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A Grand Celebration Honouring  
**THE LIFE & LEGACY OF  
HIS HOLINESS THE XIV DALAI LAMA**

as part of the Year-Long Celebration of  
His Holiness's 90th Birth Anniversary  
observed globally as the

**"YEAR OF COMPASSION"**

SUNDAY, MAY 24, 2026 | 10:00 AM - 06:00 PM  
SANKOFA SQUARE, TORONTO





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Canadian Tibetan Association of Ontario (CTAO)  
Tibetan Canadian Cultural Centre (TCCC)  
Dhokham Chushi Gangdruk, Canada  
U-Tsang Cholka Ontario  
Dhomey Cholka Ontario  
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## MESSAGE FROM THE PRESIDENT OF THE ORGANIZING COMMITTEE

On behalf of the Canadian Tibetan Association of Ontario (CTAO), the Tibetan Canadian Cultural Centre (TCCC), and our six local community partner organizations, I am profoundly honoured to introduce this commemorative memoir. This volume stands as a lasting tribute to a historic milestone: the global celebration of the 90th Birth Anniversary of His Holiness the 14th Dalai Lama, joyfully commemorated worldwide as the “Year of Compassion.”

In accordance with the official directives of the Central Tibetan Administration (CTA), Dharamsala, and the North American Tibetan Associations (NATA), our community came together by transforming Toronto’s iconic Sankofa Square into a sanctuary of peace, heritage, and universal human values, to celebrate the 90th Birth Anniversary of His Holiness the 14th Dalai Lama on Sunday, May 24, 2026. At a time marked by global instability, conflict, and social fragmentation, His Holiness’s teachings on empathy, compassion, and universal responsibility carry renewed and urgent relevance.

Born in the small farming village of Taktser in Amdo, Tibet, and recognized as the reincarnation of His Holiness the 13th Dalai Lama at the age of two, His Holiness the great 14th Dalai Lama assumed temporal and spiritual leadership of Tibet at the age of fifteen during a period of unfathomable national crisis. Following the Tibetan people’s exile in 1959, His Holiness emerged as one of the world’s foremost moral and spiritual voices. It is therefore our collective responsibility to preserve, share, and amplify his message for the benefit of humanity.

This milestone celebration was dedicated to presenting His Holiness’s life journey and His Four Principal Commitments to a broad public audience:

- **First Commitment – Promoting Human Values:** Cultivating compassion, forgiveness, tolerance, contentment, and a warm heart as essential foundations for peace and human happiness.
- **Second Commitment – Fostering Religious Harmony:** Encouraging interfaith dialogue, mutual understanding, and respect among all religious traditions.
- **Third Commitment – Preserving Tibetan Culture and Heritage:** Protecting Tibet’s unique language, Buddhist culture, and fragile plateau environment as invaluable treasures for the world.
- **Fourth Commitment – Reviving Ancient Indian Wisdom:** Reintroducing the Nalanda tradition’s profound “inner science” of mind, ethics, and emotional well-being into modern education and contemporary society.

His Holiness has often emphasized that Tibetan culture, particularly rooted in the rich Nalanda traditions of compassion, wisdom, scholarship, and contemplative practice, is a





treasure for all humanity. Inspired by this vision, the festival integrated Tibet's unique intellectual and spiritual heritage into Toronto's multicultural landscape through curated exhibition pavilions and vibrant public presentations.

Visitors were offered a comprehensive exploration of Tibet's "Major and Minor Sciences," ranging from the inner sciences of Buddhist philosophy, psychology, meditation, and contemplative practice to the sharp logical rigor of monastic debate. The event also highlighted the holistic healing traditions of Sowa Rigpa (Traditional Tibetan Medicine), Tibetan astrology, sacred arts, and cultural craftsmanship.

The pages of this memoir beautifully preserve the spirit and joy of the celebration: the sacred resonance of the opening ceremonies and offerings; the inspiring addresses by distinguished guests, scholars, and dignitaries; the vibrancy of the sacred photo exhibitions; the pride reflected in the traditional dress ramp walk representing the regions of U-Tsang, Kham, and Amdo; and the captivating performances of various Tibetan opera, Nangma Toe-Shey, Dranyen Shabdro, and the grand Yak Dance. We also celebrate Tibet's rich culinary heritage, where the sharing of traditional foods became a direct expression of hospitality, community harmony, and cultural continuity.

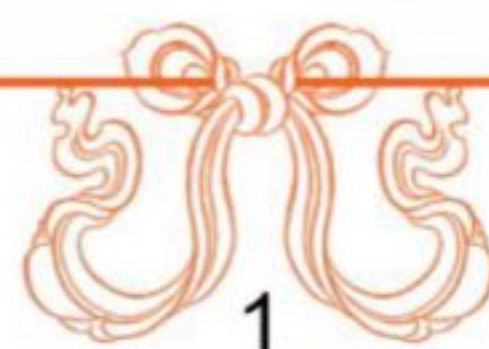
This monumental initiative succeeded through the shared vision, unity, and dedication of our community, together with the invaluable support of our sponsors, donors, and partner organizations. We extend our deepest gratitude to the Sangha members, our distinguished guest speakers, dedicated scholars, talented performers, and tireless volunteers whose efforts made this historic gathering possible.

We are equally honoured by the official messages featured in this volume from His Holiness the Dalai Lama, the Tibetan Parliament-in-Exile, the Sikyong, Canadian leaders and dignitaries, and the official Representative of His Holiness the Dalai Lama in North America.

In conclusion, we earnestly pray that the collective merit generated from this historic celebration be dedicated to the long life of His Holiness the Great Fourteenth Dalai Lama, and that his teachings on compassion, peace, and universal responsibility continue to illuminate the path of humanity for generations to come.

**Ms. Deki Nangchok Shukla**

Chair, Toronto Ghoton "Year of Compassion" Celebration Organizing Committee  
President, Canadian Tibetan Association of Ontario (CTAO) & Tibetan Canadian Cultural Centre (TCCC)

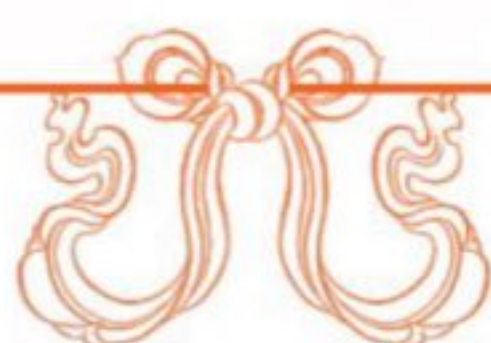




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आकाशस्य स्थितिर्यावद् यावच्च जगतः स्थितिः।  
तावन्मम स्थितिर्भूयाज् जगद्दुःखानि निघ्नतः ॥  
बोधिचर्यावतार ॥ 10;55 ॥

། ཨི་སྲིད་ནམ་མཁའ་གནས་པ་དང་། །འགྲོ་བ་ཨི་སྲིད་གནས་གུར་པ།  
དེ་སྲིད་བདག་ནི་གནས་གུར་ནས། །འགྲོ་བའི་སྤྱད་བསྐྱེད་སེལ་བར་འོག། །  
སྲིད་འཇུག་ ༡༠༥༥

For as long as space endures, and for as long as living beings remain,  
Until then, may I, too, abide, to dispel the misery of the world.

Bodhicaryavatara 10/55



THE DALAI LAMA

MESSAGE

The Canadian Government showed great consideration in welcoming Tibetan refugees to Canada in the early 1970s. Since then, the community has steadily grown. While Tibetans in Canada have become successfully integrated in their adopted country and contribute to its enrichment, they have also been able to preserve their own culture and identity. We are deeply grateful to the Government and people of Canada for their warm hospitality and generosity to the Tibetan people.

I have had the privilege of visiting Canada several times since 1980. I have been deeply moved by the warmth of the Canadian people and the interest they have shown in my efforts to promote such basic human values as love and compassion, and my concern to foster inter-religious harmony. I also appreciate the support from all walks of life in Canada for the Tibetan people's aspiration for freedom and dignity.

For Tibetans in Tibet, the suppression of so much of their cultural and spiritual life means that circumstances remain deeply challenging. Yet the spirit of peace, compassion, and inner strength that they uphold is a source of inspiration not only to the wider Tibetan community, but also has much to offer the Chinese people as well.

The wisdom and compassion at the heart of Tibetan civilisation have much to offer all of humanity. It is a culture rooted in peace, non-violence, and a genuine concern for the well-being of others. As I have long emphasised, preserving the Tibetan people's distinctive culture, language, and identity is not merely a matter of heritage, but a matter of profound global importance. Even those with no interest in religion hunger for inner peace, and Tibetan culture has carefully preserved a rich, time-tested tradition for nurturing it — one that works gently and steadily, day by day, to loosen the grip of fear, anger, and hopelessness, and to cultivate in their place compassion, patience, contentment and self-discipline. For this reason, it has the potential to contribute meaningfully to the building of a more peaceful world.

I am delighted to learn that the Tibetan Canadian Cultural Centre is producing a commemorative publication as part of its celebration of the Year of Compassion. It provides us with an opportunity to reflect on how we might live more meaningful lives, dedicated to the well-being of others, and to the creation of a happier, more compassionate and more peaceful world.

