



THWC

the Tibetan Healing and Wellness Center

20th anniversary edition

Healing

through

limitless

Compassion

Tibetan Year of the Wood-Dragon

Winter-Spring 2024

“If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.”

- His Holiness the XIVth Dalai Lama

VIEWS

A Personal Journey of Apprenticeship | Kyle Weaner 14

*Compassion as Remedy in Tibetan Medicine: Healing Through
Limitless Compassion- A Book Review* | William Sullivan 38

Views on Compassion As Remedy | Kelly Alba, Dr. Julie Breczynksi-
Lewis, Nancy Edwards, Penny Gill, Nel de Jong, Willow Leenders, Lee
Romaniszyn, Barbara Weaner 40

Compassion and the Practice of Caring | Art Sansone 46

EXPERIENCES

Joy and Gratitude | Dr Jampa Yonten 2

A Biography of Dr Jampa Yonten | Art Sansone 4

Experiences with Tibetan Medicine | Martin Brown, Sudha Gangadhar,
Lydia Grey, Ananthapadmanabhan Guruswamy, Jennifer Iré, Nagaraj Kashyap,
Gabrielli LaChiara, Elizabeth Peterson, Christina Pettiglio, Maureen Elise
Quinn, Matthias Schneider, Arona Smotrich, Penelope Sullivan, Maggie
Zimmermann 16

Aspirations and Options | Terri Nash 32

& RELATED

Photos 12

The Sacred Healing Mantra 29

Tibetan Year of the Wood-Dragon: Auspicious Days 36

Support for Chagpori Tibetan Medical Institute 51

Photos 53



TIBETAN HEALING AND WELLNESS CENTER
— healing through limitless compassion —

Since July 2006, the Tibetan Healing and Wellness Center has been publishing *THWC* - a Tibetan medicine and healing publication to share views, patient experiences, and related information.

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JOY AND GRATITUDE FOR EVERYONE WHO HAS SUPPORTED ME

Dr Jampa Yonten (Bangalore, Karnataka, India)

I am very fortunate and grateful for my 25 years of practicing traditional Tibetan Medicine as an Amchi (Physician), and for 20 years of running the Tibetan Healing and Wellness Center in Bangalore, India.

With His Holiness the XIVth Dalai Lama's vision and dedication, we Tibetans received the maximum education possible both in modern and traditional ways, not only to fit in the 21st century but also to contribute to the world and humanity through our spiritual practices and holistic healing.

I am very grateful that I met wonderful teachers, such as Dr. Trogawa Rinpoche, Dr. Tenzin Dakpa Rishing and others who guided and supported me to achieve what I am today, and to be able to travel all over the world to offer teachings, healing retreats and consultations.

I am grateful to Dr. Walburg Maric Oeheler from Germany and Charlene D. Jones from Canada for their financial support during my education.

With Dr. Trogawa Rinpoche's blessings, I was able to start the Tibetan Healing Center in Bangalore on 16.05.2003, blessed by H. E. Jampa Rinpoche and inaugurated by Mr. Tempa Tsering, former minister of CTA. I am extremely thankful for Mr. Tempa Tsering's guidance and support whenever I needed.

I am fortunate to have found a diligent student in Kyle Weaner, whose dedication and hard work was such that I was able to travel to the USA to teach, hold healing retreats, consultations, and also to write a book.

His mother Barbara Weaner and father, Scott, also were very supportive. Ruth and Hugh are such kind people to invite me at Saranam Retreat Center to teach and hold a Tibetan healing retreat. Madonna Pool was a great supporter who has remained a support since we met.

I am grateful to Jasmine Shah for sponsoring a larger office for the Tibetan Healing and Wellness Center in Kormangala, Bangalore where I could offer therapies such as Kunye (traditional Tibetan massage), Lum (water therapy), Copper cupping, Golden Needle therapy, etc. In 2021, THWC moved back to Brigade Road at St. Patrick Complex which is not only a central location but is very convenient for my patients.

I am grateful that I met Terri Nash from Hawaii who helped me organise consultations, talks, and healing retreats in Hawaii, Massachusetts, Kansas, Colorado, and Washington, DC. She also helped me form a Gyudzhi teaching group in 2019. Thank you to Dr. Bill, Penelope, Jamie, Monica, Willow, Jonathan, Art, Nancy, Maureen, Leela and others for hosting me. Additional thanks to Penny Gill for her guidance, support and generosity for my elder son, Tenzin.

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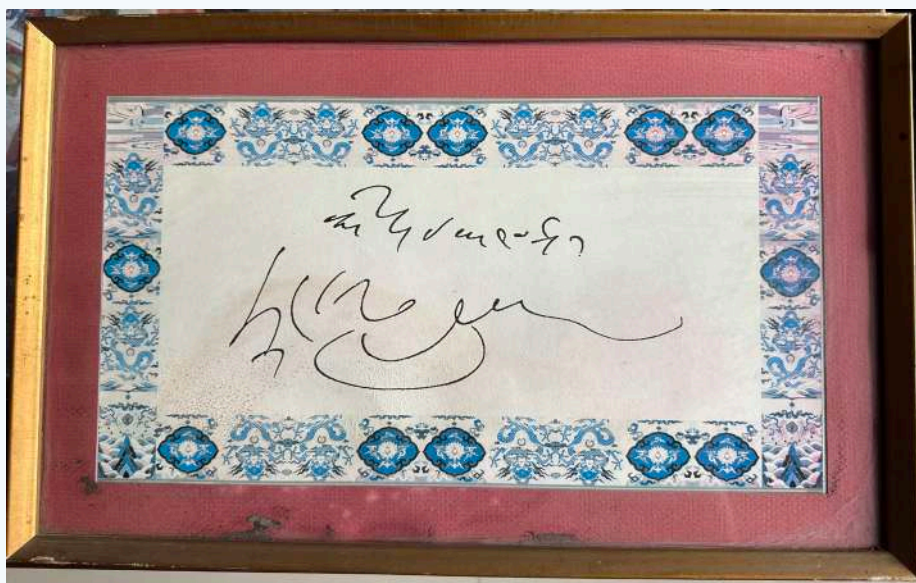
I also thank Matthias Schneider for organising my tour to Germany and Europe, supported also by Annett Freidrich (Germany), Capt. Dieter, Hannelore (Idstein), Brigit (Probstzella), Dr Herbert Traut (Germany), and many others. Thank you to Edi Schader for organising my tours in Switzerland, and for Barbara Klell hosting in Austria.

Many thanks to Dr Teinlay P. Trogawa, Director of Chagpori Tibetan Medical Institute, Darjeeling, for his cooperation and support whenever I have needed.

My special thanks to Lisbeth Miller for editing my book with dedication, sincerity and generosity. Thank you to Annie Bien, Dr. Julie, Kelly Alba, Ellen Scordato, and Tod for their kind support. My gratitude to Monkfish Book Publishing Company for publishing my book, *Compassion As Remedy in Tibetan Medicine*.

Last but not least, for my compassionate mother, Tsering Norzom, for sacrificing her life to look after me and for giving me every opportunity to do whatever I wished, and to my wife, Rinzing Dolma, and two sons, Tenzin Yonten and Tenzin Rigzin Yonten, for their unconditional love and understanding.

It has been a wonderful 25 years and I look forward to the wonderful year ahead with all of you.



*signature by His Holiness the XIVth Dalai Lama,
given as a gift to Dr Yonten in 2003 by Dr Trogawa Rinpoche*



A BIOGRAPHY OF DR JAMPA YONTEN

Art Sansone (Austin, TX, USA)

Jampa Yonten was born on March 16, 1970 in Shimla, the capital of Himachal Pradesh at the Himalayan foothills of northern India. His parents sought refuge here after the Tibetan Uprising of Lhasa, Tibet in March 1959. In response to the Chinese military occupation of their homeland, His Holiness the XIVth Dalai Lama (His Holiness) and tens of thousands of Tibetans fled over the Himalayan mountains and began rebuilding their community and culture in India.

Jampa was the fourth born child of his mother, Tsering Norzom (Norzom ma), and father, Jampal la. Sadly, his parent's first three children died as infants before Jampa was born. As a result, Norzom ma, was very attached and protected his life with many prayers, divinations and blessings from lamas. Jampa has been given 13 names.

While Jampa was very young, his family moved to the Doeguling Tibetan settlement of Mundgod in south India. His Holiness and the Tibetan Government in Exile (now called the Central Tibetan Administration) proposed in 1960 the creation of settlements for displaced Tibetans in order to preserve traditional Tibetan language, culture and religion. The Mundgod settlement was established in 1966, and today is the second largest Tibetan settlement in India.

Jampal la foraged for wild plants, mushrooms, bamboo shoots and herbs in the nearby forests. He provided treatments for animals with broken limbs, eye infections, wounds, and other ailments. He also performed holistic treatments such as cupping and horn therapy to remove impure blood and toxins. Norzom ma described her husband as a social worker because he spent much of his time helping others.

Norzom ma was a dedicated wife and mother who expressed a more simple and jolly nature. She enjoyed singing, dancing, and cooking. She was kind, generous and devoutly Buddhist. She began each morning cleaning her family's surroundings with prayers and chanted mantras throughout the day.

When Jampa was around twelve years old and moving into an astrological obstacle year, Jampal la died. This left Norzom ma and her three children in a very difficult situation. Through a cousin brother, Tsering Topgyal, they received some financial support for Norzom ma's youngest daughter's education from Charlene D. Jones, a Canadian psychotherapist and Buddhist practitioner. Charlene remained helpful to Norzom ma's family and provided additional support for Jampa to further his academic studies.



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After his father's death, Jampa's life became more responsible. He studied conscientiously at school and was well-regarded by his teachers. He supported his mother by working in the fields and doing construction whenever she needed and during school vacations. During these years, Jampa did not believe in religion or spirituality and discouraged his mother from doing prayers and offering puja. Instead, he believed more in diligence and hard work.

Schooling in Mundgod ended after the 10th grade when he was a student. To continue high school, he would have to travel for 2 days and nights from Mundgod. Norzom ma was extremely protective and afraid to allow it. Therefore, she sought a divination with a regional oracle. The divination assured her that Jampa would do well to continue his studies. Norzom Ma never looked back after this divination, and supported him in all of his studies and aspirations for the remainder of her life.

Jampa moved north to Mussorie in Uttarakhand when he was 16 years old. He wanted then to focus on science and mathematics in order to become an engineer. His aspiration was motivated by his paternal grandfather, Mai Gowa. Mai Gowa was the head of the community of Rongjiong, Tibet, and also served his region by delivering babies. However, Mai Gowa could not leave his region because the wooden bridge that would allow access was intentionally burned by another.



While studying in Mussorie, Jampa saw a picture of a single hand holding the wrist of another on the school's bulletin board. The caption on the poster stated that a Tibetan physician can know everything through pulse reading. This sparked a curiosity that ignited a deeper wish to understand traditional Tibetan medicine. After graduating high school in Mussorie and then fulfilling his required military service for a short time in Chakrata, Uttarakhand, Jampa left for Dharamshala to study Tibetan medicine at Men-Tsee-Khang.

His Holiness re-established Men-Tsee-Khang Tibetan Medical and Astro. Institute in Dharamshala in 1961. His Holiness understood that not only was physical survival important for Tibetan refugees, but their cultural existence was as well. Therefore, Tibetan medicine held particular importance as it simultaneously addressed both. His Holiness urged Dr. Yeshi Dhonden to move from Dalhousie to Dharamshala. Trained in Tibet, Dr Dhonden had graduated from Lhasa Mentsikhang and

was one of the handful of Tibetan physicians then living in India. Once in Dharamshala, Dr Dhonden began teaching Tibetan medicine and treating patients. Today, Men-Tsee-Khang has expanded to more than 40 branch clinics throughout India.

Only after Jampa arrived in Dharamshala in 1989 did he learn that he had missed the enrollment period at Men-Tsee-Khang. His next opportunity to register as a medical student would not be for another 3 1/2 years. Not only was he deeply disappointed, but he was also without another plan or a job. The Men-Tsee-Khang administration recognized the great distance he had traveled and his sincerity to study. As an alternative, they offered him an employment examination for open staff positions. After testing, he was selected to be one of three to be employed.

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As soon as Jampa joined the Men-Tsee-Khang staff, he began studying Tibetan medicine as a private student of esteemed professor, Dr. Lobsang Chophel. Jampa sought any additional opportunities to learn. While working for the administration as an accountant, he assisted TJ Tsarong- the former director of Men-Tsee-Khang (and now the current director of the Men-Tsee-Khang Research Department)- to organize an international conference on Tibetan medicine. It was at this conference in New Delhi that Jampa heard senior physician Dr Lobsang Tenzin give a talk on the actions and qualities of physician based on “The Physician Chapter” from the *rGyud-bZhi* medical text. This teaching deepened Jampa’s profound respect for the Tibetan physician practice.



Men-Tsee-Khang, Dharamshala, 2011

Jampa’s spiritual life was taking root and growing during his years at Men-Tsee-Khang. Tibetan medicine is not separate from Buddhist philosophy and metaphysics. While a high school science student, Jampa referenced the nature of the reality by Newton’s Third Law of Motion (i.e., “for every action there is an equal and opposite reaction”). As a Tibetan medical student, he recognized that this was consistent with Buddhist karma and the law of cause and effect. He began to understand that with patience, life events that he initially considered obstacles were karmic blessings.



