



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

AUTUMN 2020



Dear Colleagues,

Here is your copy of the 16th edition of the IMAVF NewsMagazine!

As the Yoga Sutras say: "Heyam Dukham Anagatam", i.e., "avoid the danger that has not yet come".

In this issue you'll find valuable tips on maintaining balanced mental and physical health during the challenges we all face.

Dr Tony Nader gives profound advice on how to feel good in these uncertain times. Dr Stuart Rothenberg reports on the progress with the *Heal The Healers Now* programme for frontline health workers in the US. Prof Dr Bruno Renzi explores how the concept of an ideal personality is elaborated in the texts of Ayurveda. And you'll find out about the new clinic in Austria that integrates Maharishi AyurVeda with traditional healing spa modalities.

You'll also read about an exciting new book, get updates on the breakthrough in Genetic Editing testing, and learn about a new degree programme in Ayurveda in Slovenia.

As Dr Nader notes: "These forces that are coming to us may appear negative but they can have an element of motivation and once we just face them at the beginning we see how we can use them as a motivator to change the situation, rather than to be overwhelmed by it."

We are grateful to all the practitioners of Maharishi AyurVeda in the different disciplines, Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana, and Maharishi Panchakarma.

Stay safe and healthy,

Dr med Rainer Picha
IMAVF Chairman of the Board

P.S. IMAVF is here to serve you – please invite your colleagues to join IMAVF -- and if you are not yet an IMAVF affiliate yourself, please [click here to enroll \(or renew!\)](#)

Maharishi's wish fulfilled: New Maharishi Health Centre & Resort Under Construction in Austria



Groundbreaking for the new Maharishi AyurVeda Health Centre & Seminar Hotel Resort near Geboltskirchen, Austria took place on 31 July 2020 when over 70 international and local dignitaries attended the foundation stone-laying ceremony.

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**IMAVF Affiliates, share your success:
See your story published in our NewsMagazine!
Email your news to: editor@imavf.org**

Dr Tony Nader, PhD, MARR speaks on “How to feel good in uncertain times”

Excerpts from his talk on Facebook on August 31, 2020: <https://www.facebook.com>

“Is this a situation where one has to be depressed, angry or anxious?
How can we make the best of it?
How can we come out of this situation successful and victorious
against the unusual circumstances that we're living through?”

Dr Tony Nader

In his live video presentation on August 31, 2020, Dr Tony Nader provided an array of powerful and practical tips on how to stay balanced during the pandemic. He presented these insights and recommendations in light of the many-layered framework of the different levels or aspects of our reality as a human being:



1. The physical/mechanical aspect of our life that includes our autonomous, instinctive, self-protective nature

“...If you feel in great dilemma and uncertainty and the world is going wrong and all of that, the first thing is settle down and ask yourself simple questions:

Are you assuring for yourself a good healthy physiology?
Are we eating properly? Are we having good exercise? Are we having good rest?

These are very important factors to maintain the basic building blocks that will allow us to have all the other aspects of our reality taken care of.”

2. The higher level of thinking that deals with the recognition of the needs of our mind, intellect and emotions that are the functions of our personal self

“We have to accept that we have some worry and we have to accept even that we might have some anger. These forces that are coming to us may appear negative, but they can have

an element of motivation and once we just face them at the beginning we realize that they are there and see how we can use them as a motivator to change the situation, rather than to be overwhelmed by it.

So, what is very important if you feel anger, worry and all of that, is not to act on it right away. That is very important because when you act on this aspect of experience or emotion you are not using the other aspects of your reality. You are bypassing the higher aspects and are acting from a more basic level and this is something that is in our nervous system built-in in order to protect us.”

“So, my next point will be: focus, do not fixate. What does it mean? It means you can put your attention on solving the problem, thinking about it, but you remain yourself established in yourself and not being drawn by the situation that is at hand.

Fixating is when you lose yourself and the situation overtakes you, so you become trapped by a situation rather than able to focus on it.”

3. The social level that recognises that we belong to the larger whole that is our culture and society

“.....part of what we need to do is talk to others, and think of what others needphysically, mentally, emotionally – and therefore transcend a little bit your small self. That is something very important one can do because then one feels good about oneself as being somebody who helps somebody. Look to the well-being of the other.”

4. The spiritual transcendent Self that is concerned with our higher purpose

“So there is uncertainty, there is fear, there is anger, there is a sense of solitude, there is worry. I accept it, I analyze it, I understand it,

I take a distance from it, and I don't run away from it, but what do I do then? Do not escape but seek something. So, therefore, go for something that is good, that can bring you the solution. we seek something higher, we seek something good, we seek solutions, and therefore, we make priorities, we look at our priorities. Because what we want to seek is what are our priorities."

"So always have the highest first, always think big, always think good, always think supportive, creative, positive and that is very important in order to sow seeds of things that will bring positivity that will bring wholeness on all these layers of life."

