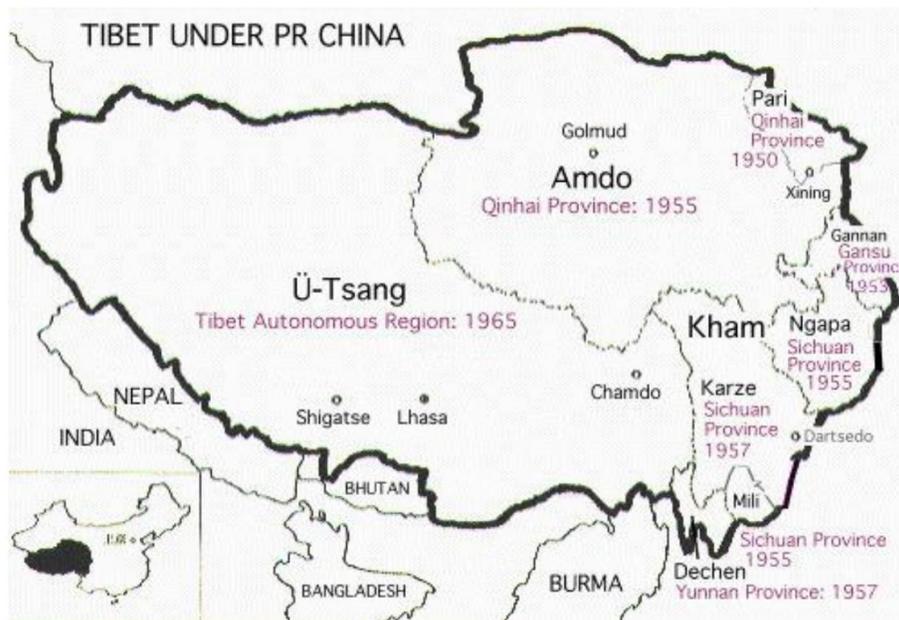
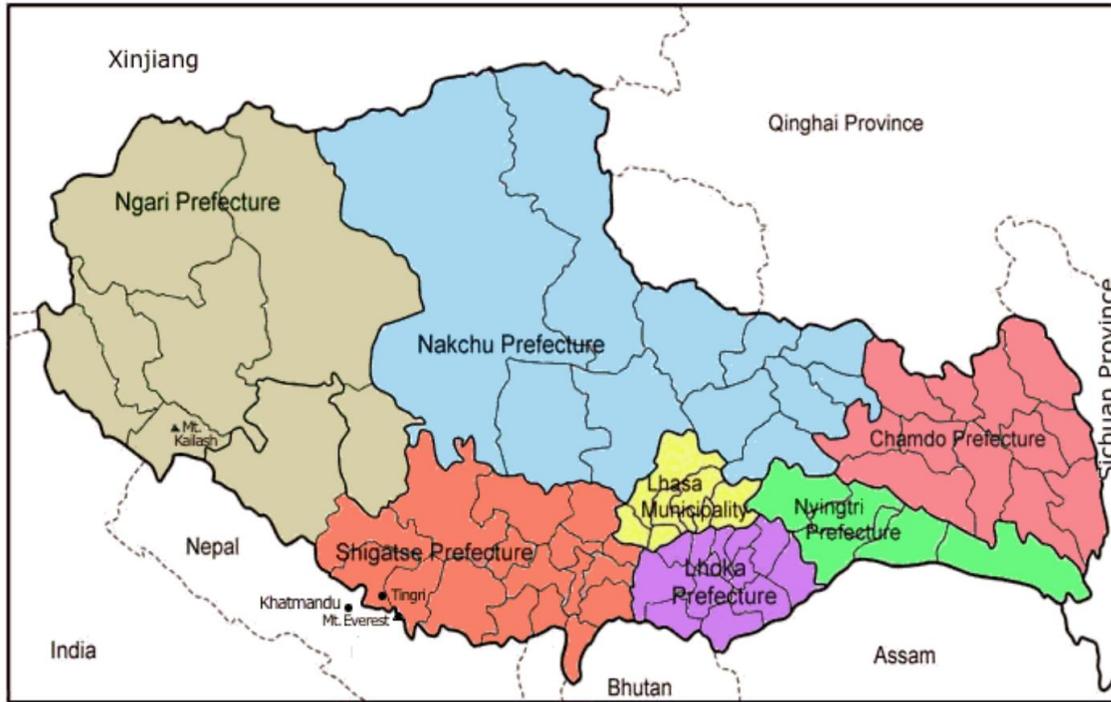




