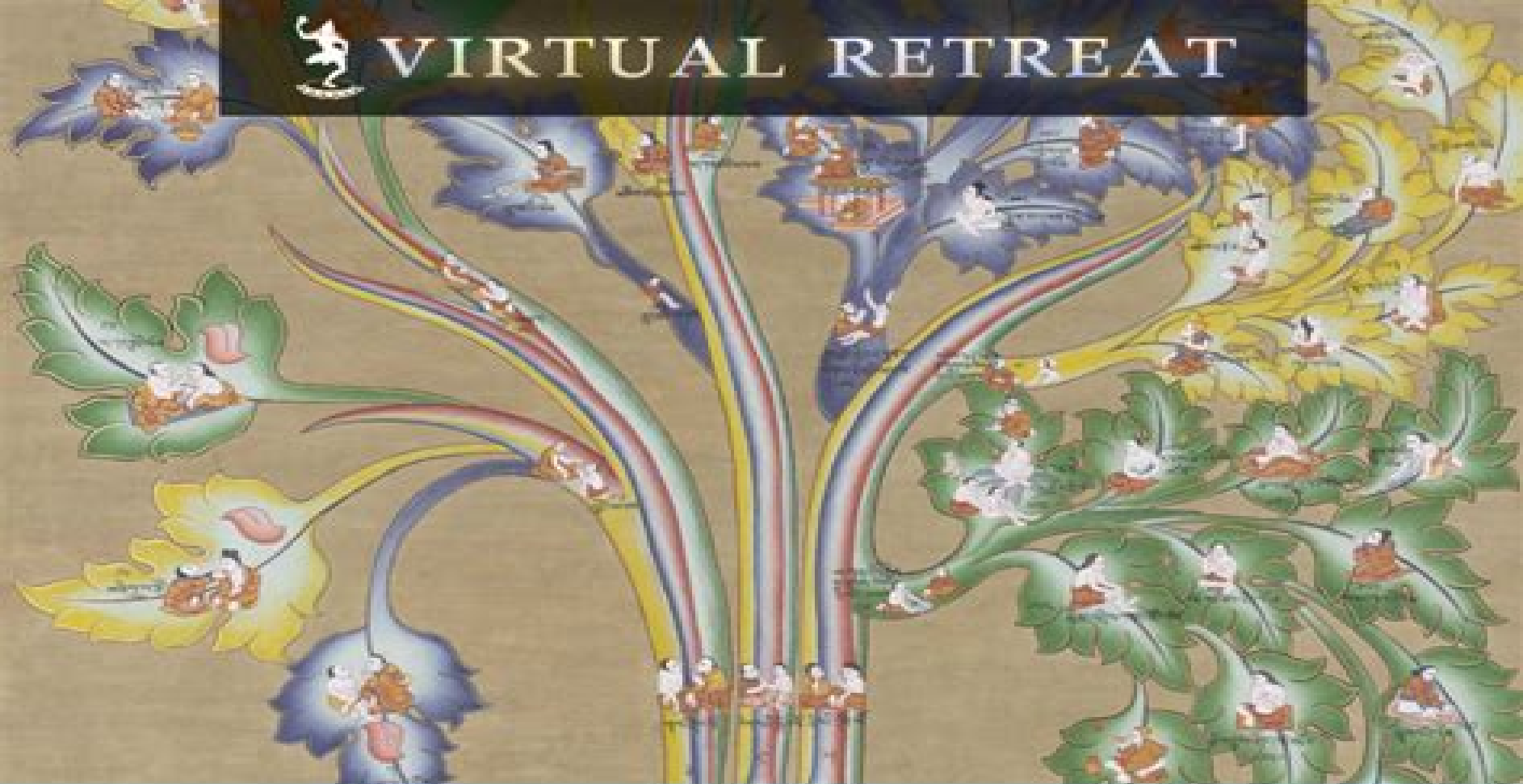




VIRTUAL RETREAT



# THE AMBROSIA HEART-ESSENCE

*Exploring the Root Tantra of Tibetan Medicine*

VIRTUAL RETREAT

*with*

Erik Jampa Andersson

# The Ambrosia Heart Tantra

**Christian G. Meyer**



## **The Ambrosia Heart Tantra:**

*The Ambrosia Heart Tantra*, 1983      **The Ambrosia Heart Tantra**, 1995      **The Ambrosia Heart Tantra**  
Ye-sés-don-ldan, 1977      **The Ambrosia Heart Tantra** Yeshe Dönden, 1977 Fundamental treatise on Tibetan medicine  
**Health Through Balance** Yeshe Donden, 2003-10-15 The fascinating Tibetan medical system has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia in 1980 Tibetan medicine restores and maintains balance among the three humors of the body through a variety of treatments\_ diet and behaviour modification as well as the use of medicine and accessory therapy The basic system has been enhanced by the practical findings of Tibetan physicians who have used the system for more than a thousand years Dr Donden holistically considers factors of personality season age climatic condition diet behaviour and physical surroundings in addressing the means for restoring health The great strength of Tibetan medicine is that it is delicately responsive to patients complete symptom pattern no complaint being disregarded and its wide variety of curative techniques are described in this book      **Studies on Indian Medical History**, 2025-02-10 Papers presented at the International Workshop on the Study of Indian Medicine held at the Wellcome Institute for the History of Medicine 2 4 September 1985      **The Biodynamic Heart** Michael J. Shea, 2025-08-12 Explores the author s contemplative model and techniques of Biodynamic Cardiovascular Therapy as a means to optimize heart function