Medicine Buddha

At Men-Tsee-Khang, Jampa was fortunate to receive the Medicine Buddha initiation from His Eminence Khamtrul Rinpoche. He received transmission of the *rGyud-bZhi* medical text from Dr. Tenzin Choedrak, Senior Physician to His Holiness the XIVth Dalai Lama. Then, the Immigration Act of 1990 offered one thousand Tibetan immigration visas to the USA. Men-Tsee-Khang subsequently faced staff shortages. Unable to enroll as a full-time student, Jampa continued working and studying.

He met Dr. Tenzin Dakpa Rishing while at Men-Tsee-Khang. Dr Rishing knew it was Jampa’s wish to become a Tibetan physician and encouraged him to apply to the newly-inaugurated Chagpori Tibetan Medical Institute (CTMI) in Darjeeling, India. With His Holiness’ blessings in 1992, CTMI was established by Dr Trogawa Rinpoche in commemoration of the Chagpori Drophen Ling Dratsang of Lhasa, Tibet.

Chagpori Drophen Ling Dratsang was the first official medical school in Tibet. It was founded in 1696 by Desi Sangye Gyatso under the auspices of His Holiness of the Vth Dalai Lama. He wanted to preserve and progress the most esoteric and advanced aspects of Tibetan Medicine and, in particular, wished to maintain the traditional integrity of medicine with spiritual values, views and practices of Tibetan Buddhism. During this time, only monks and lineage holders could study. Desi Sangye Gyatso wrote many commentaries on Tibetan medicine and astrology and commissioned renowned thangka painters to create illustrations of the complete Tibetan healing system. Chagpori Drophen Ling Dratsang was a hub of medical training and practice in Tibet, Mongolia, Bhutan, and the Himalayan region until it was completely destroyed by the Chinese army in 1959. Where Chagpori once stood, they have erected radio antennas.

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Venerable Dr Samphel Norbu Trogawa Rinpoche (Rinpoche) was born in 1931 to a noble family near Gyantse in western central Tibet. He was educated in the Lingo Monastery in Gyantse until he was 15 years old. At age 16, Rinpoche traveled to Lhasa and completed a rigorous 9-year apprenticeship under the renowned Dr. Rigzin Palijor Nyerongsha- a lineage holder of the Chagpori medical teachings. After becoming a Tibetan physician, Rinpoche practiced medicine in the town of Drigung, Tibet until 1956.

To further his Buddhist practice, Rinpoche then followed to Sikkim his teacher, Jamyang Khyentse Chokyi Lodro Rinpoche, an accomplished non-sectarian lama. After his teacher's death in 1959, Rinpoche moved to Darjeeling to study and practice Dharma and meditation with many esteemed lamas while continuing to practice Tibetan medicine throughout the Himalayan region.

Dr Trogawa Rinpoche was one of fewer than ten fully qualified Tibetan doctors that existed in exile when he became a teacher at Men-Tsee-Khang in Dharamshala in 1963. He retired from his teaching position in 1967 and went into retreat in the Bhutan forests, coming out periodically to treat patients. However, Rinpoche realized during his retreat that the Chagpori lineage was in danger of disappearing. With the blessings of His Holiness, the Chagpori Tibetan Medical Institute (CTMI) was inaugurated with Dr Trogawa Rinpoche as its founder and director.



*His Holiness the XIVth Dalai Lama
and Dr Trogawa Rinpoche*

Following Dr Rishing's advice, Jampa traveled to Darjeeling in December 1992 to be introduced to Rinpoche. Rinpoche knew that Jampa had simultaneously worked and studied for 3 1/2 years at Men-Tsee-Khang so he therefore happily approved his special admission to CTMI. Jampa was given a test for newly-joined students. He stood first and subsequently received student sponsorship from Dr. Walburg Maric Oehler, the president of German Acupuncture Society.



Jampa, seated at the front with hat, during a herbal collection expedition in the Himalayan valley

Jampa studied for 5 years at CTMI with fellow students. They focused on theoretically understanding traditional medicine, healing, and spiritual practices. They learned to identify and properly harvest indigenous plants in the Himalayan valley. They studied Tibetan language, grammar, history and astrology. Meanwhile, they had to memorize chapters from the *rGyud-bZhi*. They were trained in numerous treatment and herbal compounding modalities according to the Chagpori lineage. Throughout their education, special importance was placed upon Medicine Buddha practice and rituals related to healing all sentient beings.

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After completing 5 years of rigorous training, Jampa successfully passed his final medical examination. It was administered at Men-Tsee-Khang in Dharamshala in December 1997. The final examination for a Tibetan physician tests knowledge theoretically, orally, and on plant identification. After their successful completion, Jampa and his classmates were given an audience with His Holiness who further inspired their understanding for being a compassionate physician.

Now a Tibetan physician, Dr Jampa Yonten began his one-year internship with senior physicians. His former teacher, Dr Lobsang Chophel, recommended that Dr Yonten intern with Dr Thupten Gyatso (Tholing Rinpoche). Dr Gyatso was not only considered a great physician, but also an expert in pharmacy and astrology. Dr Yonten spent six months in Mundgod working under him, Dr Yeshe Dorjee, and Dr Kyizom. Afterward, he returned northeast and completed a six-month internship at the Men-Tsee-Khang Clinic in Salugara under Dr Pema Dorjee.

Dr Yonten remained at CTMI after his internship year ended in 1998. He wished to continue working closely with Dr Trogawa Rinpoche. Throughout Dr Yonten's years at CTMI, many patients shared



Jampa receiving the chief guest at the Third Centennial Celebration of Chagpori in 1996



Jampa and classmates having an audience with His Holiness after completing their final exam, December 1997. Jampa is standing behind the left shoulder of His Holiness.



Ven. Dr. Trogawa Rinpoche

that they felt better simply by being in Rinpoche's presence. During these years, Rinpoche bestowed the Medicine Buddha initiation and Yuthog Nyingthig initiation. Dr Yonten is grateful to have received both from Rinpoche. While Medicine Buddha practice is an essential part of a Tibetan physician's spiritual practices, Yuthog Nyingthig practice is considered equally significant. In Tibet, physicians traditionally dedicate three years and three months in retreat following their Yuthog Nyingthig transmission and initiation. Dr Yonten feels fortunate to have made a ten-day retreat in Takdah, India after his Yuthog Nyingthig initiation.

In 1999, Dr Yonten was invited to travel to Germany by his academic sponsor, Dr Oehler. With Rinpoche's permission, Dr Yonten then traveled to Croatia to provide consultations and lectures.

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Upon returning to India, Dr Yonten took a variety of positions at CTMI: physician at the clinic in Takdah, physician-in-charge at the Salugara pharmacy, and physician-in-charge at the Darjeeling clinic under Dr Trogawa Rinpoche's guidance. He also enrolled in a 3-month Ayurveda course for western practitioners at Gujarat Ayurveda University, Jamnagar in Gujarat State. He was awarded a gold medal from the Indian Board of Alternative Medicine in Kolkata.

While working one day at the CTMI Darjeeling clinic in early 2003, Dr. Yonten received a telephone call from his cousin brother regarding an available space for a healing center in the southern city of Bangalore. Dr Yonten offered this possibility to CTMI administration. At the time, CTMI was challenged by having their three pillars- the clinic, the college, and the pharmacy- being located inconveniently far from each other. This made it difficult for patients, students and staff. Administration evaluated that having a CTMI Bangalore clinic in the south would be too far from the CTMI's main location in Darjeeling. Rinpoche then encouraged Dr Yonten to take this opportunity to start his own healing center. Dr Trogawa Rinpoche gave Dr Yonten his blessings and gifted him a framed signature of His Holiness. Soon after, Dr Yonten moved to Bangalore.



*left: Tibetan Healing Center 2003 blessing with Ven. Jampa Rinpoche
right: Rinzing and Dr Yonten at ribbon cutting inauguration by Mr. Tempa Tsering*

On May 16, 2003, the Tibetan Healing Center was blessed by Venerable Jampa Rinpoche and inaugurated by Mr. Tempa Tsering, the former minister of the Central Tibetan Administration. The small office was conveniently located in central Bangalore and surrounded by many shops. Shortly after, Dr Yonten was invited to teach about traditional Tibetan medicine for the "Global Health and Healing Traditions Program," an educational collaboration of the South Asian Centre of Bangalore and Long Island University (LIU) of the USA. In response, Dr Yonten began teaching many. One student in particular, Kyle Weaner from West Virginia, took special interest and studied with Dr Yonten for two semesters. After his graduation from LIU, Kyle studied and apprenticed with Dr Yonten in Bangalore between 2004 and 2012 before becoming a Tibetan physician. In 2013, Dr Yonten inaugurated the opening of Kyle's Jivika Wellness Center in Elkins, West Virginia, USA.



His Holiness bestowing the Medicine Buddha initiation, Dharamshala, 2014

Dr Yonten is very fortunate to have received three times Medicine Buddha initiations from His Holiness and the Yuthog Nyingthig transmission and empowerment from H.E. Taglung Tsetrul Rinpoche. Dr Yonten also enrolled at Men-Tsee-Khang and passed in 2010 his Menrampa degree, the equivalent degree of becoming a western Doctor of Medicine (MD).

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In 2007, Kyle and his mother, Barbara Weaner, invited Dr. Yonten to the USA to offer consultations, teach traditional Tibetan medicine, and facilitate Tibetan healing retreats. Called the “Tanadug tour,” Dr Yonten was hosted throughout the USA: Saranam Retreat Center in West Virginia, the Namgyal Monastery Institute of Buddhist Studies in Ithaca, New York, Lutheran Medical Center in New York City, Naropa University in Boulder, Colorado, and others. Charlene D. Jones additionally hosted Dr Yonten in Canada in 2007/8. Since this initial visit, Dr Yonten regularly travels in the spring to North America to offer consultations and teachings.



*Dr Yonten teaching at Saranam Retreat Center
West Virginia, USA, 2003*

The Tibetan Healing Center is located in the cosmopolitan city of Bangalore. As a result, Dr Yonten treats people from all over the world- Germany, USA, Australia, Africa, Iran, Mongolia, France, Austria, Switzerland and Spain. He has felt always a special connection with German people. Dr Oehler had sponsored his CTMI education and hosted him in her country- his first travel outside of Asia. In the early years of the Tibetan Healing Center, Dr Yonten was seeing an increasing number of German clients: many Lufthansa Airlines crew members came to the clinic, and tour operator Annett Friedrich of Zeitreisen Travel began bringing others most every month. Matthias Schneider, a Buddhist practitioner and patient of Dr Yonten’s living in Germany, began hosting Dr Yonten for consultations and talks in Germany. Edi Schrader organizes his visits in Switzerland, while Barbara Klell, Chairman of Shedrupling Buddhist Center hosts him in Graz, Austria. Dr Yonten routinely tours Europe during the autumn.

In 2011, the Tibetan Healing Center moved to a larger office space in Kormangala, Bangalore. Sponsored by Jasmine Shah, Dr. Yonten renamed his center the Tibetan Healing and Wellness Center (THWC). He offered in this larger space a wider array of holistic therapies, including Kunye (traditional Tibetan massage), Lum (medicinal baths), Golden Needle therapy, Copper Cupping, and more.



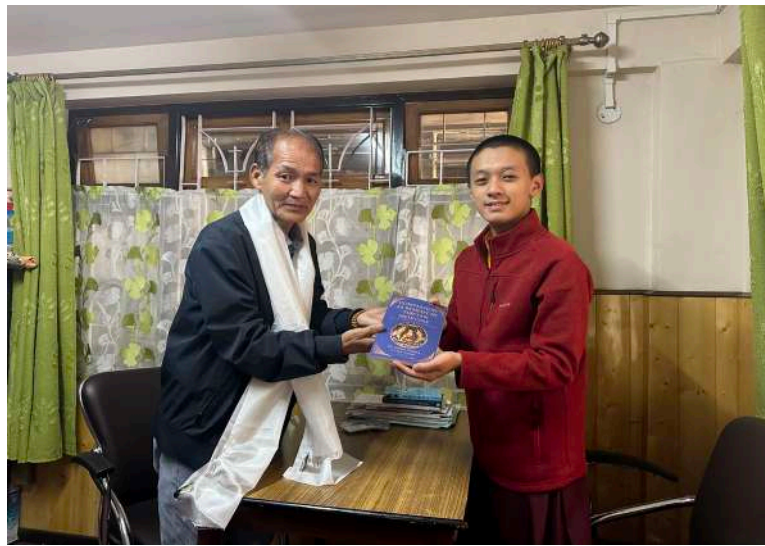
*Gyudzhi students learning Tibetan pulse reading
spring 2023*

Dr Yonten was introduced to Terri Nash from Kauai, Hawaii in 2011. She hosted him for consultations, lectures, and Tibetan healing retreats on the island of Kauai and in Massachusetts. She further introduced him to others who invited him to Kansas, Colorado, other towns in Massachusetts, and Washington, DC. With Terri’s persistent support, Dr Yonten in 2019 initiated a 4-7 year study of traditional Tibetan medicine’s approach to healing and spirituality for a select group of students. His teachings are based upon the fundamental medical text, the *rGyud-bZhi*, with students learning the four tantras (the Root, the Explanatory, the Oral and the Subsequent). Although the COVID-19 pandemic limited worldwide travel for 2 years, Dr Yonten continued online teachings. His annual spring tour in the USA resumed in spring 2022, allowing again for in-person *rGyud-bZhi* teachings, consultations and lectures.

