



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SUMMER 2023



Dear Colleagues,

Welcome to the 24th edition of the IMAVF NewsMagazine!

In this issue, you'll find both knowledge and inspiration as Maharishi AyurVeda continues to gain greater acceptance and respect around the world.

The 7th International Ayurveda Congress (IACV) was held in Kathmandu, Nepal in March, and deep knowledge about consciousness-based Maharishi AyurVeda was shared with more than 350 attendees.

- Inside you'll find engaging summaries of the 7th IACV presentations given by Dr John Hagelin, Dr Walter Mölk, Dr Oliver Werner and myself.
- Read about the upgraded Postgraduate Certificate Programme in Ayurveda for Health Professionals at the Alma Mater Europaea University with 25 additional ECTS credits for courses in Marma Therapy, Aromatherapy and advanced Dravyaguna, as well as the new Master's Programme in Ayurveda and Integrative Medicine.
- Celebrations! A report on the 40th Anniversary Congress of the German Society of Ayurveda (DGA) and the 30th anniversary of the Bad Ems Maharishi AyurVeda Clinic.

Plus, news on Ayurveda in the Philippines and details on upcoming courses in Maharishi Aroma Therapy, Vedic Dance and Maharishi Light Therapy with Gems.

We wish everyone in our extended family of practitioners a successful and relaxing summer!

With warmest wishes,

Dr Rainer Picha
IMAVF Chairman of the Board

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



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New! Master's programme in Ayurveda starts October 2023

Accredited 2-year Alma Mater Europaea University programme offers 120 ECTS Credits in the fundamental principles and practical procedures of Maharishi AyurVeda. The hybrid format programme includes online studies alternated with on-campus blocks at the Alma Mater Campus in Maribor, Slovenia.

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"Celebrating Ayurveda" — the 40th Anniversary Congress of the German Society of Ayurveda (DGA) held in Bad Ems

More than 50 doctors attended the four-day Congress at the Maharishi AyurVeda Private Clinic in the magnificent Häckers Grand Hotel in Bad Ems, Germany. The Congress featured a wide range of presentations from leaders in Ayurveda in Germany. The Congress coincided with the 30th anniversary of the Bad Ems Clinic.



Congress participants at the Maharishi AyurVeda Private Clinic at the Häckers Grand Hotel in Bad Ems

Dr Wolfgang Schachinger, Head of the German Ayurveda Academy and Soma Center for Maharishi AyurVeda and Holistic Medicine, and Dr Ulrich Bauhofer, spoke on "What do we need to do to integrate Ayurveda in daily practice?"

Other talks included research on treating post-Covid syndromes with Ayurvedic therapies and the beneficial effects of Panchakarma on high blood pressure, as well as presentations on Ayurvedic Phyto-Pharmacology, Ayurvedic Baby Massage, and techniques of Pulse Diagnosis.

During the congress, the International Maharishi AyurVeda Foundation (IMAVF) honoured outstanding achievements in disseminating Maharishi AyurVeda with a "Lifetime Achievement Award" in a festive ceremony.

Award recipients included Karin Pirc, PhD, Ulrich Bauhofer, MD, Wolfgang Schachinger, MD, Ernst Schrott, MD (posthumously), Oliver Werner, MD, Barbara Grandpierre, MD, Walter Mölk, MD, Gudrun Buchzik, Franz Rutz and Shantanu Banerji. The award ceremony was moderated by Dr Girish Momaya, director of IMAVF and Lothar Pirc, founder and Managing Director of the Maharishi AyurVeda Private Clinic in Bad Ems, who was also honoured for his life's work and dedication to Ayurveda.

Bad Ems, which had been named a UNESCO World Heritage Site "Great Spa Towns of Europe", provided a worthy setting for the specialist congress.

The fundamental goal of the DGA is to encourage the exchange and involvement of young Ayurveda practitioners in order to promote awareness of Ayurveda, especially via social media. The next DGA specialist congress will take place from 9 to 12 May 2024. The DGA cordially invites all Ayurveda practitioners to attend.



