

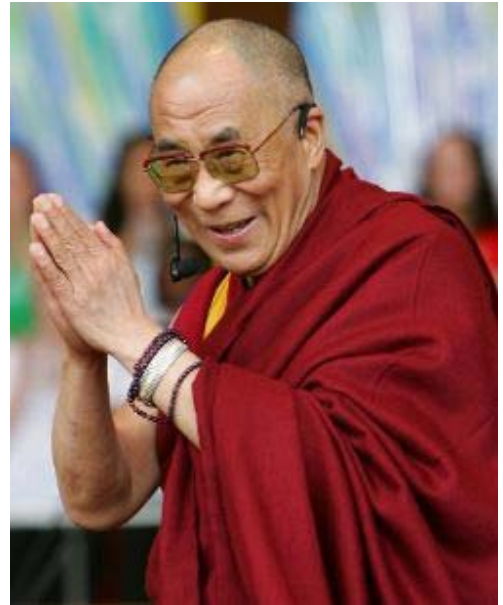


**Today, July 6th, is His Holiness the Dalai Lama's 76th birthday.** It is also the first day of the Kalachakra for World Peace in Washington, DC, where His Holiness is spending the next ten days giving teachings on compassion and nonviolence.

His Holiness's unwavering commitment to make the world a better place inspires all of us at SFT. His dedication to nonviolence and justice helps fuel our work for Tibet.

Tibetans and supporters worldwide celebrate His Holiness's birthday in many different ways. **In Tibet, we are hearing that thousands of Tibetans are defying heavy police presence to observe rituals such as incense burning ceremonies.**

One of the best ways to honor **His Holiness's birthday is by taking part in Students for a Free Tibet's "[Work for Tibet Day.](#)"** On this special day we honor His Holiness's lifelong work for Tibet and rededicate ourselves to the cause.



For the next 10 days, SFT's staff and volunteers will be busy organizing and outreaching in the streets of Washington, DC to translate the global public's interest in His Holiness's message of peace and compassion into support and action for Tibet.

**Please join "Work for Tibet Day" by donating the equivalent of one day's wages to Students for a Free Tibet:**

[http://sft.convio.net/site/Donation2?df\\_id=1720&1720.donation=form1](http://sft.convio.net/site/Donation2?df_id=1720&1720.donation=form1)

This year His Holiness's birthday falls on a Wednesday, his "rlasa" or "soul-day," the day that has inspired Lhakar, a growing noncooperation movement inside Tibet. **Every Wednesday, Tibetans are reclaiming their identity by wearing traditional clothes, singing Tibetan songs, performing prayers, and eating Tibetan food.** A growing number of Tibetans are refusing to buy from Chinese businesses in an effort to challenge China's occupation.

Students for a Free Tibet is working to support and promote this exciting new movement that is profoundly changing the scope of our freedom struggle.

**Join me in wishing His Holiness the Dalai Lama a happy 76th Birthday.** Please honor his tireless work for human rights and freedom by taking part in "[Work for Tibet Day.](#)"

Thank you to everyone who works for Tibet - today and every day.

In solidarity,

Tendor and the entire SFT Staff and Board of Directors