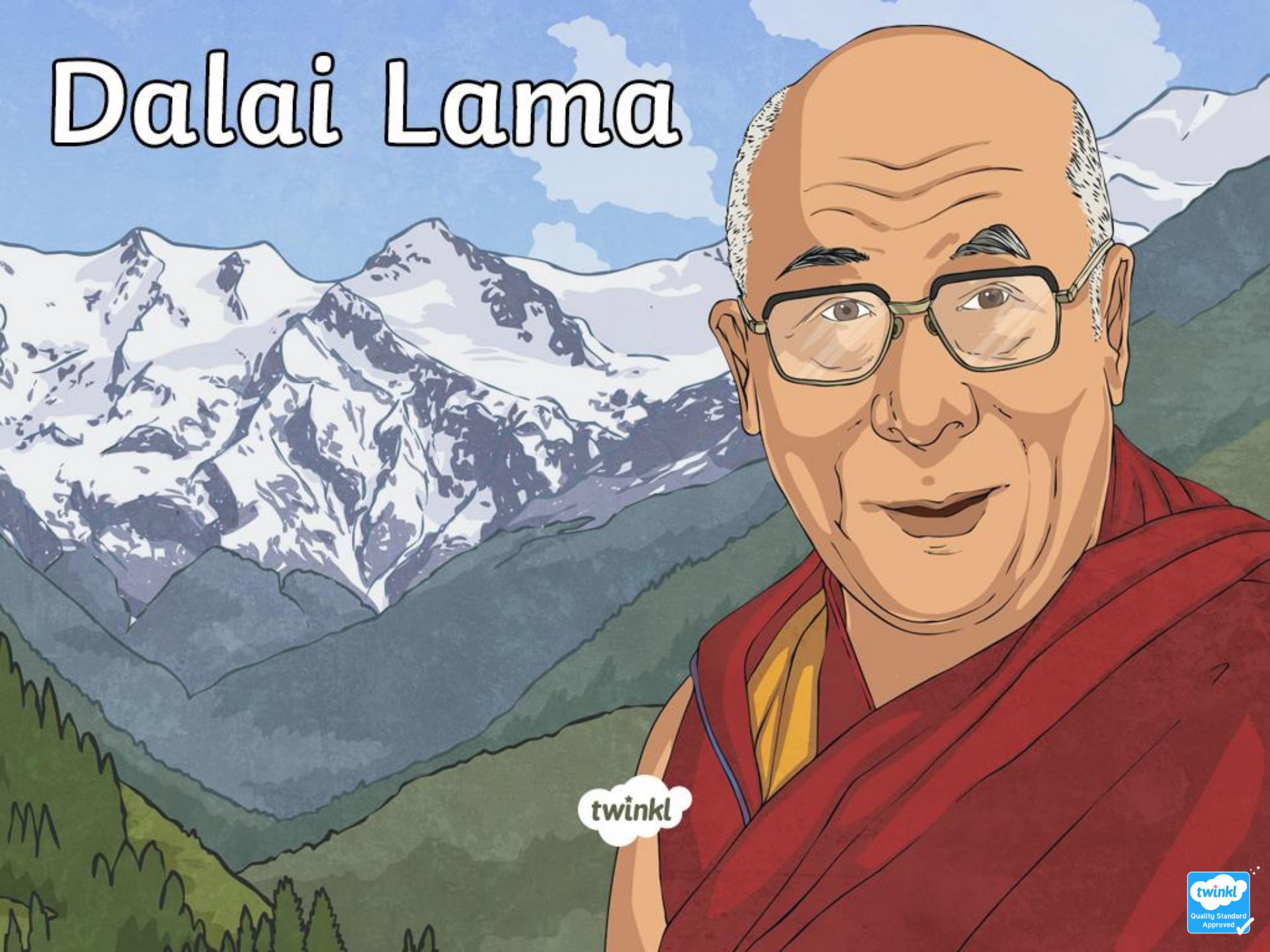


Monday 18th January

RE: People of Faith

Dalai Lama





Dalai Lama

Dalai Lama means “Ocean of Wisdom”. He is the head monk of Tibetan Buddhism and in the past was in charge of ruling the country of Tibet.

