

MOVIE GUIDE

Kundun

1997 • Directed by Martin Scorsese

The Dalai Lama of Tibet is one of the world's most revered leaders. This film follows the journey of a young boy, Lhamo, as he becomes the spiritual and secular leader of Tibet. This visually stunning film explores the struggles of the Tibetan People as they face conflict with China, embracing a stance of nonviolence and embodying what it means to be a compassionate human being.

Use the following questions to enhance your viewing experience and to reflect on your own approach to conflict resolution.



Personal Practice

What does being compassionate mean? How do you practice compassion in your daily life?

The Dalai Lama states that "all beings desire happiness..." How can remembering this help you in situations of managing or resolving conflict?

While playing with one of his Teachers, the young Dalai Lama loses a game. In reaction to the Dalai Lama's disappointment, the Teacher replies, "Today you lost. Tomorrow you may win. Things change." Though some games are designed to have a winner and a loser, does conflict always have to be a win/lose situation? What does it mean to win or lose in a conflict situation? Can you think of a time that you came to a mutually beneficial or win/win resolution to a conflict? What did it take to get there?

Family Interactions

How does Lhamo's family interact with one another? How much time do you spend talking about appropriate ways to handle conflict within your family?

Throughout the film there are varying degrees of sibling conflict, including feelings of jealousy at points. What are ways you can help your children to manage their feelings and conflict situations in order to help them foster close relationships that will last into their adulthood? How can you do the same with your siblings?

Work Interactions

Throughout the film, the Dalai Lama is inquisitive and asks questions to find out more information in order to make good decisions or to find another perspective. How can this way of interacting help to create a more positive work environment or help to resolve conflict in your workplace?

Community and Political Interactions

When the Tibetan ambassadors refuse to meet with China to try to talk through a peaceful resolution, the Dalai Lama asks them to resign. What does this say about his beliefs about conflict resolution on a political level?

When the Dalai Lama leaves his parents' home and is placed in the care of the Tibetan Monks, they become a community of teachers in a variety of subjects, while still including his parents in the teachings of things like kindness and etiquette. What places in your community do you find as resources for teaching yourself or your family about positive conflict resolution techniques?

General Practice

A running theme throughout the movie is the power of listening in conflict. Challenge yourself to become a better listener and see how that impacts your relationships both inside and outside of conflict situations.

A guiding question for *Kundun* is:

**The path of nonviolence and compassion is often difficult,
but what do you gain by taking this approach?**



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