

## SLIDE SHOW: A Story of Tibet

### Slide 1: Title Slide: Part I - The Tibetan Flag & His Holiness the Dalai Lama of Tibet

Slide 2: Tibetan National Flag

Sadly, this flag does not wave over our country at the present time. Although over the centuries, Tibet has had many political disputes with its neighbors, it has always maintained its independence. But that independence was brutally ended in the 1950's with the Chinese invasion and occupation of Tibet.

Since that time, there has been a deliberate program to destroy and suppress the religion and culture of Tibet. More than 1.2 million Tibetans have died at the hands of the Communists; more than 6,000 of Tibet's monasteries have been demolished, and thousands of innocent people continue to be persecuted imprisoned, tortured, and killed because of their loyalty to the Dalai Lama and commitment to a Free Tibet.

This slide show will inform you about Tibet, its people, its monasteries, its occupation, the flight from Tibet, and a prayer for peace

Slide 3: When Tibet is mentioned, most people first think of His Holiness the 14<sup>th</sup> Dalai Lama, Tenzin Gyatso.

Slide 4: The Potala in Lhasa,; The Potala is the Palace of the Dalai Lamas and has more than 1,000 rooms

Slide 5: Tenzin Gyatso was born in northeastern Tibet and is shown here with his parents. His original name was Lhamo.

Slide 6: He grew up in difficult times, and had no choice but to take control of Tibet at the early age of 16, due to the threat of Chinese invasion. He was forced to flee Tibet however, in 1959, and now resides in exile in Dharamsala, a mountain town in northwest India, where the government in exile has been established. He was awarded the Nobel Peace Prize in 1989.

### Slide 7 Title Slide: PART 2 - TIBET'S GEOGRAPHY

Slide 8: Tibet is a landlocked country in Asia: north of India and to the west of China.

Slide 9: Tibet is divided into three provinces, the central region of U-Tsang, and the eastern provinces of Kham and Amdo. Presently, the Chinese Government recognizes only U-Tsang as Tibet. It calls this area "The Tibetan Autonomous Region." Amdo is now called Qinghai; Kham is now called Sichuan.

Slide 10: mountains and rivers of Tibet

Slide 11: Base of Mt. Everest

Slide 12: grassland

Slide 13: Prayer Wheels, Katags, and Mani Stone

### Slide 14: Title Slide: PART 3 - THE PEOPLE

Slide 15: Nomad family

Slide 16: Villagers

Slide 17: Traditional House

Slide 18: Amdo Woman

Slide 19: Making felt for a tent

Slide 20: Yak in the countryside : The Yak is the traditional animal of Tibet and is of great benefit to the Tibetan people. It provides milk, cheese for the people as well as skin for tents and clothing. It is a strong and enduring beast of burden that carries great loads of products when Tibetans go on trading trips.

Slide 21: A skillful horseman from Kham. People from this area invented the game of polo. (Ball in the Tibetan language is “bo-lo.”)

Slide 22: A pilgrim making a trip to a holy shrine. He will make a full prostration “each step of the way.” Such pilgrims have been known to cross Tibet to go to the holy places in Lhasa or around Mt. Kailash. Such a trip may consist of more than 1,000 miles.

**Slide 23: Title Slide: Slide 4: Monasteries of Tibet**

Slide 24: Labrang Tashi Kyil Monastery: the “parent” monastery of Tashi Kyil. It was the largest monastery in eastern Tibet and long served as a crossroads for Tibet, Mongolia, and China. It is a monastery of the Gelug Sect of Tibetan Buddhism. There are 4 sects or schools of Tibetan Buddhism. Refugee monks from Labrang Tashi Kyil fled to India in the 1960s and slowly rebuilt a small version of their monastery in northern India.

Slide 25: Tashi Lhunpo Monastery, the monastery of the Panchen Lamas. The Panchen Lama and the Dalai Lama are the great lamas of Tibet. The Dalai Lama is referred to as the “sun,” and the Panchen Lama is referred to as the “moon.” The 10<sup>th</sup> Panchen Lama passed away in 1987. In 1995, according to Tibetan custom, the Dalai Lama recognized his rebirth. Immediately, the Chinese Communists kidnapped the young child. He has never been seen since. The Chinese then chose their own 11<sup>th</sup> Panchen Lama. He is not revered by the Tibetan people who are loyal to the Dalai Lama.