With my prayers and good wishes,

8 May 2026



འགྲུབ་ལྷན་ཁག་

མིང་སྐྱོང་སྡེ་བ་ཚོ་རིང་།

KASHAG

PENPA TSERING

SIKYONG

སྐྱེས་འཕྲིན།

བཀའ་ཤག་ནས་སྤྱི་ནོར་ཡལོང་ས་ཡ་སྐྱབས་མགོན་ཆེན་པོ་མཚོག་དགུང་གུང་སྲུང་དགུ་བཅུར་ཕེབས་པའི་ཡ་སྐྱེའི་གོ་སྟོན་དང་བསྟན་ཆུལ་སྤྱིའི་བྱིན་དུ་བྱམས་བཅའི་ལོ་འཁོར་སྲུང་བཅི་བྱ་རྒྱུའི་བཀོད་བྱུང་སྟོན་སོང་བཞིན། ཁེ་ན་ཏེ་བོད་རིགས་སྤྱི་མཐུན་ཚོགས་པའི་ངོས་ནས་ཡ་རྒྱལ་བའི་གསང་གསུམ་གྱི་མཛད་ཆེན་ཁག་དང་འབྲེལ་བའི་སྐྱེ་པར་དང་ཕྱག་དེབ་ཁག །དེ་བཞིན་བོད་ཀྱི་ཐུན་མོང་མ་ཡིན་པའི་སྐྱོད་ཡིག་དང་ནང་ཚོས། རིག་གཞུང་དང་སྐྱེ་ཆུལ་བཅས་ངོ་སྟོན་འབྲེལ་སྟོན་གྱིས་གཙོ་བོ་མཛད་རིམ་སྣ་མང་ཞིག་གོ་སྐྱོད་ཞུས་དང་བྱ་སྲུང་དང་། ཕྱི་ཟླ་ ༥ ཚེས་ ༡༩ ཉིན་ཡ་རྒྱལ་བའི་གོ་སྟོན་སྲུང་བཅའི་སྐྱོད་གཞི་རྒྱ་ཆེ་བའི་མཛད་སྟོན་ཞིག་གོ་སྐྱོད་བྱ་གཏན་འཁེལ་འདུག་པ་དེར་བྱུང་མཁས་མི་སྣ་གདན་ཞུས་གྱིས་ཡ་སྤྱི་ནོར་ཡལོང་ས་ཡ་སྐྱབས་མགོན་ཆེན་པོ་མཚོག་གི་ཐུགས་བསྐྱེད་དམ་བཅའ་བཞིའི་ངོ་སྟོན་གཏམ་བཤད་དང་། ཁེ་ན་ཏེ་དབུས་ས་གཉིས་ཀྱི་གནད་ཡོད་ཆབ་སྲིད་མི་སྣ་ཁག་དང་། བོད་དོན་རྒྱལ་སྐྱོར་བ་ཁག་ཅིག མཐོ་སྟོབ་ཀྱི་སྟོབ་དཔོན་ཆེན་མོ། ཚོས་ལུགས་འབྲེལ་མིན་གྱི་འགན་འཛིན་སོགས་མགོན་འབོད་ཞུས་འདུག་པ་ལྟར་ལས་རིམ་ཁག་ལམ་སྟོང་ཡོང་བའི་སྟོན་འདུན་དང་། བྱིད་ཅག་བོད་ཀྱི་གྲོགས་པོ་དང་། བོད་རིགས་སྤྱི་མཐུན་རྒྱ་ནམ་པས། སྤྱི་ནོར་ཡལོང་ས་ཡ་སྐྱབས་མགོན་ཆེན་པོ་མཚོག་གི་བྱམས་བཅའི་བསྟན་བཅོས་རང་རང་གིས་ཉམས་ལེན་དང་། གྲོགས་འབྲེལ་ཚོར་བྱུང་སྟེལ་བརྒྱད། མཛའ་བཅེ་དང་། ཞི་བདེའི་འཛིན་ཉེན་ཞིག་བསྐྱེད་རྒྱུར་འབད་འབྲུངས་ཡོང་བའི་རེ་བ་འཛིན་བཞིན་ཡོད། བྱམས་བཅའི་ལོ་འཁོར་ལས་རིམ་ནང་མཉམ་ཞུགས་གནང་མཁན་འབྲེལ་ཡོད་ཚང་མར་ཐུགས་རྗེ་ཆེ་བྱ་རྒྱུ་དང་། བྱམས་བཅའི་བྱིན་རྒྱབས་སྐྱེ་དགུའི་སྐྱོང་ལ་འཇུག་པའི་གསོལ་འདེབས་བཅས། མིང་སྐྱོང་སྡེ་བ་ཚོ་རིང་ནས་ཕྱི་ལོ་ ༢༠༡༤ ཟླ་ ༥ ཚེས་ ༡༩ ལ། །



བཀའ་ལན་གསལ་བཤམས།

ཕེན་པ་འཕེན་པ་ཚེ་རིང་།

KASHAG

PENPA TSERING  
SIKYONG

13 May 2026

Message

The Kashag had previously announced the observance of a “Year of Compassion” worldwide, marking the auspicious milestone of His Holiness the Great 14<sup>th</sup> Dalai Lama reaching the age of ninety.

In this spirit, the Tibetan Canadian Cultural Centre has organized and continues to arrange a variety of programs; from exhibitions showcasing photographs and publications related to the legacy of His Holiness, to programs introducing Tibet’s unique language, religion, culture, and arts.

The Tibetan Canadian Cultural Centre’s large-scale commemorative event on May 24, wherein they have invited distinguished experts, university professors, and representatives from various religious traditions to speak on the four principal commitments of His Holiness the Dalai Lama, is commendable. I convey my heartfelt wishes for the success of this event and all programs being carried out in the spirit of this significant year.

In keeping with this, Tibetan friends and community members are warmly encouraged to embrace His Holiness’s teachings on compassion in their own lives, holding the aspiration of nurturing a more loving and peaceful world.

I extend my sincere gratitude to all those participating in the Year of Compassion programs and offer sincere prayers that the boundless blessings of compassion may touch and transform the hearts of all beings.

Penpa Tsering  
Sikyong  
Central Tibetan Administration







བོད་ཀྱི་ཚེ་ལོ་གསལ་བྱེད་ལུ་

**THE OFFICE OF TIBET**

Ref: OOT-DC/NATA/2026-2027/049

May 14, 2026.

Dear Toronto Tibetan community members,

I am delighted to learn that the Tibetan community in Toronto is organizing a *Ghoton-The Year of Compassion* event at Sakonfa Square on May 24 to celebrate His Holiness the Dalai Lama's 90<sup>th</sup> Year and His messages of oneness of humanity, kindness, and universal responsibility.

His Holiness has shown us a path of how to inhabit this imperfect world, how to meet the daily challenges of staggering injustices, of global politics and the arbitrariness of history, and how to honor and remain committed to goals that might not be completed in a lifetime.

His compassionate and visionary leadership continues to empower us all to be more self-assured and determined. And, whether we like it or not, we live in a deeply interconnected and interdependent world. Therefore, the decades-long non-violent struggle of the Tibetan people for freedom is important not only for the seven or so million Tibetans inside Tibet, but it is also very relevant in today's world that is ridden with never ending man-made violent conflicts and sufferings.

Through your efforts, I am sure more Canadians will have a better understanding of Tibet and the just cause of the Tibetan people and in our own small way contribute to the fabric of Canada's multiculturalism and diversity.

May His Holiness inspire us all and to be the seeds of change to bring about positive change and make this century a century of genuine peace and dialogue!

Tahi Delek!

Namgyal Choedun  
Representative of His Holiness the Dalai Lama and  
Central Tibetan Administration to North America





MEMBER OF PARLIAMENT FOR · DÉPUTÉ DE  
ETOBICOKE– LAKESHORE

May 24th, 2026,

**Tashi Delek**, བཟ་ལེས་བདེ་ལེགས།

**Honouring the 90th Birth Year of His Holiness, the 14th Dalai Lama,  
Year of Compassion: July 6, 2025, to July 6, 2026**

Here today at Sankofa Square, in the heart of Toronto, the Tibetan community extends an open hand to the world. Across this past year, Tibetans across North America and around the world have stepped beyond their communities to share the joy of His Holiness's 90th birth year and his life's message of compassion.



His Holiness has devoted his life to peace, non-violence, and the dignity of every human being, a life the world has recognized. In 1989, he was awarded the Nobel Peace Prize as a beacon of non-violent resistance. In 2007, the United States Congress conferred upon him the Congressional Gold Medal, and Canada granted him honorary citizenship by unanimous vote, only the third person in history to receive that distinction. Our nation claimed him as one of its own, and today, in this city, that kinship is felt.

Over this Year of Compassion, I was honoured to welcome Sikyong Penpa Tsering to Etobicoke and later for a working lunch with parliamentary colleagues in Ottawa. On June 6, 2025, the Parliamentary Friends of Tibet recognized His Holiness's birthday and reaffirmed the 1961 UN General Assembly resolution on the Tibetan people's right to self-determination. In October we welcomed the sister of His Holiness - Kundun, Ama Jetsun Pema la, Mother of Tibet, to Etobicoke. And on November 17th, joined by actor Richard Gere and many friends at Tibet on the Hill Day, I rose in the House of Commons to declare 2025 a Year of Compassion in honour of His Holiness.

