

INTERNATIONAL
CAMPAIGN
FOR TIBET

TIBET WATCH

SUMMER 2021

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Covid Vaccine

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TO A BRIGHTER FUTURE



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Dear Friend,

I hope this issue of *Tibet Watch* finds you well. Over the past few months, ICT has continued to further our work in support of the Tibetan people and His Holiness the Dalai Lama's vision for peace in the Land of Snows.

As we go to press, ICT's annual Tibetan Youth Leadership Program has just drawn to a close. Several talented young Tibetan Americans—who attend universities across the country—joined us for an energizing, educational week of trainings, workshops and panel discussions on Tibet and the leadership, advocacy and activism needed for change. Normally they travel to Washington, DC for the program, but this year it was conducted in a virtual format. I am happy to report that the sessions were successful and the young people as inspiring and uplifting to be with as they always are.

You'll find additional information on this special program on page 8, and on pages 4-5 we take you inside some of ICT's most important work, including monitoring and reporting and government advocacy. We also have two new staff members bringing their experience and skills to these areas, and we are delighted to introduce them to our members and welcome them aboard.

I encourage you to turn to page 6 to see how Tibetan Uprising Day was commemorated around the world on March 10th. And don't miss the new book published by ICT called *Tibet in Chains* (page 7). It is a compilation of stories of nine of the "Singing Nuns" who were imprisoned by the Chinese government in the notorious Drapchi prison. Their sense of determination and acts of resistance are sources of encouragement to us in our efforts to help the Tibetan people.

Also in these pages are news on the recently elected president of the Tibetan government in exile (page 8); details on exciting Tibet Talks, which air as both videos and podcasts (page 9); and a spotlight on ICT Board Chair Richard Gere's interview in *Lion's Roar* magazine (page 10).

And as we prepare for the annual Tibet Lobby Day, a crucial opportunity to educate and advocate for Tibet on Capitol Hill, I hope that you will take a moment to lend your voice to the petition on page 11. Your signature, joined with thousands of other ICT members, will demonstrate to US government leaders the widespread support for the Tibetan people and help make the 2021 event impactful—even if Congressional offices remain closed to visitors and we hold our meetings virtually for the second year.

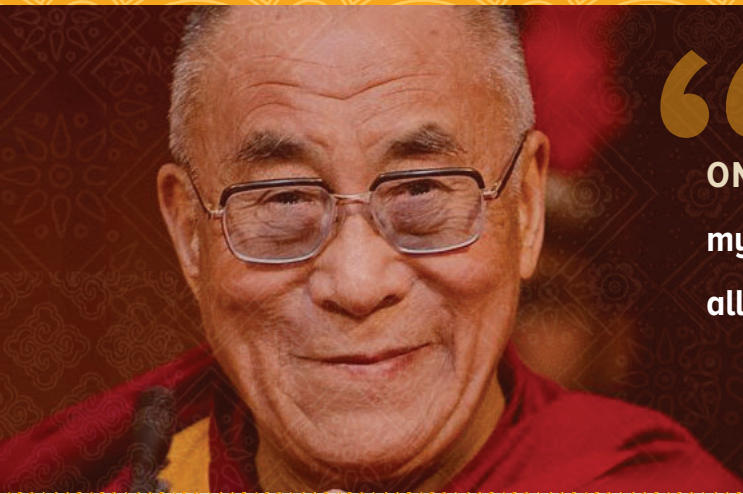
As the devastating health pandemic continues to threaten lives across the world, we remain sincerely thankful for your ongoing commitment to Tibet during this difficult time.

With Tashi Delek and gratitude,



Bhuchung K. Tsering





“

ON BEHALF OF THE TIBETAN PEOPLE, I extend my heartfelt appreciation to ICT and its members and all people of goodwill who have helped our cause.

