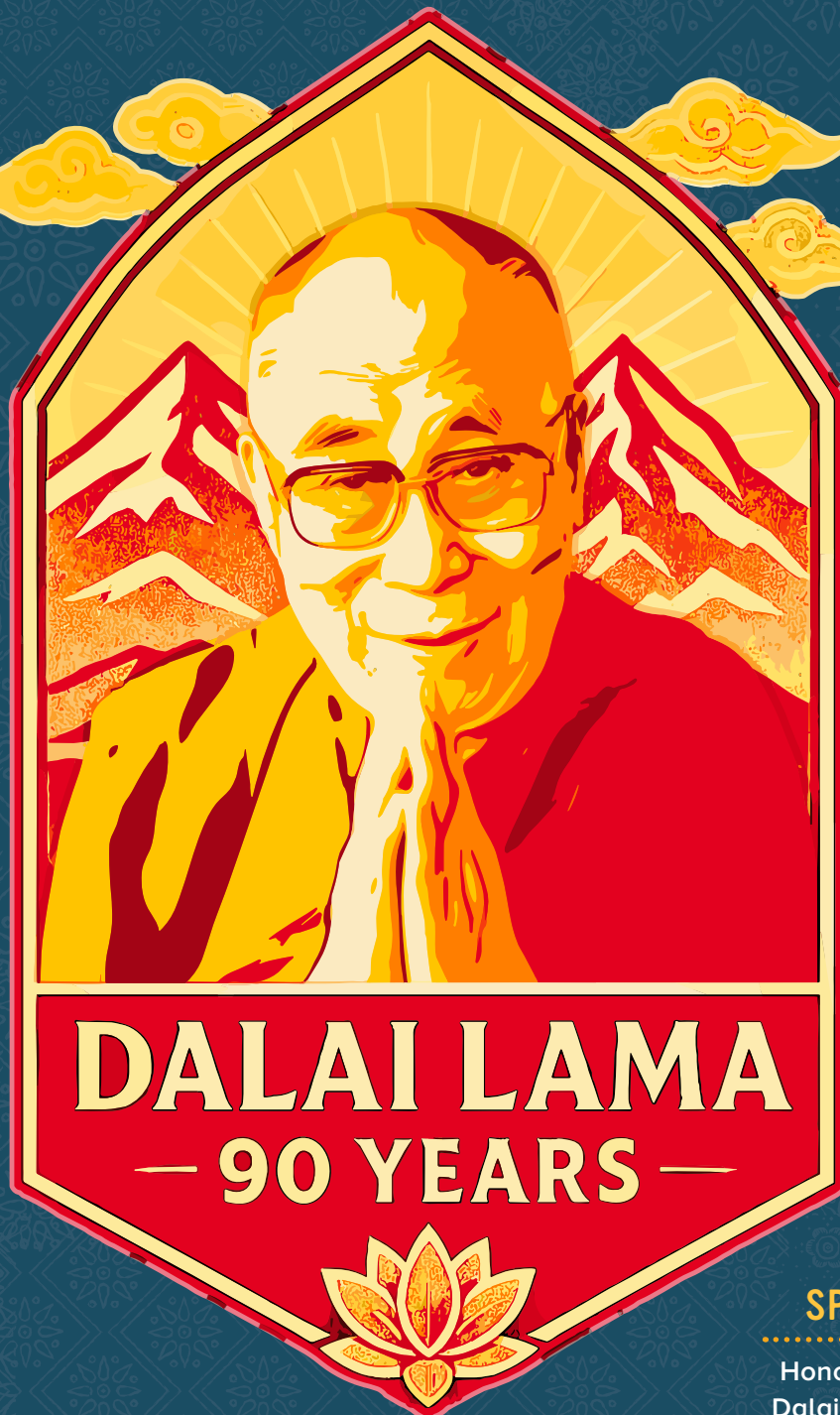



INTERNATIONAL
CAMPAIGN
FOR TIBET

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TIBET
WATCH

INSIDE:

His Holiness the
Dalai Lama: A Guiding Light
Q&A with the Dalai Lama
Compassion Rising World Tour
Reading the Dalai Lama
Special Keepsake Gifts



SPECIAL EDITION

Honoring His Holiness the
Dalai Lama's 90th Birthday





**PROMOTING
HUMAN VALUES.**

**FOSTERING
RELIGIOUS HARMONY.**

**PRESERVING
TIBETAN CULTURE
AND ENVIRONMENT.**

**REVIVING INDIA'S
ANCIENT WISDOM.**



These are the
Dalai Lama's
Principal Commitments

Will you add your name to our community
pledge to share His Holiness' vision for a
more just and harmonious future?

