



THC News

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Since July 2006 we have been publishing THC NEWS, the newsletter on Tibetan Medicine & healing. Important news such as patient experiences, views, and other related information are shared.

THC Website – THC is in the process of building its website. This will help THC in reaching out to more and more people across the world.

Please Visit www.tibetanhealingcenter.com

HH The XIV Dalai Lama on Compassion



Love & Compassion are the ultimate source of human happiness, and our need for them lies at the very core of our being – HH The XIV Dalai Lama.

The More we care for the happiness of others, the greater is our own sense of well-being. – HH The XIV Dalai Lama.

Tibetan Healing Center (THC) Activities undertaken since the publication of the last newsletter

The release of first the newsletter by the Representative of HH

The first newsletter of THC was released on July 6, 2006, the birthday of HH The



XIV Dalai Lama, by Mr. Thinley Gyatso, Representative of His Holiness the Dalai Lama in Bangalore. Also present was Dr. Dorjee Raptan, CMO, Tibetan Medical Center, Bangalore. The newsletter was subsequently distributed among patients & well

wishers in India and abroad. It was heartening to note that everyone welcomed the publication of the newsletter and sent in their feedback.

Talk on History of Tibetan Medicine & healing at Koshy's Restaurant

Dr. Jampa Yonten was invited to deliver a talk on "History of Tibetan Medicine & Healing" at Koshy's, a prominent restaurant in Bangalore. The talk was organized by a group involved in raising awareness on alternative healing therapies. The talk gave THC an opportunity to present Tibetan medicine & healing to an enthusiastic audience. Also the participants were introduced to Tibetan meditation.

Haya Griva Initiation at Bylakuppe from His Holiness

In January 2007, HH The XIV Dalai Lama, conducted **Haya Griva Initiation** at Bylakuppe Tibetan Settlement in south India. Dr. Yonten had the good fortune of receiving this higher initiation from His Holiness. The **Haya Griva Initiation** has particular significance & relevance for doctors and healers. It is believed that this initiation gives the practitioner the spiritual power to enhance the efficacy of the medicines or healings offered.

At THC, we believe that accumulation of such merit will help us to better serve the people.

Talk & meditation class at The School of Ancient Wisdom

In June this year, Ms. Chahna, a spiritual practitioner from the UK, organized a teaching and meditation class for a group of healers and spiritual practitioners. This talk was conducted at the School of Ancient Wisdom located in verdant

surroundings a little away from Bangalore city.

Dr. Yonten, gave the participants an insight into the Tibetan Medicine & Healing. The group was introduced to Tibetan meditation and Medicine Buddha mantra.

Talk on Tibetan medicine & healing at Swarga Awareness Foundation

On 7th July 2007, Dr Yonten delivered a talk on Tibetan Medicine & healing at Swarga Awareness Foundation, Bangalore. The organization is involved in creating awareness on health & spiritual activities. Dr. Yonten articulated to the audience the importance & relevance of Tibetan Medicine & Healing in today's age.

Tana sDug – THC Activities in the USA

The **Tana sDug** tour was the THC's first step in taking Tibetan Medicine & healing, teaching, consultation & meditation to North America.

Tana sDug, is the mythological palace of health and well-being of Sangay Menla, the Medicine Buddha.



"The first day of my stay in West Virginia was significant. I experienced the visualization of Tana sDug, for me this was the sign of blessing of my visit to the US. I would

like to share this unique experience with you all. On the first morning of my stay in West Virginia with my host Barbara and family, I was taken by my student, Kyle, a little distance from their house to the woods and river, an

area he liked. After completing our prayers and chanting, we were walking back towards the house. On the spur of the moment I looked around, and could see the whole area surrounded by beautiful nature. The serene valley with surrounding mountains, with the river flowing through the forest gave me this impression of **Tana sDug** which I had studied in the **Gyudshi** (The Fundamental Tibetan Medical Text Book). This experience I shared with Kyle and we decided to name THC's visit to the US as **Tana sDug Tour"- Dr. Jampa Yonten.**

"The visit to US right from the planning stage to the documentation and arrival in US went off very smoothly. It seemed as though the visit was ordained by higher powers." – Dr. Jampa Yonten.

