



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)
Serving all Maharishi AyurVeda Health Professionals Worldwide

AUTUMN 2018

Dear Colleagues,



Ayurveda continues to make waves and attract attention of the public and of governments around the world.

Hundreds of doctors, therapists, government officials, health care professionals and members of the public attended FOUR separate conferences on Ayurveda in Europe earlier this autumn.

Leiden, Holland; Paris, France; Ljubljana, Slovenia, and Graz, Austria all hosted international meetings on Ayurveda. Scientists and other representatives from Maharishi AyurVeda made presentations and networked with the many delegates from around the world.

See reports on these inspiring conferences in this issue of the IMAVF NewsMagazine.

In addition to presenting the unique consciousness-based features of Maharishi AyurVeda, we had many chances to deepen the connection and increase cooperation and coordination between MAV and many of the other natural and integrative health modalities, public health experts and government officials.

Also in this issue: News on a major upgrade to the popular Vedic Physiology Model, and details on how to obtain the Model at a discount.

Please invite your colleagues to join IMAVF – click here to enroll (or renew!) www.imavf.org/registration/levels

Wishing you a very successful season!
Warmly,

Dr med Rainer Picha
IMAVF Chairman of the Board

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From United News of India

'International Ayurveda Day' will be reality soon:

Shripad Naik

Panaji, Oct 14 (UNI) Union Minister of State for AYUSH Shripad Naik on Sunday said that his ministry has recently signed a Memorandum of Agreement with World Health Organization (WHO) to make Ayurveda a global medicine system, and as part of this agreement, soon 'International Ayurveda Day' will be celebrated like 'International Yoga Day'.

Speaking at the inaugural function of International seminar on 'Globalisation of Ayurveda', he said after the formation of AYUSH ministry, Indian medicinal systems are becoming popular globally.

International Yoga Day is celebrated enthusiastically on June 21 at the international level.

So far 14 countries have started AYUSH Universities and 50 countries have opened information centers on Ayurveda. The Memorandum of Agreement with World Health Organization (WHO) will boost the traditional medicinal system to become global very soon, he said.

[Click here to read the summary of the 2018 Ayurveda Day at the Houses of Parliament in London, England November 12](#)

International Ayurveda Congresses

In September four Ayurveda Congresses have been rolling out one after another and they are raising Maharishi AyurVeda to a great unprecedented new level of influence in directing the development of natural healthcare by Governments in the world.



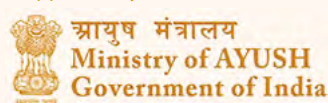
INTERNATIONAL AYURVEDA CONGRESS 2018 – LEIDEN

Congress Joint Sponsors:

International Maharishi AyurVeda Foundation,
The Netherlands

All India Ayurvedic Congress, New Delhi
International Academy of Ayurveda, Pune

Supported by:



4th International Ayurveda Congress reinvigorates links between East & West
“This Congress is a wonderful example of Indo-Dutch cooperation.”



Dr Tony Nader, MD, PhD, MARR, the Patron of the Congress was the keynote speaker and gave the opening address:

“In this conference there is a focus on one aspect of this (Ayurveda) knowledge which is very profound and very powerful and that is the Pharmacology aspect, the aspect of using plants and herbs and food to cure disease and also for prevention and creating health In Ayurveda this is called Dravyaguna.”

“What I like to add is something that usually is forgotten: we are in modern times and we are very anxious about what is the “active ingredient” and how it works – how can we isolate it in order to make it more potent? Of course every component, every active ingredient is important but more than that is the combination of their components, the structure of the relationship between different active ingredients. So when you take a medicine for example, mostly it is isolated single component. When you take a plant it has many components in it and these components act together – some of them are able to counteract potential negative effects of other components yet allow those individual active ingredients to be very effective at the same time.”

To view Dr Tony Nader's complete presentation please click here: internationalayurvedacongress.com

International Ayurveda Congresses



His Excellency Shripad Yesso Naik, Minister of AYUSH, Government of India.

"The distinguishing feature of Ayurveda is that it is a wholistic system of healthcare, having great potential for the treatment of lifestyle-related chronic disease, geriatric health problems and the promotion of the global healthcare and wellbeing of the people."

