

Philip Weber, MD

Menla Contemplative Healing PHIL WEBER, MD has taught on the spiritual approach to healing at Naropa University for 18 years. He has practiced medicine for 30 years. Currently, he is a family physician in private practice in Boulder, Colorado with a particular interest in the integration of Western and Tibetan medicine.

Board Certified: Family Practice Member: American Academy of Family Physicians

Positions: Senior Adjunct Faculty at Naropa University

Clinical instructor in Department of Family Medicine at the University of Colorado Medical Center, Medical Consultant to the first N. I. H. task force for alternative medicine in Washington D.C. Co-chair ‐ The Integrative Medicine Committee, Boulder Community Hospital.

Special interests: integration of western and Tibetan medicine, especially regarding the role of perception and awareness in healing, Medical acupuncture.

What is Menla Training?

Menla means the 'essence of healing'. The Menla Training consists of Seven Levels of skill development and instructional depth on the human element in the art of healing. These skills work together to develop a mind that is both gentle and precise. In this way, a health practitioner discovers the ability to maintain compassionate support for oneself and others, while simultaneously utilizing 'unconditional presence'. Through this, one can have an intelligent interactive assessment of the cause and conditions of the client's illness, while staying connected to the suffering of the client as a person. This ability is crucial for all those who treat disease, specifically, health care professionals, therapists, healers, care givers either professionally or of family members. Working with the mind is also helpful for those who are suffering from chronic illnesses and for anyone interested in promoting spiritual and physical well being.

Without a clear experiential understanding of the art of healing, one finds oneself either over involved or too detached in the healing relationship. Either situation can potentially lead to a lack of connectedness and effectiveness, which can result to dissatisfaction in the care-giving situation. The Menla Seminars will present the relationship between the science of medicine and the art of healing; and demonstrate techniques on how to prevent burnout, errors, and dissatisfaction, while remaining fully engaged, energized, and continually inspired in our healing practice and personal lives.