- HIS HOLINESS THE DALAI LAMA

”

BEHIND THE SCENES AT THE INTERNATIONAL CAMPAIGN FOR TIBET

For more than 30 years, ICT has worked—in partnership with our loyal members—in service of His Holiness the Dalai Lama and the people of Tibet. As the largest Tibet support group in the world, we strive to help Tibetans in their peaceful struggle for democracy and human rights and seek to preserve Tibet’s ancient culture of wisdom.

Our driving purpose is to urge the international community to take action for Tibet and to provide political and

humanitarian support for Tibetans. Our work is focused around four main efforts: government advocacy; monitoring and reporting on conditions inside Tibet; empowerment and self-determination for the Tibetan community; and Chinese outreach to build mutual understanding.

ICT’s work takes place in the halls of government around the world, among refugee communities in Nepal, India, and beyond, and in partnership with members of the Tibetan diaspora—all supported by our dedicated community of compassion and staff in Washington, DC, Amsterdam, Berlin and Brussels.

In this issue of *Tibet Watch*, we are happy to share additional information, updates and progress on ICT’s government advocacy and monitoring and reporting efforts.

❖ GOVERNMENT ADVOCACY ❖

Government advocacy is an important facet of ICT’s daily work for Tibet—meeting with government leaders, giving testimony at hearings, confirming solidarity through petitions and statements of support, and advocating for groundbreaking legislation.

Our activities include taking US congressional delegations to Dharamsala, supporting dialogue between the Chinese government and representatives of the Dalai Lama, lobbying for aid for the Tibetan people, and helping win passage of crucial legislation like the Tibetan Policy Act (2002), Reciprocal Access to Tibet Act (2018) and Tibetan Policy and Support Act (2020).

ACTIVE ADVOCACY: In May 2021, the State Department under the Biden administration issued its first Tibet Negotiations Report. It asserts that “a negotiated resolution that leads to meaningful autonomy for Tibetans and ensures they are able to practice freely their religion, culture, and language provides the best hope for long-term stability in the region.” The report details recent activities undertaken by US officials to encourage dialogue and create conditions for a sustainable resolution.

This report is especially significant given that China-Tibet negotiations have been stalled for the past ten years. ICT has been urging the Biden administration to continue to

proactively support the resumption of dialogue and to appoint a Special Coordinator for Tibetan Issues as soon as possible.



ICT Welcomes New Director of Government Relations

Franz Matzner recently joined our team at ICT as Director of Government

Relations. In this role, Matzner will work to build support for Tibet from both sides of the aisle on Capitol Hill. Matzner previously served as Director of Federal Affairs for the Natural Resources Defense Council, where he succeeded in securing permanent protection from offshore drilling for America’s Arctic Ocean.

A Phi Beta Kappa graduate of the University of Pennsylvania, Matzner hails from New Jersey and is a long-time student of Buddhism. Asked about his new role, he said: “I feel a great sense of gratitude for the ability to advocate for the return of human rights to the

Tibetan people who have suffered far too long. I am also honored to support His Holiness the Dalai Lama’s message that compassion, respect for all beings and recognition of our interdependence are an antidote to tyranny.”

His aspirations at ICT include applying his advocacy and campaign experience “to concretize global action to fulfill His Holiness’ vision and halt the devastation of Tibet’s cultural identity, from which so many can gain so much.”

❖ MONITORING & REPORTING ❖

Through monitoring and reporting, ICT communicates to the world the truth about human rights, environmental issues and political conditions inside Tibet. With the Chinese government doing all in its power to suppress these truths and prevent foreign observers and journalists from entering Tibet, its campaign of tyranny inside the Land of Snows continues. That is why it is so important to break the information blockade.

To bring to light crucial information, ICT conducts fact-finding missions in Nepal and India, where many Tibetan refugees live. Our contacts are recent arrivals, or are in touch with people inside Tibet, who can provide invaluable insights about situations

happening on the ground. By publicizing China’s atrocities around things like racial discrimination, political imprisonment and environmental destruction, we provide resources to help pressure the Chinese government to end its brutal policies.