The *Fourth International Ayurveda Congress* held September 1-3 provided an inspiring and informative forum that connected the prevention-oriented modalities of India, The Netherlands, and Europe through their rich botanical heritages. Over 300 delegates attended.

In addition to a prestigious panel of around 25 world experts in the field of Ayurveda, the Congress was attended by many luminaries including His Excellency Shripad Yesso Naik, Minister of AYUSH, Government of India; Mr Bruno Bruins, Minister for

Medical Care of The Netherlands; and His Excellency Mr Venu Rajamony, Ambassador of India to The Netherlands, who spoke glowingly of the opportunities presented by the Congress:



His Excellency Mr Venu Rajamony Ambassador of India to the Kingdom of the Netherlands

"Here in Europe, across the world, Ayurveda not only needs to be understood, developed and promoted by its own practitioners but we need to reach a larger audience."

"The challenge is how do we communicate the benefits that Ayurveda brings to humanity to a larger audience and how do we integrate it into mainstream medicine? How can Ayurveda, Yoga and Western Medicine complement each other? This is the challenge of the future and that is where this Congress overall can play a very big role."

"So now in today's modern world we have a new opportunity to join hands and once again work together for the benefit of humanity in the field of healthcare."



International Ayurveda Congresses

IMAVF takes a leading role in bringing Ayurveda into the mainstream in Europe

“We have to join hands with all other Ayurveda organizations”



Dr med Rainer Picha, Chairman of the IMAVF:

“In hearing from the Minister of Medical Care of The Netherlands, the AYUSH Minister of India, and representatives of the World Health Organisation, the Dutch Government and Indian Government, one thing is clear that we have to join hands with all other Ayurveda organizations to bring forth regulations that allow Ayurvedic practice in Europe to be covered by health insurance companies and to be supported by research. To really go mainstream requires a unified approach.”

“The International Maharishi AyurVeda Foundation, the main organizer of these Ayurveda congresses, has been recognized by all the others stakeholders and leaders of Ayurveda to be the voice of leadership for this unified approach. We have created this reputation to be able to organize this, and the AYUSH Ministry has even offered us that we should come back to them with a plan to have a network in Europe, to perform research and to show that Ayurveda does work in all areas of life.”



Mr Bruno Bruins, Minister of Medical Care of The Netherlands

Presenting Maharishi Dhanvantari Award to Dr Tony Nader, MD, PhD, MARR



Presenting Maharishi Dhanvantari Award to Dr Tony Nader, MD, PhD, MARR

A highlight of the Inaugural Session of the Congress was the conferring of the Maharishi Dhanvantari Award jointly on Rajvaidya Padma Vibhushan Brihaspati Dev Triguna (posthumously) and his son Padma Bhushan Dr Devendra Triguna, and on Dr Tony Nader for their outstanding contributions to and achievements in the field of Ayurveda throughout the world.

The Maharishi Dhanvantari Award is conferred in the memory of His Holiness Maharishi Mahesh Yogi, who established Ayurveda as a holistic, scientific system of natural health care. Maharishi's initiatives throughout the world for over 50 years have been fundamental to the worldwide upsurge of interest in and enthusiasm for Ayurveda that we see today. The award is accompanied by a \$10,000 prize.

Dr Girish Momaya (3rd from left), one of the directors of IMAVF and chief organizer of the 4th IAVC together with delegates of the Congress

International Ayurveda Congresses

Seminar on India-Netherlands Collaboration in Healthcare Including Ayurveda

The Indian Ambassador to the Netherlands, H.E. Venu Rajamony organised this seminar to create a platform to invite Mr Bruno Bruins, Minister of Medical Care to The Netherlands to discuss India-Netherlands collaboration in health care - including Ayurveda - with the Indian Government's Minister for AYUSH, H.E. Shripad Naik, Dr Tony Nader, MD PhD, Neuroscientist and Vedic scholar and Head of the International Transcendental Meditation and Maharishi AyurVeda organisations, Mr. Alojz Peterle, MEP, Co-chairman of the Working Group for Health and Chairman of the Members Against Cancer Working Group in the European Parliament, and former Prime Minister of Slovenia, Amanda Mackintosh, member of the board of Task Force Health Care in the Netherlands, Dr



l to r: Mr. Alojz Peterle, H.E. Shri Shripad Naik, Dr Tony Nader, Mr Bruno Bruins, H. E. Shri Venu Rajamony. Mr Bruins is holding a copy of the 'Proceedings of the Third International Ayurveda Congress' presented to him by Dr Tony Nader.

