

Medicine Buddha

A Meditation Practice for Health in Life



The practice of Medicine Buddha supports healing and care on all levels—physical, mental, social and spiritual—all arising out of a Buddhist view of life and approach to health. There are three basic points.

First, Medicine Buddha goes to the deep process of problems rather than just short-term solutions. **Second**, in the long run, the source of all problem-ness is fixation on a distorted self-image. **Third**, beneath all problems, we have an inner goodness and health that can help us through any issue we face in life.

Mantra and visualization in this practice help us clear our sense of self, and from that, work with whatever problem we face in life.

We will cover how this practice works and how to do it. This practice is open to all and can be used on our own or with an online group here in Victoria on Wednesdays at 5PM if you wish.

Jim Sacamano, MD, has taught various forms of psychotherapy, mind-body medicine and Medicine Buddha in the USA and Canada.

SUNDAY, APRIL 13th from 3:00-4:30PM at #202-239 Menzies St.

\$15 per person