Talks Delivered during Tana sDug Tour

Talk at West Virginia University Medical School

At The WV Medical School, Dr. Yonten gave a talk to the medical students at the integrative medical club, on the five Excellencies of the learning environment involved in the Tibetan Medicine tradition. He also spoke on the fundamental principles of Tibetan Medicine, and the qualities and motivation of a physician. The students at the school were very curious and did dig deep to more clearly understand the culturally different perspective in diagnosis and treatment.

Dr. Yonten & Kyle met Dr. William Pettit, a psychiatrist and the founder of the WV Initiative for Innate health. The meeting with Dr. Pettit was very useful as he is very keen on deeper interaction in the future.

Talk at Ithaca College, NY

The students of the integrative medicine classes in the anthropology dept. at the Ithaca College were introduced to the various principles of Tibetan Medicine & healing. The two introductory talks gave the groups insight into the categorization of diseases, cause of diseases and the three humors as given in Gyudshi.

Talk at Cornell University, NY

Dr. Yonten gave a talk at Cornell University to the students of an anthropology class on integrative medicine. They were introduced to disease cause, classification, and treatment as described in the Gyushi.

Students who were not previously introduced to Tibetan Medicine were given the opportunity to be aware of this ancient medicinal system. They were inquisitive and posed interesting questions.

Talk at Namgyal Monastery, Ithaca, NY



The Namgyal Monastery at Ithaca is the seat of His Holiness The XIV Dalai Lama in the US. There, Dr. Yonten gave a teaching on the relationship between the spiritual health and physical health. The monastery was jam packed with enthusiastic listeners. Dr. Yonten felt very fortunate to have gotten this opportunity.

Talk at Well's College, Aurora, NY

This unscheduled talk was possible due to an interested student from the college. The talk at the Well's College, was more focused on how to get the best benefit out of the things we are fortunate to have. The audience, who were the students and faculty of the college, were encouraged to contemplate the preciousness of one's own life.

Talk at the KTC in Hartford, CT

Dr. Yonten, gave an introductory talk on Tibetan Medicine & healing to the sangha members. The audience was introduced to the three mental poisons viz. desire, hatred & delusion. He also gave them the ways to overcome these mental poisons and help balance the life better. It was well received by the audience.

Talk at Shang Shung Institute for Tibetan Medicine, Conway, MA

The talk here was important as the Shang Shung Institute is the only Tibetan Medicine school in the US. Dr. Yonten emphasized on the teacher-student relationship as laid down in the Gyudshi, the fundamental Tibetan Medicine text book. He also introduced the qualities and vows of a medical practitioner in the Tibetan tradition. Dr. Yonten recounted his journey in becoming a medical practitioner, which must have been inspiring for the student.

One of the highlights of the visit was the performing of Gar-the spiritual dance by Dr. Phuntsok Wangmo and her students.

Talks at Lutheran Medical Centre, NY City

Dr. Yonten gave three different talks at Lutheran Medical Centre. The first talk was for the residents of the internal medicine dept. Here, he elaborated on the relationship of the body and mind according to the Tibetan Medicine.



The next talk was to the OB/GYN dept. on the body/mind relationship for a woman. The talk focused on

the various aspects related to menstruation and menopause according to Tibetan Medicine.

The third talk was to the Family Practice Dept. on the theory and

practice of compassion in Tibetan Medicine. The audience, comprising of a good mix medical practitioners, social workers, and chaplains, was much more receptive and accepting of this concept than anticipated.

Talk At the Global College of Long Island University, NY City

At the Global College, the small enthusiastic audience had a very avid and informal discussion on Tibetan Medicine and its relevance across cultures. THC is already collaborating with the Global College's Center located in Bangalore, and this meeting will facilitate more interactions in the future.

Talk at Hospice care of Boulder, Colorado

The talk on at Hospice Care to the staff & volunteers was on Power of



Compassion in the caring of the dying. Dr. Yonten spoke to the audience on the need to understand the

preciousness and impermanence of their own lives and not dwell on the fact that they were caring for the dying.

Talk at Naropa University, Boulder, CO.

The talk at Naropa University was at the invitation of Dr. Phil Weber, who was teaching a psychology class on the Tibetan Approach to healing. Dr. Yonten addressed the students with a focus on the influences of spirits in disease and the relationship of spiritual disorders to psychology.

. Dr. Weber had studied Tibetan Medicine and healing under Dr. Trogawa Rinpoche, the same teacher who taught Dr. Yonten.

Talk at Wind Horse Foundation, Boulder, CO.

Dr. Yonten gave two talks at the Wind Horse Foundation. He addressed the Adult Services Staff and the Family & Elder Care faculty.

