



THC News

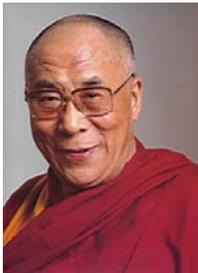
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Bangalore: 2009 - Issue 3, Vol. 3

*Written & Edited by: Dr. Jampa Yonten
Kyle Weaner*

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.

HH The XIV Dalai Lama on Sickness



“Whatever your situation, remember that worrying is pointless; it only adds to the suffering you already have. I often cite a very useful expression by the

Indian sage Shantideva, who basically said this: If there is a solution, what is the point in being anxious? Be content to apply it. And if there is no solution, what is the point in being anxious? Anxiety will only make your suffering worse.”

Tibetan Healing Center (THC)

Activities undertaken since the publication of the last newsletter

In the past two years, we at the Tibetan Healing Center have been working arduously towards the aims of promoting and preserving Tibetan Medicine. Dr. Jampa Yonten, founder and head physician, sees patients, gives healings, teachings, and leads retreats on a regular basis in India and abroad. His student, Kyle Weaner, continues to study under the doctor since 2004, and now assists him in treatments, office activities, and organizing the teaching and retreat tour in the USA, which we are calling the Tana sDug Tour.

Activities in 2008

2008 included several wonderful things that happened and some hardships that were excellent learning experiences.



Early in the year Dr. Yonten began teaching his student Kyle on the Explanatory Tantra focusing on the body in Balance and Imbalance, subjects which had already been covered, but were being gone into with greater depth in both Tibetan and English. This textual study was being reinforced and complimented by observance and exposure to clinical practice on a daily basis in the traditional apprenticeship role.



Dr. Yonten and Kyle started a small therapeutic massage practice to compliment the consultation for those patients in need of massage treatment. This was possible thanks to the generosity of Bharat and Sangeetha Gera, patients and friends, who donated some space in their workplace, close to the Tibetan Healing Center. During April and May Dr. Yonten and Kyle took their second tour of the United States visiting again West Virginia, Maryland, New York, Massachusetts, Connecticut, and Colorado. The challenges of scheduling visits across the global, and maintaining clear communication over distances were overcome, like so many minor obstacles in life. Rich encounters with patients, wonderful students and warm welcoming Dharma Centers helped make these two months very precious and beneficial.

Tana sDug Tour 2008

April 4-6 *Chudlan* (Rejuvenation Retreat) at Saranam in Montrose, WV.

April 9th *Physician's Motivations and Qualities* at Shang Shung Institute for Tibetan Medicine Conway, MA.

April 11th *Aging as seen in Tibetan Medicine* at Kendal Continuing Care Facility in Ithaca, NY

April 15th *Mental Illness in Tibetan Medicine* at Karma Trinley Choling in Hartford, CT

April 19 & 20th *Mental Health and the Three Humors in Tibetan Medicine* at the Cross-Cultural Psychiatry Retreat for West Virginia University

April 22nd *Talk on Experience as a Tibetan Physician* at Naropa University in Boulder, CO

April 24th *Qualities of a Physician and the Patient Doctor Relationship* at Windhorse Family Care in Boulder, CO

April 24th *Introduction to Tibetan Medicine* for Buddhist Meditation Club at Metro State University in Denver, CO

May 1st *Introduction to Disease Classification and Causes in Tibetan Medicine* for Integrative Medicine Club at CU Denver Health Sciences Campus

May 6th *Introduction to Tibetan Medicine* at Holistic Health Clinic in Friendsville, MD

May 12th *Introduction to Tibetan Medicine* at the India Center in Charleston, WV

May 13th *Death and Dying as seen in Tibetan Medicine* at the Covenant House in Charleston, WV

May 13th *History of the Tibet and China Conflict* at the Unitarian Church in Charleston, WV

THC Teachings in India 2008

Dr. Yonten also gave some talks and teachings in India in 2008, including:

Introduction to Tibetan Medicine and the management of stress for IT employees at Think Ahead Inc. in Bangalore.

Talk on Death and Dying in Tibetan Culture at Koshy's on St. Mark's Rd.

