



# The Spiritual Medicine of Tibet

*Dr. Pema Dorjee, Janet Jones, Terence Moore*

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For more than 2,500 years, Tibet has nurtured a healing system that takes a holistic approach to treating spiritual, mental, physical, and emotional diseases—often with miraculous results. This enlightening and comprehensive introduction to Tibetan medicine combines the personal with the practical to create a complete picture of its philosophy and practice: the first half presents inspirational first-hand stories of experiences with Tibetan healers, and their transformative effect. These accounts reveal a system of subtlety and precision rooted in a profound spiritual foundation. Section two, written by a renowned Tibetan doctor, gives a full description of the basic workings of Tibetan Buddhist medicine, complete with explanations and examples to help the modern Western reader understand and apply its principles in everyday life.

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