



HIS HOLINESS THE DALAI LAMA VISITS NEW ENGLAND May 2, 2009

The Tibetan Association of Boston is greatly honored to invite His Holiness the 14th Dalai Lama of Tibet, who has graciously agreed to share the message of hope and compassion in a public address. The universally recognized spiritual and temporal leader of Tibetan people and Nobel Peace Laureate will host two public talks on Saturday, May 2, 2009 at Gillette Stadium in Foxborough, Mass.

The day will be broken into two talks. Tickets are available for both sessions as well as the afternoon session. The morning session from 9:30 a.m. to 11:30 a.m. will be a brief introduction to Tibetan Buddhism (The Four Noble Truths). The afternoon session from 2:00 p.m. to 3:45 p.m. will be a public talk on "A Path to Peace and Happiness."

Ticket prices range from \$22.50 to \$200 and are available on TicketMaster.com or by phone at 866-448-7849. Parking is free for this event, and funds raised will go towards the construction of a Heritage Center for the Tibetan Association of Boston. The companion Web site to the event is www.bostontibet.org.

"My religion is very simple. My religion is kindness," His Holiness the Dalai Lama

Introduction to Buddhism: The Four Noble Truths

The very first teaching the Buddha gave was on what he called "The Four Noble Truths." – The truth of suffering, the truth of the origin of suffering, the truth of the cessation of suffering, and the truth of the path. All of the teachings of Buddhism can be encapsulated in its two most fundamental concepts: interdependence and non-violence.

The Path to Peace and Happiness

In these turbulent times of economic hardship and uncertainty, His Holiness the Dalai Lama's message of hope and peace brings reassurance to our lives. His message is simple: practice compassion, tolerance, and forgiveness. His steadfast commitment to non-violence has won him universal support. His wisdom and ability to simplify the most complex issues have brought him immeasurable public admiration.

After 50 years in exile and tremendous suffering of his people, His Holiness the Dalai Lama remains optimistic for a peaceful resolution on Tibet. An internationally acclaimed advocate of human rights and an environmentalist, he continues to promote human values and universal responsibility.

About TAB

Tibetan Association of Boston (TAB) is a non-profit, tax-exempt 501(c)(3) organization. For more information, visit www.bostontibet.org

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