

The Art of Tibetan Healing with Dr Nida Chenagtsang

[Dr Nida]: Tibetan medicine is called *Sowa Rigpa*. It is a highly visual and artistic science. Today, we will explore this via a 17th-century masterpiece of information: the Tree of Medicine.

I always say that Sowa Rigpa, while Tibetan in origin, is universal knowledge. It serves as a reminder of the natural wisdom we already possess. It is not a new science that you must learn from scratch; rather, it is an inner guide to rediscovering yourself and your life. Our bodies already know what they need—when to sleep, when to rest, and what diet is best. The great achievement of the founder of Sowa Rigpa was helping us organize and re-manage the knowledge that already resides within us.

The Four Trunks of Treatment

When we fall ill, we naturally follow the order of this tree, often without realizing it:

1. Diet: We listen to our bodies. If you have the flu, your body asks you to stop eating heavy foods. You listen to your "inner science" and change what you consume.
2. Lifestyle: You rest. You take a break from work and social obligations, and you sleep more.
3. Medicine: If dietary changes and rest are insufficient, we seek medicine. This can be natural (garlic, ginger, turmeric) or, if necessary, chemical. One should not fear "chemicals" because we ourselves are composed of chemical elements. Sometimes, we need that support.
4. External Therapies: If all else fails, we turn to touch. The fourth trunk represents external therapies: massage (*Kunye*), cupping, etc. Touch possesses immense power. If you hug yourself now or massage your muscles, you feel an immediate sense of calm.

The Body Cannot Lie

In the Tibetan tradition, we recognize three types of communication. Verbal communication represents only 30%, while body communication accounts for 70%. Humans are super-intelligent social animals, but we face obstacles: fear, guilt, and shame. These block our speech and lead us to lie.

There are casual liars ("How are you?" "Fine," even when you're not), professional liars, and pathological liars. But here is my personal quote: Verbally we lie, but our body cannot lie. The body is not trained in deception; therefore, it manifests aches, pains, or tension. This is its way of protesting and telling us we need to stop. Ignoring pain with a painkiller is like ignoring a friend who is asking for help.

Health as a Bank Transaction

Physical health is like a bank transaction: how much goes in and how much comes out? If you measure everything you eat and drink in 24 hours, you should see a proportional output. In well-developed countries, 70% of people have high intake but low output. This results in internal stagnation, visceral fat, and inflammation. Health begins in the gut: we are what we eat and how we digest it.

The Three Trunks of Diagnosis

To understand what is happening within us, Sowa Rigpa proposes three diagnostic methods:

1. Observation: We examine the face, the tongue, and especially the urine. Urine is a filter for our blood and provides visual, olfactory, and even auditory information (such as the sound of champagne-like bubbles).
2. Palpation: The pulse. The heart is our natural cardiac monitor. If you place three fingers on your wrist and listen, your heart will tell you the truth: "slow down," "feed me better," "do not abandon me." Diagnosis is actually a way of reconnecting with ourselves.
3. Anamnesis (Questioning): Listening to the patient's complaints or "blah blahs," even though patients sometimes lie out of habit.

The Root of the Problem

Why do we lose our balance? The primary cause is always mental: our difficulty in managing emotions and relationships (with others and with ourselves). The secondary cause is lifestyle: processed food and addiction to sugar or salt.

Humans are super-intelligent, but when we misuse that intelligence, it turns into stupidity. Ignorance is not knowing something the first time; stupidity is knowing it and repeating the mistake over and over correctly. We "buy" disease through bad diet, stress ourselves to make money, and then spend that money trying to get cured. It is a psychopathic cycle.

Sowa Rigpa is not just medicine; it is a Health GPS. These trees help you organize your memory so that when you have a problem, you know which trunk to examine.

Your grandmother already knew this tree—it is in your blood. Do not become complacent; keep learning and cherish your happiness, because without health and happiness, you cannot achieve anything else.