Mental Health Workshops To Be Held At Akesis Life

November 14, 2018

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Akesis Life, an integrative oncology center in Wattana, Bangkok, Thailand, has announced that Buddhist monk Tenzin Josh will be holding workshops two weekends per month for the new program they will be introducing at their center this November. Each workshop will be composed of a lecture, discussion, and meditation. The first workshop will be held on November 17 and 18, 2018.

Luke Watts from Akesis Life says, "This is particularly amazing as Tenzin Josh is a Buddhist Monk who has studied under the Dalai Lama for 15 years. The new program is based on the principle stated by the WHO that ?there is no health without mental health.? Tenzin Josh will be delivering these workshops for the benefit of patients and their support persons."

Luke explains that Tenzin Josh is one of the most qualified Western meditation teachers and has more than 30 years of experience, including 15 years as a Buddhist monk in the monastery of HH Dalai Lama. He has obtained training in both Western psychology/psychotherapy and spiritual healing. He has BA honors in Buddhist studies and MA first class in Buddhist studies. He has partially completed in Ph.D. in Buddhist studies and has undertaken several psychotherapy courses during that period. He also has BSc honors in Law & Psychology. Furthermore, he is a registered teacher with FPMT, one of the biggest Buddhist organizations worldwide.

Tenzin Josh's experience from May 1989 to June 2018 is wide-ranging, including meditation and teaching. He has led more than 100 retreats all over the world and he has taught courses in Malaysia, Thailand, Switzerland, Singapore, Israel, France, India, Nepal, and the UK. From 2012 to 2017, he has been holding meditation workshops around the London area. From April 2018 to present, he has been working as a mental health and meditation teacher.

The new program will have six modules. These are: introduction to mental health and cultivating the joy to heal on our minds; learning healthy mental attitudes and skills; radical acceptance; working with our emotions: introduction and overview; working with our emotions: dealing with specific emotions of anger, neediness, anxiety, stress, jealousy, and pride; and generating the greatest healing emotion of compassion.

According to Luke, these mental health workshops will be helpful for patients as the modern world and mind have compounded the conditions resulting in more stress, depression, anxiety and other unhealthy conditions of the mind. Because people have lost their interconnectedness with other people and the world around them, they usually operate on autopilot, having no awareness of their actions such that they are reacting by habit instead of reacting wisely.

The result of the above is that people are in a state where they are no longer connected with the reality of themselves and those around them. This has caused people to become mentally unhealthy that in turn resulted in becoming unhealthy. Many studies have already provided evidence that a person's mental state is the largest single factor contributing to the emergence of all major diseases, including many minor physical problems.

According to Tenzin Josh, the answer to the problem is mindful awareness. People need to work with their minds, and this can be done by focusing meditations on the breath or other objects, which brings them awareness. With this awareness, people would be able to change from being merely reactive to what is happening around them. With this, people are able to differentiate the positive or healthy emotions from the negative or unhealthy ones.

The new program is part of Akesis Life's ongoing mission of helping cancer patients by enhancing their ability to heal. They point out that their philosophy is to treat the root cause of the cancer, not just the symptoms. They state that people from various parts of the world have come to them to experience their non-toxic and non-invasive program that gets rid of cancer cells without causing damage to healthy cells and enhancing the body's immune system to create an environment where cancer is prevented from returning.

Akesis Life was founded by Dr. Chatchai Sribundit and Dr. Thomas Lodi. Thomas Lodi, M.D., MD(H), CNS, is a world leader in integrative medicine and how it impacts cancer. He is pioneering strategies for treating

cancer for those who are not satisfied conventional cancer treatment. He is a member of several professional societies and holds several licenses and certifications. Chatchai Sribundit, M.D., is well regarded for his education, training and community support. He is a member of various professional societies and holds several licenses and certifications.

Those who need more information about the mental health workshops or Akesis Life can visit their website at https://akesisoncology.com/.

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Akesis Life

Akesis Life is an Immuno Oncology center utilizing integrative cancer therapies. We use the best approaches to treat cancer which is integrative oncology.

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