young men at the Transit Camp for recent refugees who were tak-

2019 ADVOCACY IN ACTION



OVER 100 IN-PERSON VISITS made and
9,506 MESSAGES sent to Members of Congress
and their staff—all 50 states, Washington DC and
Puerto Rico—urging **support for Tibet** during
Tibet Lobby Day

OVER 75 IN-PERSON VISITS made and
11,433 PETITIONS sent to Members of Congress
and their staff calling for **cosponsors of the**
Tibetan Policy and Support Act of 2019
during **Mini Lobby Day**

7,313 PETITIONS submitted to the **United Nations**
calling for **protection of Tibet's environment**

3,178 PETITIONS delivered to the
US Secretary of State calling for China to be
challenged on its **human rights abuses in Tibet**

1,150 PETITIONS signed urging the **US Secretary**
of State to ensure **full implementation** of the
Reciprocal Access to Tibet Act

845 PETITIONS calling on the **United Nations**
to **protect religious freedom in Tibet**

5,319 RIBBONS SIGNED proclaiming
“**I Stand With Tibetans**” and presented to
Tibetan refugees in Dharamsala



Thank you for taking action and standing in solidarity with our Tibetan brothers and sisters!

ing part in a painting class. They watched nuns debate at a local nunnery. And they enjoyed a performance of special songs by students at the Tibetan Children's Village. They also had the special opportunity for a private audience with His Holiness the Dalai Lama at his home in exile and took part in a variety of activities that offered different perspectives on Tibetan life in exile, including meetings with the Sikyong (President) of the Central Tibetan Administration and other Tibetan government leaders.

During a session of the Tibetan parliament, the speaker honored the visiting members by reading aloud their

names. “They were just blown away by the recognition,” said Rich of ICT’s members. “They were amazed to see the real impact that ICT members have and to know that the actions our community takes—signing petitions, sending emails, providing support—really mean something.”





MEET ICT MEMBER STEPHAN RECHTSCHAFFEN, MD

Stephan Rechtschaffen has been a member of ICT and one of our most committed supporters since 1999. We caught up with him by phone at Blue Spirit, the yoga and meditation retreat he founded in Nosara, Costa Rica. When asked about his first awareness of Tibet, he says, “I heard about it as a teen through reading the book *Lost Horizon* and learning the story of Shangri-La.” Albeit fictional, the book was a compelling glimpse into a mysterious world much different from the one where he grew up in New York City.

A few years later, in 1973, Stephan was finishing med school and traveled to Mussoorie, India, to offer medical services. There he encountered many Tibetan refugees, especially monks, who had made the difficult crossing into exile and were suffering from a variety of maladies as a result, including tuberculosis.

“It was very special for me to be caring for these much older monks. I could feel the intense hardship they had been through,” he recalls. He noticed something extraordinary about them: “It was a stillness, a different level of presence... a total dropping in... a quality of reverence. Contrasted to the chaotic, frenetic backdrop of life in India.”

He also visited with child refugees and anyone among the Tibetan exile population who needed help. “I could see the snow-covered mountains of the Himalayas, and

that gave me a sense of what they had been through to get there,” he says. At the end of his stay, he had the magical experience of going to Dharamsala to see His Holiness the Dalai Lama and receive a teaching.

Today, Stephan is a practitioner of Tibetan Buddhism, an original founder of the Omega Institute in Rhinebeck, New York, and a nationally recognized holistic doctor who lectures on wellness and longevity. The quietude that first drew him to the Tibetans he met still compels him: “It has really drawn me to the practice, and it is one of the reasons why I’m so concerned about what is happening to the Tibetan people and culture and the practice of Tibetan Buddhism.”

