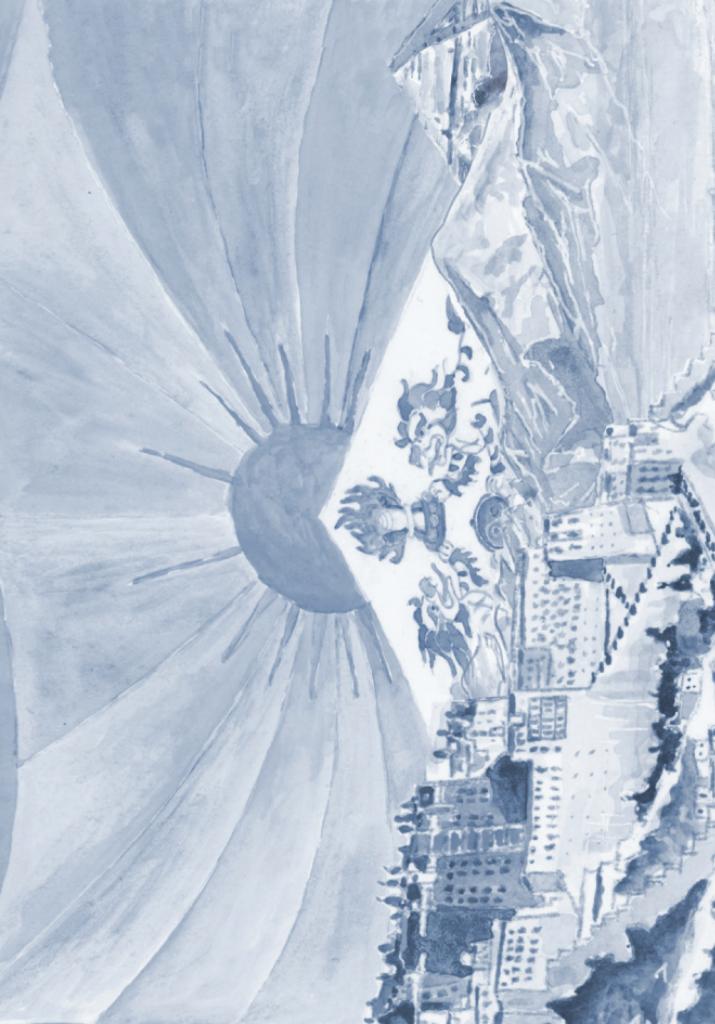


# BLUE BOOK



༄༅། ། ས୍ଵାତନ୍ତ୍ରୀ ພଣ୍ଡା ສରିଷା  
FRIEND OF TIBET



Blue Book Number \_\_\_\_\_

FRIEND OF TIBET ཕ୍ରିଦ୍ଵାଳ བୁବନଶ୍ରମ

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Gender \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Nationality \_\_\_\_\_

City, Country \_\_\_\_\_

Date of Issue \_\_\_\_ / \_\_\_\_ / \_\_\_\_



Signature \_\_\_\_\_

## ਤੰਬਿੰਦਾਂ ਸਾਡੀ ਮਸ਼ਹੂਰ ਲੋੜੀ

ਅਨੇਕ ਮੁੱਖ ਵਿਦਿਆਵਿਦਿਆਕਾਰੀਆਂ ਨੇ ਆਪਣੇ ਗਲਾਵਿਚਾਰ ਵਿੱਚ ਆਖਰੀ ਅਤੇ ਪ੍ਰਮੁੱਖ ਸੰਖੇਪ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਟਿਕ ਲੋੜੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਹੈ। ਇਹ ਸੱਭਾਗ ਵਿੱਚ ਪ੍ਰਮੁੱਖ ਸੰਖੇਪ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਟਿਕ ਲੋੜੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਹੈ। ਇਹ ਸੱਭਾਗ ਵਿੱਚ ਪ੍ਰਮੁੱਖ ਸੰਖੇਪ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਟਿਕ ਲੋੜੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਹੈ। ਇਹ ਸੱਭਾਗ ਵਿੱਚ ਪ੍ਰਮੁੱਖ ਸੰਖੇਪ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਟਿਕ ਲੋੜੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਹੈ।

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## THE TIBETAN BLUE BOOK

The Central Tibetan Administration (CTA) seeks to resolve the issue of Tibet and preserve the Tibetan culture, environment and its unique Buddhist traditions on the basis of the Middle Way Approach initiated by His Holiness the Great 14th Dalai Lama, the spiritual leader of Tibet, and unanimously adopted by the Tibetan Parliament-in-Exile.

