

Honoring His Holiness the Dalai Lama's 90th Birthday & the Year of Compassion

In honor of His Holiness the Dalai Lama's 90th birthday on July 6, 2025, and his lifelong message of compassion, TANC will host a Year of Compassion initiative between July 6, 2025 - July 6, 2026 featuring activities to engage the wider community in meaningful acts of service and reflection.

Year of Compassion Activities Include:

- Personal Pledges for the Year of Compassion
- Mindfulness Workshops
- Interfaith Dialogues on Compassion
- Mobile Library: Tibet and the Dalai Lama
- Rallies for Peace (Bikers, Hikers, Cyclists, etc.)
- Tibetan Earth Day Clean Up Drive
- Community Feed-the-Unhoused Drive
- Tse-Tar Fund (rescue animals)
- Tibetan Youth Compassion Projects
- Dharma Talks & Film Screenings
- Art & Essay Contests: "What Compassion Means to Me"

**"If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion."**

The 14th Dalai Lama

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Donate to the
"Year of Compassion"
Ghoton Fund to support
90 years of wisdom and
compassion.
www.tanc.org/donate

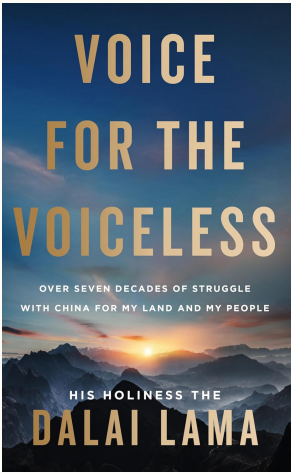
Books by H.H. The Dalai Lama

His Holiness the 14th Dalai Lama has authored or co-authored over 142 books including his latest, **Voice for the Voiceless: Over Seven Decades of Struggle with China and for My Land and My People.**

Voice for the Voiceless (2025) is the Dalai Lama's heartfelt appeal for those silenced, especially the Tibetan people. His Holiness recounts his life's journey as a spiritual and political leader, from his early encounters with Mao to the enduring challenges of engaging with China's current leadership. Blending memoir with moral reflection, **Voice for the Voiceless** calls for justice, compassion, and nonviolence. The book inspires Tibetans with strength and urges the world to uphold human dignity and act in solidarity with truth; a vital message in a world that desperately needs compassionate leadership.

Other titles include:

- **The Art of Happiness** (1998) explores the cultivation of inner peace and compassion.
- **Freedom in Exile: The Autobiography of the Dalai Lama** (1990) reflects on the challenges and efforts to maintain Tibetan identity.
- **The Universe in a Single Atom: The Convergence of Science and Spirituality** (2005) bridges science and spirituality, emphasizing the importance of ancient wisdom.
- **Beyond Religion: Ethics for a Whole World** (2011) delves into secular ethics and the commonalities among world religions.
- **This Fragile Planet: The Dalai Lama and the Environment** (2021) offers an ethical approach to dealing with the urgent issues of climate change and taking care of our delicate ecosystems.



Tibetan Association of Northern California (TANC)

**CELEBRATING
HIS HOLINESS THE
14TH DALAI LAMA'S
90TH BIRTHDAY**



**YEAR OF COMPASSION
JULY 2025 - 2026**

**COMPASSION
CULTURE
COMMUNITY**

**Richmond, CA
www.tanc.org**

Born on July 6, 1935, in a Tibetan farming village, His Holiness the 14th Dalai Lama, Tenzin Gyatso, was recognized at age two as the reincarnation of the 13th Dalai Lama. After being forced into exile, following China's occupation of Tibet, he established a government-in-exile in India and devoted his life to peace, compassion, and human rights. Celebrated globally for his advocacy of compassion and human rights, he has received over 150 awards, including the 1989 Nobel Peace Prize and honorary doctorates from prestigious universities. These accolades honor his steadfast dedication to peace and compassionate leadership among diverse cultures and faiths. Now, as he turns 90, the world celebrates his enduring legacy as a symbol of hope, nonviolence, and compassion.

The 14th Dalai Lama

The Tibetan Association of Northern California (TANC) invites you to celebrate the Year of Compassion, honoring His Holiness the Dalai Lama's 90th birthday and his lifelong message of kindness and unity. While Tibetans in Chinese-occupied Tibet cannot freely celebrate, we honor His Holiness on their behalf and stand with their quiet strength.

His Holiness the Dalai Lama champions a future grounded in compassion, empathy, and shared humanity. He offers a timeless vision for personal peace and global unity through his four principal commitments:



The Dalai Lama champions secular ethics based on compassion and responsibility. He advocates for integrating emotional learning and mindfulness in education. He promotes the global adoption of the Social, Emotional, and Ethical Learning (SEE Learning) program with Emory University which fosters empathy and inner peace in students.

A lifelong advocate for religious harmony, the Dalai Lama engages in global interfaith dialogues, like his 2015 meeting at the World Parliament of Religions, where he highlighted love and respect as unifying forces for global peace.

To safeguard Tibetan heritage in exile, the Dalai Lama founded Tibetan Children's Villages in India, providing education steeped in Tibetan language and values, helping young Tibetans maintain their identity, grounded in compassion and non-violence.

The Dalai Lama champions the blend of ancient Indian wisdom with modern science, exemplified by his collaboration with neuroscientists at the Mind & Life Institute, exploring the connection between evidence-based science and spiritual practices.

**Thank you for helping us celebrate 90 years of
wisdom and compassion.**