"We are much, much more than the problems we have had, the difficulties we have had, the adjustments, the wrong things that

were done to us, or that we did to others. And we discovered that we are absolute pure being. That we are truly a self that is the unified field of all the laws of nature, the source of all that is, creation and evolution and that gives us the real platform of action that is most effective and an action from which we can do anything and achieve everything."

Dr Nader explained that each of these layers has validity – and that they all have an interactive influence on each other. He concluded that all these aspects or layers of our life need to be in balance – and that the practice of the Transcendental Meditation technique provides a foundation for integrating these layers.

To watch the whole video presentation please [click here](#).

Ideal personality structure in Ayurveda

New article by Prof Dr Bruno Renzi goes beyond Western psychology's focus on behavioral disorders to identify the structure of an ideal personality

In his most recent article, Dr Renzi explores how the concept of an ideal personality is elaborated in the texts of Ayurveda.

For instance he cites how Charaka, one of the great sages of Ayurveda, maintains that "health is the fundamental and supreme condition for righteousness, prosperity, pleasure and liberation: these are the four basic objectives that must be achieved during one's existence. Achieving these objectives is subject to a condition of balance and healthy integration of the various dimensions in the life of an individual, i.e. the spiritual, psychological, sensory and environmental dimensions."

Charaka further states: "An individual accustomed to a healthy diet and healthy lifestyle habits, who acts after appropriate reflection, who does not remain involved or caught in the vice of the objects of the senses, who is charitable, who behaves in a fair-minded way towards all creatures, who has a good level of religious devotion, who has the ability to forgive, who serves with humility, who is wise and satisfied by what they have, will never suffer from any disorder. An individual who enjoys a happy combination of thoughts, words and actions, who has their mind under control, who has a clear intellect and who possesses knowledge of the soul and observes the precepts of yoga will never suffer from any disorder."

Prof Dr Renzi explains that the realization of the above goals is connected with the profound experience of Transcendental Consciousness which supports our evolution on every level.



Prof Dr Bruno Renzi is a psychiatrist specialising in Ayurvedic medicine, Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy

To read the whole article, please [click here](#).

Breakthrough in detecting genetically edited crops means “No more excuses!”

First detection test for gene-edited GM canola crop published

A new kind of GMO, called genome-edited GMOs, has recently entered the food system and, although these GMOs have not been shown by scientific research to be any safer than earlier GMOs, the biotech industry and some scientists and government regulators have maintained that the gene-edited crops cannot be distinguished from natural crops and therefore cannot be regulated.

Now, a group of non-governmental organisations, non-GMO food associations and a food retailer¹ have proven that gene-edited crops can be detected. They have published the first-ever public detection method for a gene-edited crop, a rapeseed variety produced by the US company Cibus (SU Canola).

This sophisticated new detection method allows European Union (EU) countries to carry out checks to prevent this unauthorised GM crop from entering EU food and feed supply chains illegally. EU countries all have laboratories that screen the food system for other GMOs, this creates transparency that allows consumers to choose whether or not to eat GMOs. But, until now, EU countries were unable to test their imports for the presence of this gene-edited GM rapeseed, which is grown in many parts of the US and Canada. The new method makes detection possible and gives consumers choice. The test also allows food companies, retailers, certification bodies and national food safety inspectors to verify that products are free from this GM rapeseed.



Dr John Fagan at the Health Research Institute, Iowa, USA

Heike Moldenhauer, EU policy advisor at the German Association Food without Genetic Engineering (VLOG), said “The new detection method is a milestone in EU consumer and business protection. Authorities can now start identifying unauthorised gene-edited crops. This helps beekeepers, farmers, breeders, feed and food processors and retailers keep these new GMOs out of their supply chains and meet consumers’ demand for non-GMO food.”



Lead scientist Dr John Fagan from the Health Research Institute (Iowa, USA) added: “The method we have developed detects what is probably the most challenging class of gene edits - a modification of just a single letter in the genetic blueprint.

Since the scientific community has been using similar approaches for two decades to detect more complex GMOs, it is likely that this approach can be used to develop detection methods for most, if not all, gene-edited crops. And the good news is that it uses procedures and equipment similar to those that regulatory and commercial laboratories are already familiar with. It’s a big step for creating better safety and better transparency for humanity.”

The new method was published in the scientific journal *Foods*² after peer review. It detects SU Canola, an oilseed rape variety engineered by the American gene-editing company Cibus to withstand certain herbicides. Environment Agency Austria (Umweltbundesamt), a member of the European Network of GMO Laboratories, has validated the method, which meets all EU legal standards. The new test shows that EU law governing GM organisms (GMOs) can also be applied to new types of GMOs produced through gene editing, maintaining the EU’s high food safety standards.

