

# Remembering the Kindness of His Holiness the Dalai Lama and the Courageous People of Tibet

*Few lives in history have spoken as deeply to the goodness of the human spirit as the life of His Holiness the 14th Dalai Lama.... His simple demeanor and joyful humor have endeared him to millions of people around the world. – www.kalachakra2011.com*

*If you do what pleases His Holiness, it is the best thing you can do in your life, the most important thing in your life is done. It is the quickest purification, the best cause for attaining the path. Then, all the people who also participate have a strong connection to His Holiness, and so he can guide them from life to life until enlightenment.*

– LAMA ZOPA RINPOCHE



His Holiness the Dalai Lama at Chenrezig Institute, Eudlo, Queensland, Australia, June 2011. Photo by Bonnie Jenkins.

## A SIMPLE BUDDHIST MONK

His Holiness the 14th Dalai Lama, Tenzin Gyatso, is known throughout the world as a living symbol of peace and compassion. This “simple Buddhist monk,” as he often refers to himself, was born as Lhamo Dhondrup on July 6, 1935, to a farming family, in a small hamlet located in Taktser, Amdo in northeastern Tibet. At the age of three he was recognized as the reincarnation of the 13th Dalai Lama, Thubten Gyatso.

His Holiness has received dozens of awards, honorary doctorates, medals and prizes in recognition of his message of peace, nonviolence, scientific inquiry, inter-religious understanding, universal responsibility and compassion. His Holiness has also authored more than 72 books and has traveled to more than 62 countries spanning six continents. He has met with presidents, prime ministers and crowned rulers of major nations. He is the spiritual leader of millions of Tibetans and non-Tibetans alike.

In 1950 His Holiness assumed full political leadership of Tibet after the Chinese People’s Liberation Army (PLA) invasion of the eastern province of Kham. While the Chinese believe that Tibet has been part of China since the Yuan Dynasty (1271-1368), Tibetans have maintained an independent identity and systems of governance separate from China for over a millennium. The Tibetan government in place when the PLA invaded was founded in 1642 by the Great Fifth Dalai Lama.

On March 10, 1959, Tibetans in Lhasa believed His Holiness to be in danger of capture by the Chinese military. In response, people in Lhasa rose up against the Chinese, resulting in the deaths of tens of thousands of civilian Tibetans and the destruction of the Sera, Ganden and Drepung Monasteries. Within days of the uprising, His Holiness secretly left Lhasa and escaped to the safety of India. In April 1959, he established the Central Tibetan Authority (CTA), more commonly known as the Tibetan Government in Exile, in Dharamsala, a city in northern India.

For the next twenty years, His Holiness continued his practice and study of Buddhism. With the kind support of India, he established the Tibetan refugee community with a constitutional democracy, functioning school systems,



His Holiness the Dalai Lama at "Happiness & Its Causes" conference, Sydney, Australia, June 2011. Photo by Kunchok Gyaltsen.

commerce, monasteries and nunneries, medical facilities and refugee clinics.

## THE COURAGEOUS TIBETAN PEOPLE AND THE SITUATION OF TIBET

Most Tibetans do not celebrate, as Chinese officials maintain, that the PLA invasion "liberated" them from feudal serfdom. Rather, they decry how "liberation" resulted in the deaths of hundreds of thousands of Tibetans, the destruction of over 6,000 Tibetan monasteries and cultural centers, and the repression of human rights. Nearly 140,000 Tibetan refugees now live in exile around the world. For them, "liberation" has also meant loss of their homeland.

Today historic Tibet has been divided by the Chinese government into regions and prefectures. The Tibetan Autonomous Region encompasses only the central area and some of the eastern regions of historic Tibet. Tibetans also live in parts of Qinghai, Sichuan, Gansu and Yunnan Provinces. But the borders drawn between Tibetans are not as much a concern to His Holiness as the violence, environmental degradation and oppression experienced within those boundaries.