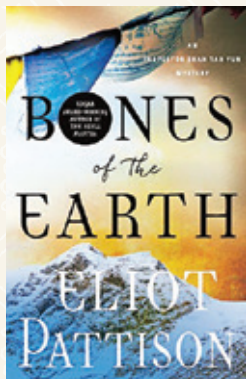
Stephan finds the most urgent causes today to be climate change and preserving indigenous cultures like Ti-

**“TAKING CARE OF TIBET IS TAKING CARE
OF THE WHOLE BODY OF HUMANITY.”**

bet’s. Asked what he wished other people knew about Tibet, he says, “To me it’s so important that we support this issue—it’s for all of us to do. It’s not just Tibet, it’s our planet, it’s our whole species, and it’s really critical. As a doctor, my patients get concerned with one particular spot in their bodies, but I tell them, ‘This is the whole body we’re taking care of.’ It’s the same thing. Taking care of Tibet is taking care of the whole body of humanity.”

Contact Brian Ahern at brian.ahern@savetibet.org or 202-580-6770 to learn about opportunities to get more involved in ICT’s work.

Blue Spirit is a yoga and meditation retreat center. Stephan calls it a “spiritual watering hole” where guests can find stillness, be at one with nature and drop into a deeper inner life. bluespiritcostarica.com



RECENT PUBLICATION OF NOTE Review by Lesley Rich

Knowing that *Bones of the Earth* (Minotaur Books, 2019) was the last in Eliot Pattison’s Inspector Shan series made me hesitant to start reading. I had enjoyed the series so much I didn’t want it to end. Fortunately, the book concludes on a realistic and hopeful note for the future of Tibet.

The ten-book detective series takes place in present day Tibet. Inspector Shan, a Chinese police detective, is initially imprisoned in a work camp in Tibet. His respect

for Tibetan Buddhism and the Tibetan people only grows from that point.

Bones of the Earth is a solid detective story that uses the current problems facing Tibetans who live on the plateau as the basis for the mystery. Without resorting to heavy handedness, the book accurately addresses the consequences of damming the rivers in Tibet—not just the impact on Tibet’s fragile ecosystem, but also on Tibetan Buddhism and the loss of sacred places. Because the focus is on life in Tibetan villages and more remote Tibetan areas, the reader is exposed to aspects of daily Tibetan life not usually found in other works. The whole series is an excellent introduction to what is happening in Tibet. And for those familiar with the Tibetan struggle, it is refreshing to read a story that so deftly incorporates the issues.

PROFILE IN COURAGE: LHAMO TSO



In March 2008, Dhondup Wangchen was arrested for making a documentary film called *Leaving Fear Behind* that portrayed Tibetans' feelings and opinions regarding the 2008 Olympics and China's policies in Tibet. He was charged with inciting separatism, which carries a sentence of anywhere from five years in prison to the death penalty. This is his family's story.

When Dhondup decided to make his film, he knew it was too dangerous for his wife, Lhamo Tso, and his family to stay in Tibet. He brought them to Dharamsala, India to begin a life in exile, while he returned to Tibet to begin his secret filming project. Unaware of her husband's plans until his imprisonment, the grieving Lhamo was left to care for and support their four children, a niece and his elderly parents.

Lhamo Tso had no formal education, but she knew very well how to make a variety of popular Tibetan breads. This is how she decided to make her living and she would rise every day at one o'clock in the morning to begin preparing the bread. Then she loaded the small round loaves into heavy crates and carried them on her back to a street side location

where she sold until her supply ran out. The money she earned was the family's main source of income.

During that time, Lhamo Tso and her children missed Dhondup Wangchen terribly. But she was extremely persistent. She channeled her sorrow into advocating for his release and the release of prisoners like him. In 2013, Lhamo Tso was granted political asylum in the US and in 2014, her children joined her to begin a new life in San Francisco. Activists, advocacy groups and governments continued to work for Dhondup Wangchen's release, which was finally secured in 2014. In 2017, he escaped from China and was reunited with his family in the US on Christmas Day.

Today Lhamo Tso and Dhondup Wangchen continue to advocate for the release of other Tibetans unjustly imprisoned by Chinese authorities and for a peaceful solution to the Tibet issue. Lhamo Tso still makes bread at home for her family in San Francisco—especially the yu-shang bhaley variety of pan-fried bread that is prepared according to the recipe to the right.

