

## 1<sup>st</sup> BODY, MIND & LIFE CONFERENCE

26 - 28 June, 2013 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

**Theme:** THE GENERAL CONCEPT OF BODY, MIND & LIFE; THEIR SEEDS, RELATIONSHIPS, DISTURBING FACTORS AND REMEDIES, AND RESTORATION AND MAINTENANCE

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

**Main Objective of the conference:** To enhance the general concept of mental well being, develop mental healthcare service and practices, and encourage more holistic approaches to the present system of remedies available for treating unhealthy body, mind & life.

**Number of Participants:** 350

### CONFERENCE SPEAKERS

#### THEME 1: General Concept of Body, Mind & Life



**Ven Tashi Lhamo**  
(BUDDHIST PSYCHOLOGY)  
Dharma Ling Humaya



**Dr. Thupten Gyalsom, MD**  
(TIBETAN MEDICINE)  
Senior Tibetan Medicine Practitioner,  
CMAA, Men-Tsee-Khang Clinic,  
Men-Tsee-Khang



**Dr. Joan Bryson, MD**  
(WESTERN MEDICAL SCIENCE)  
Founding Partner of Mind-Body Health  
Sciences LLC, Consultant in Hospitals,  
Organizations & Addiction Treatment  
Centers, US



**TASP Tenzin Namdak, Tserenpa**  
(TIBETAN ASTRO-SCIENCE)  
Senior Astro-science Practitioner,  
IMD, Dept., Former Deputy Head,  
Astro Dept.,  
Men-Tsee-Khang

#### THEME 2: Seed of Body, Mind & Life



**Geshe Lharampa Chien Drangchen Rinpoche**  
(BUDDHIST PSYCHOLOGY)  
Researcher & Editorial Board  
"The Great Compendium of Scientific & Philosophical Buddhist Knowledge" under the supervision of H.H. the 14th Dalai Lama



**Dr. Tsugu Chospori, MD**  
(TIBETAN MEDICINE)  
Principal & Professor  
Tibetan Medical & Astro College,  
Men-Tsee-Khang



**Geshe Sherab Lhashep**  
(TIBETAN ASTRO-SCIENCE)  
Awardee of the Great Master of the  
Rangjung Hill, Tibetan Astro-Science  
Lecturer at Bon Nichey Monastery



**Dr. Terry V Sagan**  
(WESTERN MEDICAL SCIENCE)  
Founder and CEO of Sagan Medical  
Group, LLC, US. Paper for the  
compendium of Mental Health &  
Addiction Treatment

#### THEME 3: Relationship between Body, Mind & Life



**Geshe Lharampa Lobzang Khochok**  
(BUDDHIST PSYCHOLOGY)  
Researcher & Editorial Board  
"The Great Compendium of Scientific & Philosophical Buddhist Knowledge" under the supervision of H.H. the 14th Dalai Lama



**Dr. Rakdo Lobzang Tenzin**  
(TIBETAN MEDICINE)  
Dean, Faculty of Tibetan Medicine &  
Astrology at Central University of  
Tibetan Studies, Saratsh



**TASP Dr. Sonam Rinchen Aupa**  
(TIBETAN ASTRO-SCIENCE)  
Lecturer at Fulbright Inst. (Shanghai);  
Former Lecturer at Tibetan Medical &  
Astro College



**Dr. Charles Raison**  
(WESTERN MEDICAL SCIENCE)  
Asst. Professor, Dept of Psychiatry  
University of Arizona, (Tucson & Salt  
Lake City), Professor, Integrative  
Mental Health at the Tibetan School of  
Family & Community Science

#### THEME 4: Factors Responsible for the Disturbance of Body, Mind & Life



**Geshe Lharampa Ngawang Sangny**  
(BUDDHIST PSYCHOLOGY)  
Researcher & Editorial Board  
"The Great Compendium of Scientific and  
Philosophical Buddhist Knowledge" under  
the supervision of H.H. the 14<sup>th</sup> Dalai Lama



**Dr. Pema Dorjee, MD**  
(TIBETAN MEDICINE)  
Senior Tibetan Medicine Practitioner; Director  
Chairman, High Level Medical & Astro  
Council, Men-Tsee-Khang; Former Attending  
Physician to H.H. the 14<sup>th</sup> Dalai Lama



**TASP Tashi Dorjey**  
(TIBETAN ASTRO-SCIENCE)  
Visiting Professor of Tibetan Astro-  
science, Central University of Tibetan  
Studies, Saratsh



**Prof. James S Gordon**  
(WESTERN MEDICAL SCIENCE)  
Founder & Director of the Center for  
Mind-Body Medicine, INC; Clinical Prof.  
Dept of Psychiatry & Family Medicine at  
Georgetown Medical School, US

#### THEME 5: Maintaining & Restoring Healthy Body, Mind & Life



**Geshe Lhadzor**  
(BUDDHIST PSYCHOLOGY)  
Director, Library of Tibetan Works &  
Archives (Dharamshala, Denver);  
Translator to H.H. the 14<sup>th</sup> Dalai Lama