In 1987, His Holiness, with the help of world leaders, attempted to persuade officials from the People's Republic of China to engage in dialogue about the future of Tibet, offering his Five Point Peace Plan, which included a call for democratic freedoms and human rights. At the European Parliament in Strasbourg in 1988, he stated explicitly that he was not seeking independence for Tibet, but rather a genuinely autonomous special status within China, calling this a "Middle-Way Approach." The Chinese response, however, was to initiate a severe crackdown within Tibet, leading to the declaration of martial law in 1989, just a few months before the protests and massacre in Tiananmen Square. This same year, His Holiness received the Nobel Peace Prize.

Since then, His Holiness has become well known around the world. Many international leaders have urged

the Chinese government to negotiate with him. But in the last two decades Chinese leaders have tightened restrictions on Tibetans, enacting a policy that declares Tibetan religion seditious and links the practice of religion to loyalty to the Dalai Lama.

Following demonstrations around the Olympic Games held in China in 2008, His Holiness said, "Chinese brothers and sisters, I assure you I have no desire to seek Tibet's separation. Nor do I have any wish to drive a wedge between the Tibetan and Chinese peoples. On the contrary my commitment has always been to find a genuine solution to the problem of Tibet that ensures the long-term interests of both Chinese and Tibetans."

In 2011, the Dalai Lama announced his retirement from politics, stepping down from his position within the CTA. With this, the position of highest-ranking office holder in the government in exile became the democratically elected Kalon Tripa. In April 2011, Lobsang Sangay, a Tibetan refugee, legal scholar, and senior fellow at the East Asian Legal Studies Program at Harvard Law School in the United States, was voted to the position.

An interview with Kalon Tripa Lobsang Sangay was filmed at FPMT's Kurukulla Center in Medford, Massachusetts in April and can be viewed on the BBC: [www.bbc.co.uk/news/world-asia-pacific-13190731](http://www.bbc.co.uk/news/world-asia-pacific-13190731)

## REMEMBERING THE KINDNESS: THE MASTER, THE DHARMA KINGS AND THE ABBOT

By James Blumenthal, Ph.D.

Near the beginning of Lama Zopa Rinpoche's newest prayer, *Remembering the Kindness of His Holiness the Dalai Lama and the Tibetan People* [see page 22], Rinpoche invokes

## ■ Remembering the KINDNESS



four of the key figures in the early establishment of Buddhism in Tibet more than a millennium ago: Songtsen Gampo, Trisong Detsen, Shantarakshita and Padmasambhava. He makes an aspiration that their wishes be immediately fulfilled. So who were these people? And why are they so important that among all the possible masters to invoke in a prayer for His Holiness, these four were chosen?

Like His Holiness the Dalai Lama himself today, all four of these figures were critical in the maintenance of authentic Dharma and the establishment of pure teachings in new lands. We often speak of the 14 Dalai Lamas with the current Dalai Lama, Tenzin Gyatso, as the 14th. All are considered to be emanations of Chenrezig (Skt. Avalokiteshvara), the Buddha of Perfect Compassion, who is said to have a special relationship with Tibet. Traditional sources tell us that there have been many other emanations dating back far before Gendun Drub (1391-1474 CE), the first Dalai Lama, including the two Dharma kings invoked in Rinpoche's prayer, Songtsen Gampo (c. 6th CE) and Trisong Detsen (740-798 CE).

Songtsen Gampo played a central role in the early establishment of Buddhism in Tibet. The current Dalai Lama describes Songtsen Gampo's efforts on behalf of the Tibetan people as resulting "in a complete change in the Tibetan outlook ... shifting the focus to the inner workings of the mind and heart." According to traditional histories he married two princesses who were both devout Buddhists and subsequently considered to be incarnations of Tara. They so inspired Songtsen Gampo that he converted to Buddhism and began the first formal support of Buddhism as a state patronized religion in Tibet. As a

devout practitioner, he built major and minor Buddhist temples all over Tibet.

