



THWC News

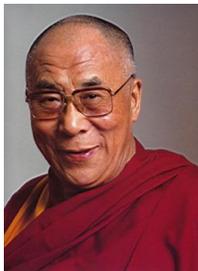
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Bangalore: 2012 - Issue 4, Vol. 4

*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 Compassion and love



“I do not want to propose that our well-being is entirely passive or dependent on the way others treat us. Even more important than the warmth and affection

we receive are the warmth and affection we give. It is through giving warmth and affection, through being genuinely concerned for others—in other words, through compassion—that we gain the conditions for genuine happiness. For this reason, loving is of even greater important than being loved.”

HH the 14th Dalai Lama, “Beyond Religion: Ethics for a Whole World”

Tibetan Healing & Wellness Center (THWC)

Activities undertaken since the publication of the last newsletter

The name of the newsletter is now THWC News because Dr. Jampa Yonten is opening a new center and changing the name to Tibetan Healing & Wellness Center. It has been two years since the last publication of the Tibetan Healing Center Newsletter, and we at the Center are continuing to work to benefit others through the health of body, mind, and spirit. The Tibetan Healing Center is entering its 9th year of operation under the diligent practice of Dr. Jampa Yonten. With just a simple consultation room and medicine dispensary, thousands of patients from all around the world have been visiting to receive healing for various disorders. Dr. Yonten has also been able to provide private instruction in medical theory and practice as well as guidance in maintaining healthy body, mind, and spirit.

With the intention of spreading awareness of and knowledge in Tibetan Medicine, Dr. Yonten has traveled abroad to USA for the past five years. He has been offering lectures, participating in discussions, leading workshops, and retreats, and providing medical consultations.

Over the past three years he has extended his time and activities in Canada, specifically in the Toronto area. He has been able to give a couple local radio interviews on Tibetan Medicine, which are available for listening on the Healing Center's website www.tibetanhealingcenter.com. Thanks go to Catherine Sword for conducting the interviews. Dr. Yonten has also been able to lead some "Tibetan Healing Retreats" in the Toronto area, which were attended by healing practitioners, Buddhists, and other interested participants.

In 2011 Dr. Yonten was able to visit some new places in USA to provide teachings. In March he traveled around the world to the middle of the Pacific Ocean to the island of Kauai in Hawaii. He was received there by Linda Stark, a long time patient and supporter of Dr. Yonten, who introduced him to Barbara Inglis and Terri Nash. Terri is a midwife, and had studied Tibetan Medicine earlier in her life, so was able to facilitate several teachings and consultations. Barbara Inglis is a Cranio-Sacral Therapist and a healer who assisted Terri to organize talks, a workshop, and consultations.

New York State has been an integral place for Dr. Yonten's tour over the past years with continued teaching at Namgyal Monastery in Ithaca, NY. In 2011 he was able to visit the state's capital, Albany, where he spoke at the Hindu Society on Buddha Poonima,

The Albany Medical School in the Mindfulness in Medicine Club, and The Center for Wisdom and Compassion—a center of the Rigpa Community under Sogyal Rinpoche. All of these talking engagements were possible thanks to the effort of Dr. Renee Samelson.

Dr. Yonten also was able to give a talk at the Rubin Museum of Himalayan Art in New York City. The first half of the talk was on an Ancient Medical Thanka depicting the anatomical structure and measurements of the body. In the second half of the event Dr. Yonten introduction to how Tibetan Medicine is practiced on a regular basis by providing a public consultation for the benefit of the audience.

After the North America spring tour, Dr. Yonten went to Darjeeling to attend the Chagpori Medical Institute's Certificate Convocation. There he met several of his former colleagues, the Chagpori staff, and his former school teachers. A Chagpori Alumni network was formed to so that members could keep in touch with each other.

Teachings on Death and Dying

Dr. Yonten has taken a special interest in giving teaching on caring for very sick and dying patients in his teachings abroad. A key point has been the realization of the impermanence of this short life, and knowing that each of us must one day encounter death in our communities, friends, families, and selves. In 2010 he was able to lead a retreat at the Saranam Meditation Center in Montrose, WV. This retreat on "Caring for the Sick and Dying" was attended by about 30 people, and was a combination of lecture, discussion, and spiritual practice.

