



THE DALAI LAMA

## MESSAGE

On the occasion of my 90<sup>th</sup> birthday, I understand that well-wishers and friends in many places, including Tibetan communities are gathering for celebrations. I particularly appreciate the fact that many of you are using the occasion to engage in initiatives that highlight the importance of compassion, warm-heartedness, and altruism.

I am just a simple Buddhist monk; I don't normally engage in birthday celebrations. However, since you are organizing events focused on my birthday I wish to share some thoughts.

While it is important to work for material development, it is vital to focus on achieving peace of mind through cultivating a good heart and by being compassionate, not just toward near and dear ones, but toward everyone. Through this, you will contribute to making the world a better place.

As for myself, I will continue to focus on my commitments of promoting human values, religious harmony, drawing attention to the ancient Indian wisdom which explains the workings of mind and emotions, and Tibetan culture and heritage, which has so much potential to contribute to the world through its emphasis on peace of mind and compassion.

I develop determination and courage in my daily life through the teachings of the Buddha and Indian masters such as Shantideva, whose following aspiration I strive to uphold.

As long as space endures,  
As long as sentient being remain,  
Until then, may I too remain  
To dispel the miseries of the world.

Thank you for using the opportunity of my birthday to cultivate peace of mind and compassion.

Tashi Deleg and with prayers,

5 July 2025