The talk to the Adult Services Staff was on the five excellencies for the perfect learning environment. The talk here was more of an interactive one, with the audience seeking deeper understanding on the various aspects of healing, compassion, etc.

The 2nd talk at the foundation was with the Family & Elder Care. The faculty here also had an interactive session with Dr. Yonten. Here the audience articulated about the need to recognize the preciousness of life and to be prepared to accept the natural process of aging. This talk was very important as the care givers need to be sensitive and aware about the process of dying. This will inspire them to give more warmth and care to the elderly patients in their twilight of life.

Talk at Nalanda Bodhi, Boulder, CO.

At the Nalanda Bodhi Sangha house the session was also an interactive one with a small group. The talk focused on health & happiness. The participants were free to seek answers to many of their queries.

Home Visit & General Consultations



One of the highlights of the ***Tana sDug*** tour was the various home visits and general consultations held at diverse locations. The home visits offered unique experiences for interacting with patients having different ailments like cancer, geriatric

complaints, hypertension, psychosomatic disorders, etc. Dr. Yonten had many patient interactions in West Virginia, Ithaca, New York, Connecticut, Colorado, Maryland and Minnesota. During these visits he offered consultation to westerns as well as Tibetan patients.

Tibetan Healing Retreat at Saranam Buddhist Center, West Virginia

Another major highlight of the Tana sDug was the ***"Compassion and Healing Retreat"***



organized at Saranam Buddhist Center in WV. This well attended retreat comprised of healthcare and meditation practitioners as well as generally inquisitive people. Over two days, Dr. Yonten gave participants the wisdom of dharma as seen through Tibetan Medicine. This included how to make life more meaningful, the mind-body relationship, and the generation of compassion. During the retreat silent meditation, walking meditation, and compassion touch were all practiced. The spiritual activities included chanting and prostrating. Also taught was the chanting of Medicine Buddha Mantra for healing.



An interesting aspect of the retreat was the dynamic and fluid nature that seemed to guide all the activities. The retreat has influenced many a life and has enriched the participants in a big way. Indeed the two days were memorable and an event to cherish.

THC – Expresses deep gratitude and appreciation

Tana sDug is a big step for THC in its efforts to start a holistic healing centre in Bangalore. The US visit has made the THC centre a step closer to this goal. THC wishes to thank and express deep gratitude and appreciation to all the people who made Tana sDug a successful trip.

- Ruth Rogers for organizing the Retreat and Consultations at Saranam.
- Ted Arnold for guidance and organizing various talks and consultations at Cornell, Ithaca and at Namgyal Monastery.
- Namgyal Monastery administrators for their hospitality and support.
- Malou G. Dusyn for the wonderful hospitality, consultation and organization of the program at KTC and the Menla Holistic Health Institute.
- Dr. Phuntsok Wangmo, Greta Williams, & Will Shea for their hospitality at Shang Shung in Conway, MA.
- Kell Julliard for the talks organized at Lutheran Medical Center, NY city.
- Madonna for organizing the consultations in Maryland & her dedication for THC.
- Ray, Isolde & Eva for their love and hospitality
- Without Barbara and Kyle Weaner's planning, support and organization of Tana sDug. This would not have been possible.



"It has really been quite a journey, seeing patients here, having lunch with these people there, and giving a talk after that, seeing more patients in the night. Just moving from one thing to another." – **Kyle Weaner on Tana sDug Tour**

"Throughout the trip, Dr. Yonten saw patients, gave talks and continued to mentor his student, Kyle...It was inspiring to watch the medicine flow in visible and tangible ways, through love, compassion, gratitude... and being inspired to manifest that wisdom in one's own life on a daily basis is what connects us all to healing, and to Tibetan Medicine in particular." – **Barbara Weaner, WV, on Tana sDug Tour**

"Our Sangha feels very fortunate that Kyle and Barbara brought Dr. Yonten to the US. Your teaching affected many people. My experience of the retreat at Saranam was something I wish to share. The weekend unfurled in a gentle, upbeat way without knowing what to expect...I was struck by the way you turned each response to teaching, while also speaking quite personally." – **Ruth Blackwell Rogers, WV, on Tana sDug Tour**

"The visit was exceptionally well received from all I have gathered. I was at the Namgyal Monastery event, and that went off very well...I certainly hope we can have him back in the future" – **Ted Arnold, Ithaca, on Tana sDug tour.**

The talk on Tibetan Medicine at our sangha was wonderful. It was well attended and well received. The patient consultations were very well received too." – **Malou Dusyn, CT, on Tana sDug tour.**

Important Note

Tana sDug 2008, the tour to US by Dr. Jampa Yonten has been

Tana sDug 2007 - Reactions

tentatively planned during the months of April & May 2008. Please get in touch with THC or contact Barbara Weaner/Kyle Weaner for an appointment for talks, consultation, teaching etc.