DC Katoch, Ayurveda advisor to the Government of India, and Dr Geetha Krishnan Pillai, Traditional Complementary and Integrative Medicine Unit, World Health Organization.

Strategy and Planning Session

A strategy and planning session was attended by leaders of various Ayurveda organizations in Europe and prominent physicians and researchers, including the Rector of the Free Amsterdam University. The theme was bringing knowledge and practice of Ayurveda into mainstream health care, education, research, training, products, and services. One of the proposals at this meeting was to establish collaboration for research in Ayurveda between AYUSH and a university medical centre in the Netherlands, the University of Graz in Austria, and research institutes and universities in Australia.



For a complete press release about the Leiden Congress, please visit:
internationalayurvedacongress.com/wp-content/uploads/Press_Release_IAVC_Leiden_2018.pdf

AYURVEDA SYMPOSIUM

8-9 September 2018 – Paris, France



About 140 participants attended, including Dr Tony Nader and medical professionals from many different disciplines.

This Ayurveda Symposium featured leading experts in Ayurveda and Consciousness and was organized by Association Pour La Santé Fondée Sur La Conscience (Association for Consciousness-Based Health) in collaboration with l'Observatoire du Leadership (the Leadership Observatory).

At the Symposium Lothar Pirc, CEO of the Maharishi AyurVeda Health Centre Bad Ems, Germany, gave a wonderful presentation on the **Effects of Panchakarma Purification Treatments**

To view the full video presentation click here:
www.imavf.org/lothar-pirc-about-maharishi-ayurveda



NEWS FLASH

France is experiencing an upsurge in interest in Ayurveda – *Madame Figaro*, an influential and very popular upscale women's magazine, has published an indepth series of articles on Ayurveda in both its print and online editions. An interactive Ayurveda prakriti online test is one of many features. A wide range of topics have been included:

Seven Tips for Sleeping without Drugs or Medicinal Teas; The First Line of Defense Against the Common Cold; All the Benefits of Ayurvedic Massage -- Relaxation & Elimination of Toxins; Dinacharya, the Ayurvedic Ritual for Starting the Day; Panchakarma, the Ayurvedic Routine for Eliminating Toxins, etc.. view the online edition here:

madame.lefigaro.fr/dossier/ayurveda-et-autres-medecines-douces-les-reflexes-a-adopter-pour-gagner-en-energie

5th International Ayurveda Congress in Ljubljana, Slovenia “The Future of Comprehensive Patient Care”

The 5th International Ayurveda Congress took place 21-23 September, 2018 within the context of the 11th European Congress for Integrative Medicine in Ljubljana, Slovenia.

The Congress started with an “Open Ayurveda Day” for the public and more than 300 people attended, many more than had been expected. Approximately 150-200 people heard Dr Rainer Picha’s plenary presentation, and 20-30 attended presentations in the Maharishi AyurVeda hall.

The Ambassador of India to Slovenia attended as well as Mr Alejz Peterle, Member of European Parliament for Slovenia.

Dr med Wolfgang Schachinger and Dr Rainer Picha were invited to a meeting in October to discuss implementation of the Maharishi AyurVeda degree programme curriculum. Alma Mater University would like to use the Maharishi AyurVeda curriculum and offer a post doctoral degree for the doctors in Slovenia. This would be the first Maharishi AyurVeda degree programme in Europe.



LUBLJANA 2018



Mr Alejz Peterle, Member of European Parliament and former Prime Minister for Slovenia

Lothar Pirc gave a TV interview and also an interview for a 3 page feature article in Zarja, the largest women's magazine in Slovenia with a circulation of 80,000.



