

Download Positive Health In Tibetan Medicine

In Search of the Medicine Buddha: A Himalayan Journey David Crow. An American practitioner of Chinese medicine travels to Nepal on a medical and spiritual pilgrimage, studying Tibetan and Ayurvedic healing methods and the source of all this ancient medical wisdom, the Medicine Buddha. Auspicious Days for Practice --Many Tibetan Buddhists include a Medicine Buddha practice in their daily meditation. Those who are not able to do that try to practice the Sadhana of the Medicine Buddha on auspicious days — especially on the first quarter-moon day, which is known as the Medicine Buddha Day. You are welcome to join us in the traditional Tibetan temple for two Saturday afternoon sessions focusing on the beautiful practices of White Tara and Medicine Buddha. The five elements – space, earth, water, fire and wind – are essential to an understanding of Tibetan cosmology. The elements are the foundation for all phenomena.