Discussion on Healing at Meditation Center in Koramangala, Bangalore



Intro to Tibetan Medicine in Practice for the Global College of Long Island University students at the THC in Bangalore

The Tibetan Healing Retreat: A report on its evolutionary growth

In these modern times we have very busy lives and so many external influences such as television, internet, cell phones, and other technology to distract us from bringing our minds and bodies together in their natural states of interdependent existence. Even when we are suffering from small ailments they are ignored because we think that we do not have time to deal with such things. This can happen until our problems become so severe that we don't know how to deal with them. Then we seek out

someone who can fix our problems or some kind of distraction to keep us from suffering.

Watching so many patients with problems of stress and imbalances of the body and mind that lead to other serious ailments, Dr. Yonten has felt the need to guide people in healing ways, which can empower them to prevent illnesses in themselves, and even heal preexisting ailments.

One way that he has sought to do this is by leading healing retreats. Over the past three years Dr. Yonten has led healing retreats at Saranam in Montrose, WV. The first year he called it the "Compassion and Healing Retreat," and he introduced the use of two very important components of an awakened mind: compassion and wisdom. Participants were taught the fundamental principles in Tibetan Medicine. In order to generate the compassion aspect he taught participants how to generate the four aspects of kindheartedness. Healing was also an important aspect of the retreat through meditation practices. Dr. Yonten led participants in healing their own body, speech, and mind as well as the practice of compassionate touch for others.

In 2008 Dr. Yonten led his second retreat at Saranam. Calling it "Chudlan," which means rejuvenation, he focused more on healing the participants of the retreat. Taking the teachings from the medical scriptures on rejuvenation therapies and practices, Dr. Yonten went into more depth on the meaning of retreat and the healing process involved in spiritual activities.

It was through the success of the first two retreats in West Virginia in 2007 and 2008 that Dr. Yonten was encouraged to bring the weekend retreat idea to different communities around the

United States, and in the spring of 2009 he led the “Tibetan Healing Retreat” in three different locations, Saranam in Montrose, WV, Namgyal Monastery in Ithaca, NY, and Karma Trinley Choling in Hartford, CT. In these retreats Dr. Yonten introduced the idea of seeking retreat in morality and mindfulness, and gave the basic introductions to the natural processes of suffering, the causes of disease, and the philosophy of healing in Tibetan Medicine. He then led the participants through the complete Medicine Buddha practice. Participants were taught about the principles of maintaining a healthy diet and lifestyle, and simple yogic exercises to encourage free flowing circulation and maintain physical strength and flexibility.

Throughout this evolution of the Tibetan Healing Retreat there has been a main focus to empower participants in healing themselves and others by bringing the body and mind together in wisdom and compassion. It has so far been very successful, and we hope that the learning and growing can continue on for years to come.

THC Activities in 2009



2009 has brought many auspicious teachings and initiations to the members of THC. One of THC’s very kind supporters, Madonna Pool, was able to visit THC in India. We invited her to attend teachings and a long-life

empowerment given by His Holiness The Dalai lama during Losar in Bylakuppe Tibetan Settlement. This was His Holiness’ first Losar away from Dharamsala since being in exile. Dr. Yonten and Kyle were also able to attend a Medicine Buddha empowerment given by His Holiness.

Later in the spring Dr. Yonten attended a *Yuthog Nying Thig* transmission and



empowerment given by Taglung Tsetrul Rinpoche, which was organized by the Central Council for Tibetan Medicine in Dharamsala. Dr. Yonten was able to visit with the Chagpori teachers and students during that initiation, and later visited Chagpori office and clinic in Darjeeling.

Shortly after that Dr. Yonten traveled to USA and Canada for his third Tana sDug teaching tour.