To watch the video interview with Lothar Pirc, [please click here](#).

SYMPOSIUM ON AYURVEDA, YOGA & MEDITATION for Active & Healthy Aging

26 September 2018 – Graz, Austria. The Ayurveda Symposium in Graz was organized by the University of Graz, under the leadership of Prof Goswami. This free conference took place in a big tent in the middle of Graz, with the goal of attracting attention to Meditation, Yoga and Ayurveda.



It was the starting point of research and of teaching Ayurveda to the medical students at the University, where more students than expected chose Ayurveda as an elective.



Dr Wolfgang Schachinger has already begun research studies on weight loss and Ayurveda, and there is a plan to conduct Maharishi Light Therapy with Gems studies with Eva Bergmann, and perhaps also cardiac rehabilitation studies with Dr Robert Schneider.

ALL PARTY PARLIAMENTARY GROUP ON INDIAN TRADITIONAL SCIENCES

AYURVEDA DAY

12 November 2018 6.00-8.00pm

The All Party Parliamentary Group (APPG) on Indian Traditional Sciences celebrated Ayurveda Day at a packed meeting in Parliament on Monday 12 November. The predominant message was that Ayurveda is a proven, effective, comprehensive system of medicine, and needs to be made accessible to all in this country, supported by the National Health Service.



Amarjeet Bhamra, head of the secretariat of the APPG, welcomed the 70 guests to the meeting, pointing out that this was the third annual celebration of Ayurveda Day to have taken place in Parliament. With the aim of integrating Ayurveda into the National Health Service as a prevention oriented, natural and cost-effective healthcare system, an Early Day Motion had been tabled and all Members from both Houses of Parliament were invited to support it. The public were also invited to write to their MP urging them to lend their support.

Click here to read the summary of the 2018 Ayurveda Day at the Houses of Parliament in London, England November 12

The International Maharishi AyurVeda Foundation (IMAVF) encourages you to locally organize Ayurveda Conferences in your country or region. For questions please contact: Secretary@IMAVF.org

Ayurveda Day at the European Parliament

Brussels, 21 November



Ayurveda Day at the European Parliament in Brussels

Ayurveda Day was celebrated on 21st November 2018 for the first time in the European Parliament, Brussels. The discussions and celebrations were hosted by British Conservative MEP, Geoffrey Van Orden MBE, Chairman of the European Parliament's Delegation for Relations with India and Her Excellency Ms Gaitri Issar KUMAR Ambassador of India to the Belgium, Luxembourg and the EU and guided by Amarjeet Singh Bhamra, from the UK Parliament's All Party Parliamentary Group (APPG) on Indian Traditional Sciences. Dr Tony Nader connected via video conference highlighting the preventative and personalised aspect of Ayurveda and the importance of consciousness for health.

The Ayurveda Day has been celebrated in the British Parliament regularly since the formation of the APPG Indian Traditional Sciences.

For more detailed information please click here:

www.theasianindependent.co.uk/first-ayurveda-day-celebration-in-the-european-parliament/

India-Switzerland Ayurveda Conclave CONNECTING HIMALAYAS WITH ALPS

November 12, 2018 Seelisberg, Switzerland



The Indian Ambassador H.E. George Sibi and Otto Odermatt, director of MERU in front of Hotel Sonnenberg, Seelisberg

On December 12 the Indian Embassy of India to Switzerland together with Maharishi AyurVeda Switzerland, organized an Ayurveda Celebration in Seelisberg including an Ayurveda Exhibition and an Ayurveda Conclave.

The event was attended by around 50 guests. Speakers included the Indian Ambassador and other members of the Indian Embassy to Switzerland, Dr med Sophie Beall and Dr Phys. Eric Beall, Dr med Oliver Werner, Dr med Barbara Grandpierre, Franz Rutz, naturopath and National Director of TM in Switzerland, Dr med. Geetha Krishnan Pillai, Traditional, Complementary and Integrative Medicine Unit, WHO Geneva.

The host Otto Odermatt, director MERU Seelisberg, drew special attention to the importance of enlivening our Self, Atma, the Transcendence as a basis for good health.