PLEDGE YOUR COMMITMENT AT
savetibet.org/pledge2025



Photo: Olivier Adam

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Dear Friend,

This very special issue of *Tibet Watch* honors a milestone event—the 90th birthday of His Holiness the Dalai Lama on July 6, 2025.

Born in a small farming hamlet in eastern Tibet, His Holiness' life has taken many turns—from his recognition and enthronement as the spiritual and temporal leader of Tibet, to becoming a stateless refugee, forced out from his homeland by the government of the People's Republic of China. He is now a spiritual leader loved and respected all over the world. As he celebrates 90 years, we join with joy to spread his message of peace and compassion with our world today.

In this spirit, we're so thrilled to announce the Compassion Rising World Tour, a platform that invites you to join in a year-long celebration of the profound teachings of His Holiness the Dalai Lama and his 90th birthday on a global stage. Through this platform, you can join in celebrations that will take place across the world, with events both in-person and virtual paying tribute to a lifetime of compassion, wisdom, and peace. Our goal is that the positive energy surrounding His Holiness' birthday be harnessed and transformed into action to benefit the world and the future of Tibet. Learn more about the Compassion Rising World Tour on pages 8-9, and join us!

Inside these pages, you'll find a historic retrospective on the Dalai Lama's Life and key events, as well as iconic photos from the past (pages 4-5), and some Q&A on his daily life (page 6). You'll also learn about his latest book—*Voice for the Voiceless*—and his message for the future (page 10).

Our thoughts are also with our brothers and sisters inside Tibet, who will not be allowed to celebrate His Holiness' birthday, and we fear for many of them who may try to thwart the CCP's prohibitions against any display of celebration, while many will hold private celebrations at home, away from the eyes of Chinese authorities.

Inspired by their courage and fortitude in the face of relentless oppression, we want to rise stronger in our celebrations and our advocacy. Please take a few minutes to complete the pledge on page 11 and affirm your commitment to stand with His Holiness on the occasion of his 90th birthday.

The Chinese propaganda machine, powerful as it is, cannot stifle the world's communities joining in recognition of the work His Holiness has done in devoting his life to service of Tibet, and to the benefit of humankind. In spite of many challenges, there is great hope and joy to be found in the company of so many friends of Tibet who stand in solidarity with us and in the unflagging perseverance of the Tibetan people.

I hope you enjoy this special issue. Please join us in celebrating His Holiness' birthday and helping to spread his message of compassion this year!



In solidarity,

Tencho Gyatso

Tencho Gyatso
President

HIS HOLINESS THE DALAI LAMA: A GUIDING LIGHT

*Honoring His Milestone
90th Birthday*



Photo: Olivier Adam

July 6, 2025 will be a landmark birthday for His Holiness the Dalai Lama as he turns 90 years old. The Dalai Lama's birthday is among the most auspicious occasions for Tibetans every year and is marked by celebrations around the world (though not inside Tibet, where the Chinese government forbids celebrations of the Dalai Lama).

His Holiness' 90th birthday holds special significance for Tibetans, as the Dalai Lama has previously said he would convene with senior Buddhist leaders to discuss the future of his reincarnation upon reaching this age. As we go to press, a new book by the Dalai Lama titled *Voice for the Voiceless* asserts that his successor will be born in the free world, outside China (see more on page 10). No additional announcement has been made yet.

His Holiness was born on July 6, 1935, to a simple farming family in the village of Taktser in Amdo Province, northeastern Tibet. And today, the 14th Dalai Lama has become one of the world's great exponents of peace and nonviolence in the tradi-



tion of Mahatma Gandhi and Martin Luther King Jr. For this he has won the admiration of the world and was awarded the Nobel Peace Prize in 1989 and the Congressional Gold Medal in 2007.