and heal spiritual wounds Examines the epidemic of heart disease as a physical manifestation of a worldwide degeneration of empathy and compassion Includes contributions from Michelle Doyle Bill Harvey Mary Monro Cathy Shea Ann Diamond Weinstein Barry Williams and Friedrich Wolf Exploring the nature of trauma and spirituality as it relates to the cardiovascular system somatic psychologist Michael J Shea examines the pervasive epidemic of heart disease as a physical manifestation of a worldwide degeneration of empathy and compassion He presents therapeutic practices to bring our hearts back into greater balance Sharing his own experience as a young Army officer who survived a terrorist bombing attack and the profound awakening of compassion that followed the author looks at the interconnection between traumatic experience and metabolic functioning Examining the metaphysical causes of heart disease Shea explains that we must empty our hearts of complex and damaging emotions particularly anger and hatred and allow ourselves space for empathy compassion and the ability to fully grieve loss to awaken to profound love Providing techniques to directly address heart trauma and heal spiritual wounds Shea explores in depth his contemplative system of Biodynamic Cardiovascular Therapy He shares multiple hands on tools including visualizations subtle perception methods and manual therapy practices rooted in Eastern and Western traditions Illuminating how to heal the heart at the spiritual level the author reveals how to enter a state of harmony with the cosmos and restore love and compassion as a living quality of an embodied heart      **Tibetan Ayurveda** Robert Sachs, 2001-05 Tibetan Ayurveda provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings Includes material on