**TASP Tsering Chosom, Tserenpa**  
(TIBETAN ASTRO-SCIENCE)  
Head of Astro Dept, Former Lecturer  
Tibetan Medical & Astro College,  
Men-Tsee-Khang



**Dr. Joan Bryson, MD**  
(WESTERN MEDICAL SCIENCE)  
Founding Partner of Mind-Body  
Health Sciences LLC, Consultant in  
Hospitals, Organizations & Addiction  
Treatment Centers, US



**Dr. Tsering Yundin, MD**  
(TIBETAN MEDICINE)  
Attending Physician to His Holiness  
the 14<sup>th</sup> Dalai Lama; Chairman, High  
Level Medical & Astro Council of  
Men-Tsee-Khang

## **1<sup>st</sup> Body, Mind & Life Conference**

The end of June, 2013 saw the confluence of scholars from the four different perspectives: Buddhist Philosophy, Tibetan medicine, Tibetan astrology & astronomy and Modern Science for the Body, Mind & Life Conference organized by Men-Tsee-Khang (26-28 June, 2013). This is the first time that such a programmed was initiated by the Institute where Western and Tibetan scholars had open discussions and dialogue on the same platform.

Dr. Arun Kapur, Executive Director, Vasant Valley School and a well-known educationist in India graced the inaugural function of Body, Mind and Life conference as the chief guest. During this conference, discussion from four different perspectives: Buddhist Philosophy, Tibetan medicine, Tibetan astrology & astronomy and Modern Science was presented on five main topics:

### **General concept of Body, Mind and Life**

1. Seeds of Body, Mind and Life.
2. Relationship between Body, Mind and Life.
3. Factors responsible for the disturbance of the Body, Mind and Life.
4. Maintaining and restoring healthy Body, Mind and Life.

The chief guest said that such conferences are not only a perfect platform to address the burning issues of how we can better understand ourselves, but essential in understanding our individual nature, human nature, and equipping tools required to restore a sense of truth, honour, and respect in a society and world filled with ethical degradation.

There were around 300 health professionals, experts, educationists and specialists who joined the conference including Indians, Westerners and Tibetans.

### **The speakers for modern science were:**

Dr. Charles Rasion, MD Associate Professor, Department of Psychiatry, University of Arizona,  
USA

Dr. James S. Gordon, MD, founder and director of the Center for Mind-Body Center, Washington,  
USA

Dr. Joan Borysenko, Ph.D. founding partner of Mind Body Health Sciences, LLC, Boulder,

Colorado,USA

Dr. Terry V. Eagan, MD, Assistant Clinical Prof. Dept. of Psychiatry and behavioral Sciences (USC)

University of Southern California, USA

**Speakers of Tibetan medicine and astrology:**

Dr. Rakdho Lobsang Tenzin, Dean of Sorig Department, University of CUTS (Central University of Tibetan Studies) Sarnath, India

Mr. Tashi Tsering, Associate Prof. Astro. Department, University of CUTS (Central University of Tibetan Studies) Sarnath, India

Dr. Thupten Gyaltzen (CMO Mundgod clinic, MTK) Dharamsala, India

Dr. Tenpa Chopel (Principal, College, MTK) Dharamsala, India

Dr. Sonam Rinchen (Mentsipa, College, MTK) Dharamsala, India

Dr. Pema Dorjee (former visiting physician to His Holiness, MTK) Delhi, India

Dr. Tsewang Tamdin (Visiting physician to His Holiness and chairman of High Level Medical & Astro. council, MTK) Dharamsala, India

Ms. Tsering Choezom (Head of Astrology Dept., MTK) Dharamsala, India

Mr. Tenzin Nyendak (Astrology Dept., MTK) Dharamsala, India

**Buddhist philosophy:**

Ven. Sherab Lhundup (Bon Menriling Monastery, Solan) Shimla, India

Ven. Geshe Lharampa Lobsang Khechok (Drepung Gomang) Karnataka, India

Ven. Geshe Lharampa Ngawang Sangye (Drepung Loseling) Karnataka, India

Ven. Geshe Lharmapa Iesa Drungchen Rinpoche (Gaden Jangtse) Karnataka, India

Nun Tashi Lhamo (Dolmaling nunnery) Dharamsala, India

Ven. Geshe Lhakdor (Director, Library of Tibetan Works and Archives) Dharamsala, India

The Body, Mind and Life conference successfully concluded on 28 June, 2013. Sikyong Lobsang Sangay spoke on the occasion of the closing ceremony. He congratulated the success of the 3 days of

Body, Mind and Life conference. Mr. Suyodh P. Rao said that it was a humbling experience. He said that it had been a very enlightening three days and he had learnt a lot. He mentioned that Tibetan medicine has so much to offer, the evolution of which took place over the centuries. Mr. Benoid Petit mentioned that great scholars and practitioners in Western and Tibetan medicine and Tibetan Buddhist philosophers coming together was a holistic approach and is grateful to Men-Tsee-Khang and His Holiness the Dalai Lama in organizing and initiating an excellent channel of research.