**Today, we witness a living culture, in music, in ceremony, in unbroken warmth. "The purpose of our life is to be happy, and happiness is rooted in compassion." ~ His Holiness the 14th Dalai Lama**

My congratulations, ཐུགས་རྗེ་ཆེ།

James Maloney, M.P. Etobicoke-Lakeshore  
Chair, Parliamentary Friends of Tibet

James **MALONEY**

Member of Parliament *for* Etobicoke-Lakeshore

*Ottawa*

Room 249, Confederation Building  
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HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

*Constituency*

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May 24th, 2026

Tashi Delek.

It is a true honour to send my warmest greetings to the Tibetan Canadian Cultural Centre, the Canadian Tibetan Association of Ontario, and all the organizations and members of the Tibetan Canadian community gathered for the "**Year of Compassion**" celebration, marking the 90th birth year of His Holiness the 14th Dalai Lama.

For more than eight decades, His Holiness has carried the cause of his people with grace, humility, and unwavering compassion, reminding the world that peace begins in the human heart, and that kindness is a form of strength. The Central Tibetan Administration's declaration of this Year of Compassion is a fitting tribute to a life of moral leadership, and a call for each of us to live those values: non-violence, universal responsibility, and care for one another's dignity.



As the Member of Parliament for Taiaiko'n—Parkdale—High Park, home to one of the largest Tibetan communities in North America, I am continually inspired by the resilience, generosity, and civic spirit of Tibetan Canadians, whose heritage of extraordinary depth and beauty is now woven into the multicultural fabric of Toronto and of Canada.

In Parliament, alongside my colleagues in the Parliamentary Friends of Tibet, I remain committed to advancing Tibetan self-determination, affirmed unanimously by the House of Commons in 2024, including the right of the Tibetan people to recognize the next Dalai Lama. I will continue to speak out for Tibetan language, religion, and culture, and against the human rights abuses Tibetans continue to endure.

May this Year of Compassion be a moment of celebration, reflection, and renewal, honouring Tibetan culture, the resilience of the Tibetan people, and the enduring vision of His Holiness, who has shown the world that compassion, patiently practiced, can move mountains.

Long life to His Holiness the Dalai Lama.

BHOD-GYA-LO.

A handwritten signature in blue ink, appearing to read 'wibg'.

MP Karim Bardeesy  
Taiaiko'n—Parkdale—High Park

Karim.bardeesy@parl.gc.ca  
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*Elizabeth May*  
Member of Parliament / Député(e)  
Saanich — Gulf Islands

*Circonscription*

9711, rue Fourth suite 1  
Sidney (Colombie-Britannique) V8L 2Y8  
Tél. : 250-657-2000  
Télééc. : 250-657-2004

May 15, 2026

RE: His Holiness the 14th Dalai Lama's 90th birth year



This most special year, the 90th birth year of His Holiness the Dalai Lama, reminds the world of the importance of love and compassion. His Holiness inspires me to continue my work for environmental and social justice.

Long live His Holiness the Dalai Lama!

Sincerely,

Elizabeth May, O.C.  
Member of Parliament  
Saanich-Gulf Islands  
Leader of the Green Party of Canada



*Garnett Genuis*

Member of Parliament

Sherwood Park—Fort Saskatchewan

May 19, 2026

**Greetings from MP Garnett Genuis on the Occasion of the “Year of Compassion”, Honouring the 90<sup>th</sup> Birth Year of His Holiness the 14<sup>th</sup> Dalai Lama**

Tashi Delek,

To the Tibetan community and everyone gathered at Sankofa Square to celebrate the Year of Compassion, I extend my warm greetings and sincere appreciation as we honour the life and legacy of His Holiness the 14<sup>th</sup> Dalai Lama during this special year-long celebration of his 90<sup>th</sup> birthday.

His Holiness has devoted his life to advocating for peace, compassion and non-violence. His message goes beyond the restrictions of borders, religions, and political differences, inspiring millions around the world to become active participants in the pursuit of peace.

During visits to Dharamsala, India, in 2016 and 2019, I had the distinct pleasure and privilege of meeting His Holiness. Those encounters have had a lasting impression on me and have been a source of great inspiration in my own human rights advocacy. Despite the hardships faced by the Tibetan people, His Holiness carried himself with warmth, humour, and grace, always emphasizing our shared humanity and the importance of compassion in life.

Since then, I have taken every opportunity to stand up and speak out for the Tibetan people in Canada’s Parliament. I was proud to champion and support a parliamentary resolution calling on the People’s Republic of China to engage in genuine, direct dialogue with Tibetan representatives, and have continued to call out the Chinese Communist Party’s systematic human rights violations — not only against the Tibetan people, but against the Uyghurs, Falun Gong practitioners, Hong Kongers, Christians, the Chinese pro-democracy movement, and many others, both inside China and here in Canada impacted through transnational repression.

As Canadians gather today to celebrate Tibetan culture through music, food, art, and community, we are also recognizing the enduring contributions of Tibetan Canadians and the remarkable spiritual leadership of His Holiness. At a time when the world faces division and uncertainty, the teachings of His Holiness remain extremely relevant. His lifelong example encourages us to stand up for peace, to defend human dignity, and to be a voice for the voiceless.

I offer my sincere gratitude to the organizers, volunteers, performers, and members of the Tibetan community who made this celebration possible. May this Year of Compassion continue to inspire hope, awareness, and solidarity in Canada and across the globe.

Sincerely,

A handwritten signature in blue ink that reads "Garnett S. Genuis".

Garnett Genuis

Member of Parliament

Sherwood Park—Fort Saskatchewan





CHAMBRE DES COMMUNES  
*Alexis Brunelle-Duceppe*  
DÉPUTÉ DE LAC-SAINT-JEAN

Ottawa, May 19, 2026

Dear members of the Tibetan community,

It is with sincere regret that I am unable to be with you today for this celebration marking the "Year of Compassion" in honour of the 90th birthday of His Holiness the 14th Dalai Lama - a man whose life and commitment embody compassion, peace, dialogue, and moral courage.

At a time when tensions and divisions too often dominate the public sphere, the message carried by this celebration resonates with particular strength. Compassion is not a weakness: it is a source of dignity, humanity, and hope.



My commitment to the Tibetan people is not only one of words, but of action. In Parliament, I have been proud to lead a motion formally recognizing the right to self-determination of the Tibetan people — a motion that affirms Tibet and Tibetans as a nation and a people in their own right. I have also had the honour of welcoming Sikyong Penpa Tsering, the elected leader of the Tibetan people, to Ottawa each year, ensuring that the voice of Tibet is heard at the highest levels of Canada's capital.

I have stood alongside advocates to support press conferences shining a light on forced labour and the complicity of global supply chains linked to China - because economic accountability and human rights are inseparable. And I have risen in Parliament to call, unequivocally, for the immediate release of the 11th Panchen Lama, Gedhun Choekyi Nyima, who was taken as a child and whose fate remains one of the most urgent and unconscionable human rights cases of our time.

On this occasion, I reaffirm my unwavering commitment to the freedom of the Tibetan people, the respect of their rights, and the preservation of their cultural and spiritual identity.

May these celebrations inspire us all - and remind the world of the profound power of compassion in building a more just and humane future.

Sincerely,

**Alexis Brunelle-Duceppe**  
Bloc Québécois MP for Lac-Saint-Jean  
Vice-chair of the Subcommittee on International Human Rights  
Vice-Chair of the Standing Committee on Foreign Affairs and International Development



**Lee Fairclough**  
**MPP Etobicoke—Lakeshore**

Tashi Delek everyone,

I want to extend my warmest greetings to all those who gathered for the Grand Celebration of the Life and Legacy of His Holiness the 14th Dalai Lama.

Tonight's celebration is a powerful tribute to the enduring legacy of His Holiness the 14th Dalai Lama, whose lifelong message of compassion, peace, and respect for humanity has reached millions of people around the world. His teachings have inspired individuals and communities to lead with kindness, empathy, and hope, especially when unity and understanding are needed most.



I want to thank CTAO/TCCC President, Deki Shukla for her hard work. I also want to recognize the organizers, volunteers, and community members of the Tibetan Canadian Cultural Centre, whose dedication has brought everyone together for this special evening of reflection and celebration of the “Year of Compassion”. Events like this strengthen the bonds of community and remind us of the importance of cultural understanding and shared values.

Please accept my heartfelt wishes for a memorable and inspiring evening. I hope the celebration is filled with joy, reflection, and togetherness as you honour the remarkable life and legacy of His Holiness.

Sincerely,

*Lee Fairclough*

*Member of Provincial Parliament (MPP), Etobicoke—Lakeshore*



Alexa  
**GILMOUR**  
 MPP Parkdale—High Park

**On the Occasion of Year of Compassion Celebration at Sankofa Square, 2026**

May 24, 2026

Dear Friends,

As the Member of Provincial Parliament for Parkdale—High Park, it is my distinct honour to join thousands of community members at Sankofa Square in celebrating the life and legacy of His Holiness the 14th Dalai Lama on this joyous occasion celebrating his 90th birthday and the Year of Compassion.

