



CHOKGYUR LINGPA
FOUNDATION

We are a dynamic non-profit organization inspired by Tsikey Chokling and Phakchok Rinpoches' vision of a compassionate society guided by wisdom and dignity. Operating mainly out of Nepal, we are committed to responding to humanitarian needs locally and serving spiritual needs globally. We collaborate with communities in the South Asian region to implement flexible and creative solutions, ensuring access to proper healthcare, education, and genuine Buddhist teachings, in order to eradicate suffering precisely at its source.



VAJRAVARAHI HEALTH CLINIC

Vajravaraahi Health Clinic aims to make accessible and affordable healthcare a reality for everyone. Based upon principles of sustainability and community participation, it is centered upon 'putting compassion into action.'

"It is health that is real wealth and not pieces of gold and silver."

- MAHATMA GANDHI

BACKGROUND

Nepal has the third lowest healthcare provision per person in the world. Outside towns, doctors are scarce and facilities hard to reach, especially in rural and mountainous regions. Where doctors can be found, many cannot afford to pay. Ultimately, the project envisages health and health education services that relieve suffering and are fully sustainable.

THE FOUNDATION'S PROGRAM

Our objectives are:

- Providing a training ground for new Tibetan medicine practitioners, acupuncturists, massage therapists and paramedic practitioners from local communities to ensure sustainability into the future;
- Training high-quality medical interpreters, to ensure patients are properly heard and treated with dignity, and facilitating the work of practitioners;
- Investigating treatments from different medical traditions for a range of common health conditions such as burns, gastric complaints, joint pain, diabetes, and high-blood pressure;

Through this healthcare arm which opened in November 2008, the Foundation delivers low-cost acupuncture, traditional Chinese medicine, Tibetan and Ayurvedic medicine, homoeopathy, ophthalmology, massage and physiotherapy at four full and part-time clinics in the Kathmandu valley.

The Foundation is committed to delivering direct care and health training and education where it is needed most, to people who have the least; sharing skills, enabling dignity, empowering communities to help themselves, and supplementing the local economy, providing work as well as care.

GET INVOLVED

You can contribute by **DONATING** or **VOLUNTEERING** with us

US \$ 30 pays a Tibetan, Homoeopathic or Ayurvedic doctor for two sessions, treating 40 patients

US \$ 50 buys another orthoscope or blood pressure monitor

US \$ 100 will employ an interpreter for a month – and help a practitioner treat 480 patients!

US \$ 155 pays all bills for a working day

DIRECT RESULTS

~ **10,000** treatments/year

ANNUAL OPERATING BUDGET

US\$45,000