The Tibetan Blue Book is a program that connects people to the Tibetan cause, community and culture. Your participation in this program and obtaining the book demonstrates your solidarity and support for Tibet and Tibetans.

Thank you for your contribution and support which will greatly help in realizing the aspirations of the Tibetan people and restoring freedom in Tibet and securing the rights and dignity of the Tibetan people.

The Kashag  
June 26, 2018



*Note: The Blue Book must not be used as a supporting document for immigration, asylum application, benefit claims, etc.*

## POLITICAL MAP OF TIBET



I N D I A



## THE TIBETAN NATIONAL FLAG

The Tibetan National Flag was adopted by the Great 13th Dalai Lama in 1916. The snow-clad mountain, represents the great nation of Tibet. The six red bands spread across the dark blue sky represent the original ancestors of the Tibetan people.

The sun with its rays shinning in all directions represents the equal enjoyment of freedom, spiritual and material happiness and prosperity by all beings in the land of Tibet.

Pair of snow lions represent the country's victorious accomplishment of unified spiritual and secular life.

The radiant three-colored jewel held aloft represents the ever-present reverence respectfully held by the Tibetan people towards the Three Supreme Jewels: Buddha, Dharma and Sangha.

The swirling jewel held between the two lions represents the people's guarding and cherishing of the self-discipline of correct ethical behavior.

The surrounding border of yellow symbolizes the flourishing of the teachings of the Buddha

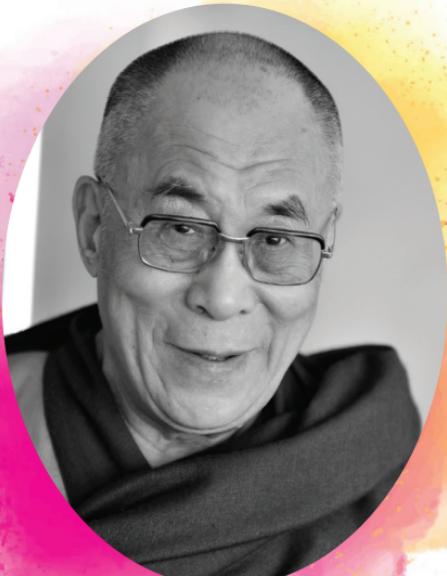


## HIS HOLINESS THE GREAT 14TH DALAI LAMA

Tenzin Gyatso, His Holiness the 14th Dalai Lama, was born on July 6, 1935 in Taktser, Amdo, northeastern Tibet. His Holiness was recognized at the age of two as the reincarnation of the 13th Dalai Lama. At the age of 16, His Holiness assumed the temporal leadership of the Tibetan people. The invasion and occupation of Tibet by the PRC forced His Holiness and over 80,000 Tibetans to seek refuge in India and neighboring countries like Nepal and Bhutan after a popular uprising on March 10, 1959.

His Holiness oversaw the successful rehabilitation of the Tibetan refugees in South-Asia and in the early sixties laid the foundation for reforming the Tibetan polity in exile and prioritized modern education along with the preservation of Tibetan culture. On the global stage, His Holiness began promoting his three lifelong commitments: promotion of human values, promotion of religious harmony and preservation of Tibetan Buddhist culture. His Holiness was awarded the Nobel Peace Prize in 1989 for his tireless efforts in promoting environmental sustainability, encouraging dialogue and demonstrating compassion towards an oppressive adversary.

His Holiness is an icon for peace with millions of followers across the globe and a great source of pride, hope and courage for the Tibetan people. In 2011, His Holiness devolved his political power to a democratically elected Tibetan leadership.



## TIBET AT A GLANCE

**SIZE:** 2.5 million square km. Largest and highest plateau on Earth

**AVERAGE ELEVATION:** 5000m (16,000 ft)

**CAPITAL:** Lhasa

**POPULATION:** 6 million

**LANGUAGE:** Tibetan

**RELIGION:** Tibetan Buddhism and Bon

**ECONOMY:** Agriculture, animal husbandry, tourism, and hydro-electric power

**OTHER MAJOR CITIES:** Shigatse, Chamdo, Tsethang, Gar, Nagchu, Nyingtri, Terlengkha, Rebkong, Tsongkha, Tsoe, Barkham, Siling, Kyekudo, Dartsedo, Gyalthang

**CURRENT STATUS:** Tibet has been under occupation by the People's Republic of China since 1949. After a failed uprising, His Holiness the 14th Dalai Lama and over 80,000 Tibetans fled into neighboring India in 1959. Beijing geographically defines Tibet as the "Tibetan Autonomous Region" which is less than half of the Tibetan Plateau. Other Tibetan areas have been incorporated into neighboring Chinese provinces. Nine rounds of dialogue were held between the representatives of His Holiness the 14th Dalai Lama and the Chinese government between 2002 to 2010. Tibetans are seeking a solution based on the Middle Way Approach.