Greenpeace EU food policy director Franziska Achterberg said: “The EU’s highest court has ruled that gene-edited crops are regulated under the EU’s GMO regime and that this is necessary to protect consumers and the environment. Some claim that gene-edited crops cannot be found and therefore cannot be regulated under the EU’s GMO regime. We have shown that GM crops created with gene editing can be detected. There are no more excuses for failing to apply existing GMO safety and labeling requirements to these new GMOs. The European Commission and governments must build on this success and develop screening procedures that can identify gene-edited products.” <https://www.detect-gmo.org>

Notes:

¹ The research was carried out by a consortium led by Dr John Fagan at the Health Research Institute (Iowa, USA). It was funded by NGOs Greenpeace European Unit and Greenpeace Germany, and the Sustainability Council of New Zealand; Associations for Non-GM foods -- VLOG (Germany), ARGE Gentechnik-frei (Austria) and the Non-GMO Project (USA); the Organic and Natural Health Association (USA); Organic Food And Farming Association IFOAM Organics Europe; and Austria’s leading retailer SPAR.

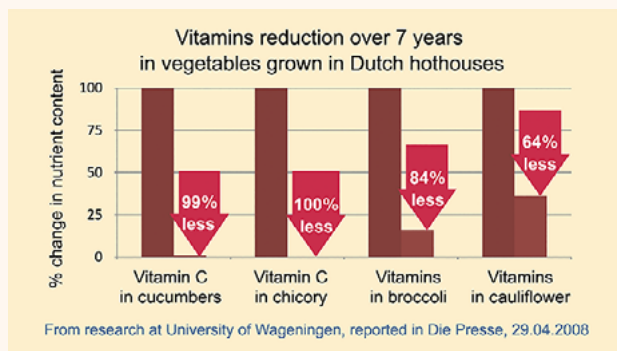
² Fagan, J., Chhalliyil, P., Ilves, H., Kazakov, S., Howard, S., Johnston, B., 2020, A Real-Time Quantitative PCR Method Specific for Detection and Quantification of the First Commercialized Genome-Edited Plant. In: *Foods* (Open Access Journal)

Modern Science and Ayurveda agree: Organic, non-GMO food is healthier

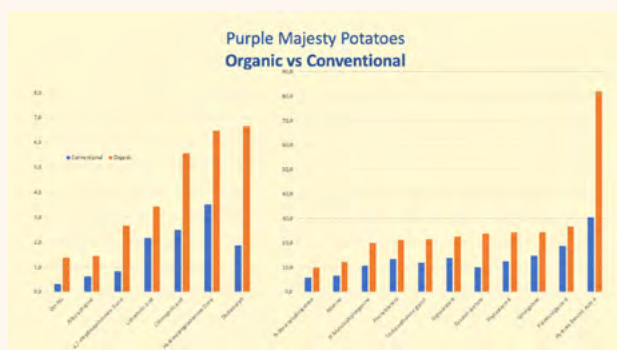
by Dr Peter Swan

Ayurveda holds that food is fundamental to good health. All our nutrients come from the food we eat. It is therefore vital that our food contains those nutrients.

Modern agriculture has produced more food than ever before, ensuring that fewer people go hungry than at any time in recorded history. With this vast production, however, there has been a dramatic degradation of soils – 94% of the world's soils are degraded, over 40% seriously degraded. Together with this, nutrient levels have fallen precipitously in food crops. Scientific research shows huge decreases across the range of nutrient minerals, vitamins, and other plant metabolites."



This means that even if we follow a good diet with plenty of fresh fruit, vegetables, grains, pulses, and dairy, avoiding processed and junk foods, we probably cannot get all the nutrients we need from our food. Where then can we get the nutrients needed for health? We can get them from organic food. Research shows that organic foods have much higher levels of all nutrients than non-organic. This chart is representative of the differences between nutrient levels in organic and non-organic foods:



It is easy to see why it is much better to prefer organic food whenever possible. Reduced nutrients have serious consequences for health, and several health issues have been linked to conventional food consumption.

The higher levels of nutrients in organic food can enable the body to create strong immunity, robust health, and a happy, alert mind.

In addition to higher nutrients, organic foods have much lower levels of pesticides and herbicides. Why is this important? Because these chemicals are toxic and damage our health: the commonest herbicide in use worldwide is glyphosate (the key ingredient in Roundup), which is classified by the WHO as a probable carcinogen, and has been shown to cause damage to the gut microbiome (thus disturbing digestion), endocrine disruption, liver, reproduction and development, nervous system, and other aspects of health.

Regarding the environmental effects of glyphosate, the Sierra Club reports: "Glyphosate herbicide formulations with adjuvants, and associated metabolites could contaminate and harm all facets of an ecosystem, including the soil biology and composition, water, and non-target plants, aquatic organisms, amphibians, reptiles, invertebrates, animals, and humans".