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Auspicious Dates & Period according to Tibetan Almanac

Furnished below are auspicious days and period for spiritual practice like meditation or rituals etc. These days are according to Tibetan Almanac.

a) November 10th – 9th of December 2007

This period is the 10th lunar month and the auspicious and holy days for practice and pooja are 18th, 24th of Nov. and the 4th, 9th of Dec.

b) December 10th 2007 – 8th of January 2008

This period is the 11th lunar month and the auspicious and holy days for practice and pooja are 17th, 19th of Dec. and the 2nd, 8th of Jan. On 15th of Dec, is the "**Nine Bad Omens**" day and Dec 16th is "**The Tenth Auspicious Day**".

c) January 9th – 6th of February 2008

This period is the 12th lunar month and the auspicious and holy days for practice and pooja are 16th, 17th and 22nd of Jan. and the 1st and 6th of Feb.

On the 7th of Feb 2008 is the Tibetan New Year. This will be the beginning of the Year of the Rat.

THC–Patient/ student testimonials

Here are some patients sharing their experiences of Tibetan Medicine and healing.

"I have been a diabetic for the past 8 years and have been on medication for the same. One day, I felt all my energy leaving me, and thought I was dying. More hellish days followed, and I hoped death would put an end to my misery. Doctors said I had developed peripheral neuropathy. My visit to neurologists across Bangalore and Mumbai left me poorer, no better.

Thanks to Dr Yonten's herbal treatments, which I have been continuing for over a year. I am feeling much better than I did two years ago. Everyone in my family relies on Dr Yonten's treatment. It's perhaps a combination of Buddhist compassion and doctor's own gentleness that makes visits to his clinic such a pleasure."

S R Ramakrishna, Bangalore

"I am very lucky I met Dr. Yonten three years ago. And the last three years I have seen a lot of improvement in my health. When I first came to Dr. Yonten, I was too thin and weak, and I had dizziness and back pain. After I started the treatment with Dr. Yonten, I gained weight and strength, the back pain almost disappeared, and I have no dizziness in the head. I am very happy with the Tibetan Medicine treatment."

Isabelle Colas, France

THC Newsletter – Reader's Feedback

"Thank you for the mail with your wonderful newsletter. I have read it over carefully. It is very well done. I am happy for you, to see your clinic beginning to unfold and for you to be able to help others, as you so clearly want to do."

Charlene D Jones, Canada

"Well you've done quite some work with making the newsletter. It gives a nice overview on your activities."

Dr Nel de Jong, Tibetan Medicine Practitioner, Netherlands

Chudlan – A Residential Rejuvenation Programme

THC has some very exciting projects planned in the near future. THC will be offering a 3-day and 7-day Rejuvenation programme. This residential programme will be conducted at a place just outside Bangalore. **Chudlan** – The Rejuvenation Programme will have a very limited number of participants as we would want to offer personal attention to the participants. The programme will be conducted according to traditional Tibetan methods with specialized regimen, diet, yoga, meditation and chanting.

Chudlan, the traditional Tibetan rejuvenation programme will help the participants cleanse his/her body and mind of the toxins and accumulated stress and rejuvenate him to lead a better quality of life.

Interested participants can email us for more information.

THC's Initiatives

THC has been constantly endeavoring to offer better services to patients and

students. We have enumerated the initiatives on offer below.

- Short term courses for interested individuals or groups to learn more about Tibetan Medicine and healing
- E-consultation through e-mail at **drjyonten@tibetanhealingcenter.com/thcnews@tibetanhealingcenter.com/info@tibetanhealingcenter.com**
- Individuals/organizations are welcome to contact THC for organizing teaching or consultations and to form support group in respective countries
- THC's membership plans for individuals or family. This is an annual or life-time membership plan where patients can avail consultations. For more details please contact or email THC.

Please visit us at

**www.tibetanhealingcenter.com
www.tibetanhealingcenter.org**

Send us your feedback

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