

The Medicine and Compassion Retreat in Jackson Hole

October 10-14, 2018



I would like to let you know about a remarkable retreat that will take place in Jackson Hole, Wyoming, October 10th to 14th, 2018.

This invitation-only retreat will be limited to twenty-five people and will focus on the virtues of compassion and the possibility of increasing one's capacity for compassion. We would all like to have compassion that is more stable, inclusive, and effortless, but methods for accomplishing this are not commonly taught. This retreat will explore, in an in-depth way, methods that can help expand one's own compassion and to teach others about compassion.

The retreat is based on the book, *Medicine and Compassion*, by Chokyi Nyima Rinpoche and David R Shlim MD. The retreat will be led by Phakchok Rinpoche, along with David Shlim. Phakchok Rinpoche is recognized as a reincarnate lama in the Tibetan Buddhist tradition, and is the nephew of Chokyi Nyima Rinpoche. Young, dynamic, compassionate, humorous, and fluent in English, he has decided to take up the mantle of the medicine and compassion tradition started by his uncle. Dr. Shlim hosted the world's first conference on Medicine and Compassion and created the book from Chokyi Nyima Rinpoche's teachings. He has been lecturing and

writing about medicine and compassion for the past eighteen years. This retreat is the only one in the world, to our knowledge, in which a Tibetan lama teaches directly and exclusively to medical professionals about compassion.



Phakchok Rinpoche at the Medicine and Compassion Retreat in 2017

The setting for the retreat is an ideally relaxing rustic dude ranch located between Grand Teton National Park and Yellowstone National Park. Early October in the Tetons is often extremely beautiful, with the aspens turning a gold color, the air crisp and clear, and the crowds long gone. We will take over the entire ranch, which has a large and comfortable main room for teaching, and gourmet food which is included with the tuition. To see the ranch, please go to: <http://www.turpinmeadowranch.com>

The retreat will combine lectures, discussion, problem-solving, and an introduction to meditation practice. The small group size will be ideal for asking questions and helping to design approaches that the attendees could bring back to their respective institutions. Topics to be covered include:

1. Definition and basis of compassion
2. Understanding impermanence
3. Six ways to train directly to improve compassion
4. The relationship between a relaxed mind and a compassionate attitude
5. Meditation training
6. Helping patients with the end of life

Participants are encouraged to read *Medicine and Compassion* before they arrive, and to take advantage of the free Study Guide that can be downloaded from Dr. Shlim's website:

www.davidshlim.com

Further Information:

Please e-mail Dr. Shlim for further information about the retreat. All retreatants need to be invited by Dr. Shlim because the space is so limited. Applicants with experience designing and teaching compassion to health professionals will be given priority, but we will consider any sincere application.

The approximate cost of the retreat is \$2,000, which includes tuition, lodging and all food for four days and nights at a rustic wilderness dude ranch. Due to the limitation of beds on the ranch, non-participant partners of attendees will not be able to be accommodated.

E-mail Dr. Shlim: drshlim@mac.com

Logistics:

The airport at Jackson Hole is located approximately an hour's drive from the ranch. Transportation to and from the ranch can be arranged at additional cost. Attendees should plan to arrive on Wednesday, October 10th, 2018. An evening orientation will begin the retreat. The retreat will finish after lunch on Sunday, October 14th.

Retreatants can plan to arrive at the ranch in advance of the retreat if that suits their travel plans, and their sightseeing desires. The ranch, however, will be closing at the end of our retreat, and retreatants will need to depart to home or to another hotel in the Jackson Hole area.

October can be a great time to explore Grand Teton National Park and Yellowstone, although of course the weather can be unpredictable. If you have time, we can help arrange sightseeing and local activities before or after the retreat.



The view from Turpin Meadow Ranch at sunset