



Satya

a prayer for the enemy



About **SATYA: A PRAYER FOR THE ENEMY**

Since the Chinese occupation of Tibet, more than one million Tibetans have been tortured, executed or starved to death for their role in demonstrations against the Chinese occupation.

Tibetan nuns have fearlessly staged demonstrations for independence. Countless nuns have been imprisoned and tortured for shouting slogans, criticizing the Chinese state in conversations with foreigners, possessing posters which call for Tibetan independence, or hoisting the Tibetan flag. The treatment they receive as political prisoners is brutal.

In a deeply personal and lyrical style, **SATYA: A PRAYER FOR THE ENEMY** focuses on the testimonies of these nuns, revealing continued religious oppression and human rights abuses in occupied Tibet.

For over forty years the Tibetans have adhered to the principles of nonviolent social change. Satya seeks to understand the basis and inspiration for this choice of nonviolence, and the spiritual principles that influence their understanding of the enemy.



About the Filmmaker:

SATYA: A PRAYER FOR THE ENEMY was produced by Ellen Bruno, who has spent much of the last 20 years in southeast Asia.

Bruno began her relief efforts more than 25 years ago in Mexico, working in remote Mayan villages. Since then she worked in refugee camps on the Thai-Cambodian border, as field coordinator for the International Rescue Committee, she served for four years as director of the Cambodian Women's Project for the American Friends Service Committee. She has been a hospice worker for the ZenHospice Project in San Francisco, providing bedside assistance for people dying of AIDS and cancer.

Ellen completed a masters degree in documentary film at Stanford University in 1990. Her first film **SAMSARA**, her Masters thesis at Stanford, documents Cambodian life in the aftermath of Pol Pot's killing fields. **SATYA: A PRAYER FOR THE ENEMY** is based on the experiences of young Tibetan Buddhist nuns who have been imprisoned and tortured for their nonviolent protests of the Chinese occupation of Tibet. **SACRIFICE** is the final installment in her Asian trilogy. All three films premiered at the Sundance Film Festival.

Ellen was awarded a Guggenheim Fellowship in 1998, a Rockefeller Fellowship in 1997, fellowships from the Western States Media Arts and a Shenkin Fellowship from Yale University School of Art.

Discussion Guide

1 WITNESS OF TRUTH: In the film SATYA the nuns call themselves “witnesses of truth.” What is “truth”? Do the Chinese and the Tibetans share the same “truth”? How can “truth” be different for different people?

2 SPEAK YOUR TRUTH: In what way do your actions in life reflect your beliefs? What will you stand up for? Have you ever been too afraid to speak your “truth” or your “beliefs”? What is the root of these fears and can you overcome them?

3 WHO IS THE “ENEMY”? What is an “enemy”? What does it mean to call someone the enemy? How does language define a relationship between people, groups, or nations? Do you have enemies in your life? What do you think your enemy wants? Is what your enemy wants different from what you want? Could it be that your enemy is pursuing some form of happiness, freedom, or justice?

4 RENAME THE ENEMY: Discuss the film’s title A PRAYER FOR THE ENEMY. Why would you pray for your enemy? The nuns say “our enemy is our greatest teacher.” What can our enemies teach us? Would viewing your enemy as a teacher change how you think about them? About yourself? What is compassion? Is it possible to cultivate compassion for an enemy? What changes in thinking is necessary to accomplish this?



5 BELIEFS AFFECT ACTION: A nun says “From the moment we are born we are headed toward death. Death is inescapable”. How do you think the Tibetan’s acceptance of inevitable death affect their choices in life? How do your own ideas about death and the afterlife affect your actions? What must those who execute torture believe in order to inflict pain on others? How do you think those who are tortured find the strength to live through it?

6 OVERCOMING OBSTACLES: What can you do to support the Tibetan people in their nonviolent struggle? What obstacles are in your way? How can you overcome these obstacles? (also see “Resources”).

7 TEACHING THROUGH OUR ACTIONS: Do you think it is possible for one person to “make a difference”? What can we learn from the example of the Tibetan nuns? Do you think these young nuns can effect change in the face of a powerful occupying power? How can we as individuals make a difference, speak our truth, and encourage others to do so in our everyday lives?

What Can I Do?

Hold a fundraiser! The activist price for the tape of **SATYA: A PRAYER FOR THE ENEMY** is \$75.00, including shipping and handling. If you invite 20 people to a screening and discussion, and each person contributes \$10, you will have raised \$125 for your organization. At the same time, you will be engaging your community in an important conversation and dialogue about nonviolence, peace-building, focused around Tibetan Buddhist culture.