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Many shops throughout the world closed during the COVID-19 pandemic, including The Tibet Store, the oldest Tibetan shop in Bangalore. The store was in a central location that Dr Yonten recognized would offer greater convenience for his patients. When the lease became available, Dr Yonten relocated THWC to St Patrick Complex at Residency Road, off Brigade Road.

After 17 years of contemplative writing, perseverance and the assistance of numerous friends, colleagues, and well-wishers, Dr. Yonten's book with Kyle Weaner- *Compassion As Remedy in Tibetan Medicine: Healing Through Limitless Compassion*- was published in spring 2023. This book explains a Tibetan physician's training and practice on the ethical, spiritual and practical aspects of providing compassionate, healing care for the benefit of all sentient beings. Its publication coincided with other remarkable milestones for Dr. Yonten in 2023- the 20th year anniversary of Tibetan Healing and Wellness Center in Bangalore and his 25th year practicing as a Tibetan physician. The year also marked his 25th anniversary of marriage to Rinzing Dolma, their eldest son Tenzin's graduation with honors from Hobart and William Smith Colleges in New York, USA, and younger son Rigzin's enrollment at the Bangalore Culinary Academy.



Dr Jampa Yonten presenting his book in 2023 to Yangsi Rinpoche, the recognized incarnation of Dr Trogawa Rinpoche

Dr Yonten cultivates daily his dedication to Tibetan medicine and healing for all sentient beings. He begins his day with Medicine Buddha and Yuthog Nyingthig spiritual practices to honor refuge in Buddhism, to deepen his contemplation of the four limitless qualities, and to renew his faith and commitment to being a physician. He recites “The Physician Chapter” on the ethics, vows, practice and dedication of being a Tibetan physician. When he arrives at his office in the morning, he sets his mind before seeing patients by lighting a lamp, offering incense and prayers. He offers accumulated merit to all sentient beings after seeing his final patient of the day. In the evening before sleeping, his spiritual practices are gratitude prayers for all sentient beings to have happiness and the cause of happiness, and to remember that life is short and precious. As always, he offers his final prayer to His Holiness the XIVth Dalai Lama for His long life and to benefit all living beings.

Sarva Mangalam!





clockwise from above: Tenzin Yonten's graduation in New York, USA, May 2023; Dr Yonten with his wife, Rinzing Dolma, Kyle Weaner & Kelly Alba at the new THWC 2022; Rigzin Yonten upon completing his degree from the Bangalore Culinary Academy, 2024; Dr Trogawa Rinpoche presenting a special certificate to Dr Yonten, 2003; Dr Yonten's mother, Tsering Norzom- known by most as Norzom ma.





clockwise from upper left: CTMI Silver Jubilee Celebration in 2018; H.E. Drepong Tripa blessing the new THWC office at Kormangala, 2011; Dr Yonten teaching in Germany, 2014; Dr Yonten receiving certificate of recognition from NCISM-AYUSHS, 2022; Dr Yonten with Dr Penpa, Dr Dorjee, and Dr Tsephel at THWC Kormangala, 2012; Dr Yonten with Dr Tamdin and Dr Dorjee at the Mind and Life Conference XXVI in Mundgod, India, 2013.

A PERSONAL JOURNEY OF APPRENTICESHIP

Kyle Weaner {Tenzin Samdrup} (Elkins, West Virginia, USA)

I met Dr. Jampa Yonten at the Tibetan Healing Center in 2004, on my fourth day in India, when my girlfriend had an upset belly from a particularly oily saag paneer. The healing center at that time was in the back corner of the basement of an Indian strip mall. At 10 AM, the floor was still strewn with discarded plastic teacups, clothing tags, and dust from the shopping frenzy of the night before. As we walked toward the clinic, we could hear chanting; woody, debatably pleasant incense wafted through the air. We sat and listened to speedily recited prayers while waiting to be invited inside the office. It was tight and a bit stuffy in the late August Bangalore climate. I can remember sweat beading on Dr. Yonten's forehead.

During that first meeting, the most notable experience was the quality with which he listened and tended to his patient. It was like a mother caring for her own child. I had recently observed a doctor in a teaching hospital back in the States, and the disparity between Dr. Yonten's demeanor and that of the busy, distracted doctor was immense. In the hospital, the doctor's attention was divided between the patient, their own wristwatch, charting on the computer, and the need to arrive at a diagnosis within time constraints. When the patient spoke, the doctor would hastily interrupt or interject. In contrast, Dr. Yonten would simply nod, attentively listening as my girlfriend revealed her symptoms. He waited until she finished speaking, then took her wrists one at a time in his hands, feeling the radial pulses. He leaned in close as if listening to a whisper, spending nearly a minute on each pulse. When he spoke, the tone was gentle, and the words simple and helpful. I thought, "This is the most compassionate, caring, and gentle doctor I have ever met, and I want to learn from him." Little did I know that the qualities he embodied are taught and developed throughout the entire system of Tibetan medicine, specifically in the Physician Chapter of the fundamental medical text, the *rGyud-bZhi* (pronounced Gyu-Zhi). While practitioners of modern allopathic medicine can exhibit compassion, it is often a result of their own personal development or natural tendencies, rather than part of their basic training.



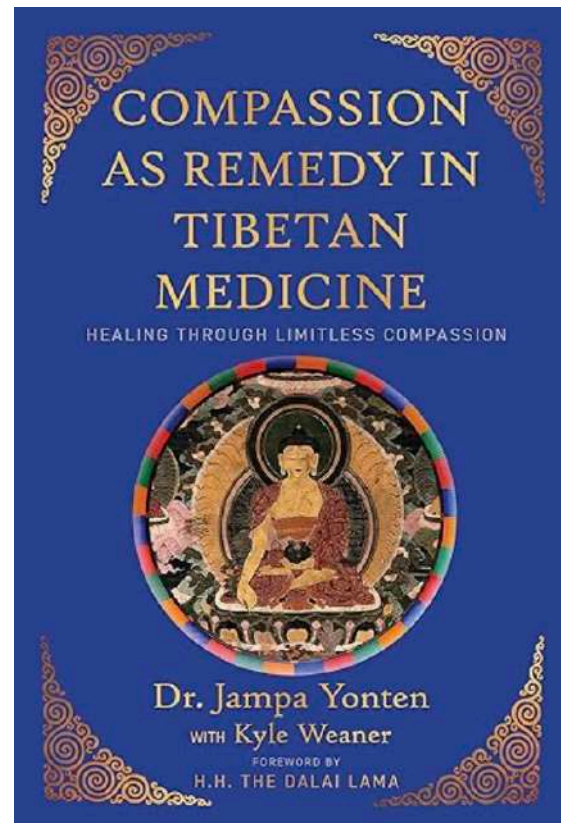
with Dr Yonten in 2023

When Dr. Yonten began teaching me the Physician Chapter, I was awed by its poetic form: a prayer set in meter, a code of principles full of metaphors designed to inspire practical, ethical, and spiritual aspiration in a healthcare practitioner. It not only specifies the requirements to be an Amchi (a Tibetan physician), but is also a guide for transforming this work into a spiritual practice, resulting ultimately in liberation from suffering, in oneself and in all beings. Lofty goals, but ones that show the unity between medicine and Buddha Dharma (loosely, the law of nature) in this tradition. It might initially appear as religious dogma, or as culturally specific values infusing a medical system, but looking deeper, Tibetan medicine not only deals with treating temporary symptoms of illness, but also addresses the greater context and causation of the human experience of suffering.

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To enter the field of healthcare, one begins with a motivation; ideally, these motivations bolster the commitment to one's work in times of difficulty. Who decides to pursue the job of healing others? Were they driven by their own experience of disease? Did the suffering of loved ones open their hearts? Was there a role model who encouraged them to choose a medical career? Did they excel in study, following a seemingly inevitable path? Did they desire wealth or popularity? For me, all of these reasons have played some part in choosing to practice Tibetan medicine, and even so, the decision wasn't always so clear.

Early on in my apprenticeship, Dr. Yonten and I met his friend and senior colleague for dinner, during which this doctor asked me what I planned to do with my study of Tibetan medicine. I answered that I did not know, that I was a massage therapist and wasn't sure how this training would play out in my life. Later, as Dr. Yonten and I were walking home, he said to me, "I never want to hear you say that again. You should always know exactly why you are doing anything." It was like a slap across the face. I was shocked, and it really made me consider. I thought about my mother's illness and efforts towards healing, inspiring my curiosity about natural medicines and therapies; about my parents' aging and inevitable death; about Dr. Yonten's examples and teachings on being a kind and compassionate healer; about the joy and absorption in study that we had already experienced—losing track of time in the space of study and practice; even about fantasies of becoming a successful and popular healer. The motivation to heal myself is developing gradually as I age, but was not a big drive when I was contemplating this path at 23. It took three days of deliberation before I went to Dr. Yonten and said, "I want to be an Amchi, and complete the study of Tibetan medicine." Conviction and clarity of motivation, a teacher, family, friends, and patients to whom I have been accountable, and spiritual practices that cultivate a compassionate heart, have all supported my commitment throughout 7 years of study and 10 years of practice.



I am so grateful to be part of sharing the teachings of compassion from a Tibetan medical perspective, specifically from the knowledge of my teacher, Dr. Jampa Yonten. Over the course of my apprenticeship with him, he shared with me examples of suffering from his own life, hosted me in his own home and cared for me like his own child, spoon-fed me the *rGyud-bZhi* word for word, imparted insights of the practice passed down from his teachers and gained from his own professional experience, allowed me to participate in the examination and treatment of thousands of patients, and trusted me to help write his book. Through the privilege of having these unique opportunities, I have observed a consistently humble and compassionate human, and an exemplary physician with great wisdom to share with the world. I am confident *Compassion as Remedy in Tibetan Medicine* will benefit many readers.



I first met Dr. Yonten when he visited Orange, Massachusetts to give a weekend workshop on the Medicine Buddha practice. It was an important weekend for me, and I realized that through Dr. Yonten and his teaching that I was being realigned to the healing and purifying power inherent in authentic Buddhist practice. His work and presence is like a transmitter for the Medicine Buddha work and truly allowed me to receive help from the Medicine Buddha lineage. I believe it is written that all sentient beings suffer from an illness if not established in the enlightened state. Buddhist practice has mainly been for me about moving from a state of ignorance to a more enlightened state, and aspiring to also remember the Bodhicitta ideal that we must also wish this for others - for all sentient beings.

One of the follow ups from this initial meeting with Dr. Yonten was becoming part a Gyudzhi Study Group where we have been studying the *Gyudzhi* medical text under Dr. Yonten's guidance, along with regular Medicine Buddha practice and prayer sessions together, both in person and online. This has been an experience of a real sangha for me and a reminder of how important it is to practice in a group with others. I feel very fortunate to be involved with Dr. Yonten, his work, and lineage. His actions and conduct reflect his esteemed ideals.

- *Martin Brown, Royalston, Massachusetts, USA*



I met Dr. Jampa Yonten for one consultation in Zürich. My health problems included dysfunction of the lymph system, causing painful fluid retention in my body, weakness and pain in my muscles and inflammation of all joints.

EXPERIENCES WITH



TIBETAN MEDICINE

Over the last two years Dr. Yonten has provided constant support and guidance via e-mail combined with enormous medical competence. He has prescribed Tibetan herbs, various diet changes and special oil massages. There has been a wonderful change in my health. I am now feeling healthy, happy, without much pain and am able to enjoy my life to the fullest.

My sincere and deep thanks to Dr. Jampa Yonten for his wonderful treatment.

- *Maggie Zimmermann, Zürich, Switzerland*



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Dr. Yonten has been my medical doctor for 10 years. I find his skill as a medical practitioner to be profound and healing on all levels. What I really appreciate about Dr. Yonten and about Tibetan Medicine is that illness is viewed as coming from the thoughts and emotions, and if it's not addressed then it manifests as physical symptoms; we can heal our physical symptoms through healing the three mental poisons of aversion, attachment, and delusion. For me this has been a very profound teaching and a powerful practice. As



the Buddhists say, “simple but not easy.” The three mental poisons may be in our subtle energy field and in our habit patterns from this lifetime and from past lifetimes. Some illnesses come from our diet, lifestyle, seasonal influences, influences of spirits or karma. Dr. Yonten is very skilled at determining from where the illness originates and in giving advice and treatment on how to heal it.

Dr. Yonten consistently tells me to do “less thinking, less worrying.” He says to “trust yourself and your decisions, be confident, strong, generous and grateful, and don’t worry about results.” He says, “whatever thoughts come, don’t take them seriously.” As Trogawa Rinpoche said, “all fear is a projection of the mind.” When I remember this, I feel lighter and more at ease and capable of letting go of attachments.

