

21st International Conference
“Maharishi Ayur Veda & Psychology”
(*Mānasa Shastra*)

April 28 – 30, 2017

Venue:

**Maharishi University of Management
Dalby Hall, MR 796, 1000 N. 4th street
Fairfield, Iowa 52557, USA**

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Tentative Conference Program Guide*

Friday, April 28, 2017 - Dalby Hall

Time	Topic	Presenter
07:00 am – 08:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
Session 1 – Guest of Honor		
08:45 am – 08:55 am	Inauguration	Inauguration
09:00 am – 09:05 am	Introduction of Plenary Speaker	Shekhar Annambhotla
09:05 am – 10:00 am	Plenary Speaker - The Microbiome and Ayurveda: How the Health of our Gut Determines the Health of our Mind	Robert Keith Wallace, PhD, Founding President, Maharishi University of Management, Iowa, USA
Session 2 – Plenary Speaker		
10:00 am – 10:05 am	Introduction of speakers of the session	Sankari Menon Wegman
10:05 am – 11:00 am	Plenary Speaker Maharishi Ayurveda on Mental Health and Aging	Robert Schneider, MD, FACC, FAMBR, Dean, Maharishi College of Perfect Health, Maharishi University of Management, Iowa, USA
11:00 am – 11:15 am	Break	Break
Session 3 – Moderator – Sankari Menon Wegman		
11:15 am – 11:20 am	Introduction of speakers of the session	Sankari Menon Wegman
11:20 am – 11:50 am	Ayurveda, The Chakra System and Human Needs	Paul Dugliss, MD, Director, New World Ayurveda, Maine, USA
11:50 am – 12:20 am	Food and Mood: Exploring the Connection Between What We Eat and How We Feel	Sapna Punjabi Gupta, MS Nutrition, RD, Texas, USA
12:20 pm – 12:35 pm	Q & A	Q & A
12:35 pm – 01:00 pm	Sponsors presentation	Banyan Botanicals, NM, USA Forest Gold, India
01:00 pm – 02:15 pm	Lunch & Sponsors Visit	Lunch
Session – 4 – Moderator – Priyaa Balamurugen		
02:15 pm – 02:20 pm	Introduction of speakers of the session	Priyaa Balamurugen
02:20 pm – 02:50 pm	Balanced Brain, Happy Heart : How Ayurveda Supports Optimal Mental Health, An Evidenced-Based Exploration	Nancy Lonsdorf, MD, Director, Awaken Your Power to Heal, Iowa, USA
02:50 pm – 03:20 pm	“Make the People Happy”- Maharishi Ayurveda / Ayurveda & Psychology	Andrew Stenberg, MA, Program Director, Maharishi AyurVeda & Integrative Medicine, Maharishi University of Management, Iowa, USA
03:20 pm – 03:35 pm	Q & A	Q & A
03:35 pm – 03:50 pm	Sponsors presentation	Kottakkal Ayurveda, NY, USA Demaree Shirodhara, IA, USA
03:50 pm – 04:20 pm	Break / Sponsors Visit	Break / Sponsors Visit
Session – 5 – Moderator - Sapna Punjabi Gupta		
04:20 pm – 04:25 pm	Introduction of speakers of the session	Sapna Punjabi Gupta
04:25 pm – 04:55 pm	Integral Psychology and Ayurveda	Sujata Reddy, BAMS, Colorado, USA
04:55 pm – 05:25 pm	Don’t Mind the Mind	Amrit Devgun, ND, Minneapolis, USA
05:25 pm – 05:55 pm	Maharishi’s Yoga Asanas are Life-Changing	Sonja Gobec, MBA, PhD Candidate, Maharishi University of Management, Iowa, USA
05:55 pm – 06:10 pm	Q & A	Q & A
06:10 pm – 06:30 pm	Sponsors Presentation	Innoveda USA (Charak Pharma, India) vpk Maharishi Ayurveda, USA
06:30 pm – 07:30 pm	Dinner & Sponsors / Exhibitors Visit	

Session – 6 – Moderator - Manohar Palakurthi

07:45 pm – 07:50 pm	Introduction of speakers of the session	Manohar Palakurthi
07:50 pm – 08:20 pm	Ayurveda & Post-traumatic stress disorder	Dinesh Gyawali, PhD Researcher, Maharishi University of Management, Iowa, USA
08:20 pm – 08:50 pm	Samkhya Psychology – Concepts for Transformation	Pratibha Gramann, PhD, California, USA
08:50 pm – 09:00 pm	Q & A	Q & A

Saturday, April 29, 2017

Time	Topic	Presenter
06:30 am – 07:30 am	Yoga & Meditation	TBA
07:30 am – 08:30 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 6 – Plenary Speaker		
09:00 am – 09:05 am	Introduction of speakers of the session	Shekhar Annambhotla
09:05 am – 10:00 am	Plenary Speaker - The Ayurvedic Concept of Manovaha Srotas and its Disorders	Vasant Lad, BAM & S, MASc., Director, The Ayurveda Institute, New Mexico, USA
Session – 7 – Moderator – Manohar Palakurthi		
10:00 am – 10:05 am	Introduction of speakers the session	Manohar Palakurthi
10:05 am – 10:35 am	Yoga Nidra as Upaya (tool) in Ayurvedic Healing	Indu Arora, Director, Yoga Sadhna, Illinois, USA
10:35 am – 11:05 am	Autism: Ayurvedic & Modern Diet Guidelines	Pushpa Soundararajan, RD, Illinois, USA
11:05 am – 11:20 am	Q & A	Q & A
11:20 am – 11:45 am	Break & Sponsors Visit	Break & Sponsors Visit
Session – 8 – Moderator – Shekhar Annambhotla		
11:45 am – 11:50 am	Introduction of speakers of the session	Shekhar Annambhotla
11:50 am – 01:20 pm	Utilizing Medico Legal Tools	Al Snyder, Legally Mine, Utah, USA
01:20 pm – 02:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 9 – Moderator – Shekhar Annambhotla		
02:30 pm – 02:35 pm	Introduction of speakers of the session	Shekhar Annambhotla
02:35 pm – 03:35 pm	Heart Rate Variability – Next Step in the Development of Pulse Analysis in Traditional Medicine and Ayurveda	Oleg Sorokin, MD, PhD, Assistant Professor, Executive Director of the National Ayurvedic Medical Association of Russia, Novosibirsk, Russia
03:35 pm – 04:00 pm	Award Ceremony & Group Photo Award Winners – Veda Brahma Award - Invention Vagbhata Award - Teaching Charak Award - Teaching Dhanwantari Award - Practice Aryabhatta Award - Research Aryabhatta Award – Research Atreya Award - Practice	Award Ceremony & Group Photo Oleg Sorokin, MD, PhD John Hagelin, PhD Vasant Lad, MASc Manohar Palakurthi, BAMS Robert Keith Wallace, PhD Robert Schneider, MD Amrit Devgun, ND
04:00 pm – 04:30 pm	Break	Break

Session 10 – Moderator – Shekhar Annambhotla

04:30 pm – 06:30 pm	Practical Demonstration - Veda Pulse	Oleg Sorokin, MD, PhD, Assistant Professor, Executive Director of the National Ayurvedic Medical Association of Russia, Novosibirsk Russia
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06:30 pm – 07:30 pm	Dinner	Dinner
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Session 11 – Moderator – Shekhar Annambhotla

07:45 pm – 07:50 pm	Introduction of speakers of the session	Shekhar Annambhotla
07:50 pm – 08:20 pm	Psychology and structuring dynamics of consciousness	Manohar Palakurthi, BAMS, Professor, Maharishi University of Management, Fairfield, Iowa, USA
08:20 pm – 08:50 pm	Translating an Ayurvedic Integral Psychology	Freedom Cole, PhD Candidate, California, USA
08:50 pm – 09:00 pm	Q & A	Q & A

Sunday, April 30, 2017

Time	Topic	Presenter
6:30 am – 7:30 am	Yoga and Meditation	TBA
7:30 am – 8:15 am	Registration	Front Desk
	Sponsors & Exhibitors Setup	Hall

Session 12 – Guest of Honor

09:00 am – 09:05 am	Introduction of Guest of Honor	Shekhar Annambhotla
09:05 am – 10:00 am	Guest of Honor: Ayurvedic Medicine Is Ultra-Modern, Cutting-Edge “Unified Field Based” Medicine	John Hagelin, PhD, President, Maharishi University of Management, Fairfield, Iowa, USA

