

TITLE: QUOTING THE DALAI LAMA

SUBJECT AREA / GRADE LEVEL: Social Science Analysis, History 7-12

OVERVIEW: Students work in cooperative groups to investigate and interpret various quotations of the Dalai Lama.

STATE CONTENT STANDARDS / BENCHMARKS:

- Identify, compare, and evaluate outcomes, responses, or solutions, then reach a supported conclusion.
- Understand relationships among events, issues, and developments in different spheres of human activity.

OBJECTIVES: The student will demonstrate the ability to...

- Work cooperatively with other classmates.
- Read and reflect upon statements made by the Dalai Lama.
- Discuss with cooperative group members what they believe is meant by the quotation and how to report this information the rest of the class.

MATERIALS:

- Quotations of the Dalai Lama written onto 3x5 cards.
- A container or hat to place the 3x5 cards.

PRESENTATION STEPS:

- 1) Read the following quotation of the Dalai Lama to the class:

"All people should have moral ethics, but we can't say all people should be religious minded."

- 2) Ask the class what is meant by the statement. Encourage discussion.

- 3) Ask how the statement might be retold to help others understand. Brainstorm a list (such as poetry, song lyrics, art, skits or other means to convey the message.)

- 4) Move the class into cooperative groups of three or four students. Have each group draw a Dalai Lama quotation from the hat.

- 5) Each group is given the task of discussing what is meant by the quotation and how the group will report the message to the rest of the class.

- 6) Groups take turns presenting the quotation and interpretations of each quotation.

- 7) End with a class discussion asking students to identify any common themes found in the quotations heard today.

ASSESSMENT: Select one quotation of the Dalai Lama that strikes your

interest and find a way to express your own interpretation of the meaning of the quotation.

ADAPTATIONS: Students will participate in the group and class level discussions.

EXTENSIONS: Research other quotations of the Dalai Lama or of other political leaders and find alternative ways to express the meaning of the message.

QUOTATIONS OF THE DALAI LAMA
(print, cut out, and place onto cards)

"I truly believe that individuals can make a difference in society. Since periods of great change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."

"Peace, in the sense of the absence of war, is of little value to someone who is dying of hunger or cold. It will not remove the pain of torture inflicted on a prisoner of conscience. It does not comfort those who have lost their loved ones in floods caused by senseless deforestation in a neighboring country. Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free."

"All major religions are basically the same in that they emphasize peace of mind and kindness, but it is very important to practice this in our daily lives, not just in a church or a temple."

"If you have adopted Buddhism you should not consider yourself a "great Buddhist" and immediately start to do everything differently. A Tibetan proverb states, "Change your mind but leave your appearance as usual."

"Unless our minds are stable and calm, no matter how comfortable our physical condition may be, they will give us no pleasure. Therefore, the key to a happy life, now and in the future, is to develop a happy mind."

"We are trying to get peace or happiness from outside, from money or power. But real peace, tranquility, should come from within."

"At a time when people are so conscious of maintaining their physical health by controlling their diets, exercising, and so forth, it makes sense to try to cultivate the corresponding positive mental attitudes too."

"Our goal is happiness. And I believe the very purpose of our life is happiness. Whether we believe in a previous life or not, whether we believe in a next life or not, the very existence of this life I feel is meant for happiness."

"To pursue growth properly, we need to renew our commitment to human values in many fields. Political life, of course, requires an ethical foundation, but science and religion as well should be pursued from a moral basis. Without it, scientists cannot distinguish between beneficial technologies and those which are merely expedient."

"A good mind, a good heart, warm feelings-these are the most important things. If you don't have such a good mind, you yourself cannot function. You cannot be happy, and so also your kin, your own mate or children, or neighbors and so forth won't be happy either."

"There is no need to mention the great difference between the amount of satisfaction there is in just oneself being happy and the amount of satisfaction there is in an infinite number of people being happy."

"Usually you allow kindness toward family members. This kindness is inspired by affection, desire. Because of that, when the object of your compassion changes in aspect, becomes a little rough, then your own feeling changes also. That kind of compassion or love is not right. Therefore, it is necessary in the beginning to train these good attitudes."

"If you want more friends and a friendly atmosphere, you must create the basis for them. Whether the other's response will be positive or not, first you must create some kind of common ground. Then if the other's response is still negative, you act accordingly. So first, you see, we must create the possibility to react in a friendly manner."

"If one assumes a humble attitude, one's own good qualities will increase. Whereas if one is proud, one will become jealous of others, one will become angry with others, and one will look down on others. Due to that, there

will be unhappiness in society."

"The key to creating a better and more peaceful world is the development of love and compassion for others."

"Compassion is, by nature, peaceful and gentle, but it is also very powerful. It is the true sign of inner strength."

"Tolerance and patience with courage are not signs of failure but signs of victory. In your daily life, as you learn more patience, more tolerance with wisdom and courage, you will see it is the true source of success. Actually, if you are too important, that's a real failure."

"One of the most important things is compassion. We cannot buy it in a store. We cannot produce it by machine. But by inner development, yes. Without inner peace it is impossible to have world peace."

"The practice of compassion is not idealistic, but the most effective way to pursue the best interests of others as well as our own. The more we become interdependent, the more it is in our own interest to ensure the well being of others."

"Compassion and love are precious things in life. They are not complicated. They are simple, but difficult to practice."

"True compassion is universal in scope. It is accompanied by a feeling of responsibility. Who teaches you tolerance? Maybe sometimes your children teach you patience, but always your enemy will teach you tolerance. So your enemy is really your teacher. If you have respect for your enemy instead of anger, your compassion will develop. That type of compassion is real compassion, which is based upon sound beliefs."

"You see a nation is dying. My strength comes from the justice of my cause, and I think from my compassion, but I need help. Not just with a few nice words, but with some kind of action. I believe that usually young people are very good at action."