

The Dalai Lama

Text Book

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Text

Published by Widgit Software

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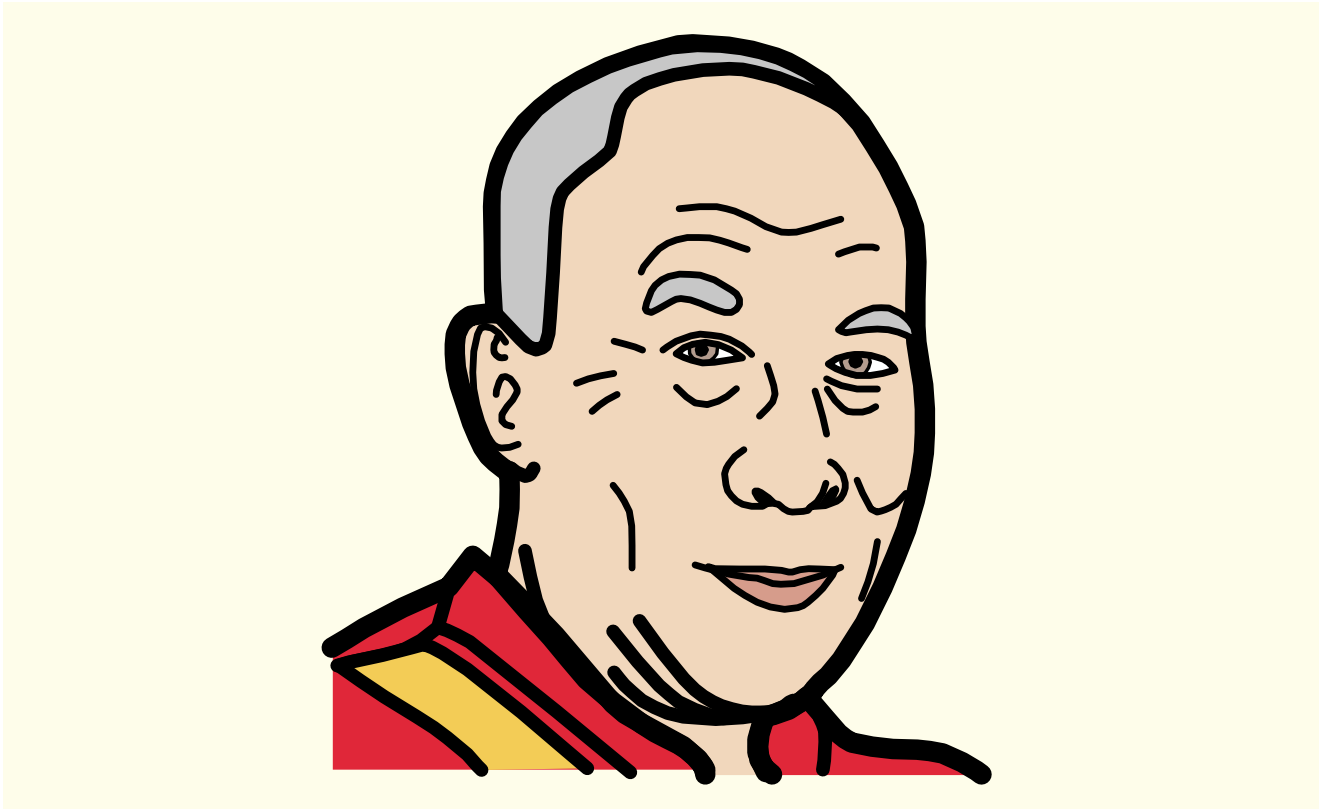
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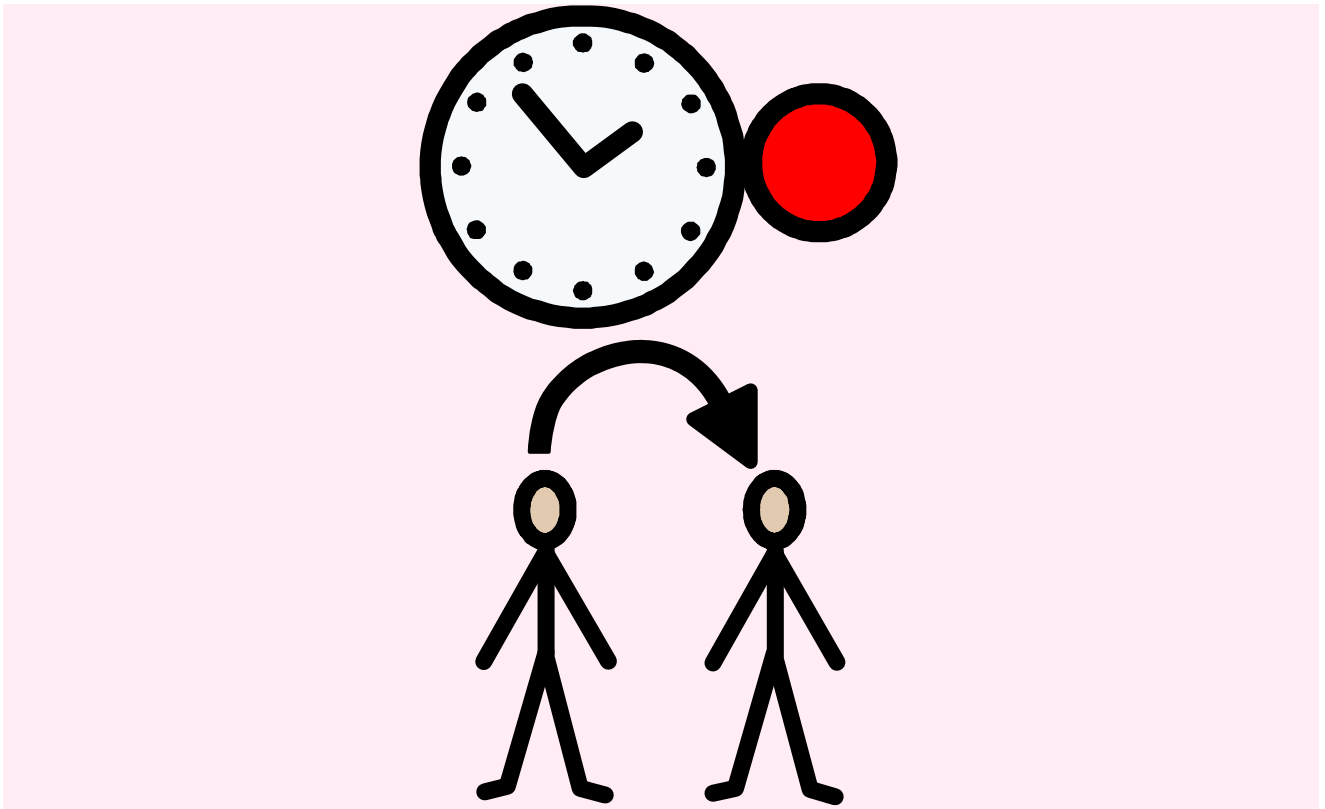


