

3rd BODY, MIND & LIFE CONFERENCE

15-17 October, 2015 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

Theme: DISTURBING FACTORS OF MENTAL DISORDERS AND THEIR REMEDIES

Perspectives: Buddhist Psychology, Tibetan Medicine (Sowa-Rigpa), Tibetan Astro-science and Western Medical Science

Main Objective: In the first and second conferences, we learned about the essential basics of Body, Mind and Life aspects, their relationships, disturbing factors, remedies and so forth, which in a way exposed us to many new windows of exploring the 'Mind' factor. As we all know, most of the sufferings in this modern world, be it physical or mental, are caused by an untamed mind, it is of major significance to have some understanding of this 'Mind' factor and deal with it accordingly. With this objective in mind, this conference is being held to identify skillful means and offer pragmatic & experiential approaches to promote Mental Health Care service to humanity.

Number of Participants: 310

CONFERENCE SPEAKERS



Geshe Lharampa Jadhho Rinpoche
(BUDDHIST PSYCHOLOGY)
Abbot of Gyuto Tantric Monastic University, Former Abbot, Namgyal Monastery of HH the 14th Dalai Lama



TASP Dr. Sonam Rinchen Aepa
(TIBETAN ASTRO-SCIENCE)
Lecturer, Palpung Institute Sherabling, Former Lecturer Tibetan Medical & Astro. College



Dr. Sonam Lhamo, MD
(TIBETAN MEDICINE)
Senior Tibetan Medicine Practitioner
Dekyiling Branch Clinic
Men-Tsee-Khang



TASP Sonam Palmo, Tseeratpa
(TIBETAN ASTRO-SCIENCE)
Senior Astro-Science Practitioner
Senior Lecturer, Tibetan Medical & Astro. College, Men-Tsee-Khang



Dr. Darjee Raptan Neshar, MD
(TIBETAN MEDICINE)
Senior Tibetan Medicine Practitioner
CMO, Bengaluru Branch Clinic
Men-Tsee-Khang



Dr. Sonnee Weedn
(WESTERN MEDICAL SCIENCE)
Clinical & Forensic Psychologist, Sex Addiction & Alcoholism Therapist
Founder, the Sonnee Weedn Inst. for Integrative Therapist



Dolpo Tulku Rinpoche
(BUDDHIST PSYCHOLOGY)
Founder of Dolpo Tulku Charitable Foundation; Part of award winning documentary 'Dolpo Tulku - Return to the Himalaya'



Dr. Terry V Eagan, MD
(WESTERN MEDICAL SCIENCE)
Founder and CEO of Eagan Medical Group, LLC; Expert in Mental Health & Addiction Treatment, US

The 3rd Body, Mind & Life Conference

The 3rd conference on Body, Mind & Life was held from 15 – 17 October, 2015. This time around the conference has summoned registration of 275 participants including monks, doctors, astrologers, students and foreigners. It has invited eight speakers, two each from the field of Buddhist philosophy, Tibetan medicine, Tibetan astrology and modern science. They spoke and gave presentation on thematic topic on:

1. Disturbing factors of Mental Health

2. Remedies for disorders of Mental Health

The causes of mental health presentations were given by Dr. Terry Eagan M.D, an internationally respected physician, lecturer and consultant, Dolpo Tulku, professor, Dr. Sonam Lhamo M.D, a very senior consulting physician, Tibetan Astro-Science Practitioner Sonam Palmo, Lecturer.

The remedies for mental health disorders presentations and speeches were made by Dr. Sonnee Weedn Ph.D, clinical and forensic psychologist; Geshe Jadhoo Rinpoche, abbot of Gyuto monastery, Dr. Dorjee Rabten M.D, chief resident doctor Bengaluru Branch Clinic and Tibetan Astro-Science Practitioner Dr. Aepa Sonam Rinchen.

Each speaker gave a 45 minutes presentation followed by a question and answer which turned out to be successful as participants got an opportunity to share their ideas and raised doubts before the speaker.

The opening ceremony of the conference had the gracious presence of the honorable speaker of the Tibetan parliament in exile, Mr. Penpa Tsering. He spoke about his own experience of facing mental struggle during the times of managing between study and family business. He also shared about how mentally challenging it was to be able to sit at the position of the speaker of TPIE.

The closing ceremony was graced by the chief guest Mr. Pema Chinjor - Minister of religion and culture department of CTA, and awarded certificates to each participant.

In his speech he reassured the ability of Buddhist philosophy, Tibetan Medicine and Astrology to serve human beings suffering from mental disorder. Geshe Tenpa Tashi presented his speech on the aims and objectives of the department and listed activities which included organizing workshops, conferences, resource talks and publication of books and DVDs.

In conclusion, the 3rd conference on Body, Mind & Life had inspired and enriched majority of the participants. The Body, Mind & Life department of Men-Tsee-Khang reiterate and state from the lines of Director speech as quoted by His Holiness the fourteen dalai lama that “Mankind needs a health body and mind, we Tibetans though live ourselves as refugees contributes substantially in easing the human sufferings” thus the conference successfully served its duty in improving mental health care of human beings.