



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30th Street New York, NY 10016 212-686-2520 www.firstzen.org

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Film Series

The Medicine Buddha

Narrated by Sir Ben Kingsley

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Friday, November 8, 2019 7:30 – 9:30 PM

113 East 30th Street New York, NY 10016

The Medicine Buddha is a documentary about reviving the traditional Mongolian healing arts – ancient practices suppressed during sixty years of communist rule. Buddhist mantras and meditative practices help to counterbalance modern stress, pollution and crowded cities, and offer an alternative to modern day mind-pollution. This film is a cinematic portrait of Khamba Lama Natsagdorj, a physician trained in western medicine and also a leading Mongolian Buddhist and head of the Manba Datsan Monastery. He successfully bridges faith and science, and uses traditional Mongolian healing arts to promote good health in body and mind – the best possible preventive medicine. It is hard to believe that Mongolia, which today has the smallest population density of any nation on earth, once ruled an empire that spanned more than half the Eurasian continent. In the film, Khamba Lama Natsagdorj pays a visit to the rural village where he grew up, amidst Mongolian cow-boys herding horses, cattle and yaks across the wild, rugged landscape. Narrated in English by Ben Kingsley. 110 Minutes. This film is being licensed through *Shoreline Entertainment*, <http://www.slefilms.com>.

Admission is free.

