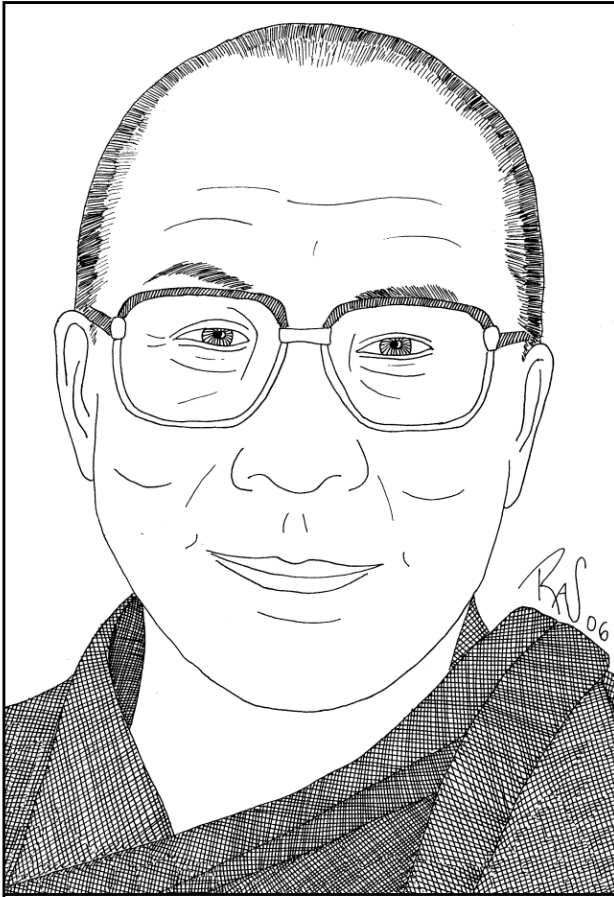


Be a Hero for a Better World



"Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free."

The Dalai Lama (1935-)

Tenzin Gyatso, the 14th and current Dalai Lama, is the spiritual leader of the Tibetan people and the head of state of the Tibetan government in exile. Born Lhamo Dhondrub to a poor peasant family, he was recognized as the reincarnation of the Dalai Lama when he was two years old. He was renamed Tenzin Gyatso, and officially became the new Dalai Lama in 1940. In 1950, China invaded Tibet. Nine years later he was forced into exile and has lived in Dharamsala, India ever since. In the half-century of his exile, His Holiness the Dalai Lama has continued to advocate for Tibet's freedom through nonviolent means.

The Dalai Lama's charismatic personality has won many to his cause of freedom. His inspiring teachings about world peace, human rights, the environment, compassion, tolerance and better understanding between all peoples of the world have made him a symbol of spirituality and hope for peace. He has traveled to more than 60 countries, meeting with heads of state, celebrities, scientists and stadium-sized crowds who come to hear his words of wisdom. He has written more than 70 books and has received many honors, including the Albert Schweitzer Award, the US Congressional Gold Medal and the Nobel Peace Prize. Despite his international fame, he considers himself "just a simple Buddhist monk."

The Dalai Lama was born on July 6, 1935 in Taktser, Tibet

Be A Hero For A Better World!

1. Find out more about this hero
2. Hold an event to raise awareness about human rights issues
3. Contribute to organizations working to defend human rights

Human Rights Organizations

- Amnesty International (amnesty.org)
- Carter Center (cartercenter.org)
- Human Rights First (humanrightsfirst.org)
- Human Rights Watch (hri.org)
- Rights International (rightsinternational.org)
- UN Office of the High Commissioner for Human Rights (ohchr.org)
- Witness (witness.org)
- Women's Human Rights Net (whrnet.org)

For more information: www.betterworldheroes.com/dalai-lama.htm

BetterWorldHeroes.com

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