little known therapies such as Pancha Karma and Kum Nye as well as guidelines for nutrition longevity detoxification and meditation      *Kalachakra Tantra* Geshe Ngawang Dhargyey,2015-01-01 The Kalachakra initiation has now been given in the west on a number of occasions yet authentic teachings of this ancient tradition remain rare Here is presented a commentary given by Geshe Ngawang Dhargyey which contains explanations and advice concerning the various commitments and initial practices peculiar to the Kalachakra system within the context of Highest Yoga Tantra and Mahayana Buddhist practice in general      *Preventive Therapy in Complimentary Medicine* Lumumba Umunna Ubani,2011-07-05 This marvelous new book encourages natural prevention treatment and healing It is brilliant and comprehensive journal The core focus of this most important volume is to liberate humankind from the pain and suffering of ill health It is carefully written to guide men and women from all facets of society who are presently engaged in complementary medicine freeing them from the limitations of synthetic and toxic applications of mainstream medical practice trends Dr Ubani s extensive knowledge and authentic expertise of natural medicine homeopathy African photo medicine nutrition and dietary therapy is compounded in this spectacular revelation These will educate the practitioners and laymen alike about the momentous necessity and importance of preventive therapy in our lives      **The Journey Through Cancer** Dr. Jeremy Geffen,2007-12-18 The Journey Through Cancer is an essential guide for all cancer patients their families and their loved ones As a board certified oncologist with more than ten years of experience serving as physician guide mentor coach and friend to thousands of cancer patients and their families Dr Jeremy Geffen has learned how cancer often challenges the mind heart and spirit of patients and their families as deeply if not more deeply than it challenges the physical body Yet this simple truth is often overlooked by Western medicine as it aggressively pursues the best ways to diagnose and treat cancer Too often physicians focus almost exclusively on the physical dimensions of the disease rather than caring for the whole person who has the disease Dr Geffen presents a groundbreaking seven level program used at his cancer center in Florida that addresses every dimension of the person with cancer physical mental emotional and spiritual Education and Information giving patients answers to questions about their disease and their treatment options Psychosocial Support focusing on the need for and benefits of a strong support network The Body as Garden exploring the vast array of alternative and complementary therapies Emotional Healing helping patients and families deal with the often overwhelming emotional challenges of cancer The Nature of Mind exploring how patients thoughts and beliefs profoundly influence their journey Life Assessment showing patients how to discover their life s deepest meaning and purpose The Nature of Spirit connecting patients to the profoundly healing spiritual aspect of life we all share In The Journey Through Cancer Dr Geffen presents a revolutionary model of healing based on the best treatments available from every culture and paradigm of medicine one that respects and explores every possible avenue and resource for healing and transformation blending East and West body and mind heart and technology science and spirit      **Public Health, Ethics, and Equity** Sudhir Anand,Fabienne Peter,Amartya Sen,2004-12-09 In the last fifty years average overall health

status has increased more or less in parallel with a much celebrated decline in mortality attributed mostly to poverty reduction sanitation nutrition housing immunization and improved medical care It is becoming increasingly clear however that these achievements were not equally distributed In most countries while some social groups have benefited significantly the situation of others has stagnated or may even have worsened If health is a prerequisite to a person functioning as an agent inequalities in health constitute inequalities in people s capability to function a denial of equality of opportunity So why should a concern with health equity be singled out from the pursuit of social justice more generally Can existing theories of justice provide an adequate account of health equity And what ethical problems arise in evaluating health inequalities These are some of the important questions that this book addresses in building an interdisciplinary understanding of health equity With contributions from distinguished philosophers anthropologists economists and public health specialists it centres on five major themes what is health equity health equity and social justice responsibilities for health ethical issues in health evaluation and anthropological perspectives

**Ayurveda** Birgit Heyn,1990-04 Ayurveda the ancient Indian science of longevity is a holistic healing system that balances health and well being through consistent attention to natural lifestyle good eating habits and the healing power of herbs The author explains how sunlight air and water together with animal vegetable and mineral substances stimulate the body s natural immunity and healing capacity

**Tigers of the Snow and Other Virtual Sherpas** Vincanne Adams,2014-05-06 Sherpas are portrayed by Westerners as heroic mountain guides or tigers of the snow as Buddhist adepts and as a people in touch with intimate ways of life that seem no longer available in the Western world In this book Vincanne Adams explores how attempts to characterize an authentic Sherpa are complicated by Western fascination with Sherpas and by the Sherpas desires to live up to Western portrayals of them Noting that diplomatic aides at world summit meetings go by the name Sherpa as do a van in the U K built for rough terrain and a software product from Silicon Valley Adams examines the authenticating effects of this mobile signifier on a community of Himalayan Sherpas who live at the base of Mount Everest Nepal and its deauthenticating effects on anthropological representation This book speaks not only to anthropologists concerned with ethnographic portrayals of Otherness but also to those working in cultural studies who are concerned with ethnographically grounded analyses of representations Throughout Adams illustrates how one might undertake an ethnography of transnationally produced subjects by using the notion of virtual identities In a manner informed by both Buddhism and shamanism virtual Sherpas are always both real and distilled reflections of the desires that produce them

[Dreaming in the Lotus](#) Serinity Young,1999 Surveys the complex history of Buddhist dream experience and analysis