YU-SHANG BHALEY BREAD



- 4 cups flour
- 1 teaspoon baking powder
- 1 teaspoon yeast
- ½ teaspoon salt
- 1 ½ cups warm water
- ½ cup vegetable oil, plus 1 tablespoon for oiling the bowl

1

Mix dry ingredients in a large bowl. Make a well in the center and add the water little by little, combining it into the flour, until you have one big lump of dough. Knead until dough is firm and smooth. Place dough in a lightly oiled bowl, cover and allow to rise for 30 minutes or up to 2 hours.

2

Divide the dough and roll into golf ball-size pieces. Use a rolling pin to flatten into 6-7 inch rounds on a lightly floured surface. With a sharp knife, make two 3-4 inch incisions in the center of each round to let the dough expand during cooking.

3

Pour the oil in a large skillet to cover the base area with a ½ inch of oil (for deep frying the flat bread). Let the oil heat until hot, but not smoking. Gently slide one flattened round of dough into the skillet—cooking each side for 1 or 2 minutes until golden brown. Remove the fried bread and place on paper towels to drain.

SERVE AND ENJOY!

Tibetans relish this kind of fried bread, especially during treks and long hikes in the mountains.

Recipe: SimplyTibetan.com

To hear Lhamo Tso's story firsthand, watch the video found at:
<http://bit.ly/Lhamo-Tso>

BRITISH LAWMAKER INTRODUCES BILL IN PARLIAMENT FOR RECIPROCAL ACCESS TO TIBET

When the Reciprocal Access to Tibet Act (RATA) became law in the US in December 2018, its supporters hoped it would spark a global movement to pressure China to end its unjust isolation of Tibet. In July, those hopes were validated when a UK lawmaker introduced a bill in Parliament calling on Chinese officials to give British diplomats, journalists and

ordinary citizens access to Tibet or be denied entry to the UK.

The proposed law “mirrors the legislation that has already been passed unanimously by the US Congress,” Conservative Party MP Tim Loughton said as he submitted the bill on July 23, 2019 in the House of Commons. “It is time for us, in Europe and the



United Kingdom, to take a similar stand to show categorically to China that its continued abuses in Tibet do not go unnoticed or unappreciated, and that we will tolerate them no more.”



NANCY PELOSI, JETSUN PEMA AND RICHARD GERE: “WHY TIBET MATTERS”

Three luminaries of the Tibet cause came together on November 8, 2019 in San Francisco for a memorable conversation before an audience of Tibet supporters. “Why Tibet Matters: The Relevance of Now and Why We Should Care” featured Speaker Nancy Pelosi, Jetsun Pema, the driving force behind the Tibetan Children’s Village in Dharamsala and sister of His Holiness the Dalai Lama and ICT Board Chair Richard Gere, in conversation for the first time.

Highlights of the discussion included Speaker Pelosi’s comment that she has seen no opposition to moving the promising new Tibetan Policy and Support Act of 2019 forward in Congress. She also spoke about her trip to Tibet in 2015 and the extreme surveillance she witnessed. Jetsun Pema remembered her happy life in Tibet prior to Chinese invasion and her return trip in 1980, when she saw how much her country had changed. They also spoke about how China’s oppression in Tibet affects the rest of the planet, both as a source of water and as a culture that possesses ancient wisdom relevant to all people.

Visit <http://bit.ly/Why-Tibet-Matters> to watch a video recording of the event.



Top Photo: Speaker Pelosi shares a moment with Lhamo Tso (left) and her daughter Lhamo Dolma (right), who are featured on page 9. Middle Photo: Pictured from left to right, Jetsun Pema, Conrad Anker, member of the Rowell Fund Advisory Board and Tencho Gyatso, ICT Director of Outreach, spend time catching up ahead of the event. Bottom Photo: Richard Gere and Father Paul Fitzgerald, President of the University of San Francisco and host of the event, chat ahead of the evening’s featured discussion.



