

DrAsaHershoff DC ND

LIFE CURRICULUM VITAE



CONTACT

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Burbank, CA 91505

EDUCATION

Doctor of Chiropractic

CMCC, Toronto

1970-74

Doctor of Naturopathy

CCNM, Toronto

1974-78

Tibetan Lama

Dechen Osal Ling, BC

1986-89

SKILLS

Homeopathy

Holistic Nutrition

Mind Body Healing

Herbal Medicine

Meditation

Mindfulness

5 Element Healing

PROFESSIONAL PRACTICE

A world authority on the 5 Elements as a tool for healing, meditation and mind-body transformation, Asa is the creator of the 5-Element Energy Healing system and Elemental Psychology. He has practiced holistic, natureopathic medicine for almost five decades, the full-spectrum approach including homeopathy, herbal medicine, nutrition, energy healing and bioenergy analysis. A life-long Buddhist and spiritual seeker, Asa completed the traditional Tibetan Buddhist 3-year, 3-month retreat, held in strict isolation in 1989. As a medical intuitive and empathic healer, he integrates the depth of Eastern wisdom and meditative practices with the best of Western natural medicine and psychology. Having practiced in Toronto, New York and Los Angeles, Asa consults with people from across the globe, working with patients, students and clients from all walks of life, from celebrities to everyday heroes.

EDUCATION & TRAINING

- 1974: Doctor of Chiropractic: Canadian Memorial Chiropractic College, awarded the J. M. Wallace scholarship: Standing first in class of 100 in his 2nd year.
- 1980: Doctor of Naturopathy, Canadian College of Naturopathic Medicine; one of five fully accredited naturopathic four-year colleges.
- 1998 he became Diplomate of the Homeopathic Academy of Naturopathic Physicians (DHANP).
- Seminars and workshops with leading homeopaths, including Roger Morrison, Jonathan Shore, Jeremy Sherr, Ananda Zaren, Paul Herscu, Lou Klein, Vega Rosenberg, Jan Scholten, etc.
- A pioneer in bioenergy medicine, trained in subtle energy healing for 16 years with Dr. John LaPlante, Canada's leading medical intuitive.

PROFESSIONAL ACTIVITY

In 1978 Asa cofounded the **Canadian College of Naturopathic Medicine**, forever changing the face of health care in Canada

1979-81: Secretary of the Canadian Naturopathic Association

1976-81: Secretary of the Ontario Naturopathic Association;

1994-98: Director of the California State Homeopathic Medical Society

1997: Board of Advisors, Columbia's Miami Heart Institute, etc.

INTERESTS

Meditation
Mindfulness
5 Element Research
Fine art & Drawing
Graphic Design
Website Building
Tibetan Translation

OTHER TRAINING

Homeopathy
Holistic Nutrition
Mind Body Healing
Herbal Medicine
Meditation
Mindfulness
5 Element Healing

TRAVELS

Over 35 countries in
search of healing
and transformative
knowledge, with
extensive travels in
India, Nepal,
Bhutan, Thailand, .
as well as Cambodia,
Singapore, Taiwan
Phillipines, Hong
Kong and so on.

TEACHING & WRITING ACTIVITY

TEACHING

Asa currently teaches 5-Element Energy Healing techniques, Elemental Psychology and Elemental Mindfulness in various venues across the US, Canada, Europe and Asia, including Bhutan, Thailand and Qatar.

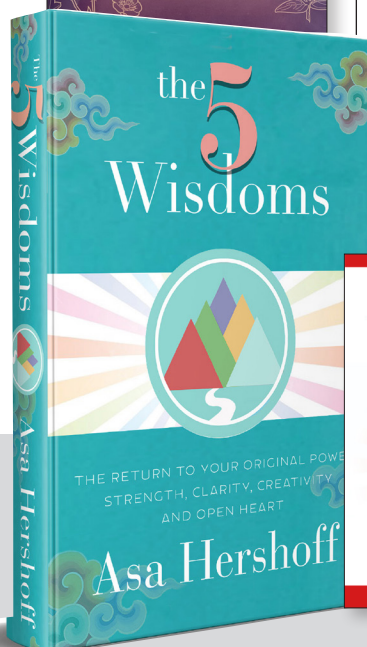
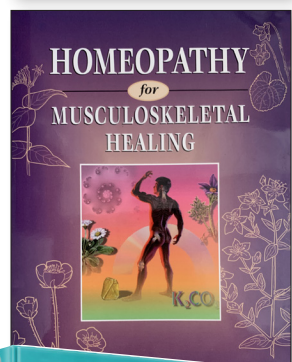
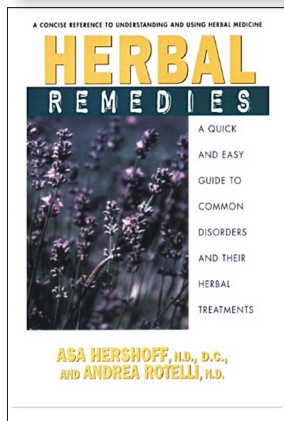
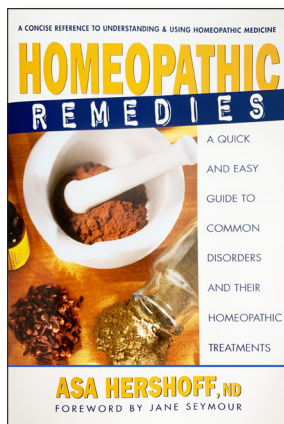
Past teachings include:

- Seminars in homeopathy for 40 years to professionals and laymen, with as many as 75 seminars per year in the U.S., Canada, and Europe.
- Past **faculty member** of the Canadian College of Naturopathic Medicine, Southwest College of Naturopathic Medicine, University of Bridgeport, Teleosis School of Homeopathy, American University of Complementary Medicine and professor at Curentur University, Los Angeles.
- Past venues include the **U.S. Veteran's Administration** in San Francisco; University of the Pacific; **University of Southern California**, Irvine; Graduate Students Union-University of Toronto; UCLA-Los Angeles; Dept. of Alternative Medicine, **Cedars Sinai Hospital**; National Center for Homeopathy; Los Angeles Chiropractic College; U of California.
- 2005: North American Trainer for Nutri-Energetics Systems and North American representative for Bioenergetic Research Institute in England, for online training in Bioenergy Medicine.

WRITING & MEDIA ACTIVITY

Asa contributed to many “pre-internet” magazines and journals: Let's Live, Delicious, Nature's Impakt, Nutritional Insights, Alive magazine, etc. His professional articles on homeopathy include Dynamic Chiropractic, Chiropractic Economics, Homeopathy Today, American Journal of Natural Medicine, Resonance, Simillimum, The Globe, etc. His TV and radio appearances, include the New Attitude Show, Medical Breakthroughs, the Susan Powter Show, CNBC's America's Talking, Gary Null Show, Here's To Your Health, etc. Asa's published works include:

- **Homeopathy for Musculoskeletal Healing.** (25,000 copies sold).
 - **Homeopathic Remedies.** (Penguin Random House), (90,000 copies).
 - **Herbal Remedies.** (Penguin Random House),
 - **Hundred Thousand Rays of the Sun:** Biography of Lama Tsering Wangdu, 2010. (editor and design).
 - **The Dangers of Celery.** Healing Wisdom Books. (2020)
 - **The Precious Rosary of Chöd Feasts** (Cho Publishing), 2020.
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HEALTH INDUSTRY

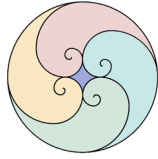
Asa has been a consultant and lecturer for six major homeopathic and nutritional companies including for Boericke & Tafel (America's oldest homeopathic pharmacy) for 7 years; **Chief medical consultant** and product formulator for Nu-Life Nutritionals (Toronto) for six years. **Medical consultant and lecturer** for Dolisos, BHI/Heel, Seroyal Canada, NaturPharm, Nu-Life (Canada's largest supplement manufacturer), Hobon, Natraceuticals, Energetique and others. Other activities include:

- **Formulated** over 300 natural medicines for Boericke & Tafel, Acti-Form, Puralin Allergy and Puralin Weight Loss (one of the most successful over-the-counter homeopathics of all time) and Schiff-Weider vitamins.
- Advisor on homeopathy for **Andrew Wiel Inc.**, appearances on WebMD, advisor for HealtheStyles.com and others.
- Medical advisor for Archibel, creators of Radar homeopathic software and Encyclopedia Homeopathica, and consultant and designer for Kent Homeopathic, the world leaders in homeopathic software.
- Medical consultant for Apothecus Pharmaceuticals, makers of the most successful and widely marketed homeopathic weight loss, allergy and arthritis products.
- Designed six innovative homeopathic products for Schiff pharmaceuticals (Pain-Free) the first ever joint-specific, targeted pain and arthritis formula.

