

THWC NEWS

The Coronavirus Pandemic Issue



Since July 2006, we have been publishing THWC News- a Tibetan medicine & healing newsletter to share news, views, patient experiences and related information.

Edition editors: Dr. Jampa Yonten, Tenzin Thinley & Art Sansone

A Message from Dr. Jampa Yonten

According to Traditional Tibetan Medicine, health is not only dependent upon body and mind, it is also dependent upon diet, lifestyle, season and spirits. The ultimate cause of poor health is ignorance which is based in self-grasping.

To overcome self-grasping in order to achieve true happiness and sound health, one has to practice impermanence, emptiness and compassion.



World Should Unite for a Coordinated Global Response to COVID-19

~ His Holiness the XIVth Dalai Lama

May 1, 2020-“In this time of serious crisis, we face threats to our health and sadness for the family and friends we have lost. Economic disruption is posing a major challenge to governments and undermining the ability of so many people to make a living.

It is during times like this that we must focus on what unites us as members of one human family. Accordingly, we need to reach out to each other with compassion. As human beings, we are all the same. We experience the same fears, the same hopes, the same uncertainties, yet we are also united by a desire for happiness. Our human capacity to reason and see things realistically gives us the ability to transform and hardship into opportunity.

This crisis and its consequences serve as a warning that only by coming together in a coordinated, global response, will we meet the unprecedented magnitude of the challenges we face. I pray we all heed *The Call to Unite.*”



Message from His Holiness the Dalai Lama on his 85th birthday

On July 6, 2020, the world celebrated the 85th birthday of HHDL. On this happy occasion, he remarked:

If you truly love me, keep in your mind my three commitments:

- Create compassion in society and the atmosphere
- Create religious harmony
- Create Tibetan knowledge from Nalanda traditions as academic subjects will be very useful for the religious and believer and non-believer.

If you practice or pay more attention to these, this is the best birthday gift for me.



Traditional Tibetan Medicine and the Coronavirus Pandemic

~ by Dr Jampa Yonten

Traditional Tibetan Medicine (TTM) has been successfully practiced in Tibet and the surrounding Himalayan regions for more than 2,500 years. The ancient medical text of TTM- *Gyudzhi*- contains detailed predictions about pandemic diseases like the one we are currently experiencing. The *Gyudzhi* term for such pandemic diseases is *nyen-rim*.

The holy medical text explains that during *Kalyug* (“The Degenerative Time”) human beings will become especially greedy. Their greed will lead to improper behavior, selfishness, religious fighting, the misuse of spiritual power, making vows for war, and the compounding of chemicals with the intention to destroy the lives of insects, animals, nature and many humans. Due to greed and destructive forces, Mara (spirits) and Dakinis (god and goddesses) will become disturbed. These conditions will create illnesses like Coronavirus, where contagions will pass from the breath, become like clouds, and then spread throughout the world.

Gyudzhi describes additional causes of *nyen-rim*: extreme changes of seasons, severe physical and emotional disturbances (in excess, deficiency and adversity), contact with toxins, and consuming contaminated and “junk” foods. The mental poisons of anger, fear and panic also create the conditions for pandemic illnesses.

The symptoms of *nyen-rim* are pulmonary infections, cough, breathing problems, abdominal aches, dysentery, fever, perspiration, weakness and dark pimples.

In the *Gyudzhi*, the current Coronavirus is named *Tre Tre Ho*. Although there were no microscopes when the ancient medical text was written, it accurately describes the virus as invisible and ‘blunt’- our modern microscopes confirm that the coronavirus is round with blunt extensions. *Tre Tre Ho* is based upon the wind and fire elements and moves like lightning. TTM explains that the Coronavirus can enter the body through the eyes, ears, nose, mouth, skin, anus and urethra. It moves then into muscle tissues and circulatory channels before deepening into the bones and

spreading into the vital and vessel organs. The most sensitive entry points are the nose and mouth- therefore wearing mask is important to prevent its spread.

TTM treatments for this epidemic includes herbal remedies and the chanting of mantras. Herbal compounds come in a variety of forms: pills, decoctions, powders, pastes, tonics, medicinal beers, and precious pills. There also are blessed amulets and herbal components to tie around one's neck to prevent and heal epidemic diseases.

Keeping one's mind balanced, positive and free from panic is very important as TTM texts note that this pandemic spreads faster when one is stressed, depressed or anxious. To this end, there are several mantras to chant for the prevention and healing of the Coronavirus illness (see below).

It is most important that we learn from the Coronavirus pandemic that we are all human beings with the same wish to be happy and not suffer- even though we are from different nations, religions, races, genders and financial means. As His Holiness the Dalai Lama stated in his message on the Coronavirus, "The world should unite for a coordinated global response."

I wish and hope we will soon eradicate the Coronavirus pandemic by maintaining all basic precautions (i.e., hand washing, wearing masks, following social distancing guidelines, eating healthy foods, etc.), keeping our minds calm, helping one another by engaging with more compassion, and taking care of nature and the environment.

The 8th century Buddhist monk and philosopher Shantideva said: "If there is a solution for the problem, don't worry. If there is no solution for the problem, don't worry- worry will not solve any problem."

Be positive, be strong, stay healthy and happy.

THREE HEALING MANTRAS for the prevention and healing of Coronavirus

Medicine Buddha Mantra

"Tadyatha Om Beshajay Beshajay Maha Beshajay Beshajay Raja Samudgate Svaha"

Tara Mantra

"Om Tare Tutare Ture Soha"

Epidemic Healing Mantra

"Om Padma Shavari Phag Nanpa Shig Naganan Sarva Virita Hana Hana Beza Na Raksha Raksha Soha"

Uncertain Times

~ by Dr. Jampa Yonten

According to Buddhist philosophy, life is uncertain and impermanent. The Coronavirus pandemic has created uncertainty throughout the world for most of 2020. Economic activity has been impacted, resulting in an unimaginable amount of job losses in some sectors while creating enormous burdens on others. The present situation has been one of the most difficult situations humans have faced collectively over the past many decades. We are experiencing a general air of uncertainty about our lives and the future.

Buddhist philosophy views our current situation as being caused by Karma, produced by our unbridled greediness, anger, fear and jealousy. These negative emotions have influenced us to invest enormous amount of resources and money to produce nuclear and chemical weapons with the bad intentions for destruction. This environment fosters the spread of viruses. In the end, human beings have created our own suffering and uncertainty about our lives.

There is a quest for COVID19 remedies from vaccines and medicines. These may help to overcome the Coronavirus pandemic, but the results will be temporary in the long run if we do not learn from our uncertainty. It is important to understand deeply that we all want happiness without suffering. We must endeavor to promote unity and friendship without prejudice, and practice altruism so together we can nurture and protect our universe and environment. From there, we can once again be able to restore peace, happiness, health and prosperity of the human race and all other living and non-living species and spirits.

SHANTIDEVA QUOTES

“We are all slave of our own actions. Why be angry with anyone else?”

“For as long as space endures
And for as long as living beings remain,
Until then may I too abide
To dispel the misery of the world.”



Shantideva Quote

May I become at all times both now and forever

A protector for those without protection

A guide for those who have lost their way

A ship for those with oceans to cross

A sanctuary for those in danger

A lamp for those without light

A place of refuge for those who lack shelter

And a servant to all in need.



