



# HEALTHY PLANET

EUROPE FOR PEOPLE

**PhDr. Anna Galovičová**



Slovenská sieť  
**proti chudobe**  
SLOVAK ANTI POVERTY NETWORK

# Healthy planet

## Europe for people

### PhDr. Anna Galovičová



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# CONTENS:

**Chapter 1:** Mental development in old age **1-3**

PhDr. Anna Galovičová

**Chapter 2:** Psychology of the mind **4-7**

Anna Galovičová

**Chapter 3:** Physiotherapy in seniors **8-9**

Mgr. Kristián Takáč

**Chapter 4:** Yoga and stress management **10-15**

Ivan Malek, Slovak-Indian Friendship Society,  
Jakubovany, Liptovský Ondrej

**Chapter 5:** Milka Baštová **16**

**Chapter 6:** Walking Yoga for Senior **17-18**

**Chapter 7:** Portrait & Club activities OstPost Berlin **19**

**Chapter 8:** Coronavirus and Immunity **20-23**

Amadio Bianchi (Mahamandaleshwar Surjananda Saraswati),  
President of European Yoga Federation

**Chapter 9:** Yoga theory of personality "Matrioška" **24-26**

PhDr. Anna Galovičová

**Chapter 10:** Ayurveda, Yoga, Homeopathy & Well-being of Man **27-29**

Jasbir S Nischal, Secretary General, India - Slovakia Friendship  
Association - New Delhi, India. Plus foto s textom podpis Memoranda.

**Chapter 11:** Maduda **30-31**

**Chapter 12:** Homeopathy **32**

Ing. Marta Feketeová

**Chapter 13:** Homeopathy **33**

MUDr. Želmíra Baginová

**Chapter 14:** Mental Hygiene **34-36**

PhDr. Anna Galovičová

**Chapter 15:** What is Health and Well-being? **37-40**

PhDr. Anna Galovičová

**Chapter 16:** Well-being after Pater Peter Gombita **41**

**Chapter 17:** Can the world be improved? **42-46**

**Abstract** detached involvement. Dr. Prashant Kakoday,  
The Centre for Integral Health, Cambridge **47**

**A word at the conclusion** **47**

**PhDr. Anna Galovičová** - Conclusion About Author **48-49**

# AUTHOR'S INTRODUCTION

The "*The Restart of Seniors after the Pandemic*" project focused on the new paradigm of the European Union after the elections to the European Parliament in May. 2019. The vision of a Sustainable Europe with an emphasis on economic policies and economic growth has been replaced by a **new vision of a Europe for people, their well-being and the planet**. What is it about? In the words of former European Commission President Juncker, it is not about maintaining European institutions. Because Europe is made up of people, not institutions! And it is important to focus on their good health, well-being and the planet. **This paradigm shift set out by the new European Parliament is proving highly topical during the COVID-19 pandemic.** It's about health, *well-being*, people's lives! Only healthy, lively Euro-citizens can produce and distribute the necessary things, goods, work and earn a living, support their families and children, survive economically, realize their commitments and dreams.

And vice versa. Where enterprises, in turn, are closing down due to a lack of healthy workers, where corona is spreading in medical facilities, institutes, means of transport, as well as in large enterprises, there is also a decline in economic production and revenues to the state budget. And this extremely difficult life situation, in which the whole country finds itself, stresses people, causes dissatisfaction, hasty and reckless actions.

In addition, those who defy official state authorities, do not comply with the orders and prohibitions set by the crisis staff, are approved and dictated by the new government, organize protests, petitions, attack by various means, even in the mass media, with press conferences. **Unfortunately, with this dilemma, whether to prioritize the new paradigm - man and his health, life, wellbeing, or stick to the old paradigm with an emphasis on the economy, have struggled, are struggling and will struggle almost all governments.** After all, emotionally based people can be empathetic and compassionate with other living creatures on this planet, not self-centered people, egoists, sociopaths, nouveaux riches, devastating social and natural environment.

In Slovakia, the situation is all the more serious, which was shown especially during the second wave of the COVID-19 pandemic, that after the murder of investigative journalist Ján Kuciak and his fiancée Martina 2 years ago, the cleansing process started from above like an avalanche. The ex-prime minister, the ex-minister of the interior, has fallen, and almost daily, various cases of organized crime arise in the highest places, organized directly by those who were supposed to oversee and ensure justice and punish those who commit crime.

As these are long-standing unresolved cases, unknowingly or knowingly supported under the former governments, a political struggle broke out against the new government, which followed the civic initiative and protests "For a decent Slovakia" and promised redress and justice for everyone in the election campaign, which, in combination with the COVID-19 pandemic, transforms into a psychological struggle. After all, the fear of freedom, the real threat of losing a dishonestly acquired great property, and a prestigious position in society and the associated loss of respect, and self-confidence, destruction of other plans of these people, their relatives, is understandable. And these people, who have failed in their functions, in business, are linked to others, called the auxiliary elite, who are also concerned about their own existence, the loss of a well-paid job, the meaning of life and social status.

The justice, the judiciary, the prosecution authorities, the police, the secret services, are undergoing cleansing. According to the principle of resonance and the hierarchy of laws, which were well described by the leading German physician and psychotherapist Dr. Ruediger Dahlke (born 1951), who was a member of the World Committee of Experts, who leads seminars and lectures around the world, and we had the opportunity to hear him in Bratislava and Prague, is a legitimate process that cannot be avoided. As preserved in the popular proverb "God's mills grind slowly and surely."

The opposition resonates with those who failed in the election. They have a common interest in bringing about a change in government and weakening the position of the new government, especially its head - the prime minister. The whole is more than the sum of the members. The government, which followed the protests For a decent Slovakia, also has its strength. And it is naive to think that the force will not decrease, it will increase if we replace the head or other limbs. Self-reflection, repentance, is more useful.

Dr. R. Dahlke has long been dealing with the laws of polarity and resonance. His books on psychosomatics have become bestsellers and have been translated into 22 world languages, including Slovak.

**According to the law of polarity, today's extremely difficult life situation is caused by the COVID-19 pandemic and causes a change in lifestyle, slowing down, internalization in times of home quarantine, lock-down, restricted movement and travel, represents a way inwards.** According to R. Dahlke:

*“In modern life, the active journey from the inside out is evaluated much more positively than the journey back to the center. This view is clearly reflected in the general desire for youth and in the rejection of everything that has anything to do with old age. The path of life from conception thus becomes a separation from unity, the path backwards should serve the development of the soul. ”*

That is why there are differences between people in experiencing home quarantine, lock-down, slowing down the pace of life and internalization. For many of us, this situation has prepared the ground for internal transformation, for mental-spiritual development instead of stagnation and decline, caused by the so-called moral crisis, a crisis of values, which we record in the last century of world wars, killings, the Holocaust. It is a good signal that in the international research presented in the TA3 TV program, 70% of people want to change.

If we want to manage life, both directions are necessary. Even in this publication, we do not focus only on the old generation. **Our intention is to point out that elderly people should not be put on the scrapheap**, especially in times of the COVID-19 pandemic, nor in times of a declining demographic curve in our country and in Europe. Their many years of experience with forced atheism since their stay in kindergartens under the totalitarian regime, through the experience of the Prague Spring during the Dubček era, and the invasion of Warsaw Pact troops into former Czechoslovakia, and entry into capitalism after the "velvet" revolution and more than 30 years of free life, with the possibility of travelling around the world with an EU passport, are “enriched” by something unpredictable - a pandemic that has begun to mow them, even if they have not skied in the Alps, studied or worked abroad, or spent nights in night clubs.