In 2011 “Death and The Patient Healer Relationship” was the topic of a discussion at the Windhorse Community Services in Boulder, CO. During this time Dr. Yonten gave clear and simple instruction on how a healer can approach helping a patient with the possibility of a terminal illness, how that healer might help the patient have peaceful dying experience in the last moments, and what a healer can do to for oneself to cope with the death of another; even in cases of violent deaths. Here is a short excerpt from that talk:

“...we should not see the patient just as a patient, but as a human being, or our own mother or child, especially in the cases of dying people. We should be very stable; we should not let our emotions come to the dying people. That moment should be as calm as possible, which does not mean that we should not be with the dying person. We should be with them, and then focus on how to help by keeping oneself as calm, peaceful, and stable as possible. That helps the dying person to realize that nothing is happening. See those that know about death, it is not a problem, they enjoy dying. I have seen many Tibetans who are not scared of death, but if someone gets emotional then that disturbs them, and they start getting worried. “What is going on? Why?” Then they might not die if they were dying, or their soul will not want to leave, or will come back because the families are too attached. As I told you in the beginning, we have ignorance, the three mental poisons (desire, aggression, and delusion), the attachment to the family, to material possessions. In the cases of relationship attachment, the mind clings and does not want to leave the body because of that attachment. If we just keep the dying person calm and

peaceful, and we are very stable, then it just goes like the way we sleep. And if we make it more profound by reminding them of the good things they have done, the teachings, the practices. And that gives a sense of satisfaction, and the feeling of readiness. On the other hand, we become emotional or nervous it can disturb the person. See, at the end, the mind becomes so clear. We think that they are dying, but their mind is clearer than ours. So maintaining peace, stability, and being strong in one’s self are all very important.”

These focuses on death were in fact very timely for Dr. Yonten because in this past year he had experienced the death of close family members. These are things that we all go through, and must be prepared.

The practical preparation for death and an idea of being prepared for death are very different things. One must stand in the face of impermanence with a tame mind, not wavering, fearful, or disturbed. This takes work, and should not be left until the last moment. The work that is done is living a morally righteous life benefiting others, which gives a sense of fearlessness. One who upholds faith in the teachers, teachings, and Dharma friends will get a sense of stability. Lastly, one must cultivate calm abiding through regular practice so that the mind can be very peaceful in the face of the transition of death.

New location for a clinic found in Koramangala at Tibet Mall

Dr. Yonten has been looking for a larger center to give more complete healing treatments for few years, and in the summer of 2011, with the generous help and support of Jasmine Shah, he found it in Koramangala, Bangalore. It is

located in the Tibet Mall, which is run by the Federation of Tibetan Cooperatives in India. It will be a great benefit for many patients who need authentic treatments such as massage, acupressure, medicinal bath, weight loss, facial and hair loss therapies etc.

The new center is four times larger than the current office off of Brigade road. It incorporates a consultation room, a medicine dispensary, a treatment room, space for teaching and meditation, and a hydrotherapy section with medicinal bath.

With all of these facilities the new Center is called the “Tibetan Healing and Wellness Center.” It is called Tibetan because the consultations, treatments, and teachings are all within the tradition originating in Tibet. The healing focus of the center is to benefit other beings and relieve suffering. Wellness is the experience of optimum health by maintaining a balance in the body and mind. One does not have to be sick to benefit Tibetan Medicine. Finally it is a center because it is not only a medical clinic, but a place for relaxing, learning, and spiritual practice.

New Center Focuses on Wellness

Consultations with Dr. Yonten are now focusing more on wellness treatments because wellness is more than simply being without disease, and involves continually adjusting to the situations and stressors of life in order to prevent disease from arising. Maintaining a state of wellness requires observation of balanced diet, moderate lifestyle, positive thinking and even preventative and rejuvenating medicines and therapies. When one experiences

wellness, there is space in life for continued learning, joy, creativity, and service to others, which gives a deeper meaning to this precious life.

The new center will offer healing and wellness therapies such as therapeutic massage, acupressure, weight loss, facial and hair loss therapies and medicinal bath.

Therapeutic Massage

The massage in the Tibetan tradition is not the typical spa massage you may find at other health centers. This is a therapeutic massage, which is unique to each client according to the nature of the individual and any possible existing ailments. Tibetan Medicine identifies specific benefits of various types of massage. Generally the practice of massage incorporates the techniques of turning like a wheel, flowing like water, pressing the sensitive points, and the external application of substances.