Roundup herbicide is closely related to genetically modified (GM) crops. These crops have genes inserted from other organisms, so they carry the genetic material of bacteria, animals, or other plants. This is unnatural. The insertion of foreign DNA causes unknown and unpredictable changes in other aspects of the genetic makeup and expression. The new organism is unknown in evolutionary history, and therefore has not developed the checks and balances that all other organisms have built up. There are untold problems that can arise when the evolutionary expression from the field of intelligence through to the physiology is disturbed. One tiny change in one part of the cell's DNA causes endless adaptations throughout the rest of the DNA, which means the effects of GM can never be predicted. Maharishi cautioned very strongly against use of genetic modification and encouraged us to eat only pure organic food where possible.

The ability of the nervous system to cognise extra subtle states of experience is marred through contamination of the brain matter by impure physical matter, through fatigue or through wrong thinking, all of which exhaust mental energy. Fatigue is the main factor. It does not allow the mind to experience subtleties. Wrong food also can make the mind dull, put one to sleep or make one irritated. We eat and drink, and whatever we eat or drink may contain some impure element which affects the mind.

– Maharishi Mahesh Yogi

The Science of Being and Art of Living, p. 298

References:

<https://www.centerforfoodsafety.org> • <https://www.sierraclub.org/>

***Heal The Healers Now* project teaches Transcendental Meditation® to frontline health workers**



***Heal the Healers Now* brings the TM® technique to medical providers who are battling the coronavirus pandemic. The initiative was launched on April 6, 2020 by the Center for Health and Wellness of the David Lynch Foundation and the US TM® Organisation.**

Thirty hospitals across the USA are now in the process of implementing the *Heal The Healers Now* project. These include several prestigious medical centres that will conduct research at the same time.

The declining number of Covid-19 cases in many areas of the US has reduced some of the pressure on front-line health workers, so it is a very good time to bring Transcendental Meditation to doctors, nurses, and other frontline health workers in the USA.

"We are hoping that these projects will all be implemented before a second wave comes so that many doctors and nurses will have learned TM as a tool to protect their mental and physical health" explained Dr Stuart Rothenberg, Medical Director of the *Heal The Healers Now* project.

One hospital in Pennsylvania and another in Miami, Florida launched the first groups in early September. In Miami, 65 health workers are learning the Transcendental Meditation programme in small groups of 10-12 people each. There are another 65 subjects in a matched control group.

A randomized control trial at Duke University has been fully funded and is planned to launch in October. At least ten more hospitals will begin the programme in October as well, with the others beginning in November. The number of participants will range from a minimum of 32 to 75 health workers at each hospital.

All of these programmes are supported by grants raised through local TM centre donations which are then matched by the David Lynch Foundation, and several of the major research projects are funded by large grants from other philanthropic organisations. There is no charge to the healthcare providers learning TM in these projects.

Experiences of frontline health workers who learn TM through the *Heal the Healers Now* Programme

"I completed my TM training this weekend and I wanted to express my gratitude...I already feel such a difference in my stress and happiness levels...I will pay this kindness forward. Thank you for your generosity! I love TM already and feel unlimited potential for more expansion with TM." *Debbie G., RN, San Diego, CA hospital*

"I am dealing with a situation in my life right now and this is just what I needed...I really do feel so centered and calm after. I am committed to this journey and...I know I will continue to practice TM for my lifetime. It was the missing tool I needed in my toolbox. Thank you again from the bottom of my heart. I am so grateful I did this! I think everyone should learn this and I am spreading the word around. You might need more classes!" *Ronna B., RN, Doylestown, PA hospital*

"The instruction and practice itself is simple and effective. Although I am new to TM, I am grateful as an RN, that I can take breaks from a hectic work schedule and meditate for 12 or 17 mins on a 12-hour work day to rejuvenate and reset. It is the best medicine I am using to manage stress, anxiety and pain. I've started feeling clarity of mind and positive changes in my daily life. My teacher is great, I'm proud to be a part of the TM community, and I look forward to practicing TM for life. This is a gift from the universe! Thank you." *L.J., RN, AHGL, Los Angeles, CA hospital*

GLOBAL GOOD NEWS

"There is such a tremendous wave of support for this project. Everyone wants to support the health care workers who have done so much to keep everyone else healthy" added Dr Rothenberg. "The *Heal The Healers Now* project gives much-needed relief from stress and a wide range of positive benefits to these brave doctors and nurses."

Before the Covid-19 crisis in 2019, a request came to teach TM from the emergency medicine department at one of the leading academic medical centers in New York City. This is one of the busiest emergency departments in New York, and the frontline medical staff were experiencing very high levels of burn-out and PTSD.

"We conducted a pilot project there with only 13 emergency medicine doctors and we tracked outcomes over three months. There were significant drops in burn-out, anxiety, sleep disturbance, PTSD symptoms, and an increase in resilience

among the doctors who learned TM. Then a year later we followed up with all 13 doctors, and everyone had continued their TM practice, due to the many benefits they were receiving. So, we are very optimistic that the *Heal The Healers Now* project will bring both immediate and lasting relief to our frontline health care workers" explained Dr Rothenberg.