## CENTRAL TIBETAN ADMINISTRATION

On 29 April 1959, His Holiness the Dalai Lama established the Central Tibetan Administration (CTA) in the north Indian hill station of Mussoorie. CTA is the continuation of the government of independent Tibet. In May 1960, the CTA was moved to Dharamsala.

CTA is recognized as the legitimate and true representative of the six million Tibetan people. Right from the beginning, the Central Tibetan Administration has taken upon itself the task of rehabilitating Tibetan refugees and restoring the freedom of Tibet.

CTA has a functioning and vibrant democracy with the three pillars of judiciary, legislature and executive. In 1960 the Tibetan Parliament-in-Exile was established and currently it has 45 members. The Tibetan judiciary, known as the Tibetan Supreme Justice Commission, was instituted in 1992. In addition there are three autonomous entities in the Election Commission, General the Public Service Commission, and Office of Auditor General. The executive wing has seven departments: Religion and Culture, Home, Finance, Education, Security, Information and International Relations, and Health. The Department of Information and International Relations has 13 Offices of Tibet in New Delhi, Washington DC, Geneva, Switzerland, Tokyo, London, Brussels, Canberra, Paris, Moscow, Pretoria, Taipei, and Sao Paolo. These offices represent His Holiness the Dalai Lama and the CTA.

The CTA is led by the Sikyong (President) who is the democratically elected political leader of the Tibetan people.



## POTALA PALACE

The magnificent Potala Palace located in Lhasa, the capital city of Tibet, served as the seat of the Tibetan government and the winter residence of the Dalai Lama. King Songtsen Gampo commissioned the building of the palace in the 7th century. The palace was rebuilt in its current form during the reign of the Fifth Dalai Lama in 1645.

An architectural wonder even by modern standards, the building measures 400 metres east-west, 350 metres north-south and rises 13 storeys. The building contains more than 1000 rooms. The Potala was designated a UNESCO World Heritage Site in 1994.

*"Happiness is not something readymade.  
It comes from your own actions."*



*"My responsibility is to  
save Tibet, to protect its  
ancient cultural heritage."*





*“From the moment of our birth, every human  
being wants happiness and avoids suffering.  
In this, we all are same.”*



## TIBET THE THIRD POLE

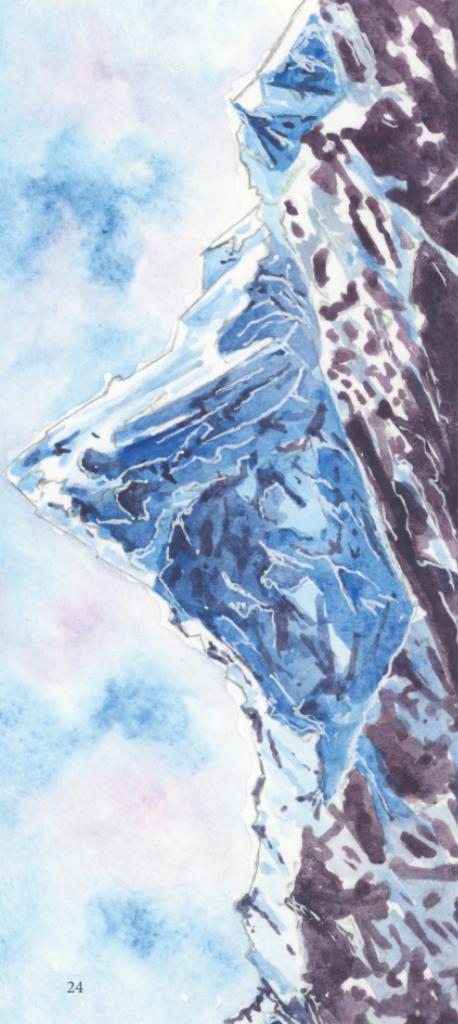
Tibet, the world's largest and highest plateau, is referred to as the 'Earth's Third Pole' or the 'Water Tower of Asia' because it is home to the largest store of ice outside of the North and South Poles. All the ten major river systems of Asia including the Indus, Sutlej, Brahmaputra, Irrawaddy, Salween, Mekong, Yangtse and the Yellow River originate in the Tibetan plateau. Tibet's rivers flow into densely populated regions such as China, India and other South and South-East Asian countries. About 1.5 billion people in the world directly depend on Tibetan rivers for their livelihood.

Due to its extremely high elevation, vast surface area and extensive glacier cover, the Tibetan Plateau influences the timing and intensity of Indian monsoons in the region and plays a key role in global weather systems. Tibet plateau is a unique repository of globally significant bio-diversity. Tibet is, however, warming rapidly. Glaciers are melting, putting millions of people downstream at risk from floods and water shortages.

