

Healing Practice in the Tibetan Bon Tradition

Free public talk with Tempa Dukte Lama

Monday May 5, 2014, 7-8:30pm - Tibet House, New York



We are all gifted with the primordial wisdom of healing. In the Tibetan Bon tradition, practices to help us connect with this innate potential of healing have been done for thousands of years. According to the Bon teachings, healing encompasses the physical, emotional and mental dimensions. Tempa Dukte Lama will explain how healing practice is used in the Bon tradition to heal our mind, balance and strengthen our energy, and help us reconnect with our inherent potential of healing others and ourselves.



Hutik village, Humla, Nepal

Tempa Lama will also introduce the Humla Medical Service Trip that he will guide this fall to Humla, Nepal, a remote Himalayan region of incredible natural beauty and rich cultural diversity. The trip will bring acupuncturists, naturopaths, medical doctors, and lay people to Humla's remote villages to offer no cost, high quality health care to people who otherwise do not have access to medical care. The trip is now open for applications. More info: www.olmoling.org/humla, humla@olmoling.org.

Tempa Dukte Lama is the founder and spiritual director of Olmo Ling Tibetan Bon Center in Pittsburgh, PA. An ordained Bon lama, he studied at Menri Monastery, India, from the age of six under the close personal guidance of His Holiness 33rd Menri Trizin, the spiritual head of Bon. He is an artist, poet, and author of three books. Tempa Lama has lived in the US since 2000 and teaches in the US, Mexico, Canada, and Europe.

Donations gratefully accepted to support the Humla Medical Service Trip
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