One of the many nurses and doctors who have participated in the programme summed up her experience as follows:

"I have been so grateful for the sense of peace my newly acquired TM practice has given me. As a healthcare provider working during a pandemic all kinds of emotions are surfacing, sometimes hourly! [My TM Teacher] patiently and expertly guided me through the simple technique of TM. I have a daily practice now. I definitely feel more grounded and centered throughout my day at the hospital and have more energy overall for my life."

Maria M., BSN, RN, Los Angeles, CA hospital

For anyone interested in starting such an initiative in other countries please send an email to Dr Rothenberg at: Heroes@HealtheHealersNow.org

For anyone interested financially supporting this grand initiative please log on to www.HealtheHealersNow.org



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New Maharishi Health Centre & Resort under construction in Austria

Groundbreaking for the new *Maharishi AyurVeda Health Centre & Seminar Hotel Resort* near Geboltskirchen, Austria took place on 31 July 2020 when over 70 international and local dignitaries attended the foundation stone-laying ceremony.



Foundation Stone Laying Ceremony – From left: Architect Herbert Schrattenecker and his daughter Sophie Schrattenecker; Dr med Valeria Schachinger; Dr Wolfgang Schachinger, Clinic Director; Mrs. Gerda Schachinger, CEO MAP Austria; Alexander Schachinger; Jana Schachinger, Controller & Marketing Manager, MAP Austria.

The zoning allows for a total of eleven buildings and in the first phase of building, we will construct a 1,400 square meter MAV Health Centre called ***“Soma – Haus der Gesundheit Geboltskirchen”*** with five luxury guest rooms and 10 beds, seminar rooms, and office space for MAP Austria and the MAV clinic. The activities of our existing Ayurveda clinic in Ried will be transferred there and we will add thermal water treatments to the usual therapies.



Dr Wolfgang Schachinger,
Director of the Maharishi
AyurVeda Health Centre in Ried,
Austria, Co-Director of the
German Ayurveda Academy and
member of the board of the
German Ayurveda Association

We interviewed Dr Schachinger, who is the Medical and Managing Director of the Maharishi AyurVeda Health Centre & Seminar Hotel Resort in Geboltskirchen, Austria.

Q: How did this project begin?

Dr Schachinger: “I had training in Maharishi PanchaKarma early on in 1989 and when Maharishi started to talk about the relationship between perfect Vastu and perfect health, my focus turned to finding appropriate land. One day Dr Picha called from Holland and told me that Maharishi was seriously searching for land with natural hot springs. Maharishi felt that Maharishi AyurVeda should be connected to the local natural laws and that thermal healing water would enhance the effects of Panchakarma.

There is one huge underground lake of thermal water beneath the northern part of Austria and southern Bavaria with many famous thermal spa towns, such as Bad Aibling, Bad Füssing, Erding, among others.

I had found 4.3 hectares (approximately 10 acres) of land near the village of Geboltskirchen in Austria, which was located next to an already-tapped thermal spring that had received certification as healing water. Maharishi was really excited and I showed him everything about the land and how it was situated and the eastern slope and the view it had.



He said that if we would get the zoning changed to allow the clinic he would buy the land. The land was remote from other villages and it was difficult to obtain this, but with the help of some local VIPs, the zoning was changed within about 3-4 months and Maharishi arranged for the movement to make the down payment for the land.

Once we had the land, Maharishi was very involved in planning where the buildings would be located on the land and in architectural planning. Other movement projects wanted to use the land but Maharishi insisted that it should be reserved for Ayurveda. Although he wanted to build immediately, there were so many projects that it was not possible to complete this one, and after Maharishi passed nothing happened for a long while.

Then this year, after finally selling my previous clinic, I had a deadline to move out and this deadline helped to get things going. We have received all permits and construction of the new clinic in Geboltskirchen has begun."

Q: When will this first phase be completed?

A: "We expect to start operating the clinic next summer in 2021 with our current clinic's regular guests. Reservations for summer and autumn of 2021 will be taken starting next spring."

Q: What are the future plans?

A: "As soon as the new clinic is operating successfully, we will continue construction on additional buildings, all connected to Maharishi AyurVeda, with research space, conference rooms, additional treatment facilities, as well as housing for employees and other people who would want to move there.

Then once we have investment funds, we will continue with the second phase: a Peace Palace with a meditation academy, some apartments for employees, guests, and members of the movement. The third phase will be a much larger clinic with space for up to 70 patients."

Special Feature:

INTEGRATING THE BENEFITS OF NATURAL THERMAL WATERS INTO THE AYURVEDIC TREATMENT PROGRAM

Q: You said that in addition to the traditional Maharishi AyurVeda therapies, the new clinic will offer treatments using the local hot springs. What are the traditional healing characteristics of these springs?

A: "There are two main applications for this natural thermal water. One is to bathe in the water, which is very hot at 80 degrees centigrade, so it will have to be cooled down. The other is to drink the water.

