

IMAVF NEWSLETTER

INAUGURAL ISSUE JULY 2016

Welcome Healthcare Professionals around the World



Dr. Rainer Picha
IMAVF Chairman of the Board

Dear Maharishi AyurVeda Professional,

First, a big "Thank You!" for your inspiring work in bringing the blessings of Maharishi AyurVeda in your profession to your area.

Second, "Welcome" to the International Maharishi AyurVeda Foundation (IMAVF), which was founded to fulfill Maharishi's wish to unite all the professions of Maharishi AyurVeda in one integrated international platform.

In this first, complimentary edition of the IMAVF Newsletter you will find global news and inspiration about all the consciousness-based professions of Maharishi AyurVeda,

including Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana and Maharishi Panchakarma.

Along with news, you'll find details on the many benefits of becoming an Affiliate of IMAVF, such as

- 10% reduction on health-related courses at MERU
- 10% reduction on International AyurVeda Congress fees
- 50% reductions on Advanced Webinars about clinical practices and case studies
- Access to a secure Affiliate website with professional discussion forums, downloadable documents, presentations, and webinar archives.

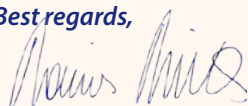
After you become an Affiliate, you will continue to receive our IMAVF newsletter every other month; in addition, you will receive timely news updates via the IMAVF Bulletin 1-2 times each month.

We are sending you this complimentary edition of the IMAVF newsletter to introduce you to the many activities and benefits of IMAVF.

We hope you will consider joining us as an IMAVF Affiliate and working together with us in this united platform to bring the blessings of consciousness-based health care to the whole world!

If you do not yet have training in MAV, you are warmly invited to become a Supporter. To see the benefits for supporters please go to: www.imavf.org/benefits/

Best regards,



Dr. Rainer Picha
IMAVF Chairman of the Board

In This Issue

NEW! Benefits for IMAVF Affiliates

Save the date:

INTERNATIONAL AYURVEDA CONGRESS

London, 1-2 April 2017

GLOBAL GOOD NEWS

RECENT UPDATES FROM

- MAV | MAT | MLG | MYA | MPK

UPCOMING COURSES AND WEBINARS

- **NEW!** Recorded Webinar on Maharishi Aroma Therapy
- MLG Training Course Phase 2
- MAT Consulting Training Course, Croatia

HELPFUL RESOURCES

- 2015 International Ayurveda Congress Presentations Available Online Now
- **NEW!** MAV Herbal Product Index for Affiliates
- **NEW!** Maharishi Yoga Asanas Demonstration DVDs available

LATEST RESEARCH

- TM benefits soldiers with PTSD

MAHARISHI

EDITORIAL

Upcoming Topics

Watch your email in-box for newsletters and bulletins on:

- **Dr. Robert Schneider M.D.'s report on the new Integrative Medical School Programme**
- Interview with Eva Bergmann – tips on becoming a successful Gemlight Therapist
- 2017 International AyurVeda Congress updates on Topics, Workshops and Speakers



His Holiness Maharishi Mahesh Yogi

Founder of Maharishi AyurVeda
Founder of Maharishi College of Perfect Health

“We have a complete chance of creating a disease-free society. You are the first generation of the custodians of health in the world who are launching upon a programme to create a disease-free society through the prevention programmes – purifying programmes – of Ayurveda, and the theme of Ayurveda which is the most valuable thing, which is expressed in one Sutra of the Yogic aspect of Ayurveda: *Heyam duḥkham anāgatam* (Yog-Sutra 2.16) – ‘Avert the danger that has not yet come,’ that we know in one word: prevention. So, for prevention it is necessary to maintain the holistic awareness.

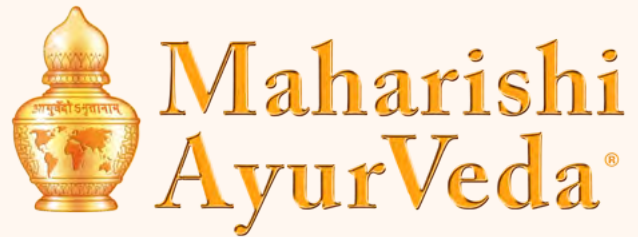
Be the lamp at the door: inside lighted, outside lighted. That is the self-referral awareness, which is one with unity, one with diversity at the same time.”

***Maharishi** - Maharishi Nagar, India, 7 March 1987*

Why should I join the IMAVF?