LATEST REPORT: In a March 2021 report titled **Party Above Buddhism**—available at savetibet.org/party-above-buddhism—ICT details the Chinese government’s extensive surveillance system and systematic efforts to control monasteries and nunneries. This includes overt political indoctrination of monks and nuns and an insistence by the Chinese Communist Party of its right to appoint reincarnated Tibetan religious leaders.



By shining a light on these actions, ICT shows that China’s recent policies constitute a real threat to the survival of authentic Tibetan Buddhism, and ultimately Tibetan culture.



ICT Welcomes New Research Analyst

In 2020, to support our monitoring and reporting efforts, ICT welcomed a new Research Analyst to the team. Tenzin Norgay comes from a Tibetan diaspora family in Dharamsala, India. He brings more than ten years of experience as a Senior Fellow at the Tibet Policy Institute and as a Researcher at the Tibetan Centre for Hu-

man Rights and Democracy, both located in Dharamsala.

Tenzin holds a master’s degree in law and diplomacy from The Fletcher School at Tufts University, where he wrote a dissertation titled “Self-Determination: The Case of Tibet.” His role as Research Analyst at ICT draws on his experience in monitoring and reporting on issues related to human rights, democracy, conflict resolution, security, humanitarian assistance and civil society in Tibet.

Asked what excites him about this work, Tenzin said: “In the past 32 years, ICT has come a long way in ensuring that the issue of Tibet and the rights of the Tibetan people are featured in the conversations of Americans and the American government’s foreign policy-making on Tibet and Tibetans. As a staffer, I am excited to not only contribute to continuing ICT’s vital work, but also to bring my subject matter expertise in making positive impacts on the lives of Tibetans inside Tibet.”

❖ THE ROLE YOU PLAY ❖

You play a pivotal role in all aspects of our work at ICT. As a loyal member, you truly make a difference in the continuation and expansion of our efforts in government advocacy, monitoring and reporting, and so many other facets of the pursuit of self-determination for the Tibetan people.

From signing petitions, to lobbying for Tibet on Capitol Hill... from sending donations, to stuffing envelopes... from participating in events, to spreading the word about Tibet in your own community... we thank you so much for your support of the Tibetan people!

TIBETAN UPRISING DAY AROUND THE WORLD

“Over a million Tibetans have lost their lives in the past six decades under Chinese rule. Today, we have come together to collectively mourn this loss. But we are also here to mark the undaunted resilience of Tibetans in Tibet. Even under the threat of losing their lives, they continue to protest by protecting and preserving our language, our religion, our land, and our identity.”

— Lobsang Sangay, president of the Central Tibetan Administration

Tibetans—and Tibet supporters—marked the 62nd anniversary of their historic uprising against Chinese rule on March 10, 2021 with commemorative events, statements of solidarity from other persecuted groups and messages of support from elected officials across the globe.



THE DAY IN PICTURES



ICT took part in protests on Tibetan Uprising Day in Europe and the United States.



ICT Europe took part in a protest in the Netherlands.



In Berlin, Kai Mueller, executive director of ICT Germany, spoke at a demonstration outside the Chinese Embassy.



The Tibetan community in Brussels organized two protests with the support of ICT Brussels. Approximately 100 people participated in the events, with numbers limited due to coronavirus restrictions.



In Washington, DC, the Capital Area Tibetan Association and the Regional Tibetan Youth Congress staged a protest outside the Chinese Embassy. The protest featured remarks from Robert A. Destro, Special Coordinator for Tibetan Issues under the Trump administration. Interim Vice President Tencho Gyatso and other ICT staffers also took part in the event.



ICT's interim president, Bhuchung Tsering, served as a panelist at a virtual event, "Tibetan National Uprising Day: 62 years of Struggle, Challenges and the Way Forward," hosted by Tibetan organizations in Toronto.

Tibet in Chains



Nine Tibetan nuns, arrested and sent to China's notorious Drapchi prison in the Tibetan capital of Lhasa, bravely endured years of horrific abuse by the Chinese government and resisted the oppression of their captors through nonviolent protests and patriotic songs.

