

Sowa Rigpa Study

Sowa Rigpa Therapist/Consultant



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Sowa Rigpa, tib. – The Science of Healing

Buddha Sakyamuni (563–483 BCE), who spread Buddhism throughout India, also gave medical teachings to his students at several locations. He taught Buddhist Medicine in the Medicine Forest near present day Bodhgaya (Bihar, India), in Udhiyana (now Afghanistan) and other places in India. Buddhist medical science (Tib. so wa rig pa) has been passed down through an unbroken lineage of great Buddhist masters that includes Manjushri, Jivaka, Saraha, Nagarjuna, Chandrabiananda, Bibyi Gahbyed and Belha Gahdzesma (also called Bimala Lhasa), Vaghbata I, Vaghbata II, Yuthog Yönten Gönpö the Elder, Shantirakshita and Padmasambhava. It was the great Indian master Padmasambhava (Tib. Guru Rinpoche) who brought Buddhism, and along with it, Buddhist Medicine, to Tibet in the 8th century and taught it there, aided by his Tibetan consort Yeshe Tsogyal. Some sources report that the first Buddhist Medicine teachings reached Tibet as early as the 2nd century CE. There is mention of four medical transmissions: two early ones in the 2nd century by Bibyi Gahbyed and Belha Gahdzesma and in the 8th century by Padmasambhava and Yuthog Yönten Gönpö, the Elder (708-833 CE); and two later ones in the 11th century by Atisha and in the 13th century by Yuthog Yönten Gönpö, the Younger.

If you are interested in the Sowa Rigpa Science please write us to this email account: stiftungsowarigpa@posteo.de or a letter to the below noticed post address.

Our mailing address is:

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Curriculum - Schedule

1st year

Two module, in the month October guided field research and Amchi expedition for 4 weeks in the Nepal-Himalayas.

2nd year

Two module, two weeks during early spring and one week during late autumn.

Midterm Examination late autumn (November).

3rd year

Two module, two weeks in early spring and one week in late autumn.

04th year

One module, early spring 2 weeks module as preparation for the Final exam and one weekend for final exam in late autumn (November).

The dates of the modules are subject of change.

Location of study

Institut für Sowa Rigpa Wissenschaften - Institute of Sowa Rigpa Sciences in Boppard - Rhine in Germany.

Curriculum - Details

Teachers

Amchi and Heilpraktiker/Naturopath Anna Elisabeth Bach (Founder of the Institute for Sowa Rigpa Sciences, Boppard/Germany)

Amchi Jutta Padrun - Chur Swiss - Sowa Rigpa Massage technic

Mentor

Sowa Rigpa Gespräche - Sowa Rigpa Talks - Prof.Dr. Thomas Hennemann
(University of Cologne/Germany)

Training objects

History of the Sowa Rigpa Transmission, called Tibetan Medicine

1st Tantra complete

2nd Tantra experts

3rd Tantra experts

4th Tantra experts

Sowa Rigpa Massage

Legal basis regarding therapy

Anti Aging Therapy

Emotional Diet

Sowa Rigpa Cuisine

Sowa Rigpa Dialogue guidance „Sowa Rigpa Talks“

Trauma and burn-out therapy

Post oncological care

Assistance for mortally ill patients and their relatives

Overview of scientific knowledge and research

Structure and appearance of mental illnesses

Supervision and practical training with subjects

Participant's Prerequisite

Completed job qualification

Familiar with Buddhism or willing to do so

Bodhisattva Promise

Willingness for the Ngöndro (for Diamond Way Buddhism Practitioners)

Medicine Buddha Meditation

Participation in Medicine Buddha Retreats during the study course with Amchi Anna Elisabeth Bach (this costs are not included in the study fee).

The language during the teachings and the exams are in english.

Participation in all courses is mandatory and necessary for to join the midterm and final exam.

Contractual assurance to use the knowledge acquired within the framework of this training exclusively as a Sowa Rigpa therapist/consultant, and

not mixing with other types of therapy.

No-smoker, no drug addiction.

Fee structure

- 1.** Course fee per participant total payment or other ways of payment can be discussed.
- 2.** Course materials per participant : 600 Euro.
- 3.** The fee depends on the number of participants.

Accommodation and Catering

Accommodation and Catering: The students stay during the Sowa Rigpa Study Course in the Haus Adams - Boppard, the place of the Institute. Per night per person 39,50 Euro for the accommodation, for the catering per day per person 32 Euro (included is breakfast, lunch, dinner and herbal tea during the day).

Please note that the curriculum is always a subject of change!

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