“As I have mentioned in our first newsletter, I am very grateful to Charlene D. Jones for her support and friendship to me and my family since I was a very small child. This year I felt very fortunate to meet her on my tour to Canada, organized by herself and her husband, Harold Musetescu. When meeting Charlene I was touched by her character in unconditional love, care, joy in our meeting, and pride about our long lasting relationship. I pray for her long, happy and healthy life.” **Dr. Jampa Yonten**

Tana sDug Tour 2009

April 11th & 12th *Tibetan Healing Retreat* at Saranam Montrose, WV

April 19th *What the World can Learn from the Invasion of Tibet* at Davis & Elkins College, WV

April 20th *Introduction to Tibetan Medicine* at Better Balance in Charleston, WV

April 24th-26th *Tibetan Healing Retreat* at Namgyal Monastery in Ithaca, NY

April 29th *Medicine and Spirituality* at All Souls Interfaith in Burlington, VT

May 2nd & 3rd *Tibetan Healing Retreat* at Karma Trinley Choling in Hartford, CT

May 14th *Compassion as a Remedy* at UC Denver Integrative Medicine Club in Denver, CO

May 15th *Introduction to Tibetan Medicine* for the Lapis Buddha Foundation in Denver, CO

May 17th *Introduction to Rejuvenation Therapies* for the Lapis Buddha Foundation at Nalandabodhi Dzogchen Community Cottage in Boulder, CO

May 18th *Introduction to Tibetan Medicine* for Buddhist Meditation Club at Metro State University in Denver, CO

May 19th *Medicine Buddha Practice and Meditation* at Windhorse Family Services Boulder, CO

May 23rd *Discussion on Healing with Five Healers* at Library in Toronto, ONT

May 26th *Introduction to Tibetan Medicine* at Snow Lion Book Store in Toronto, ONT

To bring 2009 to a wonderful conclusion Dr. Yonten will be so fortunate to attend the *sMan Rampa* course and examination, which is a training for further studies in Tibetan Medicine at Men Tsee Khang, Dharamsala.

Tana sDug - Reactions

“For many years Dr. Yonten and I had been connected by letters and then finally



email. But it wasn't until May 2009 that I actually met Dr. Yonten face to face when my husband Harold and I arranged to host him for a few days... What struck me at that time was how I already felt as though I had known, been in the presence of, this loving being for my whole life. His ease and grace with people, his attention to all life around him, his curiosity about and respect for this earth impressed me deeply... It is clear Dr. Yonten has so much to give and to teach not only about Tibetan Medicine, but about how to live in this world as a loving, peaceful and joyous person. He is an authentic, traditional Tibetan doctor: a doctor for the body and a healer for our lives.” **Charlene D Jones—Psychotherapist and dream analyst—Toronto, Canada**

“Amchi Jampa Yonten came for a third visit to Saranam Meditation Center in Montrose, WV in April, 2009. He led a nourishing retreat infused with his Tibetan tradition and provided consultations and treatments for many Sangha friends and others. Assisting

him, organizing practicalities and occasionally translating was his apprentice in Tibetan Medicine, Kyle Weaner.

Sharing their presence and systematic knowledge led each of us quickly from the various complexities of ordinary lay life into the fluid enjoyment of the special environment of Retreat ~ defined as a "time to live in morality and mindfulness;" a conscious break from many habits by which most of us create our own suffering (gross and subtle). Amchila's way is to encourage us into a natural personal generosity of being rather than to impose rules of thought or conduct, etc.

Two jewels glimmer brightest in my memory. One is the freedom of heart with which we spontaneously played, and upon returning home, I declared to my husband that I had as much fun as I had ever experienced. The most lasting gift has been the dedication portion of the Saddhana: May the precious fullest flowering (Bodhichitta) not yet born arise and grow. May that which is born have no decline but increase more and more. . . To feel and pray on behalf of all beings is a qualitatively different life than to not do so. I am so grateful for the practices, the medicine and the compassion you give to me, Amchila, one of your many patients." **Angie Sturm—a massage therapist, healer, and meditator—WV, USA**



“What I liked best about the teaching at Namgyal Monastery was that it was made abundantly clear by Dr. Yonten the direct interaction between Tibetan

Buddhist spiritual practice & Tibetan Medicine. That good health promotes better practice, more patience, better concentration, more awareness & mindfulness. I feel that Dr. Yonten truly listens & is a real teacher as well as an open & honest doctor. I admired the way in which he handled difficult questions. I enjoyed the meditation techniques he emphasized. And of course I liked the importance of understanding the place of the Medicine Buddhas in Tibetan Medicine.” Katherine Hanna—Ithaca, NY USA

Important Note

Tana sDug 2010, the tour to US and Canada by Dr. Jampa Yonten has been tentatively planned during the months of April & May 2010. Please get in touch with THC or contact Barbara Weaner/Kyle Weaner in USA and Charlene Jones in Canada for an appointment for talks, consultation, teaching etc.

