Chinese Medicine and Spirituality

by Robert Doane, L.Ac.

The health and happiness of a medical practitioner is paramount in the effective treatment of a patient. It is for this reason that we are going to discuss spirituality, happiness, and the art of meditation.

Those of you who know me personally know of my longstanding, extensive experience with deep meditation. I have spent 43 years of my adult life meditating. I have personally taught 2,000 people meditation, one thousand in India and one thousand in the United States. I spent ten years meditating in a monastic setting, and two of those years in silence. Due to this, I feel qualified to talk about spirituality and its integration into our professional and personal lives.

Over the years, hundreds of people have asked me to teach them meditation. Because of my extensive involvement in the Chinese Medicine profession over the last few years, I have managed to avoid their requests. Recently, Lotus Institute of Integrative Medicine asked if I would give a seminar dedicated to talking about meditation and its integration into our personal lives. This time I agreed, and this seminar will openly discuss the 43 years of spiritual experience I have had and I will teach you how you can use this knowledge in your daily lives. The course is non-denominational and those of all faiths or non-faiths will find inspiration in the simple techniques I will offer.

This seminar will explore and teach effective ways to meditate and how to achieve inner tranquility in the midst of daily activity. Topics will include a detailed discussion of enlightenment and a physiological description of this state. We will explain the enormous difference between a quiet mind and the state of no mind at all. We will try to show what is an authentic spiritual experience and what amounts to brief glimpses of reality, and the enormous difference between the two. We will try and clear up a lot of misconceptions about Classical Taoism, Zen, and Advaita Vedanta. We will also take a look at the writings of Desert Fathers from Philokalia and the Greek Orthodox meditative tradition and the differences and similarities of meditative techniques between the monks of Mount Athos and the Yogis of India.
I will teach what I call walking meditation and its usefulness in a clinical setting. I will reveal in detail the secrets and reasoning behind the deep meditation methods from India and how to practice them in your life now. Specifically, I will teach how to meditate in activity and at rest. I will teach you how to quiet the mind while practicing your medicine. I will describe what your experiences will be, and how to understand them in a spiritual context. What I will teach will not be from some academic book that I read or wrote. I teach from direct experience, pure and simple. For those of you who already meditate, this course will give you a clear and logical framework to understand your experiences and how to integrate them into your daily life.

The *Huang Di Nei Jing* states that the first cause of disease is loss of contact with the Tao. Hopefully this seminar will open the door to a real understanding of what that means and how to restore the Tao to its rightful experience in our daily life.

Join me for a very different kind of seminar, one that will enhance your understanding and practice of meditation and Chinese Medicine.

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**About the Author**

**Robert Doane, L.Ac.**

Robert Doane, L.Ac. and his wife, Anne, started the Acupuncture & Wellness Center, P.S. in Poulsbo, WA, in 1998. The clinic rapidly became the largest private Chinese medical clinic in the State of Washington and at present is also the largest in the United States. Robert holds a Master of Oriental Medicine, is NCCAOM certified in both Acupuncture and Chinese Herbal Medicine, and is licensed to practice acupuncture in the State of Washington. He has lectured extensively on health throughout India, Europe, and the United States. Robert Doane has a passion for sharing keys to practice building with as many practitioners as possible, and to advance the effectiveness and visibility of TCM.

For more courses available by the author, visit [http://www.elotus.org/bio/robert-doane-lac](http://www.elotus.org/bio/robert-doane-lac)