“Turning the Wheel” is applied by making circular strokes around sensitive points to relieve pain and disorders related to the point. It can also be applied by making circular strokes around joints of the limbs to increase circulation and mobility in the joint. Lastly the technique is used in moving the limbs, head, and torso in circular or rotational movements to increase flexibility in the joints, stretch the muscles, increase blood circulation, and free nerve impingements.

The massage technique of “Flowing like water” is making smooth directional strokes, which follow the lines of circulation in the various channels. Within the system of Tibetan Medicine there are various types of channels, called *Tsa* in Tibetan, which

can also mean root (nerve) because they are the root of sustaining life since they transport many things around the body which are necessary to sustain the life. The various channels are the black, white, and the subtle channels. The black channels are the blood vessels, the white channels are the nerves and lymphatic vessels. The subtle channels are the where the *Loong* and *La* flow. *Loong* is the Tibetan word for wind or *Vata* in Sanskrit. It is the energy in the body that provides movement, and is said to be the “horse on which the mind rides.” So these channels can get blocked especially when someone has excess stress or prolonged emotional states. The free flowing of *Loong* channels ensures flexibility in body and mind.

The *La* channels are those which the subtle light or Life Essence travels through. This can be correlated to *Prana* in yogic philosophy, which travels with the breath, but also has two other aspects which circulates around the body in a similar cycle as the moon, and that, which pervades the entire body. The explanation of the various channels being affected reveals that Tibetan therapeutic massage is beneficial for the gross physical aspects such as the circulation of the blood, the more subtle messaging of the nerves, and the most subtle flow of the *Loong*, mind, and life essence.

Pressing the sensitive points is a therapeutic and rejuvenating technique of encouraging proper function and balance of the body and mind. It is said that the sensitive points are like messengers to the king. The relative sensitivity of them expresses the balance of the function of the corresponding organs, channels, and energies. The primary points are all along the spine and correlated to the various vital and

vessel organs. There are also the points of the front of the torso, relating to the organs and physiologic functions. The more distal points of the head, arms, and legs correlate to various functions of the body. The practitioner presses various points to identify problems. Pain resulting from pressing a sensitive point can suggest improper function of the corresponding organ function etc. Stiffness or swelling of a sensitive point can signify blockage of the channel corresponding to the point. The points can also be pressed to stimulate health and to encourage the proper function of the organs, bodily constituents, channels, and energies that correspond to each point.

The external application of substances has many benefits. Warming and smooth oils, butters, and creams can be effective for treating *loong* imbalances like stress and nerve disorders, cool water and river stones are effective in relieving *tripa* disorders like fevers and blood disorders, and course and drying substances like bean or grain powders and salts are all effective in subduing *bae-kan* disorders like excess weight, lethargy, and indigestion. There are medicinal compounds, which are specifically helpful for diseases; like the medicinal paste used in treating skin irritation, itching, and rashes. Treatment of various types of skin disorders is done with the application of various creams and ointments. There are also warming and soothing medicinal oils that help to relieve disorders of body pain, stiffness, stress, and tiredness.

The most important aspect in massage is the practitioner’s intention and awareness. The intention is primarily on the benefiting of the body and mind of the patient, and through that primary intention there should the

secondary effect of relieving the suffering of the temporary disease. That requires that the practitioner first has the compassion to recognize the suffering, and the diligence and patience to identify the cause of that suffering. Finally the practitioner applies the technique of massage to relieve the illness. This is not a standard method, but one that must be unique to the individual and the present condition. The practitioner is aware of the feeling of the skin, muscle, tendons, ligaments, channels, and bones of the client. There is also the awareness of the breath, pulse, and energy circulation of the client. With all of this awareness the practitioner offers the treatment maintaining constant attention to the slightest change in condition in the feeling of all of these aspects. Only then can the practitioner be successful in helping the patient find relief from suffering. With all of these qualities the massage is called therapeutic.

Medicinal Bath

Men Tsee Khang, the Tibetan Medical and Astrology Institute, Dharamsala has produced many herbal products which are very helpful to many patients and one product called *Dudtsi Nga Lum* (Five Nectar Bath) which is very helpful for arthritis, water retention, obesity, indigestion and back pain etc., but it could not be prescribed so much because many people do not have time or a bath tub to take this treatment. Therefore, THWC has taken initiative to offer medicinal bath of the Five Nectars.

