



## Dalai Lama

**[Source:PIB](#)**

Recently, the **89<sup>th</sup>** birthday of **Buddhist** spiritual leader **Dalai Lama** was celebrated.

- The **Dalai Lama** belongs to the **Gelugpa tradition of Tibetan Buddhism**, which is the largest and most influential tradition in Tibet.
- There have been only **14 Dalai Lamas** in the history of **Tibetan Buddhism**, and the first and second Dalai Lamas were given the title posthumously.
  - The **14th and current Dalai Lama** is **Tenzin Gyatso**.
- The **Dalai Lamas** are believed to be manifestations of **Avalokiteshvara or Chenrezig**, the **Bodhisattva of Compassion** and the patron saint of Tibet.
  - **Bodhisattvas** are realised beings inspired by a wish to attain Buddhahood for the benefit of all sentient beings, who have vowed to be reborn in the world to help humanity.
- The **Dalai Lama (14th)** who fled from Tibet to India with thousands of followers during the **Tibetan uprising 1959**, has been residing in India since then.

**Read more:** **[Abhay Mudra in Buddhism](#)**, **[US Passed Resolve Tibet Act](#)**, **[Dalai Lama](#)**

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