At a broader level, the Dalai Lama devotes himself to his principal commitments of promoting human values, promoting religious harmony, preserving Tibetan culture and environment, and reviving ancient Indian knowledge of "karuna" (compassion) and "ahimsa" (nonviolence) that can benefit the world today.

On the political issue of Tibet, the Dalai Lama espouses his Middle-Way Approach, which proposes a resolution to the Tibet-China crisis that takes into consideration the in-

terests of both the Tibetans and the Chinese people. Therefore, instead of a restoration of Tibetan independence, this approach treads a middle path to achieve a genuine autonomy for all Tibetans living in the three traditional provinces of Tibet within the framework of the People's Republic of China.

The Dalai Lama is the person with the moral authority to ensure that such a solution could be acceptable. Between 2002 and 2010, nine rounds of dialogue were held between the Dalai Lama's representatives and Chinese officials. However, there have been no talks since.

The International Campaign for Tibet believes there is a historic opportunity to find a solution for the Tibetan people in the lifetime of the Fourteenth Dalai Lama. More than ever before, we remain determined and steadfast in garnering support for the Dalai Lama's vision for Tibet and urging the weight of international support to press the Chinese leadership to peacefully resolve the Tibet issue in a mutually acceptable way.

A Lifetime of Compassion, Wisdom & Peace



IN TIBET

1935: His Holiness the 14th Dalai Lama is born in Taktser, Amdo, Tibet, on July 6.



1940: The formal official enthronement ceremony takes place in Lhasa, Tibet, and His Holiness begins monastic education.

1949: The Chinese invasion of Tibet begins.

1950: His Holiness assumes full temporal (political) power.

1951: The 17-Point Agreement is signed by a Tibetan delegation in Beijing under duress.

1954 to 1955: His Holiness visits China for talks and meets with Mao Zedong and other Chinese leaders.

1959: The Tibetan People's Uprising begins in Lhasa on March 10. On March 15, artillery shells fired by Chinese troops land outside Norbulingka Palace, the Dalai Lama's summer home in Lhasa, and on March 17 His Holiness escapes at night.

The Tibetan government is formally reestablished in exile, and the 17-Point Agreement repudiated. The Dalai Lama reaches India after a harrowing 14-day escape and begins life in exile.

IN EXILE

1959: In India, His Holiness establishes his first residence in Mussoorie, before moving to a more permanent residence in Dharamsala in 1960.



1963: The first Tibetan Parliament in exile (Assembly of Tibetan People's Deputies) is established.

1967: His Holiness makes his first visits abroad since going into exile, to Japan and Thailand.

1973: His Holiness makes his first visit to the West (Italy, Switzerland, Netherlands, Belgium, Ireland, Norway, Sweden, Denmark, UK, West Germany, and Austria).

1979: The Dalai Lama makes the first contact with the government of the People's Republic of China since going into exile in 1959.

1987: His Holiness delivers the historic Five Point Peace Plan for Tibet in Washington, DC, to members of the US Congress.

1988: Speaking to members of the European Parliament in Strasbourg, France, the Dalai Lama delivers the historic Strasbourg Proposal for Tibet.

1989: His Holiness is awarded the Nobel Prize for Peace in Oslo, Norway for his advocacy of peaceful solutions rooted in tolerance and mutual respect. His efforts to preserve the historical and cultural heritage of Tibetan people reflect his deep commitment to peace and humanity.

1992: His Holiness initiates numerous major democratic steps in the Central Tibetan Administration (CTA), the Tibetan government in exile, including the direct elections of ministers and the establishment of a judiciary branch.

2001: The Tibetan people hold the first direct democratic elections in the history of Tibet, for the post of Kalon Tripa (Chairman of the Cabinet).

2007: His Holiness the Dalai Lama received the US Congressional Gold Medal from US President George W. Bush on Capitol Hill in Washington DC on October 17, 2007.

2011: On March 14, His Holiness the Dalai Lama devolves his temporal power to the elected Tibetan leadership in order to establish a sound democratic system of governance. On May 29 His Holiness signs into law the formal transfer of his temporal power to the democratically elected leaders.