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

As an IMAVF affiliate you will be fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.



- 1** Free subscription to our regular bi-monthly newsletter and regular news bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- 2** Access to Affiliate-Only downloads, recorded webinars and presentations.
- 3** Access to our online Professional Forums in all the departments of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.
The Forum for the MAV doctors and wellness consultants will be moderated by Dr. Schachinger, Dr. Oliver Werner and Dr. Geritt Gerittsma.
- 4** 10% reduction on course instruction fees on all health-related MERU courses.
(10% discount is valid for course fees, not meals or lodging – not valid with other offers.)
- 5** 50% reduction on Advanced Webinars.
- 6** 10% congress fee reduction on the International Ayurveda Congress - next congress will be held April 1-2, 2017 in London.
(This 10% discount is valid for congress fees, not meals or lodging costs - no double discounts.)
- 7** You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- 8** You will receive a Affiliate certificate plaque to display in your practice and a Affiliate ID card for your future course discounts.
- 9** Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.
- 10** 10% on MLG cosmetics.

Affiliate membership in the IMAVF gives you all these benefits for only 80 Euro per year.

[**Click here to enroll.**](#)

(40 Euro for professionals from underdeveloped 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 per year. (40 Euro from underdeveloped countries.)

[**View benefits for Supporters here.**](#)

Save the Date: 1-2 April 2017



International Ayurveda Congress in London

Ayurveda - The Pursuit of Health, Happiness and Long Life

You are warmly invited to attend the 2nd International Ayurveda Congress at the Novotel Hotel in London, 1-2 April 2017.

This congress promises to be one of the largest Ayurveda conferences in Europe. It is jointly organized by the International Maharishi AyurVedaFoundation, the All India Ayurvedic Congress, and the International Academy of Ayurveda.

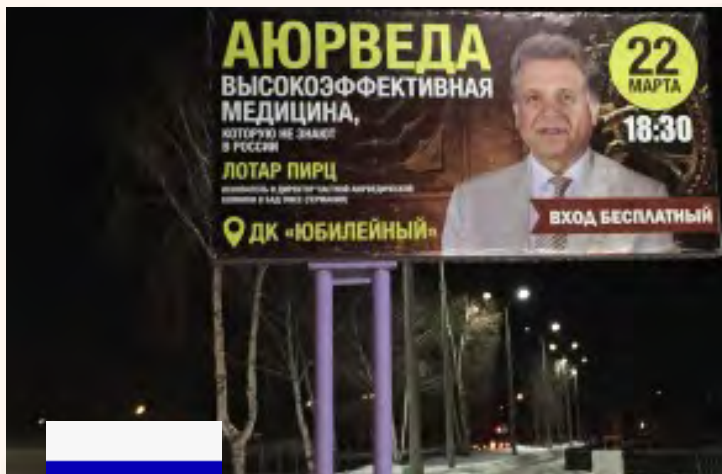
Internationally renowned scholars from India, Europe and USA will present scientific research that showcases the effectiveness of Ayurveda in solving health challenges.

The list of keynote and guest speakers is still being finalised, but you can count on fascinating topics and outstanding speakers in many areas of Ayurveda.

For congress details and schedule, and to register, please go to:
internationalayurvedacongress.com

IMAVF affiliates will receive a 10% discount on the congress fee.

Global Good News in Natural Health Medicine



Advertising in the Streets of Votkinsk

RUSSIA March 2016

IMAVF Board Member Lothar Pirc promotes Maharishi AyurVeda in Russia

IMAVF Board Member Lothar Pirc presented Maharishi AyurVeda to medical and government leaders in Russia, and investors have offered to build a clinic in a prime location.

The next step: additional trips with a MAV doctor to provide consultations, and doctor training seminars in Russia.

A regional television station repeatedly broadcast a summary of Lothar Pirc's presentations, followed by a 20-minute interview with him. [Read more](#)

Opportunity for MAV Doctors: Would you be available to help develop curriculum and train Russian doctors in MAV?

Contact: Lothar.pirc@Maharishi.net



Representatives of Maharishi AyurVeda meet with Professors of Ayurvedic colleges in India

INDIA January 2016

IMAVF Board Members promote Maharishi AyurVeda in INDIA

Dr. Girish Momaya, Prof. Dr. John Fagan, Prof. Dr. Ranade, Dr. Karin Pirc and Mr. Lothar Pirc gave keynote addresses on Maharishi AyurVeda to many delegates at the International Conference on Advances in Asian Medicine in Pune, India.