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Swine Flu & Contagious Diseases

A response to a growing concern

Over the past several months there has been a panic epidemic of a potentially fatal influenza that some are calling swine flu or H1N1. This has brought about some unfortunate deaths as well as much fear and concern over infection from contagious diseases. Before this problem there was the avian flu, bird flu, SARS, and even further back such epidemics like polio, small

pox, and the like. As we have seen in the past these can be very serious, and we must consider the cause of such problems and the prevention from becoming infected by them.

According to Tibetan Medicine, the onset of such contagious diseases was predicted almost three thousand years ago. In the fundamental text for Tibetan Medicine, the *Gyud Shi*, the second to last chapter is about the future of diseases and the application of the medical practice for those future diseases. It informs physicians on how to work with illnesses that evolving with changing times. This chapter, called *Jug Don*, which means concluding chapter, has specific information and preventive measures about contagious diseases.

Being written in the traditional dialogue fashion of ancient texts, two sages, who are both manifestations of the Medicine Buddha, engage in conversation. One sage says to the other that it is a fortunate time when we live in harmony and without much suffering, but after that era many more fatal diseases would arise. Then he asks what kinds of preventions exist for such future diseases.

The other sage responds that what the first sage says is true. When the Degeneration Era comes, negative energies will cause fatal and infectious diseases, and due to chemicals in the environment there would also be fatal diseases. When that time comes there are methods of prevention. He then expounds the general preventative methods to be through mantra and through remedial formulas.



By reciting mantra we can prevent from being infected by the fatal diseases. Through compounding a herbal remedy, which must be tied around the neck and smelled while in polluted places, populated areas, or near infirmed people, one can also prevent such occurrences.

The benefits of these methods of disease prevention are that, if the contagious disease is like a fire burning on a mountain for years, it will make our bodies very strong and healthy, like a vajra, which nothing can destroy.

It is important to note that if someone is hungry or has low energy then he or she should not come in close contact to sick people. One must maintain a balanced diet, lifestyle, positive attitude, and keep confidence in the preventive methods, which are being undertaken.

Here one must understand the text relative to the times. One can interpret the negative energies to be the result of such things like the moral degradation, violence, poverty, stress, negative thinking, and environmental degradation. These things create more negative thoughts and emotions, and more suffering. One can understand the chemical influence to be from pollution, and the chemicals, which we are exposed to on a regular basis through food, cosmetics, hygienic products, and industry, etc. All these influences have been accumulating for many years, not just recently. Due to all these our immune system weakens, our confidence lowers, and we become very sensitive. These influences can lead to our susceptibility to contagious and infectious fatal diseases.

H1N1 is one of the contagious diseases, which can be prevented by the measures mentioned above.

Here we must take these teachings to heart, and face our obstacles, whatever they are, with courage.

Unfortunate Deaths

Nadia, mother of Harold Muscetescu, passed away on September 2nd this year. We gave consolation to the family, prayed and made offerings for her peace of soul and immediate rebirth.

Sindu, a student of Tibetan Medicine under Dr. Yonten for three months, a mother, and a wonderful woman passed on 6th October 2009 after having survived cancer and chemotherapy. We pray for her immediate rebirth.

