

A black and white close-up portrait of Tenzin Palmo, an elderly woman with a gentle smile, looking slightly to the right. Her face shows signs of age with wrinkles around her eyes and mouth. She is wearing a light-colored, possibly white, collared shirt.

DVD Conversation

Guide

TENZIN PALMO: WAKING UP

1. Tenzin Palmo describes delusion as creating more and more causes of suffering in the pursuit of happiness. What do you think she means by this?
2. Tenzin Palmo states that people desperately want to be happy. What does happiness mean to you? How does your answer relate to the sign at the Gandhi Ashram: “Happiness depends on what you can give and not what you can get”?
3. At the end of the video, Tenzin Palmo asks, “How do we collectively wake up?” What does it mean to you to wake up? How about for a whole society? What are some of the ways people have woken up based on some of the other films on this DVD?
4. Do you believe that humanity has the incredible potential that Tenzin Palmo refers to? If so, what is holding us back?

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