What is Tashi Deley?

“Tashi Deley” ( taa·she duh·lei) is a greeting used in Tibet. Instead of saying “hello”, a Tibetan person will press their hands together and say “Tashi Deley,” which means “I honor the greatness in you.”

Every person on this Earth is different. It is important to recognize and honor these differences. We must “honor the greatness” in human beings of all races, religions, and cultures. When we do, we will begin to see each other in a new way and honor the beauty in diversity.

Greet 5 people by saying “Tashi Deley” and share with them its great meaning.

1

2

3

4

5
The shepherdess wonders many things as she roams the mountainside with her yak. Some of her questions are simple and easy, others are more complicated or difficult.

I wonder what would happen if I decided to do something kind for another person?

I wonder how I can take better care of others?

I wonder what would happen if I spent more time trying to understand others?

What are some things that you wonder?

I wonder...

I wonder...

I wonder...

Activities based from the book Sanjaygawa and the Yak Whisperer written by: Rebecca Braden.
Watercolor illustrations by: Chloe Shaw Hallowell.
Educational and graphic elements created in partnership by Kelly Lamb and Nichole Rusniaczek.
The Greatness in Others

Every person on this Earth is different. These differences are what make us each unique. Let’s celebrate and embrace these differences to honor the greatness in the diversity of the world.

Draw a picture of someone important to you and show what is great about them.

“I honor the Greatness in you. I honor the place where your Hopes and your Dreams, your Love and your Courage reside.”
Honoring Differences

It is important to understand that someone of a different race, religion, or culture may look different or act different, but that their differences are not wrong.

*Use the chart below to explore things that are the same and different between you and a friend.*

"Young Ones are...curious about differences, and do not feel compelled to judge those who look different -- or whose beliefs are different -- from their own."

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Greatness in your Heart

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Hold kindness in your heart, and spread that kindness to everyone you meet.

Cut a heart out of each sheet of paper. On 5 of the hearts write something about yourself that makes you great or unique. On the other 5 hearts write ways that you can honor others.

“I am Unique

I Honor Others by

“If the Young Ones can learn ... to look with the eyes of their hearts ... and to love the beauty in diversity ... they will understand that each created being has a unique giftedness, one-of-a-kind in all the world.”

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