Wolfgang Schachinger, MD, Ulrich Bauhofer, MD, Risha Shrivastava, Dr Girish Momaya, Lothar Pirc, Oliver Werner, MD, Franz Rutz and Walter Mölk, MD



Pulse Diagnosis Presentation by Wolfgang Schachinger, MD and Vaidya Kalyan C. Indukuri

Indian Embassy in Manila invites Philippines government to further promote Ayurveda

This past June, Indian Ambassador Shambhu Kumaran organized a roundtable discussion in Manila with the objective to strengthen and expand the collaborative initiative between India's National Institute of Ayurveda and the Philippine Institute of Traditional and Alternative Healthcare (PITAHC). In April 2022, the Philippines became the first country in the ASEAN region to sign a Memorandum of Understanding on Cooperation in Ayurveda and other Traditional Systems of Medicine.

According to Ambassador Kumaran, the goal is to establish a more structured and legally supported framework for Ayurveda in the Philippines to make access more available to Filipinos.



"I do hope ... we can bring in (a) larger number of Ayurveda practitioners. At the same time, India is also committed to provide training for a larger number of Filipinos to become practitioners of Ayurveda and therefore, to create capabilities in the Philippines to use the system of medicine as part of the wellbeing effort," Ambassador Kumaran noted. He added that India is willing to provide assistance in infrastructure development, the establishment of collaborative centres, and the modernization of existing laboratories.

"We are looking at setting up a research center which is something that the government of India will fund; we are also offering scholarships and short-term courses in Ayurveda-related fields," Kumaran said. "We have a developed system that the Philippines can use. We are ready and we are waiting for the Philippine government to tell us," he concluded.

News source: <https://www.manilatimes.net/2023/06/26/expats-diplomats/india-to-strengthen-ayurveda-presence-in-the-philippines/1897742>

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Since 1992 the Maharishi AyurVeda Health Centre Bad Ems has been one of the leading Ayurveda institutions in Europe. More than 30,000 satisfied customers, including managers and business people, have taken advantage of top-quality Ayurveda for prevention, rejuvenation, revitalization and cure. The Health Centre wants to enhance this success and is expanding its team!

Please visit: <https://ayurveda-badems.com/the-centre/job-openings/>

Highlights from the Kathmandu Congress 2023



Over 350 delegates, including scholars, researchers, physicians, academicians, and policymakers in Ayurveda and more than 100 Nepali Vaidyas, attended the Seventh International Ayurveda Congress (IAVC) on 3–5 March 2023 in Kathmandu, Nepal. Attendees enjoyed stimulating presentations from leaders in Ayurveda and extensive opportunities to network.

The International Ayurveda Congresses have played an essential role in strengthening the worldwide Ayurvedic community and supporting the recognition of Ayurvedic modalities by government health ministries and the health insurance industry. The International Maharishi Ayurveda Foundation has been a key organiser and participant in all these congresses and has been instrumental in introducing and promoting the unique consciousness-based benefits of Maharishi AyurVeda.

Please enjoy the following summaries of four presentations:

Ayurvedic Medicine is unified field-based medicine

Presentation by John Hagelin, PhD

President, Maharishi International University, USA, renowned quantum physicist



The unified field percolates with vibrating loops called superstrings: the fundamental particles of the universe are just states of vibration of the Unified Field. These five spin-types are the five fundamental elements of the universe. Everything comes out of this unified field, and the whole universe comes out of these fundamental particles.

These five spin-types that physics identifies relate exactly to the five Pancha Mahabhutas described in Ayurveda and in Vedic Science. The Pancha Mahabhutas also combine to form more holistic structures, three more holistic structures, called, in physics, superfields. These correspond to the three Prakritis: Vata, Pitta and Kapha.

Ayurveda deals with the body at its subtlest level, which extends beyond the three Gunas, beyond the Prakritis, into the realm of consciousness through the practice of Yoga, Transcending, which is part of Ayurveda. That's what restores the Veda into Ayurveda.

Ayurvedic medicine takes you all the way to the foundation of the human body into the origin of body and consciousness. Ayurveda goes deeper than the three Prakritis, the three Doshas. Ayurveda really has its roots directly in the Unified Field, in the field of Atma, the field of consciousness.

