**Descriptive Essay Example About A Person**

**Example Number : Dalai Lama: A Powerful and Charismatic Personality**

The 14th Dalai Lama, born Lhamo Thondup, is probably one of the most interesting and inspiring personalities alive. Originally from China, the reigning Dalai Lama follows the new school of Tibetan Buddhism.

He is influenced by a number of renowned people, including Mahatma Gandhi and Gautama Buddha. His endeavors to uplift and sustain his culture, religion, and identity are phenomenal. Besides, he is also quite famous for his peaceful and joyful appearance. Also, his humanitarian efforts are difficult to neglect or overlook.

The Dalai Lama was born in 1935. He was from a family of poor farmers and belonged to the Tibetan province of Amdo, Taktser. In 1959, he fled to India due to the Tibetan revolt. And in India, he refused to accept the People’s Republic of China and formed an individual Tibetan government.

He has traveled around the world and worked to promote peace and equality and Tibetan Buddhism ideals. He is a prominent political figure and the winner of the Nobel Prize. He is a true source of inspiration, and he practices compassion as the main source of life and his teachings.

His book, The Art of Happiness, explains the pillars of happiness and how one could train its mind to achieve it. He is always working to communicate his ideas and transform the world around him. Following his teachings, many people have successfully transformed their lives.

Many of what Dalai Lama preaches and practices are the product of the ancient Buddhist teachings. He has spent a lifetime learning its philosophy and meditation methods and preaching it to promote peace throughout the world. One of the main features of his teachings and practices is non-violence towards everyone.

Despite being so down to earth and leading a simple life, he is not as simple. His life is complicated and a great source of encouragement for many of his followers. He is a political figure and is actively involved in the Tibetan government. He is well-known for supporting the rights of the Tibetan community and spreading the message of peace, harmony, and patience.

The 14th Dalai Lama has an extremely impressive and strong personality. He has proved himself to be the Dalai Lama’s, Tibetan Buddhist leader, reincarnation through his actions. One that shines through and serves as a source of guidance and encouragement for his leaders. Whatever he teaches, he practices it himself, which makes his teachings so persuasive and strong.