The Dalai Lama is an important religious figure.

He is the spiritual leader of Tibetan Buddhism.

He is believed to be the last Dalai Lama reborn.

The belief people are reborn is called reincarnation.



Tenzin Gyatso is the 14th Dalai Lama.

He was born on 6th July 1935.

At age 2 he was recognised as the Dalai Lama.

He was the 13th Dalai Lama reincarnated.



The Dalai Lama is the traditional leader of Tibet.

"Dalai" means ocean in Mongolian.

"Lama" means wisdom in Tibetan.

Dalai Lama means "ocean of wisdom".



Tibet is a mountainous region in the Himalayas.

Tibet is bordered by Bhutan and India to the south.

Tibet is bordered by China to the north.

Tibet is the highest region on the Earth.

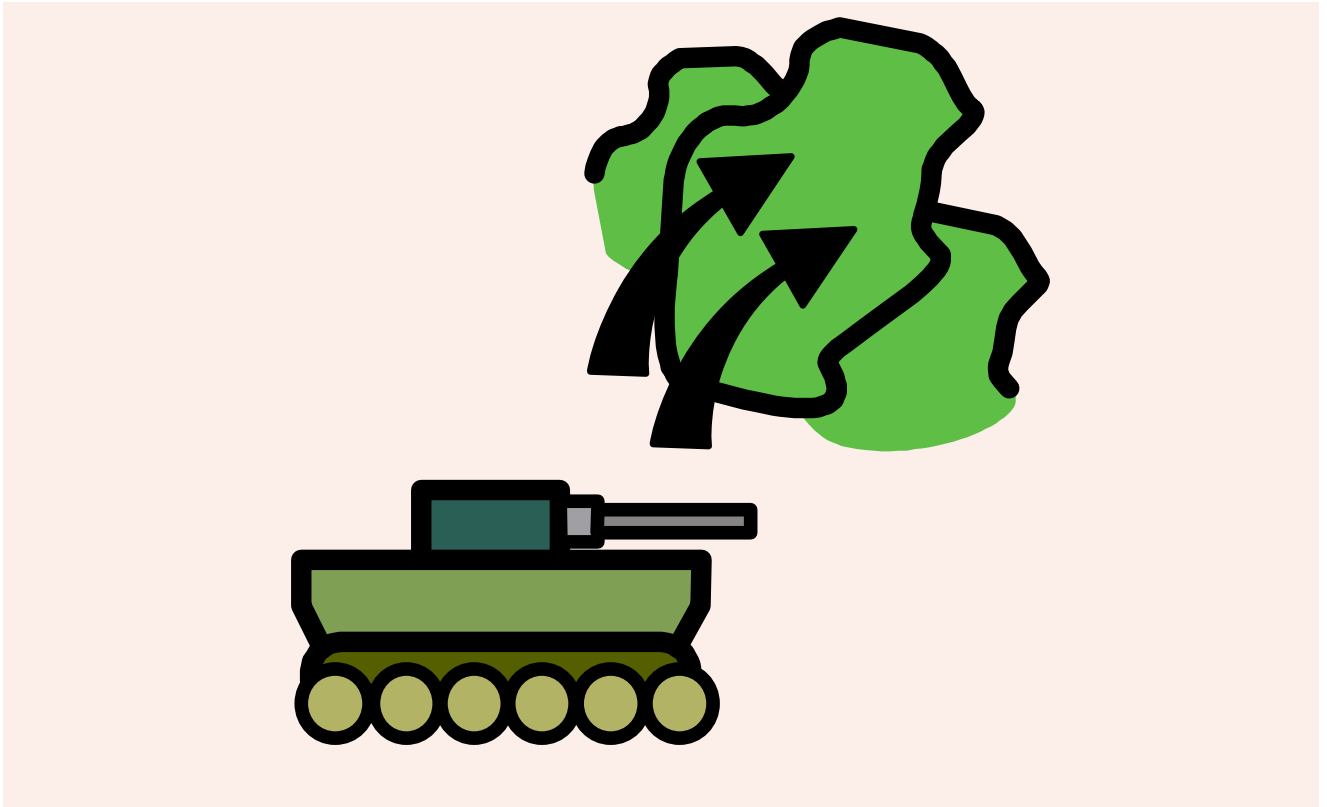


The Dalai Lama went to school aged 6.

He learnt logic, arts and Sanskrit.

He learnt medicine and Buddhist philosophy.

He studied poetry, drama, and astrology.