At the time Tibet did not have a written script so the pious king sent Tibetan scholars to India to develop a script so they could produce books in Tibetan. They were also instructed to study the Dharma and to learn Sanskrit. This was all in the service of facilitating the enormous project of translating the Buddhist canon into Tibetan. Moreover, Songtsen Gampo is said to have transformed some early Tibetan legal codes so that they would accord more with the Buddha's teachings. These were based on the ten virtues and restraint from their opposites as well as what he referred to as the "sixteen human dharmas," which have been the inspiration for FPMT's Universal Wisdom Education project *16 Guidelines for Life* [see page 33]. All of this helped to lay the groundwork for the flourishing of the Dharma that was to come.

As Tibetan histories recount, Trisong Detsen, the second of the great Dharma kings, was considered to be a reincarnation of Songtsen Gampo and thus another in the line of previous lives of the Dalai Lamas. He had taken rebirth again in Tibet to help further facilitate the flourishing of the Dharma there. Trisong Detsen went on to be one of Buddhism's greatest patrons, helping to establish Samye Monastery, the first among many monasteries in Tibet; inviting dozens of great Buddhist masters to come teach; and sponsoring the extensive work of translating the Sanskrit Buddhist canon (as well as some Chinese and Pali texts) into Tibetan.

Shantarakshita (725-788 CE) was abbot of Nalanda Monastery and arguably the greatest Buddhist scholar in



From left: Tibetan women in traditional chubas at the Kalachakra for World Peace 2011, Washington D.C., USA, July 2011. Photo by Wonderlane. The day before Losar, McLeod Ganj, India, 2010. Photo by Kriis Liao. Modern Lhasa, Tibet as seen from the Potala Palace, 2009. Photo by Magnus Manske. Songtsen Gampo created by Bertrand Cayla in the Jokhang at FPMT International Office, Portland, Oregon. Photo by Tom Truty. Padmasambhava at Great Stupa of Universal Compassion, Bendigo, Australia. Photo by George Manos.

India. Trisong Detsen's enthusiasm for the Dharma was so strong that his minister invited Shantarakshita to Tibet. Shantarakshita's impact on the development and shape of Tibetan Buddhism was enormous! He helped to found and was the first abbot of Samye Monastery. He instituted a system of scholastic education in Buddhist topics and classical Indian philosophy that was modeled on the system of the great Indian universities like Nalanda and is still utilized in slightly modified form in the large monastic universities today. Shantarakshita was the primary figure who taught Tibetans how to study and do philosophy, how to analyze and present arguments, how to debate, why the study of competing philosophical views was important, the graduated path to enlightenment, and so forth. And he was the most influential teacher of both sutra and vinaya (monastic ethics, etc.) during the early dissemination of Buddhism in Tibet.

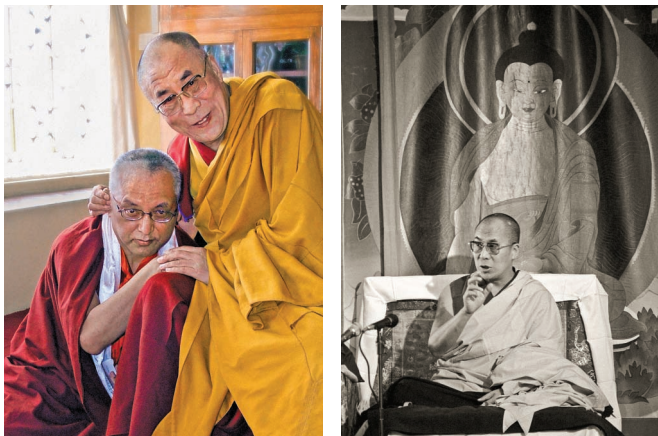
Shantarakshita's impact did not stop with what he did but included who he encouraged Trisong Detsen to invite to Tibet, including Padmasambhava and Kamalashila. When Samye Monastery was first being established, according to traditional histories evil spirits caused hail storms and other interferences. Shantarakshita encouraged King Trisong Detsen to invite the powerful tantric master Padmasambhava to come deal with the problem. Shantarakshita went to Nepal himself to extend the invitation to Padmasambhava who was in a cave at Parping at the time. Padmasambhava responded quickly and went to