The hot water contains the intelligence of Agni which has been there for many thousands of years, and it is also rich in trace elements and minerals with healing properties. We have an official assessment of the water from a thermal therapy consultant that certifies the water for all stress-related conditions, for female health, and also for gastrointestinal and joint problems. These are the main indications for using it for bathing. However, you do not have to have any of these disorders to benefit from the healing effects of the thermal water -- it is for general use as well.

The applications for drinking the water include treatment of osteoporosis and diseases of the intestinal tract. When you enter the building there will be a thermal water fountain right next to the entrance with glasses where you can drink the healing water. It is like in any other traditional spas where they have drinking halls for this purpose."

Q: How will these hot thermal waters be integrated into the Ayurvedic treatment program?

A: "Every Panchakarma treatment has Swedana treatments as an essential feature for heating the body. The thermal water will be part of the Swedana treatments: steam inhalations, bathing in the hot water, and also drinking the hot water. After Abhyanga or other oil massages, instead of lying in a steam tent or room, you will bathe in the thermal water where the beneficial minerals will

penetrate through the skin. And the effect of Agni that is in the water will also be transferred from the water through the skin.

The applications will be customized for different effects on the different constitutions (Prakriti) and reaction types (Vrikriti) of the patients.”

A TOTALLY GREEN BUILDING

Q: What are the other unique features of this new Maharishi AyurVeda Health Centre?

A: “The building is fully verified by the Institute of Maharishi Sthapatya Veda. It will be entirely heated with the thermal water so no fossil fuels will be needed. It will be an absolutely green building. The primary building materials include bricks from local clay, wood from the local forest, glass, and steel.”

Q: How are the underground thermal springs accessed?

A: “The springs are 2000 m below the surface and were tapped 25 years ago for geothermal heating in two towns. One of the pipelines passes next to our land, and we will hook up to it to access the thermal water.”

CLEAN AIR and “REVERSE SUNRISE DELAY”

Q: Please tell us about the neighboring land?

A: “Right next to our property is a natural forest that is one of the largest pieces of uninterrupted forest in central Europe. We are on the eastern end of the forest, between Salzburg and Linz. One unique benefit is that the prevailing winds come from the west so they are filtered by the forest before they reach our land.

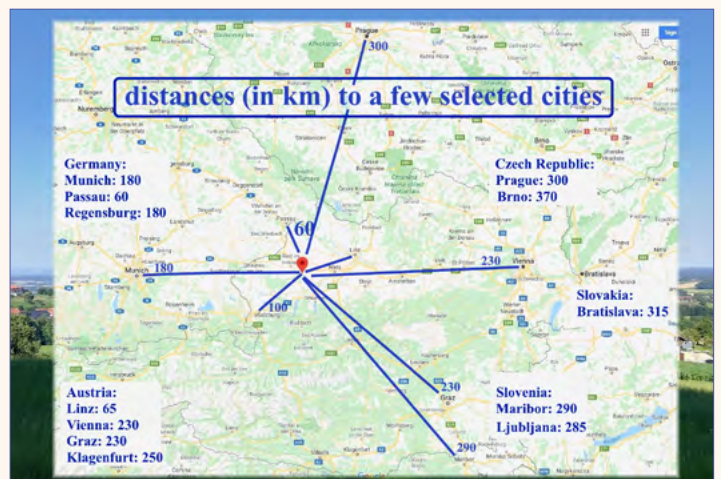
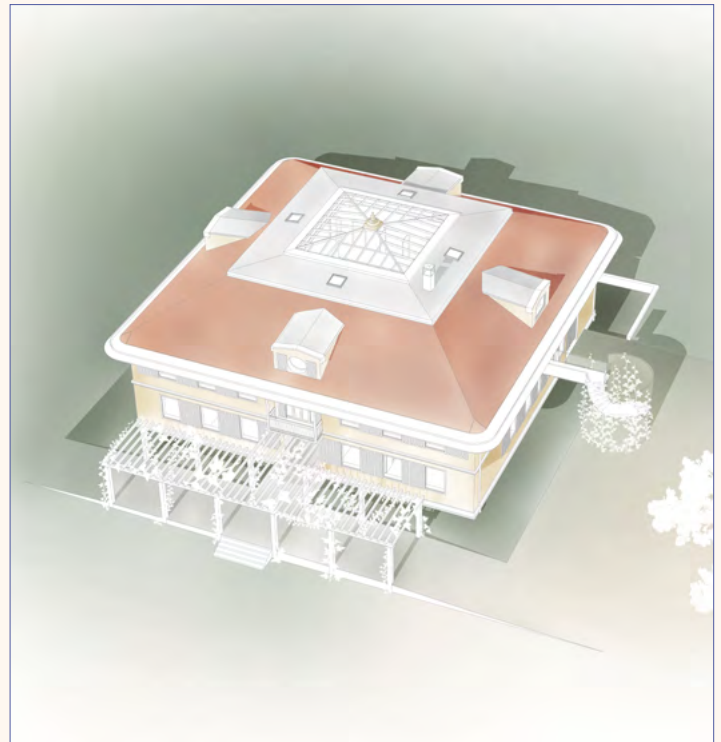
Another unusual feature is that our land has, what Dr Bevan Morris called, a “reverse sunrise delay,” which means you can see the sunrise a few minutes before the official sunrise time!”

