Tenzin Gyatso: The 14th Dalai Lama (1935-present)

The Dalai Lama is the spiritual leader of **Tibetan Buddhism**. The Dalai Lama is considered to be the successor in a line of living Buddhist masters who are believed to be the **reincarnation of the Bodhisattva of <u>Compassion</u>**. Tenzin Gyatso was recognised as the 14th Dalai Lama in 1939.

In 1950 the Chinese invaded Tibet. The Dalai Lama told people not to fight and to be peaceful because he is **pacifist**. The Buddhists of Tibet tried talking to the Chinese and did peaceful protests, but they were attacked and killed. The Dalai Lama was in danger of being killed so he was taken to India in secret to protect him. He has lived in India, but continued to work for peace since 1960. He won the <u>Nobel Peace Prize</u>, a very high honour, in 1989. As a Buddhist, the Dalai Lama refused to turn to violence, even to win back his own country!

Since leaving Tibet, the Dalai Lama has worked tirelessly to tell the world about the current

situation in Tibet and to spread Buddhist teachings about happiness, peace and how to avoid suffering.

Non-violence is also at the heart of the Dalai Lama's teaching; 'In times of war give rise in yourself to the mind of compassion, helping living beings. Abandon the will to fight.'



He has also said: "Our prime purpose in this life is to help others and if you can't help them, at least don't hurt them."

Key Words

Reincarnation: The rebirth of a soul into a new body after death.

Bodhisattva: A person who is able to reach nirvana (a state completely free from all forms of suffering) but delays doing so through compassion for suffering beings.

Compassion: Unselfish concern for the suffering and wellbeing of others.

Malala U Yousafzai (1997-present)

Malala is a Pakistani activist for female <u>education</u>. She is known for promoting human <u>rights</u>, especially the education of women and children in her native Swat Valley in Pakistan, where the local **Taliban** had at times banned girls from attending school. Her work has grown into an international movement and she is now one of the most influential Pakistani women.

Malala was particularly inspired by her father's thoughts and humanitarian work and in early 2009, when she was 11–12, she wrote an anonymous blog for the BBC detailing her life during the Taliban occupation of Swat. She rose in fame, giving interviews to newspapers and television,.

In 2012, while on a bus in the Swat District, Malala and two other girls were **shot by a Taliban gunman** in an assassination attempt in revenge for her activism; the gunman fled



the scene. Malala was hit in the head with a bullet and remained unconscious and in critical condition, but her condition later improved enough for her to be transferred to the Queen Elizabeth Hospital in Birmingham. The attempt on her life sparked an international outpouring of support for Malala.

Following her recovery, Malala became a <u>well known activist</u> for the <u>right to education</u>. Based out of Birmingham, she founded the Malala Fund, and in 2013 co-authored 'I Am Malala', an international best seller. In 2014, she received the **Nobel Peace Prize**.

Key Words

Taliban: A name for lots of different Islamic extremist groups who are in control of areas of Pakistan and Afghanistan.

Activist: A person who campaigns to bring about political or social change.

Humanitarian: Concerned with or seeking to promote human welfare.

Tenzin Gyatso: The 14th Dalai Lama (1935-present)

The Dalai Lama is the religious leader of **Tibetan Buddhism**. The Dalai Lama is said to be the next in a line of living Buddhists who are believed to be the **reincarnation** of a Buddha (enlightened person) known for their compassion. Tenzin Gyatso was made the 14th Dalai Lama in 1939.

In 1950 the Chinese invaded Tibet. The Dalai Lama told people not to fight and to be peaceful because he is **pacifist**. The Buddhists of Tibet tried talking to the Chinese and did peaceful protests, but they were attacked and killed. The Dalai Lama was in danger of being killed so he was taken to India in secret to protect him. He has lived in India, but continued to work for

peace since 1960. He won the <u>Nobel Peace Prize</u>, a very high honour, in 1989.

Since leaving Tibet, the Dalai Lama has worked hard to tell the world about the current situation in Tibet and to spread Buddhist teachings



about happiness, peace and how to avoid suffering.

"Our prime purpose in this life is to help others."

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Malala U Yousafzai (1997-present)

Malala is from Pakistan and is known for promoting <u>human rights</u>, especially the education of women and children. In Pakistan, the local **Taliban** had at times banned girls from attending school.

Malala was particularly inspired by her father's thoughts and **humanitarian** work and in early 2009, when she was 11–12, she wrote a blog for the BBC detailing what life was like as a girl under Taliban rule.

In 2012, while on a bus, Malala and two other girls were **shot by a Taliban gunman** in revenge for her blog and other actions; the gunman fled the scene. Malala was hit in the head with a bullet and was in life threatening



condition, but she later improved enough for her to be transferred to the Queen Elizabeth Hospital in Birmingham.