Offerings to animals on Medicine Buddha Day of Saka Dawa

Practicing Generosity During Difficult Times

~by Dr. Jampa Yonten



Rinzing Yonten distributing donations during Saka Dawa

During the pandemic, many are suffering physically and emotionally due to illness, joblessness and financial challenges, strains on our relationships, and death. Some may wish to run away or may feel depressed. However, one can overcome these challenges by seeing them as providing an opportunity to help others in their suffering.

There are six altruistic perfections: generosity, diligence, patience, morality, meditation and wisdom. The practice of generosity is unconditionally giving or sharing without any expectations. There



Bangalore residents waiting to receive donated food items on Buddha Purnima

are four types of generosity: material, love, fearless and Dharma.

Material generosity is the willingness to give others food, clothes, money, medicines and other tangible goods and services. Physicians and healthcare practitioners practice this form of generosity when giving medicines and treatments without any pre-conditions. During the COVID19 pandemic, many doctors and healthcare practitioners sacrificed their own lives to save others as a true practice of generosity.



Dr. Jampa & Rinzing Yonten providing donation food items on Buddha Purnima

The generosity of love is providing care and affection for others similar to what they would give to their own child. As a physician or healthcare practitioner, they can provide care and affection to their patients equal to a mother's love for their child.

Generosity without fear is the determination to bring others out of suffering no matter the personal sacrifices. An example of this in the medical field is displayed when a provider gives to their clients the correct treatment and being truthful without fearing the results and consequences.

Generosity of Dharma is sharing spiritual teachings and reading spiritual scriptures for the benefit of others. Reciting healing mantras, prayers and meditation are examples of the generosity of dharma.

One can practice altruism in many ways. Practicing generosity is one of the most important altruistic practices during this challenging time.

I am very grateful to all donors for their generosity during the pandemic lockdown. Without your support and contributions, I cannot do anything. During Saka Dawa, your donations helped provide eight different dry food items (ex. rice, lentils, etc.) to people with few resources and poor facilities on Tibetan Buddha Purnima Day. On the Medicine Buddha Day, we were able to offer foods and grass to animals. Then, on Full Moon Day, we distributed additional dry foods to the hardworking and severely socioeconomically-disadvantaged Bangalore street sweepers who continued to work throughout the pandemic lockdown.



Dr. Yonten offering grains on Medicine Buddha Day

I thank all from the bottom of my heart.

~ Dr. Jampa Yonten



Providing dry food donations to Bangalore street sweepers on Full Moon Day of Saka Dawa



Medicine Buddha Mantras

Medicine Buddha Prayer

Compassionate Buddha, who benefits sentient beings by your virtue

Hearing your name will prevent sufferings

Medicine Buddha, who dispels the illnesses of the three mental poisons

I prostrate to you, the King of Lapis Lazuli light.

Sacred Healing Mantra

*Om Namó Bagavate Beshajay
Guru Baidruya Prabharaja
Tathagat Arahaat Samyak Sam
Buddha Tadyatha Om Beshajay
Beshajay Maha Beshajay Beshajay
Raja Samudgate Svaha (recite 7x)*

Benefit of Healing Mantra

By reciting this seven times with the visualization of a nectar offering

One can have spiritual attainment and pacify diseases and spirits

Even the patient can revive from death

With pure devotion, one can get blessing, prosperity and meritorious results.

Relying on What Is

~ by Barbara Boyle Weaner, MSN, FNP (W. Virginia, USA)

Coronavirus (COVID19) has challenged our world, across all borders, in every country, among all peoples. While some felt unprepared for a pandemic of this magnitude, others could feel it coming. There is an entire chapter in the *Gyud Zhi* Tibetan Medical Text devoted to future illnesses. How could ancient physicians foresee future illnesses and give guidance about their prevention and treatment?

The causes and conditions leading up to this pandemic are complex, both immediate and long reaching. Immediate causes include dense global human population, widespread, rapid air travel allowing infectious microbes to be transported around the world rapidly and efficiently. Long reaching causes include environmental changes that have affected qualities of air, water, soil and water. Food, medicines, and goods are transported all around the world, and have altered our nutrition, economy, and immunity. The truth of interdependence never has been more apparent and transparent.

The *Gyud Zhi* predicted the degeneration of the environment and degradation of humanity's social structure, changing morals and ethics, increasing greed, selfishness, jealousy and disregard for the welfare of others. We see increasing fast-paced reliance on what is new and enticing. Children have gotten early exposure to things they would have been shielded from in the past, which has an enormous impact on their immunity, nervous systems, attention and awareness.

The COVID19 pandemic has slowed us all down, drawn us into our homes, and restricted our activities. Social distancing has created a gap in intimacy and forced people to adjust habitual patterns, and examine behaviors in new ways. For many, these changes have been welcome. Many of our neighbors have had the first extended time off work that they have ever enjoyed, and the slow down created a change in their perceptions of time, space and life itself. Many have appreciated the loving attention of friends and family more deeply. Others have suffered from the isolation, instability of income, poverty and fear.

The months of December, January and February were a time of observation, analysis and anticipation for us. We watched the COVID 19 infection spread from country to country. We watched infection rates and death rates climb with compassion and concern. Early in the infection cycle, we reflected daily with compassion for those suffering, the truth of impermanence, the causes and conditions for the spread of this disease and the reality of our own risk of illness and death. We felt the fragility of our economy, the world food supply and medical resources needed to combat the illness. It felt real, but distant.

By March, the infection tore through New York City and lock down became our intimate experience. We stayed home, restricted our activity, increased our appreciation for all of our blessings, and tried to understand how we could be of help. We tried balancing isolation to prevent spread of the disease, with reaching out to help and support those that need help.

We watched anxieties rise. The great unknown, what we cannot control, is present every day, but we ignore it. Now Unknown was apparent in every direction, all day long, every day. We had been choosing to solidify our experience without even realizing it! Now we could not fool ourselves. The slow down and lock down have the hidden gifts of appreciation, gratitude, and awareness of things as they are. Can we rely on What Is, instead of fooling ourselves by wishing for something else? Can we work with things as they are and be careful?

Tibetan Medicine and Buddhist teachings on compassion, loving kindness, sympathetic joy and equanimity have been reliable refuges we have used to face COVID 19 challenges. Opening up to the vastness of our hearts, rather than contracting into fear and self preservation has been helpful. We try to open up to the sharpness and freshness of our experience, and are more tender. When we are more tender, we treat things more gently and are less likely to create harm.

I have often recalled the Dalai Lama's soft laughter, his sparkling eyes and gentle bending toward people. He takes a straight forward look at something and embodies a confidence that is contagious. No matter what, he teaches that everything is workable. I appreciate his simple openness that does not discourage and does not tighten down. That is the kind of medicine we are applying to COVID 19. - Gratitude for all of the workers that keep things running. - Gratitude for the nurses and doctors and people who care for the sick and troubled. - Gratitude of nature and her ability to rejuvenate and heal. - Gratitude for our lives and for life itself.

We don't know what will happen, but we want to open up to it with kindness.



Bardo, Buddhism and the Art of Dying

~ by Terri Nash, MS, CPM (Hawaii, USA)

The Tibetans are practical people. Living traditionally at the rooftop of the world, they embraced the realities of birth, life and death. Their generations of wisdom and practical applications to such things as death become a highly valuable gift to our western fear-of-death-modern culture.

The Tibetans say, "Death is certain." Simple, clear and direct. Death is certain.

