

Dear Conference Registered Guest

Namaskar! We look forward to giving you a warm welcome at the 5th International Conference on Ayurveda – *Where Science Meets Consciousness* – which is going to be held at Vaidyagrama Ayurveda healing village outside Coimbatore in south India in December 2015.

To make this Conference more experiential and consequently memorable, allow us to share the following with you:

### **Exploring Interconnectedness**

We desire and endeavour to make this a Conference that recognizes interconnectedness at all levels – universal, environmental, physical, emotional, spiritual, personal, etc.

This means building strong relationships with the environment, food, material we use, pujas, cultural programs, animals, insects, and not just with others or our own selves. Indeed everything that you interact with.

If this Conference just imparts information, that would be disappointing for us; if this Conference imparted information and pleased your senses, we would still not be happy; and if this Conference helps you to experience interconnectedness without gaining any information or sense gratification, we would still be very happy.

Please know that the **experience** of interconnectedness is the objective of the Conference; **knowledge** of interconnectedness is only secondary; and that is the reason we have planned this conference for 7 days with a further 5 days of pre-conference so that one has enough time to just be and experience.

It is the experience of interconnectedness that will help you to go back and delve deeper into gaining wisdom about this subject; gathering information is easy; but experiencing it is difficult. Hence we request you to learn to be; to be with each of the masters who are here to share with us at the Conference; to connect with them at a very deep level where you imbibe their spirit and energy more than their words.

### **Experiencing Interconnectedness**

To enable to you to experience this interconnectedness, we request that you should not be judgmental of anyone or anything.

### **Better Facilities**

We are attempting to avoid using anything “disposable” as much as possible; and we request that you too endeavor to do the same. Accordingly, please

- a. bring cloth hand towels rather than paper towels,
- b. bring a water bottle with you which can be refilled with warm herbal drinking water; mineral water bottles will not be available at the conference,
- c. learn to clean yourself in the toilet using water or other means; toilet paper will not be available in the accommodation. (However, we will have toilet paper for sale in our limited

supply shop. This has practical ramifications also as we are concerned about excessive paper in our cess-pool system).

- d. carry organic insect and mosquito repellants if you desire or need,
- e. carry your personal sheets and towels with you, (however we recognise that some of our guests will be traveling, and so a limited supply of sheets will be available for those who need them),
- f. learn to be without newspapers for this period,
- g. use the internet as minimally as possible during this period, and,
- h. use non-chemical soaps and washes as much as possible (organic soaps and washes will be available in our limited supply shop).

We have waste bins for organic or bio-degradable waste primarily – we believe that all of us will not have any need for bins for inorganic waste.

Let us learn to live life without having to view our mobile phones every few minutes; take this opportunity to be without mobile phones for at least 12 hours on the days of the conference. This would mean:

### **Wise Communication**

- a. Plan and inform your family, friends and patients that you will not have access to your mobile phone between 6 AM to 6 PM (IST) from December 11 to 18, 2015,
- b. you give them the Vaidyagrama numbers (+91-422-236-4200) so that they can contact you on these numbers in case of an emergency, and,
- c. you do not carry your phones with you to the Conference venue.

We realize that by requesting you not to bring your mobile phones into the Conference venue, you will also not be able to take many photos; but that is okay; we will be happy to provide you with any number of digital photos taken by our photographers for you to share, use on social media, etc.

Please don't judge the organisers and volunteers who will be using their mobile phones as this is the primary means of communication within this expansive area to bring you this experience. Of course we will try to be as discreet as possible.

### **Living & Learning Interconnectedness**

Interconnectedness does not mean "being in touch through thought, word or deed"; interconnectedness is much deeper and by being out of touch in word and deed, one can begin to experience a much deeper level of connectedness – within oneself and without.

Getting a basic idea about the essential terminology in the subjects that are being discussed will help you to be engaged better at the conference. The main subjects include:

- a. Ayurveda
- b. Yoga
- c. Jyothisha
- d. Sthapatya Veda
- e. Gandharva Veda
- f. Darsanas

*Short description of each of above is within the Conference website (specifically, <http://www.ayurvedaconference.com/theme.html>). In the days to come, we will endeavor to put more information there. At the pre-conference workshops, the basics and terminologies in all these subjects are being dealt with.*

### **Nature's Resources for you**

While we will be providing notepads at the Conference, they will not be in your Conference kit; they will be available at a common place from where you can take what you need; as we all know, paper is a precious resource and hence we will endeavor not to waste paper.

We will not be providing pens or pencils at the Conference venue; hence please bring sufficient supply for your personal use.

While there will be a conference bag given to each delegate, it will be an empty bag; feel free to responsibly fill the bag with what you need in terms of notepads, brochures etc. Please do not fill the bag with what you will be discarding later.