We realize that old age does not have to be a disease. And also, that today old women and old men as we know them from photos of our great-grandfathers and grandparents, also thanks to the "velvet" revolution and joining the EU - the club of the richest countries in the world, are more mentally sensitive, more experienced, and live 7 – 8 years longer than in the past. And scientists go even further in rejuvenation, in resonance with the definition of Ayurveda, the oldest medicine of mankind, that one can live a hundred years in good health. Unlike modern medical textbooks, which are full of diseases, their symptoms, contraindications, the book of Ayurveda writes about longevity, how to eat, sleep, think, talk, communicate, love, forgive, empathize with others, how to move, sit, stand, lie down, rest, exercise, work, etc. to live those 100 years in good health. Ayurveda is part of the Vedas, which were collected and published by the Indian Prof. Kulish (in the picture with the author of this publication at home in Jaipur, with the book of Vedas, which is listed in the Guinness Book of Records).

And one of the important factors that allows us to survive in good health and longer our lives is **mental development**, which, according to psychologists, takes place in the stages in which we face crucial problems. By overcoming them we grow, we enter the next stage, and on the contrary, if we fail, we stagnate, we fall. According to the mental development model of the psychologist Erikson, which they have adopted in many countries, in old age (from 60 to 65 years old) seniors face the key issue of the meaning of life. If they find the meaning of life, then they can maintain their inner satisfaction. Otherwise, they face depression, despair. And since everyone will be old once and time will not stand still, multigenerational cooperation and exchange of experiences, especially on this key issue of life and death, is highly topical and necessary. In addition, active seniors can act as ambassadors integrating oases of positive energy.

The Hebrew term for "to err" is *hamartanein*, which means both *to separate* (from the center) and *"to miss the mark"* (center point). This knowledge contains a parable about the return of a lost son. According to the law of polarity, the way out and the way back to the center are different sections of the way of life. In the Christian sense, the right way is the way back home. No salvation lies in the material realm. Although this knowledge is easier to gain when an individual enjoys his wealth and his minutes of fame than by failure in this endeavor, as the leading American psychologist A. Maslow, co-founder of humanistic psychology, pointed out in his long-term research of self-realized and high-ranking successful people.

The way back that we face during the COVID-19 pandemic and internalization during domestic quarantine, lock-down, faced with the death, creates conditions favorable for mental-spiritual development, not only for the elderly, but also for children and young people, for everyone. Especially when we are aware of this fact, also what it means mental-spiritual development, good mental health, *well-being* compared to economic development. And the vision of *Europe for people, well-being and the planet* is about this knowledge.



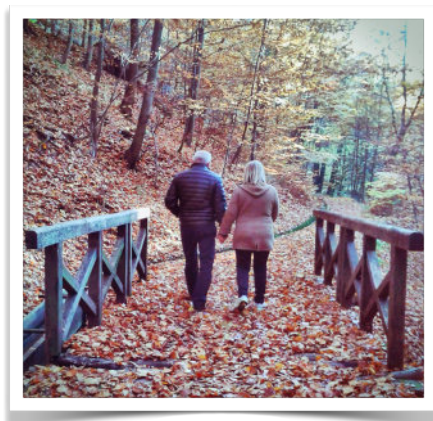
# 1

## Mental Development in Old age Europe for People, Well-being and the Planet

PhDr. Anna Galovičová

**T**he Recovery Plan and the Next Generations EU project are also part of this new EU paradigm. The EU's goal is to heal the planet hand in hand with cleansing rivers, waters, air, soil, forests, the environment, strengthening citizens' environmental awareness, food self-sufficiency and producing healthy eco-food.

Involving people in these activities to heal the planet there is a chance to reprofile workers who lost their jobs during the pandemic, involve unemployed people in this work related to cleaning streams, rivers, sewerage, drinking water, house insulation, building cycle paths, using electric cars, wind energy, landfills disposal, etc. **Movement and physical work revitalize a person and staying in nature helps people maintain and regain mental health.** At the same time, there is room for poverty reduction in our country, in the EU by 50%.



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During the COVID-19 pandemic, we appreciate the work of people in the 1st line who are among those with lower salaries (medical staff, doctors, nurses, health visitors, rescuers, saleswomen, cashiers, cleaners, garbage dumpers, drivers, soldiers, firefighters, policemen, etc.). It is time to put things right in the area of wage tariffs too. Eliminate unjustified high differences in people's incomes. Many things have surfaced since March 2020. The question of why we were in the first places in the 1st pandemic wave and in the 2nd wave we found ourselves at the bottom of the statistics, with a high increase in infections and deaths, remains unanswered.

As **Dr. Ruediger Dahlke** says: "With natural laws of physics and chemistry, which, as it turned out, also do not apply in general, but at least on this planet, the situation is clear. Gross inconsistencies, such as those found in human laws for humans, are almost non-existent here. But if science begins to deal with living matter instead of dead matter, the propensity for error increases dramatically, as shown by the apparently flawed theory of evolution. Wherever there is social coexistence, gross mistakes and shortcomings in the rules are the norm rather than the exception. "

This phenomenon is also related to the power of the soul. In the last centuries, we have reduced the universe to matter, and Marxists and atheists have reduced the ideas to brain excretions, radical behaviorists, led by its founder American psychologist Watson, even stopped developing higher mental abilities, cognitive functions, as they reduced man to a machine driven by external forces and stimuli. To this day, we face the world-famous statement by John B. Watson: Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select – doctor, lawyer, artist, merchant-chief and, yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors. I am going beyond my facts and I admit it, but so have the advocates of the contrary and they have been doing it for many thousands of years.

That is why the party nominations of government officials, state institutions, ministries, media, etc. since the days of socialism are determined by party legitimacy. It did not matter whether the nominee had the appropriate competencies,

education, practical experience, motivation or lifelong results in the field of work, but to be "our man", flexible and obedient.

On the one hand, this can be understood according to the law of resonance, which also appears in popular proverbs as "Birds of a feather flock together," "When in Rome, do as the Romans do." But it is a completely different level of the work team, if it is managed by an avid person, knowledgeable about issues and motivated to self-realization, not by lower needs (money, position, career, fame).

Although radical behaviorism has long been overcome in psychology, it still lives in people's daily lives. Self-realization and self-control, self-discipline and introspection, mental development have been replaced by behavior, measurable, observable external manifestations of people. And as the psyche was reduced to behavior, Pandora's box opened. Wolves in the skin of a lamb. Throughout the millennia of human history, ideas have shaped words. Words shape properties, properties shape character, and character shapes man's destiny.

Of course, lies and deceit, self-deception have existed since time immemorial, but people on every continent have followed a higher principle, the Ten Commandments, you shall not steal, you shall not deceive, you shall not covet thy neighbor's wife, etc. And they could tell the truth from a lie. They were willing to die for the truth, to be burned, like Master Jan Hus, loved by the whole nation for centuries to this day. But along with Darwinism and the law of the jungle, the cult of the body, youth, physical beauty, material well-being, came atheism, materialism, egoism with the selfish gene and meme (neo-Darwinism).

Half a century before Darwin, the evolutionary laws were solved by the French botanist and zoologist Jean-Baptiste de Lamarck, even more perfectly. He was smarter than Darwin because, **in addition to the law of competition** for the best chance of reproduction, **he also recognized the evolution's tendency to cooperation and synergy.**

His knowledge, which was ahead of time, was confirmed only now. The evolution of mankind (as well as human health and disease) would have taken place differently if Lamarck had already been understood at the time and was not ridiculed for its idea of evolutionary cooperation. From his knowledge of natural laws, according to experts, Dr. R. Dahlke developed a social philosophy based on cooperation as opposed to consuming the weaker with the stronger. Today, we understand the synergy that the whole is more than the sum of its parts. Even in the area of interpersonal relations, the whole is more than the sum of its individual parts, and this is also reflected in the practice of our coexistence.

The COVID-19 pandemic showed how important it is to protect seniors, parents, grandparents to survive and help raise their grandchildren, so that they had a chance to pass on their lifelong experience. In the 1st wave and the 2nd wave, it helped to manifest goodness in young people, neighbors, city representatives. The law of polarity and resonance is based on unity.

