

Tibetan Medical System Concept

1) Disorders of the Bones

If one hates or harms someone, one's bones will get hurt or disordered.

2) Disorders of the Blood

If one gets greedy, one's blood will be disordered.

3) Disorders of the Flesh

If one gets deluded, one's flesh will be disordered.



**Hatred does not cease by hatred,
but only by love; this is the eternal
rule.**

- Lord Buddha

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get



Confucius



When one, abandoning greed, feels
no greed for what would merit
greed, greed gets shed from him -
like a drop of water from a lotus
leaf.

— *Gautama Buddha* —



The ignorant mind, with its infinite afflictions,
passions, and evils, is rooted in the three
poisons. Greed, anger, and delusion.

(Bodhidharma)