2017: The Dalai Lama offers the Kalachakra Initiation in Bodh Gaya, India. This is the 34th time he has presided over this important Buddhist practice, to promote world peace and harmony through the cultivation of love, compassion and wisdom.

2025: Today, His Holiness the Dalai Lama continues to reside in exile in India, with a deep hope that one day the Tibetan people will be able to live in their homeland with rights and dignity. He remains fully committed to the Middle Way approach.



Photo: Olivier Adam

Q&A

QUESTIONS AND ANSWERS WITH THE DALAI LAMA

The Dalai Lama : Questions and Answers
Extracted from dalailama.com

Question: How do you view yourself?

Answer: I always consider myself as a simple Buddhist monk. I feel that is the real me. I feel that the Dalai Lama as a temporal ruler is a man-made institution. As long as the people accept the Dalai Lama, they will accept me. But being a monk is something which belongs to me. No one can change that. Deep down inside, I always consider myself a monk, even in my dreams. So naturally I feel myself as more of a religious person.

Even in my daily life, I can say that I spend 80% of my time on spiritual activities and 20% on Tibet as a whole. The spiritual or religious life is something I know and have great interest in. I have some kind of confidence in it, and thus I want to study it more. Regarding politics, I have no modern education except for a little experience. It is a big responsibility for someone not so well equipped. This is not voluntary work but something that I feel I must pursue because of the hope and trust that the Tibetan people place on me.

Question: When you became a refugee, what helped you gain this strength? Was it the loss of your position and country, the fact of everyone suffering around you. Were you called on to lead your people in a different way than you had been accustomed to?

Answer: Being a refugee is really a desperate, dangerous situation. At that time, everyone deals with reality. It is not the time to pretend things are beautiful. That's something. You feel involved with reality. In peace time, everything goes smoothly. Even if there is a problem, people pretend that things are good. During a dangerous period, when there's a dramatic change, then there's no scope to pretend that everything is fine. You must accept that bad is bad. Now when I left the Norbulinka, there was danger. We were passing very near the Chinese military barracks. It was just on the other side of the river, the Chinese check post there. You see, we had definite infor-

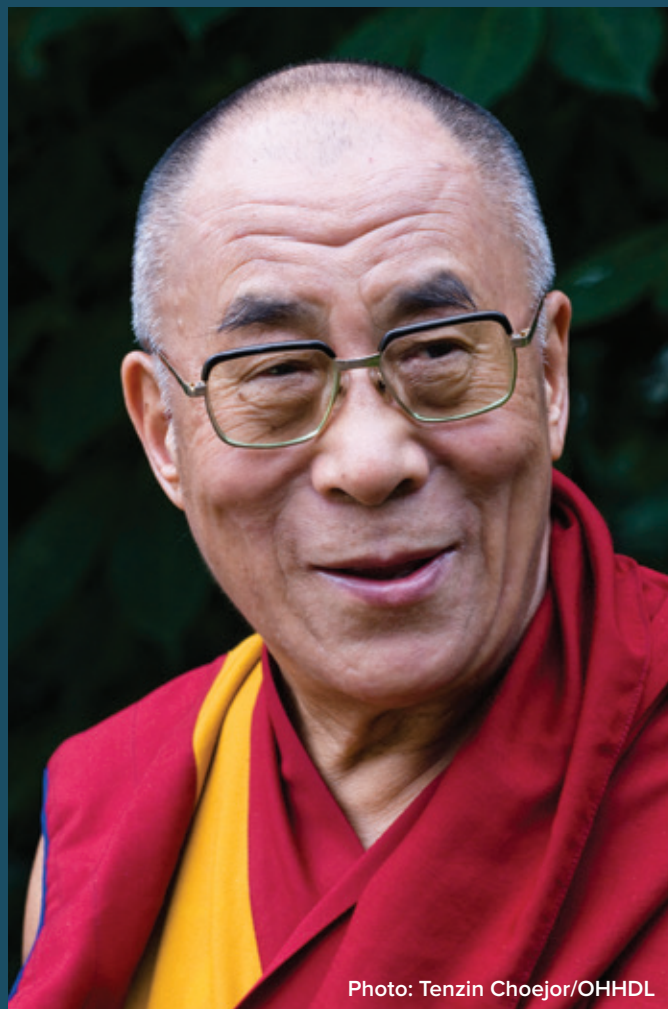


Photo: Tenzin Choejor/OHHDL

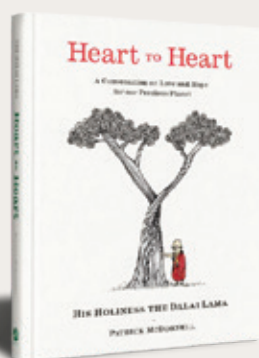
mation two or three weeks before I left, that the Chinese were fully prepared to attack us. It was only a question of the day and hour.