We think we know that, but our innermost fear as humans is the uncertainty of death. They go onto say, "The time of death is uncertain." With uncertainty there is unease. The tools and techniques the Tibetans have ease the innate fear of death and go further into developing skills useful to navigate this journey.

When individuals are able to viscerally embody an understanding that life-death-life is a pulse, a continuum, one realizes that, "Everyone dies, but no one is dead." One can also look to the natural world and see no endings that are final, only, as the first law of thermodynamics states, "Energy is neither created nor destroyed, only transformed." With this never-ending transformation, the Tibetans and other Buddhists suggest that what takes rebirth is not a fixed "thing" or "self" but rather a subtle mind stream, or a continuum of awareness.

A very very subtle energetic continuously transforming. A kind of evolutionary tapestry. Death from that view is actually a beginning. And this beginning begins with a transition, a "bardo" in Tibetan. An "in-between" state as it is often called. In-between one life and the next. Life-bardo-death-bardo-rebirth... pulses within a continuum.

The Tibetans examined this pulse with utmost care and meticulous experiential observation via their meditation masters over many generations. They have much to contribute in this "map" of our shared human journey for both caregivers and the dying person.

It is said that a healthy person with a modicum of self awareness will know up to as much as two years before that one has entered the dying process. Dying is not seen as a fixed point, but a process. With these internal signals, one commences a set of skills hopefully already familiar in one's life. These include the practicing and memorization, the familiarization of how the elements dissolve within us. They suggest there are coherent, predictable sequences of signs internal and external that one can become familiar with to ease the journey. This is where the "Art" comes in.

It is not considered morbid to familiarize oneself with these signs and sequences during one's healthy years. It is considered prudent and wise. One would not travel anywhere without being adequately prepared? So why exclude death preparation? After all, it is the most important journey of one's life! It is encouraged to become familiar with these signs.

His Holiness the Dalai Lama writes in his book [Mind of Clear Light](#), "When the actual process of dying begins, you pass through eight phases. The first four involve the collapse of the four elements. The

last four involve the collapse of consciousness into the innermost level of mind, called the mind of clear light.”



Phase 1. Earth Dissolving into Water

As our bodies weaken, the strength wanes. This is the earth element weakening. The body dramatically thins, vitality and luster is lost, sight dims. One may subjectively feel a sense of sinking into the earth or mud and instinctively cry out “Help me!” , or “Hold me up!” This point is often misunderstood in a western context. Caregivers are often at loss and interpret this as a request for more morphine for example. When one understands these signs, whether as a caregiver or one who is dying, then one can be with it more skillfully. The body, its earth element weakens to a point of dissolution into the water element. What one sees subjectively within the mind is like a mirage.

Phase 2. Water Dissolving into Fire

Fluids dry out. Mouth and tongue get dry, scum forms on teeth. Sound begins to diminish. The capacity of water diminishes and fire is enhanced. The warmth of the body increases. Caregivers may observe a “fever” as warmth climaxes. What one sees is thin smoke or puffs of smoke billowing.

Phase 3. Fire Dissolving into Wind

All movement functions of the body- such as inhalation, exhalation, burping, spitting, swallowing, flexing joints, opening and closing eyes, digestion, etc.- all diminish. One experiences difficulty breathing, exhalations become longer, inhalations shorter, the throat may rattle or gasping sounds occur. One can no longer pay attention to wishes or activities of those around them. One subjectively sees within the mind sparks or fireflies.

Phase 4. Wind Dissolving into Space

When the coarse wind dissolves, the tongue becomes short and thick, the root turning bluish. Experiencing physical touch is impossible as is physical action. Breath through the nostril ceases however there are subtle levels of breath or “wind” that continue. So it is said that the cessation of breath through the nostril does not indicate completion of the death process. What one sees in one’s mind is like the

flickering of a light above a candle. The light flickers as if the flame were about to be consumed. As the winds furthers dissolution, the flame's appearance becomes steady.

It is thought that the time near death is dangerous in that one sets the course of the next rebirth at this time. It is an exquisitely delicate time. So special in its contribution to a future rebirth that any irritation, aggravation or annoyance may turn to anger by the dying person and contributes negative factors to one's future rebirth.

The caregivers provision of a serene atmosphere as well as speech and mindful actions are essential in this time. One is encouraged as a caregiver to remind the dying person gently of all the positive things one has done in life. To assure the dying person of where they are , and what might be happening in each phase in a soft, kind voice. Often spiritual texts are read.

Phase 5. White Appearance

This begins the emergence of three subtler energetic-mind appearances. This phase is also called, the "moon-like" luminosity. There is no objective light, it is a subjective state of shining white light. One is in a clinical death state, yet the Tibetans assert these phases are an active function of the dying process.

Phase 6. Red Appearance

This phase dawns of its own accord in a red-orange hue. It is described as like an autumn sky free from dust, utterly clear with pervading red-orange light. It is also called "increase of appearance" because of an appearance like vivid sunlight appears, yet there is no external light.

Phase 7. Black Appearance

This state is like the color of dusk, or thick darkness. Nothing else appears in the mind. During the first part of this phase one is still aware, however in the latter part of this phase one goes unconscious like fainting.

Phase 8. Clear Light

At this point, the mind becomes even more subtle. The unconsciousness is cleared away and the mind of clear light manifests non-conceptual and non-dual. It is described as a clear openness like sky. Sky mind.

It is said that the most subtle consciousness usually remains in the body for three days after clinical death to complete these subtle stages. The exceptions include sudden death or a disease ravaged body where the phases may be accelerated.

Every moment of life has a bardo, an in-between essence, a transition. The dying process is no different. The quality of the bardo states we enter and the quality of a dying experience rests on the mindfulness the dying person and the caregivers. Allowing ourselves to be active in familiarization of the phases and stages of dying and death brings wisdom and ease to this momentous journey.

Mind of Clear Light: Advice on Living Well and Dying Consciously by His Holiness the XIVth Dalai Lama and Jeffrey Hopkins, 2003, Atria Books.]

Auspicious Days for Meditation, Chanting



& Spiritual Practice (February 2020-2021)

Feb 24-March 24: 1st Lunar Month
 Feb 24: Tibetan New Year (Losar)
 March 2: Medicine Buddha Day
 March 4: Guru Rinpoche Day
 March 9: Full Moon Day
 March 10: Tibetan Uprising Day
 March 24: New Moon Day
 March 25-Apr 22: 2nd Lunar Month
 Apr 1: Medicine Buddha Day
 Apr 3: Guru Rinpoche Day
 Apr 8: Full Moon Day
 Apr 22: New Moon Day
 Apr 23-May 22: 3rd Lunar Month
 May 1: Medicine Buddha Day
 May 7: Full Moon Day
 May 22: New Moon Day
 May 23-Jun 21: 4th Lunar Month
 Jun 1: Medicine Buddha Day
 Jun 5: Full Moon Day/
 Tibetan Buddha Purnima
 Jun 21: New Moon Day
 Jun 22-Jul 20: 5th Lunar Month
 Jun 28: Medicine Buddha Day
 Jun 30: Guru Rinpoche Day
 Jul 5: Full Moon Day/
 Universal Prayer Day
 Jul 6: HHDL's 85th Birthday
 Celebration
 Jul 20: New Moon Day
 Jul 21-Aug 19: 6th Lunar Month
 Jul 24: Buddha's 1st Teaching Day
 Jul 28: Medicine Buddha Day
 Jul 29: Guru Rinpoche Day

Dr. Jampa Yonten's patients, students & well-wishers share their experiences

"I am very gratefully a practitioner of the Medicine Buddha having received teachings from Amchi Jampa Yonten in the spring of 2016. My Menla practice has become a stable grounding into the earth and a glorious opening into the heavens. I can't imagine negotiating these times without the lapis lazuli healing light shining out to all sentient beings.

