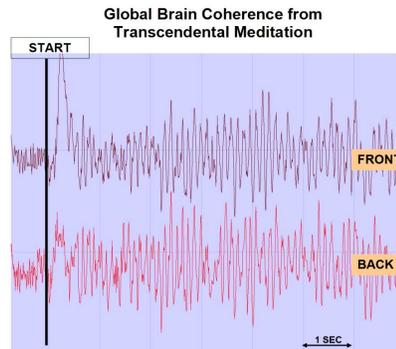


# German Tour of Dr. Alarik Arenander 2008 Weekend Seminar

*With BrainMapping.....*

*We see Brahm, totality of knowledge, with eyes open.  
This is vision of total knowledge—not a narration of  
total knowledge, but a visualization of total  
knowledge.*

*This is going to be our playground from now on.  
The field of enlightenment.... so beautiful.  
To be seeing enlightenment....seeing enlightenment.  
—Maharishi, July 2005 Holland*



## **Nourish Your Brain (Lecture 1): How to Take Care of Your Brain, Prevent Alzheimer's and Live a Long and Happy Life**

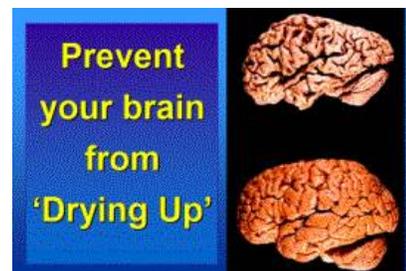
Aging as we know it today is unnecessary. This presentation challenges the current fear and misunderstanding about aging, the brain, and Alzheimer's disease (AD). The latest scientific knowledge about aging suggests the brain can begin to disconnect around age 30 and progresses at a rate determined primarily by known risk factors. Basically, you chose how you age by the choices you make every day. What you experience impacts your brain physiology and the aging process.



Learn what factors accelerate aging and bring on AD. Learn how the ancient medical science of Maharishi Vedic Healthcare can help overcome the fear of AD by offering practical powerful techniques to reverse the aging process and delay or prevent the onset of AD. You get only one brain, take good care of it!

Understanding the process of aging and memory loss and how to prevent disconnection. An inspiring lecture about brain functioning made understandable and enjoyable for lay people and professionals alike featuring a wealth of practical tips for keeping the brain healthy and operating at its full potential.

- Don't blame your genes
- Keeping your brain young and healthy
- Aging, memory and brain function
- Glial cells, crucial role in health
- Risk factors for Alzheimer's
- Diagnosis and treatment of Alzheimer's
- Maharishi Vedic Healthcare's impact on longevity
- Secrets for preventing and healing Alzheimer's



## Enlightenment (Lecture 2):

### What It Is, What It Isn't, and Why All Meditations Are Not Alike

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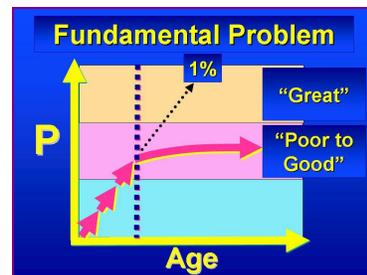
The orderliness of brain function and its progressive development during one's life molds the physical, intellectual, emotional, moral and spiritual values of every young citizen. If you desire to develop your creative potential to the fullest, you must enliven the *total brain*.



Learn about the research demonstrating the impact of the natural experience of the source of thought, Transcendental Consciousness, which is the only human experience that is completely holistic and unbounded in nature, and its ability to awaken the total potential of brain functioning. Fascinating studies document the growth of enlightenment through the TM technique. Understand the differences between various meditative techniques and why the TM technique is shown to enliven total brain functioning and a unique state of well-being.

An inspiring presentation with plenty of time to ask questions about different meditations and the experience of enlightenment from a dynamic speaker who makes complex brain functioning understandable and enjoyable. Wonderful graphics illustrate the remarkable ability of the TM technique to develop total brain functioning.

