Geshi Lharampa Tashi Gyatso

**Venerable Geshi Lharampa Tashi Gyatso**

was born in Labrang, Tibet. He became a monk and attended Labrang monastery nearby his hometown. He finished all the philosophic classes including the five treatises of Buddhist Philosophy. He received the highest degree of Tibetan Buddhist Philosophy by H.H the Dalai Lama. He taught Buddhist philosophy at the Gomong monastery in South India and Ulan Bator, Mongolia for many years. Currently, he often travels, teaching wherever he goes. He is a well-known spiritual master with students spread around the globe. He is resident at the Four Noble Truths Center in Portland, Oregon. He teaches Buddhists and non-Buddhists alike to have a more compassionate life for  themselves and  to share that compassion with others.



Dr. David L Carsten

**David L. Carsten, DDS, MAGD, FACD, FADI.**

He holds a BS in Biochemistry from Washington State University, a DDS from the University of Washington, and a certificate in anesthesia form Lutheran Medical Center in New York City. He was recognized with the Award of Distinction in Continuing Education from the Academy of Dentistry International in 2005. He taught at the OHSU School of Dentistry from 1995 to 2008. He lectures and writes on many topics. His particular interests are the science and psychology of empathy, nutrition, pharmacology, and perception. He serves patients in the Spiritual Care Department at Salmon Creek Legacy Hospital in Vancouver, Washington and maintains a private mobile anesthesia practice.

This workshop is intended for healthcare providers but is applicable to all people and everyone is welcome as space allows.

*Legacy Hospital Salmon Creek*

*6 February 2015—noon to 6*

How Science, Empathy, and Compassion Converge

**Mindfulness, Meditation, and Neural Plasticity:**

**Happy People with Better Outcomes**

(One hour topics, both speaking about each element,

with a pause for questions and comfort)

* 1. Empathy Leads to Understanding
	2. Heart Warming Love Changes You
	3. Compassion Without Burn-Out
	4. Mindfulness Practice
	5. Meditation Remakes the Brain

Tuition for those desiring continuing education credits is $50.

Donations are optional for others attending.

Checks may be written to The Four Noble Truths Center.

Seating is “space available”, please contact Dr. Carsten if you wish to attend. Lunch is not included.

Contact:

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**Geshi la Tashi Gyatso’s activities are supported through:**

The Four Noble Truths Tibetan Buddhist Center

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The Four Noble Truths Center is a 501(c)3 intended for the benefit of all sentient beings and the preservation of Tibetan culture and language.

**“A fascinating balance of current science and the practice of compassion for all.”**

*a parent at the Village Home workshop, November 2014*

**Sponsored by Legacy Salmon Creek Hospital and COORS study club.**

**CDE credit is granted through the Academy of General Dentistry.**