The knowledge of Hermes Trismegistus, an Egyptian thinker and scientist, astronomer, founder of hieroglyphs, that "As above, so below", the law of the mirror, is now confirmed by physicists and modern physics. Similarly, the knowledge of indestructible energy with the law of conservation of energy, which can only be transformed, has been understood by the ecological sciences.

From this point of view, it is also necessary to think about the fact why our balance was excellent during the first wave of the COVID-19 pandemic and it significantly worsened during the second one. Why some coalition and opposition politicians and the media began to question, that there is a need to be less tough and measures need to be loosened. We have good results! It was a miracle during the first wave that we were among the best. And if people do not respect something so miraculous, do not understand, degrade those through whom the energy flowed, then it easily happens that "what was above, is now below" and we are almost in the opposite situation. Each of us is a channel, we have our tasks, mission, talent, something unique, which contributes to the whole. And **the developmental role in old age is to recognize one's mission, the meaning of life.**

There is no doubt that this **government as a whole**, not shortened, cut, overturned, has also **received its mission. Above all, to keep us alive and well. And fulfill the vision of "Europe for people, well-being and the planet" reflected in the Recovery Plan and the Next Generations EU project.** It should be expected that this also includes the change of elites, opinion-forming people, the generational exchange of politicians, the restructuring of the hierarchy of values, **people-oriented change**, i.e. the changer from below.

Good results in the second wave of the pandemic are related to the extent to which the Slovak government is able to put people's health and lives in first place, and to replace the old obsolete law of the primary material base and secondary spiritual superstructure with a new EU paradigm and vision.

The **single-point concentration** that mankind has known since ancient times is helpful. He who bears full responsibility on his own shoulders should focus full on one point and not get distracted. This time it's about people's health and lives. It is a mistake to criticize the head of state for concentrating on this priority and to call on the prime minister to address other issues and agendas. Although it is understandable that Igor Matovič did not figure among the candidates for prime minister in opinion-forming people, but five leaders of other political parties.

The Prime Minister's focus on people's health and lives is a condition for effective cooperation with experts, unless the logs thrown in their way are precisely timed. **The human immune system is not constant.** It can be strengthened or weakened. This needs to be discussed and people focused on **strengthening the immune system, especially in high-risk groups, in seniors, which was the core of our project Restarting Seniors after the Pandemic.**



On the other hand, we cannot avoid the law of polarity. Death cannot be ruled out of society. Discussing will not solve the problems - otherwise a lot would be done on the talk show. **They can be solved by engaging broad perspective.** We need to leave the lower level from which we look at the problem. We stop fighting with polarity, but that does not mean that we give in to what we consider bad.

There is a well-known story from the life of Buddha, a contented prince to whom his father arranged a life in beauty and joy, he enjoyed life. It was not until one day that he decided to leave the walls of the palace to experience life outside. On the way to his awakening were three men - an old man, a sick man and a corpse. After meeting with them, he realized that there was old age, disease, and death. However, Buddhist scholars understood that this was not a fear of old age, disease, and death. They discovered this, according to his speech, many years after his enlightenment, when he mentioned the three messengers as catalysts for spiritual life. In his speech, the Buddha asked the audience, the monks, "Have you ever seen an eighty- or one hundred-year-old man or woman? Unhealthy, bent to the ground, wobbling, toothless, with sparse, gray hair, with wrinkled skin? And it never occurred to you that you will be like this one day and you don't have a chance to escape it?"

The Buddha's vision of old age, disease, and death triggered an empathic reaction in him, not a fear of old age. It awakened compassion and he realized the extent of such suffering in the world. His path to enlightenment was also about trying to help them, if possible, not just to help themselves rejuvenate.

That's what nationwide testing and vaccination is all about. This transition **from intrapsychic observation to the interpersonal process** concerns not only mental development, but also psychological research and decision-making during the second wave we face. Those who think of themselves, who are self-centered, choose different choices and decisions than those who empathize with the vulnerable and want to help them so that they are not endangered especially by those who are self-centered, with increased self-confidence (not affected by the corona) and without compassion. According to Buddhists, this is about meditation - about listening to others' feelings - their pain, threat, suffering. In this way, a higher degree of mental development can be achieved.

It is about mastering the developmental task in childhood, **during infancy** / in the 1st year of life / **according to the stages of development of the personality of E. H. Erikson - to learn to trust people.** The opposite is distrust.

**Toddler** (2 - 3 years of age) **tries to become independent, to be autonomous.** Versus addiction, self-doubt, shame, stubbornness, negativism.

In **preschool age** (3-6 years), **initiative, activity, a healthy conscience** are important. Versus conscience with feelings of guilt, intolerance.

**School age** (from entering school up to 12-13 years) is about **hard work, efforts to acquire skills, achieving success** - versus the feeling of inferiority.

In youth at **puberty and adolescence** / approximately from 13 - 20 years / **it is a search for one's own identity and role among people.** Who am I, what am I good at, useful?

If it succeeds in evolving, the transition to a higher stage follows. According to Erikson, failure to manage a certain developmental stage, its problems, forms and tasks makes it significantly more difficult to make a further favorable course of mental development.

**Early adulthood** (approximately 20-25 years) is about **forming good personal relationships** or isolations, avoiding intimacy, a real human relationship of mutual understanding and cooperation, caring for others.

In middle and later **adulthood**, the core is creative work or stagnation, stagnation in development and activities, disinterest, helplessness.

In **old age (after 60 years)** - **clarification and evaluation of the meaning of one's own life.** Versus deep dissatisfaction and even despair.

**The aim of this project in terms of the vision of Europe for People, Well-being and the Planet, is to define a people-oriented system with training and strengthening of personality, decision-making skills, drawing on experience from past analyzes, launching initiatives and inputs and insights of all involved stakeholders** (including people, especially the vulnerable) to successfully implement and participate in green initiatives and this should gradually lead to behavioral, social and cultural changes. It is about overcoming self-centeredness, being proactive, fighting for one's own good and for the benefit of others. We build on teamwork. This project was also implemented by a team of people, mostly seniors.

Although we managed to meet the material and technical conditions for joining the EU, the Schengen area, we met the conditions for the adoption of the euro. However, we failed to adapt mentally. Some wanted the fall of the totalitarian regime to get rich and get closer to 1% of the richest people on the planet. The law of the jungle applies to them, and the thinking of "win-lose", if I let another win, I lose. Not all the biggest players play fair. It is therefore a great challenge to remedy this situation so that those with decision-making competences regain people's trust. It wants to complement Darwinism with the principle of resonance, cooperation and synergy, where thinking and mentality is not a secondary superstructure of the material base, but the power of the soul.

# 2

## Psychology of the mind

PhDr. Anna Galovičová

**T**he meaning of life is well-being, good health and happiness, inner satisfaction. According to the developmental stages of the psychologist Erikson, which have been recognized in many countries of the world, including our country, seniors face the question of the meaning of life in old age. If they have successfully managed this stage and found the meaning of life, well-being, happiness and health, they are mature people. If they are not mature, they are frustrated, disappointed, depressed, desperate. For lonely seniors, the solution to this difficult task in old age during the COVID-19 pandemic is impaired, whereby weakening their immune system.

The worsening situation with depressions in the Western world also indicates that this is a deeper problem associated with the management of previous stages of development, stagnation, immaturity, decline. From this point of view, the growing number of suicides must also be seen.

During the COVID-19 pandemic, seniors face the fact that many victims of this scourge have died anonymously, somewhere in hospital corridors or in vans, without saying goodbye to their loved ones, without clothes and a dignified funeral so that other people do not become infected, which is understandable.

It is good to get prepared for such an unpredictable scenario as well. Don't be afraid of death. Change the vision of your death, as well as your attitude. This is in the competence of man. In the Project, we used many years of experience in cooperation with the leading American doctor R. Moody, who has been researching near-death experiences for decades, the so-called clinical death.

It is more difficult to change the pandemic situation in hospitals, lack of medical staff, or increase the number of crematoria, funeral services. As **Father Peter Gombita** explained, God confesses by direct contact, and blesses. He can find the way to every believer and non-believer. Time and space do not play a role here.