THC–Patient/ student testimonials

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

“Balance of the five elements in the human body and the universe is responsible for a healthy body. Tibetan Medicine offers this kind of holistic healing. Dr. Jampa is a very spiritual human being first and then a doctor. He heals and treats all his patients with his heart, mind, and soul, which makes his perfect holist healing.” **Latha Vishwanath—Reiki and spiritual practitioner—Bangalore, India**

“Dr. Jampa has always been of great support in the physical and mental health of the children for whom I care. From the beginning these children were malnourished both physically and emotionally, but with yoga, good food, and Dr. Jampa’s medicine the children are healthy. Dr. Jampa’s medicine has

been of great help and service in the treatment of these children. I have referred many patients to him. They were very happy and cured with his medicine. My daughter through her 9 months of pregnancy as well as post-delivery has taken Dr. Jampa’s medicines, and has a very very healthy baby. What more proof do we need for the effectiveness of his medicine? We as a family are all his patients. We have always been cured by his medicine and compassion and care.” **Priscilla Mascarenhas—a yoga teacher, Vipassana meditator, and Social worker—B’lore, India**

“I had almost lost all my hope before I first visited the THC and met Dr. Yonten. My experience with the problem and the doctor’s treatment was not only physical but also mental. My problem of complete hair loss, which I was fighting for almost five years improved like magic. I still tell my friends and near ones that Dr. Yonten is like a magician for me. I am also thankful to Kyle for all the support. I look forward every month to meet my doctor. He is not only my doctor, but my good friend. Thank you doctor.” **Roopa Singh—B’lore, India**

“I first met Dr. Jampa Yonten with two goals; one was to see if he could help my friend who was not feeling well, and the second was to see if he might be a good teacher for me. At that time the only knowledge I had of Tibetan Medicine was the renown its practitioners had for pulse and urine diagnosis, but I had a fascination for traditional medicines and he was recommended to me as a very good healer.

While observing him in the consultation with my friend I noticed some very special qualities that I later came to recognize in a deeper way. The first thing I noticed was the quality with which he listened to the patient, which was not interrupting, non-judgmental and with undivided attention. The second thing I noticed was that after taking her pulse he was able to gather knowledge about her well being that she had not revealed earlier in her speech. Observing these two aspects of wisdom and compassion I was intrigued to learn more, and asked to study under him. He told me to come back on another day, and upon returning he asked me why I wanted to learn Tibetan Medicine. My answer was that I didn't know about Tibetan Medicine, but I wanted to learn how to help people better by knowing in which way they needed help, and how to apply the skills I had in massage in a deeper and more accurate way. He then told me that he would teach me whatever I wanted to know, and looked at the almanac to pick out the perfect day for us to start, which was the following Wednesday.



I studied with him that first year in 2004-2005, focusing mainly on the body in balance and imbalance, the recognition of disease through seeing, touching, and listening, and the qualities, vows, and actions of a medical practitioner. Along with that he introduced some techniques of massage and acupressure on the sensitive points, especially for people with physical discomfort related to their mental and emotional state. From that first year he

included me in consultations with patients who would be open to a learning environment and could benefit from these massage techniques.

I had to leave India after nine months and was not able to meet him again until the spring of 2007 when my mother and I invited him to come to the US to teach about Tibetan Medicine. He came for two months teaching at many different colleges, universities, hospitals, and Dharma centers. All the while I was able to sit beside him, listen to his teachings, observe his healing, practice the diagnostic techniques, and from then I started getting some touch with the medicines while dispensing them to patients.

At that time I observed what I view as Dr. Yonten's greatest skill, which is the sensitivity towards others like a mother is sensitive towards her own children's needs. Whether he was with a patient, a colleague, a friend or family member he was constantly adapting his own speech and actions to make them more comfortable or to help them. It was during these two months of being with him that I became sure that I needed to return to India and study more deeply with Dr. Yonten.

Upon returning to India Dr. Yonten took me under his wing like he would his own child, and housed me, fed me, and introduced me to the respect and etiquette of Tibetan culture along with the medical textual studies and clinical practice that we worked on everyday in the clinic. He helped me to realize the importance of being very well balanced in the realms of social norms, lifestyle, and dietary practices, and not keeping my knowledge base focused narrowly on the medical science.

I have been returning to India each year in the fall and winter months

to study and practice with Dr. Yonten. Due to his great generosity I am able to function as his assistant in diagnosis, the application of therapies, and dispensing medicines. I have been accompanying him during the spring in his teaching and healing in the US since 2007. These later studies have been accompanied with the goal of learning the complete



science and practice of Tibetan Medicine, which is requiring learning the

Tibetan language and the memorization of specific sections of the medical texts.