The tradition of bathing for medicinal effect is ancient in the Tibetan culture and Medical System. The medicinal qualities of various river waters have been identified as well as astrological timings for bathing for the

best medicinal effect. People have also sought out medicinal hot springs, which have specific healing qualities. Traditionally a doctor might send a patient to a particular hot spring for a period of time to rejuvenate the health or to heal a disease.

The physician sages of the past analyzed the healing qualities of these hot springs, and sought to create remedies available to patients, who may not be able to visit the springs due to illness, finances, or physical incapability, etc. One such remedy is called the Five Nectar Bath. This formula includes five plant ingredients, which are referred to as the nectar of shade for rejuvenation, the nectar of a meadow to give pliancy to the skin, the nectar of earth to harmonize the physical elements, and the nectar of water to detoxify the body. Along with these plant ingredients there are minerals and aromatic flowers added to balance the effects of the medicines, and give a soothing effect to the mind and body. Having all of these ingredients makes taking the medicinal bath equivalent in therapeutic effect to the best of the healing hot springs of the Himalayas.

In the Tibetan fundamental medical text, the *Gyushi*, there are many references to using bathing for dissipating or reducing an ailment, detoxifying or cleansing, healing a disease, recovering from an illness, and rejuvenating the body from aging degeneration. Some specific diseases that are benefited from medicinal bath include: contraction and stiffness in spine and limbs, gout, arthritis, rheumatism, swelling of leg muscles, hunch back, enlargement and degeneration of bones, paralysis due to epilepsy, nerve disorders such as spondylitis and sciatica, muscle

degeneration, circulatory disorders such as varicose veins, chronic lymphatic diseases, necrosis, malignant wounds, ulcers of the vital and vessel organs, poisoning, swelling, menstrual disorders, and rough skin.

The wellness enhancing qualities of having the medicinal bath include: easing mental restlessness, harmonizing the physical humors, promoting physical strength, and acts as an aphrodisiac. With all of these qualities the effect of the medicinal bath provides the feeling of good health and wellbeing for the patient.

Tana sDug – Reactions

“It's difficult to believe that almost six years have passed since I was made aware of an opportunity to attend a Tibetan healing retreat that was being presented by Dr. Jampa Yonten at Saranam, a beautiful retreat center in the small town of Montrose, West Virginia, USA. Having worked in health care for 20 years, I was curious about Tibetan medicine and excited to learn how it differed from the practice of medicine that I was accustomed to in the US. A consultation with Dr Yonten was arranged for me at that first retreat and I have been his patient ever since.

It's not uncommon in Western medicine for the patient to be viewed as the illness or condition that he or she is manifesting. Tibetan medicine treats the whole being, with awareness that everything is connected and with an eye toward

bringing balance to the body, mind and spirit. Achievement of balance in these areas results in return to good health. Western medicine often uses strong drugs that have many unwelcome side effects to treat specific conditions, while Tibetan medicine utilizes more gentle natural remedies, accompanied by many other techniques, one of which is Tibetan medical massage. These attributes resonate deeply with me and connection with Dr. Yonten and his staff at THC has enriched my life and health in many ways. Thank you Amchila!”

Linda Stark—Buddhist Practitioner and Quality Control Manager Buchannon, WV USA

“I first encountered Tibetan Medicine in 1984 after a serious health crisis was unresolved by Western means. Tibetan Medicine has a special efficacy in treating chronic conditions, which is quite a common outcome of our fast paced lives.

So impressed with the diagnostic skills that took into account a great many subtleties as well as successful treatment, I went on to study with Yeshe Dondhen. We studied the basics of understanding the body and mind in health and disease like constitutional characteristics, which are refined and elegant conceptual models of how the human body-mind works imprinted a deep respect for the reality of mind in its role with healing the body.

I went on to become a licensed midwife and have found the principles of Tibetan Medicine useful in understanding the scope of body-mind relationships in all phases of life. I am privileged and honored to utilize the

principles of Tibetan Medicine in my life and midwifery practice.

The Tibetan concept of constitution is a most useful tool in understanding and responding to various needs a pregnant woman may have during gestation, labor and postpartum. For example, a woman with a predominantly loong constitution will require tender, consistent reassurance during the ups and downs of a normal gestation, a woman with a badkan nature will need extra support and encouragement to move during labor and stimulate contractions. A tripa natured woman will benefit from relaxing and cooling down and mind and body, and she responds well to humor and laughter in long arduous labors or difficult postpartum challenges. To understand the nature of someone's constitution is to have tools that are effective in bringing back imbalance states into harmony.