G20 Summit, 30 Nov - 1 Dec, Buenos Aires G20 Leaders' declaration in Argentina mentions the promotion of traditional and complementary medicine!



Excerpt from point 15 of the declaration:

"We reaffirm the need for stronger health systems providing cost effective and evidence-based intervention to achieve better access to health care and to improve its quality and affordability to move towards Universal Health Coverage (UHC), in line with their national contexts and priorities. This may encompass, where appropriate, scientifically proven traditional and complementary medicine, assuring the safety, quality and effectiveness of health services."

The G20 (or Group of Twenty) is an international forum for the governments and central bank governors from 19 countries and the European Union.

The Model of Vedic Physiology

A powerful modality of Maharishi AyurVeda: The Model of Vedic Physiology

“Veda describes our body in its complete details in terms of its structure and its function”.

Maharishi Mahesh Yogi

“There is a knowledge in India which comes from a very subjective knowledge which means it is a knowledge based on cognition and not on scientific research or experimentation. That is what is called Veda.”

“The term Veda means knowledge. It’s a science, it just means knowledge. Knowledge of Natural Law of life, how nature is built.

“Veda is simply sound and silence. What does it mean, sound and silence?”

“When you take the book and read it in Sanskrit....Agni....these are sounds. For somebody that does not know Sanskrit, these are sounds that have no meaning and so what is their importance?”

“The importance comes from their structure, how they are built, how sound disappears and how another sound appears and in what rhythm they appear and in what rhythm they disappear and in what sequence and how they are composed. This gives them a structure. These are the sounds of the Natural Law.”

You can soon enjoy the benefits of a new improved edition of a powerful technology of Maharishi Ayurveda: The Model of Vedic Physiology.

Under Maharishi’s inspiration and guidance, an electronic display of Dr Tony Nader’s discovery of Veda in the Human Physiology has been developed by the Maharishi College of Perfect Health International.

This technically sophisticated display provides both deep understanding and direct experience of how the Vedic sounds express themselves in the human physiology.

The display explains Maharaja’s discovery with the help of a human figure and glowing lights that illustrate where the Vedic sounds are expressed.

The 35 minute presentation includes an easy-to-understand explanation of how the 10 Mandalas of RikVed express themselves in different areas of the human body.

After each area is explained, a short Vedic recitation of the first sounds of the particular Mandal is played, accompanied by a visual illustration of the corresponding area in the physiology.



Maharishi has explained that it is not necessary to hear the sounds of the whole Mandal because the beginning contains everything in seed form, and this acts to “tune in” the physiology.

This combination of intellectual understanding and perception through hearing and seeing creates a profound multi-level direct experience of Veda in the Human Physiology. The viewer/ listener spontaneously realizes how these Vedic sounds enliven the body’s inner intelligence.

This leads to the comprehensive, personal experience of a key aspect of Maharishi’s teaching: Natural Law is the source and basis of our existence and can be used to enliven the body’s inner intelligence.

The improved display is now available to be enjoyed in all our Peace Palaces, Towers of Invincibility, Maharishi Spas, MAV Health Centres, Invincibility Centres, and also in every private home.

The Model of Vedic Physiology

The Model of Vedic Physiology

A valuable addition to your center or clinic

For professional users, the Vedic Model comes with a DVD of a 1-hour lecture from the first lesson of Maharishi's **Perfect Man Course**. This inspiring talk by Maharishi gives a basic introduction to Dr Nader's discovery of "Veda and Vedic Literature expressed in the Human Physiology".

Together with the built-in audio presentation of the display you can set up a very nice programme of about 90 minutes.

We recommend that there be a charge when giving presentations with this display in a Movement facility. The Health Ministry suggests a fee between 10 and 20 Euros from each viewer. Only teachers of the TM technique can acquire the display under the professional licence.
(The model is also available under a different agreement for private use only.)

Technical Specifications

The display is equipped with a universal power adapter (110/220V) and an audio output for regular computer loudspeakers (speakers are not included).
Dimensions: 104 x 124 x 5 cm Weight: 20.5 kg

The default audio track is in English and is played directly from a USB stick. To switch to another language, one only needs to exchange the USB stick for one which contains the commentary in this language.