Tibet. He converted all the evil spirits in Tibet to Buddhism, establishing them as Dharma protectors and clearing the way for the completion of Samye Monastery and the establishment of the Dharma in the Land of Snows. Padmasambhava went on to be the great teacher of tantra in Tibet during this early period. In addition to the teachings he gave to his close disciples, Padmasambhava is said to have left "treasure" (*terma*) teachings in various locations and in the minds of future masters to be discovered at the most appropriate time for the disciples of future eras. These treasure texts continue to be found up to the present day.

In short, it is difficult to overstate the tremendous impact and benefit the master (Padmasambhava), the Dharma kings, and the abbot (Shantarakshita) had on the development of Buddhism in Tibet. Were it not for their wisdom, compassionate skillful action and unbounded vision, it is difficult to imagine how the Dharma could have taken such powerful roots in Tibet and the pure lineages have remained as they have to this day.

James Blumenthal, Ph.D., is currently an associate professor of Buddhist philosophy at Oregon State University and professor of Buddhist Studies at Maitripa College. He is the author of *The Ornament of The Middle Way: A Study of the Madhyamaka Thought of Shantarakshita* along with dozens of articles in scholarly journals and popular periodicals on various aspects of Buddhist thought and practice. He is currently finishing work with Geshe Lhundup Sopa on *Steps on the Path: Vol. IV*, a commentary on the "Calm-Abiding" chapter of *Lamrim Chenmo* by Tsongkhapa.

## Remembering the KINDNESS



Lama Zopa Rinpoche with His Holiness in the room above His Holiness' temple in Dharamsala, March 2005. Photo by Ven. Roger Kunsang. His Holiness the Dalai Lama during his 1982 tour of Europe, organized by FPMT. Photo by Thubten Yeshe. Courtesy of Lama Yeshe Wisdom Archive.

### FPMT'S RELATIONSHIP TO HIS HOLINESS THE DALAI LAMA

*[Lama Zopa] Rinpoche is someone who follows my guidance sincerely, very expansively and with one hundred percent trust. He possesses unwavering faith and pure samaya; not only has he pure samaya and faith but whatever I instruct, Zopa Rinpoche has the capability to accomplish it. So whatever dedications Lama Zopa Rinpoche makes, I also pray to accomplish this and you should do the same thing.*

— HIS HOLINESS THE DALAI LAMA, DECEMBER 2006.

Whenever possible, FPMT adopts His Holiness the Dalai Lama's advice. And when appropriate, FPMT acts to help support Tibet's struggle for autonomy as advised by His Holiness.

As explained by Lama Zopa Rinpoche, FPMT's relationship with His Holiness is definitive: "The most important thing, the heart thing for FPMT, however many billions of projects we have, the most important thing is to do what pleases most His Holiness the Dalai Lama."

This respect and gratitude for His Holiness held by FPMT also extends to all Tibetans. "It is important to repay the kindness of the Tibetan people, who have preserved the complete Buddhadharma, not only Vajrayana but the whole path; they have preserved all the teachings for a long time," Lama Zopa Rinpoche commented in 2008. "Due to this we non-Tibetans are able to receive the complete teachings, enjoy and make our lives meaningful."

Every year, FPMT offers a long life puja for His Holiness and supports His Holiness' efforts such as this year's Kalachakra for World Peace event in Washington D.C., USA.

### FPMT'S FIRST REQUEST TO HIS HOLINESS

In 1979 FPMT made its first official request to His Holiness the Dalai Lama to give teachings in centers of the newly forming organization. FPMT repeated the invitation in 1980 and again in 1981. Upon the last request, His Holiness accepted. When Lama Yeshe heard the good news, he commented that his "job had been successful." His Holiness visiting Lama Yeshe's centers guaranteed their future growth and the success of Lama's work to establish Buddha's teachings in the West.