Dedicating this Year of Compassion to His Holiness the Dalai Lama - a powerful symbol of the Tibetan nation and people, and a world leader whose teachings inspire people everywhere - could not be more fitting. Spending his entire life leading the Tibetan people's struggle for freedom and justice with an unwavering commitment to non-violence, he has shown us what compassionate leadership looks like in the face of great adversity. His universal teachings continue to be a vital voice for peace, human dignity, and interfaith harmony in a world that needs them more than ever. ***We are truly fortunate to live in a time guided by a leader of such greatness.***

Today, we do not only celebrate His Holiness - we also celebrate how his legacy lives and breathes in this very gathering at Sankofa Square, a testament to the richness of Tibetan civilization kept alive through the immense dedication of the Tibetan community in Toronto.

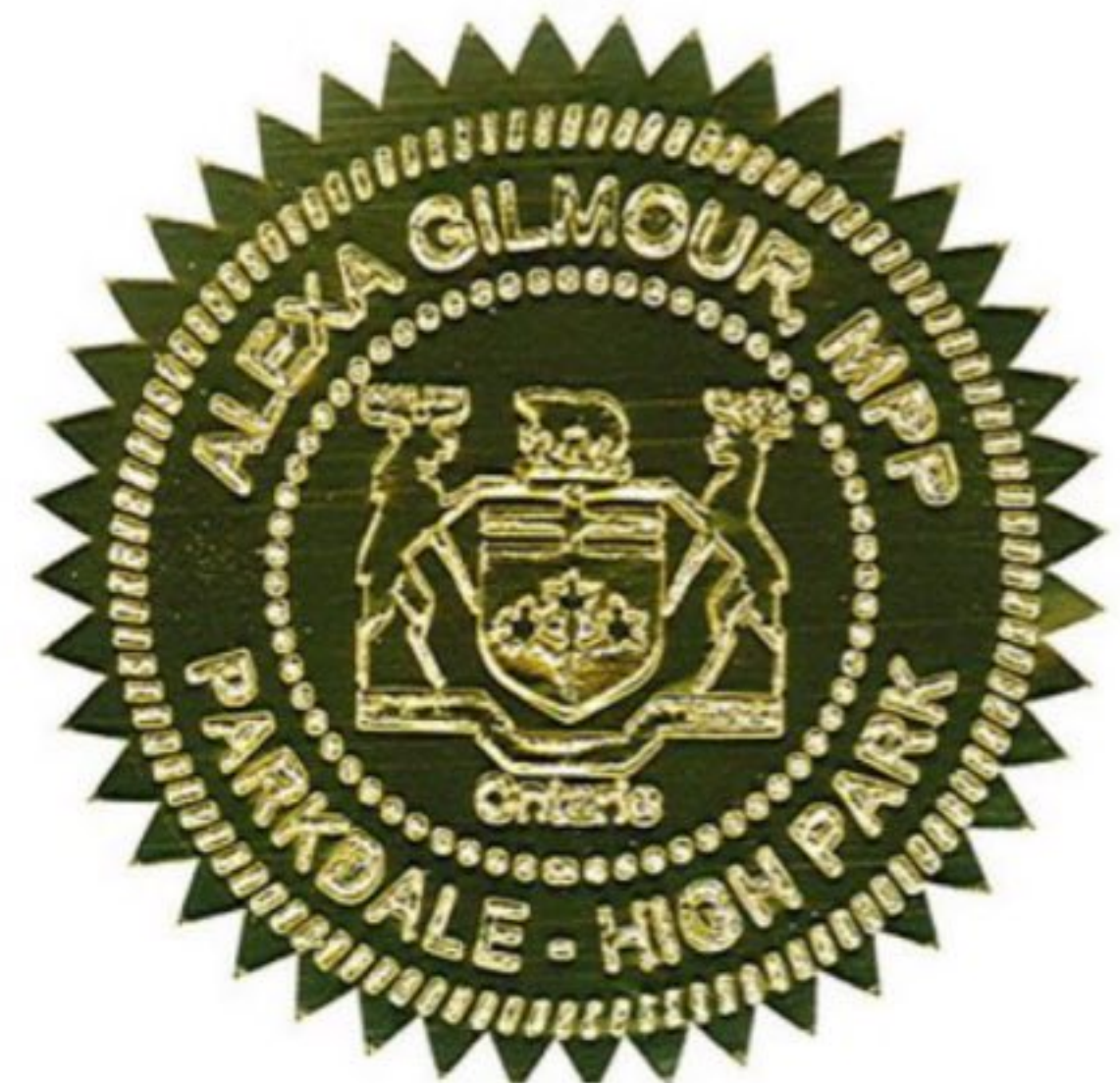
As the MPP for the Little Tibet neighbourhood of Parkdale, I have had the privilege of witnessing first-hand how the values His Holiness has spent his life teaching - compassion, community care, resilience, and the oneness of humanity - are actively practised every day here in Toronto. From dedicated seniors to enthusiastic teens, the thousands of volunteers and families who give their time, their hearts, and their hands through the many volunteer-led organizations - under the Tibetan Canadian Cultural Centre - are a living testament to what it means to truly carry a legacy forward. This is the enduring gift of His Holiness's teachings, one that communities around the world continue to be enriched by.

May today's celebration renew in each of us a commitment to the values His Holiness has lived so fully. May we be guided by his teachings in building a more just, compassionate and peaceful world for generations to come, and may we one day have the profound joy of celebrating his legacy with him in a free Tibet, together with the Tibetan people inside.



Warmly,

Alexa Gilmour,  
 MPP Parkdale—High Park





May 24, 2026

The 90th Birth Year of His Holiness the 14th Dalai Lama & Year of Compassion

On this joyous occasion celebrating the 90th Birth Year of His Holiness the 14th Dalai Lama, I extend my heartfelt congratulations, deepest respect, and boundless gratitude for his extraordinary life of compassion, wisdom, humility, and peace. This “Year of Compassion” celebration is not only a tribute to a great spiritual leader, but also a reminder to humanity of the transformative power of kindness and loving compassion. For decades, His Holiness has inspired millions across all nations, religions, and cultures to live with greater mindfulness, forgiveness, harmony, and care for one another. His life itself has become a living example of the Buddha’s teachings in action.

The extraordinary legacy of His Holiness the Dalai Lama is far greater than words can fully express. In a world often challenged by division, suffering, conflict, and fear, His Holiness has consistently stood as a beacon of hope and compassion. Through his gentle smile, humble presence, and timeless teachings, he has shown the world that true strength is found not in power or wealth, but in compassion, inner peace, and service to humanity. His message continues to motivate people everywhere to cultivate a compassionate heart, protect human dignity, promote interfaith harmony, and work together for a more peaceful and mindful world. Future generations will continue to benefit from his wisdom and noble example for centuries to come.

I would also like to express sincere appreciation and gratitude to the organizing committee for arranging this meaningful “Year of Compassion” celebration in honour of His Holiness the Dalai Lama. Such gatherings are deeply important because they inspire communities to reflect upon the values of compassion, peace, understanding, and universal responsibility that His Holiness has dedicated his entire life to promoting. May this celebration become a source of inspiration and awakening for all who participate. May His Holiness continue to be blessed with good health, long life, happiness, and strength so that countless more beings may continue to benefit from his compassionate presence and teachings.

May you and all sentient beings be well, happy and peaceful!

Reverend Dr. Bhante Saranapala  
The Urban Buddhist Monk  
Founder & President – Canada: A Mindful and Kind Nation  
Chair, Vesak Festival 2026: Buddha’s Birthday Celebration  
Deputy Abbot, West End Buddhist Temple and Meditation Centre  
Chaplain, Toronto Police Service

May 24, 2026

Dear Friends and Members of the Tibetan Community,

As we gather to mark a very special day for His Holiness the XIV Dalai Lama, we must reflect on what he means to us Tibetans and the world. Held in high esteem across the globe for his actions, words and ideas that are propelled by the radiance of Compassion, the wisdom of the Dharma and the clarity of a deeply ethical perspective. Though he has faced, and continues to face, the unrelenting opposition of those who would wish him harm. Throughout his long life, there has never been a reply of hate, anger or violence. No matter what the provocation.



His remarkable ability to reach out to people and find common ground is a standout in today's toxic, divided public space. When the world reels from the reverberations of conflict, this apostle of Peace shows us other pathways to resolving conflicts and living together with mutual respect.

The Canada Tibet Committee which I chair was established with the same vision of His Holiness - a vision of peace, dialogue, and the resolution of the Sino-Tibetan conflict. For thirty-nine years, everything we have done has flowed from that commitment.

Guided by His Holiness's Middle Way, we have worked to bring that message to the heart of Canadian public life. We have had the profound honour of hosting His Holiness the Dalai Lama himself in Canada, as well as successive Sikyongs and delegations from the Central Tibetan Administration, facilitating meetings that have helped carry his vision directly to Canadian leaders and decision-makers.