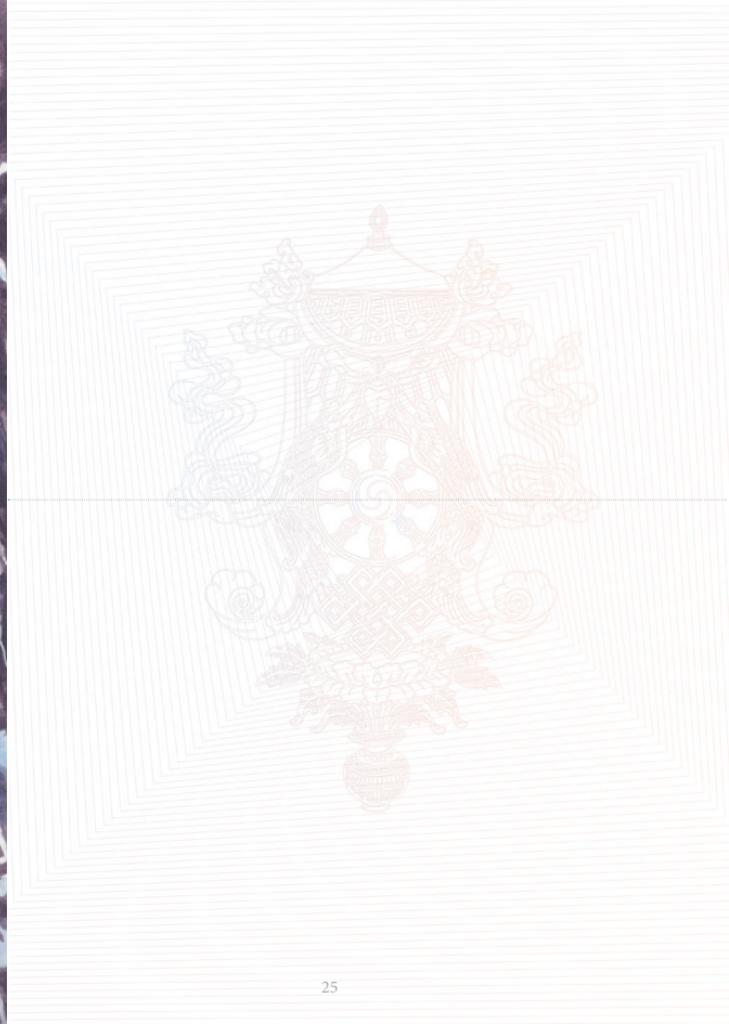
China's policies in Tibet are contributing to the warming of the plateau and excluding Tibetans from the stewardship of their land. China has been damming and diverting Tibet's rivers; exploiting Tibet's rich mineral reserves; removing Tibetan nomads, the traditional stewards of the Tibetan plateau, from their home on the grassland; and crushing anyone that speaks out against China's policies.