Following her recovery, Malala became a well known activist for the right to education and in 2014, she received the Nobel

Peace Prize. She has also written a book about her life so far called, 'I am Malala'.

Key Words

Taliban: A name for lots of different Islamic extremist groups who are in control of areas of Pakistan and Afghanistan.

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Nelson Mandela (1918-2013)

Nelson Mandela was a **civil rights leader** who fought against '**apartheid'** in South Africa. This was a system where non-white citizens were **segregated** from black and did not have equal rights. For example black people and white people weren't allowed to live in the same areas, attend the same schools or even sit together on a train or bus!

He became leader of the **African National Congress** (ANC) and encouraged his followers to copy Gandhi's approach by only using **non-violent** forms of resistance e.g. protesting. After some time he realised this was not successful and planned to bomb certain Government buildings, making sure no people could be hurt. He was arrested by the white Gov-

ernment as a terrorist and **sent to prison** on Robben Island for 27 years.

After much international pressure he was released **from prison** in 1990 and continued to campaign against apartheid. This effort paid off when all races were allowed to vote in the 1994 election and he became the first black **president** of South Africa.

As president he worked hard to make South Africa a country where all races could live together in peace and founded the **Nelson Mandela Foundation** as well as many other charities to promote his principals of quality, freedom and peace.

"If they can learn to hate, they can be taught to love."

Mohandas Gandhi 1869-1948

Gandhi was a civil rights leader who **led India in its struggle for freedom against British rule**. He fought for the **rights of all people**, regardless of their race or wealth.

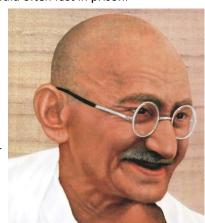
Gandhi was a dedicated **Hindu** and grew up in India. When he was 19 he went to London to train to become a lawyer and later moved to South Africa to work in a law office. It was in **South Africa where he experienced racial prejudice** under the Apartheid laws of the white Government. One significant event was when he was **thrown off a train** after sitting in the first-class compartment which only white people were allowed in at the time.

He returned to India in 1925 passionate about equality after all the injustice he had experienced. He led the fight for Indian independence from the British Empire. He organised **several non-violent campaigns** e.g. burning ID cards that Indians were forced to carry. He was put in prison several times for his actions and would often fast in prison.

One of Gandhi's most successful protests was the 'Salt March' when Britain put a tax on salt which effected the poorest Indian people. Gandhi decided to walk 241 miles to the Sea in Dandi to make his own salt and thousands of Indians joined him.

India finally won independence in 1947 but Gandhi was assassinated the following year, shot by a terrorist. His efforts earned him the title 'Mahatma' (means great soul).

"An eye for an eye makes the whole world go blind."



Key Words

Segregation: Setting someone apart from others.

Apartheid: The Afrikaans word meaning 'apartness'. A governmental system used in the country of South Africa that organized people by their race.

Pacifism: The belief that violence should never be used under any circumstances.

Key Words

Satyagraha: The idea of using non-violence to get the British to leave India.

Ahimsa: Hindu belief that we should respect all living things and avoid violence.

Fast: Refusing to eat as a way of protesting using non-violence.

Nelson Mandela (1918-2013)

Nelson Mandela was a **leader** who fought against 'apartheid' in South Africa. This was where white and black people were separated and black people did not have equal rights.

He became leader of the **African National Congress** (ANC) and told his followers not to use **any violence** as he didn't want anyone to get hurt. The white Government were angry that Mandela was trying to take away their

power so they arrested him as a terrorist. He was **sent to prison** on Robben Island for 27 years.

Mandela was released **from prison** in 1990 and continued to campaign against apartheid. He was finally successful and in 1994 he became the first black **president** of South Africa.

As president he worked hard to make South Africa a country where all races could live together in peace and founded the **Nelson**Mandela Foundation.

"If they can learn to hate, they can be taught to love."

Mohandas Gandhi 1869-1948

Gandhi led India in its struggle for freedom against British rule. He fought for the rights of all people so that they were equal.

Gandhi was a **Hindu** and grew up in India. When he was older he moved to **South Africa where** he experienced injustice because of the colour of his skin (his race). One important event that happened to him was when he was **thrown off a train** for sitting in first class.



When he returned to India he saw that black and Indian people were being treated in the same way as they were in South Africa. He wanted to stop this and fight for Indian independence from the British who were in charge of India at the time.

He organised <u>many non-violent protests</u> but he was put in prison for them. One of Gandhi's most successful protests was the <u>'Salt March'</u> when Gandhi decided to walk 241 miles to the seaside.

India finally won independence in 1947 but Gandhi was killed soon after.

"An eye for an eye, makes the whole world go blind."

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