However, as the mental training expert, the 14th Dalai Lama, points out: "In order to change conditions outside ourselves, whether they concern the environment or our relationships with others, we must first change within. Inner peace is the key." In this state of mind, one can face the difficulties with calmness and rational thinking while maintaining one's inner happiness.

Relaxation techniques and stress management help seniors maintain and regain mental health. Relaxations and yoga exercises are also available on CD.

**The Buddha** (500 years before Christ) emphasized kindness and compassion for others. Not Darwinism or Neo-Darwinism with self-centeredness and devouring the weak! In this publication, the unity of opposites and the principle of resonance are primary. We rely on the balance of material and spiritual base. (For so-called scientific Marxism-Leninism, primary was the material base and secondary was the spiritual superstructure.) In old age, many people return to the faith and want to have a church funeral, even though they have professed liberals and secularism all their lives.



For millennia, both principles have existed side by side - polarity with the struggle of opposites, wars, and the principle of resonance with the law of unity of opposites, harmony, cooperation and compassion, with peaceful solutions to problems without violence, war, killing and murder. This is the **path of truth** (Satyagraha) of **Mahatma Gandhi**, and his successor the 14th **Dalai Lama of Tibet**, occupied by China during Mao Zedong and during the Red Revolution, as well as V. Havel during the "velvet revolution" in Czechoslovakia.

According to old thinkers, the founders of world religions, now also scientists, e.g. leading German physician and psychotherapist Ruediger Dahlke, all religions and cultural traditions agree that unity exists as a counterweight to the material world. The center of the universe is about unity (put theologically, about God).

The world's major religions call this **monotheism**. Even polytheistic religions speak of one that created other deities. In Taoism, **Lao-c'** says *"the nameless is the beginning of everything."* Religions focus on unity, but not the unity from this world, as **Christ** put it. On Earth, we can experience unity only in consciousness. The outside world and life on Earth are under the domination of polarity, the struggle of opposites.

For this reason, Christ names the lord of this (polar) world the devil, his adversary. Christ comes from the Father, from unity to the world of duality, to the world of the devil. He treats him with respect and refuses offers to be a part of it, Jesus resists the temptations of the devil. Its goal is to help people get home, back from the world of duality to unity (to the father).

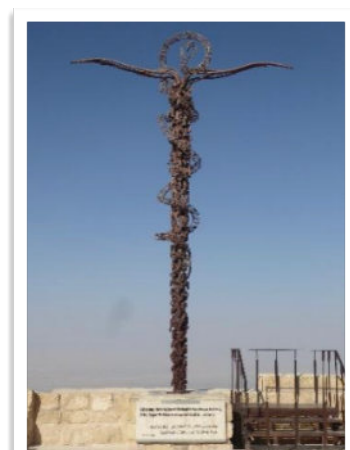
**Is it possible to supplement the law of Darwinism, struggle, the law of the jungle and cooperate, help others, be compassionate, empathetic?**

From time immemorial, people have depicted deep ideas. The relationship of unity to polarity is depicted by a mandala with a white center in a dark circle. It has no dimension, it is a point, it does not come from this world. The great circle are the creatures (God) in time and space. Darwinism concerns them. Unity is often depicted as light.

Nuclear physicists have found that everything in this world consists of opposites, even on the level of subatomic particles, where one positron belongs to each electron.

Only photon, the smallest particle of light has no opposite. Light in our world forms a shadow, comprising all the colors of the rainbow.

Some depict unity as the highest sphere — as the tip of a triangle or the center of a circle. A level lower is the **law of resonance**. The well-known definition of **"What is above is like what is underneath"** is attributed to the **Egyptian Hermes Trismegistus** (Hermes three times the great), in Greek to Asclepius (responsible for health), with the symbol of doctors – the Rod of Asclepius with a snake climbing around the rod (Asclepius in Latin). The expression of the law: "that which is above is the same as that which is below" we also find in the folk wisdom of "money makes money." Therefore, even during financial and economic crises, the rich are even richer, and the poor are poorer.



Although we can see the consequences of this law all around us, most politicians have no idea about it. The World Bank or the North-South Commission of the Council of Europe address this issue. Their role is to counteract this law, which they fail to do, unwillingly supporting the deepening of contradictions.

The law of resonance puts adds to the law of polarity and widens the gap between opposites. The increasing distance between the poorest and the richest will then necessarily result in a discharge of tension between the poles, a coup or a revolution. Also, during the COVID - 19 pandemic, politicians and citizens around the world want to prevent this, so Recovery Plan has been approved by EU Member States so that the economy returns to normal and unemployed people without a regular income do not start looting. It is also about poverty reduction, which was one of the five priorities of Europe 2020.

However, one needs to know that everything in this world strives for unity, as all religions know. It is necessary to know the hierarchy of laws into which we must bring order so that we can behave and orient ourselves according to them. **The self-centeredness is about ignoring the laws. We miss the reality.**

"We create misconceptions, quasi-solutions. More and more people are living detached from reality, not even noticing that they have lost reality. In post-communist societies, thanks to technology, everything is pouring in quickly, including conspiracy delusions. One cannot swallow it, process it, and begin to question everything. Truth is confused with relative majority truth. An increasing number of people who spread and believe in delusions are beginning to live in parallel reality. They do not believe the argument, the evidence, the truth has lost its validity. The pandemic and restricted movement, lack of contact with people, home quarantine, lock-down at the computer sharpened it even more.

Profound change can also be seen in vaccination situation. Our parents, grandparents, were obliged to have their little children, that is us, vaccinated, and it did not even think of doubting the vaccination. Today, this trust in the good of the state for the citizen, the European institutions, is already being broken. And fewer and fewer people are able to change this distrustful attitude from within, without the threat of external sanctions. It has to do with the predominance of Darwinism and Neo-Darwinism with the selfish gene and meme. People have learned to live in a world of alpha-males, alpha-females who go for their throat. And not in a world of loving relationships and mutual help. If this trend of seeing the surrounding world as "the glass half empty" continues, there is a risk of stagnation, barriers to the mental development of our adult children, school children and grandchildren, who fail to perform developmental tasks at a given age, will not be able to trust the world. Or get married and create a whole - one family. Or start a family.

Laws work whether we want or not, whether we realize it or not. Unfortunately, there is growing a generation of people who do not at all recognize as bad what their ancestors considered bad, such as a crime. This is about truthfulness, vaccinations, theft, tax fraud, etc. Tax havens arise according to the law of polarity. **William Rogers** put it clearly: *"Not even the devil has made liars out of as many people as the Income Tax Act."*

The COVID-19 pandemic helps us to return to a natural true life, to reduce bureaucracy by empathizing with people who have lost their jobs, their livelihoods, their income. With those who stayed at home to take care of children during distance learning when schools are closed. Again, it's not just about home quarantine, testing, lock - down, vaccination and a quick return to the old way of life. **It is about a return to nature and humanity. And about helping each other get back to reality. And not wait for miracles, but roll up our sleeves and work, earn a living.** Also, in the field, manually, in the green economy. This is also what the current education reform is about.

According to the German doctor **R. Dahlke**, who, as one of the few psychiatrists, joined a worldwide professional team, the knowledge of the hierarchy of laws and rules is more important for our lives than human agreements and laws. The law of gravity is different from the law on minimum income, or the tax amendment. Laws agreed and set by a group of MPs that people have devised for their own needs are different from those that exist independently of people. Property and tax laws vary from state to state, while natural and cosmic laws apply without our knowledge and consciousness. The laws created and passed by humans are relative. In some countries you drive on the right, in others on the left.

By self-reflection in this publication, we understand not only introspection and self-analysis, but also the reflection of the laws we follow in everyday life, which we face during this pandemic. We can say that seniors can perceive reality, as they are not dependent on the Internet, social networks, taking self-centered selfies. The reality has been changed by technology and the media, the truth is distorted advertising, marketing, manipulation and turbocapitalism, which has come to Eastern Europe and fundamentally changed it. According to the statements of leading psychologists at Charles University (**Oldřich Mikšík**), the core of the problem lies in stagnating mental development, which many behaviorists, today's psychologists, Neo-Darwinists have not even noticed.