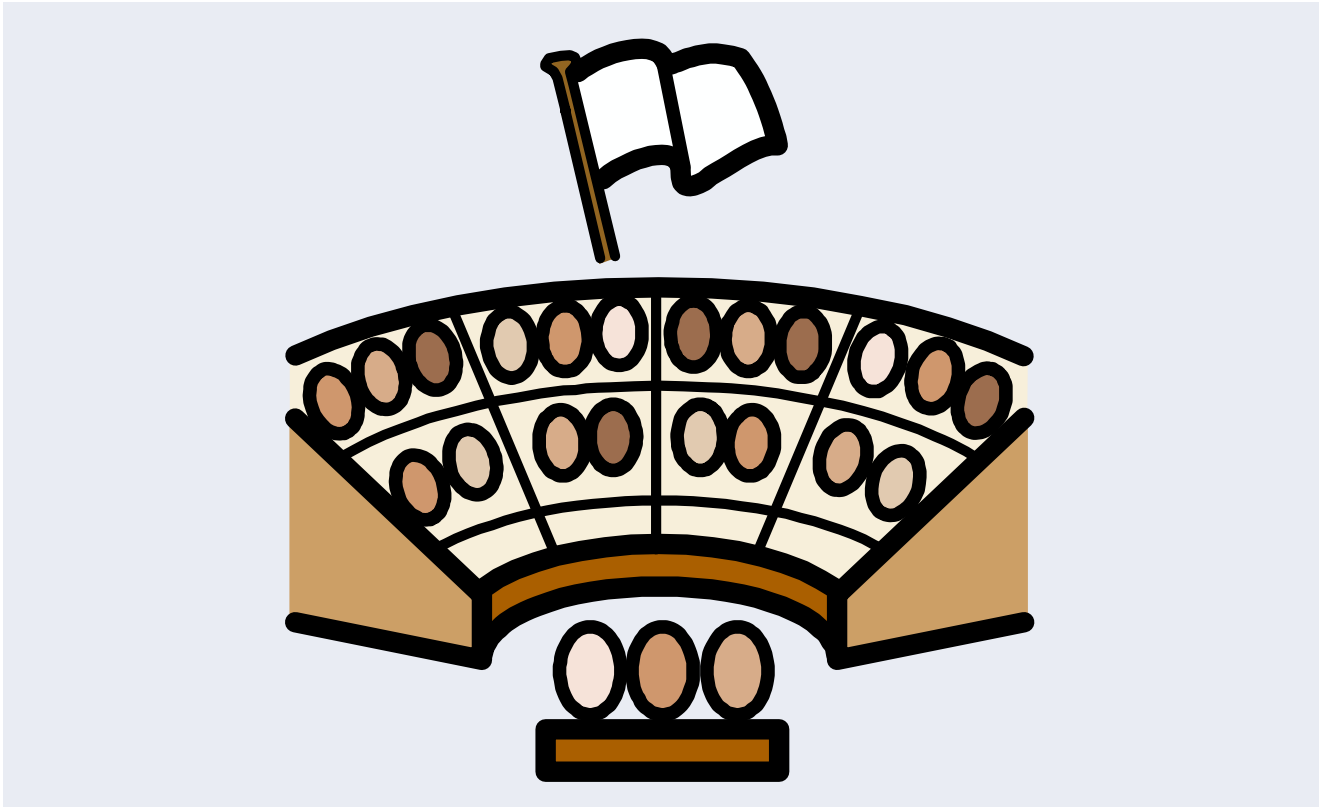


The Dalai Lama was enthroned in 1950.

This was during the Chinese invasion of Tibet.

In 1954 the Dalai Lama went to Beijing.

He met with important Chinese leaders.



In 1959 the Dalai Lama had to flee from Tibet.

A Tibetan national uprising was harshly controlled.

The Dalai Lama moved to live in India.

He formed a Tibetan government in exile in India.

