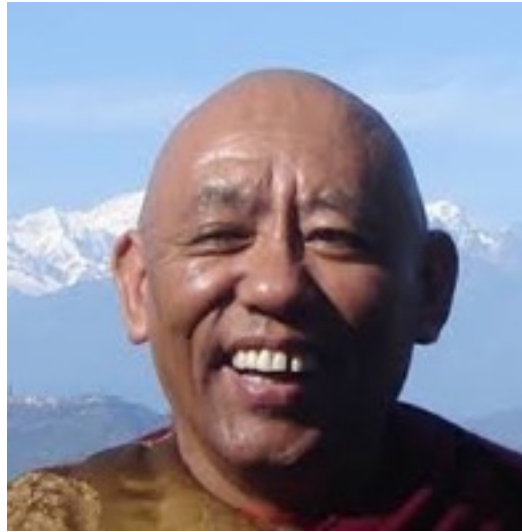


THE PRINCIPLES OF TIBETAN MEDICINE & HEALING



**Saturday 20th & Sunday 21st October at Roselidden Farm,
Trevenen Bal, Helston, Cornwall TR13 OPT**

Suggested donation £35 for the weekend, £20 per day

*The Tibetan phrase for medicine is SOWA RIGPA. SOWA means healing
RIGPA means knowledge. SOWA RIGPA means the Knowledge of Healing or The
Sense of Healing. SOWA RIGPA or the Knowledge of Healing involves understanding
causes and conditions. There are 2 main causes: Primordial and Immediate. The
conditions are mental and physical. There are influenced by our emotions and the
elements of nature. "Well being" means these are all in balance and at ease.*

Venerable Lama Samten will introduce these principles of healing and also leave time for discussion. Lama Samten was born in West Tibet in 1944, fleeing his homeland with his family in 1959 when the Communist Chinese invaded. His entire family of 13 perished crossing the Himalayas. He took his ordination in India with the Very Venerable Khyabje Kalu Rinpoche and completed 10 years of solitary retreat under his guidance in the Karma Kagyu tradition. In 1980, Lama Samten was sent to New Zealand by H.H. 16th Gyalwang Karmapa and spent 24 years developing the Buddhadharma, publishing books and cds including the Grammy Award winner Sacred Tibetan Chant - the monks of Sherab Ling. He now travels worldwide guiding his many students.

Non-residential, with some accommodation available for those traveling from afar.

Please bring vegetarian lunch to share

For further information and booking, please contact sophie@gearmill.org