If the \$75 price is prohibitive, even with such a suggestion, let us know. We may have a lending copy available for your use, which must be returned when you've completed your event.



In Your Community

🌀 **Show SATYA: A PRAYER FOR THE ENEMY** and hold discussions with faith leaders, parents, high school students and young adults, neighbors, peace studies classes, peace and nonviolence activists, meditation groups, and the public. This film is a valuable resource to help you spread the word about the recent history and current situation in Tibet. Gather a small group of friends in your home, school, church or temple. Show the film and encourage a discussion. Tell your friends how they can help: become a sponsor, write letters to lobby for change, or make a donation to an organization of their choice. Even a few dollars go a long way.

🌀 **ORGANIZE A BENEFIT FILM SCREENING.** Organize a fundraising benefit by screening of the film SATYA at your school, church, community center, or public library. It is easy to do and a great way to raise money and educate others about human rights issues in Tibet.

🌀 **SCHEDULE A SPEAKER.** Many experts and activists are eager to speak publicly on these issues. Find a speaker who is well-informed, lively, and leaves the audience feeling empowered. Or organize a panel of speakers discussing different aspects of Tibet: human rights violations, environmental destruction, culture, history, religion, medicine, art, travel, etc. Find a space in your school, church, temple, library or community center. Publicize the event. Invite nuns, monks, nonviolence activists or peace educators to speak to your community group.

☉ **ORGANIZE A RADIO SHOW.** Contact your local radio station. Talk to a producer and suggest a show on Tibet. Recommend they feature a local activist or a member of the Tibetan community. Lend the producer a copy of the film SATYA to stimulate their interest and give them background on the issues.

☉ **HELP EDUCATE LOCAL STUDENTS.** Local middle and high schools need to be educated about current issues. Contact your local Tibet support group and identify an appropriate speaker, perhaps someone with a slide show to present or a film to screen. Encourage discussion. Suggest ways the students can get involved, such as fund raising, sponsorships, and letter writing campaigns. These activities help students feel empowered and teach them ways to influence government policy.

☉ **SHARE THE RESOURCES: GIVE MONEY / RAISE MONEY.** Join and donate to both national and local organizations. Local support groups are doing important work such as informing local media, putting on events and talking with Congressional representatives. Your dollars go a long way. Contact one of the organizations listed in the RESOURCES section of our web site and find out how you can help your community take action.

☉ **SUPPORT A NUN IN EXILE.** Tibetan nuns are at the forefront of the demonstrations for Tibetan independence in Lhasa, and they face brutal torture and reprisals in prison. Once released, they are often banned from returning to their nunneries, and many end up fleeing to India for refuge. In India the nunneries are overcrowded and desperately need funds for books, clothes, and general support. Sponsors contribute \$30 per month. Sponsorship donations goes toward housing, medical care, education, and food.

☉ **THE TIBETAN NUNS' PROJECT**, P.O. Box 374, San Geronimo, Ca. 94963
☉ <http://www.angelfire.com/nt/tnp/support.htm>

☉ **BUILD A SCHOOL.** Most children in rural Tibet have no schools. 44% of Tibetans are illiterate in any language, and the majority of Tibetans cannot read and write Tibetan today. Several groups in the US. are making a huge difference for hundreds of children. They are funding building of schools where there were none, expanding others, and providing funds for textbooks and basic health care. For more information and to send donations, contact:

☉ **US. TIBETAN SOCIETY FOR SCHOOL & CULTURE**, 4707 Connecticut Ave., NW, #201, Washington DC 20008 USA Tel: 202-686-1619
☉ **KAWACHEN PROJECT, TIBET FUND**, 241 E. 32nd Street, New York, NY 10016 USA Tel: 212-213-5011.

☉ **GIVE A PRISONER HOPE.** A Chinese prison official in Lhasa recently said that he had received many letters of concern for Tibetan prisoners. Your letters get through. We know that this has made a tremendous difference improving conditions, preventing or lessening torture, and leading to an early release of some prisoners. Watch for urgent prisoner appeals in Tibetan support group newsletters, and contact Amnesty International to become part of an international China campaign.