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TIBET INSIGHT NEWS, 15-31 DECEMBER 2019



TAR NEWS

Weapons including howitzer deployed for exercises in Tibet

January 05, 2019

China's official English-language newspaper 'Global Times' publicised (January 5, 2020) that the People's Liberation Army (PLA) in TAR deployed Type-15 tanks and a new 155-millimeter vehicle-mounted howitzer in their first round of exercises in 2020. The weapons are reported to have been specifically designed for plateau regions and Chinese military experts said it can play an important role in safeguarding border areas. China's state-owned China Central Television (CCTV) reported (January 4) that in the New Year exercises the PLA Tibet Military Command deployed helicopters, armoured vehicles, heavy artillery and anti-aircraft missiles across the region: from Lhasa with an elevation of 3,700 meters to border defence frontlines with elevations of more than 4,000 meters. Weihutang, a column on military affairs affiliated with CCTV, identified the tank and the howitzer, saying their deployment in the Tibet Military Command will enhance PLA's combat capability in plateau regions. Both weapons feature powerful engines, enabling them to manoeuvre efficiently in Tibet's terrains, a military expert who asked not to be named told (January 5) Global Times. The Chinese military magazine 'Weapon' stated that the Type 15 tank is the world's only modern lightweight tank in service, noting it is equipped with a 105-millimeter gun and advanced sensors that can "devastate enemy light armoured vehicles in regions the six-wheeled 155-millimeter vehicle-mounted howitzer is of a high calibre, reacts fast and can be easily deployed.

TAR PPCC Standing Committee Meeting

December 24, 2019

The 11th session of the Standing Committee of the TAR People's Political Consultative Conference (PPCC) was held in Lhasa on December 24. The meeting attended by all Vice Chairmen including Zukhang Thupten Khedup, Lobsang Gyurmey, Sangay Jampa, Lei Guilong, Tashi Dawa, Zhuo Ga and Jinyuan and was presided over by Gao Yang, Deputy Secretary and

Vice-Chairman of the TAR PPCC. The meeting discussed the tasks, functions and directions on how to improve the work of the newly established Special Committee under TAR PPCC.

The meeting concluded that the Special Committee as well as TAR PPCC “must thoroughly study and implement the spirit of the fourth plenary session of the CCP CC, directions of Wang Yang during the CCP CPPCC national meeting, and implement ‘suggestions’ on strengthening the work of CPPCC in the New Era.” The meeting emphasised advancing ‘governance,’ and using TAR PPCC as an agent to stabilise Tibet, strengthen party building, ensure ‘correct political’ thoughts and direction.

TAR PSB holds meeting of retired officials

December 17, 2019

The TAR Public Security Bureau organized a meeting of retired and current officials of TAR PSB on December 13. Huang Dongsheng, Member of TAR Party Committee and Director of TAR Political Department and Zhao Yonghui, Deputy Director of the TAR Party Building Department attended and spoke at the meeting. Tashi Dhargyal, head of service management under the Department of Political Affairs presented the work report at the meeting. The retired officials discussed ‘existing problems’ and put forward new suggestions and assured that “they would not leave the party and fade away but rather continue to be good leaders.” Sixty retired cadres from the Traffic Management Bureau, Public Security Bureau and officials from the service management department attended the meeting.

TAR People’s Congress holds Standing Committee meeting

January 02, 2019

Lobsang Gyaltsen, Chairman of TAR People’s Congress and Deputy Secretary of the TAR Party Committee, chaired the 45th meeting of the 11th Standing Committee of the TAR People’s Congress.

Deputy Secretaries of TAR People's Congress, Doto, Woenser, Xu Xueguang, Ju Jianhua, Li Wenhan, Nima Tsering, Ji Guogang, Wang Jun, and Secretary General Liu Guangxu attended the meeting. The meeting reviewed Xi Jinping's 'thoughts on upholding and strengthening People's Congress' and discussed the 'draft Regulations to establish model districts for ethnic unity and harmony in TAR, draft list of appointments and removals of officials, studied the agenda of the upcoming TAR People's Congress meeting and reviewed work reports among items.