So we can say that Ayurvedic medicine is truly, ultimately Atma-based medicine or in the language of physics Ayurvedic medicine is in fact ultra-modern cutting edge, Unified Field-based medicine.

Modern science discovers Ayurvedic concepts

Presentation by Rainer Picha, MD

Chairman, Maharishi International AyurVeda Foundation

Modern medicine and Ayurveda are beginning to merge into each other and we call it integrative medicine.

Here are four examples:

1. Prakriti has been correlated with specific genetic profiles and a new field of study—Ayurgenomics—is being developed.
2. The concept of AMA, of toxins, of undigested food that has to be eliminated, was not appreciated by modern medicine until 2016 when a Nobel Prize was awarded for discovering the mechanism underlying Autophagy, which is the self-purification process that happens in our body when we fast. Autophagy and the Ayurvedic mechanism of Amapachana are absolutely the same. Pharmaceutical drugs called “autophagy activators” are now being developed. But Ayurveda already has Amapachana herbs that have been doing this safely without side effects for thousands of years.
3. The principle of Dinacharia, or daily routine for optimal health, has been thoroughly validated. A Nobel Prize was awarded for discovering the circadian rhythm, and now modern medicine is discovering that when there is a chronic misalignment between our lifestyle and our inner clock, one is more prone to disease. Research has also shown that the effectiveness of medications and the success of interventions such as surgery are also influenced by the time of the day. Scientists have even identified the location of our inner clock in the Suprachiasmatic nucleus (Hypothalamus).
4. The value for health by being exposed to the early morning rays of the sun—Sandhi Prakash—has also been validated by research showing that the Near Infrared Light in the morning sunlight releases tissue melatonin that “cleans up” toxic waste in our cells and contributes to cell vitality. (See IMAVF NewsMagazine Spring 2023 for a detailed article on this phenomenon “The Medical Benefits of Sandhi Prakash”.)



You may view Videos from the Congress here:

<https://internationalayurvedacongress.com/nepal-2023/videos/>

The full potential of Ayurveda as a truly integrative system of medicine: The profound contribution by Maharishi Mahesh Yogi

Presentation by Walter Mölk, MD, Director, International Maharishi AyurVeda Foundation

"The doctor has to be the embodiment of love and that can only be on the level of infinite correlation, infinite flexibility, filled with bliss, endowed with love. The attention of such an awareness will remedy any disorder. Therefore, the doctor has to be a cosmic individual established in Unity consciousness." — Maharishi Mahesh Yogi



When considering the field of "Integrative Medicine," we must start by realizing that "integration" must take place in our own consciousness. Maharishi has brought forth the profound knowledge that Ayurveda is not only a medical system but a complete system of integrated life.

"Swasthya" is the Sanskrit word for health, which means being established in self-referral consciousness. Maharishi defines consciousness as "Consciousness is that which is conscious of itself." In this concise definition, we can see that the subject, object, and their connection are all aspects of the same unified consciousness (Atma). This threefold internal structure of consciousness is subsequently expressed as the Vedic sounds, the human body (Sharira), and the entire universe (Vishwa). According to the discovery of Prof. Tony Nader, the human physiology is the expression of the Veda and the Vedic literature.

For example, the threefold structure of consciousness is reflected in the body's information-processing and structuring units, corresponding to Vata, Pitta, and Kapha. Knowing that the three Doshas and all the other aspects of Ayurvedic anatomy and physiology have their origin in consciousness broadens their comprehension and leads to practical applications for prevention and treatment.

The Properties of Consciousness

Presentation by Oliver Werner, MD

*President, Swiss Physicians' Society for Ayurveda, Swiss Association for Maharishi Ayurveda
Founder, Maharishi Ayurveda Health Center, Seelisberg, Switzerland*



Is consciousness created by the physiology of the brain, or is it something basic in creation?

Modern Neuroscience says consciousness is created by the physiology of the brain, although scientists have 20–30 different theories about how this happens. But if consciousness were entirely created by the material physiology of the brain, then only "normal" types of interactions, such as perception through the five senses, would be possible.

However, conceivable types of distant interactions could be telepathy, clairvoyance and psycho-kinesis, which includes direct mental effects on physical objects or group effects of consciousness such as the Maharishi Effect.