The theoretical parts of the text are original, the authors performed an analysis of knowledge and formulated their own conclusions - **a close connection between the mental-spiritual development of the individual and health.** If we do not distinguish between choices, decisions for such activities that help our mental development, the "way up", but we do the opposite, "downwards", we stagnate and fall, we do not maintain our mental health. Or social health. And we weaken our immune system, as discovered by psycho-neuroimmunology.



## They inspire the reader:

- *a healthy lifestyle;*

- *for mental training* and the acquisition of the ability to relax and reduce physical and mental tension, meditate and improve concentration on what is essential, not to be distracted by insignificant questions and problems, in order to maintain a state of peace, gained through both relaxation exercises and rehabilitation and yoga exercises, self-discipline, walking and physical work, as well as maintaining a positive approach to life situations even during the COVID-19 pandemic;

- *to change* the values scale so that social and spiritual values move up.

It is an overall improvement in life in a globalized society, which faces many pitfalls such as a sedentary lifestyle with a lack of exercise, physical work, fresh air, also in times of lock-down and home quarantine. This also include the cult of the body, the emphasis on the attractiveness of the body, physical condition and external beauty, at the expense of mental purity. A big obstacle to our mental development was the increased concentration on satisfying our material needs, when even religious holidays, Christmas holidays, were reduced to buying gifts, food and titbits, overeating – and all this at the expense of immersion in the peaceful and joyful atmosphere of Christmas with our loved ones. This barrier to personal growth has changed significantly after the onset of the COVID-19 pandemic, the closure of shops, boutiques, beauty salons, fitness centers, restaurants, hotels, airports with a return to simple home-cooked food, a modest life with small pleasures around the home, in a family circle, playing with children.

The core of this publication is more than 50 years of experience proven in practice and a proven know-how to help ourselves, seniors in extremely difficult life situations (even during a pandemic). It is not a topic of a local nature, but a burning topic of today, facing the consumerist way of life and habits, the habit of spending free time and weekends in shopping malls, fitness centers, swimming pools, aqua parks, bars, cafes, nightclubs, etc. And to this extremely challenging life situation in which we all find ourselves and in which we have been living for almost a year, another stressor was added - political struggle, psychological struggle related to it, as this tough situation in our country and elsewhere, requires a complete change of way of thinking and life, a new paradigm. It requires truthful and empathetic leaders. With a human approach.

And it is difficult to expect that this change can be implemented by people who had decision-making powers and together created a system that proved to be destructive, devastating psyche and a planet. Which caused dissatisfaction with how we live, how we destroy the environment, caused a crisis of the meaning of life.



This is a challenging issue, and it is a good signal that in today's global surveys, up to 70% of people feel the need to change their lives. **We would like to help us better understand the new paradigm of Europe for people, their well-being and the planet,** to set the direction for this change in our scope. It is about increasing ecological awareness – our interconnection with the whole universe and nature. As the Austrian psychiatrist V. Frankl said: just as we have achieved monotheism, faith and concentration on one God, it is necessary for humanity to take a step forward and achieve **monanthropism - we are one human family.**

The text is understandable even for laymen and people with basic education, it creates enough space for their own connection of key ideas and thought work. We avoid professional formulations. At the end of each chapter of the follow-up publication the **Restart of Seniors after the Pandemic**, there is a summary and also a clearly presented recommendation for the practical development of the necessary skills. This knowledge can help active seniors, coaches and trainers to better apply the acquired knowledge and skills in practice.

The publication of the two parts of the publication "Europe for People, Well-Being and the Planet" and "Restarting Seniors after the Pandemic" will not only serve seniors, but will mobilize active seniors to share and help others mobilize strength for mental training. It will help increase the quality of life of seniors both during the COVID-19 pandemic and after its desired end.

## Physiotherapy in seniors

Mgr. Kristián Takáč

**A**ging is a physiological process that is associated with time, genetic predispositions and environmental factors. These factors include: lifestyle, risk factors present (smoking, inappropriate diet, alcoholism). The period of old age is marked by several diseases: diabetes mellitus, osteoarthritis, osteoporosis, arterial hypertension (high blood pressure), atherosclerosis (calcification of blood vessels). Usually in the older generation we can encounter limited physical activity (akinesia). Akinesia reduces the efficiency of many systems, which supports aging processes. Despite their advanced age, many people show high physical activity, which is associated with an active lifestyle. Even in old age, it is necessary to take into account various functional limitations, but if physical activity is correctly indicated, we can partially return the person to maximum physical condition. Motor skills deteriorate at this age range. As early as the age of 30 - 40, slow muscle atrophy begins. Changes in the muscular system adversely affect the nervous system, especially in deep sensation. Muscle-nerve coordination, especially balance, deteriorates. According to statistics, up to 35% of people over the age of 65 fall about once a year. Fall in the elderly is a major cause of injury. Injuries and later immobility may be the most common cause of cardiovascular or respiratory disease and subsequent death. Walking and balance disorders are the most common issues that require our attention.

Rehabilitation in the elderly serves to increase muscle strength, to increase or maintain ranges of mobility in the joints, to improve coordination and gait.

### Principles of rehabilitation for the elderly:

- evaluation of endurance in an individual and subsequent preparation of a physiotherapy plan
- pulse frequency value should not exceed 50% of the maximum frequency, in the elderly the pulse frequency is calculated 180 minus age
- avoiding exercises where we engage the abdominal press
- inappropriate exercises such as: quick and abrupt exercises, frequent changes of positions at a fast pace, demanding coordination exercises, NO ROTARY MOVEMENTS, deep forward and deep backward bends in the torso and cervical spine
- exercise must not cause pain, it should bring relief, well-being and a pleasant feeling for the individual

### Exercise unit focused on maintaining and strengthening the muscle corset:

#### Breathing gymnastics:

The main role of breathing gymnastics is the transport of oxygen and nutrients to the body, the exchange of respiratory gases, maintaining homeostasis (balance) in the body. We know static breathing (without limb movement), dynamic breathing (with upper limbs movement), localized, and diaphragmatic breathing (abdominal breathing).

#### Kinesiotherapy:

is the main treatment method for physiotherapy. We define it as a process in which we use methodologies and techniques to improve, adjust and increase a person's physical activities. Kinesiotherapy is divided into: passive (isometric), semi-active, active kinesiotherapy.

#### Relaxation, relaxation techniques:

Relaxation is the induction of physical and mental relief. The main task is to remove excess tension. We use it before, during or after the exercise unit. Relaxation is best in combination with breathing gymnastics.

**Figure 1:** List of exercises focused on the muscle corset

**Figure 2:** Breathing gymnastics

**Figure 3:** Gait training in the G-apparatus



## Inovation of rehabilitation with yoga exercise

PhDr. Anna Galovičová

**Y**oga has a long history in Slovakia and in the former Czechoslovakia. Meditation was part of a ceremony at the Adamites, known from the literature on the Hussites in the 15th Century. In the last century, yogis began to be mistaken for fakirs. Half a century ago, Indian yogis allowed us to know the rational side of yoga, that yoga exercises are for everyone, even for wheelchair users and seniors. The healing effects of yoga came to the fore. At the end of 1989, the Piešťany Spa published the first book YOGA by the Indian yogi **Paramhans Swami Maheshwarananda** in the Slovak language.

The Innovation of Rehabilitation with Yoga project, which was successfully implemented in the years 1987 - 88 by the Piešťany Spa and Slovakotherma (at the Ministry of Health) at the initiative of **PhDr. Anna Galovičová**, at that time a yoga instructor in the Piešťany spa, and doc. **MUDr. Jarka Motajová CSC**, professor of anatomy and physiology at the Faculty of Physical Education and Sports of Comenius University in Bratislava, helped train dozens of rehabilitation nurses and physiotherapists from Slovak spas. Thus, the official yoga exercise was introduced to the spa sector in Slovakia.