☉ **AMNESTY INTERNATIONAL USA CAMPAIGN**
☉ Washington Office, 304 Pennsylvania Avenue SE, Washington, DC 20003 Tel: 202-544-0200

☉ **TELL CONGRESS WHAT YOU THINK.** Congress has done a great deal for Tibet, and they need to hear from their constituents to keep supporting Tibet. Congress funds a Voice of America Tibetan - language broadcast which is now the most popular news source in Tibet; they provide annual assistance for Tibetan refugees in India and Nepal; and they also maintain a policy that Tibet is an occupied nation under foreign rule, and recognize the Dalai Lama as the rightful head of the country. Urge them to continue their support. Letters count! If you don't know your member of Congress, you can call 202-724-3121 or check this Congressional E-Mail Directory to see if your Congress person has e-mail. For more information, contact:

☉ **INTERNATIONAL CAMPAIGN FOR TIBET**, 1825 K St., NW, Suite 520, Washington, DC 20006 USA
☉ Tel: 202-785-1515 www.savetibet.org

🌀 **VOTE WITH YOUR WALLET - BOYCOTT CHINESE GOODS** Boycotting Chinese goods is a simple and direct way for anyone to vote with their wallet. A growing boycott campaign is being led by the Students for a Free Tibet, the US. Tibet Committee, and the Milarepa Fund. For more information, contact:

🌀 **STUDENTS FOR A FREE TIBET**, 545 Eighth Ave., 23rd Floor, New York, NY. 10018
(212) 594-5898 fax: 212-594-6536 toll-free: 1-888-SFTIBET email: sft@igc.apc.org www.tibet.org/sft

🌀 **MILAREPA FUND**, 1230 Market Street, #11, San Francisco, CA 94102 USA
Tel: 415-553-8533/ fax: 415-553-8534 toll-free: 1-888-MILAREPA e-mail: milarepa@milarepa.org www.milarepa.org

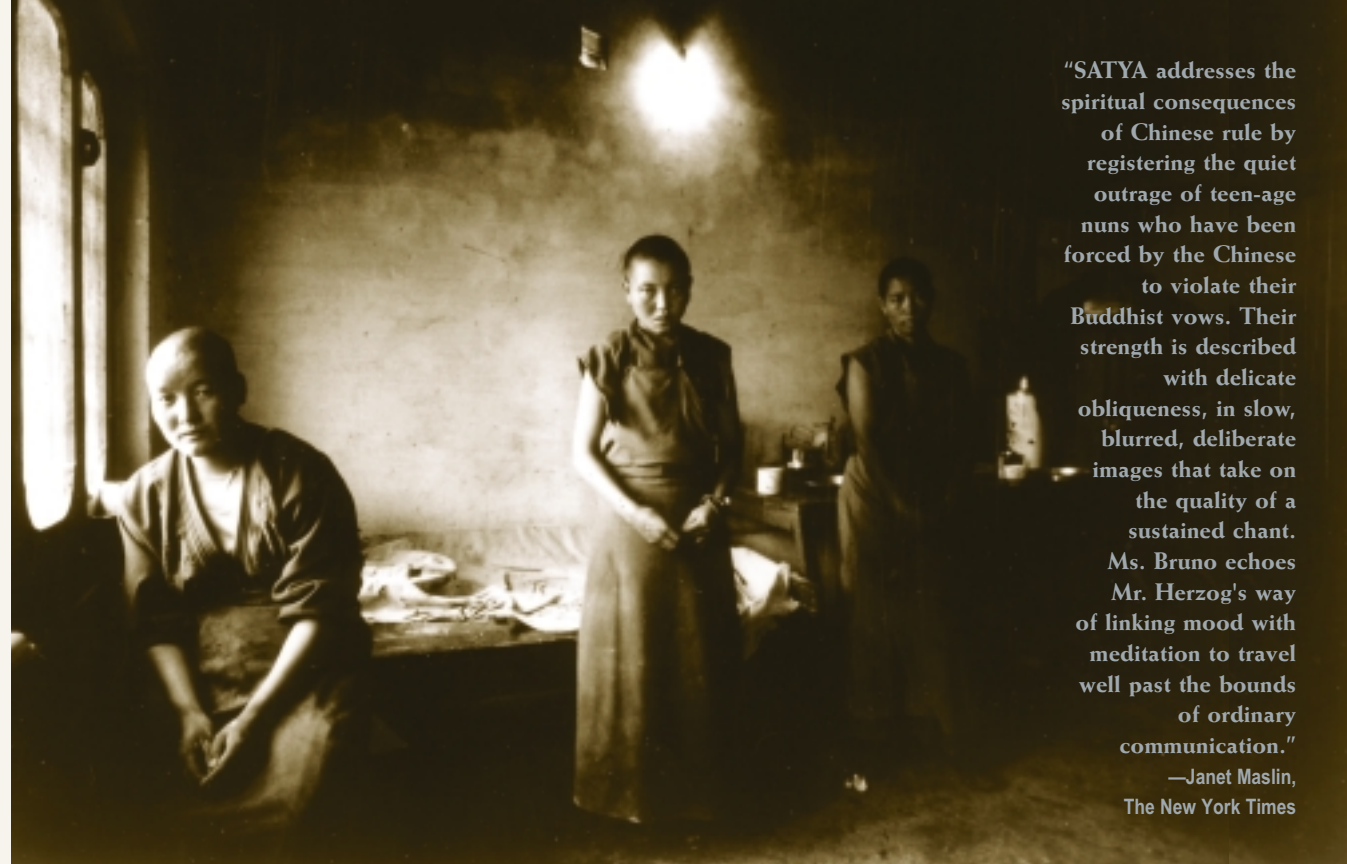
🌀 **TRAVEL WISELY:** China is trying to use tourism in Tibet to legitimize its rule there, and to showcase selected monasteries and sites to prove Tibetans are content. Moreover, most tourist dollars, particularly on group tours, go to Chinese pockets, and do little to help impoverished Tibetan communities. If you travel in a group, make sure the company uses Tibetan guides, and patronizes Tibetan businesses. Educate yourself about Tibet before you go. For more suggestions about how you can make your trip help Tibetans, and for a map and guide of Lhasa which explains what Chinese tour guides will try to hide, contact:

🌀 **INTERNATIONAL CAMPAIGN FOR TIBET**, 1825 K St., NW, Suite 520, Washington, DC 20006 USA
Tel: 202-785-1515 www.savetibet.org <http://www.tibet.org/Travel/> www.tibet.org/siteseeing.html

🌀 **WRITE A LETTER TO YOUR NEWSPAPER** about the state of affairs in Tibet and the applicability of nonviolent practice in our society.

🌀 **HOST AN EVENT** on World Tibet Day to raise awareness of the human rights abuses in Tibet, and educate the public about issues related to nonviolent resistance. Collaborate with other groups in your community that share a common interest. Make it a newsworthy event! Invite speakers and encourage local press to attend. Use our template for a press release or write your own.

🌀 **ASK US FOR ADVICE.** We're happy to help.



"SATYA addresses the spiritual consequences of Chinese rule by registering the quiet outrage of teen-age nuns who have been forced by the Chinese to violate their Buddhist vows. Their strength is described with delicate obliqueness, in slow, blurred, deliberate images that take on the quality of a sustained chant. Ms. Bruno echoes Mr. Herzog's way of linking mood with meditation to travel well past the bounds of ordinary communication."

—Janet Maslin,
The New York Times

How to Organize A Screening

FIND A VENUE

Find a room or auditorium in your community that has a 16mm film projector or video projector. Most schools, universities, libraries, and churches have appropriate spaces with the necessary equipment.

If a video projector isn't available, plan for a space where two or three TV's with VHS decks can be linked together. It can be helpful to find a media specialist (student? filmmaker? events person?) to help with setting up the video playback equipment.

Ask to have the space provided for free. Explain that this is a public education event. If necessary, lend a tape of the film to the person in charge, so it is clear that the issues are humanitarian in nature.

SET A DATE

Set a date based on the availability of the space. Be sure the chosen date is not a major holiday or long weekend. Have at least one month lead time to prepare for the event and get the word out.

REQUEST THE FILM

Once you have secured a date and place, contact the film maker for a copy of the film or video. Request publicity stills and a film synopsis to use in promoting the event.

DECIDE ON A RECIPIENT FOR FUNDS RAISED

Look at the list of organizations working on these issues (some ideas are contained further on in this guide). Decide which project you would like to support. Contact the organization before hand. If possible, get brochures and other printed materials to have available for those who attend.

PUBLICIZE

Contact your local newspapers and any community newsletters or publications. Have them list the event. Ask them to feature the event in an article, which will also teach others about the issues. Make a simple one page flyer. Make copies and post it at local gathering spots, shops, cafes, anywhere in the community where people will stop and take a look.

DESIGNATE AN MC

Designate someone to introduce the film and say a few words about how people can help. This person should encourage the audience to dig deep into their pockets after the screening, and remind them that their donation is tax deductible. Pass a basket after the show, or have volunteers wait at the exits with baskets.

If appropriate, team up with a local activist group or local chapter of Amnesty International. Perhaps a local activist is willing to answer questions for the audience after the screening.

☉ Think about your audience and your goals. If you are showing the film to a small group that is well-acquainted, an informal style might work best. Bringing together people who hold very different views or who are unfamiliar with each other may require a more structured format with some pre-established ground rules.

