



# Tibetan Medicine: Create a Healthy Mind and Body

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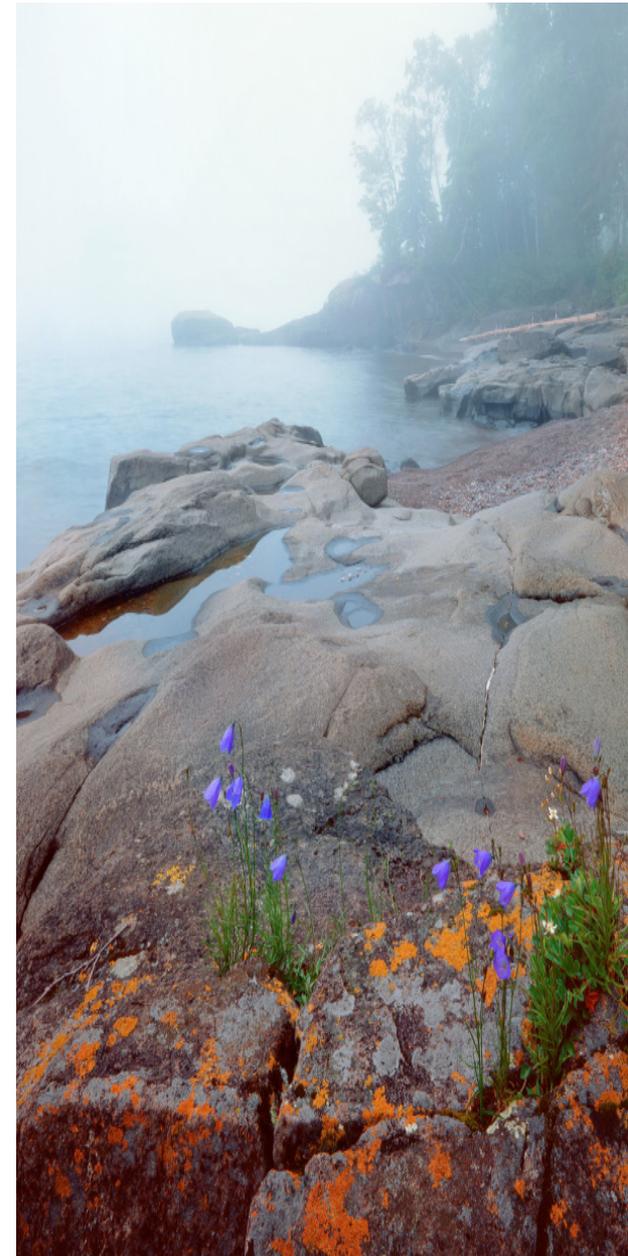
**Earl E. Bakken Center for Spirituality & Healing  
University of Minnesota**



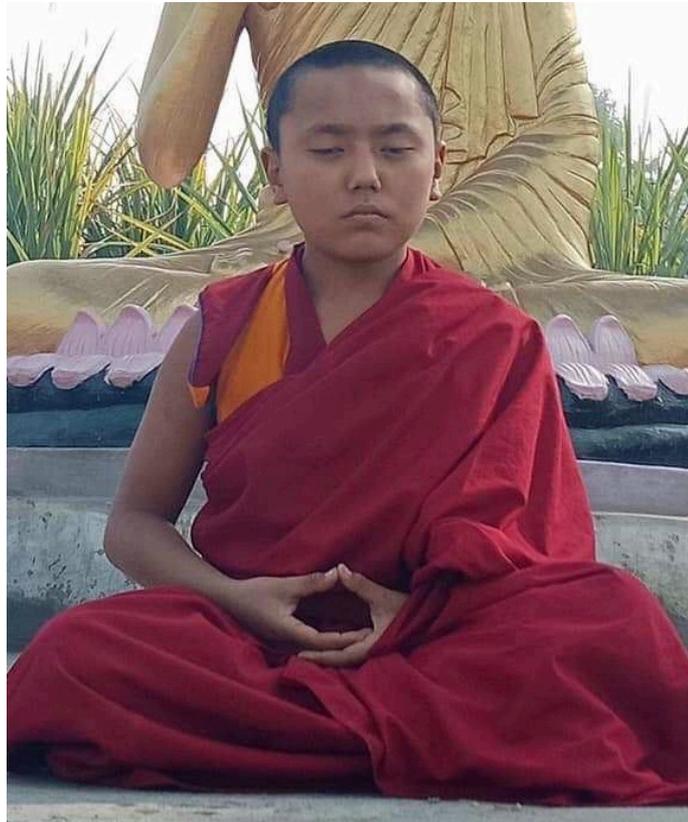
All of us want to be happy and avoid suffering. Yet too often we make choices that sabotage us rather than reverse what's wrong.

