

# TIBETAN DOCTOR AND ASTROLOGER NEW ZEALAND VISIT

Public Talk Saturday 30th January 1-3pm 10 Herschell Street Napier \$10

Private consultations February 1st & 2nd by appointment \$35

Enquiries and bookings phone 083294108

## Dr & Astrologer Aepa Sonam Rinchen



Dr Aepa Sonam Rinchen is one of the new generation head scholars in Tibetan medical and astrological sciences.

In 1997 at Men-Tsee-Khang (the Tibetan Medical & Astrology Institute of HH the Dalai Lama) he successfully completed the astrological syllabus, gaining the Tsipa Kachupa degree in first division. After that he was readmitted to Men-Tsee-Khang College to study medicine. He completed the training in 2002, gaining the Menpa Kachupa degree in first division.

From then on he has practiced and taught medicine and astrology at Men-Tsee-Khang, several of its branches, and at different universities and monasteries all over India, tirelessly working to preserve and spread both Buddhist knowledge and Tibetan culture. He is currently the main astrological lecturer in Men-Tsee-Khang, as well as the medicine teacher in Palpung Sherabling. He is also the author of several books on Medicine, Astrology and their relationship.

## Ogyen Tenzang

Accompanying Dr Sonam Rinchen is Tenzang Ogyen. Tenzang lives at Sherabling where he studies astrology and is part of the staff of the Palpung Buddhist Sciences College. He also participates in compiling the monastery's almanacs and studies medicine with Dr. Sonam Rinchen and also interprets for him.

## Course Content

On this visit Dr Sonam Rinchen will conduct two day courses and short seminars. The content of his teachings will be:

- The origins and evolution of the Tibetan medical and astrological sciences.
- A brief introduction to the Tibetan medical system—its relation with Buddhism; the creation and evolution of the mind-body couple; pathology and diagnosis; pharmacology; keeping a healthy lifestyle; the physician and his commitments.
- A brief introduction to the 'universal science of interdependence' or Tibetan astrology—its relation with Buddhism; the 'extraordinary' or kar-tsee astrology taught in the Kalachakra Tantra by Buddha Shakyamuni; the 'ordinary' or elemental astrology taught by Manjushree in China; their various application in everyday life situations.
- The two kinds of purpose and benefits of both Tibetan medical and astrological sciences—short term and ultimate purposes and benefits.

## From His Holiness the Dalai Lama

*"Like the traditional Chinese and Indian systems, the Tibetan system views health as a question of balance. A variety of circumstances such as diet, lifestyle, seasonal and mental conditions can disturb this natural balance, which gives rise to different kinds of disorders. A Tibetan health professional employs his own senses to examine the individual's general balance of health as a whole. This involves dietary and behavioral advice and medication. Remedies, which have few side-effects, are obtained from natural sources such as herbs, minerals and organic products and prepared under controlled conditions. As an integrated system of health care, the Tibetan system can offer a different perspective on health. However, like other scientific systems, it must be understood in its own terms, as well as in the context of objective investigation. In practice it can also offer Western people another approach to achieving happiness through health and balance."*

Organized by Palpung Thubten Chokyi Ghatsal, under the Zhyisil Chokyi Ghatsal Trust

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