Official visits Tibet's main monasteries ahead of New Year

January 01, 2020

On December 31, afternoon Ding Yexian, Executive Deputy Secretary of the TAR Party Committee and Secretary of TAR PPCC inspected the main monasteries like Drepung and Sera monasteries and the Jokhang Temple in Lhasa. During the inspection, he emphasized TAR's new campaign 'Practice of the Four Standards and become an Exemplary Monk and Nun.'

He was accompanied by Danke, Head of TAR United Front Work Department and Member of TAR Party Committee and Pema Wangdui, Party Secretary of Lhasa Municipality and also Member of the Standing Committee of the TAR Party Committee. They met the Monastic Management Committee, Public Security Police, armed police officers, and monks of these monasteries.

In his concluding comments Ding Yexian reiterated remarks in the 'Reincarnation Management Training for religious representatives' and asked monastic officials and monks to adhere to the Party's basic religious guidelines to ensure harmony and stability in the region. He added that the year 2020 is a crucial period to achieve the "xiaokang village" or well-off society in all aspects and that all monks, monastic officials and teachers must unify their thinking, improve their political standing, and implement the 'four standards' for the long-term stability and development of Tibet. He emphasised the need to "accurately grasp religious laws, laws against separatist activities, and historical customs of the reincarnation of living Buddhas" and urged the monks to consolidate ideological consensus on the management of reincarnations of living Buddhas. He directed that officials at all levels and Monastic Management Committees must help strengthen

national laws and help unite monks, nuns and religious people around and to the party. Lhasa Municipal Officials Xu Xueguang, Meng Xiaolin and Liu Wei also joined the inspection team.

TAR kicks-off new propaganda campaign

December 31, 2019

A new campaign, entitled ‘Practice Four Standards to become Exemplary Monks and Nuns’ kicked-off in Lhasa on December 31. TAR leaders including TAR Party Secretary Wu Yingjie, Chedak/Qizhala, Danke, Pema Wangdui, Ding Yexian, He Wenhao, Liu Jiang, Wang Weidong, Chen Yongqi, Meng Xiaolin, Zhukhang Thupten Khedup, Lobsang Gyurmey, Shi Moujun, Luo Mei, Norbu Dhondup, Samding Dorjee Phamo Dechen Choedon, Dorjee Tsedup, Tsemolin Tenzin Thinley, Dzonglo Jampa Khedup and Salung Phun la attended the review meeting of the campaign.

Party Secretary Wu Yingjie and Chairman of TAR People’s Government Chedak/Qizhala greeted the heads/representatives of religious circles prior to the meeting. Danke, head of TAR United Front Work Department gave a briefing on what the ‘practice four standards and become exemplary monks and nuns’ campaign is about while Zhukhang Thupten Khedup spoke on behalf of the Tibet Branch of the Chinese Buddhist Association. Religious representatives and heads like Lobsang Damchoe, Doding Tempai Gyaltsen, Ngawang Kunkhen, Taklung Shabdrung, Tenpa Nyima and Shungsheb spoke and gave a reassurance of their to “love, confidence and support to the party” and their resolve to “safeguard the motherland from splittism, and to promote unity”. TAR Party Secretary Wu Yingjie said the campaign not only received positive response from the religious heads but that the political stance and ideological understanding of many people were also improved while stability in the monasteries were strengthened. He added “the campaign must be extended to monks and nuns across Tibet and gave the example of the Hui ethnic minority’s loyalty, how they feel the party’s gratitude and listen to the party”. He said the responsibility of maintaining stability in monasteries and nunneries must be taken seriously, to oppose ‘secession struggles’ of the ‘Dalai clique’ and maintain national unity. He said, “officials of TAR must strengthen four consciousness, and implement the party’s religious guidelines including management of monasteries and nunneries, and ‘make friends’ with representatives of religious communities”.