With time this beautiful *sadhana*, at the onset so simple and with time so profound, deep, and utterly transforming. At first I was concerned with my own healing, thinking about my own health issues. Ultimately my focus is on shining the light of the Medicine Buddha out to all sentient beings and to our exquisite earth and all her inhabitants. As one with all sentient beings, I am healing and growing spiritually in ways I never imagined. May we all heal, may we all transform, may we all find peace."

~ Nancy Edwards, Acupuncturist (Massachusetts, USA)



"I met Dr. Jampa 2 years ago after a major surgery. His kindness, compassion and patience touched me tremendously and I felt I could trust him completely. Through his gentle and precise guidance and support, I successfully engaged a process of healing, both physically and mentally. Over the years, he has strengthened my immune system and has taught me how to be more in tune with my body, mind and soul. I also greatly appreciate his broader insights on humanity, and his perspectives on following a path towards selflessness. I have full faith in Tibetan medicine and I am happy to place my health in Dr. Jampa's safe hands."

~ Shai Heredia, Filmmaker & Curator of Film Art,
(Bangalore, India)

Auspicious Days for Meditation, Chanting & Spiritual Practice (February 2020-2021: continued)

.....

Aug 3: Full Moon Day
 Aug 19: New Moon Day
 Aug 20-Sept 17: 7th Lunar Month
 Aug 26: Medicine Buddha Day
 Aug 28: Guru Rinpoche Day
 Sept 2: Full Moon Day
 Sept 9-15: Holy (Nectar) Bath
 Sept 17: New Moon Day
 Sept 18-Oct 16: 8th Lunar Month
 Sept 24: Medicine Buddha Day
 Sept 26: Guru Rinpoche Day
 Oct 1: Full Moon Day
 Oct 16: New Moon Day
 Oct 17-Nov 15: 9th Lunar Month
 Oct 24: Medicine Buddha Day
 Oct 26: Guru Rinpoche Day
 Oct 31: Full Moon Day
 Nov 7: Descending from Heaven
 Nov 15: New Moon Day
 Nov 16-Dec 14: 10th Lunar Month
 Nov 22: Medicine Buddha Day
 Nov 24: Guru Rinpoche Day
 Nov 30: Full Moon Day
 Dec 10: Noble Peace Prize/
 Human Rights Day Celebration
 Dec 14: New Moon Day
 Dec 15-Jan 13: 11th Lunar Month
 Dec 20: 9 Bad Omen Day
 Dec 21: 10th Auspicious Omen Day
 Dec 24: Guru Rinpoche Day
 Dec 29: Full Moon Day
 Jan 1: Happy New Year 2021
 Jan 13: New Moon Day
 Jan 14-Feb 11: 12th Lunar Month
 Jan 21: Medicine Buddha Day
 Jan 23: Guru Rinpoche Day
 Jan 28: Full Moon Day
 Feb 11: New Moon Day
 Feb 12: Tibetan New Year (Iron Ox)

Dr. Jampa Yonten's patients, students & well-wishers share their experiences (continued)

"I am a patient of Dr Jampa Yonten from the last 5 years. Initially I approached doctor with multiple diseases like diabetes and related Endo chronic diseases. After taking medicines which doctor prescribed are very effective and medicines are strongly protecting kidney, liver and healing all the physical and mental problems."

~ **Abdul Khader, Advocate (Kerala, India)**



"It is now over 16 years that Dr. Jampa has been treating me & my mother. When I first met him, I had a bad case of tennis elbow. Had gone through 3 shots of steroids in the bone & there was no improvement. I was told that I had to live with the condition and that's that. However my good fortune that I met Dr. Jampa on a trip to Bangalore and was cured of a 2-year ailment in one month. Since that day, lot of my friends & family got in touch with Dr Jampa for their health issues & he helped each of them with his trademark patience & care. My mother was one person who has also been under his care for many years. She is today 93 years old and has a very crippling condition of osteoporosis. She had her knees replaced & had many age related ailments. He was always willing to make a house call to check on her & give her the best medicines to help her with her pain. Since the past 9 years my mother has shifted to Mumbai with me. She is still being treated by Dr. with phone consultations.

Two years back I noticed something very alarming with my mother's knees. Her prosthetic knees were now nearly 20 years old & it had suddenly turned black. It was obvious that there was an internal trauma which was causing the blood clot. On my request, Dr Jampa made a trip to Mumbai so he could make a personal diagnosis of the cause for this. My mother was beaming with the news that her trusted Dr Jampa was making a trip to Mumbai to check on her.

Also, since he would be in town, all his old patients & many others who had wanted to consult with him lined up to see him. Dr. came, met Amma, sat with her with trademark gentle talk & did a pulse reading. He changed her medication for the knees & we started it immediately. Her knees improved in one month. The reason why I personally feel Dr. Jampa is so effective is because of his combination of accurate diagnosis/ treatment, his approach to each patient & their problems, his kindness, his integrity to his work & his prayers. He is a healer & a dear friend. Even though his medicines can't reach us because of the lockdown, he has been sending messages of what precautions to take during this Covid crisis. Thank you for looking after us Dr. Jampa. Thank you for being so dependable.”

~ **Pavan Singh, Healer (Mumbai, India)**



“It was an absolute pleasure meeting you and discussing Tibetan medicine during my trip to Bangalore in January. I am so glad that G. L. connected us from the US. The methods you used to balance my chi and the Tibetan medicine added to that has been very useful. What I loved about your method was your gentle, calm and very experienced way of dealing with me as you do with each of your clients. You are truly wonderful and so caring towards humanity and your life path of sharing.”

With my deepest gratitude,

~**Tazim Elkington, Healer (Kenya)**



“I was led to Dr. Jampa Yonten a little over two years ago, when my mother had passed away, and my body felt weak. In the past two years that I have turned to Dr. Jampa Yonten and his Tibetan Medicine, I have discovered that mind and body are not separate from each other. Every session with Dr. Jampa Yonten opens fresh perspectives to healthy living – body, mind and soul – I have never felt healthier than I do today. All thanks to Dr. Jampa’s deep understanding of the integrated well-being of body and mind.”

Best Wishes,

~ **Nirmala Govindarajan, Author (Bangalore, India)**

Dr. Yonten's patients, students and well-wishers share their experiences (continued)

“I thought its going to end my life but the Tibetan doctor Jampa Yonten came as a god & saved my life. Because of his treatment and Tibetan medicine, today I am writing this article.

I, B. Gangya Naik- aged 82 years and residing at MJ Nagar Hosapete of Ballary (Dist.)- was suffering from kidney problems. It was very hard to survive. During this period I was not able to have 1 teaspoon of food, I was very hardly surviving by having only liquid. I had gone for my health check-up by a nephrologist and they gave a report that both of my kidneys were not functioning properly and the remedy was dialysis. I was so depressed but the nephrologists gave some injections weekly for a period of one month just to postpone the dialysis.