The most important part of my learning experience with Dr. Yonten has been that he has given me the method and means of maintaining a spiritual practice. For this and all the other points I have mentioned I cannot show enough gratitude to him.” **Kyle Weaner—Student under Dr. Yonten and massage therapist—USA & India**

Auspicious Dates & Periods according to Tibetan Almanac

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

a) October 19th – 16th of November 2009

This period is the 9th lunar month and the auspicious and holy days for practice and pooja are 26th and 28th of Oct and the 2nd, 10th, 11th, and 16th of Nov. The 9th of Nov is **Buddha Shakyamuni’s descent from heaven.**

b) November 17th – 16th of December 2009

This period is the 10th lunar month and the auspicious and holy days for practice and pooja are 25th and 27th of Nov and 2nd, 9th, 11th, and 16th of Dec. The 10th of Dec is the **Commemoration of HH Dalai Lama receiving the Nobel World Peace Prize.**

c) December 17th 2009 – January 15th 2010

This period is the 11th lunar month and the auspicious and holy days for practice and pooja are 24th, 26th, and 31st of Dec and 9th and 15th of Jan. The 22nd of Dec is the **Nine Bad Omens Day** on which important things should not be done. The 23rd of Dec is the **Ten Auspicious Accumulations Day**, which is a very good day to celebrate with family and friends.

d) January 16th – February 13th 2010

This period is the 12th lunar month and the auspicious and holy days for practice and pooja are 23rd, 25th, and 30th of Jan and 6th, 8th, and 13th of Feb. The 12th of February is called *Gu-Thug*, which is a preliminary day to celebrate the Tibetan new year with traditional Tibetan noodle soup.

On the 14th of Feb 2010 is the Tibetan New Year. This will be the beginning of the Year of the Tiger.

THC’s Initiatives

THC has been constantly endeavoring to offer better services to patients and students. We have enumerated the initiatives 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 & drjyonten@hotmail.com
- Individuals/organizations are welcome to contact THC for organizing teaching or consultations and to form support groups 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.
- We have plans to expand our healing center in order to offering more healing, therapies, in-patient care, teachings, and meditation. We are very grateful to those who wish to support this project, which will be a facility that can house all of these activities.

THC – Expresses deep gratitude and appreciation



- Ngawang Dhundup and all the monks and staff at Namgyal Monastery
- Malou Dusyn for the organization of the talks and retreat and consultations at KTC and the Menla Holistic Health Institute.

- Hugh and Ruth Rogers for hosting the Retreat and Consultations at Saranam.
- Sonam Chomphel and Lisa Desmond for arranging the talk and consultations in Burlington, VT
- Madonna Pool and Nancy Elizabeth Nimmich for organizing the consultations in Maryland & their dedication to the THC.
- Science Pala, Dr. Sonam Dorjee, for his donation and inspiration for THC
- Charlene D. Jones and Harold Musetescu for organizing teachings and consultations and their generosity.
- Prof. Sean Scanlan for organizing teachings.
- Windhorse staff for hosting teachings and discussions.
- Will Shea and Dr. Phuntsok Wangmo at the Shang Shung Institute.
- Trish and Steve Flaster for organizing teachings with the Lapis Buddha Foundation.
- Yvonne Cuppet for organizing the consultations at her office.
- Dr. Phil Weber for his inviting us into his practice and classroom.
- Kate Long for organizing three talks and consultations in Charleston, WV
- Charlotte Pritt for bringing Tibetan medicine to her patients and students
- Catherine Sword for organizing talk at Library in Stouffville, ONT.
- Theodore Tsaousidis for organizing the teaching at Snow Lion in Toronto.

- Ray Stewart & Isolde Hathaway for their love and hospitality and allowing us to give consultations in their home.
- Scott and Barbara Weaner for their tireless hospitality and love.
- Ganesh Kollegal for his assistance in the envisioning, writing, and editing of the first two newsletters.

We at the Tibetan Healing Center wish everyone Merry Christmas and Happy New Year!



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