

SOWA RIGPA (TIBETAN MEDICINE)

TEACHING PROGRAM 2020

INTENSIVE AND PRACTICALLY BENEFICIAL COURSE ON SOWA RIGPA, TIBETAN MEDICINE

The one year course (2020) will be related to four major sufferings that all degrees of people will experience born in the world.

1. The sufferings of birth 2. The sufferings of sickness and diseases. 3 The sufferings of aging 4. The sufferings of dying and death.

The teachings is based on Sowa Rigpa (Tibetan Medicine) will be quite intensive, profound and beneficial to individuals and medical personnels to help others with related problems. I selected following particular subjects which were major problems many people suffers in modern societies and often could not find the proper solutions. Therefore I hope the knowledge shared in the course could help to understand the importance of maintenance of good health, preventive, improvement and even to cure the problems and diseases before they destroys the precious life.

TOPIC NO 1. MA-BU DESHING KHIM-TSANG DEKYID. HEALTHY CHILD, MOTHER AND HAPPY FAMILY. (FEBRUARY 15-16)

The most important for happy, successful and meaningful life is fully depend on good quality and healthy birth. Then both child and mother's good health after delivery. Nowadays many young mothers feel weak and tired even only with one child mainly due to improper cares during pregnancy and after the delivery which I noticed in the western society. So I hope teaching will benefit to understand the importance of proper cares during pregnancy and after delivery for healthy child and mother.

- a). Child Conception and weekly evolution of the fetus for 38 weeks.
What special cares and precautions to take by mother during pregnancy and evolution time with psychology, alimentation and behaviors to prevent child and mother's health problems in future.
- b). What special cares and attention to take care after delivery both to child and mother with alimentation, psychology, physical and behaviors to prevent illnesses, weakness and to develop healthy life.
- c). What other special awareness to consider to prevent obstacles, negative interferences, misfortune and to create good fortune and long life.
- d). How to educate children to be Intelligent, warm hearted, positive and successful person beside school education.

**TOPIC NO 2. MO-NED
WOMEN'S HEALTH PROBLEMS (GYNAENOCOLY)
(MARCH 14-15)**

- a). The different reasons and causes for not able to get pregnant.
- b). The causes of premature delivery and natural abortion.
- c). The causes of different menstruation problems.
- d) The causes of different ovarian problems.
- e). The causes of Uterus and womb's problems.
- f). The causes of women's Breast problems.
- g). The causes of Menopausia and their symptoms.

The women's particular health problems are becoming quite serious matters in the medical fields. The women's problem will range from minor, acute and serious diseases that includes different tumors, stages of cancers so on. Majority women loses their precious life due to above related problems. The teaching will help and benefit to recognize and be aware to practice all preventive cares and curative methods applied through Psychology, alimentation, behaviors, natural herbal treatments and different natural therapies so on.

**TOPIC NO. 3 NYEN -TSAB NED - ACUTE AND SERIOUS DISEASES
(APRIL 11-12)**

The precise commentary on particular chronic, severe and acute diseases causing much sufferings and endanger the precious life such as Diabetes, Thyroid, Blood Pressure. Morpus Crohn, Hepatitis and Cancer so on. What are different causes of these diseases, how to prevent, what are possibilities to help and cure them through psychology, alimentation, behaviors, medications and other healing methods practiced in Sowa Rigpa, (Tibetan Medicine) before they destroy the precious life.

**EXTERNAL THERAPIES, WORKSHOP (*)
MAY 9-10**

**SINGING BOWL COURSE
MAY 16-17**

**EXTERNAL THERAPIES, WORKSHOP (*)
SEPTEMBER 12-13**

**TOPIC NO. 4. GAI-NED –
OLD AGE HEALTH PROBLEMS (DEGENERATION)**

(OCTOBER 17-18)

The old age particular diseases are becoming serious concern in medical fields since more and more people are suffering from those diseases and could not help and find the right solutions. Therefore hope fully Sowa Rig-pa could share and contribute some positive services to help with such problems.

- a). The profound teachings on the root causes of old age diseases and problems related with Dementia, Alzheimer, parking son so on that are more commonly suffered even in the early age in the Western societies. The different symptoms of the diseases.
- b). The causes of untimely or early age physical degenerations and capacities suffered severely both by men and women. Besides the causes of particular male's diseases like prostatic, testicle, impotence problems etc. suffered by many men.
- c). The profound and clear instructions on how to prevent such sufferings in the future, ways to improve, to recover and cure the diseases based on Psychology, behaviors, alimentation, discipline in life, natural herbal treatments and external therapies.

TOPIC 5. TAG-CHED

METHODS OF DIAGNOSIS IN TIBETAN MEDICINE.

(OCTOBER 17-18)

Different methods applied in Tibetan Medicine to diagnose different diseases through touch feeling, vision, smell and verbal such as pulse reading, observations of eyes, urine, tongue, ears, deification so on and verbal questions. The course will offer to understand some basic diseases through above information.