During the postponement, I met my friend (Mr K. V. S. from Hosapete) who has a relative with kidney and liver problems who was cured by taking Tibetan medicine from Dr Jampa Yonten- so he suggested Dr Yonten to me.

By taking appointment on 15-04-2014, I went to Bangalore to meet Dr. Yonten. After thoroughly studying my kidney and blood report, he checked the pulses from my forehead. He gave Tibetan medicine and asked me to consume them in the morning, afternoon and night with a necessary diet. I took the medicines promptly as directed and followed the diet. During the course, slowly my health status came to normal and I was feeling well. Every couple of months I had taken blood reports to check the creatinine level and the results were quite good. By the end of 6 months, I went again for a blood report and my creatinine level was in the normal range. Then onwards, I started having all types of foods, fruits, & vegetables with a necessary diet.

Even at the age of 82 years without dependency, I am moving from one place to another by bus and train.

I am very glad to say to Tibetan Dr. Jampa Yonten, let God give him good health and wealth to give further service for the best health of our nation & to the world.”

~ B. Gangya Naik, Hosapete (Karnataka, India)



“May I tell you the truth? Am I allowed to say what I really feel? I am happy that Corona came. I am enjoying this time. I feel happy, content, inspired. Saying this, I feel guilty because so many people in these times suffer a lot.

Me and my partner were in Bangalore visiting Amchi Jampa Yonten-la and his wife when the Pandemic got worse. We were very lucky to get one of the very last flights back home to Germany before India closed his borders. At home, I was glad to hear that Amchi Yonten-la initiated a ‘help initiative’. I was looking for a way to directly and immediately help people who suffer the most. It brought tears to my eyes to see that we are not only ego driven but, when needed, will help each other. MANY THANKS to

Amchi-la who managed the initiative, to all his helpers for their great effort, to all donors for their generosity, and to all who accepted our donations- their existence and needs gave donors the chance to cultivate generosity, develop our good heart, and develop the best qualities in us.

You might still wonder: why is he feeling happy, content, inspired and enjoying these Corona times? This initiative, the realisation that our actions can make a difference is one part of it. But there is much more...

For example, I really enjoyed the absolute silence during the first days of the lockdown in my neighbourhood in Berlin. Not a single car on the street, not a single jet trail in the usually busy sky. The only thing you could hear were birds singing. It seemed that this silence healed our always-busy minds.

I am a flight attendant and by the time of writing this I have not been flying for six months. So another good thing for me is that I got an unexpected long rest after 20 years- a rest so much needed. I now can spend more time with my partner.

The Corona situation brought another good thing. Many Buddhist teachers give now online teaching, seminars and even initiations. I had and still have the time and great opportunity for teachings and to get initiations via Youtube or Zoom.

Last but definitely not least, I also have the time to study more about Tibetan Medicine from books or via online teachings. For me, all together it is a very fruitful time.

We all are faced with a lot of things at once: insecurity, sudden changes in our lives, huge amount of information, uncertainty, fear and some of us have in addition physical suffering and fight for survival. But the majority of people, me included, suffer more mentally because of all that happens.

I fell into a depressive state during the crisis, too. But this time I was more aware what was happening and saw that I was going into this state. I realize you get what you need exactly at the right time. This time a friend called. She, too, was depressed although her life (like mine) seems to be perfect. Talking to each other improved our mood. In order to describe it for the other one, we had to structure our many thoughts. And by doing this, the spirals of thoughts broke and faded a bit so that we both felt better. It was amazing to realise that you can help someone else just by listening. Helping someone lightens your own suffering.

We all experience joy as well as sufferings. Both are part of life itself. No one can avoid it. Due to Corona, I realised that I have to enjoy the good things in life much more. I have to see the good things, appreciate them and be more thankful. And in the case of difficult situations, I have to listen much more carefully. Life is a constant change. We have to go with its flow. But we often add to our suffering, because we want things differently- not accepting that many things are not in our hands. My heart, my sympathy and my compassion are with all who suffer directly from the Covid-19 virus, with all the families who have lost a loved one. I highly appreciate and am very thankful to all the people who take care of others and who have to work extra hard in these days, so that our lives can go on. May you all stay healthy and happy."

~ **Matthias Schneider, Organizer of Dr. Yonten's European Tours (Berlin, Germany)**

In Challenging Times, Become Your Own Therapist to Tackle Stress and Anxiety

~ by Geshe Dorji Damdul

Director of Tibet House, The Cultural Center of His Holiness the Dalai Lama (New Dehli)

According to a recent UN survey, anxiety among younger individuals is increasing exponentially. The revolution in social life, heralded by the digital world dominating everything, has drastically affected our basic emotions, physiology and psychology. The fundamental design of the *Homo sapien's* biology, physiology, and emotion over the past 350,000 thousand years of evolution is very much in dissonance with the new trends of the digital world we inhabit today.

Designed evolutionarily to be social animals, the digital world has transplanted us into solitary shells without human contact and a social life. While the human mind does not work as quickly, we are forced to keep up with the ever faster-moving digital realm. As the French economist Thomas Piketty's path-breaking work on inequality shows, economic globalisation has had far more losers than winners and poses a grave threat to the livelihood of common people on a large scale. With the exception of very few, the rising competition in employment and business drains people, leading to constant stress, anxiety, burnout, and depression.

Another factor contributing to the inordinate amount of stress today is the flood of social media. Our mind has the tendency to selectively pick-up information from the ever-present digital realm and magnifies it to portray a very exaggerated picture, thus creating unnecessary anxiety.

Stress and anxiety may be physical- due to a lack of sleep, to overexertion in work, or the lack of nutritious food. It can also be due to psychological factors, such as hearing sad news of the terminal illness of loved ones, or feeling the uncertainty of life due to COVID19.

When it is a purely physical factor causing stress and anxiety, one has to resort to corresponding lifestyle remedies- taking more sleep and rest for one's body, consuming a balanced diet with adequate nutrition and so forth.

On the other hand, should stress and anxiety be due to purely psychological factors (i.e., through cognitive failures and distortions), some suggested remedies are outlined below:

1. **Be wisely kind to yourself.** This is akin to being wise to not ingest poison. Therefore, let us never do things which will harm us- such as nurturing negative emotions that destroy one's peace of mind and immune system, thus taking a toll on one's well-being and health.

2. **Never hate yourself.** You are precious. Your fundamental nature is pure gold. Just as one removes the fire from red-hot burning gold by dipping it in water, likewise do not feel disgusted of yourself. Rather, remove the bad habits and superficial negativities in yourself. Refined gold is precious and, similarly, you are pure and gem-like.