In the spirit of His Holiness's belief that change is achieved through patient, principled engagement, we co-founded the Parliamentary Friends of Tibet - a cross-party group of Members of Parliament and Senators who have worked together across political lines to advance Tibet's cause. Through this network, we have supported the passage of parliamentary motions on Tibet, lobbied for Canadian government funding to the Central Tibetan Administration, and called upon Canada to use its voice to urge China to enter into genuine dialogue with Tibetan representatives.

And because His Holiness has always believed in the importance of community - of keeping the Tibetan people together, their culture alive, their future secure - we served as the official implementing organisation for the Tibetan Resettlement Project, which brought one thousand Tibetans from India to Canada. Each of those families is a living expression of His Holiness's hope: that the Tibetan people will endure, will flourish, and will work for universal sense of oneness.

Let us, on this day, redouble our efforts to take on board his example. We are not peaceful because it is convenient, but because it is the only sustainable path - one that His Holiness has travelled all these decades, and the only path worth walking.

We are deeply moved and grateful that Canada - and the wonderful Tibetan community gathered here today in Toronto - joins in celebrating this Year of Compassion in honour of His Holiness's 90th birthday. That so many Canadians of all backgrounds stand with us on this day is itself a testament to the power of His Holiness's message, and a source of great joy and hope for every Tibetan heart.

Our heartfelt wishes to His Holiness for a long and blessed life, and for the day when His Holiness the Dalai Lama returns to Tibet in peace and reconciliation.

*Bod Gyalo!* With warmest regards and deep respect,

**Sampe Lhalungpa**  
Canada Tibet Committee  
Ottawa, Canada

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[www.tibet.ca](http://www.tibet.ca)







## **A BRIEF BIOGRAPHY OF HIS HOLINESS THE FOURTEEN DALAI LAMA**

His Holiness the Fourteenth Dalai Lama, Tenzin Gyatso, is the spiritual leader of Tibet and was head of the state until his devolution of political power to the elected leadership in 2011. He was born on 6 July 1935, to a farming family in a small hamlet located in Taktser, Amdo, in north-eastern Tibet. At the age of two, the child named Lhamo Dhondup was recognized as the reincarnation of the thirteenth Dalai Lama, Thubten Gyatso. On 22 February 1940 he was formally enthroned at the ceremony in the Potala Place, Lhasa. His Holiness the Dalai Lama began his monastic education at the age of six, and at twenty-three was awarded the Geshe Lharampa degree, equivalent to a doctorate of Buddhist philosophy.

On 17 November 1950, at the age of 16, His Holiness was called upon to assume full political power following China's invasion of Tibet the previous year. In 1954 His Holiness went to Beijing for peace talks with Mao Zedong and other Chinese leader including Den Xiaoping and Zhou Enlai. In 1959, at the age of 24, he was forced into exile in India due to the increasing repression under communist China's occupation. Since then he has been living in Dharamsala, northern India, headquarters of the Central Tibetan Administration.

After the Chinese invasion, His Holiness appealed to the United Nations on the question of Tibet. As a result, the UN General Assembly adopted three resolutions on Tibet in 1959, 1961 and 1965.

Soon after his arrival in India, His Holiness the Dalai Lama established the Central Tibetan Administration on 29 April 1959 to succeed the Gaden Phodrang Government, which had governed Independent Tibet since 1642. He also introduced Tibetan in exile to the practice of democratic self-rule and instituted the first election of Tibetan people's representatives on 2 September 1960. In 1963 His Holiness the Dalai Lama presented a draft democratic constitution for a future Tibet, followed by a number of reforms to democratize the administrative set-up of the Tibetan community in exile. These initiatives eventually led to the promulgation of a new democratic constitution called "The Charter of the Tibetan-in-exile" in 1991, which provided for the expansion of the Tibetan Parliament in exile and empowered it to elect the Kalons of the Tibetan administration.



## *Brief biography of HHDL*

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In Mar 2011, His Holiness the Dalai Lama, in order to bring about complete democratization of the Tibetan polity, announced his decision to devolve his political responsibility to an elected Tibetan leadership. On 29 May 2011 His Holiness the Dalai Lama signed into law the formal transfer of his temporal powers to the democratically elected leader. His Holiness the Dalai Lama truly empowered his people through this decisive act, unleashing their collective energy to sustain their just struggle for years to come.

Today His Holiness the Dalai Lama is globally recognized as an embodiment of the highest human aspiration – the end of suffering and the cultivation of happiness for all sentient beings. To share this timeless message, His Holiness has tirelessly travelled to over 67 countries, meeting the powerful and the humble, the poor and the disenfranchised, with the same warmth and compassion. He has engaged in dialogues with religious leaders and eminent scientists alike, and has authored or co-authored 148 books in the English

In recognition of his steadfast commitment to promoting peace, non-violence, interfaith harmony, universal responsibility and compassion, His Holiness the Dalai Lama has received more than 150 awards and honorary doctorates, including the Noble Peace Prize in 1989, the US Congressional Gold Medal in 2007 and the Templeton Prize in 2012.

## **FOUR PRINCIPAL COMMITMENTS OF H.H. THE 14<sup>TH</sup> DALAI LAMA**

### **1. Promoting Basic Human Values**

As a human being, His Holiness is deeply committed to promoting shared human values including warm-heartedness, compassion, forgiveness, tolerance, contentment, and self-discipline through an inclusive approach that transcends religious boundaries. According to His Holiness, this is achievable through common sense, common experience and scientific findings. His Holiness advocates for secular ethics and universal values as the foundation for a more compassionate and peaceful world. Secular here, according to His Holiness, does not mean disrespect for religion. On the contrary, while maintain respect for all religions, secular ethics does not involve religion.

### **2. Promoting Religious Harmony**

As a religious practitioner, His Holiness is dedicated to fostering understanding, mutual respect, and harmony among the world's diverse religious traditions. This, according to His Holiness, is achievable if we focus on the common values such as love, compassion, tolerance, and contentment shared by all faiths and the shared purpose of all religions to serve humanity. His Holiness encourages interfaith dialogues in a spirit of friendship with mutual respect for one another's religion.

### **3. Preserving Tibetan Cultural Heritage and Environment**

As a Tibetan, His Holiness carries the historic responsibility of safeguarding the survival and continuity of Tibet as a nation and the Tibetans as a people, including the preservation of Tibet's unique culture, language, spiritual traditions, and fragile natural environment.

### **4. Reviving India's Ancient Wisdom Traditions**

His Holiness's fourth principal commitment is to revive and promote India's ancient wisdom traditions, particularly the profound knowledge preserved in the Nalanda tradition. Deeply grateful to India, whose philosophical and contemplative traditions have enriched Tibetan Buddhism for over a thousand years, His Holiness believes that India's ancient understanding of the mind, emotions, and methods of mental training, including meditation, holds great relevance in addressing the challenges of the modern world.

## Program Agenda

### PART I: OPENING CEREMONY & CULTURAL INAUGURATION

**10:00 am Opening Ceremony:** Members of the Sangha, chief guests, special guests, president of CTAO/TCCC & members of the Organizing Committee, Canadian Tibetan guests, and will lead the ceremonial procession carrying the portrait of His Holiness the Dalai Lama to the main stage. The Tashi Sholpa Group & Dhung-Gyaling lead the procession.

**Mendrel Tensum Offerings:** The CTAO/TCCC President and the Chief Guest will present the Mendrel Tensum, the symbolic offerings representing body, speech, and mind, followed by the ceremonial lighting of the butter lamp.

**Invocation:** members of the Sangha will offer prayers for auspiciousness.

**Transition to Exhibition Tent:** Dignitaries on stage will proceed to the exhibition tent.

**Exhibition Opening – Ribbon Cutting & VIP Tour:** Formal inauguration and guided tour of the exhibitions:

- **Tent A:** *The Life and Legacy of His Holiness the 14th Dalai Lama and The Four Principal Commitments of His Holiness the 14th Dalai Lama*
- **Tent B:** *Tibetan Scholastic Culture (Major Fields of Science) and Traditions of Tibet*

**10:30 am Land Acknowledgment & National Anthems**

- Land Acknowledgment
- Canadian National Anthem
- Tibetan National Anthem

**Auspicious Reception:** Traditional *Droma Desel* (sweet rice) and Tibetan tea served to the guests

- **Tibetan Opera:** *Tashi Sholpa* - performed by TCCC Volunteer Artists



Tashi Shopa" is the opening dance of the ancient white mask school of Tibetan opera. People believe the dance can bring good luck to the audience. During the Yogurt Drinking Festival of the "Drepung" Monastery, held in Lhasa every summer, the dance serves as the opening performance. The simple mask symbolizes the image of Thang-Tong Gyalpo, the founder of the Tibetan opera Achi Lhamo.

- **Long Life Tribute Song** dedicated to His Holiness the 14th Dalai Lama, presented by the TCCC Tibetan Language & Culture School

**Welcome Address:** Ms. Deki Shukla, President of the CTAO/ TCCC and chair of the Organizing Committee, will deliver the welcome address.