And if just one of these interactions could be conclusively shown to exist, this would falsify the concept that consciousness is a product of brain physiology. No materialist theory of consciousness can explain these type of interactions. And yet a lot of scientific research validates the existence of these types of distance interactions, including telepathy and clairvoyance.

Repeated experiments on the extended Maharishi Effect showed that when people practised the advanced TM Sidhi programme in groups, the square root of one percent of the population practising together is sufficient to have an effect on the entire society. And there are at least 50 studies, excellently controlled scientific studies, done on the extended Maharishi Effect.

One-year Postgraduate Degree in Ayurveda expanded for 2024/2025 *Alma Mater Europaea University programme will offer 55 ECTS Credits*



The Postgraduate Certificate in Ayurveda for Health Professionals at the Alma Mater Europaea University has added more courses and thus 25 more credits for a total of 55 ECTS credits. Beginning in the 2024-2025 academic year, the programme consists of two parts, Phase I and II.

Phase I:

- Basic Principles of Prevention, Diagnosis, and Treatment, Part 1
- Basic Principles of Prevention, Diagnosis, and Treatment, Part 2
- Ayurvedic Herbal Therapy (Dravyaguna), Part 1
- Ayurvedic Protocols for the Treatment of Common Disorders, Part 1
- Aromatherapy and Dermatology in Ayurveda
- The Management of Tissues (Dhatus) and Channels (Srotas) in Ayurveda

Phase II:

- Protocols for the Treatment of Common Disorders, Part 2: Marma Therapy
- Protocols for the Treatment of Common Disorders, Part 3: Applying Aromatherapy
- Ayurvedic Herbal Therapy (Dravyaguna), Part 2

Enrollment in Phase II is available only after completion of Phase I.

In Phase I, there are two 9-day in-residence stays at the Alma Mater Campus in Maribor, Slovenia; in Phase II, there is one 15-day stay at Maribor.

The programme, directed by Professor Gordana Marković, MD, PhD, is offered in a hybrid format, with online studies alternated with on-campus blocks at the Alma Mater Campus in Maribor, Slovenia. The distinguished faculty includes Walter Mölk, MD and Rainer Picha, MD as well as guest lecturers.

Applicants for the Alma Mater Europaea Postgraduate Certificate in Ayurveda should have at least basic knowledge of Western medicine. This includes medical doctors, osteopaths, chiropractors, and homoeopaths, and in Germany, Heilpraktiker. In many countries, it also includes dentists, clinical psychologists, psychotherapists, occupational therapists, pharmacists and naturopaths.

If your profession is not listed here, but you consider yourself eligible for the programme, please apply.

If you are not a trained health professional and would like to benefit from this profound knowledge, please contact Silvia Hawkins at professional.training@imavf.org.

The next Postgraduate Programme in Ayurveda will start on 25 March 2024.

To request more detailed information, please follow this link: <https://ayurvedatraining.eu>



Graduates of the 2nd generation Postgraduate Certificate programme in Ayurveda at Alma Mater University, Maribor, Slovenia, with Professor Gordana Marković, MD (centre), and Tomaž Kložnik (far right)

"I very much recommend studying Ayurveda at Alma Mater in Maribor. The knowledge we got is very systematic and profound, and it is very much combined with its practical use. I think this is the biggest advantage of this study. We use the new knowledge in consultations with patients on a daily basis, and this is really priceless. We learn how to advise people to live healthier, and we learn how to support patients even with severe disorders. The study is very intensive but organised in such a way that it is pleasant and not tiring at all, thanks to our wonderful, inspiring, full of knowledge and experiences professor Dr Gordana Marković."

— T.R.P., student from Slovenia

New! Master's programme in Ayurveda starts October 2023

Accredited Alma Mater Europaea University programme: 120 ECTS Credits



The two-year Master's programme will offer a thorough course of study in the fundamental principles and practical procedures of Maharishi AyurVeda. The programme is offered in a hybrid format, with online studies alternated with on-campus blocks at the Alma Mater Campus in Maribor, Slovenia.

A bachelor's/undergraduate degree in a health study programme and English language proficiency are required for participation, but foundation courses will be available to those students who do not fully meet the standard admission criteria.

