

## **1<sup>st</sup> 10-DAY COURSE ON THE MENTAL HEALTHCARE SERVICE**

**MAY 1ST - 12TH, 2014**



More than 60 percent of the world's population are inflicted with problems of the mind and is becoming ever more important to find its cause.

Many of the mental problems are attributed to hectic lifestyles and misconcepts, however the root causes of all mental problems are the three afflictive emotions. The fundamental principles to counteract the above-mentioned mental problems have been extensively mentioned in the Tibetan Buddhist philosophy. Numbers of patients have reported positively on the effectiveness of Tibetan Buddhism, Tibetan medicine and Tibetan Astro-Science against mental sufferings. Today, some of these research papers are available and published by the highest rank of the scientific body.

Department of Body, Mind & Life, Men-Tsee-Khang organized a 10-Day Basic Course on the Mental Healthcare from 1st to 12th May, 2014.

Speakers for the course include Geshe Kunkhen (Gadhong monastery), Geshe Lobsang Dawa (Institute of Buddhist Dialectics), Geshe Lobsang Dakpa (Namgyal monastery), Geshe Tsondue (Library of Tibetan Works & Archives) and Geshe Tenpa Tashi (head of Body Mind Life Department, Men-Tsee-Khang). They spoke on Introduction to Mind, Non-Virtuous Mind, Virtuous Mind, Transforming the Non-Virtuous Mind, Mindfulness Meditation, Practice on Patience, Meditation on Compassion and Loving Kindness, Principle of Interdependence, Birth, Death and Intermediate Stage and Medicine Buddha Meditation.

There are 10 participants who have joined the course from Germany, Bulgaria, Japan, Taiwan, and Russia. The course consists of four sessions of one and a half hour each in a day. Practice, discussion and question answer session followed in the afternoon.

The translators for the course are Ms. Phurbu Dolma (Library of Tibetan Works & Archives), Mr. Tenzin Sangpo, Dr. Passang Wangdu and Dr. Namdol Lhamo (Men-Tsee-Khang College).



Geshe Lobsang Dawa la giving talk on  
Medicine Buddha Meditation



The resource person of the workshop



Participant attentively listening to the translator

Participant attentively listening to



Participant sharing her feedbacks during the valedictory ceremony

Participant sharing her feedbacks