3. **Give yourself five minutes peace-of-mind daily** by sitting quietly by in Padma asana pose or on a chair. Empty your mind of thoughts and count your breath 21 times, with inhalation and exhalation counted together as one set. Do it three times. This is your time. Do not let any other work or activities hijack this precious time of yours.
4. **Be aware that everything is relative.** All things have good sides as well as bad, depending on how you view it. Change your outlook and the environment around you to see its positive sides. This will instantly spark pleasant feelings within you. When you are alone, think to yourself, “I have privacy” rather than “I am lonely”. When you are with others, think to yourself, “I am not lonely, how lucky I am” rather than “I have no privacy”. This change in one’s outlook of the world is the best medicine to boost one’s immune system and health.
5. **Acknowledge that the world is not perfect.** Do not expect perfection. Just expect the best within the given situation. This helps us not to be driven into anxiety and agitation.
6. **Put yourself in the shoes of others, and learn to feel empathy towards them,** both humans and animals. This has a very healing effect on your emotional hygiene. You will feel the richness of joy.
7. **Be aware that anger is a sign of weakness and not strength.** This provides a great feeling of freedom and calmness.
8. **Prove yourself as somebody worthy to yourself by doing things which ordinary people cannot do.** Showing anger - particularly towards those who love you (such as your parents) - is what most ordinary people do. They find it difficult to refrain from anger. Refraining from anger is the act of the wise and mature person. Prove yourself as wise through abstaining from anger.
9. Just as one takes care of one’s hands because we heavily depend on them, **maintain awareness of the interdependent nature of all phenomena.** Always learn how to care for others by expanding the circle of compassion with the knowledge and constant mindfulness that we are all interdependent.
10. **Give yourself one full day of leisure each week.** This will rejuvenate you greatly.
11. **Do not hand-over your remote control of daily thinking and emotions to social media.** Other than using it to gather just enough information to remain updated of the world and the community in which you live, stay away from social media. Your mind will get space to metaphorically breathe.
12. **Be in the company of kind and wise people.**
13. **Read good books,** at least a page a day, to keep your cognitive abilities active. Your chances for dementia will be kept at bay and the infinite storehouse of your mind will be enriched along the way.
14. **Be fearless by actively changing your outlook of the world and perceiving everything as being interdependent.** And experience infinite joy by expanding the circle of your compassion towards all others.

Tackling the Global Pandemic that is Covid19 as a 19-Year Old College Student

~by Tenzin Yonten, Student (New York, USA)

It was at the beginning of March, the last few days before Spring break was to take place. Everyone, including me, was excited and looking forward to that small week-long break; however, there were murmurs about a terrible disease in Wuhan. I, just like many others, shrugged it off- this disease, although severe, was only in Wuhan, China practically halfway across the world from me, how could it possibly affect me and my life here? As such, I scoffed at the potential threat.

From the time I was born in 2000, till the start of this global pandemic in the form of Covid-19 in 2020, in the span of these two decades, we have advanced technologically from landlines anchored to our rooms to slim, powerful smartphones that can not just call and fit in our pockets but also spread information worldwide with the tap of a finger. As such, when during the middle of spring break when there was an e-mail sent to everyone in school forbidding people from returning to the college and to convert the rest of the semester to online learning, I was surprised to see how quickly it had spread and just as quickly how not only my life but everyone's around the world tumbled down.



The quiet of Hobart and William Smith College during the pandemic (Geneva, NY)

Initially, I tried to take everything in stride. I told myself if I practiced precautions, I will be safe, yet all around me, I saw news of other people not doing the same, thus even affecting the people who were keeping safe. I tried to keep myself positive by remembering I had friends that I could still hang out with in college, yet one by one, I had to say bye to those same friends as their parents rightfully worried about their safety and wanted them by their side. I tried to normalize the fact that the pavement along my dorm hall which used to be crowded with hundreds of students walking to and fro from academic buildings

was now empty yet I was still expected to study and work hard for my classes online which not just the students but the teachers had trouble transitioning too. It was tough physically as, although where I lived had no cases, it wasn't recommended to go out without a mask unless for food, so I had no excuse to go out. Mentally it was draining as I had been working hard for all of my classes, but now the classes were being adjusted to accommodate online learning, my friends were leaving and a general sense of dread over

Covid-19 not because of what it was or what it did but the uncertainty of when would it end- which lasts even now as I am writing this on the 1st of June.

However, as with all things in life, there is always balance with darkness comes light, with each death a new life begins. With such a mindset, I have been learning new things about myself and humanity as well. I learned that I am someone who can not only adapt but thrive with the changes. I was reminded of the importance of human connection, the friends I used to spend time with that I never appreciated was now something I wish to cherish as we go forward in the future when everything hopefully becomes better. I also learned that regardless of the moments in history where we learn about a divided country or races of people, we as humans can consolidate and work together and when we do so we can bring about miracles by our own hands like people all around the world working hard to help those in need like the homeless or even just pooling money towards research on the disease. These acts of kindness and solidarity empower me to fight for what's right so as to ensure that the future is also beautiful for those who come after us.

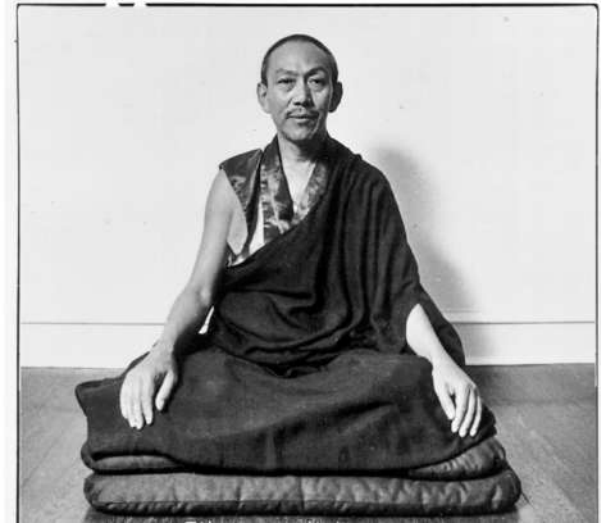


Dr. Trogawa Rinpoche & the Chagpori Medical Tradition

~ by Art Sansone, PT, LMT (Texas, USA)

Dr. Yonten studied at Chagpori Tibetan Medical Institute (CTMI) in Darjeeling, India for five years. He was fortunate to have Dr. Trogawa Rinpoche, the founder of CTMI, as his teacher. Dr. Yonten completed an additional two-year intensive training under Rinpoche and received both the Medicine Buddha and Yuthog Nyingthig initiations and transmissions from him. With Rinpoche's blessings, Dr. Yonten established the Tibetan Healing and Wellness Center in 2003.

Dr. Yonten has described Dr. Trogawa Rinpoche as an inspiring example of a physician who was constantly giving love, care, and great compassion to all- and that many patients would remark that just being in his presence made them feel better. He has said that it was not until he began practicing as a physician that he was able to fully embody the truth of Rinpoche's invaluable teachings.



Ven. Dr. Trogawa Rinpoche (1931-2005)

Ven. Dr. Samphel Norbu Trogawa Rinpoche was born in 1931 to a noble family in near Gyangtse in west-central Tibet. He was recognized at an early age as the incarnation of the famous lama physician- Drag-Lhong Gomchen Palijor Gyaltsen- by the regent of Tibet, H.E. Reting Rinpoche. The first incarnation dates back to Drapa Ngonshe (1012-1090), the great terma revealer of the *Gyudshi* medical text.

Trogawa Rinpoche was educated in the Lingbu Monastery in Gyantse until the age of 15. At age 16, he 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 medicine amchi, Dr. Trogawa Rinpoche practiced medicine in the town of Drigung until 1956.

Chagpori Drophen Ling Medical Institution was established in 1696 by direction of the Fifth Dalai Lama (1617 to 1682). He wanted to preserve and progress the most esoteric and advanced aspects of Tibetan Medicine. In particular, he wished to maintain the traditional integrity of medicine with spiritual values, views and practices of Tibetan Buddhism. Chagpori in Lhasa, Tibet was the hub of all medical training and practice in Tibet and Mongolia until it was destroyed during the Chinese invasion in 1959.