His Holiness The Dalai Lama wrote "Health and happiness are the rights of every individual" and in this regard, Tibetan Medicine has a special contribution."

I am so sorry to hear about Amala. She has a pure heart and this continues. She is an inspiration to me and many others, We are so sad to hear that your mother passed away. I well remember you speaking of her a number of times, with love and respect. I will pray for her soul.

*I am sure. Love, **Barbara Weaner***

Ruth Blackwell Rogers

Terri Nash MS, CPM—Student of Tibetan Medicine, Kauai, Hawaii USA

I am so sorry to hear of your amala's passing. I will say prayers for soul's rest and to have a swift rebirth. Much love to you and the rest of your family members.

Important Note

Tana sDug, the tour to USA by Dr. Jampa Yonten has been tentatively planned during the months of April & May 2012. Please get in touch with THWC or contact Barbara Weaner Kyle Weaner for an appointment for talks, consultation, teaching etc.

Madonna Pool

*Oh Amchila, I am so sorry to hear of this loss. Of course, I will say prayers for her and for you and your family as well. Sincerely, **Linda Stark***

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Dear Amchi, Yesterday Ruth and I gathered flowers and said prayers for you and your mother at Saranam cemetery. We remembered how lovingly you spoke to us of your mother and join you in your sadness at her passing.

*Love, **Grace Lynch***

Unfortunate Deaths

Tsering Norzom, Dr. Yonten's Mother

It must be quite distressing to have lost physically presence of your mother. Even though my mother was very old when she died and had declined mentally so it was hard to understand her much.

The year or so also. I really felt the physical loss of her and often still think of her now to plus years later. When Madonna told me of your request for prayers I wanted you to know I will be among those praying for her and the next lifetime. **Nancy Elizabeth**

Amchila used his mother as an example for teaching in many cases throughout the years I have been studying with him, and it was a clear example of the deep respect and love that is possible between a mother and son. I was also able to spend time with her, and Ama Tsering Norzom was an inspiration for me in spiritual practice. She completely dedicated her life to those around her, and to leading a good life. I have no doubt that she will continue her work in many lives to come until all beings are liberated from suffering. **Kyle Weaner**

It was saddest moment in my life because I have always learned a lot from her experiences. My mother was not only mother to me, she was everything for me because my father died when I was around 12 years old. Since then my mother raised me and my two younger sisters single-handedly. Therefore I saw her struggling day and night to educate us and give us a good life. Whatever I am today it is due to her determination, love, and prayers. She was very kind, fun-loving, and joyful. I am offering pujas and prayers so that she will reborn immediately.

Dr. Jampa Yonten

Khanpo Lobsang Khedup

Geshe Lobsang Khedup was Khanpo(abbot) of Tholing Monastery, Mungod where Dr. Yonten's mother lives. Khanpo passed away suddenly in the meditative form. That day Dr. Yonten spoke with him regarding

offering puja during the losar, Tibetan New Year. Throughout Dr. Yonten's medical practice in Bangalore he used to ask Geshe la at Tholing Monastery to perform puja for anyone needing help.

Tholing Monastery is dedicated to offering pujas and rituals. Geshe la was very kind and helpful for Dr. Yonten to heal his patients not only through medication but also through spiritual practice and rituals. We pray for Geshe la immediate rebirth.

Last year and this year, Dr. Yonten lost two of the most important persons in his life, his dear mother and Geshe la, his spiritual guide.

THC–Patient/ student testimonials

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

“My first impression of Dr. Jampa Yonten when I met him several years ago was that of a most humble, dedicated and deeply knowledgeable physician, passionately and single-mindedly committed to the healing of his patients. This impression has endured and enriched over the years – his immense seriousness and compassion are coupled with an equally gentle, soft and lighthearted manner. He is indeed a rare gem in the world of medicine and service.

We know today that healing from any disease or discomfort is a complex process involving the mind, emotions and body, and it has been my desire to help create a space, a center that offers an array of facilities to this end. An opportunity arose last year and I suggested to Dr. Yonten that we look for a larger space for the Tibetan Healing

and Wellness Center. Soon after, the Tibet Mall in Koramangala came up as a possibility ... and I am happy to say that this possibility has manifested today as an expanded and lovely new space for the Center.

