

HIS HOLINESS THE 14<sup>TH</sup>  
*Dalai Lama*  
LAUSANNE / PRILLY - SWITZERLAND  
AUGUST 4 & 5, 2009

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PRESS RELEASE FOR IMMEDIATE DIFFUSION

Lausanne, January the 25th, 2009

## THE DALAI LAMA TEACHES « THE ART OF HAPPINESS » IN LAUSANNE

For the first time in Lausanne, His Holiness the 14th Dalai Lama receives French-speaking Swiss public on August 4 & 5 this year at Malley ice rink. During this extraordinary visit which is open to everyone, the Dalai Lama will give several teachings and initiations, as well as a public talk on « The Art of Happiness ». Tickets will be available from January the 28th on [www.dalailama-lausanne2009.ch](http://www.dalailama-lausanne2009.ch). His Holiness is invited by the International Buddhist Rigdzin Community.

The International Buddhist Rigdzin Community has the tremendous honour to welcome His Holiness the 14th Dalai Lama, at Malley ice rink, August 4 & 5 this year. It is the first time that Tibetan people's spiritual leader comes and bestows his teaching in Lausanne. His Holiness has not been back to Switzerland since 2005. On that occasion, about 30,000 people had gathered during 8 days at the Zurich Hallenstadion to receive his teachings.

**Tuesday, August the 4th**, His Holiness the Dalai Lama will give a first teaching on "The Three Principal Aspects of the Path", that was composed by the Buddhist master Je Tsongkhapa. This text constitutes nowadays a source of inspiration for a great number of people as it helps to better understand minds functioning and the causes of happiness. This Buddhist teaching will be followed by a lecture by Sogyal Rinpoche on "Dying in Peace". Sogyal Rinpoche, author of the Tibetan Book of Living and Dying which sold more than one and a half million copies, will explain how to cultivate peace, both in our mind and in the way we live, in the hope of having a peaceful death.

**Wednesday, August the 5th**, His Holiness the Dalai Lama will give a Medicine Buddha empowerment. An empowerment, or initiation, creates the necessary conditions for us to cultivate within ourselves the same qualities of wisdom and compassion the Medicine Buddha has. This empowerment will be followed by a long life ceremony for and in the presence of His Holiness the Dalai Lama. This ceremony is an offering performed by the students to their spiritual master in order for him to remain in this world as long as possible. It will be held by Tibetan communities in Europe.

In the afternoon, His Holiness the Dalai Lama will give a lecture on "World Peace through Inner Peace". Just as disarmament on the planetary scale is extremely important, the Dalai Lama insists on the fact that we must also practice "inner disarmament". It is only in this way that we can guarantee peace and harmony in this world.

The day will end by a lecture on "Transforming the sufferings of daily life" given by Chokling Jigme Palden Rinpoche, eminent master of the Buddhist tradition. Taking our modern life preoccupations into account, Jigme Palden Rinpoche will present a practical and rational approach to the way to happiness, which will be relevant for anyone, no matter what beliefs, religion or life situation he or she has.

This extraordinary event is organised by the International Buddhist Rigdzin Community, which is an association comprised of various Buddhist centers under the direction of Namkha Rinpoche, Tibetan lama exiled in Switzerland since 2002. By this event open to everyone, the International Buddhist Rigdzin Community wishes to share Buddhism and its philosophy with a great number of people with a view to respect and openness. Therefore, it is for the community a great joy to welcome Buddhist's main representative in French-speaking Switzerland for this unique event.

**Tickets for the event will be available from January the 28th, 2009, only on [www.dalailama-lausanne2009.ch](http://www.dalailama-lausanne2009.ch).**

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