For ten years Dr. Yonten has been telling me the same thing, which makes me laugh...I laugh because after ten years I am quite sure of what he will say, yet every time it still helps me a lot. His deep spiritual presence, confidence, and compassion settles and grounds my nervous system and creates confidence in me regarding my ability to heal. A deep part of me knows that what he says is true. I feel like my subtle winds stabilize with his presence, and then my mind and body relax and know that everything is ok despite outer circumstances. He brings me back to the awareness that healing and happiness come from within.

I find it rare that someone is fully present without judgement, and Dr. Yonten’s presence is imbued with compassion, humility, clarity, confidence, and honesty. I also like that Dr. Yonten and the Tibetan Medical system utilize herbs and body work for healing. I feel more confident in natural holistic healing. In addition, the herbs are imbued with many prayers, so the healing is on a spiritual level in addition to being holistic. And he teaches that we need spiritual practice to heal our ignorance, the place from which all illness arises.

Some people report that healing is quick for them. My experience is that healing has been slow and steady and deep. As my subtle energy and winds stabilize over time, my mind and emotions stabilize and gain more awareness and skillfulness. Eventually healing of my body follows. It is a continuous process of working with layers. I feel the healing in my mind and emotions more than I observe it with my eyes. I have become more skillful over the years, and I realize that there are many more knots to untie within; yet it is gratifying to see at least some stabilized change over time.

I greatly appreciate Dr. Yonten’s medical care and teachings. His book *Compassion as Remedy in Tibetan Medicine* demonstrates the depth of his spiritual capacity, wisdom, presence, and intelligence in healing.

-Maureen-Elise Quinn, Longmeadow, Massachusetts, USA



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I am very grateful to have a doctor as you. Today maybe I feel like you are not there in my life because of all the changes in my health and your cure is the reason for my good health, sir. Your treatment or method of care gives a patient not only health, it gives a lot of happiness. You are a kind-hearted person and humane.

I don't know where there is a God on Earth or not, but I have always seen God in you, sir. "Vaidyo Narayano Hari" is not just words, it's valued words on Earth... because Dr Jampa Yonten is great. He has been very attentive to my health issue. I have had complicated health problems and he has addressed them all. I am very thankful to you and your Tibetan medicines. I don't have enough words to say about you, sir. 🙏🙏🙏

- *Sudha Gangadhar, Sidlagatha, Chikkaballapur, India*



Dear Amchila,

The opportunity to be your student is one of the things I am most grateful for in my life. I feel so honored to have been able to learn from you. You are an incredibly skilled amchi possessing immense amounts of both compassion and wisdom yet you are so humble. You inspire me to fill myself with limitless compassion and I aspire to one day be as clear-minded and noble as you are. I am not yet sure what path my life will take but after having studied with you I feel better prepared to decide. You have given me so much! I want to thank you for all of the valuable things you have shared with me. I hope that we can keep in touch in the future. Please also thank Rinzing la for being so friendly and for helping me learn Tibetan. I hope that you, Rinzing, Tenzin & Rigzin, your practice & your travels are filled with peace, joy and well being. Please don't forget to take care of yourself Amchila! I wish all the best for you! With love,

- *Christina Pettiglio, NYC, New York, USA*



Tibetan pulse reading

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Tibetan prayer flags

I met Dr. Yonten in Massachusetts in 2016. I was immediately struck by Dr. Yonten's beautiful presence, and gentleness. I was dealing with a number of issues in my own body and some very scary dynamics with my teenage son. Dr. Yonten addressed my issues with ease, and with very deliberate instructions and much kindness. He also offered support to my son, which my son received with gratitude. We were both deeply impacted by the herbal medicines, and by Dr. Yonten's wisdom, support, and energy.

Since then I have referred many, many people to receive Dr. Yonten's medicine, guidance, and spiritual blessings. I have seen clients and family members have great changes in health. I still receive Dr. Yonten's blessings and herbal medicines, and find them to be incredibly helpful for my health and wellbeing. I highly recommend Dr. Yonten, and feel blessed and honored to have met him along my healing path.

- Gabrielli LaChiara, Amherst, Massachusetts, USA



I have had the privilege of working with Dr. Yonten for over four years. Each time I have met with him, he has been warm and compassionate. He has a gentle disposition and a strong understanding of both Western and non-Western approaches to medicine. He is a patient listener, and has made suggestions as to how I can improve my health and well-being. No matter where he is, Dr. Yonten is responsive via email. With the assistance of his equally warm stateside staff, has crafted a way to stay in touch and deliver his herbal remedies within a timely manner.

I feel that the herbal combinations he has created for me along with the simple dietary recommendations have truly helped to support my immune system. I am very grateful that I was introduced to him and for the care I receive from him. It is clear to me that Dr. Yonten is very dedicated to improving the health and over all well-being of all with whom he works. “

- Arona Smotrich, Old Greenwich, Connecticut, USA



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I was born in Trinidad & Tobago, a small nation in the West Indies, the first grandchild of a farmer. I spent a lot of my childhood on the farm loving all of it, eating food that came straight out of the soil into my body. I loved all of nature, the animals grandfather raised, the trees, plants, fruits, the water from the well and from his copper rain catcher. I found the taste of rain water particularly delicious. I loved the creepy crawlies also. There was a snake that always showed up as I sat near the well in the sun eating whatever fruit was around. I even loved the medicines my grandfather's wife made for me. The more bitter the more I loved it.

In my mid thirties, I left my homeland and came to the USA to college and found that everything was different: food, water, housing, space, tastes, medicines. I had to learn to exist in this new world, as my connection to my "alive -natural- world" changed as I attended college and had a job.

I lived on Kauai, Hawai'i from 2006 and it was there that I met Dr. Yonten in 2011 and began to learn about Tibetan Medicine from him. I also began to receive new levels of Instruction and Relationship with the natural kingdoms and the connection between humans in achieving and maintaining health and well being. This extended and deepened my early life teachings from my grandfather.

I had a session with Dr Yonten, received herbs, was told how to take them. I loved the tastes of the herbs, and they reminded me of the medicines I grew up taking. I loved how my body felt as it received them, so I was happy and felt at home with Tibetan Medicine.

I left Kauai'i in 2011 to return to New York City as my mother was in failing health. It was there, at the Museum of Natural History, that I found out more about Tibetan Medicine. The highlight was the Tibetan Medical thangkas. I stood in awe of these documents spending a long time looking at the details they presented- the drawings of the body systems, the plants and the relationship between them. I had no idea of what they were speaking, but I was entranced. I wanted to know about this medicinal healing relationship between the body and the kingdoms, that was like the relationship I grew up with.



While in New York, as I was taking the herbs from Dr Yonten and feeling what they were providing, I told my sister and a good friend about it and encouraged them to go see him as, by then, he was in New York City as well. They agreed and so we all went to see him one day. It was then that I had a quick introduction to his sons, who were then very young.

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Years later in Queens, New York, I again met Tenzin, the elder of the two, who was attempting to apply to US High Schools. Tenzin appeared quiet, serious, very intellectual and I felt he would attend college and create a solid career path. I hoped that his adaptation to the US high school system would be successful. I was educated in the British method and knew the difference he would encounter in the American way of learning. It was not easy.

I met again Amchi's younger son in 2023. Rigzin was 19 years old, had completed High School and



was interested in the culinary arts. He came to Kauai for a couple months as an apprentice studying the complexity of relationships from farm-to-food-to-table in Caribbean style. Rigzin was a delight, in the early days of his visit his questions, ideas, and conversations were wonderful in showing how deeply and intuitively he thought and looked at what was going on in the world. Even in the language of a teen/almost adult person, what he said gave me pause. That, I did not quite expect, and so I felt that there will be more to him than simply being a chef. Stay tuned....!

A few years prior to meeting Amchila, I had learned from an Ayurvedic physician the uses of herbs to balance the body's elements. When I was invited to cook for the Gyudzhi gatherings in Orange, MA, I was able to admit that cooking itself is a health practice and the study of Tibetan Medicine has deepened this understanding.

I was very happy to read the traditional *Gyudzhi* texts and see that there were the names of plants that I used in cooking that grew in the Caribbean and the US. I began to learn about how the climatic zones where plants are grown contribute potency, strength and other specific medicines that are not available if they are grown in zones that are not their home. This insight told me that it was an important thing to know and use when working to maintain health. It also said to me that it was important to pay attention to all these factors in cooking.

So I am grateful to Amchi Yonten and Tibetan Medicine for coming into my life in the US.

- Jennifer Iré, USA



left to right, standing: Rigzin, Dr Yonten, Tenzin, Heather, Jenny Iré, with Beverly (seated) in Queens, New York, USA 2023

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I first met Dr Yonten in late April 2016. Our dear friend Terri-la was then living on Kauai and had met him a few years earlier. As it happened we had just finished converting our barn into a living space for an influx of children and grandchild coming for Christmas 2015 and she wanted to know if we would host Dr Yonten and herself for a weekend workshop on Tibetan Medicine, and for him to meet with patients in the barn. Of course we said yes. As the time of his visit approached we were asked if his eldest son, Tenzin, could accompany him as he wanted to attend boarding school in US and had an interview scheduled. Of course we said yes.

I began to think about what to cook for them. Terri-la emailed that they don't eat garlic. Then later they don't eat any nightshade family, so no potatoes, no tomatoes, no peppers, no eggplant. Then again later, oh and no salads, and nothing cold and not too spicy, and only boiled water. All my favorite dishes went out the window! Fortunately I had some experience cooking Indian dishes and I enjoy cooking and there was no need to worry (what is the use of worry!) because Dr Yonten did say that he eats whatever he is served. There was a flurry of activity for preparation and a slew of emails confirming appointments as the appointment times quickly filled up.

They arrived with Terri-la and Tenzin immediately engaging my husband, Dr Bill, in friendly debate. Dr Yonten quickly put us at ease with his unassuming and gentle manner. He was very struck with The Barn and property which he called paradise compared to where he lives in downtown Bangalore. I had a session with him and became quite teary due to his unconditional acceptance, feeling completely understood and cared for. While he was visiting he noticed a picture of the Medicine Buddha in the room where he was staying. It was something our daughter had acquired and I had not paid it much attention or realized what it was. He asked if he could put it in The Barn. Of course, we said yes. He now calls The Barn "Menla House", the house of the Medicine Buddha.



Since then Dr Yonten has visited every year, except for Covid years 2020 and 2021 and came twice in 2019. I see him for consultations each time and take the herbal medicines. Over this period of time I am more calm, less worried and anxious, feel more gratitude and more positive about life in spite of the challenging times we live in. Tibetan Medicine is a holistic approach, valuing the whole person and not just focusing on symptoms and Dr Yonten creates an atmosphere of friendship, compassion and humor and brings joy to his caring. Before breakfast he can be found on the couch in the sunshine in the bay window facing east chanting his prayers. He takes a great interest in our family, our lives and projects. In the evenings there is serious discussion or storytelling and always much laughter.

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Over the years, his visits have gradually evolved from workshops and introductions to Tibetan Medicine to actually teaching a smaller group of mostly body workers the *Gyudzhi* – the four Great Tantras is the most authoritative classic of Tibetan Medicine. Even though I do not understand much of it, I see that it is a beautifully coherent system. He very patiently goes over the text, answering a myriad of questions, interspersed with chanting prayers and meditation. We circumambulate the property while chanting and burning incense and we hang prayer flags while doing ceremonies for the spirits. The prayer flags remind us year round of all the blessings that Dr Yonten brings.

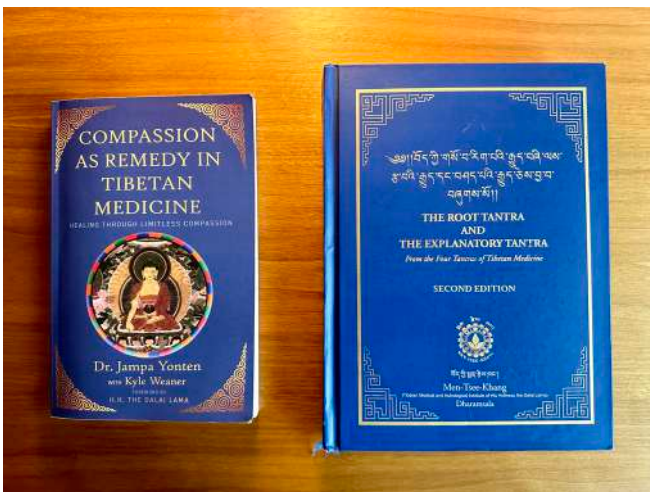


*hanging prayer flags at Menla House
May 2023*

-Penelope Sullivan, Orange, Massachusetts, USA



I am a fortunate student of Dr. Yonten, having studied under his guidance with a group from the US since 2018. Dr. Yonten represents for me the embodiment of compassion, wisdom, dedication and skill discussed in the physician chapter of the *Gyudzhi* which he explains so thoroughly in his book published this year, *Compassion as Ready in Tibetan Medicine*. In my work as a health care practitioner, I often wonder how Amchi la would respond to challenging situations which I confront in my practice, and I am guided by his influence. Ultimately the study of the *Gyudzhi* with Amchi la has deepened not only the tools I can bring to my work with patients, but perhaps more importantly through his compassionate influence it has honed my skills in deep listening to their stories. It has helped me to have the confidence to guide patients in understanding the connection between negative emotional states and physical illness.



