

# The Impact of the Buddhist Exile from Tibet and How this has Impacted Those Exiled and Now Living in Dharamsala.

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## ***What we found through research:***

- Psychologists Mercer, Ager and Ruwanpura worked alongside a care project to help the Tibetan refugee community heal with modern techniques while still incorporating their cultural and religious beliefs.
- Anthropologist Michael Lampert he reveals that monks seek to imitate the liberal subjects, associated speech genres, and teaching principles of the Dalai Lama and western patrons even as they participate in the “histrionic anger” and punishment in monastic debate and discipline practices reestablished in exile (Makley).
- Even though they had experienced trauma, and are still suffering, they do not exert their suffering onto their peers (Sarin).

## ***We were able to conclude:***

- Monks used forms of violence in daily debates at the monastery.
- Their religious practices reinforced their acts of resiliency.
- Buddhists see pain as inevitable, but not suffering. Suffering is seen as an opportunity to have a revelation, and to grow one’s self.
- The lack of leadership displayed from the Dalai Lama during this time is what initiated a need for community among the refugees. This really placed their religion as a center for guidance.
- When negative things happen, karma comes to balance, negative things are an expected part of Buddhist life.