

Meet the Dalai Lama



What if you became **the leader of your people** when you were just 15 years old? That's what happened to Lhamo Thondup, known as the Dalai Lama. In 1950 he became the **political leader of Tibet**, now a part of China. But the Dalai Lama is more than just the head of his government. Promoting **peace, compassion, and tolerance**, he is also the spiritual leader of millions of people. Here's what he told NG KIDS about being a hero for peace.

NATIONAL GEOGRAPHIC KIDS: You work with an organization called PeaceJam, in which **Nobel Peace Prize winners** like you **inspire kids** to find peaceful solutions to problems. How can kids really help **solve problems** such as poverty and terrorism through peace?

THE DALAI LAMA: You need **patience and determination**. Study and become an expert in something, because education can bring **compassion, peace, and harmony**. That will bring self-confidence and stability. When you have all that, then you can **influence others** as an example. That's the way to create more peaceful communities.

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NGK: Can one kid really **make a difference** in the world?

THE DALAI LAMA: Yes. Because if **everyone works hard**, we can all make a difference.

NGK: How can **kids promote peace** in their everyday lives?

THE DALAI LAMA: Look at situations from all angles, and you will become more open. **We all have to live together**, so we might as well live together happily. Realizing this helps you feel as if **this whole world is one home**.

NGK: You began your training as the Dalai Lama when you were just 5 years old, but you still had time to play. What was your **favorite game** as a child?

THE DALAI LAMA: I made friends with **two white mice** who would always **sneak into my room** while I was studying, and they would **try to distract me**.

NGK: You have been recognized for your **concern about the environment**. Why is it so important to **protect the planet**?

THE DALAI LAMA: We need to **care for every part of the Earth** and the life upon it, because this affects **future generations**.

NGK: What are some of your **favorite green tips** that kids can use to help save the environment?

THE DALAI LAMA: When you leave your room, **switch off the light**. Recycle garbage—this one is easy! The **most important thing** is that these simple practices become a **part of your daily life**. Then together we can make a big impact.

ONE WORLD

The Dalai Lama tells you how to practice these important human values for a more peaceful planet.

COMPASSION

RECOGNIZE OTHERS AS BROTHERS AND SISTERS WHO HAVE EVERY RIGHT TO OVERCOME THEIR PROBLEMS—JUST LIKE YOU DO.

FORGIVENESS

LEARN FROM MISTAKES—WHETHER THEY ARE YOURS OR OTHERS'—AND TRY NOT TO REPEAT THEM IN THE FUTURE. FORGIVE YOURSELF AND OTHERS SO THAT MISTAKES ARE NOT REPEATED.

TOLERANCE

YOU WON'T ALWAYS AGREE WITH OR GET ALONG WITH EVERYONE. BUT YOUR FUTURE IS WITH THESE PEOPLE. SO DEVELOP A SENSE OF CARING, TOLERANCE, OR COMPASSION FOR EVERYONE, EVEN THOSE YOU DON'T GET ALONG WITH.

CONTENTMENT

IT'S A MISTAKE TO PLACE ALL OUR HOPES FOR HAPPINESS ON MATERIAL GAINS. SO BE SATISFIED WITH WHATEVER YOU HAVE, AND YOU WILL HAVE MORE INNER PEACE.

FIND OUT HOW TO PROMOTE PEACE BY READING *PEACEJAM: A BILLION SIMPLE ACTS OF PEACE*, BY IVAN SUVANJIEFF AND DAWN GIFFORD ENGLE.