Available Languages

Versions are available in:

English, Dutch, German, French, Italian, Portuguese, Spanish, Russian, Hungarian, Turkish, Cantonese, Mandarin, Japanese, Mongolian, Hebrew and Farsi.

Third Edition

The third edition is in production and will be available at the beginning of 2019. There are a number of improvement compared to the first two editions (e.g. anti-glare front panel, reduced intensity of lights, soundtrack on USB stick).

ORDERING INFORMATION

Please send your orders to: HealthMinistryOffice@Maharishi.net

Website: www.vedicmodel.com

Save 10% -- Order by December 31

The first 15 orders of the 3rd edition will receive a 10% discount if paid before December 31. Plus you will receive a FREE treatment of Vedic Sound via www.vedicsound.org.



Model of Vedic Physiology

Dr. Rainer Picha, who developed the display together with Maharishi, talks about its history and application.

Click to view at: <http://vedicmodel.com>

Experiences of The Vedic Model in the field

"It was one of the most beautiful journeys inside of my physiology, magnificent dive into my physiology." R.L. Guadeloupe

Columbia

In Colombia The Model of Vedic Physiology was implemented in Padre Gabriel Mejia's centers (Hogares Claret) all over Colombia. About 3000 children, young people and adults have seen The Vedic Model during one month. They are very fortunate because The Vedic Model is now implemented in all their centers and they are able to enjoy in it twice a day each day.

In each of those centers educators, psychologists, and teachers (3 to 5 in each center) were trained to be able to present The Vedic Model. All of them expressed deep gratitude, because the experiences were very significant, and in some cases some of them felt the healing effect after experiencing the model only once.

Guadeloupe

In Guadeloupe first we had a group of about 30 people each evening for seven days. The energy which was accumulated when all those people watched the model was very nourishing. We would discuss about their experiences each evening after watching the model.

The Model became very attractive so more and more people were coming. At one point we organized a presentation in one hotel. Around 80 people, mostly non-meditators came to experience and learn about The Model. It was very successful, because about 50 people continued to come for 7 days more to experience the model.

Maharishi Vedic Sound Technology

Maharishi Vedic Approach to Health
Approach to Health through the Vibrations of Consciousness

Specific Vedic Sounds match the vibrational quality of a particular area of the physiology and stimulate the affected area to help restore its original vibrational orderliness

Maharishi Vedic Sound Technology is a web-based application that is open to everyone at www.vedicsound.org and offers help for a wide range of disorders through listening to specifically selected Vedic Sounds.

You can view a complete list of disorders that can be addressed using Vedic Sound Technology:
[www.vedicsound.org/pdf/Disorder List en.pdf](http://www.vedicsound.org/pdf/Disorder%20List%20en.pdf)

Maharishi Vedic Sound Technology is based on the profound scientific understanding of the human physiology by neuroscientist Tony Nader MD, PhD, MARR.

Dr Nader's discovery revealed that consciousness is fundamental to the structure and function of the human physiology. It reestablished the most fundamental, natural, and problem-free system of health care – Consciousness-based health care.



According to quantum mechanics, matter behaves like a wave and the human physiology can be understood as a complex waveform, made of many subtler vibrations. This brings up the possibility that the appropriate vibratory frequencies might be used to restore normal functioning in chronic disorders.