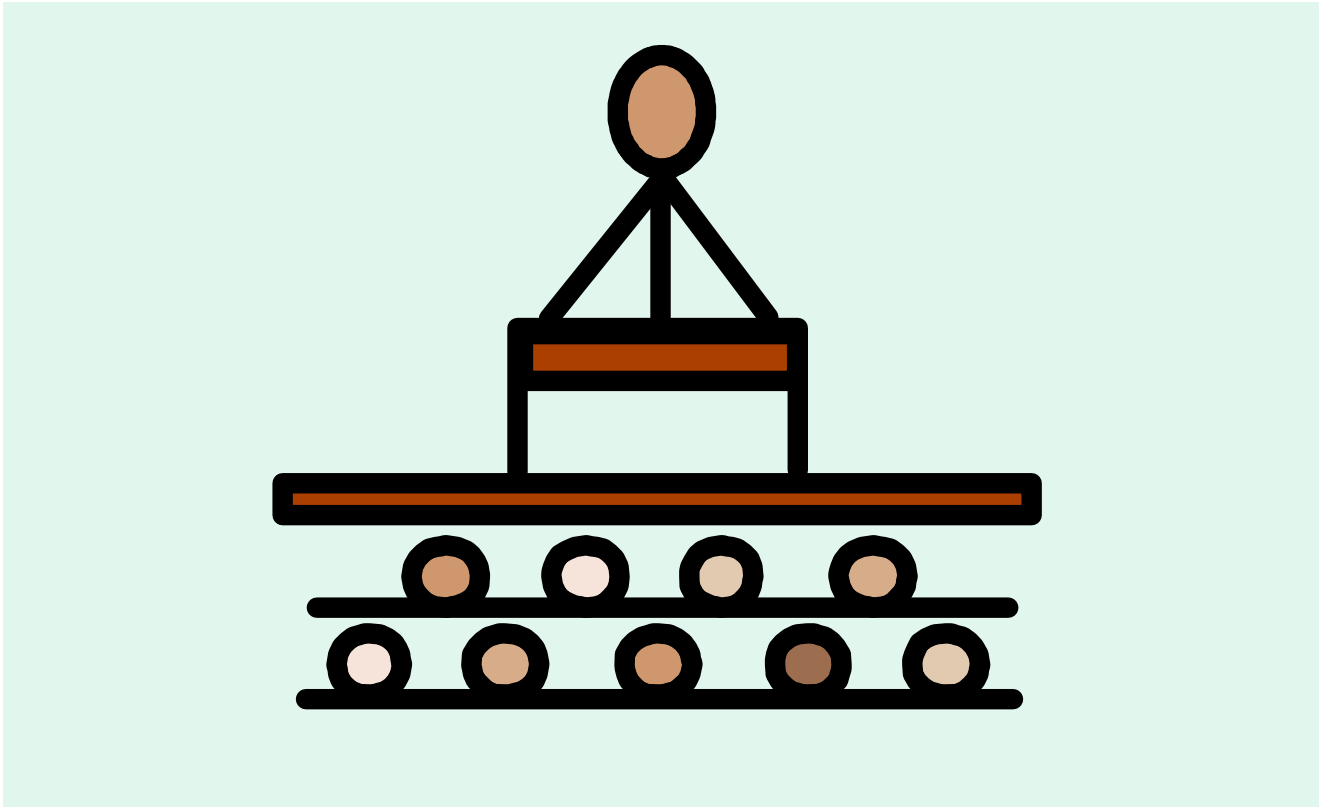


The Dalai Lama appealed to the United Nations.

In 1963 he reformed the Tibetan government.

He produced a democratic constitution for Tibet.

He established freedom of speech and movement.