Mr. Lothar Pirc and Dr. Karin Pirc met with Honorable Shri Prasad Naik, India's Minister of AYUSH to propose introducing Maharishi AyurVeda into the Ayurved Colleges in India.

Opportunity for MAV Doctors: Would you be interested in helping integrate Maharishi AyurVeda into the curriculum of Indian colleges and universities?

Contact: Lothar.pirc@Maharishi.net



Lothar Pirc meets with Honorable Shri Prasad Naik, India's Minister of AYUSH

Global Good News in Natural Health Medicine



Prime Minister Modi of India

INDIA February 2016

Prime Minister Modi of India endorses Ayurveda:

India's Prime Minister, Hon. Dr. Narendra Modi, proclaimed: "Ayurveda is relevant globally because of its holistic and comprehensive approach to health... Our government is fully committed to promotion of Ayurveda."

SERBIA May 2016

The 2nd International Symposium on Mind-Body Medicine in Ayurveda was held in Belgrade, Serbia, May 9-10, with over 250 participants including medical doctors, health professionals and Maharishi AyurVeda professionals.

Co-organized by Dr. Branko Cicic and the Indian Embassy in Belgrade, the Symposium introduced consciousness-based medicine to policymakers in the Balkan countries, with an intention to integrate the principles of Maharishi AyurVeda into the national health care systems.

After the symposium Dr. Sunil Patil and Lothar Pirc gave a TV interview on the unique advantages of Maharishi AyurVeda – this was seen by 300,000 people in Serbia, Montenegro and Croatia:

[youtube.com/watch?v=E0SPbYG7JB8](https://www.youtube.com/watch?v=E0SPbYG7JB8)

Opportunity: We encourage you to organize conferences on Maharishi AyurVeda such as this one in your own country.

The International Maharishi AyurVeda Foundation (IMAVF) will be happy to offer support and guidance.

Contact: Lothar.pirc@Maharishi.net



Belgrade, Serbia: 2nd International Symposium on Mind-Body Medicine in Ayurveda



Maharishi AyurVeda presented on several German TV shows by Lothar Pirc

GERMANY May 2016

Maharishi AyurVeda on German TV shows

IMAVF Board Member Lothar Pirc gave several interviews and presentations on the unique advantages of Maharishi AyurVeda on popular TV shows, including DRF1TV and RLP.TV.

[youtube.com/watch?v=zFHUclqeGUI](https://www.youtube.com/watch?v=zFHUclqeGUI)

LATEST UPDATES

From the Departments of Maharishi College of Perfect Health International

Maharishi AyurVeda

Clinical Use of Veda Herbs with Ashtavaidya Divakaran Mooss,
renowned expert in Ayurvedic Herbal medicine

27 MAV professionals from 12 countries attended the first course on Veda Herbs in 15 years at MERU, Holland in April. Ashtavaidya Divakaran Mooss and his son Ashtavaidya Ravi Mooss shared secrets about the clinical application of some of the most effective Veda herbs available.

"The best Maharishi course so far in teaching and learning"

Linda Thompson 4/23/16 - UK

"This is a must for doctors and health professionals wanting to embrace a holistic approach to the practice and medicine."

Tim Carr 4/23/16 - Australia



Ashtavaidya Divakaran Mooss



Veda Herb Course at MERU in April 2016

LATEST UPDATES

From the Departments of Maharishi College of Perfect Health International



Maharishi Aroma Therapy Course at MERU

Maharishi Aroma Therapy Consultant Training Course

From Department Head Nadine Thomas

40 attendees from 16 countries enjoyed an in-depth introduction to Maharishi Aroma Therapy at MERU, led by Nadine Thomas and Dr. Malte Hozzel, foremost expert in the knowledge of the plants, essential oils and their therapeutic properties.

Maharishi Aroma Therapy Webinar Report

MAT Department Head Nadine Thomas reports that all the 5 MAT Webinars presented to date by Claudette Maurin have been well-attended, and that consultants appreciate the thorough and practical review of the knowledge received during the training course.

Nadine Thomas explains:

"During each webinar we review the knowledge that the consultants received in the MAT training course. The consultants find this coaching to be very helpful in preparing them to give their own consultations."

