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***Seeds of Compassion Gears Up for Dalai Lama's Unprecedented  
Five Day Visit Dedicated to the Future of America's Children***

***Dalai Lama to Launch Global Compassion Movement April 11- 15 in Seattle***

SEATTLE – Jan. 29, 2008 – Seeds of Compassion, an initiative dedicated to focusing world attention on the importance of social and emotional development of children, today announced that it has arranged to add an extra day to His Holiness the 14<sup>th</sup> Dalai Lama's visit to Seattle in April.

For five days, from April 11-15, 2008, His Holiness the Dalai Lama will join other global dignitaries to participate in a series of events that will engage the hearts and minds of our community by highlighting the vision, science, and programs of early social, emotional, and cognitive learning.

The five day Seattle visit by the Dalai Lama is unprecedented. It is the Dalai Lama's only scheduled event dedicated solely to the future of the world's children and his only planned visit to the West Coast in 2008.

"We are excited and honored to have his Holiness the Dalai Lama devote five days to holding a conversation with the people of the Northwest about how to put compassion into action," said Raj Manhas, executive director of Seeds of Compassion. "The qualities of thoughtfulness, understanding and collaborative problem solving all must take root in early childhood, and His Holiness the Dalai Lama will lead a discussion on building these strong foundations in youth that will lead to a healthier, more supportive and compassionate society."

His Holiness the 14<sup>th</sup> Dalai Lama has traveled to more than 62 countries spanning six continents focusing on human values, religious harmony and global peace. As one of the most sought-after and listened-to speakers in the world, he has met with presidents, prime ministers and crowned rulers of major nations and has held dialogues with the heads of different religions as well as many prominent scientists.

The Dalai Lama first visited Seattle in 1979, during his first-ever trip to the United States. He last visited Seattle in 1998 and made his most recent Northwest appearance in Portland in 2001 for a peace rally.

Anchored by the deep wisdom of His Holiness the Dalai Lama, the five day Seeds of Compassion community-focused event will celebrate and explore the relationships, programs and tools that nurture and empower children, families and communities to be compassionate members of society. Seeds of Compassion came about through a collaboration of the Kirilin Foundation and the Venerable Tenzin Dhonden to create and sustain a global compassion movement.

“His Holiness has dedicated his time traveling the world to promote basic human values and compassion” remarked Lama Tenzin Dhonden, the Personal Emissary of Peace for the Dalai Lama and co-founder of Seeds of Compassion. “The program in Seattle is unique in that it is totally focused on children and planting the seeds of compassion early in life. The concrete knowledge, programs and tools presented in this program take the concept and importance we all feel about compassion and make it a reality in action. This will be a model for the world.”

“Some people ask why we are focusing so much attention on the visit of a simple Buddhist monk. The Dalai Lama is also a diplomat, a Nobel laureate, an apostle of nonviolence, an advocate of universal responsibility and a living icon of what he calls ‘our common human religion of kindness,’” said Daniel Kranzler, co-founder and president of the Kirilin Charitable Foundation. “With the help of this ‘simple Buddhist monk,’ as he calls himself, we hope to focus the world’s attention on the importance of nurturing kindness and compassion, starting with children and all those who touch their lives.”

The Seeds of Compassion Gathering will feature dynamic discussions with scientists, researchers, public policy leaders, experts in childhood development and the greater Seattle community. The five-day event will celebrate and explore opportunities for building compassion through forums and discussions, compassion in action workshops, a resource fair, and interfaith/spirituality dialogue. The largest public event is scheduled for Saturday, April 12, 2008, at Qwest Field, where the Dalai Lama will lead a conversation on compassion that will be broadcast worldwide via the Internet and satellite. **(see event schedule below)**

### **Friday, April 11 – Day of Review and Learning (Seattle Center)**

#### **Event Highlights:**

- **Panel Discussion: *The Scientific Basis for Compassion: What We Know Now with His Holiness the Dalai Lama***

Moderated by Daniel Goleman, author of “Emotional Intelligence” a panel of leading researchers will join His Holiness the Dalai Lama in a discussion of the quantitative benefits of compassion.