Amchi la inspires me to hold the suffering of others with a great sense of deep trust in their Buddha Nature and in the possibility that suffering might have the possibility of transformation, that it can be encountered as an ember to ignite deep healing. It is my aspiration that studying with Amchi la will continue to deepen these profound teachings under Dr. Yonten's care, as well as his continued guidance about my life, spiritual and health care practice.

- Elizabeth Peterson, DC, Greenfield, Massachusetts, USA



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About Tibetan Medicine

It was in Oct 2020 that I first heard about Dr. Jampa Yonten and the Tibetan Medicine. I heard from a friend of mine who has known Dr. Jampa Yonten for a while.

I met Dr Jampa during a crucial period- my sister was diagnosed with 4th stage of Lymphoma. Lymphoma is a cancer of the lymphatic system, which is part of the body's germ-fighting network. She had just started her treatment in HCG Hospital. As usual, the doctors had advised her Chemotherapy and Radiation and started the 1st stage of treatment, but the doctors didn't have high hopes of her recovery. She was in a very bad situation and her survival rates were dropping day by day.

When I happened to share the news of my sister to my friend, he mentioned Dr Jampa to me and asked me to make a visit to him. We as a family had also been very disturbed with the situation and had very low hopes. The doctors at HCG had practically given us a time frame for her survival and told us a maximum of 6 months.

First time I showed Dr. Jampa all her reports, he started his medication, subsequently and immediately. I also took her to his clinic. After examining her very neatly and rightly, he assured us that she will recover and we need not worry. In fact, he was the first doctor who confidently assured that there was no threat to life. Dr Jampa had boosted our confidence and gave us a ray of hope about the recovery of my sister.



Dr Jampa prescribed her Tibetan medication and advised that it be taken along with her chemotherapy and allopathic medicine. The medication was to be taken 3 times a day. My sister would religiously take those medications in parallel to the chemotherapy.

Slowly and with time, within 3-4 months we started seeing good improvement in my sister's health condition. Her cancer started to cure and her condition got better. The doctors at HCG who had given us a time frame about her condition were surprised and shocked, and told us that her recovery is a miracle.

We whole heartedly are grateful to Dr Jampa and his Tibet medication; this medication and his positive approach was a miracle in my sister's life and we were able to save her from cancer. Today she is completely cured and back to life.

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Since then, I have started strongly recommending people to take his guidance and medication and I continue today doing it. And I will continue to recommend people to contact Dr. Jampa Yonten with full faith- he will definitely help you cure your ailments

Thank you once again Dr. Jampa Yonten.



*Dr Yonten among wildflowers in the US Rocky Mountains
Colorado Springs, Colorado*

About the Doctor

Dr Jampa Yonten is one of the nicest and humble human beings I have come across. Dr Jampa is extraordinary at understanding his patients and prescribing medication for the problem.

His approach towards health problems is very different as he does not treat the symptoms- he treats the root cause of the problem. Dr Jampa makes sure his patients have a positive attitude towards the problem they are facing. He also tries to make his patients change their overall approach towards medication and treatment. He advises people to change their routine, their eating habits, and so many more routine changes that adds up to their overall health.

Dr Jampa has been a pillar of strength to my sister during her difficult time, while she was battling cancer, and I would like to thank him endlessly for his constant support and guidance and treatment which helped us.

I have recommended Dr Jampa to quite a few friends and family members and all of them are better now and doing very healthy now. We will definitely continue to consult Dr Jampa and take his medication for a long time. Thank you.

- Nagaraj Kashyap, Bangalore, Karnataka, India



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In April of 2018, I found myself in Menla House in Massachusetts listening to Dr. Jampa Yonten introduce Traditional Tibetan Medicine. I wondered what I, a ceramic artist well into my sixth decade of life, was doing there among seasoned health practitioners. I did not aspire to be a doctor in this life. I wondered if I could benefit or help others from the study of this practice. In that first seminar, Dr. Yonten said the Medicine Buddha practice is about taking care of our own health and giving back to others. Over time I found this to be true, though in ways I could not predict.



Early on, Amchila introduced us to the Medicine Buddha prayers, sacred healing mantra and meditation. These have become very important in my life, though I am not a Buddhist, rather a follower of North American indigenous spiritual practice. In 2019 when a young girl dear to us was in a life threatening accident, I kept up a chant of the sacred healing mantra all day and whenever I woke at night, sending blue healing light to her and her mother in the hospital. The Gyudzhi group formed of fellow students responded to our request for prayers

for this child. Sadly, she did not survive the injury to her brain stem. I heard later from her mother that she felt the prayers coming from us very strongly and that it helped during the transition from life to death. Our neighborhood group continues to chant regularly for the health of others, to alleviate suffering from disease, mental afflictions and war. Doing this has helped me maintain equanimity during these challenging times.

We began the study of the history and precepts of Traditional Tibetan Medicine. In this way, I developed a deep respect and appreciation for it. It is an ancient, unbroken, comprehensive and evolving tradition like no other. It is more clear than ever that I do not have the drive or time to learn more than the basics, but I still benefit from what I have learned in terms of awareness of diet, lifestyle, season and spirit and spiritual practice to get rid of ignorance.

Dr. Yonten's book *Compassion as Remedy in Tibetan Medicine: Healing Through Limitless Compassion* has become a valuable addition to my understanding of Traditional Tibetan Medicine and of life in general. In my interactions with family, friends, other potters, students and fellow volunteers in community work, awareness and practice of the four limitless qualities: compassion, love, joy and equanimity makes a big difference. I am deeply grateful to Dr. Jampa Yonten and my fellow Gyudzhi students for all I have learned.

- Lydia Grey, Orange, Massachusetts, USA



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CANCER AS A GIFT

“Mr Ananth, we all are going to die!” The introductions completed, this is the first thing I heard Dr Yonten say to me. Facing facts, that is certainly something that I have always endeavoured to do in my life. I had learned that looking at facts evokes a whole host of emotions- fear, courage, anger, tears. And I had learned that every one of the emotions needs to be lived with without taking one’s eyes off the facts.

It was quite an extraordinary experience to have encountered a medical practitioner who spoke so calmly and peacefully about the facts. Soon after my cancer diagnosis (through some friends who had been to Dr Yonten) I had come to the clinic to consult with him. I had met the news of the cancer with courage but it was a rigid stance which kept my fears and the fears and anxieties of family and friends at arms length. It was a form of holding on, of clinging as the Buddhist in me would say!



THWC at St Patrick's Complex, 2021

My journey with Dr Yonten over the last 25 odd months has been one of relaxing and letting go. Embracing the life that I was living fully and wholeheartedly. Dr Yonten has been my companion and guide on this journey. Always meeting me and my thoughts and feelings with openness and compassion. Allowing them to be, while gently suggesting what he considered the preferred course of action. He has over this time opened my heart and mind further and further.

My consultations with him have been about all of myself as one whole - the body of course- but not just the body but the mind and spirit too. My life partner almost always accompanied me to those consultations and Dr Yonten had a wonderful impact on her too. He reaffirmed for her the strong commitment and support that she manifested for my well being while also gently moving her towards a more relaxed way of looking at the situation.

At the physical level, I have experienced very little discomfort or pain even though I have been through the full regimen of radiation, chemotherapy and surgery. And for the last 20 months I have lived with a metastatic tumour in the Liver with the support of the Tibetan medicines and homeopathy alone. I attribute my sense of physical well being and energy (I walked an average of 20kms a day for over 2 years) to the Tibetan medicine.

Cancer has been a gift to me. It has made me let go of the ideas of a good life that I was holding onto and being fully present to the events that were unfolding in front of me.

Life has been quite challenging in multiple and significant ways that are unrelated to the cancer. Thanks to the experience of facing the ‘bolt from the blue’ that cancer was, I was able to use each of these jolts as opportunities to let go. It has been wonderful.

I am currently in the midst of some very intense political activism. Which once again has created stress, inner turmoil and lack of discipline in my lifestyle. But I am able to see this as an opportunity to rediscover balance amidst the activity by further letting go and relaxing. Dr Yonten and his medicines continue to be a source of strength and support.

- Ananthapadmanabhan Guruswamy, Bangalore, Karnataka, India



In the name of many of Dr Yonten's German clients, I would like to congratulate Amchi Jampa Yonten to the 20th Anniversary of opening his Tibetan Healing and Wellness Center in Bangaluru and his 25th year practicing Tibetan medicine. Surprisingly, quite a number of Germans have gone to see Amchi Yonten in his Healing Center in India. And they still do so today. But it is not realistic to travel 7,400 km (4,600 miles) to see the doctor. That is why many of these patients were were lucky that Amchi Yonten visited Germany beginning in 2012. So far, he has come six times – always in the autumn for about a month. He gave several public speeches and seminars on various topics of the Traditional Tibetan Medicine, including:

- the different constitutions of people,
- the three life energies rLung (Wind), mKhrispa (Fire) and Badkan (Earth & Water),
- about sickness and how diet and lifestyle can help to heal and benefit
- Karma and
- Astrology

His core topic during all his teachings was “compassion as a remedy.” He not only spoke about it but, in my eyes, he is a living example for it. It is no wonder that one day he also started writing about his heart subject and, in 2023, his book *Compassion as Remedy* was published. My congratulations also to this big achievement. I do hope that this book will be of great help for many people, especially doctors and people working in health care and with the elderly.

During his several visits, many had the chance to get a consultation with him. What I have observed as his organiser and translator were:

- his total focus on the patient and his/her problem
- he always puts his patients first – no matter how many working hours that might be
- his ability to change people's perspective on their problems to help them to see their difficulties from a different angle
- and last but most foremost is his equanimity – to treat everybody with the same “motherly” care and great compassion.

During these consultations and public speeches, he often points out how important it is to calm the mind in order to heal and find balance. He teaches people various methods to calm the mind, like breathing meditation, walking meditation, laughing meditation... and others. And again and again, he speaks about the importance of a daily reflection of one's actions, speech and thoughts.

Meditation could be translated as a “mental training resulting in a calm and luminous mind” (Wikipedia). And this daily reflection is a very important part in this mental training. It helps to realise what is beneficial for oneself or/and others and what disturbs ones mental balance and emotions and/or others. To do less harm to ourselves and others and be more beneficial and warm hearted to ourselves and others is the goal and a very important part of healing.

What makes Tibetan Medicine (and some other Healing traditions) special in my opinion is the influence of spirituality. This is very much the case for Amchi Jampa Yonten. Besides his great knowledge and skills of the Traditional Tibetan Medicine, he is also deeply rooted in spirituality. And from my point of view this plays a large role in his success in his healing work.

I together with many of his German patients thank Amchi Yonten very much for his work and wish him all the best for his future. May he stay healthy and go on benefitting others as much as possible. We all hope and pray that he will return to Germany 2024 after a long gap due to Coronavirus.

- *Matthias Schneider, Berlin, Germany*





THE SACRED HEALING MANTRA

“The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.”

- His Holiness the XIVth Dalai Lama



ASPIRATIONS AND OPPORTUNITIES

Terri Nash, MS, CPM (USA)

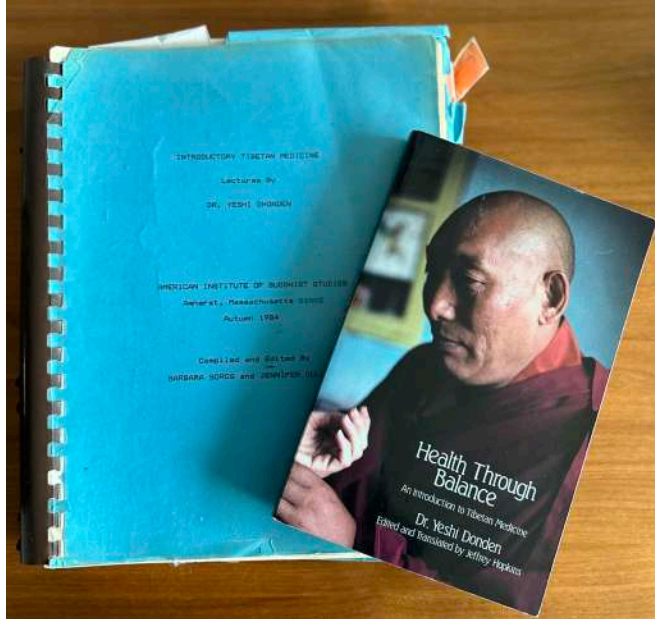
Geshe Dorjee Damdul of Tibet House, Delhi, the Cultural Center of His Holiness the Dalai Lama, taught in a recent Tibetan Philosophy lecture, “Intelligence grows with Dharma practice and then your behavior changes. Nobody can fail you! It’s YOU who fails you! Do not ever give up and you will succeed! Have determination and confidence in your own Buddha Nature and you will shine! What were you like ten years ago? Persevere. In fact, your family will even like being around you more.”

I highlighted these notes with a bright yellow marker. Later that evening Dr. Yonten called. “Terri la, would you write an essay on how you have changed since encountering Tibetan Medicine and Philosophy?”

These synchronicities are no longer a surprise.

In 1982, my life had a confluence of events that I could not fathom in my wildest dreams as an Irish Catholic, US woman. I participated in the initiation and building of the first North American Buddhist stupa- the Peace Pagoda in Leverett, MA- with the Japanese Buddhist order, Nipponzan Myohoji. They instilled what is possible with focused mantra-prayer, an open heart and mind.