OTHER SKILLS & TRAINING

Training in the Linklater voice method with David Smuckler, York University, Bilingual in English and French; Written translator of Tibetan meditation texts. Designs and illustrates his books with extensive training in fine art. Skilled in the use of Adobe InDesign, Photoshop, Illustrator, Wordpress, etc. Produced over 3,000 slides and over 250 line drawings of healing plants. Translator for Tibetan texts (approximately 25 finished works)





Asa Hershoff

SPIRITUAL JOURNEY



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TRAINING

Vajrayana Buddhism
Mindfulness Meditation
Bioenergy Healing
Mantra Healing
Medical Astrology
Aikido, Judo.
Qi Gong, Tai Chi

SKILLS

Meditation
Mindfulness
5 Element Healing
Elemental Homeopathy
5 Element Nutrition
Mind Body Healing
House Clearing Rituals
Death Rituals

OVERVIEW

Lama Jigmé Jinpa (Dr Asa Hershoff) is an ordained Ngakpa (white-robed Tantric Practitioner) of both the Kagyu and Nyingma lineages. He first took refuge with His Holiness the 16th Karmapa. In the same year, he met Kalu Rinpoche while on a pilgrimage to India. A seasoned chöpa, he has practiced Vajrayana for over 40 years. He combines his dharma background with fouras healer, teacher and author to help others live better lives and progress on their unique spiritual journey.

TRAINING

Taking Refuge with the 16th Karmapa in 1980, he studied with many teachers, including Toronto's Lama Namse and Sonam Rinpoche, Jamgon Kongtrul, His Holiness Dilgo Khyentse, Ngushul Ken, Trangu Rinpoche. In the realm of Cho, Lama Jinpa has studied practices from Kagyu, Shangpa, Nyingma, Drikung lineages. In 1989 he completed the 3-year 3-month retreat under the auspices of Kalu Rinpoche, whom he had studied with for six years in Sonada, India and North America. In 2004 he meet Kunzang Dechen Lingpa and organized chod rituals all over the USA. Jinpa's current Chod teacher is Lama Choying of Thimpu. Jinpa has spend extensive time visiting Buddhist pilgrimage sites in Singapore, Hong Kong, Thailand, Japan and Bhutan.

HIGHLIGHTS

- 1980 - Refuge with 16th Karmapa
- 1986-1989- 3-year 3-month meditation retreat including three forms of the Six Dharmas of Naropa, Niguma and Sukhasiddhi
- 2006 Ngakpa vows in Assam, India
- 2006-2019; School of Healing Chod as live and online training program.

HEALING WORK

Working as a homeopath, naturopath and chiropractor over the last 40 years, his current focus is using Five Element for physical and mental healing. This knowledge is being put into book form to promote this deep science of healing. Jinpa was fortunate to offer his medical skills to the 16th Karmapa, Kalu Rinpoche, Trangu Rinpoche, Gangtey Tulku, Kunzang Dechen Lingpa, Sonam Rinpoche & others.

TEACHING ACTIVITY

MEDITATION

Over the years Asa has journeyed to India and Nepal over thirty times. His goal as a teacher was to make the precious teachings accessible to Westerners, which led him to found the School of Tibetan Healing Chod in 2006. Ever traditional, he only felt qualified to teach 20 years after completing his 3-year retreat. As the teacher for the School, his is a dynamic approach that combines the best of Western teaching methods and audiovisuals with the powerful blessing stream and energy of the authentic Eastern tradition.

TRANSLATION ACTIVITY

Asa's translations from Tibetan sources combines accuracy with a literary style and poetic vision that reflects both the author and the nature of dharma. Additionally, he has developed a system of transliteration that makes sense for the English reader with no background knowledge of Tibetan. Translated texts include:

CHOD TRANSLATIONS

- Prayer to MaChik (Soldeb) • Kusali Tsok of Jigmé Lingpa
- Concise Cho of PeGyal Lingpa • Realization on One Seat: MaChik Labdron
- The Nail of the Five Elements • The 100 Changbu Offering
- Changbu of PeGyal Lingpa • Offering in Six Parts
- Offering to the Nine Demons • Long Life Practice of MaChik: Dharma Shri
- Laughter of the Dakinis of Jigme Lingpa • Precious Rosary of Cho Offerings

PEGYAL LINGPA TRANSLATIONS

- A Hundred Vital Essences: Ngondro • The Swift Path of Tara
- Offering of Samsara & Nirvana: Sang • Wind Horse Rituals
- Hooking in Prosperity • Short Protector Prayers
- Treasury of 4 Activities, Fire Offering • Exhortation of the Eight Charnel Ground
- The Inner Practice of Red Vajrasattva • Dark Red Amulet:-TsaSum Lingpa
- Stirring the Lower Realms: Chenrezig • Burnt Offering- Mar Sur
- Daily Practice and Lion Faced Dakini & Tsok

SPIRITUAL PRACTICE

Asa has investigated and practiced a number of forms of meditation and spiritual disciplines, including Gurdjieff teachings, Qi Gong and Tai Chi under Mantak Chia, Master Jao, Damo Mitchell and others. His own meditation practice focuses on the key trainings from his 3-year retreat, and the 5-Element knowledge he received from many authentic Tibetan and Bhutanese masters of Buddhist Vajrayana.