Party Members in Ngari asked to strengthen their political commitments

December 30, 2019

The Ngari (Ch:Ali) Party Committee started a campaign to improve the political and organizational functions of village grassroot party organizations, and also implemented publicity activities, political commitment and a code of conduct as part of the campaign. The propaganda campaign included two teams namely, the village resident team and village cadres. As part of the campaign, college students who are part of the village resident team would go to villages and 'listen' to the public and solicit 'constructive suggestions.' The Mendong Residents Committee of Tsochen County, Ngari visited 33 households and held 'open discussion,' while the Dongru village resident team of Rutog County opened mailboxes, WeChat accounts and collected suggestions from party members and people in the village. Publicity activities involve 145 'new age seminars' in farming and pastoral areas and in the presence of retired cadres and party members. Publicity materials are written in 'easy-to-understand' language for farmers, herders and party members, and till date, the village resident cadres have carried out 1,523 publicity activities in villages across Ngari. Since Ngari is located at the 'forefront' of 'separatist struggles,' the political consciousness of party members is all the more important and as such, a code of conduct detailing political commitments of the party members are outlined. Party members are mandated to raise the national flag, revisit the oath, sign no-religious commitment letters, and carry out a comparative study of 'old' and 'new' Tibet. The party members are also obligated to make the general public 'listen to the party,' 'feel the party's gratitude,' and 'follow the party.'

Lhoka commended 21 monasteries as the model temples

December 1, 2019

On November 28, Lhoka (in Chinese: Shannan) Party Committee held a commendation meeting for advanced collectives and individuals for the in-depth implementation of the "Practice of Four Standards and themed education for becoming an advanced monk and nun" activity of 2019. Xu Chengcang, Deputy Director of the Standing Committee of the TAR People's Congress and Secretary of the Municipal Party Committee and Phurbu Dhondup, Mayor and Deputy Secretary

of the Municipal Party Committee, addressed the meeting. Other attendees were party members like Bhuti, Gonpo Tenzin, Konchok Dorjee, Tashi, Nyima Tsering, Wang Xia, Phurbu Dorjee, Lobsang Phuntsok etc

The Standing Committee member of Lhoka Municipal Party Committee and Minister of the United Front Department (UWFD) Tamding read out the final commendation which has 21 model temples, 635 excellent monks and nuns, 21 advanced organizational units, and 100 outstanding students. Among the cadres of temple management, there are 16 outstanding religious workers, and 8 advanced workers from Yaqing Temple who received special recognition.

Xu Chengcang pointed out that since the beginning of this year, under the strong leadership of the TAR Party Committee, the party and government organizations at all levels in the city, especially the UWFD ministries, temple management committees, and cadres have carefully studied and implemented General Secretary Xi Jinping's important expositions on religious work and the stability of border management, implemented the party's basic guidelines, carried out in-depth education and practised activities of "adhering to the four standards and competing for advanced monks and nuns" in accordance with the district party committee's decision-making arrangements, and achieved significant results. Xu Chengcang emphasized that the vast number of monks, nuns, and religious figures in the city must always keep in mind the concern and care of General Secretary Xi Jinping, practice the "four standards" with practical actions, and strive to be politically reliable, religiously accomplished, and morally convincing. Its model promotes the adaptation of Tibetan Buddhism to the socialist society and consciously obeys the construction of beautiful Lhoka for the long-term development. On behalf of the municipal party committee and government, he also extended a congratulatory message to the so-called advanced groups and individuals who were commended. To the United Front cadres, city police and 'patriots of the religious world', he expressed his appreciation and urged them to adhere to the real difficulties, thoroughly examine the rectification and reform issues, do a good job in establishing rules and regulations, consolidate effectiveness of the re-education activities and promote the in-depth development of educational practice activities.

Nyingchi commenced 7th Meeting of its People's Congress

December 23, 2019

On December 21, the seventh meeting of the First People's Congress of Nyingchi City opened in the City Convention and Exhibition Center, Nyingchi City. Ma Shengchang, Zhao Xiong, Ningma, Zhang Ming, Cai Jia, Tsering Yangzom, Liu Xingping, and Li Muzhi occupied the front seats of the auditorium. The Chairman and Executive Chairman of the Conference, President Topchen chaired the meeting. The 7th meeting of the 1st People's Congress of Nyingchi City was attended by 222 of 243 deputies which met the required quorum.

Liu Guangming presented the work report on behalf of the Municipal People's Government. The report is divided into three parts: (i) a review of work in 2019; (ii) work arrangements for 2020; and (iii) government building projects. According to the report, 2019 was a significant year to achieve the 2020 target of building a well-off society. Nyingchi's regional GDP is expected to reach 16.7 billion yuan in 2019, or a 10.5% increase compared to last year. The added value of industries is about 630 million yuan, an increase of 15%; the total retail sales of social consumer goods will be 4.74 billion yuan, a year-on-year increase of 15.2%.