Opportunities arose from this undertaking that led me to Tibetan Medicine. I was invited to join a three month internship studying Tibetan Medicine with Dr. Yeshe Dondhen, the former physician to the Dalai Lama.



Dr. Dondhen- or Gen la as we referred to him- was no nonsense, old-school Tibetan who was not particularly impressed with Westerners. There was a rigorous schedule of lecture and clinic daily. On the very first day of class, he said: “You are all sick! You are all sick because you do not know the true nature of your own being.” I was astonished as ripples of sensation careened through body and mind. I knew it was true because I could feel it as true, but didn’t really understand what he was saying. A recognition of Soul Hunger emerged.

Gen la continued to blow our Western brains out with statements. “The first disease of humans is to separate subject and object.” Tears rolled down my cheeks because, as I understood it, the separation of subject from object was a major underpinning of modern, applied interpretations of Western Philosophy. The implications were enormous. I was hooked.

I was also in desperate need of healing for the ravages of an autoimmune disorder called Ankylosing Spondylitis. Five knee surgeries and strong pharmaceuticals were a disaster so far.

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Although intimidated by Dr. Dondhen's immense spiritual and intellectual power, I just kept studying because this system of Medicine and Philosophy was so subtle, refined and sophisticated beyond anything I previously encountered.

I soon became impressed with the results of Tibetan Medicine on my autoimmune disorder. Tibetan Medicine is intact and philosophically coherent. From this view, healing is a deeper transformation of mind. Although diet and lifestyle choices impact bodily function and well being, the long view of true healing is of one's mind and evolutionary tapestry.

The internship had a residency component in Dharamsala that never really materialized. I was disheartened and crushed by not furthering the internship that I felt was so precious about life, healing and understanding how reality works. I kept the teachings close in my heart and mind for the next thirty years. I incorporated them into my Midwifery practice by applying their principles and observing their potent and positive effects.

In 2011 while residing on Kauai, I received a call from a friend. She said, "My sister-in-law from West Virginia works with a Tibetan physician from Bangalore. He would like to share Tibetan Medicine more widely in America." And that was all I needed! I wrote to Dr. Yonten and invited him to the island. Dr. Yonten and I started as Physician-Client and quickly morphed into collaborators as I sponsored him in clinics and workshops on Kauai and across the US mainland.



Tibetan Healing Retreat 2013, Kauai, Hawaii

I was an over-extended, over-committed, dedicated health care worker taking on another project when we met. The effects of decades of intense Midwifery care for home birth clients left me irritable, depleted and critical. In my first session with Amchila (as I have come to call him), he said with eyes lowered and quite gently, "You are very stubborn." "Of course I am!" I replied. "How else could I participate in the Peace Pagoda project, do midwifery outside the hospital establishment, BE a single woman in a male dominant culture...and...and..."

Only later did I sheepishly acknowledge that my arrogant stubbornness was a deeper mind component to be transformed. I kept my commitment to Dr. Yonten as I nursed a hidden regret for not furthering my studies with Gen la. I would have been so much further along!

After my second trip to Kham, Tibet in 2016 to direct a Maternal Infant Care program, I realized this regret could be transformed into a positive. I was now working closely with Dr. Yonten- the intervening years didn't need negativity. I could see it as an amazing opportunity. My wish to deepen my understanding of Tibetan Medicine was never lost. I made then a firm resolve to further the seeds of Tibetan Medicine on American soil.

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in Kham, Tibet- 2016

Amchi la and I created pop-up clinics across the mainland US. He invited me to sit beside him translating “English into English” as I like to say, giving his Indian English a Western contextual parlance!

Often in the early years of working closely with him, my impatience and unwillingness to yield when a plan changed generated great stress and tension. From my view we had a “Plan” and that plan was an agreement not to be altered or changed. Amchila would lean into the necessary requests that arise during such tours and make adjustments. It took years for me to recognize and soften the attachment to my cultural and personal view as the “Right” way.

Ten thousand times a day my mind would reveal attachments and aversions. Humility again and again. From a personality view, “I hated making mistakes” and there were 10,000 of them, day in and day out. Some noticeable, some subtle and obscured. Slowly this learning built strength and confidence stronger than the reflexive personality habits, learning not to view “mistakes” with a rigidity of “wrong”, but rather an opportunity to do it better and with more ease next time. His loving kindness and patience is indelible now in me.

With a wish to share the depth and profundity of Tibetan Medicine, I initiated in 2019 a study of the *rGyudzhi* texts led by Dr. Yonten with people interested in Tibetan Medicine. We continue to meet once or twice a year in person and regularly on Zoom.

One day I heard Amchila speak of his manuscript. “A book?” I inquired in my usual brash American style. “Tell me more!” Eventually, he sent me a PDF of it. I loved it! *Compassion as Remedy*?! What a marvelous concept! Years went by and occasionally I would inquire, “How is your book coming?” “Oh. Terrila....” he would say with some resignation never finishing the sentence. I kept pestering him. You know, American-style.

This led to that and soon a very skilled professional editor and dedicated Buddhist practitioner appeared. The book had momentum. It still took over three years of hard work, rewriting, editing and proofreading. My stubbornness transformed to a more flexible confidence within. I knew this project was necessary and kept coaxing it along in our calls... just like a midwife. When it was published in the spring of 2023, we merged our client tour with a book tour and had numerous lively events in Kansas, Massachusetts and New York.

Later that summer, I was invited to India to lecture at nunneries in Women’s Health and to meet His Holiness the Dalai Lama. I accepted. Weeks before my US tour departure, I succumbed to a deep lung infection. Amchi la worked tirelessly to alleviate it. Western medicines did very little. It was clear this was a purification. A deep inner determination arose in me after a lucid dream to meet the purification and transform it. I left the US with three pounds of cough drops and an assortment of Tibetan medicine. I felt fearless, not in an ego way...in a manner hard to describe words. I was unrecognizable to myself.

The summer in Delhi and Dharamsala was spiritually rich. Words fail to describe the honor of meeting His Holiness the Dalai Lama. That opportunity continues to resonate deep within my Being.

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In Dharamshala, Amchila and his wife surprised me with a visit. Amchila arranged for me to meet several great Tibetan physicians such as Amchi Tsewang Tamdin la (Senior Personal Physician of HH the Dalai Lama), Amchi Penpa Tsering la (Visiting Personal Physician of HH the Dalai Lama and Pharmacist of Dr. Yonten's medicines) and his wife, Amchi Dawa Chodon la.



Left (L-R) in Dharamshala with Dr Yonten, Rinzing, and Dr Tsewang Tamdin, summer 2023

Right (L-R): in Dharamshala with Dr Yonten, Dr Penpa Tsering, Rinzing, and Dr Dawa Chodon, summer 2023

One day after I accepted the invite to India, Amchila asked “What do you want ?” I was stunned by the question. I didn’t quite know how to respond. I stammered something about wanting to know more about the Death & Dying Chapters and Spirit Disorders Chapters in the *rGyudzhi*. I felt flummoxed: someone asked what I truly wanted. My usual response to such an opportunity would be to cover up what I really knew, and sputter something “safer”. Yet a few calls later I said: “Amchila, I want to study Tibetan Philosophy.” It had been a secret aspiration for many years, and I undermined it with intense self-criticism and doubt.

Moving into stating my aspiration paved the way for Amchila to introduce me to Ven. Dorjee Damdul at the Tibet House, New Delhi. Geshe la, a term of respect for an esteemed scholar, is a former translator for His Holiness. At His Holiness’ direction, they created a curriculum drawn from the Seventeen Masters of Nalanda University. Geshe la graciously admitted me to the course.



with Rinzing, Dr Yonten, & Geshe Dorjee Damdul at Tibet House, New Dehli, 2023

And in a recent lecture Geshe la said to his 1800 online students from around the world: “Our job.... is to transform our mind.”

Yes, indeed it is.



TIBETAN LUNAR YEAR
OF THE
WOOD-DRAGON
2024-2025

A year of power, prosperity, and revolution with peace and reliability.



Auspicious days for spiritual practice, chanting and meditation

First Lunar Month

(February 10 - March 10, 2024)

February 10: Tibetan New Year, Losar
February 17: Medicine Buddha Day
February 19: Guru Rinpoche Day
February 24: Full Moon (Great Miracle Day)
March 9: Dharma Protector Day
March 10: New Moon Day

Fifth Lunar Month

(June 7 - July 5, 2024)

June 14: Medicine Buddha Day
June 16: Guru Rinpoche Day
June 22: Universal Prayer Day/Full Moon Day
July 4: Dharma Protector Day
July 5: New Moon Day

Eighth Lunar Month

(October 3 - November 1, 2024)

October 10: Medicine Buddha Day
October 12: Guru Rinpoche Day
October 17: Full Moon Day
October 31: Dharma Protector Day
November 1: New Moon Day

Twelfth Lunar Month

(Jan, 30 - February 27, 2025)

February 5: Medicine Buddha Day
February 7: Guru Rinpoche Day
February 12: Full Moon Day
February 27: Dharma Protector Day

Second Lunar Month

(March 11 - April 8, 2024)

March 17: Medicine Buddha Day
March 19: Guru Rinpoche Day
March 25: Full Moon Day
April 7: Dharma Protector Day
April 8: New Moon Day

Sixth Lunar Month

(July 6 - August 4, 2024)

July 6: HH The XIVth Dalai Lama Birthday
July 9: Buddha First Turning of the Dharma Wheel
July 14: Medicine Buddha Day
July 16: Guru Rinpoche Day
July 21: Full Moon Day
August 3: Dharma Protector Day
August 4: New Moon Day

Ninth Lunar Month

(November 2 - December 1, 2024)

November 9: Medicine Buddha Day
November 11: Guru Rinpoche Day
November 15: Full Moon Day
November 22: Buddha Descended from Heaven
November 29: Dharma Protector Day
November 30: New Moon Day
December 1: New Moon Day

Third Lunar Month

(April 9 - May 8, 2024)

April 16: Medicine Buddha Day
April 18: Guru Rinpoche Day
April 23: Full Moon Day
May 7: Dharma Protector Day
May 8: New Moon Day

2nd Sixth Lunar Month

(August 5 - September 2, 2024)

August 12: Medicine Buddha Day
August 14: Guru Rinpoche Day
August 19: Full Moon Day
September 1: Dharma Protector Day
September 2: New Moon Day

Tenth Lunar Month

(December 2 - 30, 2024)

December 8: Medicine Buddha Day
December 10: Guru Rinpoche Day/Noble Peace Prize Celebration for HHDL
December 15: Full Moon Day
December 29: Dharma Protector Day
December 30: New Moon Day

Fourth Lunar Month

(Saka Dawa)

(May 9 - June 6, 2024)

May 15 & 16: Medicine Buddha Day
May 18: Guru Rinpoche Day
May 23: Buddha Purnima Day
June 5: Dharma Protector Day
June 6: New Moon Day

Seventh Lunar Month

(September 3 - October 2, 2024)

September 9: Rishi Star until the 15th
September 11: Medicine Buddha Day
September 13: Guru Rinpoche Day
September 18: Full Moon Day
October 1: Dharma Protector Day
October 2: New Moon Day

Eleventh Lunar Month

(December 31, 2024 - January 29, 2025)

January 1: Happy New Year 2025
January 5: Nine Bad Omens
January 6: Ten Good Omens
January 7: Medicine Buddha Day
January 9: Guru Rinpoche Day
January 13: Full Moon Day
January 28: Dharma Protector Day
January 29: New Moon Day

COMPASSION AS REMEDY IN TIBETAN MEDICINE: HEALING THROUGH LIMITLESS COMPASSION

A BOOK REVIEW

William Sullivan, PhD (Orange, Massachusetts, USA)
Author “The Secret of the Incas, Myth, Astronomy, and the War Against Time”

I wish to thank Dr. Jampa Yonten for asking me to comment on his wonderful book, *Compassion as Remedy in Tibetan Medicine*. The thing that strikes me so forcefully about this exquisitely focused elucidation of the essence of Tibetan Buddhist medicine is the utter unlikelihood that such a book should exist at all. Tibetan history can seem obscure, shrouded in legend, because the wisdom tradition it exists to preserve cannot be expressed in ordinary language. As the story goes the great Padma Sambhava - Guru Rinpoche - brought Buddhism to Tibet in the eighth century of the current era. He was said to have been attacked and repulsed seven times by the enraged ego-projection-deity of the Bon tradition, that is the indigenous shamanic practice of Tibet noted for a fierceness similar to that of the Shinto religion in Japan. Once overcome, this deity then pledged to become the protector of Buddhism in Tibet. In this way an early version of Buddhism and Buddhist medicine entered Tibet and began to absorb and transform the already established Bon knowledge of the medical properties of Tibetan plants, minerals, and animal substances.