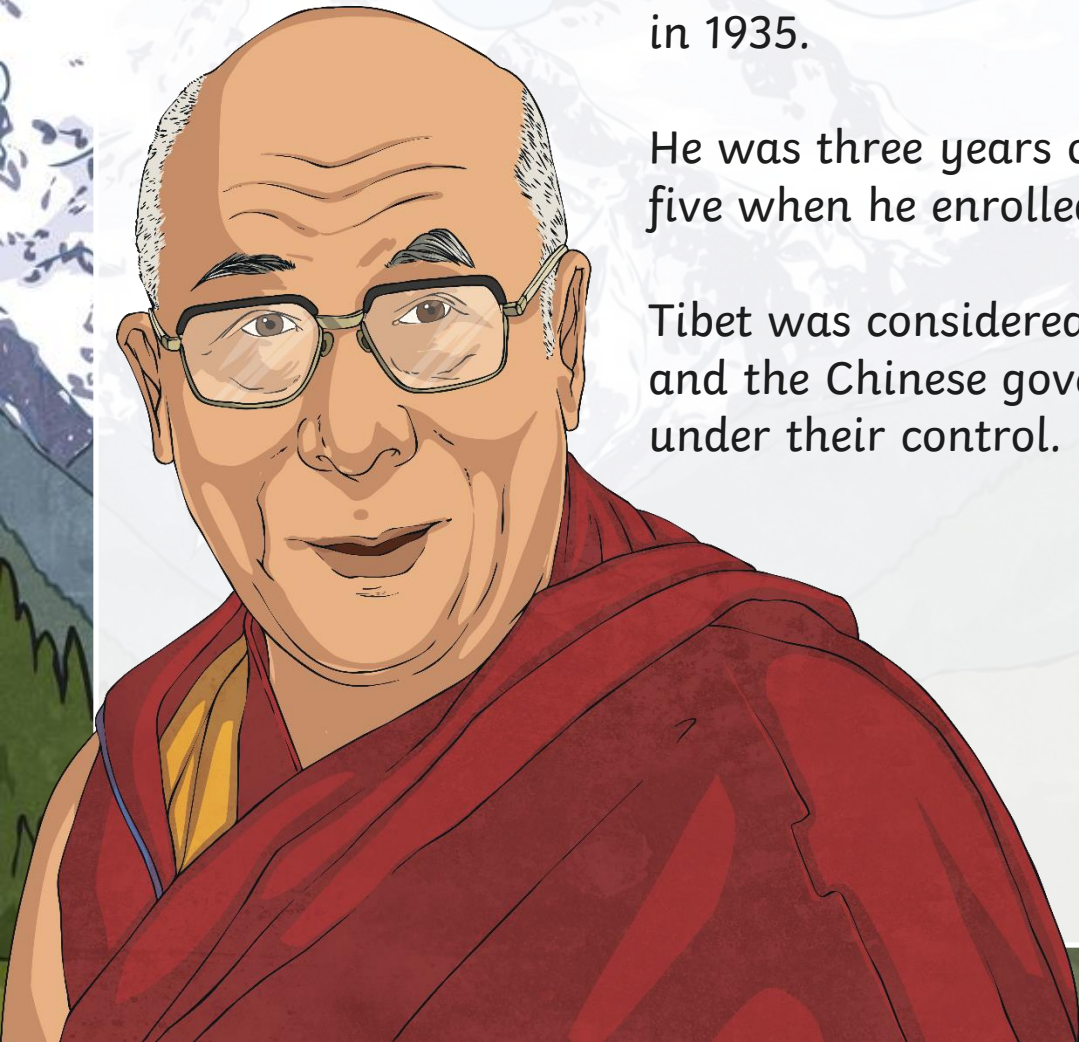
Buddhists believe that the Dalai Lama is the reincarnation of the previous one, who is reborn to continue his work.

Dalai Lama

The current Dalai Lama is the 14th and was born in 1935.

He was three years old when he was found and five when he enrolled at the local monastery.

Tibet was considered to be part of China by some and the Chinese government decided to bring it under their control.



Dalai Lama

When the army arrived, thousands of people protested and were killed.

The Dalai Lama feared for his life, so he had to leave Tibet and move to India.

The Dalai Lama continues to work to free the Tibetan people, so they can rule themselves.

He continues to spread the Buddhist message around the world, encouraging people to live in peace and harmony. He even has a Twitter account!



<https://www.dalailama.com/videos/advice-for-children>

In this short video, the Dalai Lama gives some advice to a young girl.

Do you think this is good advice? Explain your reasons!

He uses his Twitter account as motivation for all!

This was what he tweeted last Monday ...



Dalai Lama  @DalaiLama · 9h 

I regard a compassionate, warm, kindhearted person as healthy. If you maintain a feeling of compassion, loving kindness, something automatically opens your inner door, through which you can communicate much more easily with other people — you'll find that they are just like you.

 255

 4.9K

 20.7K



How do you think this might inspire people?

Your task:

On the next slide, there is a table with four of the Dalai Lama's teachings on it.

Your task is to think about how you interpret each teaching. Could you apply his teachings to your own life? Are there any that you think we should pay special attention to as a school community?

| Teachings | Your Meaning |
|---|---------------------|
| When you face problems in your lives, try to talk to find a solution. | |
| We need to think how our actions affect wildlife and the environment. | |
| We can create a happier world through education. | |
| Be kind whenever possible. It is always possible. | |





Challenge:

Are there any teachings that you particularly agree with? Are there any that you disagree with? Explain your reasons.