For 2020, the main economic and social development goals proposed in the report are: 10% increase in the city's regional GDP; 17.6% increase in local public fiscal budget revenue; 10% increase in fixed asset investment; and a 15% increase in total retail sales of consumer goods. The per capita disposable income of urban and rural residents increased by more than 11% and 13.5%, the increase in consumer prices was controlled within 3.4%, and the registered urban unemployment rate was controlled within 2.3%. Liu Guangming urged cadres to unite more closely around the Party Central Committee with Comrade Xi Jinping as the core, and follow the strong leadership of the Party Committee and Government of TAR under the direct leadership of the Municipal Party Committee, work together to forge ahead and work together in the new era.

Nyingchi PSB held first police combat knowledge and skills competition

December 25, 2019

The first police combat knowledge and skills competition in the Nyingchi (in Chinese: Linzhi) Public Security System began on December 24. A total of 80 police personnel participated in nine teams from six counties and one district including city bureau agencies, and special counter-terrorism investigation teams. In the 4-day competition, participants fired Type-92 pistols in precision shooting, applied shooting, 5 km / 3 km light off-road, theoretical knowledge test, case analysis, and traffic management business, Police dog technology and others competitions for four days. This is one of the largest competitions of its kind in the history of Nyingchi's PSB in terms of scale, practicality, comprehensiveness and number of participants. The Nyingchi Public Security, it said, has thoroughly and successfully implemented the police training of the Party Committee of the Ministry of Public Security and the Public Security Department of the Autonomous Region. The overall goal is to draw a centralized review of the annual results of the implementation of the "big training, big research, and big discussion" activities of the municipal bureau's party committee.

DEVELOPMENTS IN TIBETAN ETHNIC AREAS OUTSIDE TAR

30th Anniversary of China Tibet Magazine and China Tibet Online celebrated in Beijing December 4, 2019

A symposium to celebrate the 30th anniversary of the publication of *China's Tibet* magazine and the 20th anniversary of the establishment of *China Tibet Online* was held at the Tibet Building in Beijing early in December. It was attended by Jampa Phuntsok, Former Chairman of TAR People's Congress, Changpa, Vice Chairman of the Standing Committee of the 12th TAR People's Congress, Zhang Yijiong, Executive Deputy Minister of the United Front Work Department (UWFD) of the Central Committee of the CPC, and Raide, Vice Chairman of the Standing Committee of the 10th TAR NPC. Former TAR PCC Secretary, Yin Fatang sent a congratulatory message. Zhang Yijiong pointed out that *China's Tibet* magazine and *China Tibet Online* are responsible for reporting on the political, economic, cultural, and social developments in Tibet and Tibetan-inhabited areas in Sichuan, Yunnan, Gansu, and Qinghai provinces, so as to objectively and comprehensively display the history and reality of Tibet and Tibetan-inhabited areas in the surrounding provinces to the rest of the world and to promote the international community's

understanding of Tibet and Tibetan-inhabited areas. Through decades of unremitting efforts, the magazine and website's influence has been continuously strengthened, and it has taken an important position for publicizing China's ethnic theories and policies and promoting Tibetan culture.

He said that during the past years, *China's Tibet* magazine and *China Tibet Online* have tracked down and reported the all-round developments in Tibet since the democratic reform in 1959. They have paid close attention to Tibet, exploring Tibet's profound history and unique culture. The report mentioned that since its launch, *China's Tibet* magazine has expanded its distribution to more than 100 countries and regions around the world. *China Tibet Online* has become the world's most comprehensive, most influential, and most authoritative Tibet-related website with the largest audience. As *China's Tibet* magazine solemnly promised in the opening words of its first issue: *China's Tibet* can open a window for you to understand Tibet and build a bridge for you to understand the policies of the Chinese Central Government on Tibet, the practice of regional ethnic autonomy in Tibet, and the progress, problems, and difficulties of Tibet during Reform and Opening-up.

