



Detailed programme of 12-hour long Fasting and Prayer Service to be observed by Tibetans, Tibet supporters and by the peace loving people of the world on 30th August 2008 or Last day of the 6th Month in Tibetan Calendar.

1. Aims of this Fasting and Prayer Service:

- a) To purify negative actions of all beings, particularly of Tibetan and Chinese people, and, to accumulate and multiply our collective good karma. As a result, this will:
- b) Bring long, healthy life to His Holiness the Dalai Lama and help his activities to prosper and benefit all sentient beings.
- c) Ease all the conflicts, diseases, sufferings, and natural calamities in the world, so that all beings shall live in peace and harmony.
- d) Cleanse the negative actions of all those Tibetans who have died fighting for their political cause and in the aftermath of the March protests in Tibet this year, relieve the suffering of those Tibetans who are still enduring hardships under Chinese oppression and for the truth of the Tibetan issue to prevail soon.
- e) Free all those people who have deprived of their religious freedom and freedom of conscience and expression, so that they may enjoy a state of well-being and freedom.
- f) Dismantle all the hatred in the hearts of oppressors and guide them with discerning wisdom,
- g) Earnestly remind and appeal to all people to effectively counter acts of oppression, violence and injustice with non-violent and peaceful means, borne out of compassion and loving kindness to oppressors.

2. Duration of Fasting and Prayer Service:

- a) On the auspicious day of 30th August 2008 and the last day of 6th Month in Tibetan Calendar, the Fasting and Prayer Service shall be observed in one's respective area from 7 a.m. till 7 p.m. for 12 hours.
- b) Those who are old and infirm, patients and children who cannot participate in a 12-hour fast can join in for 10 minutes or half an hour or up to one hour, according to their disposition.

3. Observing Fast:

During the period of observing fast, one is allowed to drink hot or cold water (plain water). But drinking tea, milk, fruit juice and other energy drinks should be barred as well as eating, chewing and munching any eatables. However, daily medical prescriptions are exception; one can take them as in their daily routine.



4. Program of the Prayer Service:

- a) In the monastic assemblies of four great traditions of Tibetan Buddhism, and Bon, as well as in other smaller monasteries and nunneries, apart from performing one's own traditional pujas and activities unique to them, all should recite as many as possible the Prayers for His Holiness the Dalai Lama, Prayer of 21 Taras, Six-syllable Mani mantra.
- b) Those Tibet supporters and others who are non-Tibetan and who do not recite Tibetan prayers can observe silent fast or they can recite prayers and hymns of their respective faiths.
- c) At intervals, official statements may be read out and a speech introducing this fast campaign should be invited. But raising slogans and aggressive speeches should be avoided.
- d) To make offerings and prayers to any place of worship nearby your fast observing site.

5. How to assemble:

- a) In monasteries and in nunneries, all the monks or nuns should assemble together for mass in their respective Prayer Halls or Monastery Assembly Halls.
- b) Dharma and Retreat Centers should assemble as many people as possible in their prayer halls.
- c) In schools, all the students and staff should gather in the school auditorium/hall to observe the fast.
- d) In Tibetan settlements, people may assemble in community halls or any other facilities available in the area.
- e) Those Tibetans, Tibetan supporters and justice and peace loving people of the world, who cannot go and join the masses to observe fast and prayer service, can observe it at their own home.

This is an edited version of the original details of the fasting and Prayer Service. If you would like a copy of the original which has, amongst other things, a more detailed breakdown of suggested rituals and prayers please follow this link.

<http://www.stoptibetcrisis.net/pressrelease/2008/August/circularinEnglish140808.doc>

His Holiness to join Worldwide Non-Violent Action 30 Aug

Friday, 22 August 2008, 2:39 p.m.

His Holiness the Dalai Lama will participate in a 12-hour prayer service and symbolic fasting to be observed by the Tibetans and peace-loving people around the world to reinforce their commitment to non-violence.

Dharamshala: It will be one of the most important non-violent campaign by the Tibetan Solidarity Committee to get support from the world community for world peace and fight against oppression in the world in general and particularly in Tibet.

Around the world, the synchronized 12-hour campaign will begin at 7 a.m. and go on till 7 p.m. on 30 August.