Session 13 – Moderator – Dinesh Gyawali

10:00 am – 10:05 am	Introduction of speakers of the session	Dinesh Gyawali
10:05 am – 10:35 am	Psychology in Ayurveda & Vethathrium – A Comparative Analysis	Priyaa Balamurugen, BAMS, MS (Psy), DYN, New Jersey, USA
10:35 am – 11:05 am	Holistic Psychiatry and Sattvic Buddhi	Gary Gibbs, DO, Author, Former Director, Mind-Body-Spirit Clinic, California, USA
11:05 am – 11:20 am	Q & A	Q & A
11:20 am – 11:30 am	Sponsors Presentation	Ayurveda Posters, Virginia, USA
11:30 am – 11:45 am	Break	Sponsors Visit

Session 14 – Moderator – Sujatha Reddy

11:45 am – 11:50 am	Introduction of speakers of the session	Sujatha Reddy
11:50 am – 12:20 am	How the Ayurvedic Concept of the Mind Compares to the Jungian Shadow and 6 steps to healing the duality of the mind	Frances Yahia, PhD, Director, Sampurna College of Ayurveda and Holistic Studies, Florida, USA
12:20 am – 12:50 am	Ayurvedic Management of Stress and Insomnia	Vinayak Dahiwal, BAMS, Mumbai, India
12:50 pm – 01:00 pm	Q & A	Q & A
01:00 pm – 02:15 pm	Lunch	Lunch

Session 15 – Moderator - Gary Gibbs

02:15 pm – 02:20 pm	Introduction of speakers of the session	Gary Gibbs
02:20 pm – 02:50 pm	The Role of Pragyaparad in Psychosomatic Disorders from the perspective of Maharishi AyurVeda	Sankari Menon Wegman, PhD Candidate, Maharishi University of Management, Iowa, USA
02:50 pm – 03:20 pm	Journey from <i>Tamas</i> to <i>Sattva</i> – An Ayurvedic Perspective	Vijay Jain, MD, Medical Director, Mind Body Wellness Center, Florida, USA
03:20 pm – 03:50 pm	Autism Spectrum Disorder (ASD) – Ayurvedic Management	Shekhar Annambhotla, BAMS, MD (Ayu), LMT, Pennsylvania, USA
03:50 pm – 04:05 pm	Q & A	Q & A
04:05 pm – 04:20 pm	Valedictory Speech	John Hagelin, PhD, President, Maharishi University of Management, Fairfield, Iowa, USA
04:20 pm – 04:30 pm	Closing Ceremony	Shekhar Annambhotla, Director & President, GAC & AAPNA, Pennsylvania, USA

Note: *The program guide subject to change without prior notice.

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Program Details

Friday, April 28, 2017

Plenary Speaker



Keith Wallace, PhD conducted pioneering research on the Transcendental Meditation technique. His seminal papers published in *Science*, the *American Journal of Physiology*, and *Scientific American* supported a new paradigm of mind-body medicine and brain development. Dr. Wallace was called the First Scientist of the Age of Enlightenment by Maharishi for his pioneering research. Dr. Wallace is the founding President of Maharishi University of Management and was, in the 1980s, the founding President of Maharishi Ayurveda Corporation of America, which imported Ayurvedic products and established several panchakarma clinics throughout the U. S. He is the author of *The Neurophysiology of Enlightenment*, *The Physiology of Consciousness*, and co-author with Jay Marcus of *Victory Before War*. Dr. Wallace has traveled around the world giving lectures at major universities and institutes on consciousness-based health programs. Dr. Wallace is currently a Trustee of Maharishi University of Management, Dean of the College of Perfect Health, Director of Research, Professor and Chairman of the Department of Physiology and Health, and Deputy Minister of Health of the Global Country of World Peace.

The Microbiome and Ayurveda: How the Health of our Gut Determines the Health of our Mind

The recent discoveries of the microbiome have shown that the composition of our gut bacteria can have a remarkable influence on our physical and mental health. Studies have specifically demonstrated that changes in the microbiome can directly affect our psychology. The integration of the profound knowledge of Maharishi Ayurveda with these new findings in Modern Medicine will change the health of the world.

Plenary Speaker



Robert H. Schneider, MD, FACC, FABMR is a physician-scientist-educator, and one of the nation’s leading authorities on science-based, mind-body and integrative medicine. Over the past 30 years he has directed nearly \$25 million in grants from the National Institutes of Health, and other government and private agencies for pioneering research into natural approaches for the prevention and treatment of aging and stress related disorders, notably cardiovascular disease. The results of this groundbreaking research have been published in more than 100 articles in leading medical journals and proceedings, and featured in more than 1,000 television, radio, magazine, and newspaper reports, including ABC’s 20/20, CNN Headline News, Fox News, the New York Times, Washington Post, Newsweek, Wall Street Journal, and Time magazine. Dr. Schneider is a Fellow of the American College of Cardiology (FACC) and the Academy of Behavioral Medicine Research (FABMR). He did his postgraduate training in internal medicine and hypertension at the University of Michigan Medical School. Currently, Dr. Schneider is dean of the Maharishi College of Perfect Health, director of the NIH-funded Institute for Natural Medicine and Prevention at Maharishi University of Management.

Maharishi Ayurveda on Mental Health and Aging

“Thus begins the quest for longevity” is the opening verse of Charak Samhita. In order to achieve the goal of long and health life, Ayurveda classically describes three levels that must be considered, *satva-vajayah*, *yukti-vyapasrya* and *daiva-vyapasrya* – Mind, Body and Environment. And these three levels are based on a common foundation of *atma* or pure consciousness. Each of these domains forms part of an interdependent whole system comprising individual health. While state of mind is as vital as state of body, it often receives less attention in contemporary practice of ayurveda. In this presentation, we will explore an approach to mental health and longevity based on the classical Samhitas interpreted in light of Maharishi’s consciousness-based Vedic health care, modern quantum physics and recent discoveries in mind- body medicine and gerontology. This approach utilizes *dhairya*, *sadvritta*, *gyan*, *vigyan*, *samadhi* and *smriti*. Verifications will be provided from modern scientific research in physiology, psychology and clinical medicine.

Featured Speaker



Paul Dugliss, M.D. practices ayurvedic medicine, ayurvedic counseling and internal medicine. He also is an acupuncturist and practitioner of Traditional Chinese Medicine. He is the former director of Oakwood Healthcare System's Complementary & Alternative Medicine Center in Westland, MI. He also directed the Maharishi Vedic Medical Center in Lexington, KY. He began studying ayurvedic medicine in the mid-1980s and has trained both in this country and in Europe. He has been a member of the Board of Directors of the National Ayurvedic Medical Association. He is currently on the Board of Directors of the Association of Ayurvedic Professionals of North America (AAPNA). He is the author of several books including *Ayurveda – The Power to Heal*, *Enlightened Nutrition*, *Capturing the Bliss: Ayurveda and the Yoga of Emotions*, and *Yoga & Ayurveda*. He has a master's degree in Clinical and Counseling Psychology and is currently focusing his practice on ayurvedic counseling.

Ayurveda, The Chakra System and Human Needs

Ayurveda understands that we are more than physical beings. It understands the role that consciousness plays in overall health and well-being. It also understands that the flow of energy is key to liveliness and balance. The flow of energy in the chakra system and its importance in psychology and mental health represents a key area of focus that distinguishes ayurveda from modern psychology. This presentation will discuss in detail the importance of the chakra system and its correlation both physiologically and psychologically to human needs. It will elucidate the relationship of the chakras to the establishment of healthful mental/emotional patterns and patterns of dysfunction. Finally, it will provide methods and techniques for working with the chakra system and human needs to promote health and relieve suffering.

Featured Speaker



Sapna Punjabi-Gupta, MS Nutrition is a Registered Dietitian Nutritionist and an Ayurvedic Practitioner with over 14 years of combined experience and practice. Sapna believes in the healing power of food and spices and

the profound effects they have on the body, mind and soul. She is the founder of *Naivedhya* and integrates her expertise and training in western nutrition with principles of ayurveda in easy and practical ways for modern living. She conducts interactive workshops, wellness lectures, and has a retail line of heirloom spice blends and products. Sapna has a Masters in Nutrition from Case Western Reserve University where she received specialized training in neonatal nutrition. She has extensive expertise in the areas of women's and children's health. She has been a Level 3 Clinical Dietitian for high risk antepartum women and critically ill premature infants in a Level 3 Neonatal Intensive Care Unit for over 10 years. Sapna is actively involved with the Academy of Nutrition and Dietetics and several dietetics practice groups. Sapna is also the Wellness Advisor at the Crow Collection of Asian Art Museum in Dallas, TX, where she conducts a regular wellness lecture series on ayurveda and western science.

