

# Approaching Tibetan Studies

## Curricular Ideas and Support Materials

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### Useful Quotes

*The reason why love and compassion bring the greatest happiness is simply that our nature cherishes them above all else. The need for love lies at the very foundation of human existence. It results from the profound interdependence we all share with one another.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*From the moment of birth every human being wants happiness and wants to avoid suffering. In this we are all the same.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*We rely so much on each other and are so interconnected that without a sense of universal responsibility, a feeling of universal brotherhood and sisterhood, and an understanding that we really are part of one big human family, we cannot hope to overcome human suffering, let alone bring about peace and happiness.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*Compassion is not religious business, it is human business, it is not a luxury, it is essential for our own peace and mental stability, it is essential for human survival.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*Many times I am asked if I am angry at the Chinese for what has happened. Sometimes I lose some temper, but afterwards I get more concern, more compassion towards them. In my daily prayer, I take in their suffering, their anger, and ignorance...and give back compassion. This kind of practice I continue.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*While the rest of the world was busy exploring outer space, we Tibetans were busy exploring inner space.*

- Tenzin Gyatso, The Fourteenth Dalai Lama of Tibet

*For as rain forests are to the earth's atmosphere...so are the Tibetan people to the human spirit in this time of its planetary ordeal.*

- Huston Smith, from The World's Religions

*Why is it that the fate of Tibet has found such a deep echo in the world? There can only be one answer: Tibet has become the symbol of all that present-day humanity is longing for, either because it has been lost or not yet been realized, or because it is in danger of disappearing from human sight: the stability of a tradition, which has its roots not only in a historical or cultural past, but within the innermost being of man, in whose depth this past is enshrined as an ever-present source of inspiration.*

- Lama Anagarika Govinda, from The Way of the White Clouds

*Tibetans are masters of ritual. Incense; chanting; circumambulation around temples and prayer walls; rhythmic beating of drums and cymbals; receiving blessings by holy monks, or lamas; recitation of mantras; the spinning of prayer wheels are all enacted for the benefit of both the individual and the overseeing deities. Emphasis on ritual provides almost every Tibetan - whether they live in Tibet itself, or in refugee communities scattered throughout India, Nepal, Switzerland or North America - with a deeply satisfying connection to both Buddhism and Tibetan culture.*

- Edie Farwell & Anne Hubbell Maiden, "The Wisdom of Tibetan Childbirth", In Context, No. 31