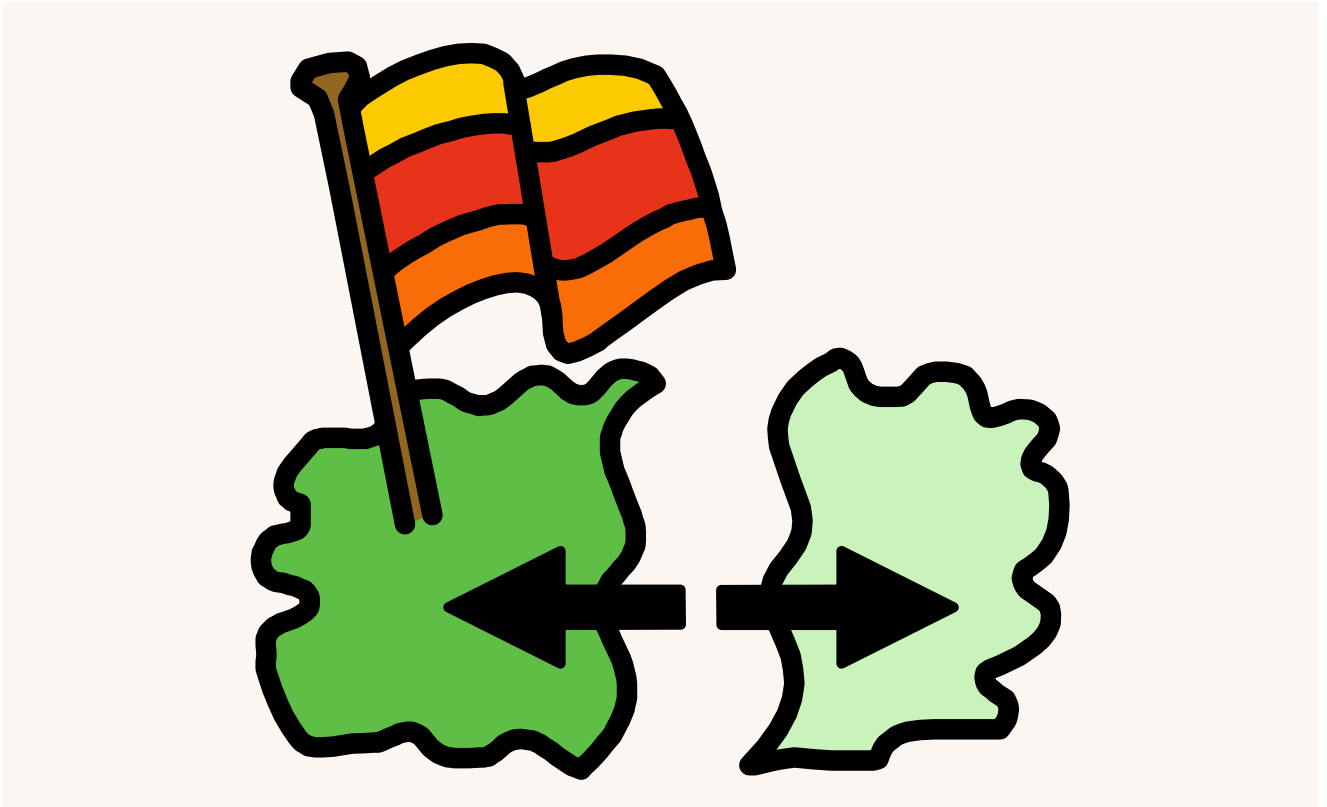


The Tibetan government became democratic.

In 1990 46 members were elected to an assembly.

This was on a one-person one-vote basis.

The Tibetan Assembly elected members of a cabinet.



In 2001 the Dalai Lama gave up his powers.

A parliament of Tibetan exiles now governs Tibet.

The Dalai Lama has sought independence for Tibet.

He spreads the Buddhist message around the world.