Food and Mood: Exploring the Connection Between What We Eat and How We Feel

What we eat and how we feel are no doubt linked at multiple levels! The relationship we share with our food goes far beyond the nutrition it provides to our physical body. The way each of us thinks about food placed in front of us is unique. Even more amazing is the fact the same food gets metabolized differently in response to one's unique thoughts and mental health status. The link between the physical digestion of food and the mental digestion of information is of great importance in ayurveda. Only in recent years has western research been exploring and studying the profound connection of food and mental health. This lecture will focus on:

- Interconnection of *mano vaha srotas*, which govern the mental process of digestion to the physical level of digestion.
- Effect of food beyond the physical nourishment of the body. Explore the *sattva*, *rajas*, and *tamas* qualities of food and their effects on our *manas*—mind and emotions.
- Explore the connection between what we think and feel about food and its consequences on our physical and mental health.

Discuss ways to create balance of our physical, emotional and mental *agni* – digestive fire.

Featured Speaker



Nancy Lonsdorf, MD has been named “one of the nation’s most prominent Ayurvedic doctors” by the Chicago Tribune. Dr. Lonsdorf is an integrative physician and recognized ayurvedic expert specializing in women’s health issues. She is board-certified in Integrative and Holistic Medicine (ABIHM) and received the Atreya Award for Excellence in Ayurvedic practice in 2011 from the Association of Ayurvedic Practitioners of North America. Dr. Lonsdorf serves as Associate Clinical Professor of Physiology and Health at the Maharishi University of Management and also trains health professionals in Maharishi Ayurveda at the University of Maryland, Pacific Pearl Integrative Health in La Jolla, CA, and Atlantic Integrative Health in

New Jersey. She has a private practice in integrative medicine and Maharishi Ayurveda in Fairfield, Iowa and internationally, via phone and Skype. Dr. Lonsdorf received her medical degree from the Johns Hopkins School of Medicine and did her residency training in psychiatry at Stanford University. Over the past twenty-five years, she has treated over 20,000 patients with Maharishi Ayurveda and integrative medicine approaches, while serving as Medical Director at The Raj Ayurveda Health Spa, an award-winning center for ayurvedic treatment (2000-2005), and at The Maharishi Ayurveda Medical Center in Washington D.C. (1987-2000,) and now her own private practice.

Dr. Lonsdorf is the author of two books including a popular guide for women during and after menopause, titled *The Ageless Woman: How to Navigate the Transition for a Long Life of Vibrant Health and Radiant Beauty* (MCD Century 2004, MUM Press, 2016), and is co-author of a best-selling women's health guide entitled *A Woman's Best Medicine: Health, Happiness and Long Life through Maharishi Ayurveda*, (Tarcher/Putnam 1995).

Her recent engagements include featured speaker presentations at:

- The 12th Annual Science and Clinical Application of Integrative Holistic Medicine Conference, Scripps Center for Integrative Medicine, Ayurveda for Today's Integrative Practitioner, November, 2011.
- International AyurVeda Conference, Roermond, Holland, Time Matters: Chronobiology and Evidence-Based Ayurveda Daily Routine, April 2014.
- Grand Rounds, El Camino Hospital, Mt View, CA: Ancient is the New "New," Evidence-Based Ayurveda for the Prevention and Treatment of Chronic Disorders, October 2015.
- National Ayurveda Medical Association, 12 th National Conference, Plenary Session Address: Ancient is the New "New": Evidence-Basis for Ayurvedic Lifestyle and the Urgent Need to Integrate Ayurveda Today, April 2016.

Balanced Brain, Happy Heart : How Ayurveda Supports Optimal Mental Health, An Evidenced-Based Exploration

The current limited model of drugs as a "stand-alone" solution to mental health issues is rapidly becoming out-moded as evidence accumulates that our behavior, environment, nutrition, and mental habits create a powerful modulating influence on our mood on a daily basis. While a comprehensive approach incorporating all these modalities has not yet been adopted by the medical community, Ayurveda has been prescribing just such an approach for millenia. This talk will explore the latest evidenced-based approaches, sourced in Ayurveda and validated by recent research, regarding nutrition, chronobiology, exercise, exposure to light, gut health and mental habits for promoting mental and emotional well-being.

Featured Speaker



Andrew Stenberg is Program Director of the in-residence MS in Maharishi Ayurveda & Integrative Medicine at MUM. Andrew has practiced as a Maharishi Ayurveda health practitioner and Vedic Health Educator in Australia since 1993, both in private practice and in the corporate field. He was also Senior Lecturer at Maharishi Vedic College, Melbourne, Australia, from 1996 to 2001, training students to graduate as recognized natural health professionals in Maharishi Ayurveda, via a 2-year, full-time Diploma of Health course. Andrew has also been a member of various Australian government committees dealing with the regulation of natural health practitioners and the use of herbal preparations in Australia.

“Make the People Happy”- Maharishi Ayurveda / Ayurveda & Psychology

Maharishi Mahesh Yogi not only popularized ayurveda in the West from the early 1980's, but he showed how all of the various areas of the vast Vedic literature comprise a complete and integrated approach to gaining true and lasting happiness in life. For centuries past, the various subject areas of Vedic knowledge were seen as not only unconnected with each other, but some aspects were seen as actually contradicting what was brought out in other areas. Maharishi made it very clear that all the areas of Vedic knowledge form an integrated whole, and that all of it is directed toward the same goal: happiness, health, enlightenment and wisdom. He pointed out that one can actually start from any area of knowledge or understanding in life, and gain these ultimate goals of life in a progressive and reliable manner. Maharishi Ayurveda is based on the Vedic understanding that consciousness (or intelligence) is primary and that “matter” (i.e., all of creation) is secondary (or is actually an expression of that underlying field of intelligence). So in ayurveda, we are told that *svastha* is a major definition of health. This “established in the Self” defines not only the goal of ayurveda (and of all Vedic knowledge), but also gives us the major goal of psychology: to “make the people happy”. This practical presentation will introduce a little-utilized Vedic approach to making people happy: using Gandharva Veda music, to achieve an increase state of well-being in a short time. Andrew will be describing his clinical experiences using Gandharva-Veda music in treating distressed or disturbed children and adults over several decades of ayurvedic practice.

Featured Speaker



Sujatha Reddy is a Ayurvedic Doctor and a Licensed Mental Health Counselor. She graduated from Bangalore University in India with a Bachelors Degree in Ayurvedic Medicine and Surgery in 1988. She got her Masters in Community Counseling from the University of Dayton in Ohio. She has been practicing Ayurveda for over 25years and has been in the field of mental health for twelve years. Currently she has a private practice in Denver ,Colorado. She is Licensed in the state of Colorado and Ohio as a Professional Clinical Counselor. Sujatha is certified in Emotional Freedom Technique, Kundalini Yoga & Meditation and Energy Healing. Sujatha is a founding member of Asha ray of hope a 501 3 C non profit organization that help victims of domestic violence in the South Asian population. She served as a board member, Vice president and Clinical chair for the organization for 10 years. She was the Auxillary chair for AAPI Asian Association of physicians from Indian origin in Columbus Ohio. She is currently a board member of COLORAMA where she serves as the Governance for the organization. As an Entrepreneur she owns Sondermind a whole person wellness center

in Lakewood, Colorado with mental health and alternative wellness professionals. Sujatha was awarded the Athreya award in 2012 by AAPNA for her Clinical expertise in Ayurveda. As a counselor, Coach and Ayurvedic Doctor she approaches the therapeutic process from a holistic view point. She believes in the integration of the body, mind and spirit as essential expression of personal health. According to her many of today's mental, physical and social illnesses stem from a lack of integration-disintegration, resulting in a person's dissociation from themselves, the community and the environment. Her focus is on the whole person, with special emphasis on how the mind is connected directly to the body and how the person thinks, acts and feels. She always emphasizes on wellness, with symptoms seen as calls to self-realization. Her practice is limited to individual adults and areas of competence is personal and social counseling, Coaching, diagnosis of mental and emotional disorders, integrated psychology and Ayurveda. She specializes in Anxiety Spectrum Disorders, Mood disorders, Insomnia and Chronic pain and illness disorders. Her treatment modalities are Cognitive behavioral therapy, Mindfulness, Acceptance and Integrated Psychological treatment.

Integral Psychology and Ayurveda

Integrating mind, body and spirit is fairly new in modern professional psychology. Many variations of practice have been around for hundreds and thousands of years in the East but have not successfully integrated into western practices. All mental health practitioners could benefit from integration of Eastern methods of Ayurvedic principles. This topic is of importance to the field of holistic psychology as it can increase the exposure of pre-modern and modern psychological practices so that individuals can benefit from any expansion in knowledge as it relates to psychological, physical and spiritual health. Ayurveda is a study of human growth and development. It integrates spiritual, social, emotional, intellectual, physical and creative being into one complete element and address six components equally for the purpose of treatment. It strives to discover divinity through our own humanity and thus brings balance and harmony in a person's growth and development.