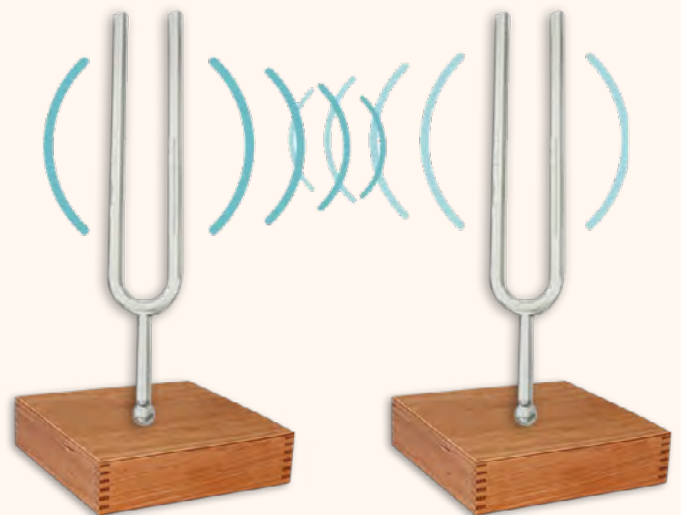
A simple analogy makes this abstract concept more easy to understand: The well-known classic example of two similar tuning-forks of which one is mounted on a wooden box. If the other one is struck and then placed on the box, then muted, the un-struck mounted fork will vibrate at the same frequency.

This means that a specific Vedic Sound that matches the vibrational quality of a particular area of the physiology can

stimulate the natural vibrational mode of the affected area, helping the physiology to restore its original vibrational mode or its original order. By exposing the physiology to the correct aspects of Vedic sound it is able to fully enliven its repair mechanisms.

Under the guidance of Maharishi Mahesh Yogi, Dr Nader was able to correlate every aspect of the Vedic Literature with a specific area of physiology, and demonstrate that the human physiology is the expression of Veda and the Vedic Literature¹.

The Maharishi Vedic Sound Technology programme is not intended as a replacement for any medical care that might be necessary. Individuals who inquire about the programme are advised to follow the recommendations of his or her physician. In case of improvement of the condition, patients are further advised to consult with their doctors before reducing, changing or discontinuing any treatment they are receiving.



1. This is the subject matter of Dr Nader's first book, Human Physiology: Expression of Veda and the Vedic Literature. 637 pages. Published by Maharishi University of Management Press, Fairfield, Iowa, USA: ISBN: 978-0-923569-55-6. Fifth Edition 2014

Maharishi Vedic Sound Technology

Two New Vedic Sound treatments are now available:

Enlivening the 40 aspects of Veda in the physiology

This treatment is designed to „wake up“ the innate values of the 40 aspects of the Veda in your own brain and body. The entire physiology has been discovered to be a replica of the 40 aspects of Veda and the Vedic Literature. For human life to be lived according to Natural Law, it is necessary that all aspects of individual and social life be in accordance with the structure and function of the 40 aspects of Veda and the Vedic Literature. Vedic Sounds enable every aspect of life to blossom in fullness, so that no one makes mistakes and no one causes suffering to himself or to others.

Elimination of Pragyaparadh (Mistake of the Intellect)

This new treatment is designed to begin dissolving the habitual veil of illusion that has kept the mind thinking it is separate from the unified field of pure consciousness. The basic theme of Maharishi AyurVeda is the elimination of the sense of separation between the unbounded, pure Self and the limited expressions of the relative. This separation by the intellect is called Pragyaparadh, or mistake of the intellect. The Self has the quality of perfect health and Vedic Sounds have the power to bring back the memory of the Self to each level of the physiology, from subtle to gross, and thus are able to eliminate Pragyaparadh.

How to Receive Maharishi Vedic Sound Technology Treatments

Healing sessions in the comfort of your own home

Vedic Sounds are provided by means of an automated computer system, which was developed by Dr Nader based on Maharishi's insight into the nature of the Vedic sounds. The applicant selects a treatment addressing his health concern from a catalogue of more than 350 options. The programme then automatically chooses the most appropriate sounds according to the oneto- one correlation of the Maharishi Vedic Sounds and the different aspects of the human physiology.

The applicant receives nine sessions of Maharishi Vedic Sound Technology in the comfort of his or her own home, with each session lasting 45 to 70 minutes. Typically, one to three sessions are taken each day over three to nine consecutive days.