During the tour, which occurred in September and October 1982, His Holiness visited three European FPMT centers – Nagarjuna Institute in Spain, Institut Vajra Yogini in France and Istituto Lama Tzong Khapa in Italy. It was by all accounts a tremendous, auspicious success. Since this first invitation, many FPMT centers worldwide have been blessed to host His Holiness for public talks and empowerments.

See page 8 for more of Lama Yeshe's reflections on His Holiness' 1982 European tour.

### HIS HOLINESS THE DALAI LAMA IN AUSTRALIA, 2011

From June 9–19 of this year, His Holiness the Dalai Lama taught publicly in eight venues in Australia, from Melbourne to the Sunshine Coast to Perth. Three FPMT centers – Karuna Hospice Service, Vajrayana Institute and Chenrezig Institute – hosted events.

### CHENREZIG INSTITUTE'S AMAZING VISIT FROM HIS HOLINESS

On June 16, Australia's Chenrezig Institute, located in Eudlo, welcomed 4,000 people to take part in a one-day teaching with His Holiness. Chenrezig Institute was the first FPMT center in the West and now it is the very spot where Lama Zopa Rinpoche's beautiful new dedication prayer for His Holiness the Dalai Lama and the Tibetan people (see page 22) was offered.

By Maureen Walsh, center director, Chenrezig Institute  
It was perhaps the biggest day in the history of the Sunshine Coast hinterland town of Eudlo, population 852. Streets were closed to traffic; police and state emergency services volunteers directed the 4,000 people attending the events at Chenrezig Institute (CI) to the showgrounds and the designated park-and-ride facilities. Once through intensive security checks, ticket-holders in excellent cheer joined queues for a bus through the bush and into the center.



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## Remembering the KINDNESS



His Holiness the Dalai Lama arrives at Chenrezig Institute in Australia to give teaching to 4,000, June 2011. Photo by Bonnie Jenkins.



His Holiness the Dalai Lama in Garden of Enlightenment. Photo by Bonnie Jenkins.



His Holiness at Vajrayana Institute's 2011 "Happiness & Its Causes" conference. Photo by Kunchok Gyaltzen.

In the newly-renovated gomba, the CI Sangha and 500 members, joined by all of the FPMT geshe from Australia and New Zealand, didn't have long to wait for His Holiness to arrive. The helicopter arrived 45 minutes earlier than expected! Panic! But thankfully everyone and everything was ready. His Holiness blessed the gomba and listened to a short presentation about the study program, which follows FPMT education programs from the *16 Guidelines* through to the *Masters Program*.

As suggested by Lama Zopa Rinpoche, we requested His Holiness' guidance on integrating the teachings into our daily lives in order to make our lives meaningful. His Holiness was very impressed with the depth and breadth of the study program. He reminded us that ritual for ritual's sake doesn't mean anything, it doesn't change our minds, and that we must always keep in sight the end goal – buddhahood. He also spoke on the importance of shamatha (calm abiding) as necessary to furthering one's practice of compassion and wisdom.

After a brief lunch, activity moved to the Garden of Enlightenment, a memorial stupa garden constructed over the last 16 years, where over 3,500 had gathered to hear His Holiness speak on "Secular Ethics and Developing Compassion." His Holiness blessed the stupas, gardens, and the ashes of those in the Garden now and those who will come in the future.

The Dalai Lama commented on the beauty and "freshness" of the surrounding bushland, before launching into a lively talk. The message he seemed intent on delivering to the students who had been invited to attend from government, independent and religious schools across the region was the importance of promoting compassion and inner peace – not through religion but through secular education, saying his ultimate dream was to see a curriculum of secular ethics implemented globally, in all levels of education.

"Secularism is not disrespectful of religion, it is respectful of all religions," he said. "We

must develop a sense of compassion, respect and a genuine sense of concern for the well-being of all people.”