Featured Speaker



Dr. Amrit Devgun, N.D. is a naturopathic doctor at Northwestern Health Sciences University. She has been in practice for over 20 years, and combines the principles of Naturopathic Medicine, Functional Medicine and Ayurveda in her family practice. Dr. Devgun is passionate about empowering people to live a preventative lifestyle. She believes that patients need education, coaching and support so that they can be equipped with the right tools to make healthy lifestyle choices. She places a strong emphasis on daily choices, consistency and routine. She believes that self-awareness through self-care can lead to profound changes in daily choices and a path of intentional living. When a patient starts practicing prevention and needs fewer visits with her, she feels that her job is done.

Don't Mind the Mind

With the dramatic rise in psychological disorders in society today, we must ask where the missing link to a healthy mind lies. Does the answer lie in promoting a sattvic diet, pranayama, yoga, dinacharyas, ritucharyas and stress management? If so, is our approach effective and complete? Or should we go beyond? Dr. Devgun will explore this question through the ancient philosophy of Self-Awareness.

Featured Speaker



Sonja Gobec grew up in Slovenia where she earned her undergraduate degree in history. A few years later, she completed her Executive MBA in Croatia. In 2012, she moved to the USA to become a master's degree student at MUM in the field of her passion – Maharishi Vedic Science. Currently, she is a PhD Researcher in Maharishi Vedic Science, working on her dissertation about the effects of Maharishi Yoga Asanas. When not performing research, she is teaching Maharishi Yoga Asanas and other Maharishi Vedic Sciences courses at MUM. Ms. Gobec received the Development of Consciousness Award in 2013 and the Theodore Bergren Prize for Excellence in Scholarship in 2014.

Maharishi's Yoga Asanas are Life-Changing

Maharishi Yoga Asanas have an immense impact on one's sense of well-being. In a pilot study that I conducted in February 2016 with nine subjects, a two-week Maharishi Yoga Asanas course resulted in positive increases on the Profile of Mood States. In semi-structured interviews, people reported greater happiness, tranquility and energy, and they described Maharishi Yoga Asanas as life-changing, "me" time, nourishing, and balancing. In May 2016, I measured the effects of Maharishi Yoga Asanas on mood states, degree of happiness, and depth of meditation in 25 subjects. The subjects completed Profile of Mood States, Meditation Depth and Perception of Happiness questionnaires and were interviewed about their experiences during Maharishi Yoga Asanas and Transcendental Meditation practice at baseline, after one month, and after four months. The experimental group participated in a one-month course on Maharishi Yoga Asanas after the baseline test and the control group continued their routine. I will present the results from the paper and pencil tests and the interviews at the conference.

Featured Speaker



Dinesh Gyawali, Ayurvedic Physician, PhD Researcher and Faculty, Department of Physiology and Health, Maharishi University of Management is a classically trained Ayurvedic physician from Nepal, in the field of natural health and healing, through ancient Vedic wisdom of Ayurveda, for last 15 years. As a father of a 2 year old son, I understand the challenges of living in the modern world and the growing interest towards natural medicine. As my research, I'm working to help establish Ayurveda as an "evidence based medicine". I believe my dharma is to promote happier and healthier lifestyle through Ayurveda.

Ayurveda and Post-traumatic Stress Disorders:

Though Post Traumatic Stress Disorder (PTSD) seems like a new concept, it has always been in existence in some form. Vedic scriptures lay out various instances of stress related disorders like PTSD in various situations, particularly post-war situations. Ayurveda deals a lot about the mental disorders (Manasik vyadhis) of various types emerged as a result of certain traumatic incidents. Unfortunately, PTSD is still a big problem of modern age. Despite exhaustive research and immense effort put on to control PTSD, little progress has been made in this direction. As a result, a lot of interest is being directed in the field of natural medicine and practices. It has already been proven that Transcendental Meditation (TM) has a significant effect in managing PTSD. However, not much has been known if there are any Ayurvedic remedies that can help improve this condition. This presentation will try to explore Ayurvedic understanding of PTSD and its possible management through Ayurvedic remedies

Featured Speaker



Pratibha Gramann, Ph.D. holds a doctorate in psychology from Saybrook University of Humanistic Psychology. Consultant, Speaker, Researcher, she counsels, and writes on ancient systems useful for modern

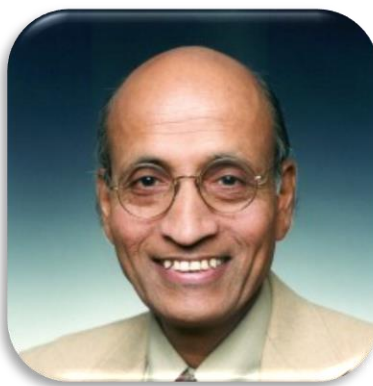
mind, specializing to increase clarity and transformation. She publishes in NeuroQuantology and other journals. Dr. Gramann's essay-paper on *Creation, Its Processes, and Significance* has reached milestone records of readers. She held positions in schools and universities in CA and the Midwest in education, psychology, and philosophy. Dr. Gramann is trained in Ayurveda, Samkhya, pranayama, guided meditations, yantra-mandala, Vedic Numerology, and the Yog Sutra.

Samkhya Psychology – Concepts for Transformation

Samkhya contains useful concepts for transformational psychology. Starting with the *gunas* that make-up *prakriti*, these three energies form the psycho-physiological aspects of human mentality. *Sattvic* light of purity, *rajasic* action oriented, and *tamasic* dullness and inertia – are responsible for all occurrences in the mind. Emotions and thoughts classified according to *sattva*, *rajas*, *tamas* is a dynamic way to understand dimensions about one's self. It also supports reflection and encourages change. The process is one of moving from darkness to increased light, clarity, and happiness. Within the human mind is the *antahkarana*, or inner mind of the senses/*manas*, intellect/*buddhi*, and ego/*ahamkar*. It is through the inner mind that the *gunas* work directly. Here is found an opportunity to examine the *sattvic*, *rajasic*, and *tamasic* dimensions of sense awareness, cognitive intelligence, and ego attachment.

Saturday, April 29, 2017

Plenary Speaker



Vasant Lad, Ayurvedic Physician, graduated with a Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) from the University of Pune, India, in 1968 and received a Master of Ayurvedic Science (M.A.Sc.) in 1980 from Tilak Ayurved Mahavidyalaya, also in Pune. Dr. Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune and was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine where he was an instructor for more than a decade. Dr. Lad's training includes the study of allopathic medicine and surgery. He founded the Ayurvedic Institute in Albuquerque, New Mexico in 1984 and currently is its Director and principal instructor. Dr. Lad is the author of several books and is respected throughout the world for his knowledge of ayurveda.

The Ayurvedic Concept of Manovahasrotas and its Disorders

Satvam, *atma*, and *sharirancha* correspond to the body, mind and consciousness, making up the tripod of life. Sankhya's philosophy talks a great deal about *vibhu* mind, which is universal mind, and *anu* mind, the particular mind. Universal mind, individual mind, and cellular mind are the mind as a whole or systemic mind, *manovahasrotas*. Vaisheshika's concept of the mind is that mind is panchabhutic. There are 5 elements: ether, air, fire, water and earth, and they influence the mind. Charaka's concept of the mind is based on

manovahasrotas, the mind carrying channel that is comprised of: prana, manas, buddhi, chita and ahamkar, and how perception takes place according to Charaka. The normal functions of the mind are chintam (thinking), vichara (inquiry), dhyeyam (to create goals), and sankalpa (positive affirmation). If these are disturbed, mental disorders arise. The mind is *sattva*, pure perception, but too much *rajas* and *tamas* disturbs the doshas, creating defects of the mind, leading to psychiatric disorders. Ayurveda talks about manovahasrotas including its role in *dosha prakruti*, *manasa prakruti*, *dosha vikruti* and *manasa vikruti*

Featured Speaker



Indu Arora, Ayurveda and Yoga Therapist is the author of the books *Mudra: The Sacred Secret* and *Yoga – Ancient Heritage, Tomorrow’s Vision*. Her teachings are deeply rooted in her philosophy: “Nothing has the greatest power to heal, but Self.” In her words, “I am Indu Arora, student for a lifetime. I would like to share with you the yogic and ayurvedic wisdom which brings simplicity to our complex lives. I am here to share with you that the answer to every query and conflict lies within us. Living in harmony with our inner nature and nature itself is the key to health. Health is not an objective but a holistic approach where body and mind are integrated with the inner self.”

Yoga Nidra as Upaya (tool) in Ayurvedic Healing

The state of health (*sva-sthya*) is primarily based on *tri-stambhas* (three pillars): sleep (*nidra*), diet (*ahaara*) and moderation of sensual indulgences (*brahma-acharya*). Out of the three, *nidra* has been given more importance and considered to be the best. According to Charaka: *sukha*, *dukha*, *pusti*, *karshya*, *bala*, *abala*, *vrushata*, *klibata*, *gyana*, *agyana*, *jivana* and *mrityu* occur depending on the proper or improper *nidra*. Understand the importance of healing which comes from within, healing that is independent of external tools and healing that is approachable. It is time we give importance to *nidra*. Yoga *nidra* is an ancient practice which allows us to understand the psychology of sleep, the one who sleeps, and the one who witnesses deep sleep.