The Tibetan Solidarity Committee - convened by the Kashag and the Tibetan Parliament-in-Exile - is leading exile Tibetans' activities under its unified leadership based on non-violent and Middle-Way Approach to bring an immediate end to the ongoing Chinese repression in Tibet.



The committee has appealed to the Tibetan supporters, champions of truth and non-violence around the world to join in this non-violent effort to reduce one's defilements and to create wisdom and compassion in the minds of the oppressor.

It aims to bring solace to the departed souls of all those Tibetans and who are still enduring atrocities under the brutal Chinese oppression from their sufferings, and for the truth of Tibetan issue to prevail soon.

While observing the fast, people will recite prayers to enhance the collective merits of the Tibetan and Chinese people and long and healthy life of His Holiness the Dalai Lama.

"We consider this as extremely important non-violent action taken by Tibetans under the leadership of His Holiness the Dalai Lama in a very critical period for Tibet, particularly the post-Olympic period," Kalon Tripa Prof Samdhong Rinpoche said.

Kalon Tripa has directed the offices of representative to reach out to Tibetan people, Tibetan supporters, peace-loving people, Tibetan associations and Chinese friends to encourage them to join the non-violent action.

By Phurbu Thinley

Dharamsala, August 14: Tibetan Solidarity Committee today announced Tibetans exiles and supporters of Tibet's cause around the world were to sit for a 12-hour fasting on August 30 in their effort to resolve the current crisis in Tibet.

Tibetans, including Buddhist monks and nuns and school children are asked to observe the fasting in their respective community centres, monasteries, nunneries and school auditorium respectively.

Along side fasting, the committee also urged Tibetans and supporters to simultaneously recite prayers primarily for world peace, for the well being and long life of His Holiness the Dalai Lama and for the Tibetan victims of Chinese oppression.

The committee has asked all Tibetans to recite as many as possible the "*Prayers for His Holiness the Dalai Lama, Guru Prayers, Dhen-pai Nga-dra, Dhen-stik Mon-lam (Prayer of Truth), Prayer of 21 Taras, Six-syllable Mani*" mantra and invocation prayers of deities Palden Lhamo and Nechung.

Tibetan Solidarity Committee is an emergency body constituted by the Kashag (Cabinet) and Chitue (Tibetan Parliament-in-Exile) to resolve what they call, "the present crisis in Tibet".

The Seven-member Tibetan Solidarity Committee was formed with the objective to "plan, inform, coordinate and lead the movement in Exile in unity, one voice and one message to resolve the present crisis in Tibet" after Chinese authorities reacted with violent crackdown on Tibetan unrest that broke out across Tibet since March this year.

The committee is headed by Speaker and Deputy Speaker and three other members of the Tibetan Parliament-in-exile and two Cabinet Ministers of the Central Tibetan Administration.

"Those Tibetans, Tibetan supporters and justice and peace loving people of the world, who cannot go and join the masses to observe fast and prayer service," Mr Karma Choephel, the speaker of the Tibetan Parliament-in-exile, said, "can observe it at their own home".

For Tibet supporters and others non-Tibetans and those who do not recite Tibetan prayers, Mr Choephel said one could observe silent fast or they could recite prayers and hymns of their respective faiths.

Among other things, Mr Choephel said, the fasting and prayers, based on Tibetan Buddhist belief, were aimed at cleansing the "negative actions of all those Tibetans who have died fighting for their political cause in the aftermath of March protest in Tibet this year" and to "instantaneously relieve those Tibetan who are still enduring atrocities under the brutal Chinese oppression from their sufferings, and for the truth of Tibetan issue to prevail soon".

Tibetan solidarity committee has been organizing number of peaceful activities to highlight situation inside Tibet in the wake of China's military crackdown on Tibetan demonstrations.

According to the committee's latest information, more than 216 Tibetans have been killed, over a thousand injured and more than 5,972 are arrested aftermath the Chinese military clampdown on Tibetan demonstrations since March 2008.

The committee says it will continue to function till the "ongoing critical situation inside Tibet" is effectively resolved.



Speaker of the Tibetan Parliament Mr Karma Choephel (L) and Chithue (MP) Tsultrim Tenzin during a Tibetan Solidarity Committee's press conference in Dharamsala, Thursday, August 14, 2008 (Photo by Tawang)