It has been a deep honour and joy for me to be associated with this new facility – this is my humble offering to the great spiritual and healing tradition of Tibetan Buddhism. I offer this with gratitude to and in loving memory of my late parents Shree Anant H. Shah and Smt. Deviben Shah of Bangalore.

This new Center in Urban Bangalore is a small step towards a much larger and residential healing and retreat center that Dr. Yonten dreams of for the future. My heartfelt blessings that this too manifests in the years to come!

For now, may our new facility be a wonderful, sacred space that will heal and help all those who enter its doors. With love and light,”

Jasmine Shah—Bangalore, India

“It has been eight years since I have been taking Tibetan Medicine. It has been a great benefit, having blood pressure, and heart problems, to take care. Besides the value of the medicines, it has been an overall holistic wellness within one’s body. My gratitude to Dr. Jampa for his compassionate guidance over the years. It has been very supportive. Warm Regards.” **Sunanda Dechen—Soft Skills Trainer**

“Thanks to Tibetan Healing Center and Dr. Jampa Yonten, who has not only cured my long critical gland, but also for motivating me during the entire healing process.

I had a big gland on my left upper neck from the last 4-5 years,

growing day by day bigger which was a major concern, and badly affected my personal look, and professional career as well. I was going through a very tough and stressful time.

I consulted many senior medical specialists and surgeons in Bangalore and other big hospitals to get cured, and secondly to know the root cause of the disease.

Unfortunately, none of them were able to give the actual cause of disease but everyone had the single opinion that it has to get operated immediately otherwise it would be very dangerous. In fact one expert challenged that they will give up their medical profession if it got cured through medications.

Coincidentally, I got Dr. Jampa’s reference through one of friend (whose relative had similar problem and got cured by Dr. Jampa). Now Dr. Jampa was my last ray of hope. It was summer 2008, I met him first time and after through check up, he assured that it would get cured. All he wanted was patience and faith in his treatments. I have followed all his instructions of diet and lifestyle, along with herbal medications, which I took it regularly for over almost two years.

Miracles happened in my life. The gland totally disappeared and got completely cured. People were amazed to see my face as normal as it was three years back. Thanks to Dr. Jampa, and his student Kyle, whose medicine not only cured my problem but his motivation also made me believe that if you have faith you can achieve anything and everything in your life. Today Dr. Jampa is not only my family doctor but also a mentor who guides me time to time to face personal and professional challenges bravely with positive approach and attitude to live a happy

life. I personally feel Tibetan Healing Center is a unique, holistic, spiritual and medical center.

We (my family and I) are grateful forever to Dr. Jampa for his excellent services. We should thank you for your noble services in the field of medical science.

Thanking you, with warm regards,
Mukesh Singh—Manager of Technological Transformation

“For the past 5 years I have been under the treatment of Dr. Yonten, and swear on his medicine! I did not find a single German doctor that previously treated me to be competent. I recommend Dr. Yonten to all my trip participants, and they are just thrilled! The doctor has a very warm personality and works very quickly and correctly. Tibetan medicine is very effective! Thanks a million for medical and compassionate aid!”

Annette Friedrich-- ZEITREISEN-Reisedienst, Forderg, Germany

THWC – Expresses deep gratitude and appreciation

- Charlene D. Jones for her continued hosting, support, and organization of teachings and consultations in Toronto, CA
- Terri Nash, and Barbara Inglis for their invitation, hosting, and organization of teachings and consultations in Kauai, Hawaii.
- Jeff Fortuna and the Windhorse Community Services in Boulder, CO for their commitment in benefiting sentient beings, and deepening their healing through spiritual understanding.

- Barbara Weaner for her continued support in THWC and organizing the retreat at Saranam Retreat Center in Montrose, WV
- Ruth and Hugh Rogers for their support of THWC, providing the Saranam Retreat Center for the Tibetan Healing Retreat.
- Ngawang Dondrub la and the Ithaca, NY Namgyal Monastery monks for continuing to host Dr. Yonten in teaching the Tibetan Healing Retreat.
- Dr. Renee Samelson and Dr. Woody for their kind hosting in Albany, NY
- Tim McHenry for organizing Dr. Yonten’s talk at The Rubin Museum of Himalayan Art in NYC.
- Theodore of Snowlion bookstore, Toronto, CA for helping to organize the lectures.
- Nancy-Elizabeth Nimmich, ML, USA for the deep care and support shown for Dr. Yonten and the THWC.
- Madonna Pool, ML, USA for her love, support and generosity.
- Linda Stark, WV, USA for her support of Dr. Yonten and the THWC.
- Shanti Yajnik, Bangalore, for her generous donation to the THWC
- Bill and Franciouse Starber, WV, USA for their generous donation to the new center.
- Andrea Brandon, WV, USA for her contribution for the new center.
- Stephanie Connolly for her donation.
- Robert Posen for his support and donation.
- Leela Whitcomb for her generous donation.

