



THE DALAI LAMA

## FOREWORD

Health is essential for happiness, we instinctively wish to avoid falling ill and when we do we take whatever measures we can to help us recover. In recent decades, the effects of modern scientific medicine have been felt in almost every part of the world. Yet, if people are to continue to have confidence in such an approach and to benefit from it there needs to be a more widespread understanding of the principles, such as hygiene, on which it is based. The key is education.

Tibetans in exile have had unprecedented access to many aspects of secular education through the medium of the Tibetan language, yet there remain areas about which information is sparse. One such area is women's health. Until now Tibetan women who wanted to know more about their health and ways to sustain or restore it would have to consult English or Hindi sources.

Therefore, I applaud the preparation of this self-help book, written specifically in Tibetan for Tibetan women, which provides basic information on physiology, hygiene, potential health problems and environmental issues that will be of great help to women of all ages. The intention is to enable women to understand better how their own bodies work and to take better care of themselves and their families.

As we all live in communities and largely dependant on each other for our well being and happiness, it naturally affects our companions when we are sick. So, health is not a matter of merely personal interest, but a universal concern for which we all share some responsibility. Therefore, I firmly believe that anything that contributes to the well-being of Tibetan women will also contribute to the well-being of Tibetan society as a whole.

Finally, by carefully employing Tibetan scientific and medical terminology, the book makes a valuable addition to the growing body of modern Tibetan literature that strives to preserve the Tibetan language and extend its use in all fields of knowledge. Once again the Tibetan Nun's Project is breaking new ground in their efforts to improve women's educational opportunities.

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