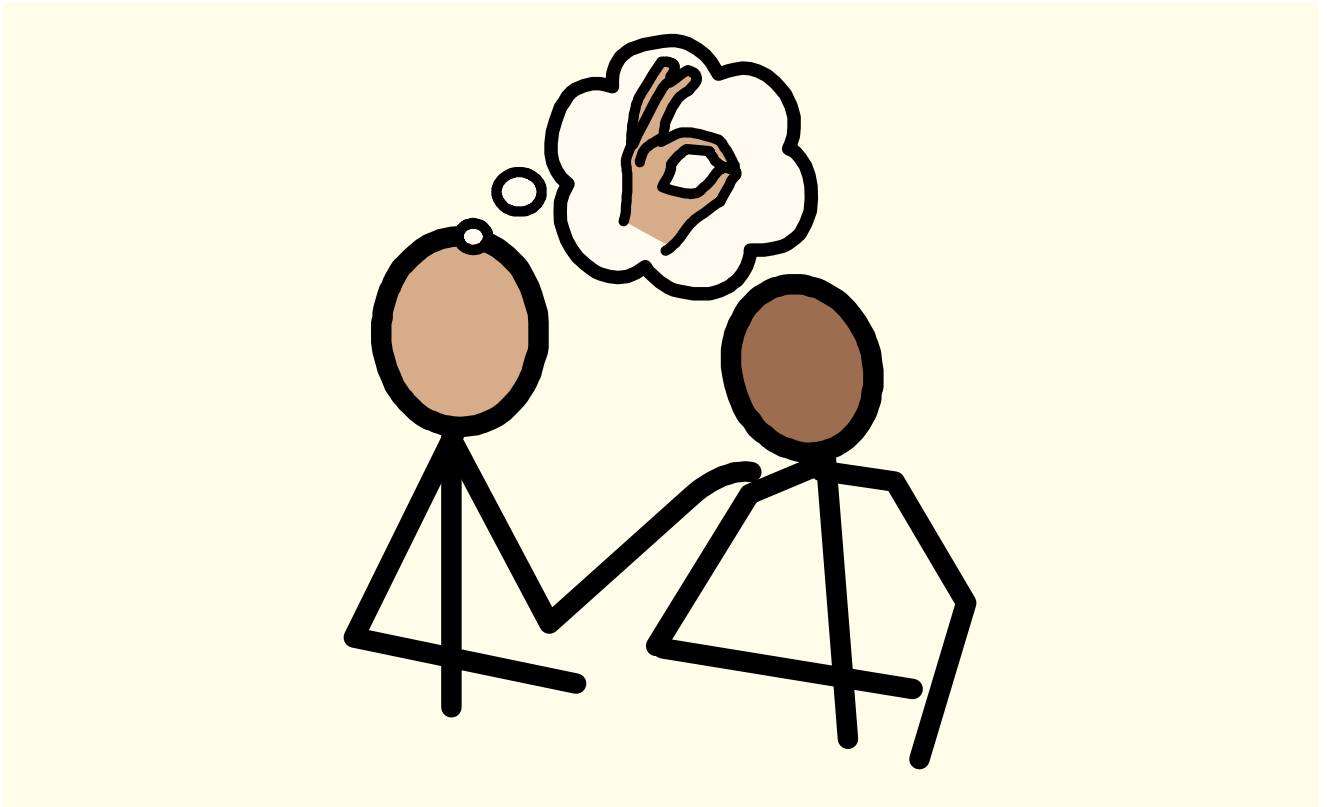


The Dalai Lama is a unifying symbol for Tibet.

He represents Buddhist values and traditions.

He has tried to overcome divisions in Tibetan society.

He has become a symbol of Tibetan nationhood.



The Dalai Lama wants people to be happy.

He wants people's minds to be at peace.

He wants people to be compassionate and forgiving.

He wants people to be tolerant and content.



The Dalai Lama believes all religions can be good.

He wants harmony amongst the world's religions.

He wants all religions to respect each other.

He believes all religions are aspects of the truth.

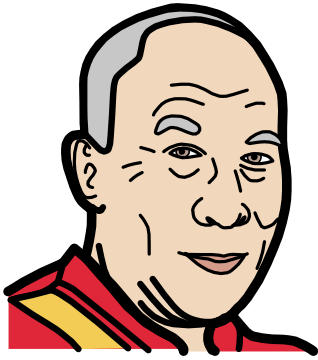


The Dalai Lama gives hope to the people of Tibet.

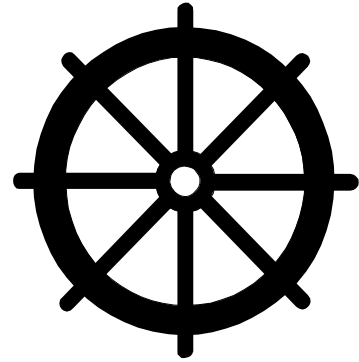
He wants to preserve Tibetan language and culture.

In 1989 he was awarded the Nobel Peace Prize.

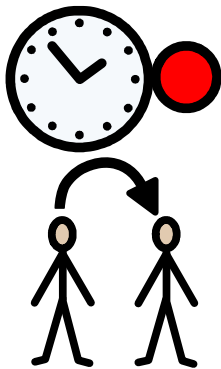
This was for his non-violent struggle for Tibet.