Meanwhile just as the influence of Buddhism and the practice of Buddhist medicine began to wane and disappear in India, so it began to take root and flower in Tibet. Early in the eighth century the Tibetan King Trisong Deutsen convoked history's first known international medical conference, with participants attending from as far away a Persia, Greece and China. This event illustrates how Tibetan Buddhist culture, far from being a “hidden” reclusive enterprise concerned only with itself, has always been open to interaction, learning and sharing. As a result of this conference Tibetan medicine began to spread throughout the Himalayas and into China. Soon after, still in the eighth century, there appeared the figure Yuthog Yonten Gonpo the Elder, known as “The Father of Tibetan Medicine”, who conceived a synthesis of all Tibetan Buddhist medical knowledge and wrote it down in a book called the *rGyud-bZhi*. At the time of its creation this work was understood to be so advanced as to be virtually unbelievable to the greater public and so had to be nurtured and protected in secret for five centuries. One version of this story says that this precious book was literally buried for 500 years at which time its author was reincarnated as Yuthog Yonten Gonpo the Younger, who “found” the book, absorbed its essence and rewrote it completely, expanding its insights into the present-day version of the *rGyud-bZhi*, the principal textbook of Tibetan Buddhist medicine, which every physician must master and commit to memory. Dr. Yonten's book is a translation and commentary on perhaps one or two percent



Yuthog Yonten Gonpo the Younger

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of this great work, namely the “Physician’s Chapter” which describes the qualities and skills required of a Tibetan Buddhist physician.

But the story doesn’t end here. Because of the influence of the *rGyud-bZhi*, newly revealed to a world now ready to benefit from it, Tibetan medicine proceeded to flourish as never before. In 1696 the fifth Dalai Lama supported the formation, in the Tibetan capital of Lhasa, of the Chagpori Drophenling Datsang a vast monastery dedicated to the training of Tibetan physicians. But then, in the early 20th century, with the global colonial scramble for the world’s resources raging, Tibet was opened to the predations of “The



Chagppori, 1938 (by Ernst Schafer)

Great Game” in the form of the notorious Younghusband expedition of 1903-1904. As if in anticipation of the troubles ahead the 13th Dalai Lama established The Medical and Astrological Institute, the Men-Tsee-Khang, in 1916. This was a medical school for lay people to be trained to the same standard as any monk to be a Physician of Tibetan Medicine, thus constituting the foundation of a national health service for Tibet. This action also underscores the Tibetan understanding that practitioners of Buddhism need not be monks to achieve the supreme enlightenment offered by Buddhist practice, as it is the aim of every physician trained in Tibetan Buddhist medicine to attain unity with the Medicine Buddha thereby gaining access to the limitless ocean of compassion, in order best to serve his or her patients.

Then came the Chinese invasion of Tibet in the 1950’s. The Chagpori Monastery was looted, then utterly demolished down to the last stone, its lama/physicians imprisoned, tortured, and killed almost to a man. And yet, when he escaped to India in 1959, taking refuge in Dharmasala, India, H.H. the Fourteenth Dalai Lama, Tenzin Gyatso, quickly reestablished The Medical and Astrological Institute in exile, putting into practice his belief, as stated in the Foreward he wrote for Dr. Yonten’s book, that, “Tibetan medicine is one of the greatest legacies of Tibetan Buddhist civilization.” Then, more than three decades later, with the support of the Dalai Lama, Dr. Trogawa Rinpoche, one of the very few surviving lineage physicians of the destroyed Chagpori Drophenling Datsang in Lhasa, reestablished this great tradition as the Chagpori Medical Institute in Darjeeling, India, in 1992. It is this man who became the teacher of of Dr. Jampa Yonten, the author of *Compassion as Remedy in Tibetan Medicine*.

And so, it seems to me that even before picking this book up, one might well ask, what are the odds that this book should even exist? How this should be possible and why this should be possible are subjects for another time. I would simply close by saying that if you know of anyone looking for something fine and true in these troubled times - a young person starting out unable to see a way forward, an elder fighting a sense of despair about the future of our beleaguered Earth, a friend in need of a ray of hope - then this book is just what the doctor ordered.



One day in my 24th year I received a call from my mother. Please come immediately, your father has had a devastating stroke. I rushed to the side of my parents, my father teetering on the edge of death. Miraculously he lived, but only to be a different person. With the great help of his doctors he emerged paralyzed on his left side and with many cognitive deficiencies. I took time out of my life and followed him from hospital to hospital and on into rehab for many months. This changed my life. I loved my father and it broke my heart to see that this vital man had lost so much of his capacity and that modern medicine could do little to help him.

The fire had been lit. I had to make a contribution to our healthcare system and offer the kind of care that could have helped my father. It took a few years to make the transition, first in my mind and then to actually prepare to become a practitioner of Chinese Medicine. In my 34th year I became a practitioner and the door to compassion for many beings opened with the tools to be of service.

Ah, Compassion! The door that opens the way to infinite joy. How do you get there? Take the trip with Dr Yonten through his brilliant unfolding of the practice of Tibetan Medicine with compassion at its core. I am very fortunate to call Dr Yonten my doctor, teacher, friend, and colleague. This book is a treasure! It is a book to read slowly, to re-read, to savor, and to practice. You don't have to be a medical practitioner to benefit from this book, life is a practice, even breath is a practice. How many times have you healed someone with your kind words or gestures? We can all be healers.

Sometimes I contemplate the practice of my practice of Chinese Medicine. When sitting with a new patient I give them my full attention, my compassion for whatever ailment has brought them to me. The details are important, we keep going deeper to reveal the cause of their discomfort. It is a tender process, full of the

safety of confidentiality. The Medicine Buddha is in the room! Then comes the moment of choosing the course of treatment, what is the body, mind, spirit of my patient calling me to do. With all the information I need, my clear intention to be of service, Menla present, I place the needles. Energy shifts, pulses change, healing begins!

VIEWS ON



COMPASSION AS REMEDY

Now having practiced Chinese Medicine for 36 years, I am full of gratitude to all my teachers and their teachers, for the incredible inheritance of the art and practice of medicine passed down over millennia. At the end of the day, if I have practiced my practice well, compassion has flowed and the alchemy of healing has manifested, I have a smile on my face and a warm glow in my heart.

Thank you Amchi la for being one of my greatest teachers.

- Nancy Edwards, LicAc, Leyden, Massachusetts, USA



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After teaching Tibetan medicine to student Kyle Weaner of the United States, Dr Jampa Yonten determined it was an appropriate time to turn his lessons, taken from the Physician's Chapter of the fundamental Tibetan medical text, into a book for the practitioner or lay person interested in the role of compassion in healing, hence his recently published book *Compassion as Remedy in Tibetan Medicine, Healing Through Limitless Compassion*.



I have had the opportunity to host Dr Yonten in my home six times over the last 10 years as he has been teaching and seeing clients in the United States. I have been struck with how genuinely he embodies the characteristics he presents in these writings.

In Chapter 1 of this book, Dr Yonten lays out six qualities of a physician;

1. Having intelligence,
2. Having a compassionate heart, and
3. Having intention that is pure.
4. Being skillful in all works,
5. Being diligent, and
6. Being expert in social ethics.

I can say that in both my personal and my professional interactions with Dr Yonten, he exemplifies these characteristics, without fail.

In Chapters 2 through 6, the book goes on to discuss the Nature of a Physician (Ch 2), the Definition of a Physician (Ch 3), Classifications of the Physician (Ch4), Functions of the Physician (Ch 5) and Results of the Practicing Physicians (Ch 6). It came as a pleasant surprise for me when reading the book the first time, that each of these last 5 chapters concludes with a "Do It Yourself" practical exercise that the reader can easily adopt if he/she chooses.

I believe that this book can serve as a valuable resource tool, for the beginning student of Tibetan Buddhism/Medicine to the advanced student of Tibetan Buddhism/Medicine, as well as for a western trained medical practitioner wishing to know more about Tibetan medicine.

In the words of His Holiness the Fourteenth Dalai Lama, "The ideal physician is one who combines sound medical understanding with compassion and wisdom". I would add that Dr Yonten definitely does this, and additionally, he does it with a lovely combination of confidence and humility.

- Lee Romaniszyn, Salina, Kansas, USA



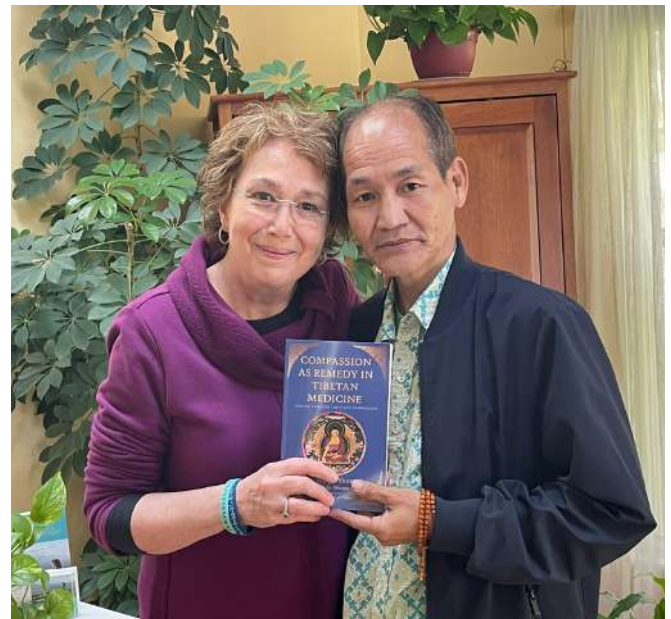
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I first experienced the healing benefits of Tibetan medicine 16 years ago, when I first met Dr. Jampa Yonten and his student Kyle Weaner. Since then, I have come to know and appreciate both of them, and Tibetan medicine, even more. The journey of bringing their book *Compassion as Remedy* into being has taken nearly all that time too; witnessing much of the diligence and care that went into this work only strengthened my conviction that this book could benefit many. Again, having benefited from Tibetan medicine firsthand, I was already on board, of course - would this book's publication be a matter of "preaching to the choir" for an audience who felt the same? The definitive test would certainly be how readers who were not acquainted with the practice of Tibetan medicine, or with the book's authors, would receive the message.

So I was delighted whenever friends and family expressed interest in the book when I'd mention it to them, and especially curious to hear thoughts from those with no prior exposure to Tibetan medicine or Buddhism. I have loved the stimulating conversations that have unfolded, with healthcare providers from all fields, for example. For many of them, this book offers not only an introductory glimpse into an unfamiliar system of medicine, but also the welcome discussion of an all-too-familiar topic: the risk of burnout in the practice of healthcare. It is clear that for so many, a discourse on the role of compassion in medicine resonates deeply, and feels long overdue. The existence of such a treatise - as an integral chapter of a centuries-old text - understandably strikes many as intriguing; the translation that *Compassion As Remedy* provides makes this work accessible, and the commentary makes its application practical.

One of the more interesting and heartening conversations I had with another reader was with an old friend of mine, a secondary school teacher and administrator in the UK, who finished the book in one weekend, while I was there for a visit this past year. His thoughtful questions, and his ultimate takeaway - that he found the message so relevant to his own work - made clear that *Compassion as Remedy* is a universal theme, and that the guidance this book provides is a precious gift. The potential impact on readers from all backgrounds is profound, and profoundly encouraging.

- Kelly Alba, Montrose, West Virginia, USA



*Dr Yonten with Lisbeth Miller,
editor of Compassion as Remedy*

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*Dr Nel de Jong
CTMI classmate of Dr Yonten*

Dear Jampa la,

I'm fully impressed with your book! It's easily readable, detailed, knowledgeable, loving towards the material- in short, a beauty!!! I told Dr. Teinlay P. Trogawa about the depth and quality of the book and that it's necessary for all doctors, students, and libraries to have it.

With many thanks and love, Nel

*- Dr Nel de Jong, Chagpori Tibetan Health Center,
Amsterdam, Netherlands*



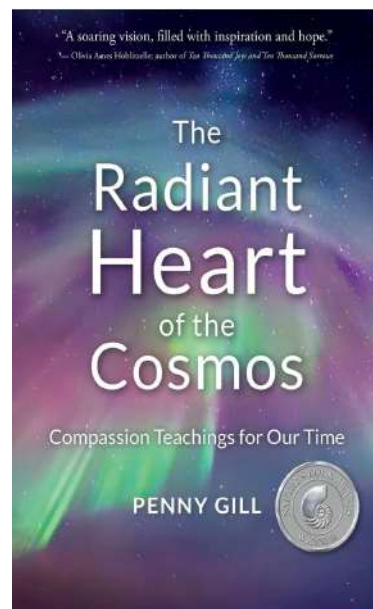
First, a disclaimer: I have never studied medicine and I know nothing of the practice of Tibetan Medicine. Still, I warmly recommend this lovingly translated and rendered ancient text studied by students of Tibetan Medicine for 2500 years.

The text insists there can be no healing without compassion, and that the fledgling physician must practice compassion at every stage of treatment: observing symptoms, diagnosis, and prescribing herbal medicines and changes in life style and spiritual practices.

For we who are subject to the rigors of Western medical practice, it seems another universe, and of course, it is. What is most absent in our health care system? Of course, compassion.

Read this lovely, gentle, and ancient text and begin your own practice of compassion, for yourself, your colleagues, and patients. Only good can result.

- Penny Gill, Ph.D, LaPointe, Wisconsin, USA



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Dr. Yonten's book, *Compassion As A Remedy in Tibetan Medicine*, is a jewel - a source of inspiration and guidance on the path of healing. This small, concise book can be kept at one's bedside, or near at hand, as a pithy reminder of why and how to practice.

