

# CULTIVATING COMPASSION AND WISDOM – A TALK FOR HEALTH PROFESSIONALS

## Lama Tendar

Lama Tendar is a Tibetan Buddhist Monk, known for his healing energy and beautiful harmonic chanting. He is also a teacher and artist and resides in Melbourne, Victoria at the Medicine Buddha Tantrayana Meditation Centre.

This talk by Lama Tendar will focus on the importance of cultivating compassion and wisdom in the healing professions. Science is confirming what has been recognised by contemplative traditions for millennia and that is the role the mindfulness and compassion play in contributing to wellbeing. The talk will focus on how we cultivate qualities of mind to develop compassion for ourselves and others and the role this plays in health, and include a meditation practice.

There will be Tibetan singing bowls and other items available for sale, proceeds from sales will go to the Tibetan Children's Fund.



**Northside Health**  
**Wednesday 30th August**  
**6 - 7.30pm**

**\$20 donation at the door**

**Registrations:**

**[https://www.stickytickets.com.au](https://www.stickytickets.com.au/55968)**  
**/55968**

**Each morning we are born again. What we do today  
is what matters most.**

**Buddha**