



THE DALAI LAMA

FOREWORD

The arts have long played a major role in Tibetan culture in the ways we understand and express ourselves and the physical and spiritual aspects of our existence. Similarly, it is through the universal language of art that different peoples and cultures can come to know each other at a deeper, more immediate level.

The 1988 Cultural Expedition had the admirable goal of actively promoting intercultural communications. Such projects are particularly welcome today when distances in space and time are growing ever smaller.

I am, therefore, pleased that Padma Karpo, the White Lotus, a video focussing on the Tibetan people and their lives has been produced by a dedicated team of artists. I believe the video and the book that accompanies it present excellent introductions to our complex culture. Through the images, writings and recordings they contain viewers and readers will be able to share and participate in something of the experience of being a Tibetan.

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