"We review in great detail the process for selecting the essential oils according to the predominant dosha and the health concerns of the client. Each time we cover one case study in depth, and review the fundamental steps of a consultation, how to apply the Essential Oils, safety and dilution, etc. We also add a specific theme such as skin or weight problems, etc."

"Step by step we practice together what we learned during the course. Then consultants feel totally confident to select the Essential Oils for themselves, their family and friends and then for public consultations."

"We also review how to present Maharishi Aroma Therapy so that all consultants feel confident explaining the benefits of Maharishi Aroma Therapy to everyone in daily life."



LATEST UPDATES

From the Departments of Maharishi College of Perfect Health International



Maharishi Light Therapy with Gems Report (MLG)

From Department Heads Joachim and Iris Roller

In June 2007 Maharishi told Joachim Roller that the treatment would be very successful and should be spread worldwide. To date we have trained around 200 Maharishi Light Therapy with Gems practitioners from over 50 countries at Maharishi's Peace Palace at MERU, Netherlands.

Together these practitioners have offered over 13,000 MLG treatments all over the world:



- **Eva Bergmann:** Over **4,000 MLG** treatments in Skandinavia and USA
- **Nakata:** Around **3,200 MLG** treatments in Japan
- **Ekaterina:** Around **3,000** in Ukraine and Russia
- **Ayala Melzer:** Around **2,500** in USA
- **Igor and Nadya** have reached the magical number of **1,008** in Ukraine

We will publish regular experience reports with visuals and photos to demonstrate the effectiveness of Maharishi Light Therapy with Gems.

This will be an opportunity for those working on Maharishi's assignment to document and promote their enlightening experiences of their Maharishi TM-Sidhi and Maharishi Light Therapy with Gems techniques in connection with the illuminating experiences of our cosmic body.

To learn more about Maharishi's explanation of Maharishi Light Therapy with Gems and the updated advancements of this technique, we invite MLG consultants to attend Phase II, the advanced level of Maharishi Light Therapy with Gems from 31 October to 21 November, 2016. [Enroll here](#)

IMAVF Affiliates receive a 10% reduction on the course fee. [Register here to become an Affiliate.](#)

LATEST UPDATES

From the Departments of Maharishi College of Perfect Health International

Maharishi Yoga Asana Teacher Training Courses

From Department Heads Gudrun Buchzik and Reinhard Rau

The Maharishi Yoga Asana TTC gives you the practical knowledge and experience to teach the 16-lesson Maharishi Yoga Asana course to Governors, Sidhas, Meditators and to the public with expertise and confidence.

The course offers a thorough and systematic training in Yoga Asanas, their benefits and contra-indications, as well as teaching methodologies, observation, assisting and adjusting, instruction, teaching-style, correction, and processes of teaching, receiving and giving feedback and demonstration.

In a beautiful atmosphere you will learn about Maharishi's comprehensive understanding of the nature of Yoga - the unification of individual and cosmic life through unique lectures by Maharishi on Yoga, Yoga-Philosophies, traditional texts and Asanas.

You will also receive knowledge about Anatomy and Physiology, the relationship between Yoga and Maharishi AyurVeda, get deep rest and take part in long programmes with great experiences, meet wonderful people from around the world, and appreciate wonderful organic meals.

MAHARISHI YOGA ASANA

TEACHER TRAINING COURSE
for Governors of the Age of Enlightenment



**Enjoy this video about the
Maharishi Yoga Asana TTC
in Thailand at end of 2015:**

youtube.com/watch?v=Plv9bvAeVWE

***New!* See article below on
Maharishi Yoga Asanas
Demonstration DVDs now
available!**

LATEST UPDATES

From the Departments of Maharishi College of Perfect Health International

Maharishi Panchakarma Training in Skelmersdale England



The International Maharishi Panchakarma Training Course Block 1 in Skelmersdale 11-15 July is fully booked.

The Men's International Maharishi Marma Massage (Kalari Marma Uzicil) Training Course is held from 14-23 July.

This powerful technique involves dynamic body work aimed at fortifying Prana. Maharishi Marma Massage does not focus on the individual Marma points, but primarily on that which connects all these Marmas: the flow of the inner Intelligence of the body, also called Prana, which governs all the innumerable parts of the body and connects the individual physiology with the cosmic physiology.

All MPK training courses are international courses and technicians active in an existing MAV centre from any country may attend.