- Isaac Spencer for his donation.
- Dr. Steve High for his support and donation to the center.
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- Captain Dieter Zeller and Johanna Jurisch from Germany for their support and generosity.
- Matthias Schneider, Berlin, Germany for his assistant and donation.
- Jasmine Shah, Hartford, CT, USA for her generosity and support in opening the new Tibetan Healing and Wellness Center. Without her support it would not have been possible.

Auspicious Dates in the Water Dragon Year (2012-2013)

Furnished below are auspicious days and periods for spiritual practice. The New Moon and Full Moon are auspicious for meditation, rituals, and offerings the 8th day is specific for Medicine Buddha Practice, and the 10th day is good for Guru Rinpoche practice, and offerings. These days are according to Tibetan Almanac.

1st Lunar Month February 22nd – March 22nd 2012

Losar (Tibetan New Year)-February 22nd, **8th**-March 1st, **10th**-March 3rd, **FM**-March 8th, **Tibetan Uprising Day**-March 10th, **NM**-March 22nd

2nd Lunar Month March 23rd – April 21st 2012

8th-March 30th, **10th**-April 2nd, **FM**-April 6th, **NM**-April 21st

3rd Lunar Month April 22nd – May 20th 2012

8th-April 29th, **10th**-May 1st, **FM**-May 6th, **NM**-May 20th

4th Lunar Month May 21st – June 19th 2012

8th-May 29th, **FM Buddha's Birth, Enlightenment, & Parinirvana Day**-June 4th, **NM**-June 19th

5th Lunar Month June 20th – July 19th 2012

8th-June 27th, **10th**-June 29th, **FM Universal Prayer Day**-July 3rd, **His Holiness The 14th Dalai Lama's Birthday**-July 6th, **NM**-July 19th

6th Lunar Month July 20th – August 17th 2012

Buddha's First Teaching Day-July 23rd, **8th**-July 26th, **10th**-July 28th, **FM**-August 2nd, **NM**-August 17th

7th Lunar Month August 18th – September 16th 2012

8th-August 25th, **10th**-August 26th, **FM**-August 31st, **Democracy Day of Tibet**-September 2nd, **NM**-September 16th

8th Lunar Month September 17th – October 15th 2012

8th-September 23rd, **10th**-September 25th, **FM**-September 30th, **NM**-October 15th

9th Lunar Month October 16th – November 13th 2012

8th-October 22nd, **10th**-October 24th, **FM**-October 29th, **Buddha's Descent from Heaven**-November 6th, **NM**-November 13th

10th Lunar Month November 14th – December 13th 2012

8th-November 21st, 10th-November 23rd,
FM-November 28th, **Commemoration
of the Nobel Peace Prize of HHDL-**
December 10th, NM-December 13th

**11th Lunar Month December 14th 2012
– January 11 2013**

6th- Nine Bad Omens Day-December
18th, **7th- Ten Good Luck Day-**
December 19th, **8th-December 20th, 10th-**
December 22nd, **FM-December 28th,**
19th- New Year 2013, NM-January 11th

**12th Lunar Month January 12th –
February 10th 2013**

8th-January 19th, 10th-January 21st, FM-
January 26th, **NM-February 10th**

Chudlan – A Residential Rejuvenation Programme

THWC can offer a 3-day or 7-day
Rejuvenation program. This residential
program can be conducted at a place just
outside Bangalore or at the THWC and
Tibet Hotel in the Tibet Mall. **Chudlan** –
The Rejuvenation Program will have a
very limited number of participants as
we would want to offer personal
attention to the participants. The
program 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.*

THWC's Initiatives

THC has been constantly endeavors 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
drjyonten@hotmail.com
- Individuals/organizations are
welcome to contact THWC for
organizing teaching or
consultations and to form
support group in respective
countries
- THWC'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 THWC.

Tibetan Healing & Wellness Center

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