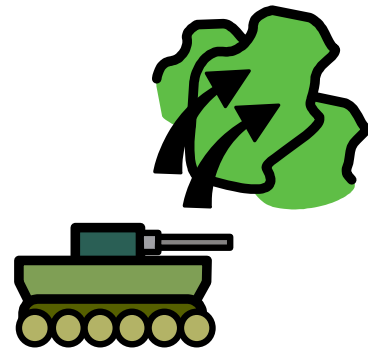
Dalai Lama



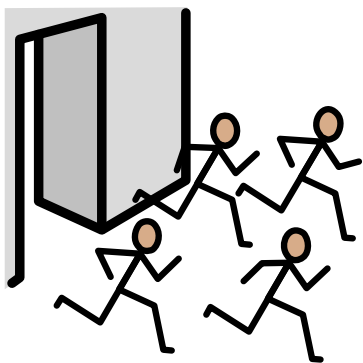
Buddhism



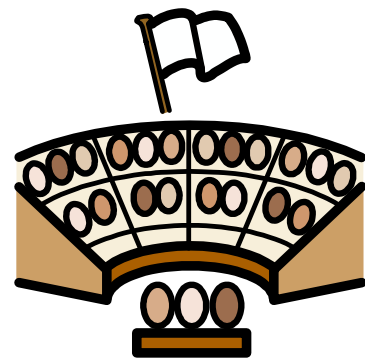
reincarnation



invasion



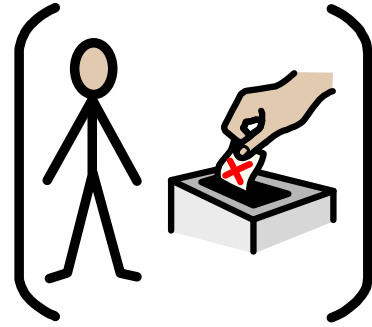
flee



government



United Nations



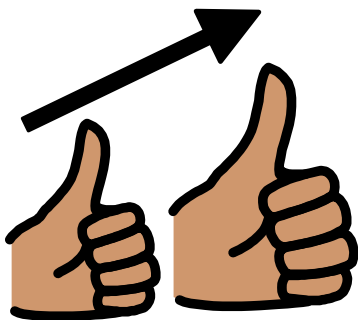
democratic



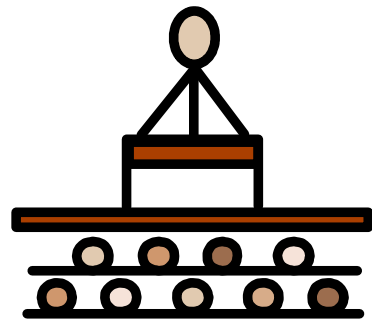
constitution



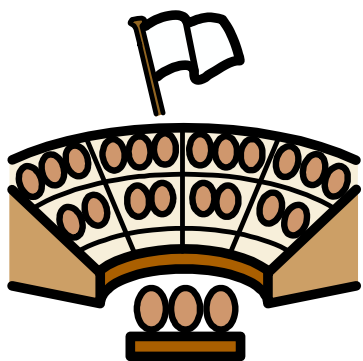
freedom



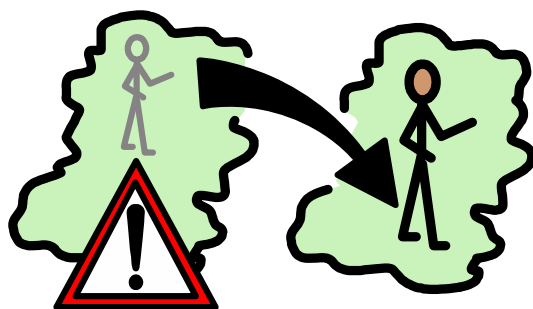
reform



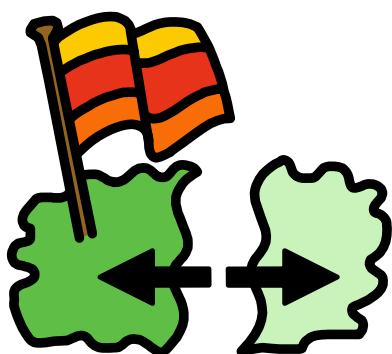
assembly



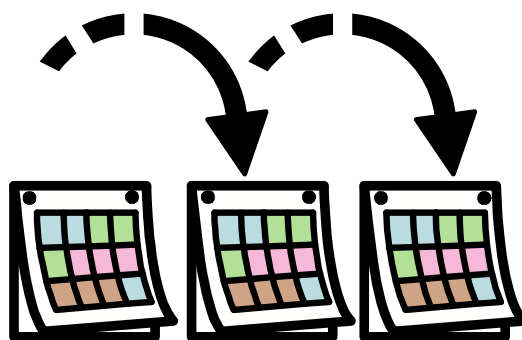
parliament



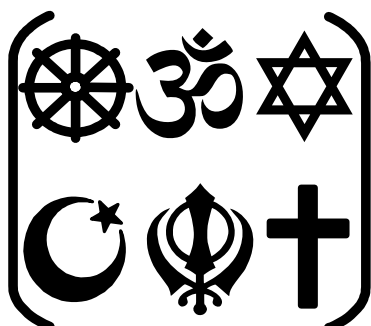
exiles



independence



traditions



religion



respect



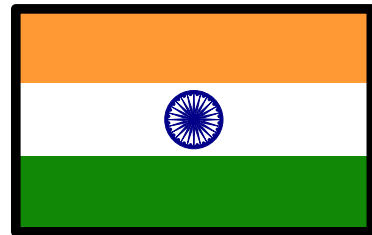
Tibet



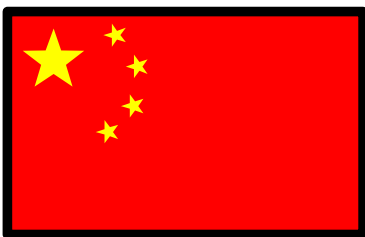
Mongolia



Bhutan



India



China



Himalayas