☉ Watch the film before your event. Think about issues that are important or controversial. If you're leading a discussion, link the film with concerns in your community or among your participants.

☉ Contact local press: print, radio & television. This is a great opportunity for the press to cover issues which they might otherwise avoid. Particularly if you organize the event around a "theme day", they may take interest. Some thoughts:

- ☉ World Tibet Day (July 7)
- ☉ To honor the Kalachakra Forum for World Peace, Graz, Austria (October 11 - 22, 2002)
- ☉ Human Rights Day (December 10)
- ☉ Martin Luther King Jr.'s Birthday (3rd Monday in February)

Screening Worksheet

POTENTIAL LOCAL PARTNERS:

POTENTIAL LOCATION:

APPROPRIATE DATE OR TIME:

NEXT STEPS:





Before You Screen

- ☉ Acknowledge the controversy surrounding the issue. Try not to summarize the film or warn the audience about their possible responses. There are no right or wrong ways to respond.
- ☉ Share your goals for the event.
- ☉ Brainstorm with the audience: What are your feelings about forgiveness? Anger? Revenge and retribution? How safe do you feel? How safe is life in other countries? Let people consider their thoughts and attitudes on these issues briefly, but hold primary discussion until after the screening. Then, use our discussion guide for more resources or suggestions for discussion starters.
- ☉ Give general information about the film, the filmmakers, and the running time, including the time allotted for discussion afterwards. Thank co-sponsors and introduce guest speakers, if appropriate.

After You Screen

- ☉ **Let people know if there is a schedule.** Don't move too quickly from watching the film to strategizing about community action. Keep in mind that discussion should be an organic process.
- ☉ **Hear personal reactions to the film.** Raise a lot of issues at the beginning. How did the audience feel watching this film? Why? Did anything surprise them? How does the film compare with their own experiences? Are there situations in their own life where nonviolent practice could be beneficial? Are they motivated to act? If so, in what way?
- ☉ **Help link reactions to the issues.** Clarify important points and draw connections between related ideas to move the discussion from sharing reactions to analyzing underlying issues. For example, identify a concern raised by the film, then ask, why does this problem exist? What else happens because of it? How does it relate to other concerns? Is this problem the same everywhere? What can be done about this?
- ☉ **Translate analysis into action.** Discuss ways these larger issues relate to specific situations in your community, and the ways in which your viewers' actions contribute or hold accountable other policymakers' decisions. Brainstorm some action steps to take. Encourage interested people to connect with each other, and if appropriate, form a working group to continue the discussion and organize further actions. Set a date to meet again and share progress.

"The images in SATYA are often strikingly beautiful: a candle flickering in a temple, Tibetan children smiling in the sun, a rain soaked street at night. Out of these horrific tales Bruno has created a powerfully uplifting film."
—Doug Kim, Time Out

Resources

Books

THE ANGUISH OF TIBET

Edited by Petra Kelly, Gert Bastian and Pat Aiello, 1991

Parallax Press, PO Box 7533
Berkeley, CA 94707

A collection of 24 essays, articles and speeches on the Tibetan situation, including essays on independence, human rights, and the environment.

IN EXILE FROM THE LAND OF SNOWS

By John Avedon, 1998 Harper Collins

A primer on recent Tibetan history, recounting modern history from 1933, through the Chinese invasion, the exile of the Dalai Lama and the evolution of contemporary Tibetan Diaspora.

FEMININE GROUND: ESSAYS ON WOMEN AND TIBET

Edited by Janis Willis, 1995 Snow Lion Publications

A collection of essays by scholars that explore women's issues and female role models in ancient and contemporary Tibet.

THE AUTOBIOGRAPHY OF A TIBETAN MONK

by Palden Gyats. Grove Press 212-614-7850

An extraordinary story of suffering and endurance... having for years resisted Chinese

efforts to conceal and distort it, he has seized the opportunity to tell the world the truth about Tibet.

FORBIDDEN FREEDOMS:

Beijing's Control of Religion in Tibet

A report by the International Campaign for Tibet
1511 K Street, NW, Suite 739
Washington, DC 20005

Tel: 202- 628- 4123 Fax: 202-347-6825

FREEDOM IN EXILE:

The Autobiography of the Dalai Lama

by Dalai Lama. Harper

MERCILESS REPRESSION

Human Rights in Tibet

An Asia Watch Report

485 Fifth Avenue, New York, NY 10017

Tel: 212- 972-8400 Fax: 212-972-0905

PEOPLE'S REPUBLIC OF CHINA

Repression in Tibet 1987-1992

Amnesty International Report

322 Eighth Ave,

New York, NY 10001

SAKYADHITA: DAUGHTERS OF THE BUDDHA

by Karma Lekshe Tsomo

Delhi: Sri Satguru Publications, 1998

Snow Lion, USA 1998

<http://www2.hawaii.edu/~tsomo>

A collection of articles presented at the first international conference of Buddhist nuns held in Bodh Gaya, India in 1987.