Asked by a student what his greatest achievement was, he laughingly answered, “I achieved refugee status!” He went on to explain that had he stayed in Tibet his life would have been largely ceremonial and “not much use.” Now he could meet with spiritual leaders and scientists from around the world and make a difference, he said, but also spend time with lots of ordinary people too.

In his closing statement, he leaned into the crowd as if to emphasise his final point: “We are the same. Emotionally, physically, mentally – we are the same. It is a good achievement to be normal, to mix with others, to not be reserved and to make people laugh.”

As he left, the helicopter did three laps of the clear blue sky above the center and thousands of people smiled and waved goodbye as one.

Chenrezig Institute has put together a beautiful booklet of their 37-year history culminating in this historic visit from His Holiness. It is available through their website ([www.chenrezig.com.au](http://www.chenrezig.com.au)) and serves as a great inspiration for other centers wishing to document their own history and milestones. Chenrezig Institute also created a wonderful slideshow of His Holiness’ visit, available on their Facebook page.

### YOUTH FORUM AT KARUNA HOSPICE, BRISBANE

His Holiness participated in a youth forum at FPMT’s Karuna Hospice Service on June 15. He connected on a personal level with the difficulties faced by young people, sharing examples from his own life to help them to feel more hopeful and empowered to realize their personal aspirations. The event was part of Karuna’s fifth annual Kindness Week and was especially planned to allow many of the marginalized and disabled participants to connect with His Holiness and ask questions relating to their personal situations. Many of the 3,000 attending were young people.

| [www.karuna.org.au](http://www.karuna.org.au)

### HAPPINESS & ITS CAUSES, SYDNEY

On June 17, His Holiness joined in the Science of Mind Forum within the “Happiness & Its Causes” conference hosted by FPMT’s Vajrayana Institute in Sydney. His Holiness participated in a discussion with world renowned scientists on the questions: How can we change our minds to enhance our happiness? What does science say about compassion and empathy? And how can we support our young

people to lead happy and meaningful lives? More than 2,000 people attended this extraordinary event.

| [www.happinessanditscauses.com.au](http://www.happinessanditscauses.com.au)

### THE 2011 KALACHAKRA FOR WORLD PEACE EVENT, WASHINGTON D.C., USA

Hundreds of FPMT students, and over 10,000 people from all over the world gathered from July 6–16 in Washington D.C., USA to participate in the Kalachakra for World Peace Event, led by His Holiness and hosted by the Capital Area Tibetan Association. According to His Holiness, “The initiation to the Kalachakra is one of the most important ... because it takes everything into account: the body and the human mind, and the whole external aspect – cosmic and astrological. We firmly believe in its power to reduce conflict and we believe it is capable of creating ... peace of spirit and therefore peace in the world.”

At least 35 International Mahayana Institute monks and nuns attended the teachings and the empowerment, including Sangha from Nalanda Monastery in France as well as from Malaysia, Australia and North America. Thanks to the incredible generosity of a student and benefactor, Lama Zopa Rinpoche and FPMT were a Jewel Sponsor of the event. According to IMI’s Ven. Carol Corradi, “It was an incredibly well-organized and diverse event.”

Mandala’s Michael Jolliffe kept a daily blog of his experience at the events (available on the Mandala website) and extensive information, including a download of the program booklet and much more, can be found on the event’s website: [www.kalachakra2011.com](http://www.kalachakra2011.com).

### HIS HOLINESS IN FRANCE, AUGUST 2011

FPMT’s Institut Vajra Yogini and Nalanda Monastery joined with seven other French Tibetan Buddhist centers in hosting His Holiness the Dalai Lama in Toulouse, France from August 13–15. His Holiness offered two days of teachings on *Middling Stage of Meditation* by Kamalashila and gave a public talk on “The Art of Happiness.” Maitripa College’s Yangsi Rinpoche taught at Institut Vajra Yogini August 2–8 on Kamalashila’s text in preparation for the teachings.