The 3rd National Tibetan Studies Research Institute Liaison Training opened in Beijing

December 16, 2019

In order to promote the establishment of a liaison and cooperation mechanism for the Tibetan studies community across the country, three training courses for liaison officers of National Tibetan Studies institutions were held in Beijing from December 16-20. The focus of this training course is to deeply study and comprehend the spirit of the Fourth Plenary Session of the 19th CCP CC and General Secretary Xi Jinping's important expositions on governing borders and stabilizing Tibet. Combined with Tibetan studies, it will cultivate the theoretical and operational capabilities of Tibetan researchers. Zheng Dui, Director of the China Tibetology Research Centre delivered a speech at the opening ceremony. He said the mission of holding a training course for liaison officers of Tibetan institutions in the country is to find better ways to maintain the unification of the motherland, strengthen national unity, and promote the economic and social development of Tibet and the four administrative provinces of Tibet and to formulate important measures for the

Tibetan research institutions in solving difficulties and problems and promote the orderly development of Tibetan studies across the country. The Tibet Research Center held the first National Tibetology Research Institute Liaison Training Course in 2017, and has successfully held two sessions so far. The Tibet Research Center has played a leading role in coordinating Tibetan research institutions across the country and been in close contact with Tibetan research institutions to enhance participation in training. Zheng Dui pointed out that the third training course intends to acquaint the officers and institutions about the new policies to better carry out Tibetan studies and strengthen the national Tibet Research Center/institutions, promote “people-to-people, unit-to-unit” regular contacts with the Centre and also discuss the work plan of the National Tibetology Centres for this year and the coming year. After the opening ceremony, Deputy Director Guo Peng of the Seventh Bureau of the United Front Work Department (UWFD) gave a special lecture on the topic "The Situation and Policies of Tibet Work", where he focused on central government's policies and the Sixth Tibet Work Forum symposium.

Beijing Buddhist Community commemorates deeds of the 10th Panchen Lama

December 26, 2019

This year is the 60th anniversary of the death of the monk Xuyun, the 30th anniversary of the tenth Panchen Lama, and the 30th anniversary of the death of Master Mingzhen. On the morning of December 26, 2019, the Buddhist community in the capital held a grand ceremony to commemorate the death of the monk Xuyun, the tenth Panchen Lama, and the Master of the Mingzhen at Guangji Temple in Beijing. Nearly two hundred monks and staff members of the Chinese Buddhist Association, Beijing Guangji Temple, Fayuan Temple, Lingguang Temple, and Lama Temple attended the ceremony. Yanjue, the Vice President of the Chinese Buddhist Association presided over the commemoration. He pointed out that the 10th Panchen Lama was an outstanding patriotic religious leader, a famous social activist, and a close friend of the Chinese Communist Party. He devoted his life to the country, nation, and the Buddhist cause. He loved his country and he loved his religion throughout his life. He resolutely maintained the motherland's unity and worked hard to promote national unity. He is not only one of the most important reincarnated living Buddhas of the Gelug Sect of Tibetan Buddhism, but also a leader in Tibetan Buddhism, and has made significant contributions to the cultivation of high-level Tibetan Buddhist

talents. He told the attendees and the Buddhist community to inherit and carry forward the vast aspirations and lofty morals of the three monks, and actively contribute to adhering to the direction of Chinese Buddhism in China, promote a healthy development of the Buddhist cause in the new era, and continuously improving the level of Buddhism as per the socialist society.

Chinese Foreign Minister reacts to U.S. Secretary's statement on Tibet

December 31, 2019

At the daily news conference on December 30, Geng Shuang, the Chinese Foreign Ministry spokesperson, responded to U.S. Secretary of State Mike Pompeo's tweet on Tibet and Xinjiang criticizing China's policy. He said, "The United States is telling lies about China's policies in the Xinjiang and Tibet autonomous regions out of "ulterior motives", and China is firmly opposed to that. By disregarding truth and repeating lies time and again, the US has left itself in deficits of morality, credibility and reputation". Pompeo tweeted "From Tibet to Xinjiang, the Chinese Communist Party's repressive campaigns are not about combating terrorism. The CCP is attempting to erase its own citizens' faiths and cultures. All societies must respect and protect religious freedom".

Geng Shuang reiterated that in Tibet "There are more than 1,700 venues for religious activities and about 46,000 monks and nuns in Tibet, and about one million religious people make pilgrimages to Lhasa, the regional capital, every year." He referred to the region's economic development and social stability to justify the occupation of Tibet and violations of human rights. He further stated "The fact that China's Xinjiang and Tibet are enjoying political stability, economic development, ethnic unity and social harmony is the most powerful refutation of the US' slanderous words". He also mentioned that today there are more than 24,000 mosques in Xinjiang, which means there is a mosque for every 530 Muslims there. Instead of interfering in other countries' domestic affairs, the US should "mind its own business" and focus on addressing its own "persistent problems", Geng said, citing statistics of mass shooting and mass killings in the U.S. in 2019.

