



The Tibetan tradition has incredibly profound medical knowledge and is not made up simply of religious and philosophical teachings. Modern science confirms the benefits of new drugs or treatments by analysis using instruments. But many doctors and patients have personally experienced the results of Tibetan healing methods and have also confirmed the benefits.

Today, there are many new sicknesses that doctors are unable to cure, for which there are no drugs. Sickness is caused by an imbalance in our emotions and the five elements. Nowadays, all the elements that make up our outer and inner worlds are sick: the air that we breathe, the water we drink and the soil where we grow our food are all polluted; yet we still need to use them to survive. It is very important for our health that we take care of and heal the elements.

We are experiencing many negative side effects nowadays. - not only from environmental pollution but from the medicines we take to cure us. We need to do something to overcome these negative side effects, which also influence our mind and are then reflected in our physical body.

Some symptoms are accumulated through external causes, such as our diet, the weather, our behaviour and so on, but some have their cause many years in the past. Chagwang Ngalso Reiki gives us a method to deal with the hidden causes of sickness, and to heal disturbances that do not manifest evident symptoms. Sickness can also be connected to astrological influences or to our karma accumulated in the past.