The programme is designed to give participants the knowledge and practical protocols to use key consciousness-based Maharishi AyurVeda techniques in their health care practice to promote wellness and prevent disease. In addition, students will be encouraged to learn Transcendental Meditation.

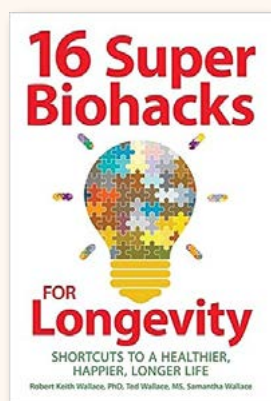
Upon completion of the programme, graduates will be able to:

- Increase their own resilience, overall wellbeing, and job satisfaction through personalized self-care programmes.
- Evaluate a person's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles.
- Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in everyday practice.
- Instruct persons in personalized self-care programmes, including individualized dietary, behavioural, exercise, and detoxification regimens, and methods of stress management.
- Utilize Ayurvedic principles to optimize digestive health and nutrition.
- Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
- Understand multi-modality Ayurvedic protocols to address a wide range of common health issues.
- Practice Aroma Therapy and Marma Therapy.

For more details, please visit: <https://bit.ly/MasterinAyurveda>

New book by Dr Keith Wallace

16 Super Biohacks for Longevity: Shortcuts to a Healthier, Happier, Longer Life



Dr Wallace's new book, co-authored by Ted Wallace and Samantha Wallace, provides a practical blueprint for "bio-hacking" with proven techniques for building resilience and longevity.

Living a long and healthy life has become an important topic for both young and old, especially with the rise of Alzheimer's disease.

Biohacking is a new approach to health that uses techniques for improving our health. For a biohack to work, it must be transformed into a habit because ultimately, our health depends on maintaining healthy habits.

The book shows us how to adopt the 16 most important biohacks, including habit change, meditation, sunlight, intermittent fasting, longevity supplements, diet, gut microbiome, exercise and yoga, sleep, detox, daily and seasonal routines, breathing techniques, water, happiness, environment, and spirituality.

Both validated modern approaches and time-tested ancient practices of Ayurveda are featured to enable you to live a healthier, happier, longer life.

Available both as a kindle and paperback. Read excerpts and order at: <https://www.amazon.de/-/en/Robert-Keith-Wallace/dp/1735740152>.

Quantum determinants of temperament PART II

An exploration of alternative theories and related research regarding connections between DNA and Ayurveda



Prof Dr Bruno Renzi, Psychiatrist and Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy, has contributed another chapter in his exploration of Ayurveda's profound interrelationship with Vedic Science and Philosophy.

Here are just a few highlights of Dr Renzi's insights:

The dominant understanding of genetics and molecular biology views genetics purely as a material structure, with more than 97% of the genetic material considered to be "junk DNA."

Wave genetics, on the other hand, establishes the primacy of energy-informational activity which sequentially organises the biochemical activity. The spiritual masters have always known that our body can be programmed with word and thought. This hypothesis and these research studies may now allow validation of the assertions made in the traditions of knowledge dating back thousands of years.

Vedic science and Ayurveda maintain that the original undifferentiated matrix, in which everything is potentially existent within a dynamic infinite silence, is a field of Pure Consciousness, the Unified Field of all the laws of nature.

Contemporary scientific thinkers have formulated theories and conducted studies that align with or validate the Vedic perspective, at times using very different conceptual frameworks and language. Some examples:

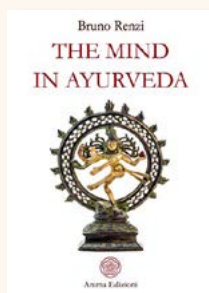
Glen Rein of the University of London has conducted experiments demonstrating that thought was able to provoke chemical and physical changes in the structure of the DNA molecule. People

whose brain activity was harmonic were able to have a greater effect on the structure of the DNA. According to Rein, the key to harmonising brain activity and influencing DNA is love. In addition, distance was not an important factor: a person in Moscow could disconnect and reconnect the spirals of DNA in Rein's laboratory in California, thousands of miles away.