Question: Are there any of your predecessors in whom you have a special interest or with whom you have a particular affinity?

Answer: The Thirteenth Dalai Lama. He brought a lot of improvement to the standards of study in the monastic colleges. He gave great encouragement to the real scholars. He made it impossible for people to go up in the religious hierarchy, becoming an abbot and so forth, without being totally qualified. He was very strict in this respect. He also gave tens of thousands of monks' ordinations. There were his two main religious achievements. He didn't give many initiations, or many lectures. Now, with respect to the country, he had great thought and consideration for statecraft. The outlying districts in particular. How they should be governed and so forth. He cared very much how to run the government more efficiently. He had great concern about our borders and that type of thing.



HEART TO HEART WITH HIS HOLINESS THE DALAI LAMA



In 2023, Patrick McDonnell, the award-winning artist/creator behind the comic strip “MUTTS,” published a jewel of a book with the Dalai Lama. Titled *Heart to Heart: A Conversation on Love and Hope for Our Precious Planet*, the book features illustrations by McDonnell alongside simple yet profound words from His Holiness.

Heart to Heart delivers a powerful message about solving the Earth’s environmental challenges and practicing compassion toward all living beings. Its main character is a panda who decides to make a pilgrimage to Dharamsala, India, the exile home of the Dalai Lama, to get some answers about what is going on in the world. His Holiness and the panda go on a little walk in the nearby forest and have a heart-to-heart conversation on the ways of the world.

For 2026, moving illustrations from the book have been selected for each month of ICT’s upcoming 2026 wall calendar. Although *Heart to Heart* pulls no punches about the devastation humankind has caused the planet, McDonnell’s illustrations paired with His Holiness’ words offer a message of hope. With his arm wrapped around the panda’s shoulder, His Holiness talks about how real change in the world can only come about through a change of heart.

“What I propose is a compassionate revolution,” he says. “Everything we do has some effect—even a simple act. Although it might seem insignificant, when we multiply it by billions of others who might do the same thing, we can have an enormous impact.”

ICT’s 2026 calendar will be available for purchase later this year at savetibetstore.org. Thanks to Patrick McDonnell’s generosity, proceeds from the original book support ICT’s advocacy work for Tibet and the work of His Holiness the Dalai Lama.

HIS HOLINESS THE DALAI LAMA'S 90TH BIRTHDAY CELEBRATION

COMPASSI **WORLD TOUR**



**COMPASSION
RISING**
WORLD TOUR 2025



ON RISING

JULY 2025-JULY 2026

A Lifetime of Compassion, Wisdom & Peace

The Central Tibetan Administration has announced a “Year of Compassion” in celebration of His Holiness’s 90th Birthday. Towards this effort, Compassion Rising World Tour (CRWT) will be a platform that serves to share and celebrate the profound teachings of His Holiness the Dalai Lama and honor his milestone birthday on a global stage. Many tour stops in many different locales—both digital and in-person—will amplify His Holiness’ enduring message of compassion, wisdom, and peace, while shining a light on the ongoing struggles and aspirations of the Tibetan people.

Through CRWT, we can participate in His Holiness’ 90th birthday celebrations—take action, share His Holiness teachings, elevate awareness for Tibet, and build bridges across global communities. Tour stops will include cultural and artistic events, compassion challenges, human rights activations, birthday celebrations, and more.

A YEARLONG CELEBRATION OF HIS HOLINESS THE DALAI LAMA

Join ICT and our partners for some truly exciting events across the world as part of the Compassion Rising World Tour!