EASY TO REACH LOCATION

Q: Is this location easy to reach?

A: “The Health Centre is easily accessible by train and car. International visitors can fly to Vienna and right in the airport you can walk a few hundred metres to the train station and take a direct train to Wels, and from there it is only 20 minutes by car. The travel time from Vienna is less than 2 hours.

The three nearest large cities are Linz, Salzburg, and Passau; Geboltskirchen is exactly in the middle. There are lots of cultural attractions such as the “Salzburg Festival” and other cultural sightseeing that could be scheduled after the treatment if you want to enjoy Austrian culture.”



New Postgraduate Certificate Programme in Ayurveda for Health Professionals

Distance and on-campus study programme starts in April 2021 led by Dr Gordana Marković, PhD



The international faculty include Dr Wolfgang Schachinger and Prof Dr Subhash Ranade, Dr Walter Mölk and Dr Rainer Picha, Directors of the International Maharishi AyurVeda Foundation and several medical doctors with extensive clinical and teaching experience in Maharishi AyurVeda.

This new certificate programme, issued by Alma Mater Europaea – ECM University, Slovenia, qualifies health professionals to integrate diagnostic and therapeutic modalities of Maharishi AyurVeda into their medical practice. Medical doctors, osteopaths, chiropractors, homeopaths, heilpraktiker, and many other health professionals are eligible. Applicants should have basic training in Western medicine, and be legally entitled to diagnose and treat patients.

Programme Details

The one-year, part-time programme requires 848 hours of study:

- 200 hours of lectures and workshops during three eight- or nine-day courses at the Alma Mater Europaea – ECM campus in Maribor, Slovenia
- 618 hours of clinical practice and study at home
- 30 hours of online webinars
- The language of instruction is English
- The tuition fee is €3300.
- ECTS Credits: 30.

Outline of the Programme:

1. Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment (Part 1)
2. Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment (Part 2)
3. Ayurvedic Protocols for the Treatment of Common Disorders
4. Ayurvedic Herbal Therapy (Dravyaguna)
5. Aroma Therapy and Dermatology in Ayurveda
6. The Management of Tissues (Dhatus) and Channels (Srotas) in Ayurveda

View an introduction to the programme by Dr Marković: youtu.be/2fA3T_FjJ-4
More details:

www.imavf.org/professional-training/

Contact: Silvia Hawkins at professional.training@imavf.org



Dr Gordana Marković, PhD, Program Director

A Western medical doctor with 16 years' experience, Dr Gordana Marković, PhD, is Head of the Specialist Medical Departments at the Primary Health Center of Zemun, one of the largest primary healthcare institutions in the Balkans.

Dr. Marković has studied Ayurvedic medicine in India, the Netherlands, Switzerland, Austria and Belgrade. She is the most experienced practitioner of Maharishi AyurVeda in Southeastern Europe and has published over 50 articles on Maharishi AyurVeda and Aromatherapy. The Alma Mater Postgraduate Certificate in Ayurveda for Health Professionals will be the third professional training course on Maharishi AyurVeda that Dr Marković has taught.



Professor Dr Subhash Ranade

Professor Dr Subhash Ranade, one of the world's foremost experts on Ayurveda, will be contributing as a guest lecturer on the program. Dr Ranade is a leading academician and physician in the field of Ayurveda. He is the author of one hundred and twenty-seven books on Ayurveda and Yoga, which have been published in fifteen languages. He has worked as Professor and Head of the Department of the Interdisciplinary School of Ayurveda, Professor and Head of the Department of Ayurveda at Pune University and Principal of Ashtang Ayurveda College, Pune, India. At present he is Chairman of the International Academy of Ayurveda, Pune, and Honorary Dean of Kerala Ayurveda Academy, USA.



Dr med Wolfgang Schachinger

A general practitioner of western medicine since 1983, Dr Schachinger became an expert in Maharishi AyurVeda and founded the Maharishi Ayurveda Health and Seminar Centre in Ried in 1993. He has lectured extensively, co-authored five books on Ayurveda, and founded three Ayurveda medical associations. Dr Schachinger has received multiple awards for his pioneering work with Ayurveda in Europe.

