



Dear friends,

This coming month of November I will travel to Nepal to work with *Mindful Medicine Worldwide* in a community clinic ⁽¹⁾ in Sechen's Buddhist Monastery, in Boudhanath (Kathmandu).

I am writing to ask for your help with this project. Why?

Since the first time I travelled to Nepal, I felt a deep connection with that area. There I received important teachings, both medical and spiritual, that I have tried to integrate in my practice and daily life and tried to share through our activities, classes and pilgrimages.

As you may know, Nepal is one of the poorest countries of the world. Most of its population has very restricted access to medical attention.

The project where I will be working offers medical attention, in most of the cases free of charge, to a lot of people who probably would not have access to any other kind of medical attention.

Besides offering some services to Boudhanath community, a mixing of Nepalese and Tibetan refugees, the Mindful Medicine Worldwide project has other satellites in rural areas of remote access.

All the funds that finance the project (medical and treatment materials, translators, etc.) come from the donations of the volunteers collaborating with this project and from the generosity and kindness of people like you.

Generosity is one of the virtues that helps us to “cross” from that mindset of fear and lack (a mindset that most of people live in day by day and a mindset used by the media to bombard us) to the state of abundance and fullness, which is our essential nature.

In Buddhism, *Generosity*, one of the six perfections of the human being, is clearly defined as “cultivating the honest desire to help other through the actions of body, word and mind”. Through “Giving” we cultivate Generosity; we activate the potential of receiving and we stimulate the renewal of life.

This is a wonderful opportunity for “Giving”.



Our purpose is “to collect 4000 euros” to support the project (and to help people who do not even have public medical attention).

For all of you who want to collaborate with any kind of contribution:

1) By bank transfer – You can deposit the sum you wish to an account of our clinic. Please, do not hesitate to ask the number writing at info@acupunturabarcelona.com

2) By credit card – You can contact us at our office and give us the credit card number to which you wish us to charge a specific amount.



Some other ways to contribute are with the purchase of:

- Sacred art paintings from Nepal, which you can find at our website: <http://www.acupunturabarcelona.com/sacredartgallery>;
- Malas (rosary or beads), also from that area, for practising mantras and affirmations (<http://www.acupunturabarcelona.com/sacredartgallery/?p=688>);
- Audios from our classes and the “Eje Celestial” (the audios are in Spanish).

All profits from purchases made until my departure at the end of November will be set aside for this project.

⁽¹⁾ This clinic is situated in the monastery of Dilgo Khyentse Rinpoche, one of the most respected and loved Buddhist contemporaneous masters, and someone who even Dalai Lama considers one of his main masters.

^(*) The pictures shown on this file have been extracted from [Mindful Medicine Worldwide](http://www.MindfulMedicineWorldwide.com) website.