Faith and Healing in the Himalayas
By Dr Robyn Alley-Hay

As a member of First United Methodist Church of Mansfield and a fellow traveler on a path of faith, I have been called to a medical ministry in a far off place in the Himalaya mountains, the Zanskar Valley. His Holiness the Dalai Lama has said “this is the last remaining authentic Buddhist culture.” In this 12,000 foot high Himalayan valley, surrounded by 24,000 foot glacial peaks, the people are isolated from the rest of the world each winter as the only road in and out is buried in snow and temperatures drop to -40°F. Every year, as the cold settles in, the healthcare needs become more critical. I said yes to a team needing a gynecologist in 2016 and prepare to return for my third medical camp in 2018 (May 30-June 30).

Hands On Global is providing yearly medical camps based at the Sowa Rgya Hospital in Padum. General medical screening and basic treatment, including a women’s health clinic, is provided by both allopathic and integrative medical professionals and support staff. The team works with local translators. Education of the local health care workers is a major focus of the camp in collaboration with traditional Amchis (indigenous healers). Satellite teams travel to remote village areas to see those unable to walk to the hospital. Each year, at the invitation of the local Zanskar health committee and the Dalai Lama, we build on our camp as we identify the needs of the population.

You can help care for the people of Zanskar by donating any of the following items:

- **Elastic wrist , arm, ankle, knee, back braces.** They can be used, just drop them in the wash. Ask your friends as we need MANY for all our arthritic patients.
- **Reading glasses and sunglasses (that provide UV protection).**

*Bring your donation to the Mission Annex Building during the week, or to Connecting Point on weekends until May 27. We humbly thank you in advance!*

I am so thankful for my church family and their prayers and support. I really feel we, as fellow human beings, benefit from their many prayers; prayers for all sentient beings; prayed by a humble, compassionate, happy, and poor people in a remote part of the world.

From a fellow traveler on the walk with Christ and with many blessings,

Dr. Alley-Hay
robynalley1@gmail.com
Facebook - Robyn Alley
Director of Zanskar Women's Health
Hands On Global, Inc
http://handsonglobal.info/