The British biologist Rupert Sheldrake believes that systems are regulated not only by the laws known to science but also by fields which he defined as morphogenetic, introducing the notion of structural or formative causation. Sheldrake's theory supposes that, if the individual of a species learns a new behaviour, the morphogenetic field changes, while the morphic resonance, with a kind of vibration, is transmitted to the entire species.

The research group *Open Network for New Science* proposes that functional DNA (as contrasted with the traditional mechanical view of DNA as of protein production system) can be conceived as a "bio-electronic system on a nanometric scale" that is capable of coordinating cellular metabolism via the remote emission of bio-phonons, so as to be able to communicate and adjust the biological information of each cell in a living system. In this way, instead of being considered largely as junk DNA with all its "unnecessary length", DNA can also be considered to have a complementary bio-electric function, capable of regulating the dynamic system for the circulation of biological information in cells.

Read the full article here: https://imavf.org/wp-content/uploads/pdf/Quantum_determinants_of_temperament_Part_2.pdf



Professor Renzi's book "The Mind in Ayurveda" is available as an e-book at: <https://www.amazon.de/-/en/Bruno-Renzi-ebook/dp/B087JQ36HX>

COURSES

Maharishi Aroma Therapy Consultant Training Course Phase 1 starts 10 September 2023

Online course qualifies participants to give consultations to family & friends

After completion of the Maharishi Aroma Therapy Foundation Course, the next phase of training is the Maharishi Aroma Therapy Consultant Training Course Phase 1, to be held live online from 10 September to 14 October 2023.



In this course, participants will learn:

- How to conduct a Maharishi Aroma Therapy Consultation
- Comprehensive knowledge of specific oils to facilitate your choice for therapeutic purposes
- Systematic procedure for selecting the appropriate oils for particular concerns
- How the essential oils work with regard to their chemical components and Ayurvedic qualities
- How to use the essential oils for each of the 8 bodily systems, based on the principles of Maharishi AyurVeda
- An introduction to the use of hydrolytes as an extension of Maharishi Aroma Therapy
- An introduction to the new line of essential oils

The course will cover the whole range of Maharishi Aroma Therapy from the gross physical to the most subtle energetic and spiritual levels. If you have completed the Foundation Course and want to give consultations to your family and friends or simply strengthen your knowledge of Maharishi Aroma Therapy, you are welcome to join!

For more information, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/> (application will open soon).



Maharishi AyurVeda Aroma Therapy Consultant Training Course Phase 2

In-residence course to be held 23 November – 4 December 2023

The Phase II of the Consultant course, which will complete the basic training in Maharishi Aroma Therapy, will be held 23 November – 4 December 2023. This comprehensive course qualifies participants to give professional Maharishi Aroma Therapy consultations and covers the complete revival of the Science of Holistic Health and Well-Being through the use of essential oils. Students will develop the skills to master the whole range of Maharishi AyurVeda Aroma Therapy practice.

For more information, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/> (application will open soon).

Maharishi Light Therapy with Gems Course Phase 1 now available online *Open to TM Teachers and TM Sidhas with a health background*



The first part of the Phase 1 course of Maharishi Light Therapy with Gems (MLG) is now accessible on-demand, so you can study on your own schedule. This in-depth course will give you the opportunity to learn not only how to apply the beautiful and beneficial gem light to yourself but also how to give professional treatments to clients who are healthy or have minor imbalances.

The Phase 1 course is divided into three parts:

Part 1 (online on demand)

This first part will give you insight into how MLG was developed by Prof. Joachim Roller under the direct guidance of His Holiness Maharishi Mahesh Yogi. The course will cover the properties of gemstones from modern science as well as the significance of gemstones in Ayurveda and their value in light of ancient Vedic Literature. The importance of light that is beamed through gems during MLG will be discussed, and the harmonising effect of MLG on mind and body supporting the development of higher states of consciousness will be explained.

Part 2 (online on demand, after completion of Part 1)

This optional section of the course will explore in detail the characteristics of each of the Navaratnas, the nine gems which are particularly praised in the Vedic Literature, and other gems that are used in the MLG treatment. The relation of the gems to different elements, Doshas, Dhatus (tissues) and Grahas (principles represented in the planets), will be explained. The traditional effects of the gems as outlined in the Vedic texts will be explored: for example, some gems are considered to be more energising, others calming, some promote joy and humour and others increase mental clarity.