**Remarks by Distinguished Guests:**

- **Chief Guest:** Mr. James Maloney, M.P. Etobicoke-Lakeshore & Chair of the Parliamentary Friends of Tibet
- **Special Guest:** Ms. Olivia Chow, the Mayor of Toronto

Ms. Alexa Gilmour, MPP for Parkdale–High Park

**Special Presentation: Rato Khensur Rinpoche Nicholas Vreeland (Thupten Lhundup)**, former Abbot of Rato Monastery in India, will speak on the *Four Principal Commitments of His Holiness the 14th Dalai Lama*.

**Cake Cutting Ceremony**

A community celebration marking the 90th birthday of His Holiness the Dalai Lama.

**Nang Ma Toe-shey Traditional Dance: Acho Dhey** - performed by TCCC volunteer artists.

In 1642, during the enthronement of His Holiness the 5th Dalai lama, a group of Muslim musicians from Kashmir came to Tibet to pay homage. They brought along with them a new genre of music, which became very popular among the residents of Lhasa. Tibetan musicians at times modified some of the songs into a light classical melody called Nangma Toeshey, which eventually became more popular.





**11:30 am – 12:30 pm Public Exhibition & Community Social**

- **Legacy Exhibition:** Biography and the Four Principal Commitments display.
- **Cultural Showcase:** Educational displays on the Major Fields of Science, traditional costumes, and history.
- **Interactive Activities:** Guests & public are invited to participate in the "Compassion Pledge" station.
- **Tibetan Culinary Fair:** Open-air food stalls featuring traditional Tibetan cuisine.

- 12:00 noon**
- VIP Guests Lunch
  - Guests, Staff & Volunteer Lunch

**PART II: HIS HOLINESS'S LIFE AND LEGACY; PROMOTION OF HUMAN VALUES & PRESERVATION OF TIBETAN CULTURE & ENVIRONMENT; OPERA AND TIBETAN LUTE DANCE**

**12:30 PM Drayen Shabdro – Traditional Lute Dance**

Performed by the students of the TCCC Tibetan Language and Culture School, this traditional dance celebrates the rich artistic heritage of Tibet through graceful movement and music.

**The Life and Legacy of His Holiness the Dalai Lama** — presented by **Ms. Tenchoe Gyatso**, President of the International Campaign for Tibet (ICT) and former Member of Parliament.

A brief biographical reflection on the extraordinary life of His Holiness and his invaluable contributions to global peace, compassion, and humanity.

**The First Commitment: Promotion of Human Values & The Third Commitment: Preservation of Tibetan Culture and Environment** — presented by **Ms. Bhutla Karpoche**, former Member of Provincial Parliament (MPP).

**Sha-Cham (Deer Opera Dance):** performed by TCCC Volunteer Artists

In the tantric deities' sublime realm, all beings are transformed from their ordinary state to carry out enlightened activity for the benefit of others. The Deer represents a male protector deity whose movements





call forth the disruptive forces to spiritual development. This dance consists of four sections: inviting the Buddhas and Bodhisattvas, making offerings to them, displaying fierce movements to overcome the obstacles, and requesting the Buddhas and Bodhisattvas to return to their own abodes. The deer dance was very popular in Tibet because the deer-headed deity was heralded as a great protector.

**1:30 pm – Public Exhibition & Community Social**

**PART III: PROMOTING RELIGIOUS HARMONY & REVIVING INDIA'S ANCIENT WISDOM; TIBETAN YAK DANCE AND TRADITIONAL FOLK DANCE**

**2:30 pm Traditional Step Dance**

Performed by the students of the TCCC Tibetan Language and Culture School, this vibrant folk dance reflects the cultural traditions and spirited rhythms of the Ngari region of Tibet.

**The Second Commitment: Promotion of Religious Harmony**

Presented by **Khenpo Dr. Kunga Sherab**, President of the Sakya Choekhorling Centre.

**The Fourth Commitment: Revival of Ancient Indian Knowledge**

Presented by **Dr. Amber Marie Moore**, Postdoctoral Fellow, Department of Philosophy, University of Toronto.

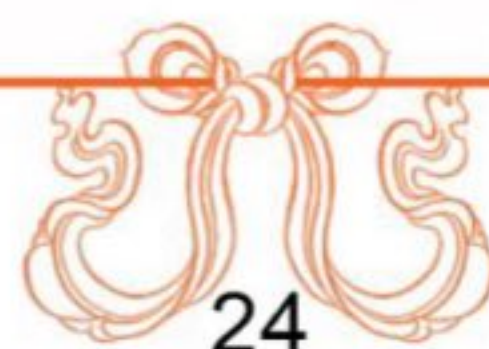
**The Magnificent Yak Dance *YakTse***: performed by TCCC Volunteer Artists.

Yak-Tse (Yak Dance) is a humorous nomadic scene, taken from a Tibetan folk opera “Drowa Sangmo”. It depicts the life of a nomadic family and their yak herd. The nomad woman milks the Dri (female yak) and churns to make the butter. She then sings the song, offering fresh butter to the deity. The yak, the animal unique to central Asia and symbolic of the Tibetan spirit of rugged strength and playfulness.

**3:00 pm – Public Exhibition & Community Social**

**PART IV: TIBETAN OPERA AND TRADITIONAL DRESS RAMP WALK**

**3:30 pm Tibetan Traditional Dress Ramp Walk** presented by the Toronto Tibetan Community.





A vibrant showcase of traditional attire representing the three historic provinces of Tibet: U-Tsang, Kham, and Amdo, celebrating the diversity and richness of Tibetan cultural heritage.

**NgonPa Rig-nga (Hunter's Dance)** performed by TCCC Volunteer Artists.

This ritual dance is performed before the start of Tibetan Opera. The dance is meant to purify the state in which the opera will be performed. The masked characters are called Ngonpas or hunters, and they represent the deity, Vajrapani. The girls, wearing five-panel crowns with large rosettes at the ears, represent Dakinis or celestial beings. At the end of the dance, everyone on stage tosses handfuls of tsampa, the grounded roasted barley, into the air to appease the Bodhisattvas and deities for the peace and prosperity of all sentient beings.

**Vote of Thanks**

A representative of the Organizing Committee will offer formal expressions of gratitude to the volunteers, sponsors, guests, and supporters, whose contributions made the celebration possible, along with reflections on the day's achievements in honoring the *Year of Compassion*.

**Prayers of Truth (*Dentsig Monlam*)** performed by former artists of the Tibetan Institute of Performing Arts.

A profound prayer composed by His Holiness the Dalai Lama, invoking the power of truth, compassion, and universal responsibility.

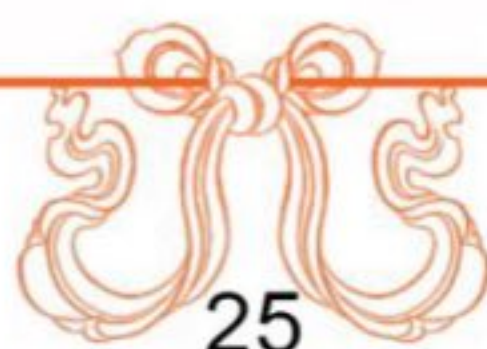
**Dedication Prayers:** Led by members of the Sangha, the closing prayers will dedicate the collective merit of the day to the long life of His Holiness the Dalai Lama and to peace and compassion throughout the world.

**PART V: COMMUNITY GORSHEY (CIRCLE DANCE) CELEBRATION & CLOSING**

**4:15 pm Grand Gorshey**

The celebration transitions into the Public Square for traditional and modern circle dances. It involves everyone moving in a synchronized, circular formation to the rhythm of the song and music.

**6:00 pm Event Wrap up**



## THE EXHIBITION

**PAVILION A:** LIFE, LEGACY & CONTRIBUTION OF HIS HOLINESS THE 14<sup>TH</sup> DALAI LAMA

**PAVILION B:** THE FOUR PRINCIPAL COMMITMENT OF HIS HOLINESS THE 14<sup>TH</sup> DALAI LAMA

**PAVILION C:** TIBETAN CULTURE – FIELDS OF KNOWLEDGE & TRADITION

The primary objective of this photo exhibition is to share the extraordinary life, legacy, and the four principal commitments of His Holiness the 14th Dalai Lama, and the comprehensive Tibetan culture and tradition, specifically the system of knowledge. The exhibition is curated into three thematic pavilions, drawing inspiration from the official website of His Holiness the Dalai lama, the official archives of the Tibet Museum, and the official website of the 90<sup>th</sup> Birth Anniversary.