Featured Speaker



Pushpa Soundararajan, RD is a Registered Licensed Dietitian who graduated with a Bachelor's Degree in Nutrition and Medical Dietetics, coordinated undergrad program from University of Illinois in Chicago. She has over 25 years of experience in nutrition counseling to patients in many settings including dialysis units, hospitals and outpatient centers. Pushpa is also a Certified Yoga teacher, Ayurvedic Health Educator and Ayurvedic Food and Nutrition Consultant (International University of Yoga and Ayurveda). She is currently in Private Practice as a Registered Dietitian and believes in integrating ancient principles of Ayurveda with Modern Medical Dietetics in providing her clients a comprehensive individualized nutrition plan that not only helps with healing but also enhances their well-being.

Autism: Ayurvedic & Modern Diet Guidelines

Autism and related disorders are becoming more prevalent among children nowadays. Adults who are diagnosed late also face the same issues. There are several dietary restrictions imposed for controlling symptoms and to live normal lives. I will be examining some of the dietary interventions from a modern nutrition perspective such as gluten-free, ketogenic diet etc. as well as an Ayurvedic diet and lifestyle management. Even if an Ayurvedic approach is different it is necessary to know about what people are exposed to in the American lifestyle in terms of Western diets prescribed.

Special Lecture



Dr. Al Snyder, DVM graduated from Colorado State University College of Veterinary Medicine in 1985. He practiced in small and mixed animal practices out west until 1990 when he took a position as General Manager of the second largest veterinary practice management software company in the world located in Wisconsin. He soon became one of the owning partners in the company and remained at the helm until he and his partners sold that company in 1999.

After selling the software company, he decided he would try his hand in the franchise industry and purchased a UPS Store franchise which he opened in 2005. After purchasing 2 other businesses and merging them into his UPS Store, he grew the store's volume to one of the top 25 highest grossing stores in the world. He recently sold his UPS Store franchise.

He has worked and consulted in several industries including veterinary medicine, practice management software, practice management, medical records design, youth leadership and development, printing, shipping, motor sports, real estate, entertainment and estate planning. He owned his first business while he was in high school and has owned 7 unique businesses since then. He is a true entrepreneur in the greatest sense of the word. With that vast experience base, he has a great understanding of many industries.

After selling the practice management software company, he spent a year researching Asset Management Protection strategies. He has just recently joined the team as a speaker for Legally Mine making presentations for medical and business professionals and has a great passion for helping others protect the assets they have worked so hard to build.

He grew up in rural Wyoming spending his summers in the mountains where his great grandparents homesteaded near a little town called Ten Sleep. He currently resides south of Eau Claire, WI. He enjoys travel, outdoors, skiing, hovercrafting and working with non-profits and youth.

THE POWER IS IN YOUR HANDS: Stop Lawsuits – Lower Taxes

SYNOPSIS: Lawsuit Protection and Prevention

- How will incorporating help prevent lawsuits? Or will it help at all?
- How business owners should be structured: C-corps, S-corps, FLP's, LLC's, etc.
- Learn how to use legal tools that can protect 100% of a business owner's professional and personal assets from lawsuits, liens and levies. Statistically not even one in 100,000 are using these tools in the right way.
- Will a living trust help prevent lawsuits? If not why have a living trust?
- How to protect a business, property, retirement funds and assets in the event of a judgment in excess of liability insurance or exclusion in a policy.
- Which state laws provide the greatest asset protection? A business owner may live in one state but use the superior law of another state to his or her benefit.
- Lawsuit protection strategies most advisors are unaware of. Only 780 of the more than 1 million practicing lawyers in America claim lawsuit protection as one of their specialties.

Tax Reduction and Estate Planning

- What is the best business structure for income tax reduction
- How to use corporate resolutions for income tax reduction
- The strengths and pitfalls of the "S" Corp.
- How to use income shifting as means to income tax reduction.

Summary

Through this course attendees will truly understand exactly how, why and where legal entities should be used for both lawsuit prevention and income tax reduction. The course is given in plain English and when done most attendees understand the proper use of legal tools for the first time in their lives.

Special Scientific Lecture



Oleg Sorokin, MD graduated from Novosibirsk State Medical University with a degree in General Medicine in 2000. He was a research associate of the Neuroimmunology lab in the Institute of Clinical Immunology of Russian Academy of Medical Science from 2000-2007. From 2001 to present, he has been Assistant Professor of the Normal Physiology Department of Novosibirsk Medical University. Dr. Sorokin has been in private practice of Ayurvedic medicine, naturopathy and clinical phytotherapy since 2003. In 2010, he became the Deputy Dean of the General Medicine Department of Novosibirsk State Medical University. Dr. Sorokin is also the Executive Director of National Ayurvedic Medical Association of Russia since 2015 and has published more than 75 papers in peer reviewed journals in the field of fundamental physiology, pulse analysis, including two monographs.

Heart Rate Variability – Next Step in the Development of Pulse Analysis in Traditional Medicine and Ayurveda

One of the challenges faced for the propagation of Ayurvedic and other Eastern systems of medicine in the Western world is the transfer of subjective experience of specialists to the level of objective and quantitative measures. Another challenge is the validation of such measures with the help of accepted and reproducible methods into scores for functional diagnosis. VedaPulse, derived from the principles of cardiointervalography offers a method for appreciating pulse diagnosis – a diagnostic method common to Eastern systems of medicine.

Cardiointervalography provides a surrogate method to determine various whole-system physiological measures which are not normally accessible by standard biochemical or molecular methods. Cardiointervalography was first developed in Russia in the 1960s by Professor Roman M. Baevsky and collaborators for the evaluation of the psychoemotional state of cosmonauts. Such integrated whole system measures are comparable and can be equated to the qualitative descriptions of complex health and wellness measures known in ancient systems of medicine like Ayurveda.

Aim: To develop a computerized pulse analysis system that allows for receiving accurate and objective information and remapping to Ayurvedic descriptors.

Methods: The basis of the development is mathematical analysis of the data received by cardiointervalogram method using the VedaPulse device. Pulse wave is a complex biophysical attribute. The main factor which forms the phenotype of pulse wave and determines its variability is the volume of systolic blood discharge and rate of intraventricular pressure growth during excitation and expulsion of cardiac cycle. Cardiac pacemakers are the “barometers”, they receive controlling influences of regulation systems, and, also adapt chronotropic and

inotropic functions of contractive cardiomyocytes to current environment conditions, thus changing the pulse wave.

Combination of modern technologies of registering bioelectrical signals of the body and mathematical analysis, with empirical knowledge of Eastern systems, allowed creating an algorithm for evaluating psychophysiological constitution which forms the basis of constitutional (individual) approach in rehabilitation. I evaluated spectral and time indexes of heart rate variability duration and developed quantitative system for evaluating psychophysiological constitution (physiological component of *vikruti*) of the subject which was implemented through hardware and software system VedaPulse (Biokvant LLC, Russia – www.vedapulse.com).

VedaPulse allows quantitative surrogate measures of the functional states of systems and organs, which can be compared to *vikruti* of Ayurveda, the state of sub-doshas, the dominance of the five primordial elements – the *PanchaMahaBhutas*. VedaPulse also offers personalized recommendations according to Ayurvedic and Chinese medicine for herbal therapy, aromatherapy, acupuncture and physiotherapy.

Conclusion:

A method for quantitative evaluation of Ayurveda's dosha dynamics and an easy to use instrument for quantitating this is offered in the VedaPulse device. The VedaPulse method can serve as a bridge connecting complex semantic terms of traditional health systems, Ayurveda in particular, with modern computer methods and the very rich ideas and concepts within contemporary theory of functional systems.

Practical Workshop



VedaPulse™ - a Tandem of Traditions and Modern Concepts in Medicine

Pulse diagnosis traditions have become widespread due to the works of Ayurvedic, Chinese and Tibetan medical schools.

In the Ayurvedic tradition, the classic medical work “Ashtanga Hridaya Samhita”, compiled by the physician Vagbhata from the variety Vedic medical sources, became one of the milestones for the recognition of pulse diagnosis.

Many other canonical studies, such as The Yogaratnākara written in the 16th Century CE, describe aspects of pulse diagnosis in detail. The truth is that pulse diagnosis is a subjective method of diagnostic assessment and requires long years of studying under the guidance of an expert. Transition of knowledge is extremely challenging and takes a lot of training and practice to master all the nuances of this art.

