

Lhakpa Tsamchoe



Press
release

Third
Himalayan Sacred Arts for Peace
European Tour
April 20th to July 17th 2017

www.himalayan-sacred-arts-for-peace.org

We are very happy and honoured to inform you that Lhakpa Tsamchoe is participating to the third european **Himalayan Sacred Arts for Peace Tour**, from April 20th to July 17th.

Lhakpa Tsamchoe was born in 1971 in India. She is a famous Tibetan actress, the first Tibetan woman ever to break into mainstream film, most famous for starring alongside Brad Pitt and David Thewliss in 1997 in Hollywood blockbuster *Seven Years in Tibet*. She also acted in the Academy Award Nominee movie *Himalaya* directed by Eric Valli and produced by Jacques Perrin. She also had some experiences as fashion model.



She will act in the *Three Tales of Ngari* during the Tour, participate to interview and public talks. She will not only share her own experience as an international actress but also speaks about Tibet, the women's conditions in the traditional tibetan society or in exile or more generally about Buddhism.

More infos:

www.himalayan-sacred-arts-for-peace.org/index.php/en/

www.lhakpatsamchoe.com



A short interview

What are you expecting from this European Tour ? Is touring and acting with monks a new experience for you ?

Lhakpa Tsamchoe: Yes, this is a new experience for me. I like meeting different people and talking about Tibet , Buddhism. I will help monks tour as best as I can.

Can you say few words about the situation today in Tibet ?

LT: Tibetans in Tibet still have no freedom of speech, no freedom of religion. They cannot even mention the name of the Dalai Lama. There is too much military force and more then 150 Tibetans self immolations. In the largest monestary of Larun Gar [the biggest Tibetan Buddhist institute in the world] nuns are forced to leave their monastery. Chinese started getting demolished.

What is Buddhism for you ? If you had to define it with few words to non-buddhist people, what would you say ?

LT: Buddhism is training our mind so that we can be more happy,so that we become peaceful, more positive and finally reach our full potential which is buddhahood or enlightenment. We can move in that direction, because nobody wants to suffer, we all wish to be free of suffering.

You've born in India. What is the condition of women in the Tibetan society in exile ?

LT: The condition of women in Tibetan society is good but not great. There is freedom and independence enjoyed by women. We all have the opportunity to study and pursue our dreams. Birth of daughter is not a grief compared to India. Indian woman has to sacrifice her life when her husband dies. Many baby girl born are killed by father or family in India. Tibetan women are also lucky, we don't need to pay a huge dowry for the marriage to the husband's family like the Indians.

Last month, the 1st Tibetan Womens Empowerment was held in Dharamsala to uplift women in society, to improve women's situation. Its going in the right direction,