You can view a complete list of disorders that can be addressed using Vedic Sound Technology:

vedicsound.org/pdf/Disorder_List_en.pdf

To apply please go to: www.VedicSound.org

Maharishi Aroma Therapy

Two courses based on consciousness and the principles of Maharishi AyurVeda

Maharishi Aroma Therapy Foundation Course

17 - 24 June

Self-healing through the holistic use of pure essential oils

With Dr Nadine Thomas and Franz-Josef Kann

Course Fee: 315 €

Housing: 315 € private room; 210 € shared room (per person)

Suitability: Meditators, Sidhas, Governors

Maharishi Aroma Therapy Consultant Training Course

24 June - 5 July

Becoming a consultant in Maharishi Aroma Therapy and learning to prescribe and apply the essential oils

With Dr Nadine Thomas and Franz-Josef Kann

Prerequisite: Participants must have successfully completed the Foundation Course.

Course Fee: 850 €

Housing: 440 € private room; 275 € shared room (per person)

Suitability: Sidhas, Governors

For more information on both courses please go to: www.merucourses.com/events/category/meru-events/



Top Journal Publishes New Study Showing Reduced PostTraumatic Stress Disorder (PTSD)

Media around the world reported on a study published by Lancet Psychiatry, a top journal, that found that the Transcendental Meditation technique significantly reduced post-traumatic stress disorder in veterans compared to the standard treatment.

The study was a randomised controlled trial at the Department of Veterans Affairs San Diego Healthcare System in CA, USA and included 203 veterans with a current diagnosis of PTSD from active military service.

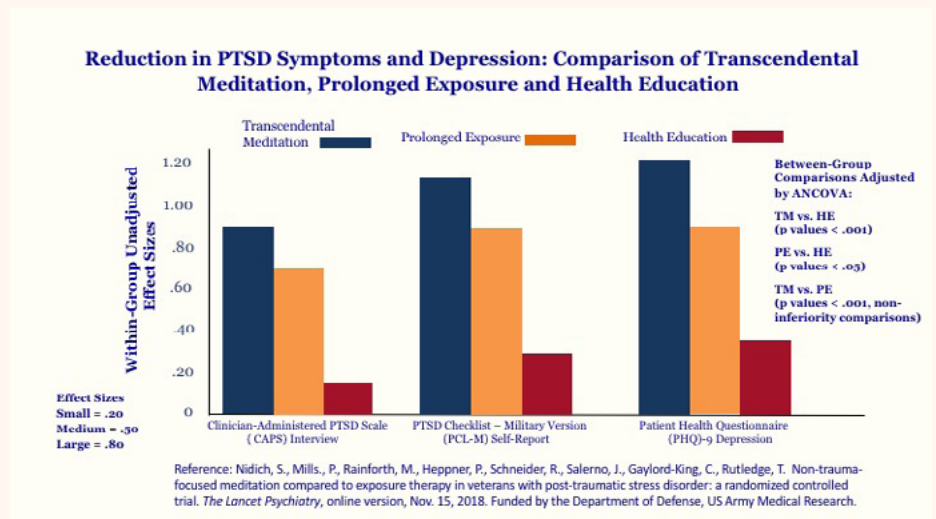
After three months of practice, 61% of the 68 subjects in the Transcendental Meditation group had a clinically significant reduction in symptoms compared to 42% in the group that used the standard treatment. In a second control group, which received health education, 32% of the subjects showed a clinically significant reduction.

In addition, the participants in the Transcendental Meditation group were more likely to participate in the treatment sessions than those in the standard treatment group.

Standard treatment, referred to as "prolonged exposure," entails veterans re-experiencing their trauma through remembering and engaging with situations that remind them of the trauma in order to eventually diminish their stress response. Some 30–45% of veterans typically withdraw from the treatment because it's so unpleasant.

"New treatments, including options not involving exposure to the traumatic experience, are needed for veterans who do not respond to treatment or drop out due to discomfort," said MUM researcher Sandy Nidich, first author of the study.

Other MUM coauthors included Maxwell Rainforth, Robert Schneider, John Salerno, and Carolyn Gaylord-King. "The study has been funded by the Department of Defense, US Army Medical Research."



Click below to view the articles:

The Lancet, Psychiatry Volume 5, ISSUE 12, P975-986, December 01, 2018

Non-trauma-focused meditation versus exposure therapy in veterans with post-traumatic stress disorder: a randomised controlled trial; published November 15, 2018

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