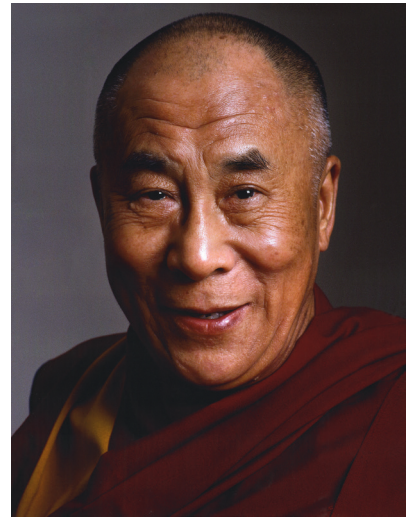
His Holiness comforts a young survivor during his visit to the Tsunami devastated region of Sendai, Japan, 5 November 2011.
Credit: Tenzin Choejor/OHHDL

"Compassion can be roughly defined in terms of a state of mind that is non-violent, non-harming, and non-aggressive. It is a mental attitude based on the wish for others to be free of their suffering and is associated with a sense of commitment, responsibility, and respect towards others."

HIS HOLINESS THE 14TH DALAI LAMA A LIFE THROUGH FOUR COMMITMENTS



teacher?

Bodhisattva of compassion? Spiritual ? a simple monk?

Campaigner for PEACE?

Scientist? Political leader?

For a man who describes himself as "a simple Buddhist monk", his achievements are recognised and celebrated worldwide. To Tibetan Buddhists, he is their spiritual leader as the manifestation of Chenrezig, the Bodhisattva of Compassion. To the wider world, he is a global icon for peace, forgiveness and kindness.

This photographic exhibition will highlight His Holiness' four principal commitments and how they reflect his understanding of humankind and the evolving world he inhabits

The four commitments are :

1. **Promotion of universal human values based on the oneness of humanity**
2. **Promotion of religious harmony**
3. **Protection of Tibetan heritage and environment**
4. **Revival of ancient Indian knowledge**

THE OFFICE OF TIBET

TIBET HOUSE TRUST

PHOTOGRAPHIC EXHIBITION

Four Principal Commitments of His Holiness the 14th Dalai Lama

ALL WELCOME - FREE ENTRANCE

7 - 11 JULY 2022
(SUNDAY CLOSED)
10:00 TO 17:00 HRS
PUBLIC TALKS - 18:00 TO 19:00

October Gallery
24 Old Gloucester Road
London WC1N 3AL
Nearest Station: Holborn

BROUGHT TO YOU BY
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AND
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Public Events

The free events are part of the exhibition at the same venue.

Thursday, 7 July 2022
18:00 to 19:00 hrs
Religious Harmony
Public Talk by
His Eminence Kalu Rinpoche
Lineage Holder of Shangpa Kagyu

Friday, 8 July 2022
18:00 to 19:00 hrs
Compassion and Warm Heartedness
Public Talk by
Geshe Tenzin Namdak
Resident Teacher, Jamyang Buddhist Centre, London

Saturday, 9 July 2022
11:00 to 13:00 hrs
Children's hands-on activities