Dr. Yonten translates the Physician Chapter of the *GyuZhi Medical Tantra* into simple to understandable householder English, with practical examples of the cultivation of loving kindness and compassion in his commentary. We are drawn into the mind of healing, experiencing it simply with our body, speech and mind. We are invited to directly experience the intention and power of our open hearts through the centuries old practice of the Medicine Buddha. People of any faith, in any walk of life, can access and benefit from the easy to understand wisdom of this book.

There was a time in recent history that the Tibetan medical text, the *GyiZhi Tantra*, was written in Tibetan only, and used only by Tibetan medical physicians and Buddhist text scholars. These precious teachings have now been translated into many languages including English, and are available to read. Traditionally these texts are introduced by one's teacher, and studied and memorized line by line, while under the guidance of a master physician either studying in medical college, a monastery or during an apprenticeship.

Compassion as a Remedy in Tibetan Medicine is Dr. Yonten's generous offering to include us in the circle of practitioners dedicated to the cultivation of compassion, taking a pledge to commit oneself to the path of loving kindness, generosity of spirit, and an unbiased view of the world in each of our encounters with it. We can see feel our transformation in daily life as we soak ourselves in the realm of deepest healing.

- Barbara Weaner, Montrose, West Virginia, USA



Medicine Buddha statue

Healthcare in the West is in a crisis. Healthcare providers of all types are mentally and physically ailing, with higher rates of depression, anxiety and suicide compared to the general population. As faculty in medical education, I have witnessed the disillusionment and sometimes horror that medical students have experienced while witnessing the depersonalization and burnout of practicing clinicians and ensuing objectifying of patients, plus even greater horror when they themselves sometimes fall into these behaviors. If those providing care are in such distress, how could patient care not be affected?

Dr. Yonten and Kyle Weaner's text, *Compassion as Remedy in Tibetan Medicine*, is a translation and commentary of the "physician qualities" chapter in their tradition's twelfth century main medical text. While Western medical education's "professionalism qualities" are similar, in the West they are simply expected and evaluated, and not specifically trained with any techniques. Yonten and Weaner's text offers actionable and adaptable career-oriented mindfulness-related practices, similar to science-studied techniques, but with notable differences

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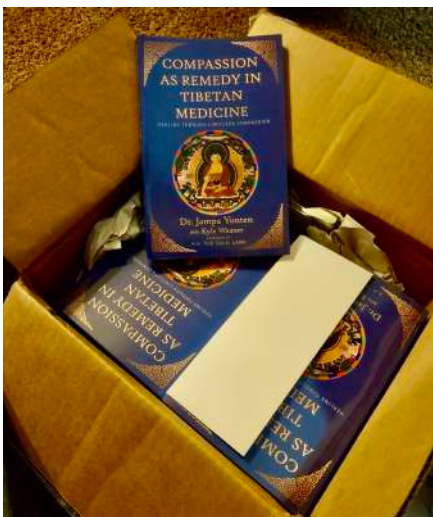
worth exploring, such as compassion being an ever-trainable skill, and purposefully beginning from a place of being overwhelmed by suffering, and relishing the opportunity to make even a small difference.

Healthcare providers, professional educators, mindfulness researchers and professionals from other fields would benefit from the concepts, practices, and context presented.

- Dr Julie Brefczynski-Lewis, Morgantown, West Virginia, USA



It is Christmas Eve in North America as I sit to write an article for the Tibetan Healing and Wellness Center. All over this country, families are gathering together to open packages and receive gifts. The joyful anticipation that is being felt by many at this holiday time of the year is reminiscent for me of a day in mid-April of this year when a box of books arrived on my front porch in Kansas, the center of the United States, often referred to as the Heartland. They had arrived, the first copies of *Compassion as Remedy in Tibetan Medicine, Healing Through Limitless Compassion!* With lighthearted expectation I viewed, with a smile on my heart, the deep Medicine Buddha blue color of the cover of a book that had been many years in process. It had finally come to fruition.



That meant it was time for the planning of a book signing gathering at a small coffee shop downtown where Dr. Jampa Yonten would read a few excerpts from the book and give a brief talk on Tibetan Medicine. The organizers giggled as the signboard announcing the upcoming book signing reminded us of a ransom note. We did have a captive audience, listening with care and attention to what Dr. Yonten shared, followed by some thoughtful questions and an interesting discussion.



Over half the box of books was sold that evening and copies of *Compassion as Remedy in Tibetan Medicine* began to make its journey into the hearts and minds of readers in the Heartland.

From this book reaching a small group of friends, the idea for a book study was born. For several weeks, a small company of women gathered and talked about compassion, healing and the Medicine Buddha. There were four of us gathering together initially. We were moved by the opening we felt in ourselves to expand the group. Four gathering together became seven. The seven of us now refer to ourselves as the Salina (that's the name of our hometown) Sangha Sisters Circle. We share Buddhist readings and prayers with each other, join in a group meditation and talk about ways we can expand the essence of compassion as remedy within ourselves and our community. This beautiful book has helped create space in the Heartland of the United States for the seeds of compassion to grow and flourish.

Sarva Mangalam! May it be so! May it be auspicious!

- Willow Leenders, LAc, Salina, Kansas, USA



COMPASSION AND THE PRACTICE OF CARING

Art Sansone (Austin, Texas, USA)

Compassion as Remedy in Tibetan Medicine is a beautiful read for anyone who deeply considers caring for others. In his first published book with co-author Kyle Weaner, Dr Yonten explores his decades-long interest in the practical, ethical and spiritual aspects of providing holistic care for the benefit of all. He writes in the introduction that he became intrigued with the deeper meaning and calling of providing care early in his traditional Tibetan medicine studies. While attending a teaching on this subject by senior Tibetan physician Dr Lobsang Tenzin, his respect for the practice of Tibetan medicine was transformed to one of noble reverence. His abiding contemplation is evident in this thoughtful and engaging commentary.

Dr Yonten describes his book as a humble attempt to emphasize the great wisdom of the *rGyud-bZhi*, the seminal text for traditional Tibetan medicine (TTM). From decades practicing throughout India, Europe, and North America, Dr Yonten has developed an inclusive ability to explain simple-to-complex TTM concepts to a culturally diverse audience. His book respectfully guides readers through a translation of “The Physician Chapter” from the *rGyud-bZhi* while providing supportive explanations with understated prose. He provides readers an extraordinary opportunity to consider his medical tradition’s 1,100 years-old teachings on the meaning, practice, and benefit of providing care.

Ultimately, the key to TTM is the practice of Buddhist philosophy. Yet being a Tibetan physician or Buddhist is not necessary for this book to be understandable, meaningful and practical. Compassion and wisdom transcend career, religion and culture.



I read *Compassion as Remedy* soon after retiring from a 36-year career in physical therapy and while grieving the death of a dear friend. I was processing in both what I perceived to be my successes and misfires. I was acutely aware that life provides limitless opportunities to care.

I have felt called to provide for others as long as I can remember. Always with a wish to understand and “do” it better, I’ve turned to philosophy, spirituality, psychology, and art. In 2012, Dr Yonten became my physician and TTM teacher. Yet still, I do not consider myself Buddhist. I continue to contextualize spiritual practices from a culturally-western worldview.

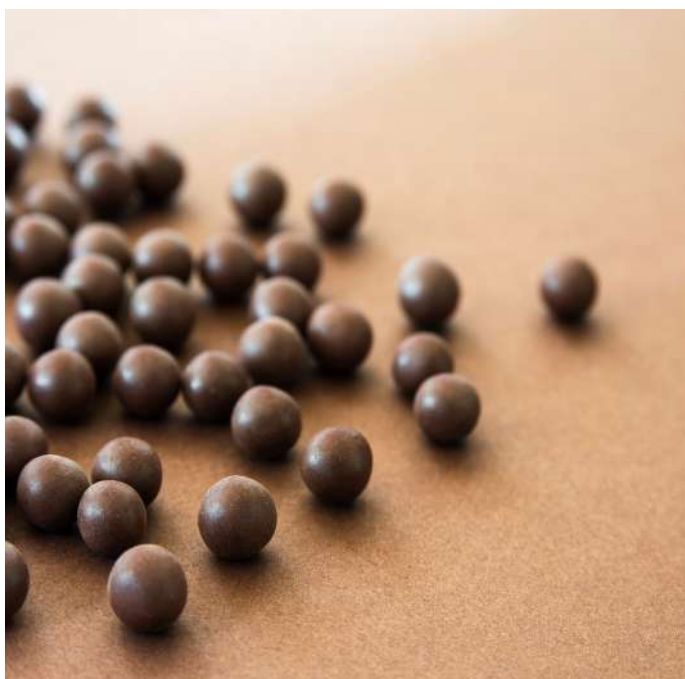
Compassion as Remedy provides a concise, cohesive, and easy-to-understand structure for examining the many facets of giving and receiving. I am grateful how the teachings clarified and expanded and my consideration of compassionate caring. They have inspired a renewed sense of purpose.

(continued next page)

Dr Yonten presents his book as a discussion of the qualities, nature, definition, classification, functions and results of being a traditionally-trained Tibetan physician. At times, he details distinct Buddhist and TTM concepts, practices and prayers. These are offered as a means to contemplate, experience, adopt, or translate into one's own spiritual beliefs the essential intent of each. Those familiar with healthcare, Buddhism or TTM may feel more adept at reading through specific intricacies to recognize the universal themes at the book's core. Nonetheless, Dr Yonten convincingly reassures that what remains essential is for compassion to be consistently developed and generated each day for the benefit of all.

It is tradition for TTM teachings to be assiduously studied, analyzed and questioned. This allows refinements that are thorough and clear. In this spirit, I discussed with family and friends my understanding of the book's key themes. Some were familiar with TTM and Buddhism, others were not. Some had read *Compassion as Remedy* while others participated following a summarization with questions.

An acupuncturist, a jazz singer, a marriage and family therapist, a wealth management advisor, a director of sales operations for a software company, a midwife, a real estate developer, an optician, a retail manager, a poet, and a yoga instructor & bodyworker openly discussed compassion, caring, healing, dedication, diligence, intention, empathy, equanimity, faith, purpose, practice, prosperity and health. From their diverse viewpoints, each reflected upon the beneficial and, at times, challenging wisdom.



Fundamentally, this is a book about cultivating and spreading compassion through body, speech and mind as a beneficial way to care. Traditional Tibetan medicine teachings have been carefully disseminated, contemplated and practiced throughout its enduring history. The wisdom of *Compassion as Remedy in Tibetan Medicine* crosses time and cultures- and inspires conversations, insights, and revelations that are worthwhile today for all who care and all who receive it.





“A good life does not mean just good food, good clothes, and good shelter. These are not sufficient. A good motivation is what is needed: compassion without dogmatism, without complicated philosophy, just understanding that others are human brothers and sisters and respecting their rights and human dignity.”

- His Holiness the XIVth Dalai Lama

SUPPORT FOR CHAGPORI TIBETAN MEDICAL INSTITUTE

www.chagpori.org

With the blessings of His Holiness the XIVth Dalai Lama, Chagpori Tibetan Medical Institute (CTMI) was founded in 1992 by Ven. Dr. Trogawa Rinpoche in Darjeeling, India, in commemoration of Chagpori, Tibet.

Having a college where doctors can train, clinics for the sick to find healing, and a pharmacy to provide the medicines are Chagpori's basic requirements. These are the 'three pillars', and all need constant maintenance and development.



Ven. Dr Trogawa Rinpoche

Chagpori provides Tibetan medical education and health care according to Tibetan medicine regardless of colour, creed, caste, sex or religion. The amount charged for education and services is just enough to help cover costs. They are offered on a sliding scale according to means, and are free of charge for the disadvantaged.

In the past, Dr Trogawa Rinpoche used to go for world tours to raise funds by giving talks and seeing patients. After his passing in 2005, several of the new Tibetan amchis have gone to the West to see patients as a means to provide funding for the Institute. However, these funds are not fully sufficient.

With the generous assistance of friends and supporters, Chagpori can continue to preserve and propagate the science of Tibetan medicine and increase the services to benefit society at large. The Institute invites supporters to sponsor current projects so CTMI can continue to be of benefit for all.

Current projects include sponsorship for students, CTMI clinics, plant preservation, the Chagpori Salugara pharmacy and clinic, and more. Details can be found at www.chagpori.org/projects.

If you wish to support CTMI, contact any of the following:

www.chagpori.org/contact/
info@chagpori.org

Dr Yonten: drjyonten08@gmail.com

CTMI Telephone: 00-91-354-2251099

The Council of Tibetan Medicine in Dharmasala has officially recognised the Chagpori Tibetan Medical Institute (CTMI) in Darjeeling as a medical college.

Chagpori is a non-profit charitable organization registered under the West Bengal Societies Act XXVI of 1961 as Chagpori Tibetan Medical College Society. (Registration no. S/76336 of 1993-1994)

“I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.”

- His Holiness the XIVth Dalai Lama



clockwise from top left: Tibetan Healing Retreat in Toronto, Canada, 2008; with Matthias and Edi, Zurich, Switzerland, 2012; Tibetan Healing Retreat, Kauai, Hawaii, 2013; Gyudzhi Group, Orange, Massachusetts, 2023; Gyudzhi Group circumambulation, 2022; teaching students from Long Island University in Bangalore, India, 2004.



TIBETAN HEALING AND WELLNESS CENTER
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