SEVEN YEARS IN TIBET

by Henrich Harrer

The autobiography of an Australian mountain climber who escapes a British internment camp in India during W.W.II, arrives in Tibet and befriends the young Dalai Lama.

SORROW MOUNTAIN

The Journey of a Tibetan Warrior Nun

by Ani Pachen Dolma and Adelaide Donnelly

Kodansha International, 2000

<http://www.amazon.com>

Ani Pachen was imprisoned for 21 year by the Chinese because of her resistance to their invasion of her country. She escaped to India in 1981 where she practices her religion and advocates for Tibetan causes. This is the story of her childhood, imprisonment and her life in exile.

SKY BURIAL: An Eyewitness Account of China's Brutal Crackdown in Tibet

By Blake Kerr

The author was one of the few westerners to witness the first major demonstrations against Chinese occupation in Lhasa since 1959.

THE TIBET GUIDE

by Steven Bachelor. Wisdom Publications, 1998

TIBET IN THE WORLD

A Resource Directory

International Campaign for Tibet

1518 K Street, NW Suite 410

Washington, DC 20005

A comprehensive listing of organizations in the Tibetan exile government, Tibetan communities in exile, the international Tibet support network, and Tibetan cultural resources.

TIBETAN BUDDHIST NUNS

By Hanna Havnevik. Oslo: Norwegian University press, 1989

A detailed study of the portrayal of women in Buddhist literature, nuns and nunneries in Tibet and in the exile community, of well known female practitioners, and of the socio-cultural position of nuns.

Films and Educational Material

APPROACHING TIBETAN STUDIES:

A Resource Handbook for K-12 Educators

By John Garfunkel and Tibet Education Network

PO Box 30094, Seattle, WA 98103

Tel/Fax: 206-781-8060

jsgarf@ix.netcom.com

An extensive collection of curricular and resource materials produced for K-12 educators.

COMPASSION IN EXILE

Mickey Lemle

Available from: Direct Cinema

PO Box 10003, Santa Monica CA 90410

Tel: 800-242-0000

For study guide call Lemle 212-736-9606

An award winning documentary about the life of the Fourteenth Dalai Lama and the current situation in Tibet. Includes interviews with The Dalai Lama, Tibetans, scholars, and diplomats.

LORD OF THE DANCE: DESTROYER OF ILLUSION

by Rick Kohn, Available from: First Run Features

153 Waverly Place, NY, NY 10014

Internationally acclaimed film takes us to two Buddhist monasteries in the Mount Everest region of Nepal, focusing on the Mani Rimdu ritual conducted by Trulshig Rinpoche.

KUNDUN

Available at your local video store.

The life story of the 14th Dalai Lama.

OCEAN OF WISDOM

by Rajiv Melhrotra

Available from the Office of Tibet

THE LIFE OF HIS HOLINESS THE DALAI LAMA.

An intimate and moving profile. It portrays him as a monk, as the spiritual and temporal leader of six million Tibetans, and as a statesman for our troubled times. His message of altruism, compassion and peace is carried on his smiling face.

PRESENTING TIBET:

A Slide Package for Educators

By John Garfunkel and Tibet Education Network

PO Box 30094, Seattle, WA 98103

Tel/Fax: 206-781-8060

jsgarf@ix.netcom.com

A slide package with 50 images of Tibet and Tibet in exile. Includes annotated descriptions and accompanying support materials to assist educators in designing a unit of study on Tibet.

THE REINCARNATION OF KENSOR RIMPOCHE

by Tenzing Sonam and Ritu Sarin

Distribution: Zeitgeist Films

247 Centre Street, NYC 10013

Tel: 212-274-1989 Fax: 212-274-1644

mail@zeitgeistfilm.com

<http://www.zeitgeistfilm.com>

A remarkable film about the discovery of a three-year-old boy who is recognized to be the reincarnation of the revered Tibetan monk Khensur Rinpoche. 62 mins, French with English subtitles

THE SALTMEN OF TIBET

by Ulrike Koch, Distribution: Zeitgeist Films
247 Centre Street, NYC 10013
Tel: 212-274-1989 Fax: 212-274-1644
mail@zeitgeistfilm.com

<http://www.zeitgeistfilm.com>

Shot under extreme conditions in one of the world's most remote locations, "The Saltmen of Tibet" is a work of sublime beauty and epic proportion. Documenting the ancient traditions and day-to-day rituals of a Tibetan nomadic community, the film transports us into a realm of endless mystery untainted by the tides of foreign invasion or encroaching modernity.

