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Compassion, Their Precious Treasure

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☀ Values

- Compassion
- Leadership
- Wisdom
- Forgiveness
- Inner Peace
- Freedom
- Social Emotional Learning

☀ Reflection Questions

Do you believe that the people can “win a war” by conquering their “inner enemy”?

Have you ever tried to respond to an enemy without violence, find compassion for an enemy, or overcome your instinct to strike back?

Is there a difference between being a warrior for peace and being a wimp?

Do all religions teach compassion for one's enemies? If so, why are there religious wars?

☀ Lessons Learned

The Dalai Lama teaches people the modern tradition of nonviolent action for change.

The Tibetan people are learning how to transcend violence through compassion.

Tibet's exiled leader, His Holiness the Dalai Lama, is an inspiration to millions of people around the world. With his deep wisdom and compassion, he is leading a nonviolent struggle to regain his homeland. This is the story of an historic encounter between him and the 200,000 Tibetans who braved an arduous journey in order to celebrate one of their most sacred ceremonies. Well aware of the violence they had suffered at the hands of their oppressors, the Dalai Lama knew he must speak about the Buddhist teachings of tolerance and compassion for their enemies. “If we wage war against our natural instinct for revenge, we will have done something very special,” he told them. “Then the world will recognize our stand against the endless cycle of violence - and there will be justice. “The Tibetan people are continuing their heroic fight, providing the world with an amazing example of the power of using “truth, courage and determination” as weapons to transform the world.

☀ Language Arts: SEL & Diversity

Watch the film, *Kundun* about the Dalai Lama's life. Have students discuss the Tibetan people's belief in overcoming violence through peaceful means. Play the music of Tibetan monks chanting. Study the meaning of this musical tradition. Invite students to take a moment of silence for peace in Tibet.

☀ Social Studies: Diversity

Locate Tibet and China on a map. Read about the history of Tibet and its people. Research the progress the Dalai Lama has made in gaining world support for his people. Study ancient Tibetan ceremonies like the Kalachakra initiation and write a report on it. Study the richness of the Tibetan culture and learn how people are trying to preserve it. Have students read U.S. and international newspapers about current events in Tibet.

☀ Community Service: Service Learning

Write to Chinese leaders and encourage them to honor their commitment to allow the Tibetan people to practice their religion and preserve their identity, traditions and culture. Start an Amnesty International chapter by calling: 800-Amnesty or www.amnesty.org. Help the Tibetan people preserve Tibet's precious civilization. Become a member of the Tibet House at www.tibethouse.us.



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