

THE FIRST ZEN INSTITUTE OF AMERICA
113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

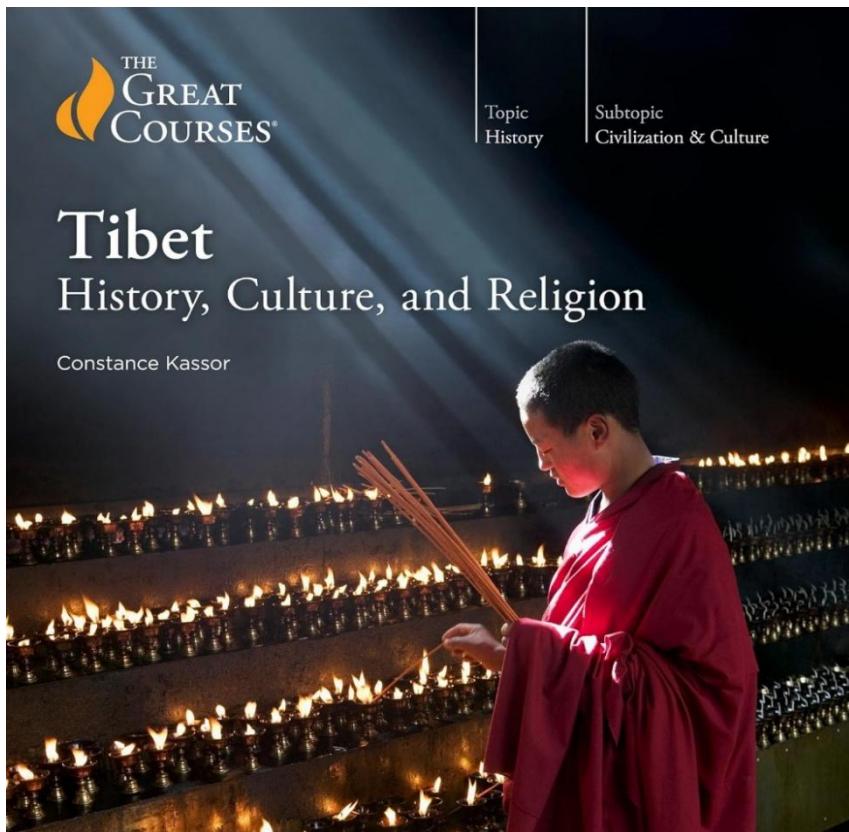
美 國 第 一 禪 協 會

Film Series

Tibet: History, Culture & Religion

February 8, 2026

1:00 PM at 113 East 30th Street



On February 8, we will see the following four modules (out of 24):

17. **The Festivals of Tibet's 354-Day Calendar** – The Tibetan New Year, Losar, with dancing, visiting family, a home altar, special foods, and honoring personal religious traditions. Learn how Tibetans are protesting Chinese rule by not celebrating Losar.
18. **The Dalai Lamas' Mysterious Lives and Deaths** – Tenzin Gyatso—the fourteenth and current Dalai Lama—describes himself as a “simple monk” even though he has been awarded the Nobel Peace Prize for trying to broker peace between his homeland and the Chinese. Discover the religious and political contexts surrounding the Dalai Lama tradition.
19. **Tibet's Old Traditions Enter a New Century** – Learn about the significant geo-political developments faced by the thirteenth Dalai Lama and how the current Dalai Lama was identified as the reincarnation of Gendun Drub, the first Dalai Lama.
20. **World War II, China, and the 14th Dalai Lama** – In October 1950, the newly formed communist People's Republic of China sent troops into Tibet. Discover the young Dalai Lama's attempts at peace making, and why he fled Tibet to lead his government in exile.

© 2023 The Great Courses. The four modules will take approximately 100 Minutes. To be screened at 1:00 PM on Sunday, February 8, courtesy of The Great Courses. Take the #6 train to 28th Street. 113 East 30th Street is between Park and Lexington.