All nine were part of the "Drapchi 14," also known as the "Singing Nuns." This group earned praise from around the globe for its courage and solidarity in the face of brutality.

In a new book from the International Campaign for Tibet, *Tibet in Chains: The Stories of Nine Tibetan Nuns* (2020), each nun shares her own story in her own words, describing her family, early life in Tibet, dedication to Tibetan Buddhism and His Holiness the Dalai Lama, torture faced in prison and drawing strength from her fellow nuns.

As China cracked down on religious freedom and human rights, the young nuns—some of them just teenagers—decided to raise their voices against the Chinese government.

After taking part in peaceful demonstrations, each nun was arrested and eventually sent to Drapchi. They describe beatings with bamboo sticks, torture with electric cattle prods and a long list of shocking, inhumane conditions. But the nuns continued to resist. They went on hunger strikes, refused to show respect for prison officials and refused to follow orders.

In 1993, the members of the Drapchi 14 secretly recorded songs calling for Tibet's independence and praising their spiritual leader, the Dalai Lama. Their sentences were extended as a result.



Unimaginable Physical and Mental Torture:
Ngawang Sangdrol



Tortuous Memory of Twelve Years in Prison:
Gyaltzen Dolker



Released from Prison, But Still a Prisoner:
Yeshe Dolma (a.k.a. Ngawang Rigdol)



Thinking About the Future of a People:
Palden Choedon



The Path to Hell on Earth:
Phuntsog Nyidron Sanaschiga



Mental Re-education is Harder than Reform Through Labor:
Rinzin Choekeyi



Died After a Heart Attack Because of Fear:
Rinzin Chongyi



Mentioning Tibetan Independence is the Biggest Crime:
Sonam Choedon



The Reason Why I Escaped:
Thinley Choezom

However, thanks to pressure from international activists including ICT members, all of the women featured in this book were eventually released. Today, they live in freedom outside Tibet.

We Invite You to Experience *Tibet in Chains*

Tibet in Chains is available to download from Barnes & Noble, Amazon, Apple Books and other online retailers. The e-book ranges in price from free to 99 cents.

ICT celebrated the book's launch with a special edition of our Tibet Talks live conversation series. This moving episode features Ngawang Sangdrol, one of the Singing Nuns, and is available to view at savetibet.org/live/#booklaunch and to download as a podcast at savetibet.org/pod.

PROTEST IN SONG

Excerpt from a song
by the Drapchi 14:

*The melodies that we sang in prison
Buried in the mine of history
Were heard by the merciless rulers
Who transported us to the land of
darkness and sorrow
Our feelings of the dark prison
conditions
When we sang them in songs
The horse of good fortune fell
off the cliff
And we suffered 12 years in prison
under chains
In prison while undergoing
unbearable suffering
We have always protected
day and night
The flame of freedom*



PENPA TSERING ELECTED AS NEW PRESIDENT OF TIBETAN GOVERNMENT IN EXILE

In late May, the Tibetan Election Commission formally declared former Speaker Penpa Tsering as the next president of the Central Tibetan Administration, which provides democratic governance for Tibetans in exile. The president is known as the “sikyong” in the Tibetan language, and Tibetans in the diaspora vote

every five years to elect the sikyong and members of Parliament.

The election was held worldwide on April 11th and the Commission reported a voter turnout of 77 percent, the highest in the history of Tibetan elections in exile. Penpa is the second sikyong following the Dalai Lama’s devolution of political power in 2011. His predecessor is Lobsang Sangay, who served two terms.

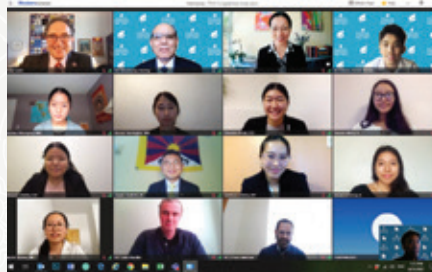
In addition to having served as speaker of the Tibetan Parliament-in-Exile, Penpa also served as a representative at the Office of Tibet in Washington, DC and has a long-standing relationship with ICT.