Three Tibetans detained for sharing political sensitive news on Social Media, Gansu

December 17, 2019

Authorities in China's Gansu province detained three Tibetans, including a painter of traditional religious art, for sharing politically sensitive information on the social-media messaging platform WeChat according to ICT website. The arrests came prior to the 30th anniversary of the Dalai Lama being awarded the Noble Peace Prize. They were detained in Ri'ngon (in Chinese: Ren'ai) village in Gangya (in Chinese: Ganjia, Kanlho (in Chinese: Gannan) TAP in Gansu Province. The three Tibetans are Tseگان, in his mid-30s; Lubum Dorjee, who has been deaf from birth and became an artist of the "thangka"—a form of traditional Tibetan painting—with support from his family; and a third person whose name is not known.

EXILE TIBETAN NEWS

Top overseas Chinese figures question Beijing's Dalai Lama reincarnation meddling

December 25, 2019

A group of prominent overseas Chinese intellectuals and democracy activists on December 21 issued a declaration at a meeting in the United States, making it clear that the Communist Party of China had no right to interfere in the process for the recognition of the reincarnation of the Dalai Lama. Meeting at a "New York Sino-Tibet Dialogue – 2019" organized by the Office of Tibet, Washington DC, they said "the reincarnation of the Dalai Lama is purely Tibetan religious affairs and the Dalai Lama's own rights". The joint declaration was read out by Hu Ping, former chief editor of Beijing Spring, a New York-based monthly Chinese-language magazine dedicated to the promotion of human rights, democracy and social justice in China and which has been in continuous publication since Jun 1993. Other prominent overseas Chinese dissident-activists who attended the dialogue included Chen Pokong, Wang Dan, Wu Er Kai Xi, Wang Juntao and many others. The declaration rejected the communist Chinese government's claim of a historical and legal right to determine the Dalai Lama's reincarnation and called its interference "illegal and invalid" and "ridiculously illogical". The declaration called the Chinese government's move "a brutal violation to the right of Tibetan Buddhist inside Tibet and all around the world." It also

expressed strong support for the Tibetans' fight for their basic human rights and freedom, preservation of cultural heritage, religious freedom, and safeguard nature ecosystem. It expressed resolute support for His Holiness's proposal of "Middle Way Approach", calling it "beneficial for the vast Tibetan people and also beneficial to vast Chinese people." Apart from people from the Beijing Spring magazine, signatories to the declaration included members of the China Democratic Solidarity Alliance, China Democracy Party National Committee, National Joint Headquarters of China Democracy Party, International Han-Tibetan Friendship, and the China Association of Political Asylum Seekers.

Dalai Lama reiterates confidence to live beyond 113 years

December 23, 2019

At the Long Life offering ceremony at Gaden Jangtse Monastery in Mungod, Karnataka on December 22, the Dalai Lama reiterated his belief that he could live up to the age of 113 or more. The Tibetan spiritual leader spoke about his dreams of living a long life, "Just as I cultivate an altruistic intention, I've had dreams about living long. In one dream I was climbing steps, 13 steps, which I interpreted to relate to the prediction that I could live to the age of 113."

Before the ceremony began, His Holiness acknowledged the presence of both the monastic representatives and the Tibetan government in exile at the gathering, "We have representatives of the monastic community on the one hand and of the Central Tibetan Administration (CTA) on the other. Since this is an auspicious occasion, I decided to wear this Dharma cloak blessed during ordination. I also put on all three monk's robes." Ganden Tripa, Jangtsé Chöjés, Rizong Rinpoché and Jonang Gyaltsap were also present along with Ling Rinpoché, Taktsak Kundeling Rinpoché and the Drepung Throne-holder. Sikyong Lobsang Sangay, Chief Justice Sonam Norbu Dagpo and Speaker Pema Jungney were also in attendance.

The Dalai Lama spoke about his life-long investment to preserve Tibetan Buddhism and his promise to cultivate compassion in the world, "The longer I live, the more I think of benefiting others and fulfilling the highest aim myself. In order to fulfil the interests of self and others I generate bodhichitta. This altruistic intention to serve others can contribute to longevity.

Selfishness is not conducive to living longer. I am determined to serve the 7 billion human beings alive today and some kind of benefit seems to come from it.”

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