SATYA: A PRAYER FOR THE ENEMY

Produced and Directed by Ellen Bruno
Film Library, 22-D Hollywood Avenue
Ho-Ho-Kus, New Jersey 07423
Tel: 800-343-5540 Fax: 201-652-1973
<http://www.brunofilms.com>

Since the Chinese occupied independent Tibet in 1950 more than one million people have been tortured, executed or starved to death for their role in the demonstrations against the Chinese occupation. Tibetan Buddhist nuns have taken the lead in this resistance by fearlessly staging courageous demonstrations for independence. Countless nuns have been imprisoned and tortured for shouting slogans, criticizing the Chinese state in conversations with foreigners, possessing posters which call for Tibetan

independence, or hoisting the Tibetan flag. The treatment they receive as political prisoners is brutal. SATYA focuses on the personal testimonies of these Tibetan nuns, providing a rare window into present day Tibet. Their testimonies give specific instances of religious oppression and human rights abuses in a country closed to the world.

SEVEN YEARS IN TIBET

Available in your local video store.

The autobiography of an Australian mountain climber who escapes a British internment camp in India during W.W.II, arrives in Tibet and befriends the young Dalai Lama. Based on the Heinrich Harrer book, this film stars Brad Pitt as Harrer.

TIBET IN EXILE

Produced and Directed by Barbara Banks
1626 Chestnut Street, Berkeley, CA 94702
Tel: 510-528-5384
barbnk@ibm.net

This documentary follows a group of young Tibetan children who have escaped from Tibet to the exile community of Dharamsala, India. Includes interviews with the children and the Tibetan government in exile.

WINDHORSE

by Paul Wagner
Shadow Distribution
<http://www.windhorsefilm.com/>
<http://www.windhorsefilm.com/>
[Organizations](http://www.windhorsefilm.com/)

THE GOVERNMENT OF TIBET IN EXILE

<http://www.gn.apc.org/tibetlondon>
www.tibet.com

HOME PAGE OF TIBET

http://www.tibet.com/Buddhism/nechung_hh.html

INDEPENDENT TIBET NETWORK

John Jackson
11 Seymour Road
Chiswick, London W45E3
Tel: 0181-995-0403
greenhill@unix.satproj.org.uk

INTERNATIONAL CAMPAIGN FOR TIBET

John Ackerly
1825 K Street NW, Suite 520
Washington, DC 20006
Tel: 202-785-1515 Fax: 202-785-4343
<http://www.savetibet.org>

Promotes internationally recognized human rights and democratic freedoms in Tibet. Conducts fact finding missions, prepares reports, testifies at Congressional committees, networks with exiled Chinese democracy and overseas Chinese organizations, works with Chinese language media and conducts research on Chinese rule of Tibet, promotes news coverage of issues in Tibet, sends out Action Alerts!, publishes two newsletters, the Tibet Press Watch and Tibetan Environment & Development News, and speaks to academic, civic and community groups.

INTERNATIONAL COMMITTEE OF LAWYERS FOR TIBET (ICLT)

2288 Fulton Street, Suite 312
Berkeley, CA 94704
Tel: 510-486-0588 Fax: 510-548-3785
Email: iclt@igc.apc.org
<http://www.tibetclt.org>

Legal research, drafting, advice to help Tibetans pursue just claims in national and international arenas. Advocates self-determination for the Tibetan people. Through legal action and education, ICLT promotes human ICLT Reports rights, environmental protection, and peaceful resolution of the situation in Tibet. ICLT is supported by attorneys, other concerned individuals, and organizations.

INTERNATIONAL TIBET INDEPENDENCE MOVEMENT

P.O. Box 194
Fishers, Indiana 46038
rangzen@aol.com
<http://www.rangzen.com>

MILAREPA FOUNDATION

154 8th Street
San Francisco, CA
Tel: 415-553-8533
<http://www.milarepa.org>
A nonprofit group dedicated to the promotion of universal compassion and nonviolence.