JOMOLANGMA (MOUNT EVEREST)  
8,848 METRES



24



25

*“Be kind whenever possible.  
it is always possible.”*

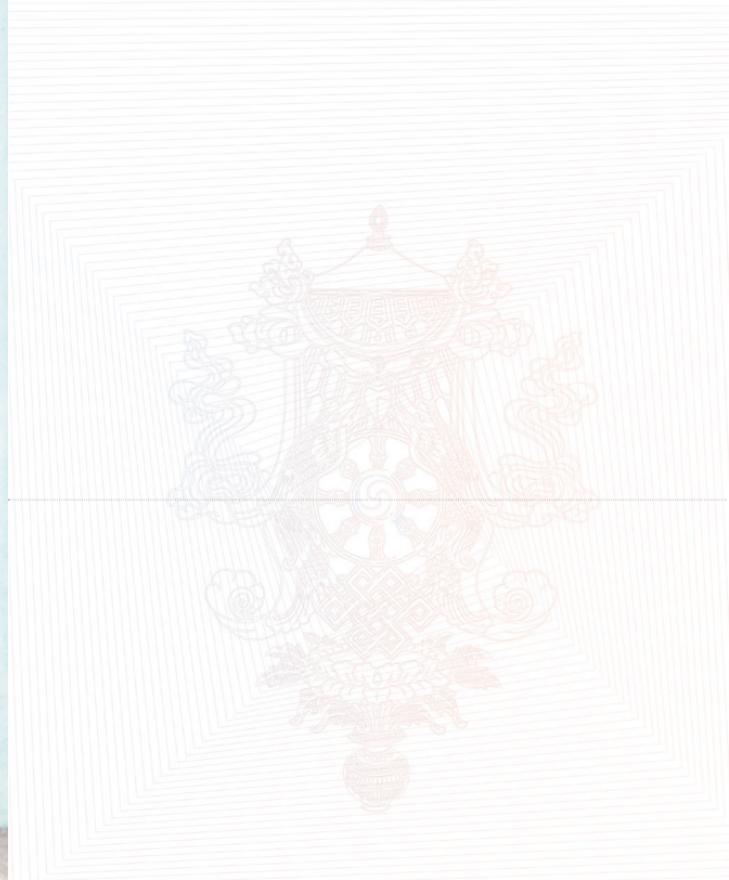




*“The Chinese government wants me to say that  
for many centuries Tibet has been part of China.  
Even if I make that statement, many people would  
just laugh. And my statement will not change past  
history. History is history.”*



**TIBETAN MASTIFF:** The Tibetan Mastiff or *Do-khyi* is descended from Tibet's indigenous dogs who were the ancestors of the majority of other Mastiffs. Mastiff is very intelligent and can be independent and strong-willed. It is very protective of its family but wary of strangers.





*“My religion is very simple.  
My religion is kindness.”*



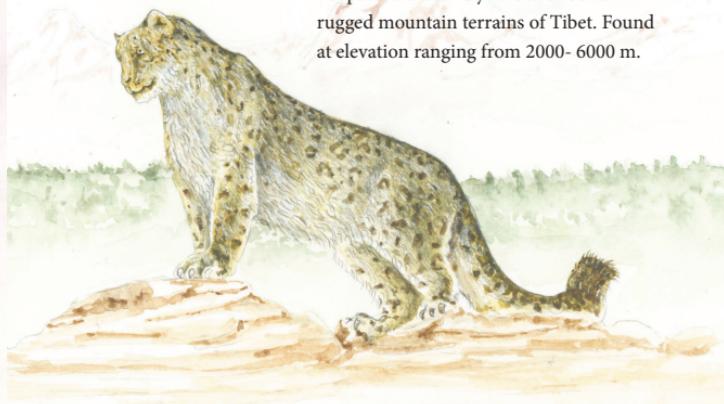


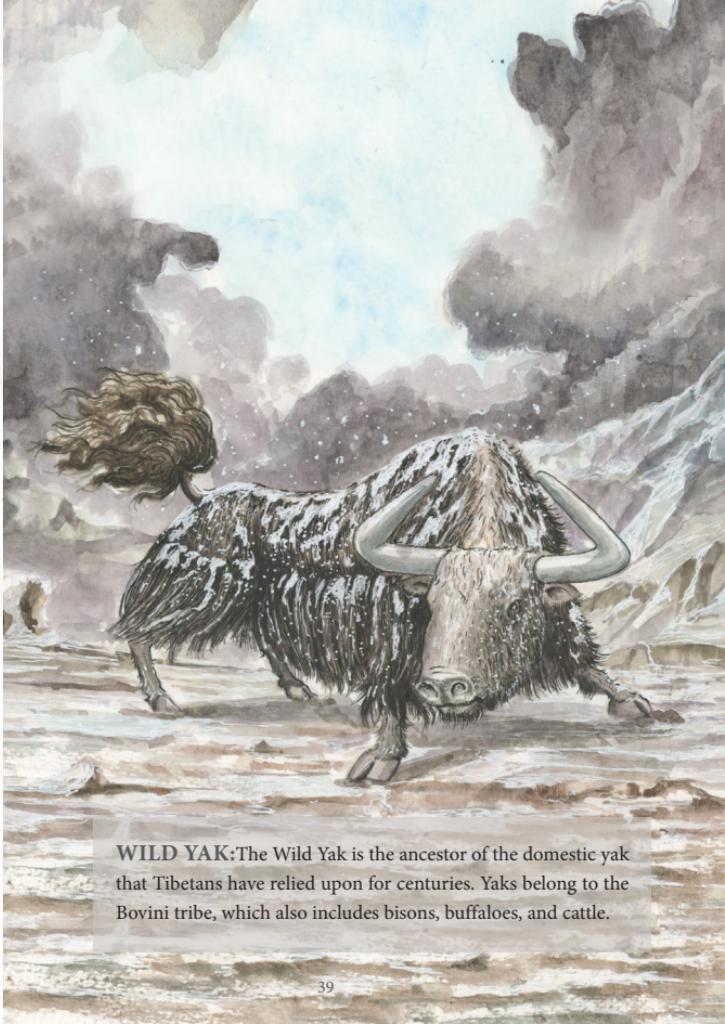
**GIANT PANDA:** The Giant Panda, or *Dhomtra* in Tibetan habitat range falls mostly in bamboo forest of Tibet and few in Qingling Mountains in China. Bamboo is its main diet, found at elevation 2300-3200 m.