However, with the advancement of medical technology, modern methods of pulse wave analysis have emerged apart from the measurement of heart rate by ECG. Starting from 1760, there were numerous studies published about the heart rate variability by European, American and Russian scientists and doctors. The method of

heart rate variability received further development and clinical use in evaluation of HRV in both normal and pathologic states of various organs and systems.

By analyzing spectral and temporal characteristics of HRV, it is possible to assess pathological Dosha dominance.

With the emerging need for the legalization of Ayurveda throughout the world, such systems as VedaPulse™ can play a major role by bringing to the table objective data from the Ayurvedic pulse diagnosis, which can be recognized by insurance companies and modern Western medical society. With such a tool, scientific development of Ayurveda is able to push on to the next level of international recognition and approval.

On April 29, 2017 as part of Maharishi Ayurveda/Ayurveda & Psychology conference, Dr. Oleg Sorokin, MD, PhD, Executive director of the National Ayurvedic Medical Association of Russia, Novosibirsk, Russia will devote his lecture to the physiological phenomenon of the pulse wave and heart rate variability, completing it with the hands-on workshop where anyone will have a chance to record and read their own data with the VedaPulse™ System.

How to prepare for the VedaPulse™ seminar and hands-on workshop?

Please complete 3 easy steps to make sure you are ready for the effective workshop:

1. Register at <http://www.vedapulse.com/portal/seminar-usa> to receive instructions from the VedaPulse™ Technical Support. Since VedaPulse™ requires custom Windows software to operate, pre-installation of it is required to test the device during the workshop. Additionally, you will receive product information package, which will include free access to educational materials about pulse analysis in Ayurveda available on VedaPulse™ website.
2. Following Tech Support instructions (in case you have operational system older than Windows 10), install the software, or download it right from the VedaPulse™ website. It is available at <http://vedapulse.com/download/> (choose "Download VedaPulse™ Professional).
3. Stop by the VedaPulse™ booth on the first day of the Conference to test if the device properly connects to your laptop.

IMPORTANT! What is required for participation in the VedaPulse™ hands-on workshop?

If you wish to take part in the workshop, please bring your Windows laptop on Saturday. In order to save the time during the workshop, please pre-install the demo-version of the VedaPulse™ software in advance. It can be downloaded by using this link - <http://vedapulse.com/download> (Choose "Download the VedaPulse™ Professional" and follow the instructions on the screen).

Featured Speaker



Manohar Palakurthi, BAMS is an Ayurveda physician and expert in Maharishi multi-modality Approach for Total Health – Consciousness based approach to Health for the last 30 years .He is a teacher and expert clinician in *Maharishi Nadi Vigyan* (Pulse diagnosis). He practices as an Ayurveda clinical consultant, teacher, and course developer for health professionals and modern physicians. He serves as Ayurveda products technical consultant and product development research for Maharishi Ayurveda institutes in India, Netherlands, United States, Japan, and Italy. He is a Professor of clinical medicine (Ayurveda) physiology and health and curriculum developer for Ayurveda courses at the Maharishi University of Management. Graduated from Nagarjuna University, Andhra Pradesh in India (1978 -83). He has been trained by three of the worlds top experts in Maharishi Ayurveda, Balaraj Maharishi, (world renowned herbalist) Brihaspati Dev Triguna (worlds renowned pulse diagnosis expert), VM Dwivedi (Vice chancellor of University of Jamnagar) . He has trained with Asta Vaidyas and their traditional practices (Keraleeya Panchakarma), developed panchakarma centers in USA, Europe and South East Asia. Presented seminars, lectures on Maharishi Ayurveda all over the world. He has trained in Maharishi Aroma Therapy (France), and Ayurveda Ophthalmology (Kerala). He is one of the principal Vaidya helped to develop Maharishi Ayurveda Mother Baby program. Year 2015 received the Dhanvantari award by MERU Netherlands. Currently he serves as Professor of clinical medicine at MUM and teaching MS / MD Integrated health science in AUIS Caribbean.

Psychology & Structuring Dynamics of consciousness:

Good or Bad Psychology depends on Purity of Brahmanas – The Gap (Structuring Dynamics of Consciousness - Mechanics of Transformation – Kalpa Vidya). Veda is union of – Mantra, and Brahmanas. Mantra - refers to the sounds of veda and vedic literature and the physical structure of cells and tissues.

Brahmana – refers to the mechanics of the transformation. This has been correlated with the gap in between the cells. Bramhanas – these values present the laws of nature that promotes the structure and function of the physiology from one aspect or expression to another (from wholeness what comes out is another wholeness). Brahmanas process the evolution from- abstract to concrete from concrete to abstract. Brahmanas are the knowledge of transformation. This is called kalpa vidya - How that un manifest aspect become material creation submerge back in to consciousness. Human Physiology - Expression of Veda and the Vedic Literature Section 29 to34- Brahmana in the physiology. Atma,Veda, Shareera, Vishwa, Brahma all these expressions are thru Brahmanas (the mechanics of transformation- Structuring dynamics of consciousness - Kalpa vidya.

Featured Speaker



Freedom Cole is a teacher of Vedic astrology and āyurveda. He has been initiated into a traditional jyotiṣa lineage which traces back to the royal astrologers of Odisha, India. He has been a practicing astrologer for two decades. Freedom is presently working on a PhD at Meridian University in California, focused on applying the framework of āyurveda to modern clinical psychology. He is the author of two books and numerous articles. With his knowledge of Sanskrit, Vedic philosophy and modern psychology, Freedom is able to translate the authentic astrological philosophy of India into a modern practical context.

Translating an Āyurvedic Integral Psychology

The āyurvedic literature along with jyotiṣa, yoga, tantra, classical Indian music and theatre, contain explicit and implicit psychological material and practices that reveal a complex integral understanding of the mind and healing. There have been many attempts to integrate these concepts into western psychology, or translate eastern concepts into western psychological language. But the field of western psychology is expanding and changing every decade.

Modern psychology has multiple schools of thought and a new emerging field which is trying to integrate them. Present integral psychologies mix various western techniques without a framework of mind or consciousness and some even appropriate Vedic terminology for western bio-mechanical concepts. Modern āyurveda as it is practiced in India is already an integration of ancient wisdom and modern knowledge. This approach holds the potential to create a psychological infrastructure for modern day contradictory theories and research to be understood as working on different levels of the human being. By utilizing the *sthūla*, *sūkṣma*, and *kāraṇa śarīra* with their associated anatomy and a practical application of the *jāgrat*, *svapna* and *suṣupti avasthās*, āyurveda provides a truly holistic framework for an integral psychology that incorporates both ancient and modern science.

Sunday, April 30, 2017
Guest of Honor



John Hagelin, Ph.D., is a renowned quantum physicist, educator, author, and leading proponent of peace. After receiving his A.B. *summa cum laude* from Dartmouth College in 1975 and his Ph.D. from Harvard University in 1981, Dr. Hagelin conducted pioneering research at CERN (the European Center for Particle Physics) and the Stanford Linear Accelerator Center. He is responsible for the development of a highly successful grand unified field theory based on the superstring—a theory that was featured in a cover story of *Discover* magazine. His articles on electroweak unification, grand unification, supersymmetry and cosmology include some of the most cited references in the physical sciences. In addition, Dr. Hagelin is one of the world’s pre-eminent researchers on the effects of meditation on brain development. As the President of Maharishi University of Management, he has pioneered the educational application of Transcendental Meditation to unfold students’ full mental and emotional potential, leading to higher states of consciousness—*Education for Enlightenment*. As the President of the David Lynch Foundation, Dr. Hagelin has helped bring Transcendental Meditation to hundreds of thousands of at-risk children, to underserved populations, and to veterans and active-duty servicemen and women suffering from PTSD. Dr. Hagelin is a leading authority on the use of collective meditation to defuse acute societal stress, to reduce associated crime and violence, and to promote societal peace. He serves as President of the Global Union of Scientists for Peace, an organization of leading scientists dedicated to nuclear disarmament and evidence-based solutions to crime, terrorism and social conflict. In recognition of his outstanding achievements, Dr. Hagelin was named winner of the prestigious Kilby Award, which recognizes scientists who have made “major contributions to society through their applied research in the fields of science and technology.” The award recognized Dr. Hagelin as “a scientist in the tradition of Einstein, Jeans, Bohr and Eddington.” Dr. Hagelin was featured in the hit movies *What the Bleep Do We Know?* and *The Secret* for his cutting-edge research in physics, higher states of consciousness, and the peace-promoting effects of large meditation groups. His frequent media appearances have included ABC’s *Nightline*, NBC’s *Meet the Press*, and CNN’s *Larry King Live!* He has regularly been featured in the *Washington Post*, the *New York Times*, the *Wall Street Journal*, and other major newspapers.