In 1956, Rinpoche followed to Sikkim his main Buddhist teacher, Jamyang Khyentse Chokyi Lodro (1893-1959)- an accomplished non-sectarian lama under whose guidance he practiced intensively. After his teacher's death in 1959, Rinpoche moved to Darjeeling and continued to study and practice Dharma and meditation with many esteemed lamas while practicing medicine and meditation throughout the Himalayan region.

Rinpoche was one of the very few qualified practitioners of traditional Tibetan medicine after the Chinese invasion of Tibet. Five years after His Holiness the 14th Dalai Lama and 84,000 Tibetans fled across the Himalayan mountains to India, fewer than ten fully qualified Tibetan doctors existed in exile. In 1963, Rinpoche became a teacher at the Tibetan School of Medicine and Astrology in Dharamsala (now Men-Tsee-Khang) under the direction of HH the Dalai Lama. Rinpoche retired from this position in 1967 due to illness and went into retreat in the Bhutan forests, coming out periodically to treat patients.

Rinpoche realized during his retreat that the Chagpori lineage was in danger of disappearing since he was one of the few surviving Chagpori physicians. In 1993, he founded and launched the Chagpori Tibetan Medicine Institute (CTMI) to preserve and re-establish in exile this special medical tradition.

Dr. Trogawa Rinpoche passed away on May 11, 2005 at Gangtok, Sikkim. His last few months were spent in retreat. As his passing drew near, he was surrounded by close disciples. He went quietly in deep meditation and, as is often reported with Buddhist masters, his remains did not deteriorate after his passing. He was cremated on the 49th day ceremony in Gangtok.

On November 9, 2014, Kyabje Dodrupchen Rinpoche recognized the Yangsi (new incarnation) of Trogawa Rinpoche. He has been born in 2006 as the eldest son of Dr. Teinlay P. and Seldon Trogawa.



Yangsi Rinpoche

Dr. Yonten attended CTMI's 3-day Silver Jubilee celebration in December 2018. Guests from North America, Europe and Asia were in attendance. While it was sad that Dr. Trogawa Rinpoche was not able to see Chagpori's 25th year celebration, Yangsi Rinpoche traveled from Sikkim to bless this special occasion.



Dr. Yonten & guests with Yangsi Rinpoche (seated, center front row) at CTMI's Silver Jubilee Celebration, December 2018

By blessing of Dr. Trogawa Rinpoche, Chagpori has expanded in size and reach from its original small pharmacy, outpatient clinic and medical college. Today, students from Tibet, Nepal, Bhutan and various Himalayan regions such as Ladakh, Sikkim and Arunachal Pradesh continue to be trained in the Chagpori tradition. Approximately fifty CTMI-trained doctors currently are working successfully throughout the world.

Ven. Dr. Trogawa Rinpoche's legacy lives on through CTMI, the healing he provided to the numerous lives he touched, and through the work of all the Tibetan physicians he trained and inspired.

Dr. Yonten's US Gyudzhi Teachings and Zoom

In May and August of 2019, Dr. Yonten traveled to the US and began teaching a 6-8 year training in traditional Tibetan medicine for 15 students in western Massachusetts. The teachings and study are based upon the fundamental Tibetan medical text book, *Gyudzhi*- the Four Tantras of Tibetan Medicine.

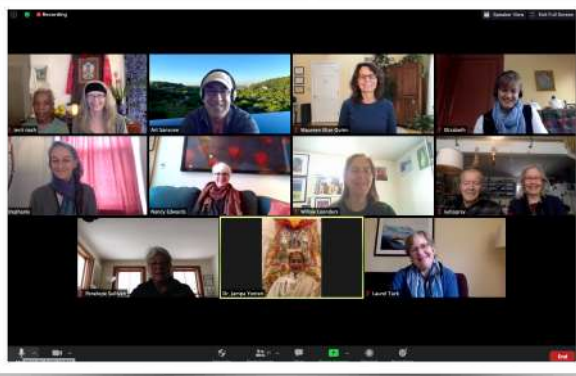


Dr. Yonten with Kyle Weaner (left), his mother, Barbara, (2nd from right) & family in W Virginia, USA 2016

The seeds of this training were planted long ago. Soon after Dr. Yonten started the Tibetan Healing and Wellness Center in 2003, he was invited to teach at South Asian Center of Global Teaching by Long Island University at Bangalore. While there, many US students came to privately study traditional Tibetan medicine. Kyle Weaner, a student from West Virginia, studied very seriously with Dr. Yonten for almost 8 years. With the support of his mother, Barbara Weaner, Kyle invited Dr. Yonten to the US in 2007 to share his knowledge of ancient healing with Americans. Dr. Yonten has continued to give short teachings, seminars and healing retreats across the US since this time.

Terri Nash, a longtime student of traditional Tibetan medicine, invited Dr. Yonten to Hawaii in 2013 to lead his *Tibetan Medicine Healing Retreat*. It was Terri's wish for him to teach the *Gyudzhi* to US students. After many years of her consistent efforts, Dr. Yonten agreed in 2019 to initiate teachings to a select group of students who demonstrated a dedication to learning this holistic approach of healing and spirituality.

Travel restrictions due to Coronavirus altered plans for Dr. Yonten and his current Gyudzhi students to gather in 2020. However, he has remained undeterred. He has continued giving monthly online Gyudzhi teachings since April and, on auspicious days, has invited others to join Zoom sessions for chanting and dharma teachings.



Online Gyudzhi teachings during COVID19



Group project: students illustrating Healthy and Unhealthy Trunks from the Root Tantra

Dr. Yonten's online sessions have been a cherished healing presence during this time of social distancing. Tibetan medicine reminds all that each of us can support healing by fostering compassion and generating kindness and generosity. Life is precious! It is a joy to connect with others- even online- to celebrate our connection through the wisdom of Tibetan medicine and the essential truths of kindness, generosity and compassion.

Until the Next THWC Newsletter: Did You Know?...

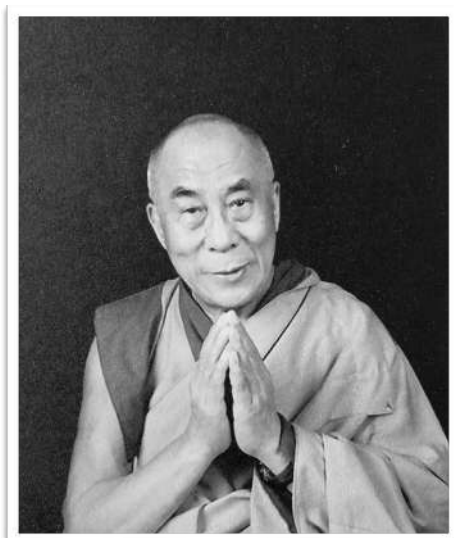
The Central Tibetan Administration dedicates this year as the “Year of Gratitude” in honor of His Holiness the 14th Dalai Lama’s 85th birthday

The Central Tibetan Administration (CTA), also known as Tibetan government-in-exile, dedicated this year as the ‘Year of Gratitude’ in appreciation of all of the Dalai Lama’s “outstanding contributions.” From July 1, 2020 to June 30, 2021, the focus will be on sharing and celebrating the teachings of His

Holiness the 14th Dalai Lama. Lobsang Sangay said in a CTA statement, “We urge Tibetans and our friends around the globe to initiate and take part in activities in their capacities to create awareness about the life and four commitments of His Holiness.”