### PHOTO EXHIBITS:

#### **Pavilion A. Life and Legacy of HH the 14<sup>th</sup> Dalai Lama**

Exhibit A: Brief Biography

Exhibit B: Early Life & Leadership Responsibilities

Exhibit C: Meeting with the World Leaders

Exhibit D: Awards and Honours

Exhibit E: Books & Publications

Exhibit F: Mind & Life Meetings

Exhibit G: Kalachakra Initiations

#### **Pavilion B. The Four Principal Commitments of HH the 14<sup>th</sup> Dalai Lama**

Exhibit A: First Commitment: Promoting Basic Human Values

Exhibit B: Second Commitment: Promoting Religious Harmony

Exhibit C: Third Commitment: Preserving Tibetan Cultural Heritage and Environment

Exhibit D: Fourth Commitment: Reviving India's Ancient Wisdom Traditions

#### **Pavilion C. Tibetan Culture – Fields of Knowledge & Traditions**

Exhibit A: Buddhist Philosophy & Science & Logic

Exhibit B: Tibetan Traditional Medicine & Astrology

Exhibit C: Language, Grammar, and Literature

Exhibit D: Arts and Crafts

Exhibit E: Performing Arts

Exhibit F: Map & Flag of Tibet

Exhibit G: Tibetan Traditional Dresses & Culinary

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## **PAVILION A: LIFE, LEGACY, AND CONTRIBUTIONS OF HIS HOLINESS THE DALAI LAMA**

This opening section of the exhibition invites visitors on a journey through the extraordinary life of Tenzin Gyatso, His Holiness the 14th Dalai Lama of Tibet. From his humble beginnings in a small farming village to becoming a global icon of peace and a beacon of hope for the Tibetan people, these exhibits document a legacy defined by compassion, non-violence, and a relentless pursuit of human happiness.

### **Exhibit A: Brief Biography**

#### *1 Rollup Banner*

An introductory overview of His Holiness as a "simple Buddhist monk." This banner introduces his recognition as the 14th Dalai Lama at age two, leadership responsibilities, profound deeds, and, most importantly, summarizes his primary commitments: the promotion of human values, religious harmony, the preservation of Tibetan culture, the protection of the environment, and the revival of ancient Indian wisdom traditions.

### **Exhibit B: Early Life & Responsibility**

#### *7 Rollup Banners*

A deep dive into the formative years of Lhamo Dhondup. These banners trace his discovery in Taktser, Amdo; his rigorous monastic education in the Nalanda tradition; and his early assumption of full political power at age 15 during a period of national crisis. This segment concludes with the 1959 escape into exile and the establishment of a vibrant Tibetan community in India.

### **Exhibit C: Meeting with World Leaders**

#### *12 Rollup Banners*

Chronicling over six decades of global statesmanship, this exhibit highlights His Holiness's meetings with presidents, prime ministers, and religious leaders. From his historic dialogues with Mao Zedong to modern-day meetings with icons like Nelson Mandela and various Popes, these banners illustrate his efforts to advocate for Tibet and universal human rights on the world stage.

## **Exhibit D: Awards and Honours**

### *6 Rollup Banners*

A celebration of global recognition bestowed upon His Holiness for his message of peace. This exhibit highlights the 1989 Nobel Peace Prize, the U.S. Congressional Gold Medal, and the honorary Canadian citizenship (granted in 2006). It showcases how his four principal commitments and the "Middle Way" approach have earned him over 150 international accolades and honorary doctorates.

## **Exhibit E: Publications**

### *2 Rollup Banners*

His Holiness is a prolific author of over 110 books. These banners categorize his literary contributions into spiritual teachings, secular ethics, and autobiographical accounts, including bestsellers like *The Art of Happiness* and *Ethics for the New Millennium*.

## **Exhibit F: Mind & Life Meetings**

### *1 Rollup Banner*

This banner explores the unique intersection of ancient contemplative wisdom and modern science. It documents the founding of the Mind & Life Institute in 1987, showcasing the 30-year dialogue between His Holiness and world-renowned scientists to investigate the nature of the mind, emotions, and reality.

## **Exhibit G: Kalachakra Initiation**

### *1 Rollup Banner*

### **The Kalachakra Initiation**

Focusing on one of the most sacred rituals in Vajrayana Buddhism, this display honors the "Wheel of Time" initiation. It celebrates His Holiness the 14th Dalai Lama's unparalleled legacy of bestowing this profound empowerment **34 times globally**. Gathering hundreds of thousands of people at a time, His Holiness has beautifully transformed a complex, esoteric practice into a vibrant, universal catalyst for world peace and personal transformation.

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## **PAVILION B. THE FOUR PRINCIPAL COMMITMENTS OF HIS HOLINESS THE DALAI LAMA**

While His Holiness is often recognized as the face of Tibet, his vision extends to the welfare of all seven billion human beings. This section of the exhibition explores his four lifelong commitments—personal missions that transcend politics and religion to address the foundational needs of our modern world.

### **Exhibit A: First Commitment – Promoting Basic Human Values**

#### *2 Rollup Banners*

As a fellow human being, His Holiness's first commitment is the promotion of human values such as warm-heartedness, compassion, forgiveness, tolerance, and self-discipline. These banners illustrate his belief that because all humans seek happiness and wish to avoid suffering, cultivating a "warm heart" is not a religious luxury but a biological necessity for individual and global peace.

### **Exhibit B: Second Commitment – Promoting Religious Harmony**

#### *3 Rollup Banners*

Despite philosophical differences, His Holiness maintains that all major world religions carry the same potential to create good human beings. This exhibit documents his tireless work in fostering interfaith dialogue and mutual respect. The banners highlight his pilgrimages to sacred sites of different faiths and his message that "harmony among different religious traditions is essential for world peace."

### **Exhibit C: Third Commitment – Preserving Tibetan Cultural Heritage and Environment**

#### *3 Rollup Banners*

As a Tibetan, His Holiness carries a special responsibility to his people. These banners focus on his efforts to preserve the unique Tibetan identity—specifically its language, Buddhist culture, and the fragile ecology of the Tibetan Plateau (the "Third Pole"). This exhibit emphasizes that Tibetan culture is a "culture of peace and non-violence" that has a valuable contribution to make to the entire world.

## **Exhibit D: Fourth Commitment – Reviving India’s Ancient Wisdom Traditions**

### *2 Rollup Banners*

His Holiness’s most recent commitment focuses on the revival of ancient Indian knowledge, particularly the Nalanda tradition’s understanding of the mind and emotions. These banners explore his efforts to reintroduce this "inner science" into modern education, arguing that ancient wisdom combined with modern science can help humanity tackle the "hygiene of emotions" and achieve mental peace.

## **PAVILION C. TIBETAN CULTURE – FIELDS OF KNOWLEDGE & TRADITIONS**

This section explores the profound intellectual and spiritual architecture of Tibet. Based on the "Five Major and Five Minor Sciences" of the Nalanda tradition, Tibetan culture is a comprehensive system of knowledge designed to refine the human mind and benefit the community.

**The Major & Minor Sciences:** *Focusing on the Core Pillars of Tibetan Intellect & Cultural tradition*

### **Exhibit A: Buddhist Philosophy, Science & Logic**

A presentation of the crown jewel of Tibetan knowledge and intellectual tradition, this exhibit explores the profound sciences of Buddhist philosophy, psychology, contemplative practice, and logic that have been preserved and cultivated in Tibet for centuries. Tibetan Inner Science examines the nature of the mind, consciousness, emotions, ethics, and human potential, with a central focus on cultivating wisdom, compassion, inner peace, and the path toward enlightenment.

The exhibit will introduce key fields of classical Tibetan Buddhist study, including:

1. **Pramāṇavārttika (Tselma)** – the science of logic, valid cognition, reasoning, and epistemology
2. **Abhidharma** – the study of mind, mental phenomena, cosmology, and psychology
3. **Prajñāpāramitā** – the philosophy of transcendent wisdom and compassion

4. **Madhyamaka** – the Middle Way philosophy and the profound teaching of dependent origination and emptiness
5. **Vinaya** – the ethical and monastic discipline that forms the foundation of spiritual practice

The rigorous Tibetan tradition of monastic debate, a unique educational method, sharpens students' critical thinking, analytical reasoning, and philosophical understanding. Through disciplined inquiry and logical examination, debate serves as a means to dispel ignorance, challenge misconceptions, and cultivate a deeper and more valid understanding of reality.

By combining contemplative wisdom with rational inquiry, Buddhist Philosophy, Science & Logic offers timeless insights into emotional well-being, ethical living, mental resilience, and the cultivation of compassion in everyday life.

### **Exhibit B: Tibetan Traditional Medicine & Astrology**

- An introduction to *Sowa Rigpa*, one of the world's oldest and most profound healing traditions, and *Kar-Tsee*, the Tibetan sciences of astrology and astronomy, which have guided Tibetan spiritual, medical, and cultural life for centuries. Rooted in a holistic understanding of the interconnectedness of body, mind, environment, and the cosmos, these ancient sciences emphasize balance, prevention, compassion, and harmony with nature.
- The exhibit will introduce the foundational principles of Tibetan medicine through the **Four Medical Tantras (Gyüshi)**, the classical texts that form the basis of Tibetan medical knowledge and practice. These teachings explore how the balance of bodily energies, diet, behaviour, seasonal influences, and the natural environment contribute to physical, mental, and spiritual well-being.
- The exhibit will feature: **The Four Medical Tantras**
  1. **Root Tantra** – foundational principles of physiology, pathology, and the nature of health and illness
  2. **Explanatory Tantra** – detailed understanding of the body, disease processes, ethics, lifestyle, and diet, and medical theory

3. **Oral Instruction Tantra** – methods of diagnosis, practical therapies, and clinical applications
  4. **Subsequent Tantra** – advanced methods of treatment, pharmacology, healing techniques, and therapeutic practices
- **The Four Therapeutic Principles**
    1. **The Patient** – understanding physiology, pathology, and individual constitution
    2. **Remedies** – medicinal substances, herbal formulations, diet, and nutrition
    3. **Methods of Treatment** – diagnostic techniques and therapeutic approaches, including lifestyle and behavioural guidance
    4. **The Physician** – the knowledge, ethics, compassion, and responsibilities of the medical practitioner

The exhibit will also highlight the Tibetan traditions of astrology, which are closely linked with medicine, spirituality, calendrical science, and daily life. These sciences are traditionally used to determine auspicious dates, understand elemental and cosmic influences, and support harmony between human life and the natural universe.

