
The ritual "Lha" ceremony will take place
at Pian dei Ciliegi Center (PC) on:

Friday February 26

The preparation begins at 8.30 pm

Saturday February 27

"LHA" ceremony, all day long

Sunday February 28

Long life ceremony, finishes at around 4 pm

The ceremony will be performed
by a group of monks of Gandhen monastery:

Ven. Geshe Giangciub Ghialtsen

Ven. Thupten Lama

Ven. Tenzin Lama

Dr. Pasang Yonten Arya

and

Dr.ssa Gabriella Bertino

will introduce the practice and its value of
healing according to the ancient tradition of
Tibetan Psychotherapy.

Dr. Pasang Yonten Arya is a professor of Tibetan Medicine graduated from the Dharamsala Medical Institute of HH the Dalai Lama, member of the British Complementary Medical Association, and director of the New Yuthok Institute of Milan. He teaches Psychology, Medicine and Tibetan Astrology in Italy, Germany and Switzerland.

Dott.ssa Gabriella Bertino is a psychologist, psychotherapist, specialist in relational systemic family therapy, psychotraumatology, EMDR, Psychology and Tibetan Medicine.

INFORMATION AND REGISTRATIONS

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The ritual "LHA" CEREMONY



The Tibetan way to cure trauma

February 26-28 2010

**Pian dei Ciliegi, Monte Santo
Piacenza - Italy**

The ritual “LHA” CEREMONY

FEBRUARY 26-28 2010

Ven. Geshe Giangciub Ghialtsen

Ven. Thupten Lama

Ven. Tenzin Lama

Dr. Pasang Yonten Arya and

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The Lha ritual is an ancient Tibetan healing method that restores the energy balance between the physical body, the mind, and the spiritual body. “LHA” in Tibetan means, ‘superior body’, or ‘body of light’. This subtle body is like a copy or a shadow of the physical body that cannot be seen by naked eye. In the West, the subtle body is known as ‘astral body’ or ‘energy body’. When the subtle and the physical bodies are in correct position and harmony, the person feels well, is free from doubts and confusion states, he/she has a good concentration, a stable mind and a good immune system. Stress conditions or traumatic situations can weaken the equilibrium between the physical body and the subtle body, creating the conditions for a possible division, weakening, or loss of contact between the two bodies. In Tibetan, this result of losing the energy body is called: «LOST LHA”. The “LHA” can be damaged, become ill or leave the physical body, which could cause serious effects for the person.

The symptoms of damage or loss of the “LHA” can be:

- depression,
- unhappiness
- fear
- insecurity
- empty feelings
- panic attacks
- rising anxiety
- difficult concentration
- nightmares
- dreams of being naked, losing clothes or wearing ripped clothes
- to feel strangeness
- to be pale
- to be ill without obvious causes

Generally there is also a weakening of the mental functions, and the feeling of having a double personality. When one has lost or damaged the LHA body, one loses their own freedom to fully be and live.

The LHA ceremony allows to:

- bring the “LHA” back when it has moved away from the physical body
- restore the correct position of the “LHA”
- cure the “LHA” if it has been damaged

The LHA ritual moreover protects the body and the mind from negative influences; it purifies the inner and external energies for the benefit of the physical and psychical health. The LHA ceremony occupies a special place in the Tibetan healing practices, and is performed by astrologists, monks and healers.