Tibetan medicine, Tibet's ancient, comprehensive science and art of healing, offers effective tools for transforming suffering into health and happiness.

Cameron, M.E., & Namdul, T. (2020). [Tibetan Medicine and You: A Path to Wellbeing, Better Health, and Joy](#), Blessing by His Holiness the Dalai Lama. New York: Rowman & Littlefield.



# LOVING KINDNESS MEDITATION



**“Loving kindness is my religion.” - The Dalai Lama**



## Objectives – At the end of the webinar, participants will be able explain these statements about Tibetan medicine:

- The purpose of life is to be happy.
- Health = balance; dis-ease = imbalance.
- Mental poisons sabotage health and happiness.
- Live and die in harmony with your unique, inborn constitution.



# WHAT IS TIBETAN MEDICINE?

- ***Sowa Rigpa***, the Tibetan name, is the ancient, yet timely, science and art of healing from Tibet.
- Tibetan medicine teaches that the purpose of life is to be happy, and that wellbeing is a lifelong process of living in harmony with your constitution.
- For centuries, Tibetan medicine doctors have conducted research; now western researchers are studying Tibetan medicine, with positive results.



# YOGA AND TIBETAN MEDICINE

**Yoga** is a way of life to unite body & mind, individual & universe; a systematic ethical, spiritual path of consciousness transformation – Swami Veda Bharati

**Patanjali's *Yoga Sutra, II.29***: *The eight components of yoga are external discipline, internal discipline, posture, breath regulation, withdrawal of the senses, concentration, meditative absorption, and integration.*

**Tibetan Medicine** (and **Ayurveda**) teach us how to create and maintain a healthy mind and body so we can live a yogic life.



# AGENDA

- **Karma:** Universal law of cause and effect; choose what produces balance, health, happiness.
- **Suffering:** Unpleasant or unhappy feelings; mental poisons and unhealthy choices lead to imbalance and dis-ease.
- **Healing:** Reverse imbalance and choose to live in harmony with your unique, inborn constitution.
- **Happiness:** Rise and bloom like a lotus flower.



## KARMA: THREE PRIMARY ENERGIES (*NYES PA SOOM*)

- ***Loong*** (air): Movement energy (***vata*** in Ayurveda).
- ***Tripa*** (fire): Heat energy (***yang*** in Chinese, ***pitta*** in Ayurveda).
- ***Baekan*** (water, earth): Cold energy (***yin*** in Chinese, ***kapha*** in Ayurveda).



# KARMA: SEVEN CONSTITUTIONS

- **Loong:** Movement energy dominates *tripa* and *baekan*.
- **Tripa:** Hot energy dominates *loong* and *baekan*.
- **Baekan:** Cold energy dominates *loong* and *tripa*.
- **Tripa/loong and loong/tripa:** Movement and hot energies dominate *baekan*.
- **Baekan/loong and loong/baekan:** Cold, movement energies dominate *tripa*.
- **Tripa/baekan and baekan/tripa:** Hot and cold energies dominate *loong*.
- **Loong/tripa/baekan** (rare constitution): All three energies are about equal.



# KARMA: LIVE IN HARMONY WITH YOUR UNIQUE, INBORN CONSTITUTION

- Health and happiness = balance; dis-ease and suffering = imbalance.
- Reversing dis-ease requires correcting the underlying imbalance.
- Use the “Constitutional Self-Assessment Tool” (CSAT) and Lifestyle Guidelines Tool (LGT) to identify your constitution and make choices that support your constitution: [Constitutional Self-Assessment Tool \(CSAT\) and Lifestyle Guidelines Tool \(LGT\)](#).

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Home > Education > Focus Areas > Yoga & Tibetan Medicine > Learn About Your Constitution > Constitutional Self-Assessment Tool (CSAT)

# Constitutional Self-Assessment Tool (CSAT)

For each characteristic, select the description that describes who you really are, not the person you want to be. Choose the description that describes you best, even if you don't fit this description completely or you fit into more than one description. Feel free to consult with someone who knows you well.

1. My height is:

2. My weight is:

3. My body frame is:

4. My skin is:

## Lifestyle Guidelines Tool (LGT)

Miriam E. Cameron©, Tenzin Namdul, Carolyn Torkelson, Susan Haddow  
Tibetan Healing Initiative, Center for Spirituality & Healing, University of Minnesota  
In collaboration with Men-Tsee-Khang, Tibetan Medical Institute of  
His Holiness the Dalai Lama, Dharamsala, India

### Information to help you fill out the LGT accurately

#### What is the LGT?

The Lifestyle Guidelines Tool (LGT) and Constitutional Self- Assessment Tool (CSAT) are based on Tibetan Medicine. Use them together to develop a personalized plan for living a healthier, happier life.