Based on the research that was successfully carried out by **MUDr. Sedláková, MUDr. Rohová, MUDr. Zelenayová and PhDr. Galovičová**, yoga exercises have become part of the procedures. It was the application of yoga exercises in patients suffering from Bechterew's disease (ankylosing spondylitis). **MUDr. Juraj Celko, CSc.**, Director of the Trenčianske Teplice Spa, carried out research focused on the use of yoga for entrepreneurs and top managers.

We gradually understood that yoga enriched rehabilitation exercises with a concentration on proper posture, deep breathing, a connection with relaxation sets and psycho-somatic exercises. It has helped hundreds of patients with acute and chronic spinal problems relieve pain and get rid of it. Many spa patients have had the opportunity to attend yoga classes for decades, and have realized that it is definitely not enough to give the best analgesics, apply currents from the latest device, or exercise according to the latest technique. They understood that if they want to gain flexibility in the joints and musculoskeletal system, improve their mental and physical health, they must take responsibility for their health into their own hands and exercise daily, even after the acute symptoms have subsided. Gradually, our seniors also mastered rehabilitation exercises innovated with yoga, as well as exercises to strengthen the muscular corset. They gained motivation and new friends to practice the mastered sets of psycho-somatic exercises at home.

Elderly people understood that it is good to start exercising at a child and school age, the correct posture at home and at school. They were motivated to practice with their grandchildren as much as possible during the pandemic.

Relaxation exercise got into the physical education curriculum at primary and secondary schools also thanks to our efforts.

We helped train hundreds of physical education teachers in cooperation with the Ministry of Education in their training facility in Budmerice during several years.



## Yoga and Stress Management

Ivan Malek, Slovak-Indian Friendship Society, Jakubovany, Liptovský Ondrej

*“Civilization is characterized by a concentration of time and a lack of movement. And yoga acts as an excellent counterpoint to this unequivocal static load and stress at the same time.”*

doc. MUDr. Juraj Čelko, CSc.

**D**ue to increasing demands at work and at home during the coronavirus pandemic, which is often of a sedentary nature, both our mind and body are exposed to a high load.

The set of exercises is not demanding in terms of conditions - clothing and space, it can be practiced in the office, at home on the carpet, on a mat. All it takes is for the exercisers to take their shoes off and put away unnecessary personal items such as a watch, a cell phone ... and loosen their clothes. I took the liberty of enriching this set with Simha asana, the lion position. I included it mainly because people like the zeal with which I practice it, it relieves stress, repressed emotions. And also, because it relieves mental tension and if our life is monotonous, it has a relieving effect. This exercise also helps to improve speech - articulation. Before mastering this set, I provide 12-point recommendations on how to practice. Since the set can also be practiced at home, it is a good introduction to teach the exerciser to relax while lying down. After all, the goal of yoga practice for many is primarily physical and mental regeneration and stress management.

### Chapter I: How to practice yoga

1. Exercise daily, regularly, in a calm, quiet and warm environment, preferably on an empty stomach or 2-4 hours after a meal.
2. Before exercising, it is advisable to take a shower or wash with cold water (after work). We do not sweat during exercise, unlike top sports and recreational sports, which take away our energy, we regenerate ourselves with yoga, revitalize and renew our strength. We do not shower after exercise.
3. We exercise on a warm mat or carpet in a well-ventilated room, in summer we can practice in nature in the fresh air. For respiratory diseases, we place a clean towel on the part of the mat where we put the face.
4. The basis of proper exercise is full yoga breath, which we should learn before proceeding with other breathing exercises. We breathe regularly through the nose; the movement is in tune with the breath. We breathe freely, calmly, deeply (e.g. inhale when arms go up sideways and exhale when arms go down).
5. We practice slowly. In case of health problems, we follow the instructions of the attending physician, rehabilitation nurse with regard to our diagnosis. We never exercise until we get tired or feel pain and adhere to the limit of pleasantness. We don't have to do every yoga exercise with a group, we can practice individually.
6. We exercise with a focus on movement and still monitor how we feel in the body. Consciously practiced exercise has a greater effect on the body.
7. Each exercise or set of exercises is followed by a rest. The rest phase is just as important and effective in yoga as the exercise itself. We practice with our eyes closed - we focus better on experiencing inner feelings (proprioception) and at the same time we learn to harmonize these feelings and be vigilant.
8. We do not compete in yoga practice and we do not compare ourselves with others. We exercise for ourselves, for health and according to our physical fitness and state of health.
9. It is good to practice with music, soft music in itself evokes pleasant feelings and relieves our mental tensions. It tunes us into positive thinking, joy and harmonizes our emotions, feelings. Advanced exercisers can focus on exercising without music.
10. We exercise in such a way that we are comfortable during the exercise. If possible, we involve only the most necessary muscle parts needed to practice the posture and other parts of the body are relaxed. We avoid extra movement, we do not twist, we practice the motionlessness of the body also in various positions.
11. We practice with joy; slow conscious yoga exercises gradually harmonize our mind and our mood.
12. During the exercise, we are aware of the presence of others and gradually expand our consciousness to the whole environment, nature, other beings, the sky, the sun, trees, surrounding life. We open our hearts and we are ready to harmonize ourselves with nature and other people through exercises.

## Chapter II: How to practice yoga

### Ananda asana – relaxation lying on the back / sitting on a chair

**Starting Position:**

Lie on the back or abdomen

**Concentration:**

on the whole body

**Breath:**

normal breathing

**Duration:**

2 - 5 minutes

**Practice:**

Lie comfortably on the back. The feet fall loosely away from each other, not crossed, arms lie relaxed beside the body and the palms face up. If necessary, place a pillow under the head or knees. Close your eyes and relax the eyelids. Feel the whole body from the toes to the head. Bring your attention to each part of the body and gradually and consciously relax the whole body. Feel a sense of inner quiet and peace. If it is more comfortable, relax by lying on the abdomen.

**Sitting:**

Sit comfortably on a chair that corresponds to your height. It is recommended to sit more on the edge to maintain an upright posture. If you lean, then only on the lower part of the back. (We tend to crouch if we support the whole back.) Sit upright on a chair and feel your body. The hands rest on the thighs. Close your eyes. Relax as much as possible. Gradually release the right leg, the left leg, both legs are relaxed. Relax the trunk, back, neck, right hand, left hand. Both hands are released. Relax the face muscles, jaws, mouth, eyelids, forehead, temples. The whole body is relaxed.

**Benefits:**

Leads to physical and mental relaxation. Relaxation is an important prerequisite for the optimal performance and effectiveness of the exercises. Therefore, Ananda asana is practiced at the beginning and end of each exercise session, as well as between exercises.

### Neck Relaxation

**Basic position:** sit on a mat or sit on a chair

**Concentration:** on the neck area

**Breath:** coordinated with the movement

**Repetitions:** each variation 5 times

**Practice:** Sit with the legs straight. Hands rest on the thighs. Place the hands on the floor behind the body with fingertips pointing backwards. The arms remain straight throughout the exercise. The shoulders are relaxed. At the workplace, you can use a chair and exercise on it with your hands on your thighs, the trunk upright.

**Variation A:** Bending the Head Sideways:

Exhaling gently lower the head towards the left shoulder without forcing. Inhaling raise the head to the centre. Exhaling gently lower the head towards the right shoulder without forcing. Inhaling raise the head to the centre.

**Variation B :** Forward and backward bend:

Exhaling lower the head gently forward without force until the chin touches the chest. Inhaling raise the head and gently move it backwards. Look up.

**Variation C (without illustration) - Circling the Head:**

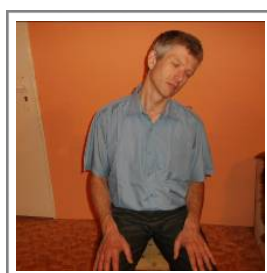
Exhaling slowly circle the head to the front across the chest. Inhaling continue the circling of the head up to backward bend. Practice the circling movement 5 times and then repeat in the opposite direction.