- **Panel Discussion: *From Knowledge to Compassion Action: What We All Can Do***

Moderated by Mark Greenberg, Director of Prevention Research Center for the Promotion of Human Development at Penn State, leaders in the area of compassion and empathy will be joined by the Dalai Lama in a wide ranging

discussion of how parents and educators can bring compassion into the lives of children and families.

### **Saturday, April 12 – Public Gathering: Compassion in Action (Qwest Field)**

#### **Event Highlights:**

- **Compassion in Action at Qwest Field**  
His Holiness the Dalai Lama and other luminaries will engage the hearts and minds of our community in this celebration of Compassion in Action at Qwest Field. During the event, programs and organizations from throughout the Northwest will have booths on the Qwest Field concourse for the public to learn more about community programs and tools that nurture and empower children, families and communities to be compassionate members of society.
- **Panel Discussion: *Compassion at Home, in Schools and the Community***  
Following conclusion of the public event at Qwest Field, Dan Siegel, M.D., author of “The Mindful Brain”; Jennifer James, founder of Committee for Children and Ed Taylor, University of Washington will lead a discussion of the role of compassion in the home, at school, and in the community.

### **Sunday, April 13 – Compassion in Giving (Seattle Center)**

**Workshops and discussions focusing on the importance of philanthropic support of social and emotional learning. These events are open to the general public.**

### **Monday, April 14 – Children’s Day and Business/Public Policy Luncheon (Seattle Center)**

#### **Event Highlights:**

- **Children’s Day**  
Seeds of Compassion Children’s Day is a day for youth from all over Washington State to come together at KeyArena, and share their expressions of What Compassion Looks Like™ and to learn how to grow their experiences of compassion from the leaders in the compassion movement, including His Holiness the Dalai Lama.
- **Business Leaders and Policy Makers Luncheon**  
Participants will learn how businesses are successfully implementing compassionate practices in the workplace, and how those actions can deliver both quantitative and qualitative benefits to customers, employees, and investors.
- **Discussion with His Holiness the Dalai Lama: Results of Compassion Forums and Business and Policy Luncheon**  
Immediately following the luncheon everyone will be invited for a session with His Holiness the Dalai Lama in dialogue on bringing compassion into the workplace and our community. This dialogue with His Holiness and our community’s business and public policy leaders will focus on the next steps the public can take to transform the region.

**Tuesday, April 15 – Youth and Spiritual Connection Dialogue (Seattle Center)**  
**Event Highlights:**

- **Spirituality Panel: Planting Seeds of Spirituality, Tolerance, and Interconnectedness in our Children from Birth**  
The concluding session of Seeds of Compassion will focus on the common theme of compassion that lies at the heart of the world's spiritual traditions. This special panel discussion will feature the Dalai Lama and several other key spiritual leaders in a dialogue on the themes that are common to all spiritual traditions as well as how to teach our children to understand spirituality as part of an interconnected world.
- **InterSpirituality Panel Discussion, 2nd Session**  
At this second session, several local and national spiritual and religious leaders will join Rabbi David Rosen and other key spiritual leaders to continue discussion on the most practical ways to implement compassion in our and our children's daily lives.
- **Compassion Workshops and Forums**  
Following the InterSpirituality panels the public is invited to participate in roundtable discussions on how to implement spirituality and compassion in our lives and communities.

The 35-member Seeds of Compassion Organizing Committee is led by Honorary Chair, Governor Christine Gregoire. Seeds is also partnering with many civic organizations, early childhood educators and foundations including the Kirlin Charitable Foundation, Thrive by Five Washington, Foundation for Early Learning, Bridges to Understanding and the Talaris Research Institute.

The five days of teachings, workshops and public talks will take place from April 11-15, 2008. Events will be held at Seattle Center and Qwest Field. The ticketed events will be free to the public.

Seeds of Compassion will be fulfilling individual ticket requests beginning March 1<sup>st</sup>. Please visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org) search "tickets" for details.

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**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, visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org).