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The 14th Dalai Lama, religious name: Tenzin Gyatso, shortened from Jetsun Jamphel Ngawang Lobsang Yeshe Tenzin Gyatso; born Lhamo Thondup, (6 July 1935) is the current Dalai Lama.

14th Dalai Lama - Wikipedia

The order of Buddhist monks and nuns was founded by Gautama Buddha during his lifetime between the fifth and fourth centuries BC. The Buddhist monastic lifestyle grew out of the lifestyle of earlier sects of wandering ascetics, some of whom the Buddha had studied under.

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