Ayurvedic Medicine Is Ultra-Modern, Cutting-Edge “Unified Field Based” Medicine

Recent breakthroughs in our scientific understanding of the Universe from string theory and M-theory present Ayurvedic medicine in a completely new light. They reveal that Ayurvedic medicine is *unified field based medicine*—i.e., the direct application to human health of the deepest principles of nature’s functioning—i.e., the deepest laws of nature governing subatomic scales. Specifically, the three *doshas* directly correlate, in modern scientific terms, to the three superfields of supersymmetric quantum field theory; the *pancha mahabhutas* to the five quantum-mechanical spin-types; and the *Atma* (Self), which is fundamental to Ayurveda, correlates to the “unified field” or superstring field. This new understanding from modern physics reveals that Ayurvedic medicine is more fundamental—and thus potentially more powerful—than contemporary pharmacological

medicine. It also explains why Ayurveda, being unified field based medicine, is truly *holistic*—and hence naturally free of adverse side effects, in comparison to more superficial and fragmented allopathic approaches.

Featured Speaker



Vaidya (Dr.) Priyaa Balaa has been practicing ayurveda in the US and India for the past fifteen years. She completed her (B.A.M.S) Bachelor of Ayurvedic Medicine & Surgery degree from the prestigious Dr. M.G.R. Medical University, Tamilnadu, India. She has a graduate degree in Psychology from the University of Madras, India and a Diploma in Yoga & Naturopathy. She also studied Acupuncture and Acupressure in CBIATC, Beijing, China. Priyaa’s unique approach to health integrates the ancient wisdom of ayurveda, marma (energy points), acupressure, and siddha with naturopathic cleansing, healing and relaxation through yoga & meditation. She has conducted numerous workshops on ayurvedic health care and presented papers in the United States and India. She is affiliated with SKY (Master, Simplified Kundalini Yoga), New Jersey chapter, AAPNA (Membership Director, Association of Ayurvedic Professionals of North America), NAMA (Professional Member), WISE (Research Scientist, World Institute of Scientific Exploration), Maryland, USA, and IUYA (Faculty, International University of Yoga and Ayurveda), Salt Springs, Florida.

Psychology in Ayurveda & Vethathrium – A Comparative Analysis

In today’s society, a clear understanding of the mind can help solve complex problems of humanity from health issues to world peace. Our ancient sciences have always followed the root first approach, starting from the center and moving outward. Ayurvedic psychology is based on trigunas and tridoshas, whereas Vethathrian psychology has its roots in the Vedanta and Siddhanta philosophies, and expounded by Vethathiri Maharishi. Additionally, it helps us understand the mind, its origin, structures, functions and results, in connection with universal consciousness. Thought analysis is an interesting addendum.

Featured Speaker



Gary Gibbs, D.O. board certified psychiatrist. Dr. Gibbs is the author of a forthcoming book *Appointment With A Psychiatrist*, and am in private practice of Holistic Psychiatry in Santa Cruz California. He is the former director of the Mind -Body- Spirit clinic for Monterey County for over 7 years, and am an Assistant Professor at Tuoro University, College of Osteopathic Medicine. He trained in Ayurveda from the Mount Madonna Institute. He won the Clinician of the Year award from the National Alliance for Mental Health in the county of Monterey. He presented my first grand rounds at a hospital when he was still a medical student. He was on the first national TV show on alternative medicine – Deepak Chopra was the first week , he was on the second. The was after Avery Publishing Group published my first book *The Food That Would last Forever*, understanding the dangers of food irradiation. He is a featured speaker at the American Osteopathic Association national meetings, and will presenting at the midyear national meeting in Austin Texas next month of the American Osteopathic College of Neurology and psychiatry.

Holistic Psychiatry and Sattvic Buddhi

Holistic Psychiatry is the Mind-Body -Spirit approach to the unveiling of the Self. The word psychiatry comes from the Greek psyche meaning spirit, soul, or inspire – to breathe in and the Greek iateria, meaning healing. So psychiatry is the healing of the soul. Holistic psychiatry is more than prescribing a pill. It means to look at the big picture. Just as a child’s education would be incomplete if she studied only one subject...likewise if true self transformation is our goal, we need to work on several levels.

The six branches of holistic psychiatry include:

1. Conventional and Alternative Medicine Being knowledgeable about both of these camps of medicine allows the doctor to offer a wider range to treatment. While conventional medicine has the advantage of large, double-blind randomized studies demonstration efficacy, herbal medicine is based on thousands of years of empirical knowledge demonstrating the same. Herb medicine has the advantage of side benefits rather than side effects.
2. Self Study- Socrates said “Know Thyself” and “The unexamined life is not worth living” It is clear for self-development to occur we must learn to study ourselves, both who we are, and who we can be. In addition to the traditional methods of self-study have developed a method of Mind Charting to help study ourselves. More on this is the second part of this lecture- How to chart ones own Lower and Higher Minds, and how to cultivate Sattva Buddhi through memorization and contemplation of noble maxims.
3. Pranayama In classical Ashtanga Yoga, pranayama is the fourth limb and considered the link to the higher limbs. Through various pranayama one energizes the body, purifies the nervous system, and clarifies the mind. For these reason pranayama is considered the gateway to the Higher Mind.

4. The fourth limb is training the body, and in turn has 3 parts- Strength, Encourage and flexibility. Qualities developed in the body are then transferred to the mind. For example, stretching develops a flexible body and a flexible mind. Our central nervous system, our brain and spinal cord, is connected to the peripheral nervous system which extends to the tips of our fingers and the tips of our toes. Stretch your body, stretch your mind. Strength building exercises build a powerful body, which also promotes strength of mind so we are not easily overwhelmed. Activities which increase the heart rate build physical endurance and promotes perseverance of mind.
5. Strengthening the mind. Just like the body needs regular physical exercise the mind needs to be directly stimulated to be healthy and strong.
6. Meditation Meditation is considered the Royal Road to Self- Realization. Methods can be learned from a book, but you can make faster progress if you are initiated from an authentic teacher

A brief history will be given of methods of psychology from the birth of psychoanalysis the rise of Behaviorism and Cognitive Therapy and a new (and yet ancient) method Spiritual Thought Therapy- Training the Mind the Greco-Roman Way.

Featured Speaker



Frances Yahia, PhD is a spiritual counselor, astrologer and Akashic Records reader. She is the owner of Sampoorana College of Ayurveda and Holistic Studies and has a private practice in Weston, FL where she works with clients individually on the shadow aspects of their personality. Dr. Yahia has an earned PhD in Educational Leadership and Mental Health Counseling, a Masters degree in Dietetics and Nutrition and a Master in Public Health. She is an Ayurvedic Wellness Counselor and sits on the Board of the Council for Ayurvedic Credentialing.

How the Ayurvedic Concept of the Mind Compares to the Jungian Shadow and 6 steps to healing the duality of the mind

According to Ayurveda, at conception the soul enters the body and the new doshic pattern is created in the fetus leading to the genesis of the mind. The author will explain how the Western concept of the shadow mirrors the ayurvedic concept of the mind. This presentation will demonstrate how both lead to the duality that exists within an individual. The author will propose 6 steps to help clients recognize the shadow and unify the mind. Case studies will be used to illustrate the concepts

Featured Speaker



Vinayak R. Dahiwal, BAMS is a physician, practitioner of Ayurveda from India. Over the past decade he has been practicing Ayurveda for the prevention & treatment of various chronic ailments. He is a firm believer of Ayurveda being a holistic science integrating the body, mind & soul to improve wellbeing. His practice includes sessions on self-awareness, breathing practices & use of herbs for holistic approach to wellness. Apart from being a private Ayurveda practitioner, he also works with Charak Pharma, a company with 65 years of dedication to herbal healthcare.

Ayurvedic Management of Stress & Insomnia

By and large, all of us want to de-stress with any available mode of management. We tend to end up getting more stressed when we return to the real world of worries and rushes. There is no escape, and therefore, no re-entry into stress. And the first casualty of such a way of life is a proper, healthy, sound sleep. Known variously as sleep deprivation, sleep loss, sleep debt etc, this is arguably the commonest malady of the modern man.

We need to be able to inculcate the skill of observing oneself objectively, from a distance, in-order to figure out the root cause of the problem. This thought-process requires prolonged periods of training, but it is very much achievable. Shutting your mind off and trying to escape is easier said than done. Therefore, Ayurvedic way of management is available to help with this process. The presentation will help to site other integrative approaches for holistic management of stress & Insomnia. Ayurveda offers number of therapies for mental illness. Certain herbs, collectively called as ‘Medhya-rasayana’, are used as nerve tonics in mental illness, they are proven to be useful in stress management and to stay alert.