Part 3 (in residence in Vlodrop, Netherlands – dates to be announced soon)

Upon completion of Part 1, course participants will be eligible to take Part 3, a residence course where the course participants' knowledge and experience will be deepened, and they will learn the practical application of Maharishi Light Therapy with Gems in MLG treatments.

Course Fees:

MLG Course Phase 1 Parts 1 or 2: online course fee for either is €240 (there is a reduced price for lower-income countries; please see the application form.) If you are already a practitioner of MLG and want to take either of these courses as a refresher, your course fee is €169.

MLG Course Phase 1 Part 3: In-residence course fee is €1.500 (plus accommodation and meals)

To apply, please visit: <https://mcphi.org/maharishi-light-therapy-with-gems-phase-i-part-1-online-on-demand/>

Send us NEWS and UPDATES!

IMAVF is here to serve you – and to help you spread the news of your successes.

Maybe you have news, a success story, a testimonial from one of your clients, or even a practical tip about running your practice that you would like to share with your colleagues.

Send your news to editor@imavf.org with “news” in the subject line. Thank you!

Vedic Dance: Kathak for Beginners with Yagyaa Srivastava A Series of three online weekend workshops begins on 19 August



"Indian classical dance is the most natural and complete technology for enlivening the relationship between transcendental self-referral Being and its expression in the physiology."

—Maharishi Mahesh Yogi

These live online weekend workshops will be taught by Vedic Dance teacher Yagyaa Srivastava. In each workshop, participants will explore different aspects of the Vedic Dance style of Kathak and discover how the practice and performance of Vedic Dance mirrors the laws of nature.

Each workshop will include instruction and practice of various body movements in an easy-to-understand style which can be followed by beginners to Vedic Dance. The workshops are open to anyone—no prior training in dance is required. You may enrol in any one or all three workshops.

The Vedic Dance style taught in these workshops is called Kathak, which comes from the Northern part of India. The dance is

characterized by graceful movements of the hands and body, energetic footwork, and delicate expressions of the face. Spins or pirouettes are also included in this form.

Each weekend will include an overview of basic movements along with a specific aspect of the dance style of Kathak, and movements can be chosen and practised according to each individual's preferences. A simple routine of Vedic Dance can be easily incorporated into the daily routine without the need for any special equipment to enjoy its immense benefits.

Course dates: 19–20 August, 16–17 September, 14–15 October 2023

Course fee: €120 for each weekend workshop
€310 for all three workshops

There is a reduced price for lower-income countries, please see the application form.

Affiliates of the International Maharishi AyurVeda Foundation (IMAVF) receive a discount of 10% on the course fee.

For more details and to apply, please visit: <https://mcphi.org/vedic-dance-in-the-style-of-kathak/>

The advertisement for Maharishi Vedic Sound Technology features a woman with long dark hair, eyes closed, in a meditative state. The background is a gradient of blue and yellow. Text on the left describes the technology's ability to enliven repair mechanisms. Text on the right explains how specific Vedic sounds match vibrational qualities of the body. A disclaimer at the bottom states it is not a replacement for medical care. The website www.VedicSound.org is mentioned.

RESTORE YOUR HEALTH WITH

Maharishi Vedic Sound Technology*

Healing sessions in the comfort of your own home

By exposing the physiology to specific frequencies of Vedic Sound it is able to fully enliven its repair mechanisms.

Maharishi Vedic Sound Technology treatments are available for a wide range of health disorders including:

- Musculoskeletal disorders such as arthritis and back problems
- Gastrointestinal, cardiovascular, endocrine disorders
- Mental problems, such as anxiety, depression and insomnia etc
- View the complete list of disorders or book your healing session at: www.VedicSound.org

Specific Vedic Sounds match the vibrational quality of a particular area of the physiology to enliven its repair mechanism and help restore the original orderly pattern.

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.

* BASED ON THE DISCOVERY OF PROF. TONY NADER MD, PHD • WWW.VEDICSOUND.ORG



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