In his remarks to the media, he said the successful elections are a victory and a moment of pride for Tibetan democracy. His hope is that he will be able to open “a new chapter” in resolving the Tibet issue and developing Tibetan society.

On May 27th, Penpa was formally sworn into office in a small ceremony necessitated by Covid-19 restrictions. His Holiness the Dalai Lama attended virtually and made remarks praising the democratic process and expressing optimism about the future. Sikyong Penpa Tsering received congratulations on his victory from several world leaders, including House Speaker Nancy Pelosi (D-CA).

TIBETAN YOUTH LEADERSHIP PROGRAM PREPARES THE NEXT GENERATION OF LEADERS

Tibetan American college students from across the US participated in ICT’s Tibetan Youth Leadership Program the week of June 21st. Gathering virtually this year due to the ongoing Covid-19 pandemic, participants met with advocacy experts, government leaders and ICT staff to learn about the role they can play in advocating for change in the Land of Snows. Highlights included sessions with Tempa Tsering, ICT Board member,



Carl Gershman from the National Endowment for Democracy, Sophie Richardson from Human Rights Watch and Annie Boyajian from Freedom House; a discussion with journalist Josh Rogin, author of *Chaos Under Heaven*; meetings with Congressional

members Jim McGovern and Andy Levin as well as Cincinnati mayoral candidate Aftab Pureval—of Tibetan and Indian heritage—and representatives of the State Department; a panel discussion with Tibetans in public service; and a conversation with ICT Board Chair Richard Gere and Tibet torture survivor Ngawang Sangdrol.

Eleven college students from eight different states participated. They include aspiring activists and politicians, future doctors and health care professionals, athletes, and youth leaders.

FREEDOM HOUSE: TIBET AND SYRIA ARE WORLD’S LEAST FREE COUNTRIES

Tibet is now tied with Syria as the least-free country in the world, according to the latest rankings from the influential watchdog group Freedom House.

The group’s Freedom in the World 2021 report gives Tibet a total score of 1 out of a possible 100 in the global freedom rankings. That ties Tibet with Syria as the worst on the list.

This year’s report marks a change from the last several years, when Tibet was second in the rankings behind Syria.

“The fact that Tibet is now tied for worst in Freedom House’s global freedom scores is a clear sign of just how bad things have become in Tibet,” ICT Interim President Bhuchung K. Tsering said. “We hope this ranking will serve as a reminder to the world about the urgent need to take action for Tibet.”

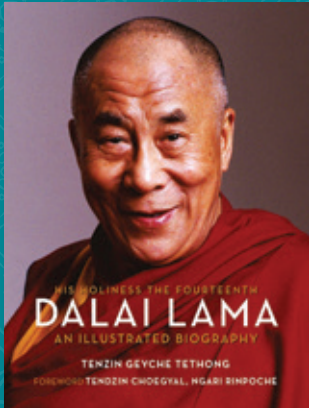
DALAI LAMA RECEIVES COVID VACCINE



His Holiness the Dalai Lama received his first dose of the Covid-19 vaccine on March 6th at a hospital in Dharamsala, India. He encouraged others to get vaccinated to prevent the disease and to share in the benefits of this scientific advancement.

ICT HOSTS AUTHORS AND ARTIST FOR RECENT TIBET TALKS

May Tibet Talk: TENZIN GEYCHE TETHONG



In this episode, Tenzin Geyche Tethong reflects on his long and intimate acquaintance with the Dalai Lama as a close member of his staff. Born in 1943, in Lhasa, Tethong first joined the Tibetan administrative service in the early 1960s and served in the Private Office of His Holiness until 2016.

He discusses his new biography-in-pictures, *His*

Holiness the Fourteenth Dalai Lama: An Illustrated Biography, and the pivotal moments and memories that shaped the Dalai Lama's leadership and his life story. While reflecting on key images in the book, Tethong gives an insider's glimpse at His Holiness' gentle humor and his commitment to studying and learning even in his eighties. Tethong remembers public episodes such as the Dalai Lama's first invitation to speak before Congress as well as private family moments with His Holiness and his siblings.