The courses will be conducted by Kathryn Nolan (for ladies) and Randol Oberson (for men), who are also responsible for the training of technicians in Maharishi Panchakarma worldwide. Both have trained, managed and treated in many centres, many countries and projects including THMD and MERU.

They are both long-term governors and MAV practitioners who have been involved in Maharishi AyurVeda from 1985 when this knowledge was first made available in the West.

Kathryn and Randol are the remaining representatives of the 1994 MAV trainer's workshop where Maharishi Mahesh Yogi personally supervised the creation of the consciousness based style of treatment that is distinctive to MAV centres.

If you have questions on MPK training in Skelmersdale, Kathryn Nolan and Randol Oberson will be very happy to hear from you **via email:**

For lady applicants: mapkcourses@gmail.com

For male applicants: orandol@gmail.com



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Upcoming MAV Courses

31 October – 21 November 2016

MERU Holland

Maharishi Light Therapy with Gems, Training Course Phase 2

The goal of this advanced course is to strengthen experienced MLG practitioners to be even more successful in their endeavours to expand the range of the application of MLG.

IMAVF Affiliates receive a 10% reduction on MAV course fees at MERU in addition to other Affiliate benefits. imavf.org/benefits/

To register for the course, please apply at:
MLG@maharishi.net

10 – 24 September 2016

Island Hvar, Croatia

Maharishi Aroma Therapy Consultant Training Course



The MAT consultant training course will be taught by Nadine Thomas on the beautiful Island of Hvar in Croatia.

Course Location: Resort Fontana, Jelsa, Hvar, Croatia

Email for information and registration:
MAT@maharishi.net

Newly Recorded Webinars Available in the Archive

New Webinar on Maharishi Aroma Therapy

(For MAT Practitioners only)

On June 25 **Claudette Maurin** continued with the fifth in her series of MAT Webinars by sharing a brand new PowerPoint presentation you can use to present MAT to your family and friends. She answered questions and discussed "What can I do to increase the number of my MAT consultations?"



Lavender harvest

To access this and previous Webinars
please register either as „Affiliate“ or as „Webinar Participant“ at imavf.org/registration/levels/.

Affiliates will receive a 50% reduction in Webinar fees.

[back to content](#)

Helpful Resources

International Ayurveda Congress, Netherland 2015 *Now Available Online*



You can now watch all International Ayurveda Congress presentations online
(InternationalAyurvedaCongress.com/schedule-2/).

Enjoy Maharaj Adhiraj Rajaram's beautiful keynote address, plus many other presentations such as talks on „Lifestyle Diseases and their Solutions“, „The Role of Ayurveda on Mental Health“, and reports on medicinal herbs.

Speakers include:

Dr. med. Rainer Picha, Dr. med. Walter Mölk, as well as distinguished Vaidyas from India: Padmabhushan Vaidya Devendra Triguna, Prof. Dr. Subhash Ranade, Prof. Baghel and Dr. Narendra Bhatt.

Maharishi College of Perfect Health

COMPARISON

List of Names for MA Products

MAV Herbal Product Index reveals

Which name = Which MA number?

Did you ever wonder which MA number corresponds to the name of an MAV product in Europe, the UK or the USA? Now you have a "cheat sheet" prepared by our Health Ministry Secretary Rolf Gründler that lists all of the MA numbers with their corresponding names both in the USA and UK.

Sign into your Affiliate Account at www.imavf.org to download the compilation.

Please select "Downloads" from the menu. If you are not yet an Affiliate. ***Please click here to enroll.***

[back to content](#)

Helpful Resources

New! DVDs of Maharishi Yoga Asanas, now available for Governors

The long-awaited Maharishi Yoga Asanas Demonstration Videos for both men and ladies are now available. Use them in conjunction with the 16-lesson course on Maharishi Yoga Asanas. Each set contains separate DVDs for ladies and for men, accompanied by a 4-page illustrated guide to the postures.

Order your DVDs only through your National Office (price varies by country) (globalcountrycourses.com/education/Details06.php?recordID=150) and you can also request additional leaflets or a pdf file so you can print the leaflets yourself.

Highly recommended:

The Yoga Asanas TTC deepens your understanding of the Yoga Asanas and improves your ability to give the 16-hour Yoga Asanas Course. Course participants also report that it is one of the most blissful courses ever.

Check upcoming IMAVF Newsletters and Bulletins for updates on when the next Yoga Asanas TTC becomes available.



