



“Love and compassion are necessities, not luxuries,  
without them humanity can not survive.”

*Dalai Lama*

Tenzin Gyatso (born 1935) is officially recognized as the 14th Dalai Lama (the head monk of Tibetan Buddhism). He was selected to be the Dalai Lama when he was just a young boy and his training began at only five years old. As he grew up, he was forced into exile during the 1959 Tibetan uprising; he denounced the People's Republic of China and with the help of the CIA, he established a Tibetan Government from afar. Additionally, Gyatso re-established the approximately 80,000 Tibetan refugees who followed him into exile in agricultural settlements in India. He created a Tibetan educational system, Tibetan Institute of Performing Arts, and the Central Institute of Higher Tibetan Studies. In 1989, he won the Nobel Peace Prize and now travels the world advocating for the welfare of Tibetans, teaching Tibetan Buddhism, and talking on the importance of compassion as the source of a happy life.