#### How to Complete the LGT:

1. Complete the CSAT to identify which of your three energies (**loong**, **tripa**, or **baekan**) dominates your constitution.
2. On the LGT, write your dominant energy and the date you complete the LGT.
3. Follow the column of the LGT with the same name as your CSAT dominant energy. For example, follow the **tripa** column if **tripa** is your dominant energy.
4. Check the small boxes of the large boxes in this column to indicate which guidelines you are willing and able to incorporate into your life at this time.
5. Develop a personalized plan for applying the guidelines you checked:
  - a. Prioritize your checked guidelines.
  - b. Select the three guidelines with the highest priority.
  - c. Write these three guidelines at the bottom of the LGT and explain how you will apply them.
  - d. Apply these three guidelines in your life.
  - e. When you are ready, apply the other prioritized guidelines in your life.



# SUFFERING: GREED, ATTACHMENT, DESIRE

- Promotes ***loong*** (movement energy) imbalance.
- **Depression:** Anxiety, lack of focus.
- **Health problems:** Insomnia, headaches, irritable digestion / bowel movement, heart and blood pressure issues, dry skin, movement disorders, addictions, mental health problems.



# SUFFERING: ANGER, HOSTILITY, AGGRESSION

- Promotes *tripa* (heat) imbalance.
- **Depression:** Anger.
- **Health problems:** Skin rashes, inflammations, infections, headaches, autoimmune disorders, sensitive small intestine, cardio-vascular disease, and hormonal issues.



# SUFFERING: CONFUSION, DELUSION, CLOSED-MINDEDNESS

- Promotes *baekan* (cold) imbalance.
- **Depression:** Withdrawal.
- **Health problems:** Respiratory disorders, weak metabolism, poor blood circulation, kidney and bladder dysfunction, obesity, diabetes.



# HEALING: GREED, ATTACHMENT, DESIRE

- Calm *loong* (movement energy) by doing what is warm, grounded, and peaceful. For example, sit quietly, without talking, and listen to soft music.
- Meditate on impermanence (continuous change).
- Behave with generosity, lovingkindness, and acceptance.



# HEALING: ANGER, HOSTILITY, AGGRESSION

- Cool *tripa* (heat energy) by doing what is dry and cool. For example, ingest beverages and foods that are cooling; avoid situations that trigger anger.
- Meditate on compassion (kindness toward oneself, everyone, everything, and our planet).
- Engage in actions that relieve suffering for others and benefit our planet.



# HEALING: CONFUSION, DELUSION, CLOSED-MINDEDNESS

- Warm *baekan* (cold energy) by doing what is dry and warm. For example, ingest warm beverages and food, exercise, dress warm enough.
- Meditate on wisdom (Wake up!)
- Practice mindfulness, being fully aware in the moment.



# HAPPINESS: THE PURPOSE OF LIFE!

- Make mindful, informed choices that lead to happiness, rather than suffering.
- Create a healthy mind, body, life, and environment so that you flourish.
- Behave with integrity; live with meaning.
- Reach out to help others and heal our world.



# HAPPINESS: CULTIVATE THESE CHARACTERISTICS:

- Love
  - **Kindness**
  - Equanimity
  - **Altruism**
  - Joy
  - **Patience**
  - Tolerance
- Compassion**
  - Contentment
  - Responsibility**
  - Forgiveness
  - Peace**
  - Humility
  - Empathetic Joy**





