

A wide-angle photograph of a calm ocean under a vast, blue sky. A faint rainbow is visible on the horizon, adding a touch of color to the scene. The water is a deep blue, and the sky is a lighter blue with some wispy clouds. The overall mood is peaceful and expansive.

# Compassion as a Remedy

# Relevance Today

- **Compassion in Practice**

Dr. Jampa Yonten and the Tibetan Healing Center

- **Tibetan Medicine in History**

The evolution of Tibetan Medicine as a holistic system

# Understanding Reality

- Natural Sufferings of the Cycle of Life

Birth, Sickness, Aging, and Death

- The inter-dependence of the Universe

Cosmo-Physical Elements

Earth, Water, Fire, Air, & Space

# Developing Compassion

- Compassion in Daily Life

Cultivating the 4 Limitless Qualities

Love

Compassion

Joy

Equanimity

- Compassion in Healing

The 4 Limitless Qualities in the Medical Context


# Conclusion

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings never be separated from the happiness, which is without suffering.

May all sentient beings abide in equanimity, free from both attachment and aversion.



May all sentient beings remain  
healthy and happy