Watch Télématin’s French-language news report featuring Institut Vajra Yogini, Yangsi Rinpoche and His Holiness the Dalai Lama: [www.facebook.com/video/video.php?v=2142613336656](http://www.facebook.com/video/video.php?v=2142613336656)



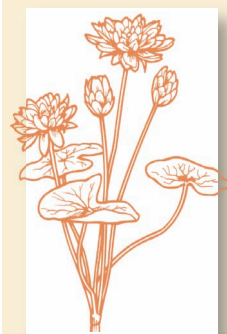
# Remembering the KINDNESS

## THEIR LIMITLESS KINDNESS

In his recently composed dedication prayer, *Remembering the Kindness of His Holiness the Dalai Lama and the Tibetan People*, Lama Zopa Rinpoche avows the profound importance of His Holiness, the Dharma Kings, Shantarakshita, Padmasambhava and the Tibetan people in general. It is because of them that the "sun of Tibetan Buddhism has now risen in the West." Due to their limitless kindness, we are able to lead meaningful lives.

We hope this featured story focused on His Holiness' extraordinary life, the Tibetan people and their struggle, the great masters of the past, and FPMT's unshakable dedication to the wishes of His Holiness enables you to remember and rejoice in their incredible kindness and inspires you to deepen and expand your personal Dharma practice. As Lama Zopa Rinpoche has advised, if you do what pleases His Holiness, there is no better thing to do with one's life.

We share this dedication composed by Lama Zopa Rinpoche for the Kalachakra for World Peace Event 2011 in Washington, D.C.:



*May all the wishes succeed of the one savior of all sentient beings – His Holiness the Dalai Lama.  
 May Tibet gain autonomy immediately.  
 May the pure Dharma shine fully in Tibet and China and the rest of the World  
 and may there be perfect peace and happiness.  
 May no one experience war, famine, sickness, or dangers of the elements, such as earthquakes.  
 May all beings live with bodhichitta – cause no harm and only benefit others.  
 May FPMT, its students and benefactors, always fulfill His Holiness' wishes  
 in all the future incarnations and become wish-fulfilling for all sentient beings. ♦*

Please visit [mandalamagazine.org](http://mandalamagazine.org) for more on His Holiness' recent activities and teachings.

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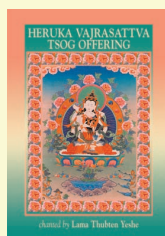
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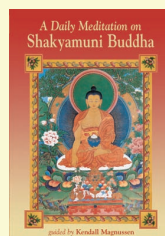
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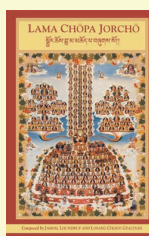
Meditations for Children



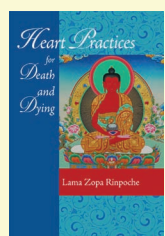
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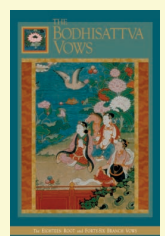
Daily Meditation on Shakyamuni Buddha



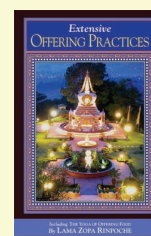
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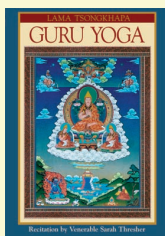
Heart Practices for Death and Dying



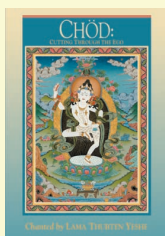
Bodhisattva Vows



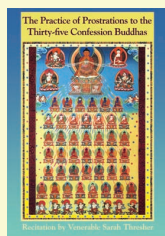
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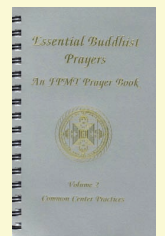
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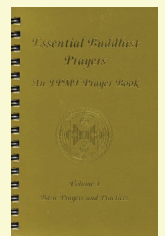
Prostrations to the 35 Buddhas

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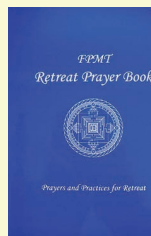
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