

Extract from an interview with His Holiness Tenzin Gyatso, 14th Dalai Lama.

FRANZ REICHLE: Now that western thinking is turning increasingly toward integral medicine, I think this film has come at a very important time.

DALAI LAMA: I have found that some people regard Tibetan medicine as a kind of magic. This is wrong, since Tibetan medicine is in many ways thoroughly scientific. With regard to the spiritual aspect, for example, doctors recommend patients to hold certain prayer ceremonies (pujas). This is because most patients in Tibet are Buddhists, and the doctor harnesses the power of their faith to promote healing. These two aspects must never be confused, however. The healing process itself is extremely scientific. Normally when people ask me which healing method to use, I recommend combining Tibetan medicine with allopathical medicine, since health is the goal of both methods. The problem can be solved in different ways, but the target is the same. These two systems are complementary, and that is the best solution. Although some individuals and organisations have shown an interest in herbal medicine, so far there has been no comprehensive documentary film or the like dealing with this subject. I think your project is very good.