Title: The Preservation of Tibetan Monasteries as a Source of Inspiration for Meditation Practice: *Shechen Tennyi Dargyeling* in Nepal

Abstract

Recently, meditation has been worldwide used as a contribution to generally improve our mental and physical health. Psychologists, neuroscientists, and psychiatrists have been interested in assessing its benefits in healing mental and even physical diseases. In monasteries such as *Shechen Tennyi Dargyeling* in Nepal, the architecture, and its details, such as statues, frescos etc., reveal a vision on freedom from suffering. This vison arises when we free ourselves from the grip of the usual idea of space and time, which this ensemble of buildings might facilitate. This study aims at exploring the ways this monastery might influence meditation practice. Furthermore, we wish to reflect on the matter, not only using strong concepts on the subject and basing ourselves on literature review, but also analyzing our own experience as practitioners. We argue that this possible influence might become very important to the success of meditation practice. In conclusion, we are most certain that these typologies of architecture are not only an important part of our architectural legacy, but also of our intangible heritage.