**TIBETAN WILD ASS:** The Tibetan Wild Ass, or *Kiang* was until recently considered to be a subspecies of *Equus hemionus*, the Kulan or Asiatic Wild Ass. The Kiang's habitat range includes Tibet and bordering area of China, Pakistan, and India, including Ladakh and Sikkim.



**SNOW LEOPARD:** The Snow Leopard is extremely rare and found in rugged mountain terrains of Tibet. Found at elevation ranging from 2000- 6000 m.





**WILD YAK:** The Wild Yak is the ancestor of the domestic yak that Tibetans have relied upon for centuries. Yaks belong to the Bovini tribe, which also includes bisons, buffaloes, and cattle.

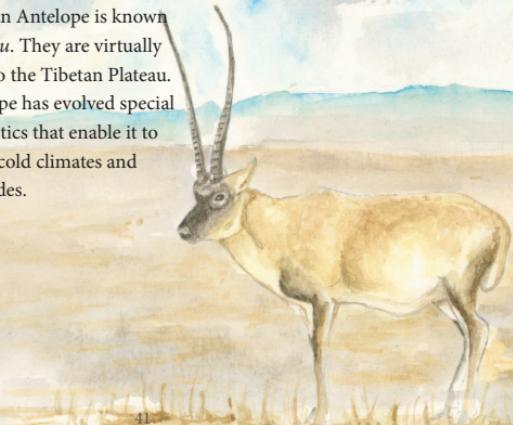
### **BLACK NECKED CRANE:**

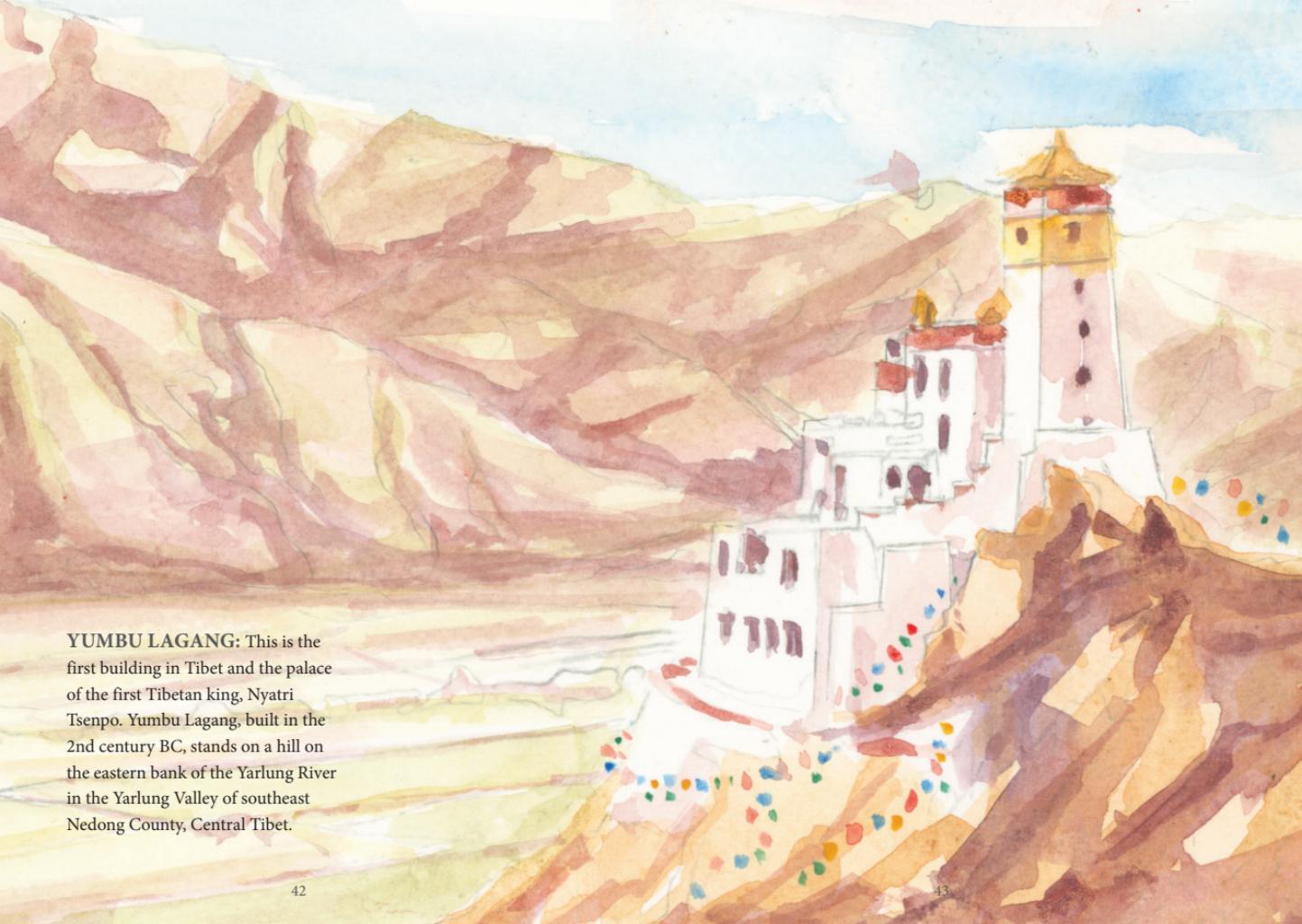
The Black-Necked Crane has an exclusive range between the altitudes of 3500 meters to 5500 meters in the tablelands of Central Asia.