STUDENTS FOR A FREE TIBET

545 Eighth Avenue, 23rd Floor
New York, NY 10018 USA
Tel - (212) 594-5898 Fax - (212) 594-6536
Email - sft@igc.org
Staff: John Hovevar- Executive Director
Thupten Tsering - Grassroots Coordinator
<http://www.tibet.org/sft>

A grassroots network of 35,000 students working toward social justice and freedom in Tibet. Students for a Free Tibet educates young people about the realities of Tibet and works on translating that awareness into action through non-violent political, economic, and social campaigns. Students for a Free Tibet, Inc., recognizes the legal and historical status of Tibet as an independent country and supports the right of the Tibetan people to determine their own future.

TIBET EDUCATION NETWORK

PO BOX 30094
SEATTLE, WA 98103
TEL/FAX: 206-781-8060
jsgarf@ix.netcom.com

TIBET FUND

Rinchen Dharlo
241 East 32nd Street
New York, NY 10016
Tel: 212-213-5011 Fax: 212-779-1245
<http://www.tibetfund.org>
The Tibet Fund, founded in 1981, is the principal

fund raising organization for the Tibetan people, established to help preserve and promote their unique cultural heritage. The Tibet Fund assists the social and economic advancement of the Tibetans, both in and outside Tibet, through programs in health, education, and economic and community development.

TIBET HOUSE CULTURAL CENTER

22 West 15th Street
New York, NY 10011
Tel: 212-807-0563 Fax: 212-807-0563
<http://www.tibethouse.org>
Coordinates cultural performances, conducts seminars on history, culture and religion.

TIBET INFORMATION NETWORK (TIN)

City Cloisters
188-196 Old Street
London EC1 9FR
ENGLAND
Tel: 44 (0) 171 814 9011
Fax: 44 (0) 171 814 9015
tn@tibetinfo.net
<http://www.tibetinfo.net>

For 12 years TIN has been reporting on developments in Tibet and publishing specialist reports on a wide range of social, economic and political issues. The research and publications of TIN are used by journalists, governments, academics and international agencies worldwide, and by others interested in Tibet. TIN aims to

provide accurate information free from political bias. TIN News Service subscribers receive TIN News Updates (30-40 per year) by e-mail or fax and TIN Publications (minimum 4 per year) by post. [TIN Publications Service subscribers receive TIN Research Publications (minimum 4 per year) by post.

TIBET ONLINE RESOURCE GATHERING

<http://www.tibet.org>
A comprehensive listing of films, videos, books, Tibet support groups around the world, information on travel in Tibet, the environment, women, human rights, Tibetan culture, recent articles and press campaigns, and courses of action.

TIBETAN NUNS PROJECT

PO Box 374
San Geronimo, CA 94963
Tel: 415-488-1325
Email: tnp@igc.com
<http://www.angelfire.com/nt/tnp>
The Tibetan Nuns Project sponsors almost 350 nuns from all parts of Tibet. The Nuns Project has started two new nunneries, and distributed donated funds to nuns and nunneries in India. We also help buy food, build housing, provide medical care, support schooling, improve sanitation, and purchase necessities like mattresses, soap and shoes.

TIBETAN WOMENS ASSOCIATION

<http://www.granny.bc.ca/tibet>

U.S. TIBET COMMITTEE

241 E 32nd Street
New York, NY 10016
Tel: 212-213-5011 Fax: 212-779-9245
Political organization of U.S. and Tibetan volunteers supporting nationwide network.

[Links to More Information](#)

THE GOVERNMENT OF TIBET IN EXILE

www.gn.apc.org/tibetlondon

www.tibet.com

HOME PAGE OF TIBET

www.tibet.com/Buddhism/nechung_hh.html

INTERNATIONAL CAMPAIGN FOR TIBET

www.savetibet.org

INTERNATIONAL COMMITTEE OF LAWYERS FOR TIBET (ICLT)

www.tibetclt.org

INTERNATIONAL TIBET INDEPENDENCE MOVEMENT

www.rangzen.com

MILAREPA FOUNDATION

www.milarepa.org

STUDENTS FOR A FREE TIBET

<http://www.tibet.org/sft>

TIBET FUND

www.tibetfund.org

TIBET HOUSE CULTURAL CENTER

www.tibethouse.org

TIBET INFORMATION NETWORK (TIN)

www.tibetinfo.net

TIBET ONLINE RESOURCE GATHERING

www.tibet.org

TIBETAN NUNS PROJECT

www.angelfire.com/nt/tnp

TIBETAN WOMENS ASSOCIATION

www.granny.bc.ca/tibet

“Through a fascinating and subtle interplay between sound and image...the slow, methodical but deeply engaging editing rhythms, along with the inevitability of change, make the film seem a perfect expression of Buddhist thought.”

— Jurors, The San Francisco Film Festival