

Compassion as a Remedy

A talk by Tibetan Doctor, Jampa Yonten

Purpose: In this modern world of the 21st century, many physicians, healers and healthcare practitioners have forgotten how to work with patients in the way patients long to be understood. In the traditional Tibetan medical system there is an answer for this problem, and it is in the practice of compassion. Truly recognizing a patient's problems and having the sincere desire to relieve his or her suffering, which motivates one to offer help, is the practice of compassion.

The focus of this presentation is to explore the cultivation of compassion, compassion as a remedy, and the relationship between body and mind, from the perspective of Tibetan Medicine.

Dr. Jampa Yonten

practices traditional Tibetan Medicine, and is the medical director of the Tibetan Healing Center in Bangalore, Karnataka, India. He is a graduate of Chagpori Tibetan Medical Institute in Darjeeling, under the guidance of the late Trogawa Rinpoche. He also studied at Men-Tsee- Khang Tibetan Medical and Astrological

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