CALLING ALL MEMBERS

URGE YOUR MEMBERS OF CONGRESS TO COSPONSOR BREAKING TIBET LEGISLATION

For the past several months ICT has been instrumental in lobbying for the Tibetan Policy and Support Act of 2019 (TPSA), which has recently been introduced in Congress by Representative James McGovern (D-MA) and Senator Marco Rubio (R-FL). This legislation represents a major upgrade of the Tibetan Policy Act of 2002, which set the tone for US policy on Tibet.

THE NEW BILL SEEKS TO:

- Uphold the rights of Tibetan Buddhists to select their religious leaders, including the Dalai Lama, without Chinese government interference

- Sanction Chinese officials who interfere in this right and try to appoint their own fake Dalai Lama
- Deny China opening a new consulate in the US until a US consulate is allowed in Lhasa
- Address climate change and water security in Tibet, which is the source of water for more than a billion people across Asia
- Update the Tibetan Policy Act of 2002

Please help advocate for this legislation by urging your Representatives and

Senators to cosponsor the bill. So far, 29 members of Congress have signed on towards our goal of 50 by the end of the year. With your help, we can ensure that our leaders are aware of the urgency of the situation in Tibet—and of your deep concern for the Tibetan people. All this will help move the bill forward both in the House and the Senate.

ICT members and Tibet supporters came out in force for Mini Lobby Day on Capitol Hill in October to lobby members of Congress and build momentum for the TPSA. **Join them and take action today by signing and returning the petition below.**

Please take a moment to add your name to the petition below for delivery to your Representatives and Senators.

PLEASE CLIP HERE & MAIL YOUR PETITION IN THE ATTACHED ENVELOPE

TO: MEMBERS OF THE US CONGRESS FROM: A CONCERNED CITIZEN

Since the 1950s, the Chinese government has brutally oppressed the peaceful people of Tibet, forcing the Dalai Lama into exile and denying their basic human rights.

I am writing to ask you to sign on as a cosponsor to the Tibetan Policy and Support Act of 2019 (H.R. 4331/S.2539). This bipartisan bill strengthens US support for the people of Tibet, especially on the crucial issues of establishing an American diplomatic presence in Lhasa and preventing Chinese interference in Tibetan religious freedom, particularly in the selection of the next Dalai Lama. It also stands up against Beijing's hostility and repression and rightly affirms Tibetan Buddhists' universal right to practice their faith without Chinese government interference.

If you have already cosponsored this bill, I applaud your commitment to Tibet and ask that you continue to do everything in your power to support its passage into law. The situation in Tibet is too urgent to ignore.

Thank you for your attention to this pressing matter.

Sign Here _____

Name _____ State _____ Zip Code _____



INTERNATIONAL
CAMPAIGN
FOR TIBET



INTERNATIONAL CAMPAIGN FOR TIBET

1825 Jefferson Place, NW
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savetibet.org

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Compassionate monthly supporters help ensure that ICT continues the critical work of shining a light on the injustices being suffered in Tibet—every day, every month, all year long.

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Via our websites and social media, keep informed about the Tibet movement and the work of ICT. Like us, follow us, share us and help us spread the word.



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Share us with your contacts and join in the Tibet conversation. The more people who care about Tibet, the bigger the impact we can have!



“Even more important than the warmth and affection we receive, is the warmth and affection we give. It is by giving warmth and affection, by having a genuine sense of concern for others, in other words through compassion, that we gain the conditions for genuine happiness.”

—HIS HOLINESS THE DALAI LAMA



This photo is one of twelve images from the life of His Holiness the Dalai Lama featured in ICT's 2020 calendar. Highlighting the work of renowned Indian photographer Raghu Rai, the calendar is a tribute to the Dalai Lama's vision of peace and justice for the Tibetan people. Get your copy at savetibetstore.org.