

**FOR IMMEDIATE RELEASE**  
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## **MEDIA ADVISORY**

### **His Holiness the Dalai Lama spreads compassion with 50,000 people in Seattle**

Seattle, Wash., April 12, 2008 - Today at Qwest Field, more than 50,800 people participated in the Compassion Arrives event featuring His Holiness the Dalai Lama, as part of Seeds of Compassion, a five-day event celebrating compassion.

"Compassion arrived with the sunshine in Seattle today," said Dan Kranzler, Seeds of Compassion co-founder.

A celebration of the many cultures that can be found in the Northwest kicked off the event, as 1000 people of all ages, representing 40 cultures, processed onto the field and joined the crowd in the stadium. The procession included groups representing Tibetan, Native American, Chinese and Latin American cultures.

As part of the procession of cultures, His Holiness the Dalai Lama entered the stadium and took center stage. Valued members of the community, including Governor Christine Gregoire, representatives from local Native American tribes, local youth and partners in the Seeds of Compassion efforts joined His Holiness to address the crowd.

"Today is not about international politics, but about coming together to plant the seeds of compassion for a more peaceful world," said Governor Gregoire and honorary chair of Seeds of Compassion.

To kickoff the main program, Seahawks CEO Todd Liewicki greeted the crowd, followed by

Carolyn Douglas of KING 5 News then took the stage to facilitate the program, first welcoming representatives of the Lummi, Saanich, Cheyenne, Viejas Band of Kumeyaay, and Iroquois nations to the stage. These leaders expressed gratitude for the ability to pass the message of compassion through the tribes for generations to come and look forward to the positive impact this experience will have on their tribes for generations to come.

Lama Tenzin Dhonden, Seeds of Compassion co-founder, addressed the crowd with a message of gratitude and appreciation for the audience's commitment toward bringing hope and compassion to their communities. His comments were echoed by William Bell, CEO, Casey Family Program, who encouraged everyone to take an active role in infusing compassion into their lives and finding ways to add compassion to interactions we have with children.

Governor Gregoire took the podium expressing her hopes that we can join together in becoming a more compassionate community and sharing her hopes that she could infuse compassion into the practices of our government. .

Taking the stage to resounding applause from the audience, His Holiness the Dalai Lama began his address with self-deprecating humor, delivering the message that he is but one man and encouraging everyone in attendance to realize the impact that one person can have. He continued encouraging each person to be empowered to address and eliminate the problems we face as individuals, so that we will be well-equipped to address the problems we face as a community and/or nation.

Touching on the broader concept of compassion, His Holiness reinforced the idea that we cannot purchase compassion; we must manufacture it within ourselves, within our homes and within our communities.

Following His Holiness' address, several youth of the community took the stage to share their personal commitments to compassion. Following that, members of the audience were encouraged to share individual commitments to compassion with their neighboring attendees, through the tying of compassion bracelets. The event concluded with an 1800-member intergenerational choir singing songs of peace and compassion.

Streaming video of the entire event as well as His Holiness' address is available at [www.seedsofcompassion.org](http://www.seedsofcompassion.org).

### **About Seeds of Compassion**

Seeds of Compassion is an initiative of the Kirlin Charitable Foundation. The purpose of the initiative is to nurture kindness and compassion in the world, starting with children and all those who touch their lives. Seeds of Compassion is partnering with early-childhood-development advocates and organizations, foundations, educators, scientists, business leaders and the greater community to highlight and promote the evidence-based programs, tools and strategies that greatly assist with the healthy development of children as happy, compassionate members of society.

For more information and a list of events, visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org).