### **Time and Space your Learning**

The Conference schedule is tightly packed; we recognise that some will show concern due to exhaustion or indecisiveness as to which session to attend or miss.

Remember that each of us have a different pace; and hence you need to move at your own pace and not worry about the pace of the Conference; feel free to rest, relax, take a walk or do anything else. Understand that you are not missing anything by missing a session as long as you are focused on the intention of the experience of interconnectedness.

Please remember that this Conference is not about collecting information; it is about experiencing interconnectedness; and this you can do even by not attending any session; you can just go for a walk in the nature; or you can help with the cooking; or you can help with the feeding of the villagers; you will realize that you are not really missing anything.

If the presenters do not engage you enough, or if you do not feel connected to the presenters, you can always have separate discussions away from the lecture area with many of the experts and fellow delegates; the presenters will most certainly not feel offended for they too realize that this Conference is about experiencing interconnectedness.

You can form a small group and have a separate discussion; anything that allows you to be and experience is a part of the conference.

### **Journey from Knowledge to Wisdom**

Questions or doubts arise in two different states of being:

- a. With a genuine and intense desire to know, to realize, to experience, and,
- b. With a desire to verify the knowledge of the presenter or to show one's own knowledge.

The former is most welcome; whereas we would request you to avoid the latter in the interest of your own growth; your own experience of the Conference.

Make a commitment to come to this Conference with the following resolutions:

- a. knowledge is within me; the conference is a platform for me to learn to experience this wisdom; the presenters are only facilitators who stimulate, motivate and inspire me based on my state of mind,
- b. at this Conference, I need to just be; not do,
- c. I will not be critical; either of myself or of others,
- d. I need to avoid finding external reasons for my inability to be and experience,
- e. I will be energized by the end of each day of the Conference; I will not feel exhausted or drained,
- f. I will not run from session to session; instead I realize it is better for me to just be, absorb, assimilate and sometimes even do nothing; I am aware that I am not missing anything by just being,
- g. I need to inculcate the following qualities which are described in the Charaka Samhita Vimana Sthana for a student of the universe and the self:

धृतिमन्तम्	dhRtimantam	having restraint
अनहङ्कृतम्	anahaGkRtam	without vanity
मेधाविनम्	medhAvinam	intelligent
वितर्कस्मृतिसंपन्नम्	vitarkasmRtisamp annam	endowed with reasoning and memory
उदारसत्त्वम्	udArasattvam	broad mind
तत्त्वाभिनिवेशिनमव्यङ्गम्	tattvAbhinivezina mavyaGgam	having insistence for truth
निभृतम्	nibhRtam	humility
अनुद्धतम्	anuddhatam	not haughty
अर्थतत्त्वभावकम्	arthatattvabhAvak am	having ability to understand the essence of ideas
अकोपनम्	akopanam	without anger

अव्यसनिनम्	avyasaninam	without addictions
शीलशौचाचारानुरागदाक्ष्यप्रा दक्षिण्योपपन्नम्	zIlzaucAcArAnur AgadAkSyaprAda kSiNyopapannam	endowed with modesty, purity, good conduct, affection,
अध्ययनाभिकामम्	adhyayanAbhikA mam	interested to study
अर्थविज्ञाने कर्मदर्शने चानन्यकार्यम्	arthavijnAne karmadarzane cAnanyakAryam	devoted to understanding of ideas and practical knowled
अलुब्धम्	alubdham	having no greed
अनलसम्	analam	not lazy
सर्वभूतहितैषिणम्	sarvabhUtahitaiSi Nam	wishing well of all creatures
आचार्यसर्वानुशिष्टिप्रतिकरम नुरक्तं च	AcAryasarvAnuziS Tipratikaramanura ktam ca	following all the instructions of the teacher and being at

h. I will not allow my senses to distract me; to find reasons for any disinterest that I may develop in the middle of the Conference,

i. I realize that I may have reason to be critical about the accommodation, food, arrangements, organisers, presenters, schedule, communication, travel, etc. – but I also realize that if I focus on complaining I will only be letting myself down. Hence I commit to remain in as positive a state of mind as possible, staying focused on the main objective, and will limit myself to providing constructive feedback that comes from a helpful perspective

j. The success of the Conference for me is completely in my hands; there is nobody else to praise.

I am very excited about this Conference. We are channeling our energies garnered in the previous four Conferences (2006, 2008, 2011 & 2013) for this Conference. Academically, a group of people have been collaborating with each other for the past 20 or more months so as to give you as meaningful composite information as possible specifically for this Conference. It will truly be a gathering where experience supersedes knowledge.

I look forward to experiencing with you,

With Love,

Dr.P.R.Krishnakumar  
Chief Patron

Dr.T.S.Krishnakumar

Dr.E.K.Ramanandan