### **TIBETAN ANTELOPE:**

The Tibetan Antelope is known as the *Chiru*. They are virtually exclusive to the Tibetan Plateau. The antelope has evolved special characteristics that enable it to withstand cold climates and high altitudes.





**YUMBU LAGANG:** This is the first building in Tibet and the palace of the first Tibetan king, Nyatri Tsenpo. Yumbu Lagang, built in the 2nd century BC, stands on a hill on the eastern bank of the Yarlung River in the Yarlung Valley of southeast Nedong County, Central Tibet.

GHANG RINPOCHE (MT. KAILASH)  
6,638 METRES



TIBETAN WOMEN IN THEIR TRADITIONAL ATTIRE



## THREE GREAT KINGS OF TIBET

### Songtsen Gampo (617-698 A.D.)

During the reign of King Songtsen Gampo, Tibet emerged as a unified state and became a great military power with its armies marching across Central Asia. He was so powerful that the King of Nepal and the Emperor of China offered their daughters in marriage to the Tibetan King.

### Trisong Detsen (742-798 A.D.)

During the reign of King Trisong Detsen, the Tibetan Empire was at its peak and its armies invaded China and several Central Asian countries. He formally established Buddhism as the state religion in Tibet.

### Tri Ralpachan (806-841 A.D.)

During the reign of King Tri Ralpachen the Tibetan armies won many victories and in 821 AD a peace treaty was concluded with China. The treaty was inscribed in Tibetan and Chinese on three stone pillars: one was erected in Gungu Meru to demarcate the border between the two nations, the second in Lhasa, and the third in the Chinese capital Chang'an (modern-day Xian). The treaty established that the “whole region to the east” was “Great China” and the “whole region to the west” was “Great Tibet.” The treaty declared that “Tibetans shall be happy in Tibet and Chinese shall be happy in China...”



## तिब्बती ब्लू बुक

केन्द्रीय तिब्बती प्रशासन (सीटीए) का प्रयास है कि तिब्बत के मुद्रे, संस्कृति पर्यावरण को हल करना है और परम पावन महान १४ दर्लाई लामा, तिब्बती के आध्यात्मिक नेता के द्वारा यह अद्वितीय बौद्ध परम्पराओं के आधार पर मध्यममार्ग की नीति शुरू की। और इसे निवासित तिब्बती संसद द्वारा सर्वसम्मति से अपनाया गया।

तिब्बती ब्लू बुक एक ऐसा कार्यक्रम है जो लोगों को तिब्बती कारण, समुदाय और संस्कृति से जोड़ता है। इस कार्यक्रम में आपकी भागीदारी और बुक प्राप्त करने से तिब्बत और तिब्बतीयों के लिये आपकी एकजुटता और समर्थन प्रदर्शित होता है।

आपके इस योगदान और समर्थन के लिये धन्यवाद जो कि तिब्बती लोगों की आकॉक्षाओं को महसूस करने और तिब्बत में स्वतन्त्रता बहाल करने और तिब्बती लोगों के अधिकारों और गरिमा को सुरक्षित करने में अत्यन्त सहायक सिद्ध होगा।



काशाग

२६ जून, २०१८

(नोट: यह ब्लू बुक एक सहायक दस्तावेज के रूप में आप्रवासन, शरण आवेदन, लाभ दावों हेतु बिल्कुल ही प्रयोग नहीं होनी चाहिये)

## 西藏藍皮書

藏人行政中央 (CTA) 旨在根據西藏精神領袖十四世達賴喇嘛尊者發起的中間道路原則，解決西藏問題的認同，保護西藏文化、環境及其獨特的佛教傳統。並獲西藏人民議會一致通過。