June Tibet Talk: AMBASSADOR SCOTT H. DELISI & ARTIST JANE LILLIAN VANCE



Former US Ambassador to Nepal and ICT member Scott Delisi is the author of a new book—titled *The Ambassador's Dog*—based on his chance encounter on the Tibetan plateau with a Tibetan mastiff puppy called Lo Khyi, whom he took in and eventually brought home to the United States.

Delisi collaborated with fellow ICT member and award-winning American artist Jane Lillian Vance to create this wonderful story, whose illustrations infuse every page with colors, symbols and images of Tibet.

A tale of the compassion, courage and hope to be found in the world, and about the intense connections that can form between humans and animals, it's a beautiful book that readers of all ages can enjoy.

Delisi said that Nepal's people, including the Tibetan refugee community, touched his heart profoundly during his assignment with the State Department. He met Vance thanks to the documentary film she produced in 2010 called *A Gift for the Village*, which details the story of a large-scale legacy painting she made with the blessing of the Dalai Lama. She transported the painting all the way from her home in Virginia to a village in the Mustang region of Western Nepal as a gift in honor of Buddhist Lama Amchi Tsampa Ngawang, a doctor and healer who is her mentor.

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Photo: Sonam Zoksang

cherishing. When asked what people who recognize the great value in Tibetan culture can do to help preserve it, he mentions China's plans to select its own successor to the current Dalai Lama, and the major threat this represents to the survival of Tibetan culture:

“Without the Dalai Lama right now, it's hard to imagine that Tibetan culture as a unity, as a living, breathing being, would survive... So we have to create the institutions that will allow the values and example of Tibet's people and culture to continue. This incredible heart. This incredible sense of not only forgiveness, but a vision of what we might be as individuals and as societies. This ability to touch the deepest part of love and compassion and being. However this dream of reality evolves, we must work to ensure that these ideas and values are central on all levels of society and are never lost or forgotten.”

The International Campaign for Tibet is working to preserve Tibetan culture and to ensure that the selection process for the next Dalai Lama be centered in authentic Tibetan Buddhism. The recently passed Tibetan Policy and Support Act establishes as US policy that the selection of the next Dalai Lama will be a matter reserved exclusively for the Tibetan Buddhist community.

Learn more about what you can do to help at savetibet.org. Read the interview with Richard Gere in full at lionsroar.com/richard-gere-on-tibets-gift-of-love.

RICHARD GERE REFLECTS ON THE HEART OF TIBET

The July 2021 issue of Lion's Roar magazine features an extensive interview with ICT Board Chair Richard Gere. Gere is a long-time student of His Holiness the Dalai Lama, a global advocate for Tibet, and a valued member and leader of the International Campaign for Tibet.

Melvin McLeon, editor-in-chief of *Lion's Roar*, sat down with Richard Gere in the spring of 2021. Their interview, entitled “Richard Gere on Tibet's Gift of Love,” begins with Gere's story of first becoming connected to Tibet and to His Holiness the Dalai Lama. In his late twenties and a student of Zen, Gere traveled to Asia for the first time and met Tibetan refugees at a settlement in Nepal. He says the experience “floored” him. A few years later, he had a strong impulse to go to Dharamsala and meet the Dalai Lama:

“I saw him for maybe half an hour, forty-five minutes, but it felt simul-

taneously like it was one minute and ten hours, because it was so, so dense. I was struck by the utter normalcy of His Holiness, and how quickly he was able to get past my defenses and my romanticism. I pretty much changed my life at that point. I left Dharamsala and went right on a long trek through Ladakh and Zaskar. And I've been kind of on a trek ever since.”

Gere says his most pivotal learning from his years of experience with His Holiness is the concept of universal responsibility. A deep sense of concern for one another—and for every creature in the universe—is palpable within Tibetan culture. He says that this, ironically, is what ultimately brings us happiness: what we do for others to make them happy.

