

Medicine Buddha

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The nature of mind and body:
their relationship and functions

A teaching from Dr. Lobsang
Nalanda 2026

Nature of the Mind and its Functions.

Mental and Psychosomatic Diseasesa.

Prof. Dr. Lobsang Shrestha will offer four semesters intensive and profound teachings based on centuries old unique Traditional Tibetan Medicine Sowa Rigpa the Art of Healing regarding serious problems commonly suffered by people in today's hectic stressful modern world.

In the rapid global evolution and fast advances in modern sciences, technologies and material development are often felt and considered as true sources to achieve happiness and peace. However, surprisingly even achieving all essential conditions in life, people remain unhappy, peaceless and burdened by enormous mental and emotional sufferings like sadness, anxiety, nervousness, worry, isolation, fear, depression and so on by all age groups children, teenagers, youth, adults and elderly people.

Through teachings, students will gain virtuous knowledge of awareness to investigate and recognize the prime reasons of failure in achieving genuine happiness and inner peace. The teaching will explain the fundamental sources to achieve genuine stable happiness and inner peace through various systems. Also important methods to prevent the unnecessary self-creation of enormous mental and physical sufferings experienced by millions of people particularly in rich societies and developed countries.

Good health means to gain capacity, power, strength and achieve wealth, happiness, success and long meaningful life, which is important for self, family and to every body.

The contents of four semester's teachings are as follows.

Nº1. The Nature of Mind, Body and their functions.



Mind-body relationship

- The nature of the mind, the six of mental consciousness and their functions and roles in life.
- Various categories of constructive and destructive mental emotions and their powerful influences on daily human life.
- The formation of human physiology: the channels, chakras, constitutions, principal energies and their roles and functions in human health and life.

- A precise explanation on deep relationship between mind and body, their interconnection and interdependence in preserving good health and life.
- How to maintain quality of mental and physical health based on correct education to utilize properly the psychology, nutrition, behavioral systems to prevent diseases and enjoy a healthy, long and meaningful life.



Comprehensive Physiology

N°2. Causes of Mental and Psychosomatic Diseases

- The primary cause: a powerful self-centered ego-dominated emotional mind that generates intense destructive mental emotions leading to unending sufferings.
- Traumatic experiences such as unexpected shocks related to the loss of loved ones, material possessions, careers or jobs, family problems such as divorce and failure with professional life etc.
- Mental, verbal, and physical abuses, suppression, and torture experienced by different ages groups and sexes.
- Lack of moral positive human educations.
- Consumption of intoxicating substances like alcohols, drugs etc.
- Interferences from invisible negative forces, and unfortunate incidents.
- Improper and unhealthy diets, harmful behavioral patterns, and climatic disturbances like earth quake, storms, tsunami and so on.

N°3. Mental and Psychosomatic symptoms manifest based on :Three Nyepas - rLung, Tripa, Bedken (Wind - Bile - phlegm energy)



a). rLung disturbed (Wind Element) – Mental Symptoms are :- Nervousness, anxiety, anguish, irritation, agitation, restlessness, sadness, tension, stress, worry, forgetfulness, insecurity, emptiness sensation in heart, fear, panic, confusion, mental instability, schizophrenia, and related.



b). Tripa disturbed (Fire Element) – Mental Symptoms :-) Mental obsession, hatred, anger, impatience, intolerance, frustration, hallucinations, paranoia, violent and aggressive behavior, abusive verbal and physical actions, psychosis, and psychotic disorders.



c). Bedken disturbed (Water Element) – Mental Symptoms are :-) Loss of hope and interest, constant negative thoughts and mental projections, lack of self-confidence and courage, depression, loneliness, isolation, loss of memory, concentration, and understanding, communication difficulties, suicidal tendencies, dementia, and Alzheimer's disease.

N°4. Somatic or physical symptoms caused by psychology.

Hypertension, heavy pressure in the head, headaches, brain stroke and hemorrhage, multiple sclerosis, Parkinson, visual and hearing disturbances, tinnitus, loss of voice, generalized cramps and body pain, irregular heartbeat, arrhythmia, tachycardia, chest pain and pressure, heart attack, dry eyes and skin, breathing difficulties, asthma, weak metabolic power of organs, sexual impotence, female's breast and gynecological disorders, dizziness, insomnia etc.



Heart attack



Breast tumor



Cerebral stroke

N°5. Methods of General Diagnosis to gain basic knowledge.

- Visual observation of the eyes, face, skin, body structure, and urine.
- Analysis of dreams, omens, and behavioral changes due to disturbances caused by invisible negative forces.
- Verbal diagnosis through questions and answers, patient's complaints and history.



Ocular Diagnosis



Pulse Diagnosis



Tongue diagnosis



Urinalysis



Psychological counselling

N°6. Treatments and Solutions to help and cure.

- Psychologically moral education to enrich wisdom to recognize the values of precious human life, to understand the reality and true nature of life existence, to accept the changes and impermanence, how to face and overcome different challenges experienced in life.

- Specific herbal medicinal treatments prepared from natural ingredients in forms of pills, powders, decoctions, infusions, teas etc.



Pills



Herbal ingredients



Plant powder



Medicinal infusion

Holistic Healing through precious stones, minerals and Singing bowls etc.

- Spiritual " LA " healing (subtle vital energy) through



Singing bowl therapy



Gemstone Healing

meditations, chanting and recitation of Healing Mantras and Chakra Healings. (practical)

- Special food, soups, drinks etc. prepared with special natural herbal medicinal remedies and how to prepare them. (Practical)
- External therapies such as Kunye (massage) Horne and Tsaduk (special heating therapies), Me-tsa (moxibustion), special herbal baths, inhalation therapies prepared from medicinal herbs and natural ingredients, incenses. (Practical).



Kunye (massage),



Horne, (Heat therapy)



Metsa, (Moxibustion)



Lum, Medicinal bath

Three special purification methods (practical workshops) - Lujong - physical exercises (Yoga), Uok-Jong (breathing exercises or yoga), to eliminate all physical contamination and blockages. Sem-Jong, Mental Awareness Meditation, training the mind to generate positive emotions and abandon all the destructive negative emotions. (practical)

- Finally precise guidance on proper diet and behavioral systems, to develop concrete motivation for self confidence, determination and courage to fight against problems and abandon all negative emotions and intoxication negative habits that destroy precious beautiful human life.

The four semesters will be four weekends Saturday and Sunday covering 8 days and each day 7 hours teaching. The complete course will be € Date and months starting from May, mid- September, mid-October and end of November 2026.

TASHI DELEK