Tibetan Medicine & You: A Path to Wellbeing, Better Health, & Joy

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

Miriam E. Cameron, PhD, MS, MA, RN
Tenzin Namdul, PhD, Tibetan Medicine Practitioner (Doctor)
Faculty, Earl E. Bakken Center for Spirituality & Healing, University of Minnesota

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).

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