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[back to content](#)

Scientific Research

Latest Scientific Study on TM in the Journal

Military Medicine

Shows Benefits for PTSD

Vernon A. Barnes, PhD; Andrea Monto, LMSW; Jennifer J. Williams; John L. Rigg, MD; 2016

This controlled study confirmed the result of four other studies that have found beneficial effects of TM on Post Traumatic Stress Disorder. It documented a significant reduction in the need for psychiatric drugs among Military Service Members with Anxiety and PTSD who practiced Transcendental Meditation

The study found a 20.5% improvement in severity of psychological symptoms among those practicing TM after six months, compared to the control group.

The need for psychiatric drugs was studied among soldiers having Post Traumatic Stress Disorder (PTSD) practicing TM, compared to non-meditators.

The sample included 74 military Service Members with documented PTSD or anxiety disorder not otherwise specified (ADNOS), 37 that practiced TM and 37 that did not.

Result after one month of TM:

83.7% of the TM group stabilized, decreased, or ceased medications and 10.8% increased medication dosage; 59.4% of controls showed stabilizations, decreases, or cessations; and 40.5% increased medications.

A similar pattern was observed after two, three and six months.

Notably, there was a 20.5% difference between groups in severity of psychological symptoms after six months, that is, the control group experienced an increase in symptom severity compared with the group practicing TM.

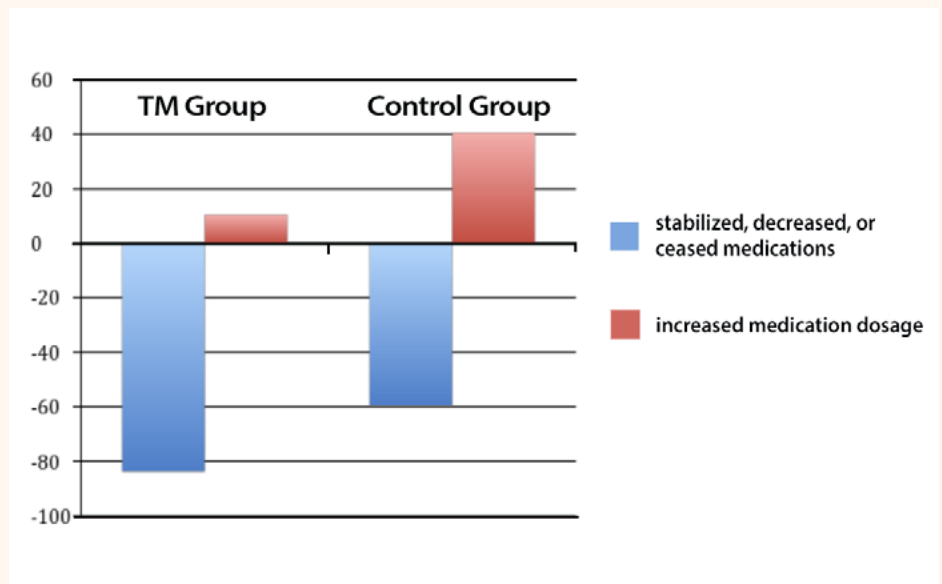
The authors concluded "These findings provide insight into the benefits of TM as a viable treatment modality in military treatment facilities for reducing PTSD and ADNOS psychological symptoms and associated medication use."

Source:

Vernon A. Barnes, PhD; Andrea Monto, LMSW; Jennifer J. Williams; John L. Rigg, MD – Impact of Transcendental Meditation on Psychotropic Medication Use Among Active Duty Military Service Members With Anxiety and PTSD. *MILITARY MEDICINE*, 181, 1:56, 2016.

Summary with quotes from the abstract by Jaan Suurkula, M.D.

This controlled study confirms the result of four other studies that have found beneficial effects of TM on PTSD. Although the medication level is a fairly good indicator of the condition of the patient, it does not make justice to the real improvement caused by TM. Several studies indicate that TM does not just have a symptomatic effect, appearing as reduced need for medication, but as opposed to drugs, the technique also normalizes the psychology by eliminating the mental 'scars', which bring about the need for medication.



IMAVF Newsletter Editorial

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Send Us Your News – and Your Ideas!

- **Which topics or issues would you like us to report on?**
- **What results, news, discoveries or successes would you like to share?**
- **Share your news with other MAV professionals.**
- **We are eager to hear your suggestions for new articles or columns.**

Just email your news and ideas to: editor@imavf.org



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