Gere reflects too on the equal balance of wisdom and compassion taught by Tibetan Buddhism, and the goal of liberation from self-

CALLING ALL ICT MEMBERS: URGE MEMBERS OF CONGRESS TO SUPPORT TIBET THIS LOBBY DAY



Lend your voice to advocacy efforts on Capitol Hill for Tibet Lobby Day!

This fall, Tibetan Americans, Tibet support groups, and other friends of Tibet will meet with their senators and representatives, urging them to fulfill legislative promises of support for Tibet—like the Reciprocal Access to Tibet Act and Tibetan Policy and Support Act; ensure that Tibet is a part of future legislation regarding China—like the Innovation and Competition Act; call for human rights and basic freedoms in Tibet; and maintain Tibet-related programs sponsored by the US.

Please join ICT in urging members of Congress to support Tibet.



Help strengthen the advocacy efforts on Tibet Lobby Day by signing the below petition and returning it in the enclosed envelope.

The **Reciprocal Access to Tibet Act** is based on the diplomatic principle of reciprocity, which calls on countries to give equal rights to one another's citizens. The law requires official review of Americans' level of access to Tibet and bars access to the US for Chinese officials who deny Americans admittance to Tibet.

The **Tibetan Policy and Support Act** makes it official US policy that the Dalai Lama's succession is a strictly religious issue only he and his followers can decide. Other provisions prevent China from opening a new consulate in the US until a US consulate is allowed in Lhasa, protect water resources and the environment, provide for humanitarian assistance, and encourage resumption of Tibetan-Chinese negotiations.

The **Innovation and Competition Act** is a bipartisan bill that recently passed the US Senate, focused on assuring that the United States is positioned to compete with China across all dimensions of national and international power. Similar action is expected in the House and if signed into law, any final comprehensive bill must include support for Tibet in its provisions.

PLEASE CLIP HERE & MAIL YOUR PETITION IN THE ENCLOSED ENVELOPE



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

Dear Member of Congress,

Our government's bipartisan tradition of support for Tibet has resulted in important laws designed to help the Tibetan people. As a member of Congress, I hope you will continue to embody that support and ensure the promises of recently passed legislation are fulfilled.

This Tibet Lobby Day, I ask you to:

- Encourage the State Department to fully implement the Reciprocal Access to Tibet Act and the Tibetan Policy and Support Act.
- Ensure specific provisions to support the Tibetan people and hold China accountable for its crimes against humanity are included in any comprehensive China-related legislation, like the Innovation and Competition Act.
- Advocate for and stand in solidarity with Bonkho Kyi—a Tibetan political prisoner who has been unjustly imprisoned for years for celebrating the birthday of the Dalai Lama—by contacting the Tom Lantos Human Rights Commission to adopt Bonkho as a prisoner of conscience through the *Defending Freedoms Project*.

I thank you for your support and trust you will continue to stand with Tibet in your pivotal role as a member of Congress.

Sincerely,

Signature _____

Name _____ State _____ Zip Code _____



INTERNATIONAL
CAMPAIGN
FOR TIBET

Stay Informed, Stay Connected

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.



Visit us at savetibet.org or in Chinese at liaowangxizang.net

Join the online conversation at weblog.savetibet.org



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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!

