



*Mother (Dekyi Tsering)*

“This is a picture of my mother. She gave me this body and the body is supposed to be something quite useful. So I try my best to use this body in a constructive way. Also I learned compassion – a good heart – from her...not as a religious subject but as a human being. I think since the first day of my birth I learned the value of compassion from her. So I always remember her.”



*Gold Watch*

“I think in 1942 or 1943, when one small delegation from the United States came to Lhasa, they presented a letter from President Roosevelt, his photo with a signature, and this gold watch for me. Since then I have been fond of this watch. It is quite useful and sophisticated. Now here is a story: In 1956, I came to India for Buddha Jyanti’s celebration and brought this watch because some damage had already happened. One day I made some kind of repair work on some instrument that involved a magnetic device. So on that day I forgot the watch was in my pocket. And somehow due to that magnet, some little delicate spring spoiled – it didn’t work. I brought the watch with me in 1956 and eventually it was sent to Switzerland through one of my old friends, an Indian diplomat. Then in 1959, when I came to India, this watch was just waiting for me for welcome – *in a free country*. So since then, I keep this watch with me always. This reminds me of a free Tibet – although I was a very young, very small, a very stupid boy who thought only ‘play’ – nothing else! This reminds me of that period, I think the happiest period.”