

JUNIPER INTEGRATIVE CARE CLINIC

Juniper Integrative Care Clinic

San Jose, CA

(408) 251-1105

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www.juniperpath.org

Integrative Care

Integrative care is a holistic approach to health that focuses on the whole person. It sees the body and mind as a single system and holds that harmony and efficiency throughout this system are important aspects of good health and recovery from physical and mental challenges. By focusing on an individual's energy, vitality and emotional balance, an integrative care clinician applies methods that help one cope with illness and other challenges, promote recovery, and foster long term health. Integrative care is not a substitute for medical treatment but is intended to enhance and work in conjunction with it. Juniper's approach to integrative care also looks beyond the present challenge, seeking to instill in each person the capacity to unfold deeper levels of clarity, stability and peace of mind.

Segyu Rinpoche

The Juniper Integrative Care Clinic is directed by Segyu Rinpoche, a renowned Buddhist master and healer. Rinpoche has been applying integrative healing methods for over forty years to assist individuals undergoing many types of physical and mental challenges, including end-of-life care. Born in Rio de Janeiro, Brazil, Rinpoche earned a degree in electrical engineering while also becoming a master in Brazil's rich healing tradition. After moving to the United States, he was recognized by the spiritual head of Tibetan Buddhism's largest school as a master and holder of a Tibetan Buddhist lineage known as the Segyu. Rinpoche's primary teacher was Kyabje Lati Rinpoche (1922-2010), one of Tibetan Buddhism's most acclaimed masters of recent times, under whom Rinpoche studied Buddhist practices and healing for over twenty-five years.

Juniper's Approach

Juniper's methods of integrative care are derived from the tradition of Tibetan Buddhist healing. One of the oldest healing methodologies in the world, Tibetan Buddhist healing comprises a holistic system that sees the balance of physical and mental processes as key to recovery and long term health. Central to these methods is the role of one's inner energy, or "life force," in health and recovery from disease, and enhancing this life force is an important component of treatment. This is accomplished by paying attention to the impact of one's attitude, emotions and patterns of behavior on one's inner energy, and by applying treatments that balance and enhance one's energy and vitality in order to restore health and well-being.

Treatment

The first step in Juniper's integrative care treatment is a consultation to assess the client's overall energy, emotional balance, and vitality. After this evaluation, appropriate treatments are recommended that might include:

- Guidance on how best to cope with the illness or other challenge.
- Instruction on specific practices such as meditation.
- Specific treatments to enhance the energy of the client.

The primary goal of these treatments is to bring the energy of the client back into balance and empower his or her capacity for coping, recovery, and sustained well-being. Individuals who experience integrative care often feel it was an important, even vital aspect of their recovery and capacity to cope with physical and mental challenges, and one that may well extend into their lives beyond the immediacy of the present challenge.

FOR AN APPOINTMENT
CALL (408) 251-1105 or EMAIL clinic@juniperpath.org
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