New book reveals evidence-based secrets to reversing entropy & increasing coherence

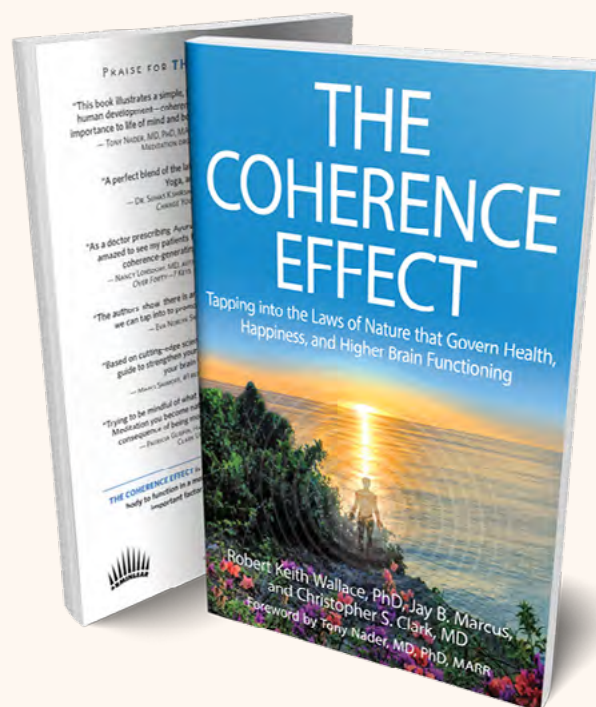
Health and life itself depend on maintaining inner order or coherence, and this new book shows how we can enhance our naturally coherent state for lifelong health even in a stressful and infectious world.

The Coherence Effect by Robert Keith Wallace, PhD, Jay B. Marcus, and Christopher S. Clark, MD describes how to tap into the laws of nature to improve health, higher brain functioning and well-being. With a Foreword by neuroscientist and physician Dr Tony Nader, PhD, MARR, head of the international Transcendental Meditation (TM) organizations in over 100 countries, the book is the product of years of research and practice by a powerhouse team of authors.

Readers embark on a health and healing journey by understanding of one of the most famous laws of nature, the Second Law of Thermodynamics that states that anything that is not alive increases in entropy (disorder or decay) over time. Cars and houses fall apart, computers break down, food becomes rotten. The same natural tendency towards entropy affects the human body. But living organisms have the ability to grow and evolve and overcome the decaying effect of the Second Law at least for a time.

A prime lesson of **The Coherence Effect** is how to eat for complete digestion and what to eat to overcome particular disorders and entropy in general.

We know our immune and other self-repair systems naturally enable us to maintain inner order as the antidote to entropy and disease. When functioning properly, our immune system keeps germs out of the body and destroys those that enter; we naturally manufacture chemicals each day to heal wounds, aid sleep, improve digestion, and control bodily functions. When working properly, the body's self-healing systems do a thousand-fold more to maintain normal, orderly functioning than any pharmaceuticals could possibly do.



And the book compares meditation programmes based on science and the laws of nature. So, those not satisfied with their meditation experience can decide if they want to try the TM technique, which generates brain coherence to overcome entropy.

Visit the [Coherence Effect website](http://TheCoherenceEffect.com).

- Share your news to inspire our readers.
- All of us in the many disciplines of Maharishi AyurVeda, as well as integrative health experts around the world are eager to hear of your successes.
- If you have published a study, opened a clinic, taught a course (or even better are planning to teach a course), let us know!

We publish the IMAVF Newsletter three times a year; please send in your news to editor@lmvf.org.



Become an Affiliate of the International Maharishi AyurVeda Foundation Receive Valuable Benefits All Year Long:

Whether you are a professional in Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi Panchakarma, IMAVF was created to serve all your needs.

As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family. Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks, and Prof Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

IMAVF Affiliates are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

■ KNOWLEDGE BENEFITS

- Free subscription to our regular NewsMagazine and news bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the department of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.
- **Special Service!** "Ask the Vaidya" Service: Submit your questions about any aspect of Ayurveda to our senior Vaidyas in India and get a detailed reply within 3-4 days. FREE to all IMAVF Affiliates!

■ SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% discount on International Ayurveda Congresses: October 2020 in Kathmandu, Nepal.
- 10% reduction on course instruction fees on all health-related MERU courses.
(This 10% discount is valid for course fees, not meals or lodging costs - not valid with other offers.)
- 50% reduction on advanced webinars.
- 10% reduction on MAV Online Training Programmes for Health Professionals offered by the Institute of Integrative Ayurveda Medical Education US
- Vaidya Webinar Series -- View Live or Stream on Demand. 50% Discount

■ PROFESSIONAL SUPPORT & COMMUNITY

- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.

Enrollment in the IMAVF Affiliate programme gives you all these benefits for only 80 Euro per year.
[Click here to enroll.](#)

(40 Euro for professionals from developing countries, MERU staff and Mother Divine.)

If you are not a Maharishi AyurVeda professional, you may join the IMAVF as a Supporter for only 80 Euro (40 Euro for anyone from developing countries.) **[Click here to enroll.](#)**

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