Slide 26: A Temple at Kumbum, a large monastery in Eastern Tibet with a picture of Arjia Rinpoche, present Director of the Tibetan Mongolian Buddhist Cultural Center in Bloomington, Indiana. The Dalai Lama appointed Arjia Rinpoche to direct the Tibetan Cultural Center which was renamed the Tibetan Mongolian Buddhist Cultural Center. Arjia Rinpoche was a former Abbot of Kumbum and escaped from Tibet to the USA in 1998.

Slide 27: Tsurpu Monastery: a monastery of the Kargyu Sect of Tibetan Buddhism. Is the seat of the Karmapa, the head of the Kargyu Sect. The 17<sup>th</sup> Karmapa, Ogyen Trinley Dorje is the head of the 900 year old Karma Kagyu Lineage and guide to millions of Buddhists around the world. The 17<sup>th</sup> Karmapa escaped from Tibet on New Year’s Eve 2000. Presently he resides in Dharamsala, India.

Slide 28: Samye, the oldest monastery in Tibet. It is a monastery of the Nyingma Sect of Tibetan Buddhism. The Nyingma school is the oldest of all the Tibetan sects. It was founded by Guru Rinpoche – Padmasambhava -- the Indian Yogi who brought Buddhism to Tibet in the 700s.

**Slide 29: Title Slide: Part 5 – The Monastic Community**

Slide 30: A group of Tibetan Nuns

Slide 31: A group of Tibetan Monks

Slide 32: Monks chanting prayers in a temple

Slide 33: Young monks learning sacred texts

Slide 34: Damcha: Annual debate examination and competition between monasteries. Debating is an important spiritual and philosophical practice of the monks. They memorize their texts and go to teachings given by expert lamas. Then they debate the topics that they have learned with each other so they can practice their skills of logic and do their own thinking based on their own understanding.

Slide 35: Monks performing *Cham* – sacred dances

**Slide 36: Title Slide: the Invasion & Occupation of Tibet**

Slide 37: Gaden Monastery before it was destroyed. Gaden is the monastery of Lama Tsong Khapa, the founder of the Gelug School of Tibetan Buddhism.

Slide 38: Gaden Destroyed: In 1949, the Chinese Communists invaded Tibet. During the Religious Reform Movement of the 1950s, they shut down many monasteries and monks were forced to disrobe and work in the fields. During the Cultural Revolution from 1966 to 1966, thousands and thousands of temples and monasteries were desecrated and destroyed.

Slide 39: Those who dare to protest are imprisoned, tortured or killed. Palden Gyatso was arrested by the Chinese during the uprising at the time of the escape from Tibet of the Dalai Lama. Palden Gyatso spent 33 years in prison. When he was released, he bribed guards to allow him to take with him some of the instruments used to torture him. Palden Gyatso says that his greatest fear during his years in captivity was that he might lose his compassion for his torturers and enemies.

Slide 40: 142 self-Immolations in Tibet since 2011. In order to protest the Chinese occupation and hard repression of its culture, Tibetans have sadly immolated themselves in order to draw the plight of Tibet to the attention of the world. China's repression of Tibet's culture and religion continues to harden.

Slide 41: A monk immolating himself.

**Slide 42: Title Slide: PART 6 – Seeking Refuge**

Slide 43: Hundreds of Tibetans continue to flee Tibet each year, facing immense hardship and danger. Many of them climb over the Himalayan Mountains seeking refuge in India.

Slide 44: Buxa Fort – a refugee camp for Tibetan monks in the northeast of India, near the border of Bhutan. The monks had escaped from Tibet in 1959. The Indian government housed them on the grounds of this former prison camp.

Slide 45: The rebuilt Tashi Kyil Monastery

Slide 46: Closing Prayer for peace. His Holiness the Dalai Lama and all Tibetans pray that their country may someday be restored to them. Let us pray for peace