

## [Tibetan Medicine & You: A Path to Wellbeing, Better Health, & Joy](#)

Thurs., 7-8:30 p.m., May 21, 2020  
The Meditation Center, Minneapolis

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- I. [Tonglen Meditation](#): “Breathe in suffering and breathe out compassion.”
- II. Karma: As you sow, so shall you reap!
  - A. You are made up of 5 sources of energy (elements).
    1. **Earth** provides stability and structure.
    2. **Water** provides moisture, lubrication, and smoothness.
    3. **Fire** drives growth, development, and absorption of food.
    4. **Air** governs movement, including blood circulation and growth of skin.
    5. **Space** allows the other elements to interact and coexist.
  - B. You were born with a constitution consisting of 3 primary energies (*nyepa*).
    1. **Loong** (air element): movement energy (*vata* in Ayurveda).
    2. **Tripa** (fire element): heat energy (*yang* in Chinese, *pitta* in Ayurveda).
    3. **Baekan** (water and earth elements): cold energy (*yin* in Chinese, *kapha* in Ayurveda).
  - C. You were born with 1 of these constitutions; live in harmony with your constitution.
    1. **Loong**: Movement energy dominates *tripa* and *baekan*.
    2. **Tripa**: Hot energy dominates *loong* and *baekan*.
    3. **Baekan**: Cold energy dominates *loong* and *tripa*.
    4. **Tripa/loong and loong/tripa**: Movement and hot energies dominate *baekan*.
    5. **Baekan/loong and loong/baekan**: Cold, movement energies dominate *tripa*.
    6. **Tripa/baekan and baekan/tripa**: Hot and cold energies dominate *loong*.
    7. **Loong/tripa/baekan** (rare constitution): All three energies are about equal.
- III. Suffering and healing: Mental poisons lead to imbalance, dis-ease; create balance, health.
  - A. **Greed, attachment, desire**: Promote/result from **loong** imbalance that leads to movement disorders; **heal** with grounding behavior and meditate on impermanence.
  - B. **Anger, hostility, aggression**: Promote/result from **tripa** imbalance that leads to heat disorders; **heal** with cooling behavior and compassion.
  - C. **Delusion, confusion, closed-mindedness**: Promote/result from **baekan** imbalance that leads to cold disorders; **heal** with warming behavior and wisdom.
- IV. Happiness: Cultivate compassion and wisdom, create meaning, flourish, bloom like a lotus.
- V. Pulse Diagnosis; [Constitutional Self-Assessment Tool](#)” and [“Lifestyle Guidelines Tool.”](#)
- VI. [Study Tibetan Medicine at the U of MN https://z.umn.edu/csph5315](https://z.umn.edu/csph5315)

Source: Cameron, M.E., & Namdul, T. (2020). [Tibetan-Medicine and You: A Path to Wellbeing, Better Health, and Joy](#). New York: Rowman & Littlefield. (Free access through U of MN Libraries.)