

“The Spiritual Medicine of Tibet”

Come and meet Dr. Pema Dorjee

Tuesday, April 14th, 2015

2180 Milvia Street Berkeley, 6th Floor

Reception 5:00 pm Talk 5:30 pm - 6:30 pm

Q&A until 7:00 pm

Hosted by **Kriss Worthington**, Berkeley City Council member

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Light refreshments will be served



Dr. Pema Dorjee is the most senior and renowned Tibetan physician practicing today. Dr. Dorjee was born in 1950 in Tibet. When he was nine years old, his parents fled to India as the Chinese invaded Tibet.

He completed his medical studies in 1974 under the renowned professor Dr. Barshi Phuntsok at the Men-Tsee-Khang, the Tibetan Medical and Astro Institute. Dr. Dorjee was elected the first chairperson of the Menpa Lhentsog (Tibetan Medical Council) and for three years served as General Secretary of Men-Tsee-Khang; currently he is Technical Advisor to the Research and Development Department.

Dr. Dorjee has written books and numerous articles on Tibetan medicine and has translated textbooks from other medical systems into Tibetan. Dr. Dorjee is currently a visiting scholar at Emory University.

Book Excerpt, The Spritual Medicine of Tibet: Tibetan Buddhism plays a very pivotal important role in Tibetan Medicine. Tibetan Medicine is based on the principle that there can be no effect from a cause without any causative condition. Avoiding causative conditions like improper seasons, evil spirit influences, unhealthy diet and lifestyle, wrong treatment, and ripening of one's bad karmic actions helps one in maintaining a disease-free health. The body in a disease-free state helps to attain dharma, wealth and happiness. While examining a patient with the three diagnostic methods: visual, touch, and interrogation, the physician should try to feel the true sufferings of the patient. He should always bear in mind to render help to all sentient beings with compassion and practice equanimity, avoiding discrimination. A physician should practice the Four Immeasurables while employing the actual treatments based on diet, lifestyle, medicine, and external therapies. The Medicine Buddha stated: By engaging oneself wholeheartedly in the service of the suffering beings, a physician can achieve the ultimate reward i.e. the achievement of Buddhahood.