- The continuum Self-development in human awareness
- The prefrontal cortex, your CEO, as the nexus of human development
- Brain coherence, working memory and development of our sense-of-self
- Research-based strategies for enlivening total brain function
- Why all meditative techniques provide different experiences, different brain changes, and different benefits



## Brain Power and Leadership (Lecture 3):

### Harnessing the Power of Self-Development through Unleashing Your Full Creative Potential

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Everyone is a natural born leader. Each of us regardless of our place in life can take on the role of leader in our social and business environment, guiding creative solutions to enhance productivity and satisfaction. This presentation introduces the brain dynamics and related technologies of self-management which form the fundamental basis for leadership at any level of responsibility.



Leadership is an expression of the degree of self-development and the ability to harness the full potential of the human brain. A developed brain and sense-of-self provides a powerful basis for mastering and enjoying change in the personal and professional world. Self-centered leadership is the key to progress and growth in this post-industrial age.

Learn how scientifically proven technologies can improve decision-making at all levels of the company, develop employee investment in company values, culture, and goals, create mind/body health and reduce healthcare costs, absenteeism, and injuries, enhance efficiency and productivity, and increase creative problem-solving to provide a competitive edge in the rapidly changing global market.

### **Understanding how management of the Self and its correlates in coherent brain activity are the key to being a leader**

Features a wealth of knowledge how integrative brain functions impacting the minds of leaders, and strategies for the health and growth of leaders at every level of the company. Be a leader!

- Neuroplasticity supporting Neuroleadership
- Leadership excellence is related to one's creative potential.
- Creative potential is correlated with integrative functioning of the brain's CEO.
- Brain integration can be maximally enhanced by evidence-based techniques of brain fitness.



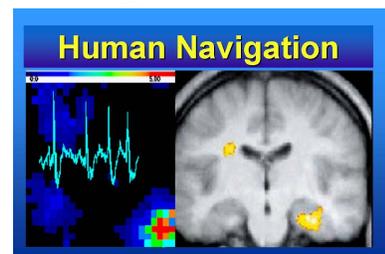
### **Vastu for Living Invincibility (Lecture 4): Moving in Tune with Natural Law to Maximize Growth and Happiness**

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Our brains are designed to help us navigate through life for maximum comfort, joy and growth. You construct a cognitive map starting with a space and time framework, then formation of a timeline of your life embedded in a sequence of memories that help form our identity.

Vastu plays an important role in connecting the part and the whole of our lives. This presentation reveals the newest fascinating brain research on how we create our cognitive map through the construction in the brain of rishi, devata and chhandas. Brain coherence is enlivened by living in a Maharishi Sthapatya Veda environment allowing unrestricted growth of our feelings, thinking and behavior in the direction of enlightenment.

- Invincibility as the basis of your identity
- Navigation and memory
- Building a cognitive map
- Brain 'space' cells guiding you
- Brain coherence and invincibility



- Vastu, brain and self-development

## **Invincibility (Lecture 5): Mapping the Nature of Unity in Brain Function**

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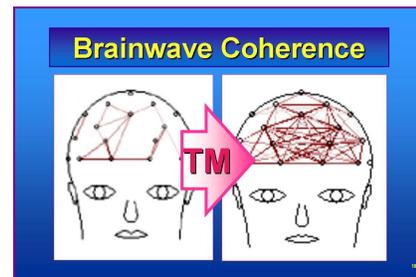
Invincibility is simply being able to maintain your identity, stability, integrity in the midst of change. The universe is always changing, our task is to intelligently use the change to structure increasing values of nonchange or unity. We need to handle change by handling nonchange, our silent Self.

Unity in nature is established by three principles: Simplify the System, create orderliness in each Part, and allow the Parts to create an orderly Whole.



This presentation will give a clear understanding of brain activity that is displayed in the brainwaves and seen concretely in a live EEG demonstration: Wholeness Moving. Learn how local and global brainwave coherence arises from the very fabric of unity in brain functioning and permit any individual to become aligned with the totality of nature's functioning, the individual and the cosmic connecting. Learn how you connect to your Self and to the world.

- How experience changes our brain
- Unity in nature seen in brain function
- Where do brainwaves come from?
- What the EEG tells us
- Local and global coherence
- Frequencies and the flow of attention
- Yoga Sutras and transcending
- The 'Big Zero' and Invincibility



***-> The Seminar will be accompanied by Live Demonstration with TM practitioners / course participants.***