TOPIC NO. 6. JIG-TEI (CHE-TEI)

HOW TO HELP AND PROCESS OF DYING.

(NOVEMBER 14-15)

The death and dying is the most heaviest suffering people suffers due to unknown future after death, to leave everything behind that are deep and dearly attached to oneself. Fear of dying, loosing everything that one created life time and huge mental confusion. Therefore such information could help and benefit to be awareness about the death that will appear sooner or later and detach gradually with strong attachment connected to the worldly life that is root causes of un-peaceful death.

- a). To develop awareness to accept the death as nature which will experience by everyone.
- b). To recognise the different signs of death that appears in advance which indicates the death is approaching known as

distance, near, close and definite signs of death. The signs manifests through dreams, behaviours, omens, Dang, urine and pulse diagnoses.

- c). Commentary on different signs like dreams, omens, behaviours and Characters which indicates the death is approaching.
- d). The different causes of death.
- e). How to help to prevent pre-mature death.
- f). The dissolution process of five elements, five senses, three energies and two temperatures into consciousness at the time of dying.
- g). How to help die and leave the world peacefully without fear and sufferings.
- h). How family can help the deceased person after death to support for fearless moment in Bardo (intermediate state) the life between death and rebirth) and achieve better rebirth.

(*) TÓPICS No.7 AND NO. 8 CHE-CHOED (CHAD) EXTERNAL THERAPIES.

Two weekends or sessions will be practical that includes KUNYE, (massage) TSA-DUK (different hot application therapies) TSAMPA THERAPY (Barley flour) hot application with theory teachings about their benefits to particular problems and diseases.

The following topics will be shared during first seminar of Sowa Rigpa course in 2020

The precious Human Life achievements.

1. The important different conditions required for the child conception.

- a) Self developed and accumulated Merits of positive Karma conditions in one's previous lives as principal seeds to achieve the precious human life. (Commentary)
- b) Deeply connected Karmic relations between the self and two parents in their previous lives. (Commentary)
- c) Perfect well balanced proper conditions of five elements, space - air - fire - water - earth that play the most important roles to develop healthy physiology systems. (Commentary on place, food, Psychology, behaviors etc. to maintain good qualities of the five elements for healthy MIND and Body.
- d) Non defected good qualities of two parents energies the sperm and ovule. (Commentary on what are the causes of defected and low qualities that create obstacles to the conception.)
- e) The key importances of mother's good quality and regular menstruation systems without defects and disturbances.

(Commentary on what are different causes of irregular, over or less days of menstruation flow and defected qualities of blood)

- f) The important influences of mother's Psychology and physical health problems that can interfere to the conception. (how and what problems could provoke disturbances.)
 - g) To develop awareness regarding the age to conceive and get pregnant. (Commentary on importance to become mother in early age is better for child and mother, possibility to get pregnant till 45 years age)
 - h) Non interferences from different faith, culture and society that obstructs the conception. Brief Commentary
 - i) Non obstructions to the conception through different methods applied to block the conception. (Brief commentary on different anti baby methods including forced abortion due to different reasons)
 - j) Unfortunate and unexpected incidences that creates natural abortion and lose the precious life. (Commentary on how to be aware to prevent such incidences and protect the life)
 - k) Brief information on the formation of channels and Chakras and their purposes.
2. **Profound Commentary on** :- Mother to be conscious about the importance of Psychology, alimentations, behaviors related to three profound behaviors, daily and climatical behaviors. Also importance of family's love, care, support etc. during nine months pregnancy period to develop healthy, intelligent children and create happy family.
 3. **Commentary on different stages of evolutions** of the fetus for 38 weeks during which whole physiology will develop. Special alimentation are recommended every week related to the proper development of the different bodily constitutions and to prevent physiology defects. Besides particular daily behavioral advices to improve the good quality of evolutions to develop good mind and ody energies.
 4. **Commentary on to recognize** the different advance signs of delivery in order to prepare for healthy delivery and prevent unhealthy delivery with special care advices.
 5. **Extremely important advices** and suggestions to follow and apply after delivery to prevent many health problems for both child and mother in future through food, behaviors and special therapies.
 6. **Suggestions to perform** a auspicious ceremony on a special day to welcome the child into family. The ceremony will include to wish the child to be healthy, long life, intelligent, good successful human being as well as to bring good fortune, happiness and peace in the family.
 7. **Parents supreme important responsibilities** :- Particular instructions on how to grow up child with healthy mind and body, educate and motivate to be good human being, offer proper and correct educations since childhood till fully grown up to build meaningful and successful life

PROGRAM:

IN ONE YEAR TEACHINGS WILL BE TOTAL EIGHT SESSIONS AND EACH SESSION WITH TWO DAYS - SATUDAY AND SUNDAY.

EACH DAY 7 HOURS, 3 HOURS IN THE MORNING AND 4 HOURS AFTER LUNCH.

PLACE : NALANDA MONASTERY