*Ayurvedic Spa* Melanie Sachs,Robert Sachs,2008 If you are a spa owner looking for new authentic world class treatments a body worker wanting to learn methods that touch your clients on a heart level or someone who enjoys creating nurturing rituals for yourself and family in your home Ayurvedic Spa will guide and help you to offer and or achieve greater levels of beauty peace and wellness

**The Message and the Book** John Bowker,Atlantic Books, an

imprint of Grove Atlantic Ltd.,2012-03-27 Grand in its sweep this survey of the sacred writings of the major religions of the world offers a thoughtful introduction to the ideas and beliefs upon which great faiths are built Under the expert guidance of John Bowker a religious scholar and author of international stature readers explore the key texts of Jewish Christian Muslim Hindu Jain Sikh Buddhist Parsi Confucian Daoist and Shinto traditions The author discusses some 400 books among them such well known sacred texts as the Bible and the Quran but also spiritual writings by theologians philosophers poets and others Bowker provides clear and illuminating commentary on each text describing the content and core tenets of the work and quoting pertinent passages He also sets the writings in religious and historical contexts showing how they have influenced and in many cases continue to influence artistic musical literary and political traditions The Message and the Book is essential reading for anyone who wishes to understand the meaning and the deep significance of primary religious texts of civilizations around the globe      *Sexuality in Classical South Asian Buddhism* José Ignacio Cabezón,2017-10-10 A prolific

scholar surveys classical Buddhism s approach to sex gender and sexual orientation in this landmark volume More than twenty five years in the making this detailed sourcebook on Buddhist understandings of sexuality desire ethics and deviance in classical South Asia is filled with both engaging translations and original and provocative analysis Jose Cabezon the XIVth Dalai Lama Professor at the University of California Santa Barbara marshals an incredible array of scriptures legal and medical texts and philosophical treatises explaining the subtleties of this ancient literature in lucid prose This work will be of immense interest not only to scholars of Buddhism and gender studies but also to lay readers who want to learn more about traditional Buddhist attitudes toward sex      Long Lives and Untimely Deaths Barbara Gerke,2011-12-23 Longevity and long life practices have been a pan Tibetan concern for a very long time but have hardly been studied by anthropologists This book presents ethnographic accounts and textual material demonstrating how Tibetans in the Darjeeling Hills India view the life span and map out certain life forces in various areas of knowledge These life forces follow daily monthly and annual cycles Divinations and astrological calculations are widely but varyingly used by Tibetans to assess the strength of life forces and forecast difficult periods in their lives Loss exhaustion or periodic weaknesses of life forces are treated medically or through Tibetan Buddhist practices and rituals In all these events temporality and agency are deeply interlinked in the ways in which Tibetans enhance their vitality prolong their life spans and avoid untimely deaths      **The World and Ourselves**

Venerable Adrian Feldmann,2016-02-19 After seven years experience as a doctor working in hospitals in Australia New Guinea and England I had become convinced that human suffering and happiness are largely rooted in our behaviour in particular the attitudes behind our behaviour Over two and a half thousand years Buddhist psychology has been adopted into many different cultures from the Middle East to the Far East and from Indonesia in the south to Siberia in the north because it unerringly explains what the human mind is how it functions and its underlying role in causing both happiness and suffering These Buddhist teachings may have challenged my scientific world view to the core but after eighteen months of

thorough investigation I accepted them to be valid In 1975 I became a monk in the Tibetan Buddhist tradition to learn more and to incorporate this knowledge into my life as best I could I saw this big step to be an opportunity to further my medical training through application of the proverb Physician heal thyself Although I still have a long way to go on my own path many have requested me to share with them what I have learned since then hence this book Venerable Thubten Gyatso The Lama Yeshe Wisdom Archive offers this digital edition of The World and Ourselves Buddhist Psychology All our titles are made possible by kind supporters of the Archive who like you appreciate how we make these teachings freely available in so many ways including in our website for instant reading listening or downloading and as printed and electronic books Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time Our photo gallery and our ever popular books are also freely accessible there Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting [LamaYeshe.com](http://LamaYeshe.com) Thank you so much

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