The CTA continued:

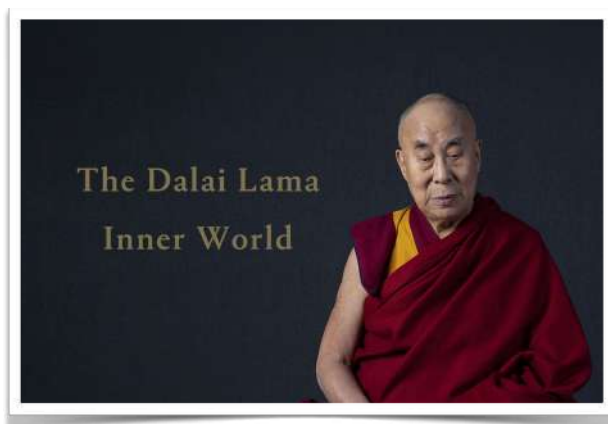
“His teachings call for oneness of humanity, and for kindness and compassion to be the guiding values of everyday life. We thank each and every individual, organization, and government who has supported the initiatives of His Holiness and joined us in the just cause of Tibet. Tibetans acknowledge with deep gratitude the debt we owe to His Holiness, the greatest of all the Dalai Lamas. We proudly celebrate his life and legacies. We pray for the day when Tibetans in Tibet will get to seek His Holiness’ blessing and teaching from his seat in the Potala palace in the Land of Snow. May His Holiness’ light continue to shine upon us.”



His Holiness the 14th Dalai Lama released an album on his 85th birthday

Inner World— an album fusing music with mantras and chants by the Dalai Lama— was released on July 6, 2020. Musician and practicing Buddhist Janelle Kunin created music to enhance the Dalai Lama’s recitation of the mantras of seven Buddhas, discussing topics like wisdom, courage, healing and children.

Net proceeds from the sales of the album will benefit Mind & Life Institute as well as Social, Emotional and Ethical Learning (SEE Learning), an international education program developed by Emory University and the Dalai Lama.



Dr. Yonten's forthcoming book

Dr. Jampa Yonten and his longtime student and Tibetan medical practitioner, Kyle Weaner, have completed the manuscript for *Compassion as Remedy in Tibetan Medicine: Healing Through Limitless Compassion*.

This book is a translation and commentary of the “Physician Chapter” of the fundamental Tibetan medical text. It offers readers a flavour of the richness of Traditional Tibetan Medicine, whose uniqueness is the combination of medicine and dharma.

Integrating health care practice with spiritual practice, this book provides guidelines for ethics, the development of wisdom, and the essential role of compassion in healing. Today, both medical practitioners worldwide and their patients have taken an increased interest in holistic healing traditions. Although their motivation often validly include the pursuit of natural organic, non-invasive remedies with few side effects, this book shows that compassion itself is the primary source of the alleviation of suffering.

Dr. Yonten includes current examples of his clinical practices, from cross cultural perspectives, and from neuroscience, giving readers a rare and broad view of compassion as remedy. In the words of His Holiness the Fourteenth Dalai Lama, “The ideal physician is one who combines sound medical understanding with compassion and wisdom”.



Central Council of Tibetan Medicine marks September 11 “Sowa Rigpa Day”

The Central Council of Tibetan Medicine (CCTM) passed a resolution during their 30th Board Meeting to recognize September 11th as Sowa Rigpa (Traditional Tibetan Medicine) Day. It was on this day in 1961 that His Holiness the Dalai Lama called upon scholars of Traditional Tibetan Medicine and Astrology to revive these rich and extraordinary traditions to benefit all human suffering.

CCTM in collaboration with India International Center (IIC) organized the 1st Sowa Rigpa Day Celebration on September 11, 2019 at Seminar Hall, Kamaladevi Complex- with exhibitions and free medical consultations at Tibet House, Lodhi Road, New Dehli.

Dr Tsewang Tamdin, personal physician of His Holiness the Dalai Lama was awarded the prestigious Yuthog Award for his immense contribution in promoting Sowa Rigpa.



Dr. Yonten with Dr Tsewang Tamdin, personal physician to His Holiness the Dalai Lama at the 1st Sowa Rigpa Day Celebration in New Dehli on September 11, 2019

HH the 14th Dalai Lama's letter regarding the pandemic- March 30, 2020



THE DALAI LAMA

30 March 2020

My dear brothers and sisters,

I am writing these words in response to repeated requests from many people around the world. Today, we are passing through an exceptionally difficult time due to the outbreak of the coronavirus pandemic.

In addition to this, further problems confront humanity such as extreme climate change. I would like to take this opportunity to express my admiration and gratitude to governments across the world, including the Government of India, for the steps they are taking to meet these challenges.

Ancient Indian tradition describes the creation, abiding and destruction of worlds over time. Among the causes of such destruction are armed conflict and disease, which seems to accord with what we are experiencing today. However, despite the enormous challenges we face, living beings, including humans, have shown a remarkable ability to survive.

No matter how difficult the situation may be, we should employ science and human ingenuity with determination and courage to overcome the problems that confront us. Faced with threats to our health and well-being, it is natural to feel anxiety and fear. Nevertheless, I take great solace in the following wise advice to examine the problems before us: If there is something to be done—do it, without any need to worry; if there's nothing to be done, worrying about it further will not help.

Everyone at present is doing their best to contain the spread of the coronavirus. I applaud the concerted efforts of nations to limit the threat. In particular, I appreciate the initiative India has taken with other SAARC countries to set up an emergency fund and an electronic platform to exchange information, knowledge and expertise to tackle the spread of Covid-19. This will serve as a model for dealing with such crises in future as well.

I understand that as a result of the necessary lockdowns across the world, many people are facing tremendous hardship due to a loss of livelihood. For those with no stable income life is a daily struggle for survival. I earnestly appeal to all

concerned to do everything possible to care for the vulnerable members of our communities.

I offer special gratitude to the medical staff—doctors, nurses and other support personnel—who are working on the frontline to save lives at great personal risk. Their service is indeed compassion in action.

With heartfelt feelings of concern for my brothers and sisters around the world who are passing through these difficult times, I pray for an early end to this pandemic so that your peace and happiness may soon be restored.

With my prayers,



TIBETAN HEALING AND WELLNESS CENTER
— healing through limitless compassion —

Tibetan Healing and Wellness Center introduces its new logo

At the foundation is the essence of THWC practice- healing through limitless compassion. The focal image is a lotus flower representing the purity, compassion and herbal remedies to cure all disorders. It is offered in the blue color of love and compassion, limitless like the sky. At its center rests a droplet symbolizing the wish-fulfilling jewel or nectar to fulfill all of our wishes. It is adorned with subtle images of plants to acknowledge their importance in Traditional Tibetan Medicine. The white syllable “Hung”- the essence of the Medicine Buddha mantra- is positioned at its core. Crowning the lotus and wish-fulfilling jewel in Tibetan script is the “Center for Tibetan Sorig Benefitting All Sentient Beings.”

Logo design by Tsering Namgyal, a graphic designer at Whiteline Graphics.

Tibetan Healing and Wellness Center

Address: 2nd Floor, Tibet Mall,
Opp. Jyothi Nivas College,
Industrial Layout, 47 Kormangala,
Bangalore – 560 095, India

Tel: +91 802 552 1135

Mobile: +91 984 519 4369

email: drjyonten08@gmail.com

website: www.gyudzhi.com

Dr. Jampa Yonten's blog: www.dryonten.life