### **Exhibit C: Language, Grammar and Literature**

Commemorating the origins of the Tibetan script in the 7th century, this exhibit underscores the critical importance of the Tibetan language as the definitive medium for preserving the most complete translations of the Buddhist canon. Additionally, the installation features a curated display of traditional calligraphy, illustrating the diversity and evolution of written Tibetan fonts.

### **Exhibit D: Arts and Crafts**

This exhibit offers a comprehensive journey through the rich visual heritage of Tibet. It highlights the extraordinary skill and spiritual devotion embedded in traditional Tibetan crafts. Featured displays include the exact mathematical proportions of Thangka painting, the impermanent beauty of sacred sand mandalas, the detailed craftsmanship of deity statue-making, and the unique structural elements of Tibetan architecture. Together, these masterpieces reflect a living culture preserved across generations.

### **Exhibit E: Tibetan Performing Arts**

Highlighting the rich and vibrant tradition of Tibetan performing arts, including *Lhamo* (Tibetan Opera) and sacred *Cham* dances, which bring spiritual teachings, historical narratives, and moral values to life through expressive movement, elaborate costumes, music, and symbolic masks. Deeply rooted in Tibetan Buddhist culture, these traditional art forms serve not only as entertainment but also as powerful mediums for spiritual reflection, cultural preservation, and community connection.

The celebration will also feature Tibetan traditional and contemporary music and dance, which remain an integral part of everyday Tibetan life and cultural expression. Through graceful movements, poetic lyrics, and melodious performances, these artistic traditions convey timeless values of loving-kindness, compassion, harmony, resilience, and warm-heartedness, reflecting the enduring spirit and identity of the Tibetan people.

### **Exhibit F: Map and Flag of Tibet: Symbols of an Enduring Heritage**

This exhibit features the historical map of Tibet, tracing the ancestral boundaries of U-Tsang, Kham, and Amdo. Accompanying the map is the Tibetan National Flag, an emblem deeply rooted in Buddhist principles and national pride. From the brilliant sun representing freedom to the snow lions symbolizing courage and harmony, this display honors the enduring spirit, sovereignty, and identity of the Tibetan people.

### **Exhibit G: Tibetan Traditional Dresses**

The Traditional Tibetan Dresses Ramp walk showcases the rich, vibrant tapestry of Tibetan identity as expressed through our traditional attire. Far more than mere clothing, Tibetan dress is a profound reflection of a high-altitude homeland, a resilient nomadic spirit, and the distinct regional heritages of **U-Tsang, Kham, and Amdo**. Through a stunning display of textiles, ornaments, and designs, this collection honors the unique geographic and cultural landscapes that shape the enduring spirit of the Tibetan people.

### **Exhibit H: Tibetan Culinary: Nourishment of Body and Spirit on the High Plateau**

Tibetan food culture is a remarkable testament to human resilience, adaptability,

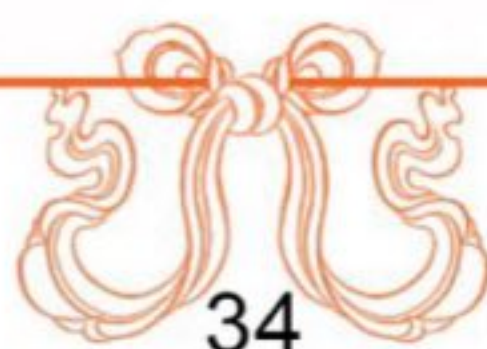


and ingenuity in one of the world's most demanding environments. Rooted in the unique climate and geography of the Himalayan plateau, Tibetan cuisine reflects a deep connection between sustenance, community, and spiritual life.

Traditional staple foods such as *tsampa* (roasted barley flour), butter tea, *thukpa* (noodle soup), *droma dresil* (ceremonial sweet rice), *Baktsa Markhu* (battered sweet pasta), and *momos* (dumplings) have nourished generations of Tibetans for centuries. Alongside these cherished traditional dishes, modern Tibetan cuisine today also embraces a variety of contemporary staples and adaptations, blending traditional flavours with influences from neighbouring regions and global culinary culture.

More than nourishment alone, Tibetan food culture embodies hospitality, warmth, and communal harmony. Meals are often shared as expressions of generosity, kinship, and compassion, reflecting the core Tibetan values of interdependence, gratitude, and care for others.

*Our culture is a culture of peace, non-violence, and compassion. It is a treasure not just for Tibetans, but for the entire world.*— **His Holiness the 14th Dalai Lama**





# GOLD SPONSORS

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With heartfelt gratitude for supporting our Year of Compassion Celebration at Sankofa Square



## Pauline Bao Ling Yu & Edward Jen Chiu Wang

With deep gratitude and humility, we sincerely thank you for your longstanding generosity and support of TCCC and CTAO, even from its earliest days before it became a fully established community centre.

Your kindness has been a consistent and meaningful force in the growth of our community. Long before formal structures existed, your support reflected a genuine belief in its importance and future.

Your consistent generosity and sincerity is a reminder that strong communities are built not only through collective effort but also through the dedication of those who stand with it from the beginning.



## Oi Chin Siau & Ah Tiong Yap



With Sincere gratitude, we would like to thank Mrs. Oi Chin Siau and Mr. Ah Tiong Yap for your generous and consistent support of our senior community.

Your kindness and care have made a tangible and heartfelt difference in the lives of our seniors. This focus on wellbeing and dignity for our elder community members has been deeply appreciated and remembered.

We are truly grateful for your compassion, generosity, and the thoughtful way you have supported the community.



## Mr. Edward Svetek & National Bank



With Sincere gratitude, we would like to thank Mr. Edward Svetek and National Bank for your generous support and kindness toward our community.

Your contribution to Ghoton Celebration at Sankofa Square, along with your openness and willingness to support the community, reflects a spirit of partnership that we deeply value.

We are truly fortunate to have your encouragement and support as we continue building and strengthening our shared initiatives.



# SILVER SPONSORS

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Your generosity helps us bring His Holiness the 14<sup>th</sup> Dalai Lama's message of compassion, unity, peace, and cultural harmony with the wider community.

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## CANADIAN TIBETAN ASSOCIATION OF ONTARIO (CTAO)

The Canadian Tibetan Association of Ontario (CTAO) is an umbrella organization for all Canadian Tibetans and the Tibetan diaspora residing in Ontario. It was established on December 3, 1979, and registered on March 5, 1980, to preserve Tibetan identity and promote its unique culture and religion within the Canadian multicultural society through public celebrations of Tibetan cultural and religious events. Moreover, under the guidance of His Holiness the 14th Dalai Lama, the organization endeavours to work for the well-being of all sentient beings and promote harmony through dialogue and respect for persons from all backgrounds, religions, and cultures.

In the early 1970s, the Government of Canada granted resettlement to approximately 240 Tibetans, with around 50 settling in Ontario. The next major influx of Tibetan refugees arrived in the early 2000s, followed by another group of approximately 1,000 Tibetans who migrated to Canada under the Government of Canada's Tibetan Resettlement Project in the early 2010s, with about 450 settling in Ontario. Today, the majority of the Tibetan Canadian community and the broader Tibetan diaspora in Ontario reside in Toronto's Etobicoke and Parkdale neighbourhoods. Tibetan migration to Canada continues to this day, and the current Canadian Tibetan population in Canada is estimated to be around 10,000.

## TIBETAN CANADIAN CULTURAL CENTRE (TCCC)

The foundation of the Tibetan Canadian Cultural Centre (TCCC) was laid during the auspicious 2004 Kalachakra Teaching for World Peace in Toronto, where His Holiness the 14th Dalai Lama bestowed his blessings and granted the Centre its Tibetan name *Gangjong Choedenling*. Officially incorporated as a registered, non-profit charitable organization in December 2006, the TCCC opened its permanent facility at 40 Titan Road in Etobicoke on October 17, 2007, a historic day celebrating the conferment of the US Congressional Gold Medal to His Holiness the 14th Dalai Lama.

Today, the Tibetan Canadian Cultural Centre serves as a vital community hub dedicated to preserving and promoting Tibet's rich cultural and spiritual heritage. It offers programs, events, services, resources, and facilities that foster greater understanding and appreciation of Tibetan culture and traditions among Canadians of all backgrounds. The Centre also seeks to strengthen harmony, friendship, and mutual respect between Tibetan Canadians and the broader Canadian community within our diverse society, while supporting the Tibetan people's ongoing efforts to preserve and promote their unique cultural identity and traditions.

## Organizing Committees