June 24-25, 2025: Tibet Lobby Day and 90th Birthday Celebration / Washington DC

June 30, 2025: Dalai Lama’s 90th birthday (Tibetan Calendar) – Dharamsala, India

July 6, 2025: Dalai Lama’s 90th Birthday (Western Calendar) Dharamsala / Frankfurt / Worldwide

September 2, 2025: Tibetan Democracy Day / Dharamsala

October 17, 2025: Anniversary of HHDL receiving Congressional Gold Medal – Washington DC/United States

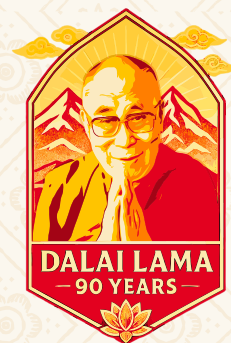
October 25, 2025: Snow Lion Award Event with ICT Germany – Berlin, Germany

Fall 2025: Special Event Recognizing the 1950, 1951, 1953 UN resolutions on Tibet – New York City

December 10, 2025: Anniversary of HHDL receiving the Nobel Peace Award – Washington DC/Worldwide

Please Note: Events are subject to change.

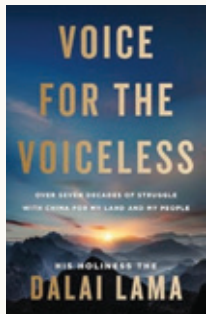
Please confirm all details at compassionrising.com, the official website of the Compassion Rising World Tour.



JOIN THE MOVEMENT!

More events to be announced at compassionrising.com!

NEW PUBLICATION



VOICE FOR THE VOICELESS

By His Holiness the Dalai Lama
William Morrow, 2025

After nearly 75 years of peaceful advocacy for Tibet and the Tibetan people, His Holiness the Dalai Lama has published a new book delving into his personal reflections on his struggles with China to save his homeland—and the path forward for Tibet.

He writes, “In my role as the Dalai Lama, there is no issue more important than what I describe in these pages”.

As he approaches the age of 90, this most recent book presents an inside look at his efforts to pursue the Middle Way Approach, which calls for a negotiated solution to China’s occupation of their historically-independent country. It also lays out how important international support has been for the Tibetan cause.

He also writes about the plan for his succession in the clearest terms yet, illustrating the geopolitical importance of Tibet: “Since the purpose of a reincarnation is to carry on the work of the predecessor, the new Dalai Lama will be born in the free

world so that the traditional mission of the Dalai Lama—that is, to be the voice for universal compassion, the spiritual leader of Tibetan Buddhism, and the symbol of Tibet embodying the aspirations of the Tibetan people—will continue.”

The Dalai Lama expresses his hopes that the book will stimulate fresh thoughts and conversations today and provide a framework for the future of Tibet even after his lifetime.

He writes: “To all the nations and peoples of the world, especially those who have stood in solidarity with the Tibetan people: Your expressions of concern and support, as well as the attention of the international media on Tibet, continue to encourage us and give us comfort. I thank you and ask you not to forget Tibet at this critical and challenging time in our people’s long history.”

He also says that despite all the suffering of the Tibetan people, they still hold hope for a peaceful resolution: “My hope is that the book will stimulate fresh thoughts and conversations today and provide a framework for the future of Tibet even after I am gone.” While it is becoming less likely that His Holiness will be able to return to his homeland in his lifetime, his enduring hope and the global support for Tibet keep the dream of his return alive.

READING THE DALAI LAMA

His Holiness has authored or co-authored more than 100 books in his lifetime.

Some particularly notable texts are below.

VOICE FOR THE VOICELESS:

Over seven decades of struggle with China for My Land and My People
By H.H. the Dalai Lama

A powerful new book by the Dalai Lama, focusing on his quest for peace and justice for Tibet and the Tibetan people.
William Morrow, 2025

The Book of Joy

By H.H. The Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams

The Book of Joy radiates from the close friendship between two great leaders, and spreads the underlying message that to experience joy, you must bring joy to others.
Published By Penguin Random House, 2016

BEYOND RELIGION: Ethics for a whole world

By H.H. the Dalai Lama

An essential book proposing a way to an ethical and happy life and to a global human community based on understanding and mutual respect.
Published By Harper One, 2012