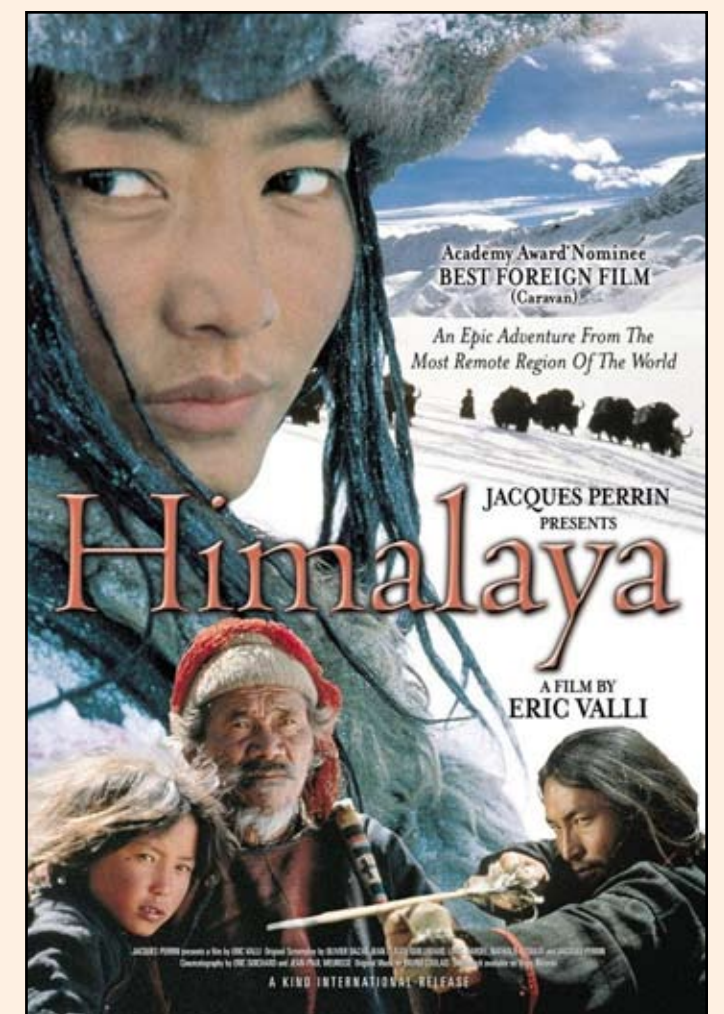
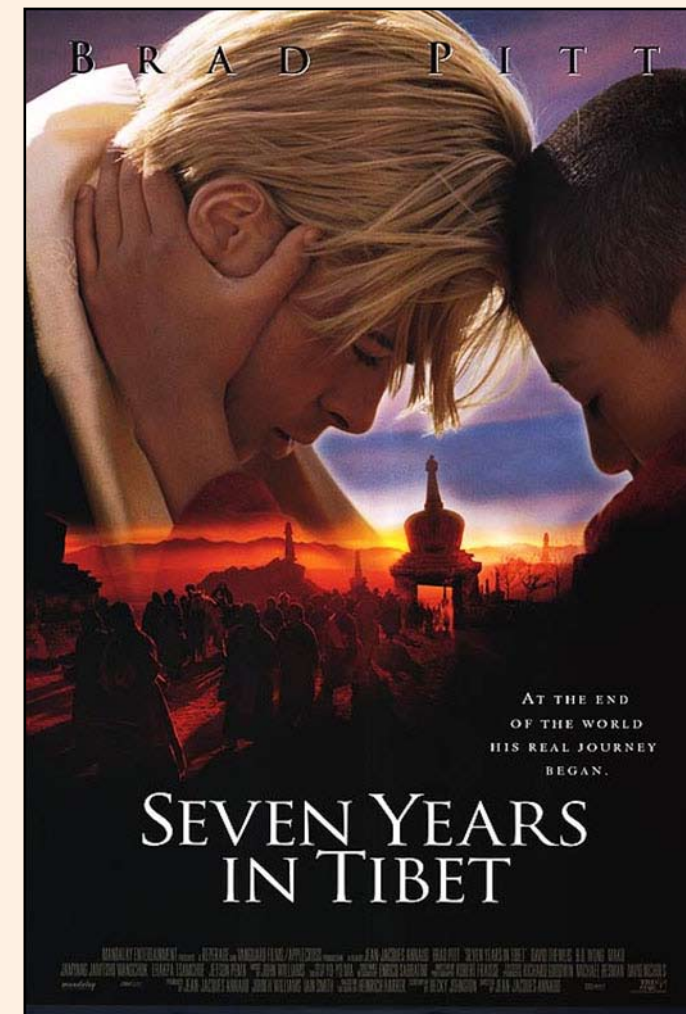
Women in the past participated less in Politics. It was a male dominated in politics and in Buddhism (our religion). That is why the exile government is giving few compulsory seats for the Parliament.

His Holiness the Dalaï Lama encourage more women should be leaders, because of there compassionate nature, maybe less war.

In the past in Tibet, we had some great female practioners like Yeshe Tsogyal, Machik labdron and Gelongma Palmo. At present we have Khandro Rinpoche.

Filmography

Seven Years in Tibet 1997
Himalaya 1999



Official web site of the Tour

www.himalayan-sacred-arts-for-peace.org

Presentation of the Tour

www.himalayan-sacred-arts-for-peace.org/images/pdf/2017HimalayaSacredArtforPeaceTourwebsite.pdf

Three Tales of Ngari

www.himalayan-sacred-arts-for-peace.org/index.php/en/breath-of-ngari/three-tales

Three Tales of Ngari's trailer

www.youtube.com/watch?v=X1wKhi6kQFk

Agenda of the Tour

www.himalayan-sacred-arts-for-peace.org/index.php/en/calendar

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Friends of Ngari Khangtsen