西藏藍皮書是將人們與西藏事業、社區和文化連結的計劃。您參與此項計劃並獲得藍皮書，展現了您對西藏和藏人的聲援與支持。

感謝您的奉獻與支持，這將有助於實現西藏人民的願望，恢復西藏的自由，維護西藏人民的權利與尊嚴。

噶廈政府

2018年6月26日



(注：藍皮書不得用作移民，庇護申請，福利申請等的證明文件）

## EL LIBRO AZUL TIBETANO

La Administración Central Tibetana (CTA, por sus siglas en inglés) busca resolver la cuestión del Tíbet y preservar la cultura tibetana, el medioambiente y sus tradiciones budistas únicas, sobre la base de la Política del Camino Medio iniciada por Su Santidad el Gran 14º Dalai Lama, el líder espiritual del Tíbet, y unánimemente adoptada por el Parlamento Tibetano en el Exilio.

El Libro Azul Tibetano es un programa que conecta personas a la causa, a la comunidad y a la cultura tibetanas. Su participación en este programa y la obtención del libro demuestra su solidaridad y apoyo al Tíbet y a los tibetanos.

Muchas gracias por su contribución y apoyo los que ayudarán en gran medida a la realización de las aspiraciones del pueblo tibetano y a la restauración de la libertad en el Tíbet y a garantizar los derechos y la dignidad del pueblo tibetano.

El Kashag  
26 de junio de 2018

*Nota: El Libro Azul no debe ser usado como un documento de respaldo para inmigración, solicitud de asilo, reclamos de beneficios, etc.*



## LE LIVRET BLEU TIBÉTAIN

L'Administration Centrale Tibétaine (CTA) cherche à résoudre la question du Tibet et de préserver la culture tibétaine et ses traditions bouddhistes uniques sur la base de la politique de la voie médiane initiée par Sa Sainteté le grand quatorzième Dalaï Lama, chef spirituel du Tibet, et adoptée à l'unanimité par le Parlement tibétain en exil.

Le livret bleu (Blue Book) tibétain est un projet qui relie les gens à la cause, à la communauté et à la culture tibétaine. Votre participation à ce projet et l'obtention du livret démontre votre soutien et solidarité pour le Tibet et les tibétains.

Merci pour votre contribution et soutien qui aideront grandement à réaliser les aspirations du peuple tibétain, à rétablir la liberté au Tibet et à garantir les droits et la dignité du peuple tibétain.



Le Kashag  
26 juin 2018

*Remarque : Le livret bleu ne doit pas être utilisé comme pièce justificative pour l'immigration, la demande d'asile, les demandes de prestations etc.*

## DAS TIBETISCHE BLUE BOOK

Die Tibetische Zentralverwaltung ist bestrebt auf der Basis der Politik des Mittleren Weges, die von Seiner Heiligkeit dem Grossen 14. Dalai Lama, das spirituelle Oberhaupt Tibets, initiiert und einstimmig vom Tibetischen Parlament im Exil angenommen wurde, die Tibet-Frage zu lösen und die tibetische Kultur, Umwelt und die einzigartige buddhistische Tradition zu bewahren.

Das Tibetische Blue Book ist ein Projekt, das die Menschen mit der tibetischen Sache, Gemeinschaft und Kultur in Verbindung bringt. Ihre Teilnahme an diesem Programm und der Erhalt des Buches zeigen Ihre Solidarität und Unterstützung für Tibet und die Tibeter.

Danke für Ihren Beitrag und Ihre Unterstützung, die dazu beitragen werden, die Bestrebungen des tibetischen Volkes zu verwirklichen und die Freiheit in Tibet wiederherzustellen und die Rechte und die Würde des tibetischen Volkes zu sichern.

Der Kashag (Kabinett)  
26. Juni 2018



Hinweis: Das Tibetische Blue Book darf nicht als Nachweis für Einwanderung, Asylantrag, Leistungsanträge etc. verwendet werden.

## КНИГА СОЛИДАРНОСТИ С ТИБЕТОМ

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Кашаг  
Июнь 26, 2018



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チベットのブルーブックは、チベット人の主張、社会、文化を広く人々に結び付けるプログラムです。皆さんのがこのプログラムに参加し、ブルーブックを持っていただくことで、チベットやチベット人との団結やご支援を表明していくだけです。

チベット人の願いの実現、チベットの自由回復、チベット人の人権や尊厳の保護へのご支援を心よりお願ひいたします。

内閣(チベット中央政権)  
2018年6月26日



注:ブルーブックは移住、亡命、給付金請求の書類として利用できません。

*Note: All the quotations in the book are of His Holiness the 14th Dalai Lama.*



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