**Benefits:**

Relaxation of the neck, throat and shoulders.

**Caution:**

If the movement of the head backward causes pain then the head should only be moved forward. If this causes dizziness or if there is a problem in the cervical spine do not practice Variation C or bending backward position.



### Side Bending of the Upper Body

**Starting Position:** standing

**Concentration:** on the side stretch

**Breath:** coordinated with the movement

**Repetitions:** 3 times on each side

**Practice:** Stand with legs slightly apart. Clasp the fingers behind the head and press the elbows slightly back. Upper body and head are in line. During the exercise the body weight remains evenly distributed on both feet. The upper body bends sideways only, not forwards. Exhaling bend the upper body sideways to the left. Inhaling return to the centre. Exhaling bend the upper body sideways to the right. Inhaling return to the centre. Repeat 3 times on each side. It is very good to practice a variation of this exercise while sitting on a chair. The technique and effects are almost the same. We sit on the chair so that we do not feel discomfort during exercise ("swinging" or instability on the chair).

**Benefits:** Helps against scoliosis (sideways curvature of the spine) and a rounded back. It strengthens and stretches the muscles along the sides of the abdomen and back. Increases and directs the breath into the sides of the chest.



### Expansion of the Chest

**Starting Position:** standing

**Concentration:** on the expansion of the chest

**Breath:** coordinated with the movement

**Repetitions:** 5 times

**Practice:**

Stand with legs slightly apart. Raise the arms forward to shoulder height and bend the elbows. Close the hands into fists, with the thumbs on the inside. Bring the forearms together and press the fists firmly together to tense the arm muscles. Inhaling take the arms sideways and back as far as possible. The elbows remain at shoulder height. Exhaling bring the arms towards each other, maintaining the muscular tension. Perform this movement 5 times slowly and with concentration and then return to the starting position.

**Benefits:**

Strengthens the hand, arm, shoulder and back muscles and helps against a rounded back. It stretches the chest muscles and deepens the breath.

### Walking on Toes and Heels

**Starting Position:** Standing

**Concentration:** on the whole body

**Breath:** normal breathing

**Repetitions:** 50 steps on the heels, 50 steps on the toes

**Practice:** Stand erect and relaxed. Clasp the fingers. Inhaling raise the arms above the head and stretch through the whole body. Look towards the hands. Breathing normally take 50 steps on the heels and 50 steps on the toes. (You can add (alternate) walking on the inner and outer edges of the feet).

**Benefits:** Invigorates, stretches and relaxes the whole body and stimulates the circulatory system. Strengthens the leg and foot muscles and is therefore good for flat feet and fallen arches. Encourages venous return in the legs. Walking on the heels stretches the calf muscles and strengthens the foot extensors. Walking on the toes strengthens the calf muscles and stretches the frequently shortened toe extensors.





### Yoga chair

**Basic position:** stand

**Concentration:** on the outstretched back and on the leg muscles

**Breath:** in accordance with movement

**Number of repetitions:** 3 times

**Practice:**

Stand with legs together. Hands stretched freely along the body. Take a deep breath. Exhaling, go to the squat as if you were skiing. The trunk remains upright, hands free. Stay in position according to your abilities. Breathe regularly. Inhaling, return back to standing position with to your back straight.

**Benefits:** Stretches and strengthens the muscles of the legs and pelvic floor. It supports a firm stand and regulates breathing.

**Caution:** If you have difficulty with your knees, do not exercise too "deep".



### Trikonasana (The Triangle)

**Starting Position:** stand with legs wide apart

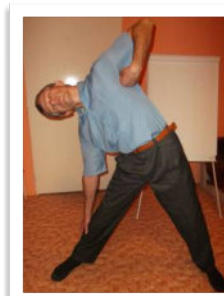
**Concentration:** on the sideways stretch of the upper body

**Breath:** coordinated with the movement

**Repetitions:** each variation 3 times on each side

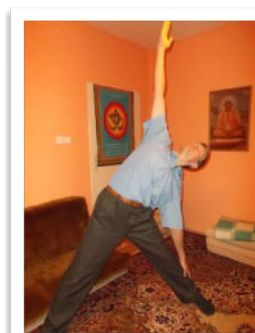
**Practice - Variation A:**

Exhaling bend the upper body to the right. The right hand slides down along the leg towards the ankle. The legs remain straight. The left hand moves up along the left side of the body to the armpit. Look towards the left elbow and remain for a short time in this position. Inhaling slowly come upright. Practice the exercise on the other side. After each round pause in the starting position, breath normally.



### Variation B:

Inhaling raise the arms sideways to shoulder height. Exhaling bend the upper body to the right until the right hand touches the ankle. The left arm is stretched upwards vertically. The palm faces forward. Look towards the left hand. Remain in this position for a short time. Inhaling slowly come upright. Exhaling return to the starting position. Repeat exercise on the other side.



### Benefits:

Balances the nervous system, promotes flexibility of the spine, opens and stretches the muscles along the side of the body. Stretches the muscles at the back of the thighs and increases leg stability. Deepens the breath and guides it into the sides of the lungs. To relieve constipation, drink 1-2 cups of lightly salted, lukewarm water before the exercise.

### Simhasana (The Lion)

**Starting Position:** Vajrasana

**Concentration:** on the relaxation of the muscles during the Aahhh-sound

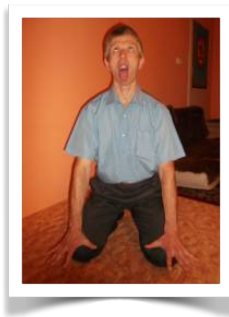
**Breath:** coordinated with the movement

**Repetitions:** up to 10 times

**Practice:** Sit in Vajrasana. The toes can be tucked under or stretched. The knees are slightly apart. Place the hands on the knees and straighten the arms. Inhaling deeply through the nose raise the shoulders slightly. Exhaling strongly through the mouth, press the hands firmly onto the knees and spread the fingers wide apart. Open the eyes wide and look up. Stretch the tongue out and vocalise a "Lion's roar" – a loud, open "Aahhh". Ensure the Aahhh-sound comes from the abdomen, not from the throat.

**Benefits:** The Asana exercises the vocal cords and diaphragm and as such is very good for singers. It is recommended for people with speech impediments and is also beneficial for ear, nose, throat, and mouth problems.

After this exercise relax in Anandasana.



## Nadi Shodhana Pranayama (Breathing exercises)

### Purification of the Nervous System, level 1

**Starting Position:** any of basic sitting positions (also sitting on a chair)

**Concentration:** on the process of breathing

**Repetitions:** 20 times with each nostril

#### Practice:

Sit relaxed and concentrate on the normal breath for a few minutes. Lift the right hand, place the index finger and middle finger at the eyebrow centre (Pranayama Mudra) and close the right nostril with the thumb. Breathe through the left nostril 20 times - the breath is slightly deeper than normal and directed into the abdomen. Open the right nostril again and close the left nostril with the ring finger. Breathe through the right nostril 20 times - the breath is slightly deeper than normal and into the abdomen. Return the hand to the knee and observe the normal flow of the breath.

#### Benefits:

Nadi Shodhana purifies the blood and respiratory system. The deeper breathing enriches the blood with oxygen. This Pranayama strengthens the respiratory system and balances the nervous system. It helps to relieve nervousness and headaches.



## Relaxing sitting position

**Goal:** Gain the ability to relax while sitting

#### Practice:

Sit upright in a chair and feel your body. Close your eyes.

Relax as much as possible. Gradually release the right leg, the left leg, both legs are relaxed. Relax the trunk, back, neck, right hand, left hand.

Both hands are released. Relax the face muscles, jaws, mouth, eyelids, forehead, temples. The whole body is relaxed.

