

Dalai Lama

'I believe all suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their happiness or satisfaction. Yet true happiness comes from a sense of inner peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion and elimination of ignorance, selfishness and greed.

The problems we face today, violent conflicts, destruction of nature, poverty, hunger, and so on, are human-created problems which can be resolved through human effort, understanding and the development of a sense of brotherhood and sisterhood. We need to cultivate a universal responsibility for one another and the planet we share. Although I have found my own Buddhist religion helpful in generating love and compassion, even for those we consider our enemies, I am convinced that everyone can develop a good heart and a sense of universal responsibility with or without religion.'

From Nobel acceptance speech (10 December 1989)

The Dalai Lama was born in Tibet on the 6th of July 1935. His real name is Tenzin Gyatso. He is the leader of Tibet's Buddhists but he lives in India, where thousands of his followers visit him. He is the world's most famous Buddhist monk. He campaigns for freedom in Tibet and peace in the world.

Tenzin became Dalai Lama when he was just two years old. He became Tibet's ruler in November 1950, when he was fifteen. This was just one month after China took over Tibet. His first big job was to try and save his country from Chinese rule. He tried for nine years, but then had to escape to India. He has never been back.

He traveled to the West – to Europe and the Americas. Thousands of people welcomed him. He has helped to spread love and harmony around the world. He gives speeches wherever he goes and he has won many awards. He got the Nobel Peace Prize in 1989. He is always a famous figure on the news and is never without a huge smile.

The Dalai Lama has been one of the best-loved and most well-known world leaders for many decades. He continues to ask China to give his Tibetan people more control over their land. He makes Chinese leaders angry by talking about Tibet. One day he might meet them and talk about a better and brighter future.

A1. Match the words from the article on the left with their synonyms on the right.

1. leader	a. fights
2. followers	b. get away
3. campaigns	c. greeted
4. just	d. power
5. escape	e. chief
6. been back	f. fans
7. welcomed	g. famous
8. awards	h. returned
9. well-known	i. prizes
10. control	j. only

A2. In his Nobel acceptance speech the Dalai Lama was against ...

- A) selfishness
- B) altruism
- C) happiness
- D) elimination of ignorance

A3. The Dalai Lama believes that ...

- | | T | F |
|------------------------------------------------------------|--------------------------|--------------------------|
| A) true happiness depends on love, altruism and compassion | <input type="checkbox"/> | <input type="checkbox"/> |
| B) true happiness is caused by elimination of ignorance | <input type="checkbox"/> | <input type="checkbox"/> |
| C) inner peace comes from elimination of selfishness | <input type="checkbox"/> | <input type="checkbox"/> |
| D) gratification comes from altruism | <input type="checkbox"/> | <input type="checkbox"/> |

A4. In 1989 the Dalai Lama said that ...

- | | T | F |
|---------------------------------------------|--------------------------|--------------------------|
| A) we should all take care of people | <input type="checkbox"/> | <input type="checkbox"/> |
| B) we should all take care of our planet | <input type="checkbox"/> | <input type="checkbox"/> |
| C) we should develop a sense of brotherhood | <input type="checkbox"/> | <input type="checkbox"/> |
| D) we are the only reason for our problems | <input type="checkbox"/> | <input type="checkbox"/> |

A5. The Dalai Lama ...**T F**

- | | | |
|---------------------------------------------|--------------------------|--------------------------|
| A) was born in Tibet but he lives in India | <input type="checkbox"/> | <input type="checkbox"/> |
| B) is the leader of Tibet's Buddhists | <input type="checkbox"/> | <input type="checkbox"/> |
| C) is the world's most famous Buddhist monk | <input type="checkbox"/> | <input type="checkbox"/> |
| D) fights for peace in the world | <input type="checkbox"/> | <input type="checkbox"/> |

A6. The Dalai Lama became Tibet's leader ...**T F**

- | | | |
|-----------------------------------------|--------------------------|--------------------------|
| A) at the age of 15 | <input type="checkbox"/> | <input type="checkbox"/> |
| B) in 1950 | <input type="checkbox"/> | <input type="checkbox"/> |
| C) after Tibet acquired China | <input type="checkbox"/> | <input type="checkbox"/> |
| D) and he tried to liberate his country | <input type="checkbox"/> | <input type="checkbox"/> |

A7. The Dalai Lama has always been ... by a lot of people

- | | |
|--------------------|--------------------------|
| A) rejected | <input type="checkbox"/> |
| B) turned away | <input type="checkbox"/> |
| C) received gladly | <input type="checkbox"/> |
| D) refused | <input type="checkbox"/> |

A8. The Dalai Lama is ... leader**T F**

- | | | |
|--------------------|--------------------------|--------------------------|
| A) a loved | <input type="checkbox"/> | <input type="checkbox"/> |
| B) a famous | <input type="checkbox"/> | <input type="checkbox"/> |
| C) a peaceful | <input type="checkbox"/> | <input type="checkbox"/> |
| D) an unremarkable | <input type="checkbox"/> | <input type="checkbox"/> |

A9. The Dalai Lama would like to

- | | |
|--------------------------------------------|--------------------------|
| A) reduce Tibetan control over China | <input type="checkbox"/> |
| B) increase Tibetan control over China | <input type="checkbox"/> |
| C) reduce Chinese control over the Tibet | <input type="checkbox"/> |
| D) increase Chinese control over the Tibet | <input type="checkbox"/> |

A10. What is the writer's wish?

- | | |
|---------------------------------------------------------|--------------------------|
| A) The Dalai Lama's speech on a better future for China | <input type="checkbox"/> |
| B) The Dalai Lama's speech on a better future for Tibet | <input type="checkbox"/> |
| C) A better future for the Dalai Lama | <input type="checkbox"/> |
| D) A meeting between the Dalai Lama and Chinese leaders | <input type="checkbox"/> |