Featured Speaker



Sankari Menon Wegman is a Maharishi Ayurveda practitioner and professor. She is originally from Kerala, India, but was raised in Baltimore, Maryland, USA where she attended the Friends School of Baltimore. Sankari studied Biology/Pre-Medical at Earlham College, and also earned a degree in Philosophy BioEthics at Towson State University. Her interest in natural and prevention-oriented health care led her to the study of Maharishi AyurVeda at Maharishi University of Management, where she earned her Masters degree in 2004, and is currently completing her Ph.D. Sankari has taught numerous undergraduate courses in the area of prevention, pulse diagnosis, daily and seasonal routines, and higher states of consciousness. At the same time, she has maintained a practice as one of the principal health experts at the Raj Ayurveda Health Center, one of the world's premier ayurveda health spas. Sankari is also a certified teacher of the Transcendental Meditation (TM) program and a mother of two.

The Role of Pragyaparad in Psychosomatic Disorders from the perspective of Maharishi AyurVeda

Maharishi AyurVeda establishes that *Pragya-aparadh*, mistake of the intellect, is the root cause of all disease. *Pragya-aparadh* is the result of the loss of memory (*smriti*) of the underlying unity of existence, the field of consciousness underlying all diverse aspects of individual life and that of the universe. It creates a disconnect between the parts of the physiology (molecules, cells, organs, tissues, etc.) and their integration with the whole (which is the basis of the functioning of the mind). This disconnect between mind and body leads to psychosomatic disorders. Re-establishing this connection and integration is the fundamental goal of Maharishi AyurVeda and the basis for a disease-free society.

Featured Speaker



Vijay K. Jain, MD, brings more than 40 years of experience in General Surgery and 18 years of focused study of integrative medicine to his work with Amrit Yoga Institute. He is Founding Director of Integrative Medicine at International University of Yoga and Ayurveda and a member of the board of directors of Association of Ayurvedic Professionals of North America, Inc. His intention is to integrate traditional/Western medicine with ancient Indian medicine and well-tried systems of healing from different cultures. He has studied mind/body medicine with experts in the field; Yoga Therapy from Vivekenanda Research Center in Bangalore, India; courses in ayurvedic medicine with Dr. Sunil Joshi, MD-Ayurveda in Nagpur, India; and courses in integrative medicine with Dr. Andrew Weil in Tucson, AZ. He has studied ayurveda and panchakarma with Dr. Prerak Shah in Ahmedabad, India. In addition to his surgery practice, Dr. Jain lectures on ayurvedic principles and practices and how to create optimal health. Recently, he has become interested in the science of graceful aging as it relates to holistic practices.

Journey from *Tamas* to *Sattva* – An Ayurvedic Perspective

According to sciences, the universe is made up of basic physical particles that include electrons, protons, neutrons, mesons, gluons and quarks. At a spiritual level, however, the universe is made up of something even more basic. These particles are known as the three subtle basic components (*trigunas*) – *sattva guna*, *rajas guna* and *tamas guna* (*guna* = quality). There is no physical entity without all these three dimensions. Not a single atom is free of these three dimensions of a certain static nature, of energy, and of vibrancy. If these three elements are not there, you cannot hold anything together – it will break up. If there is just *sattva*, you won't remain here for a moment – you will be gone. If just *rajas*, there would be only restlessness and movement. If it's just *tamas*, one would be asleep all the time. So, these three qualities are present in everything. It is just a question of to what extent you are a mix of these three qualities. At the level of mind, the three *gunas* control our reactions to stress and life changes. By aligning the macro and microcosm, ayurveda transforms the less refined state of being to a *sattvic* state by paying attention and adapting to ongoing changes in the diurnal cycles and seasonal shifts. Purity, in the ayurvedic sense, is the ongoing effort to purify the tissues (*dhatu*s) of accumulated impurities in order to make living both more comfortable and more optimal. Through dietary, lifestyle and purification techniques, one can achieve physical and mental purity.

Featured Speaker



Shekhar Annambhotla, BAMS, MDAyurved, LMT, Pennsylvania, USA has been practicing and teaching ayurveda worldwide since 1988. He began his eight-year course of study in ayurveda at the age of 17, first at Nagarjuna University in Andhra Pradesh, India (1982-88) and then at Gujarat Ayurved University in Gujarat, India (1988-91), where he earned his Doctorate Degree in Ayurveda. He is also a Licensed Integrative Bodywork and Massage Therapist (LMT) and an Experienced Registered Yoga Teacher (E.R.Y.T.-500) with the Yoga Alliance and an instructor of therapeutic Hatha Yoga, having completed training at the Swami Vivekananda Yoga Research Center in India. Shekhar is also a Certified Pranic Healer, a Certified Reiki Healer and holds a Certification in Energy Healing. From 1992 – 1994, Shekhar worked as an Associate Professor at N.K.J. Ayurvedic College (Gulburga University), Bidar, Karnataka State, India. From 1994 – 2001, Shekhar had the opportunity to serve at Maharishi Vedic Schools and Universities in The Netherlands, Austria, Hungary, Italy, Germany, France, Switzerland, Great Britain, Ireland, Portugal, Spain, Belgium, Trinidad, Guadeloupe, Jamaica (Caribbean Island), Colombia (South America), Canada, and the U.S.A. During his extensive travels, he delivered lectures and offered consultations on Ayurveda for health professionals and for the general public. He gave several newspaper interviews and radio talks on Ayurveda and was also interviewed on BBC's Breakfast Television. Since 2002, Shekhar has been the Founding Director of Ojas LLC, Ayurveda Wellness Center, in Pennsylvania, USA. He is the Founder, President and Chairman of the Board of Association of Ayurvedic Professionals of North America (AAPNA). He is Founding Director of Global Ayurveda Conferences, LLC, USA. Shekhar is a co-founding director of International University of Yoga and Ayurveda, Inc. (IUYA). Shekhar served on the Board of Directors for National Ayurvedic Medical Association (NAMA) from 2005-2010. He has taught ayurveda courses in many prestigious universities in the United States including University of Pennsylvania (UPENN), University of Medicine & Dentistry in NJ (UMDNJ), Hershey Medical School, Jefferson Medical School, University of Penn Nursing School, and others. He was awarded the *"Tathagat International Excellence Award 2011"* in Dubai, received the award *"Ayurveda Khandantara Sthapanacharya"* Award for promoting ayurveda around the globe, *"Pragathi"* Award for Promoting Ayurveda Globally and MTC Global Award 2015 *"Outstanding Corporate Award: Healthcare and Community Service"*. He received *"Vishwa Ayurveda Ratna"* (Gem of Ayurveda) and *"Global Ambassador of Ayurveda"* from Bharat Seva Sansthan, Lucknow, India and recipient of *"Dhanwantari Award"* and *"Bharadwaj Award"* from various organizations. He is on the editorial board for Ayurveda Health Journal, MA, USA and was appointed as a Board of Advisor for AYU international journal from Gujarat Ayurved University, Jamnagar, India.

Autism Spectrum Disorder (ASD) – Ayurvedic Management

Autism spectrum disorder (ASD) and autism are both medically used for a various brain developmental disorders. These diseases are described in varying stages, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors.

ASD can be associated with intellectual disability, difficulties in motor and sensory coordination and attention and physical health issues such as sleep and digestive disturbances. Some people with ASD excel in visual and motor skills, music, math and art. Autism appears to have its roots in very early stages of brain development or sometimes in embryonic level. However, the most obvious signs and symptoms of autism tend to develop between 2 and 3 years of age.

Autism statistics from the U.S. Centers for Disease Control and Prevention (CDC) identify around 1 in 68 American children as on the autism spectrum—a ten-fold increase in prevalence in 40 years. Studies also show that autism is four to five times more common among boys than girls. An estimated 1 out of 42 boys and 1 in 189 girls are diagnosed with autism in the United States. ASD affects over 3 million individuals in the U.S. and tens of millions worldwide. Moreover, government autism statistics suggest that prevalence rates have increased 10 to 17 percent annually in recent years. There is no established explanation for this continuing increase, although improved diagnosis and environmental influences are two reasons often considered.

An Ayurvedic approach and management to ASD encompasses: focus on digestive and gut system; āma condition; nutrition intake; food compatibility; food intolerance; untimely food and drink intake; highly processed food intake; and preservatives, pesticides, and genetically modified foods intake, and more.

ASD can be managed through various healing modalities including nutritional intake of food; immune system support; regeneration of neurons; and yoga and breathing techniques. Nutritional management through proper administration of spices – ginger, black pepper, cumin, fennel, etc.; immune system support by administration of immune boosting herbs – Guduchi (*Tinospora cordifolia*), Amalaki (*Phyllanthus emblica*), Pippali (*Piper longum*), Astragalus, etc.; neuron regeneration; increase of blood circulation to brain; improving concentration; memory enhancement; improving overall cognitive function and neuron regeneration of brain by administration of Bramhi (*Centella asiatica*); essential fatty acids (EFA) intake; and use of Maha Nasya (herbal infused oil) for nasal administration and application of various herbal massage oils all help to alleviate the symptoms of ASD.