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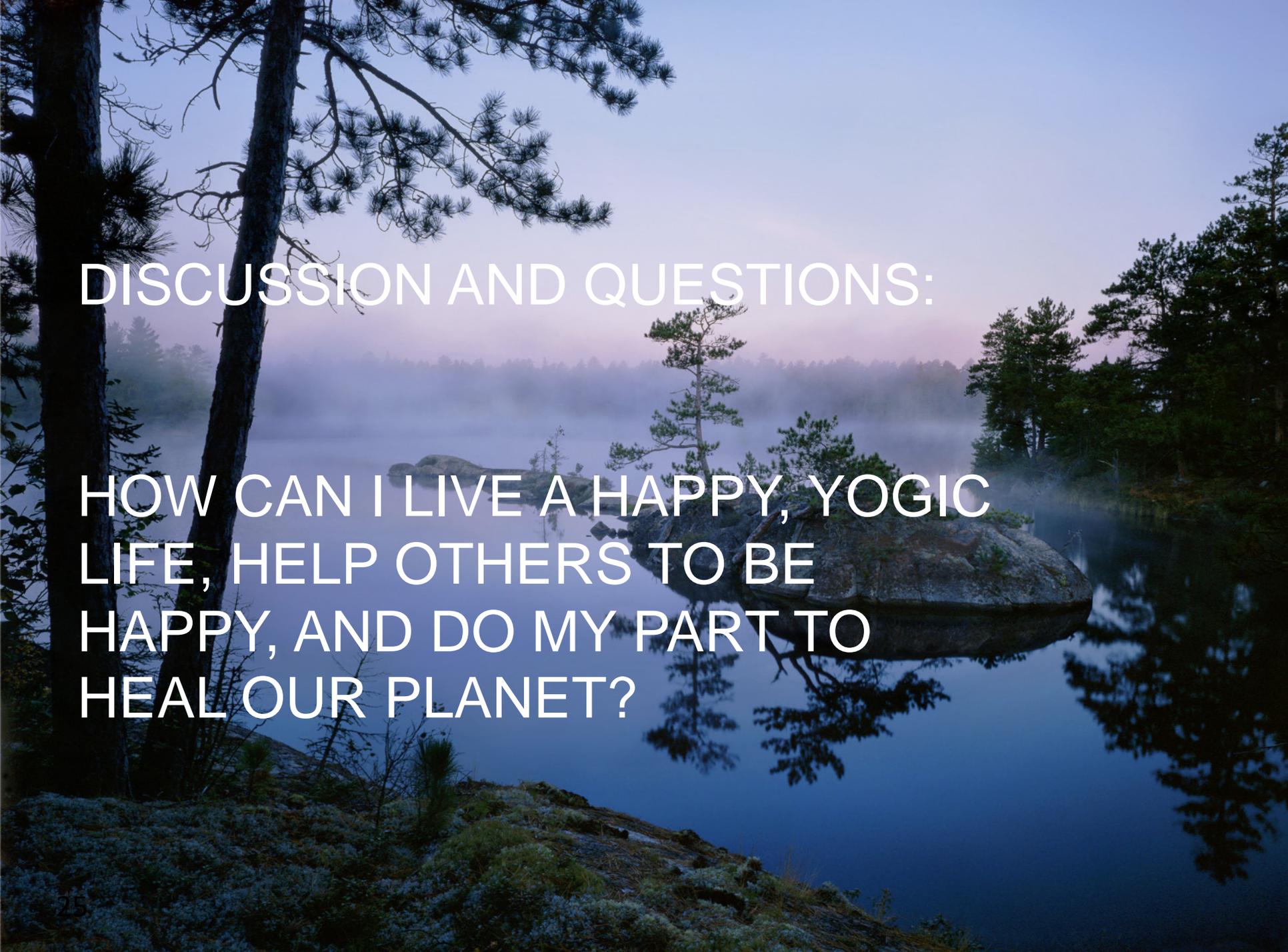
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# Tibetan Medicine Resources

- **2-Credit Online Graduate Course:** [CSPH 5315 – “Traditional Tibetan Medicine: Ethics, Spirituality, & Healing,](#) **Feb. 1-April 4, 2021, seats are available.**
- **Follow-up 4-Credit Graduate Course:** [CSPH 5318 – “Tibetan, Ayurveda, and Yoga in India,](#) May Session, at Men-Tsee-Khang, Dharamsala, India (on hold due to Covid).
- **Research:** [Constitutional Self-Assessment Tool \(CSAT\) and Lifestyle Guidelines Tool \(LGT\).](#) **FREE on Bakken Center website!**

# Tibetan Medicine Resources

- **New Book by Miriam E. Cameron and Tenzin Namdul:** [Tibetan-Medicine & You: A Path to Wellbeing, Better Health, & Joy](#), Blessing by the Dalai Lama.
- **Book by Miriam E. Cameron:** [Karma & Happiness: A Tibetan Odyssey in Ethics, Spirituality, & Healing](#). The Dalai Lama wrote the Foreword.
- **9 Webpages:** [Tibetan Medicine](#). **FREE** on Bakken Center website!

A serene landscape featuring a misty lake, pine trees, and a large rock in the foreground. The scene is captured in a soft, ethereal light, likely during dawn or dusk, with the mist creating a sense of depth and tranquility. The text is overlaid on the image in a clean, white, sans-serif font.

DISCUSSION AND QUESTIONS:

HOW CAN I LIVE A HAPPY, YOGIC  
LIFE, HELP OTHERS TO BE  
HAPPY, AND DO MY PART TO  
HEAL OUR PLANET?