The Art of Happiness

By H.H. the Dalai Lama & Howard C. Cutler

A guide to achieving happiness, written with contemporary western preoccupations in mind.
Published By Riverhead Books, New York, 1998

A Human Approach to World Peace

By H.H. the Dalai Lama

A very special booklet originally published in the

1980’s which ICT is honored to support a reprint, with foreword by ICT Chairman Richard Gere, in honor of His Holiness 90th Birthday.
Published By Wisdom Publications, Boston, 1981; Reprinted 2025

The Universe in a Single Atom: The Convergence of Science and Spirituality

By H.H. the Dalai Lama

This book offers a lens into the Dalai Lama’s explorations into science, and on the nature of reality, consciousness, and the universe.

An Open Heart: Practicing Compassion in Everyday Life

By H.H. the Dalai Lama

“Ancient wisdom through the mind and heart of a modern spiritual master”.
Little, Brown and Company, 2001

The Seed of Compassion: Lessons from the Life and Teachings of His Holiness the Dalai Lama

By H.H. the Dalai Lama, Bao Luu (Illustrator)

His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood.
Published By Kokila, 2020

Heart to Heart: A conversation on Love and Hope for our Precious Planet

By H.H. the Dalai Lama, Patrick McDonnell (Illustrator)

A powerful gem of a book on how to heal our relationship with the planet and each other
Published By Harper One, 2023



CALL TO ACTION: MAKE A PLEDGE TO STAND WITH THE DALAI LAMA

Calling all members! In honor of the Dalai Lama's 90th birthday this year, we are asking members to renew their commitment to standing with His Holiness and helping protect the aspirations and rights of Tibetan people, their culture, and traditions by signing the pledge below.

For Tibetan Buddhists, the Dalai Lama is the human manifestation of Avalokiteshvara or Chenrezig, the Bodhisattva of Compassion and the patron saint of Tibet. For the international community, he is a global icon of peace, an international statesman and the spiritual leader of Tibet.

For three hundred years, the Dalai Lamas have served as both spiritual and

temporal leader of the Tibetan nation. The current Fourteenth Dalai Lama has served his nation and people with great vision and approach centered on principles of peace, democracy and dialogue. In 2011, he ceded his power as a political leader to a democratically elected Tibetan leadership in exile. His role continues now as spiritual leader of Tibet—through his activities, the current Dalai Lama has demonstrated that the Tibetan people, their culture, and traditions can contribute to the development of humanity.

His mission includes four principal commitments: promoting human values of compassion and tolerance; working toward religious harmony and understand-

ing; preserving the Tibetan Buddhist culture of peace and non-violence; and reviving India's ancient wisdom and heritage, where much of Tibetan Buddhist culture finds its roots.

At this critical juncture in time as His Holiness celebrates his 90th birthday—it is our firm belief to stand resolute and steadfast with His Holiness and the Tibetans as the Chinese government signals that they will interfere in his future succession plans - we are asking ICT members and the international community to affirm their commitment to standing with His Holiness and helping protect the aspirations and rights of the Tibetan people, their culture and traditions.

Follow along and participate as we celebrate HHDL's 90th on compassionrising.com, and be sure to share these celebrations and events with your community.

PLEASE CLIP HERE & MAIL YOUR PLEDGE IN THE ENCLOSED ENVELOPE.



✿ A PLEDGE *for* TIBET ✿

The Dalai Lama stands as a beacon of compassion and resilience – not only for Tibetans but for humanity as a whole; His Holiness' teachings resonate with profound strength and unwavering hope, they carry even during the most troubled times.

I pledge to stand with the Dalai Lama on the occasion of his 90th birthday. I affirm my commitment to support His Holiness' core principles, including religious harmony, non-violence, and the preservation of Tibet's ancient culture.

Fueled by compassion and driven by action, I pledge to help spread His Holiness' message and keep his wisdom alive for the good of all humanity.

Sincerely,

Signature _____

Name _____

State _____ Zip Code _____



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Share us with your contacts and join in the Tibet conversation. The more people who care about Tibet, the bigger the impact we can have!

Special Keepsake Enclosed

(Open back cover to reveal)



Photo: Jeppe Schilder



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