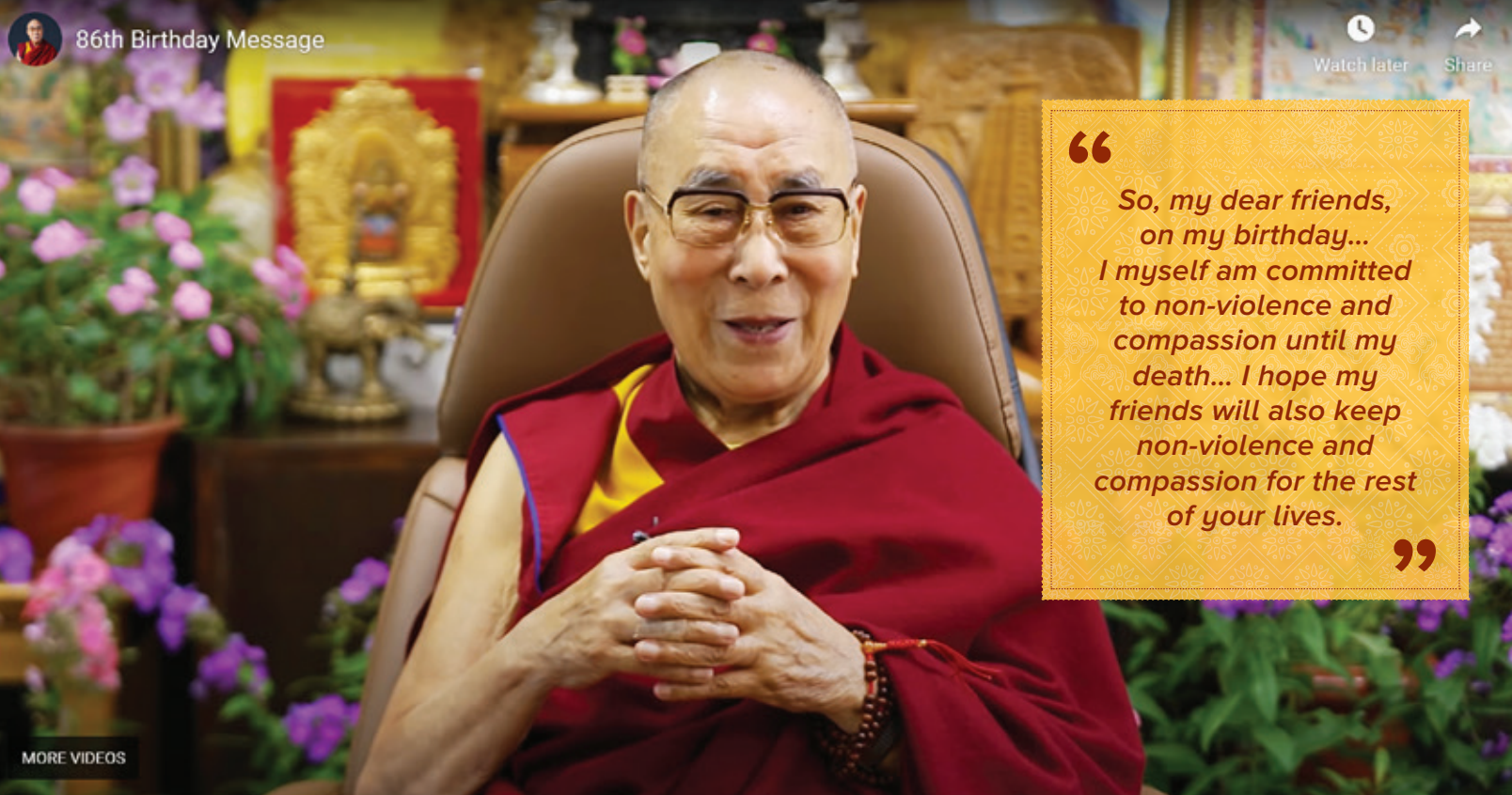
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JOIN THE MANDALA SOCIETY

Invest in the future of the Tibetan people through your estate plans.

Contact Brian Ahern at
202.580.6770 to learn more.



86th Birthday Message

Watch later Share

“
So, my dear friends,
on my birthday...
I myself am committed
to non-violence and
compassion until my
death... I hope my
friends will also keep
non-violence and
compassion for the rest
of your lives.
”

MORE VIDEOS

On July 6, 2021—on the occasion of his 86th birthday—His Holiness the Dalai Lama shared a video message of deep appreciation from his residence in Dharamsala, India. To hear him share his wise words, please visit dalailama.com/videos/86th-birthday-message.



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