#### Result:

The body is motionless, only the chest expands with inhalation and contracts with exhalation.

You feel pleasantly in the posture, you can stay there even for half an hour, without the need of movement.

We can apply this exercise separately if we feel the need. The length of the exercise itself can range from 3 to 5 minutes, depending on your current possibilities.





## Conclusion

Identifying the factors that are important for success in life have employed thinkers and researchers from time immemorial. Why are some people better at organizing their lives, careers, stress, relationships? What qualities of mind or spirit determine who succeeds? Already in ancient India, it was found that adaptability to change, leadership, self-confidence, interpersonal relationships, communication skills are associated with mind control, with intelligent emotion management.

*Thus, yoga therapy does not consist only of cleansing procedures (kriya yoga) and psycho-somatic exercises (asanas), but emphasizes dietary control, social attitudes and good habits, elimination of bad habits so as to cause positive changes in all metabolic processes. It is truly an integral approach, understanding man as a whole.*

There is a need to research and map traditional yoga, to identify its genesis with regard to its potential to serve a new generation of doctors, rehabilitation workers, psychologists, social workers, teachers, educators, managers, leaders, entrepreneurs in personal development. And all those who face lifestyle diseases, suffer from high and fluctuating blood pressure, cancer, allergies, other psycho-somatic diseases, help through yoga to overcome the illusions of the mind, self-deception, etc. in addition to yoga exercises. Even those who need to deal with haste, stress and work effectively in teams, develop a new kind of consciousness within themselves and actively communicate step by step more effectively, eliminate bad habits, create good habits, healthy lifestyle and positive attitudes to achieve their mission, implement goals. Those who want to improve themselves.

I recommend exercising the set exercises daily for at least three months to feel its effect. As for when to practice, well, my personal practice has shown that it is very difficult to find it. It would be best to choose a certain hour and then adhere to it. Since in today's hectic time it is difficult at first to combine our work duties with yoga, in the first week, the exercise schedule can vary. But after the first week, we should be able to assign this obligation to our daily routine, as one of the prerequisites for achieving the result is self-discipline. If we look at exercise and how to prevent diseases of civilization, it should motivate us all the more to find time. After the onset of a certain ailment, we usually suddenly have enough or too little time. If it is a serious illness.

So, after organizing our time, it's time to exercise. In the first chapter, I mention how to practice in terms of space conditions. From my own experience, I know that it is good to repeat this basic information more often so that the exercisers fix and apply it. Not every exercise is the same. I find progress in mastering this set of yoga exercises in developing concentration skills. I also see a lot of space for gradually adding relaxation and concentration exercises to this set of exercises.

From the beginning, we focus more on detachment from work-related thoughts. Then our mind usually focuses on the correct execution of the exercise, which is very good. If we can't do some exercises perfectly, we gradually try to get closer to that state. If, despite the effort, the exerciser fails and his or her physical limitations do not allow him or her to do so, there is no need to force it and practice to the extent that is still pleasant.

If we have mastered the correct execution of the exercise, we can slowly focus our attention more and more on observing the movement in accordance with the breath. This is how self-reflection develops during exercise. And hand in hand with it deepens our feeling of inner peace, our alertness increases, self-control of disturbing thoughts and emotions improves.

In the 3rd millennium, which should be a millennium of dialogue instead of forcibly solving problems in society, it is necessary to emphasize the human factor and teach techniques that help us manage stress, calm down, keep a "cool head", have "strong nerves", control lower aggressive tendencies, anger, fear, anxiety. And so, with the help of yoga exercises, gradually replace the innate stress reaction "fight or flight" with the reaction "help and do not fight".

In this paper, I approached yoga practice from the position of a exerciser, who must master the set of yoga exercises and practice it at home or at work. I am aware that the release of mental tension and tension is not just a matter of psycho-somatic exercise, but it is necessary for the exerciser to focus on self-cultivation and mental hygiene. To gradually acquire and disseminate ethical principles and values. To choose to stay in good company and avoid bad company, a harmful environment, a polluted noisy environment. Charity is also needed.

After the exercise, during personal consultations, during informal group conversations, or over tea or during a joint dinner without alcohol, I gradually emphasize these basic stages on which yoga is built.

However, everyone is born into different culture and everyone is shaped by their surroundings to think, act and behave according to norms and to show socially acceptable behavior. The way we can regulate ourselves, our emotions, can vary in different cultures. Also, practicing yoga, which includes one's own and social skills, managing emotions, varies in different regions of the world.

Hatha Yoga, various sets of psycho-somatic, breathing and relaxation exercises have spread in our western region. However, there is a demand to understand other, especially psycho-social and mental-spiritual aspects of yoga. I would also like to draw attention to this broader context with this paper.

In conclusion I would like to add a translation of a part of an old mantra.

... may all living beings be healthy, may all live in peace, may all achieve prosperity and happiness, may all come to fulfilment, may harmony, joy and happiness reign in all worlds ...

## How to capture the Autumn of Life.

**Milka Baštová - yoga and dance teacher,  
senior, grand-mother.**

*Old age is an important and natural stage of every life.  
It is up to us not to be mistaken and polluted by the media that  
they give us the trends of "eternal youth".*



Let us perceive and remind each other, on a **daily basis**, of the benefits that this period brings. Just as every season has its indescribable justification and charm, so is the case with the Autumn of Seniors' Life. It is a process, a development, a shift. From nothing to something. The passage of time. Let's take an example from nature and enjoy the fruits of our lives. We are an integral part of the immense cosmic whole. We received exclusive equipment in the wreath. We also have more time than before, so let's do a little cleaning. In and around you. Let's get rid of uselessness and keep the rarity. Let's replace old attitudes with **new ones**. Old stereotypes, thought patterns. Let's replace bad habits with **good habits**. We will take responsibility for each new day. We will greet him with a glass of clean water. It will be the way we make it. Sad or happy. Rich or empty. We will spend it with activity or enjoy the taste. We will put something good under our teeth or try a cleansing fast. How does nature do it? It pulsates in harmonic rhythms. Let's tune our **body, mind and breath** to her heartbeat. These are the treasures we have received in the wreath. Let us approach them with the full seriousness and playfulness of a child. We don't take ourselves too seriously. Tension causes stiffness, paralyzes us. And we will find ourselves in a dead end. Let's remember our treasures and take a deep breath. Let's put life in our veins. Let's wake up our **inner child** and jump.



Let's laugh for no reason when our stomachs hurt. It is a good intestinal massage, it will improve your digestion and emptying. Let's not forget to intensively involve our animals in everyday life. Inhale to withdraw, in exhale to release. The pelvic floor will be flexible, and incontinence will forget to come. Even the gloss will return to the eyes. It also benefits the gentleman. Our garden can be beautifully overflowing with breath. Every cell wants to be fresh, refreshed with a new sip of prana, vital energy, cchi. How many breaths can we do during the day?!? Who would count! Let's do it.

And then we can visit with a touch, palms, abdomen and crosses. And stay there as much as we enjoy.

And the palms travel even higher into the solar area so that both the stomach and our relationships remain safe.

The heart will also be pleased when our palms rest on it during the day and we listen to its beat. Just like that, out of gratitude, out of compassion, out of the joy of being pure. And we can even open our arms wide during a good breath, as if we are training the embrace of a loved one, and then we can rest ourselves in our arms. Squeeze as many times as we like. Self-acceptance is very healing. And let us not forget to smile after every strange act.

From the chest, we can continue to the neck and neck and promise to be true to ourselves, and we will also learn to say "no" or "yes." Angina disappears from our repertoire, as well as cervical spine pain.

And we can run the delicacy on our faces with our fingertips, as if we were discovering it for the first time right now. Let's enjoy that gentle touch. Or just close our eyes and let ourselves be loved by the wind. Let's rub your palms and put them on your eyelids. Let's blink and repeat a few times.

If we have tense skin on our heads, we try to pull our hair, tousle it, to scratch it. We can rub our ears with our palms, spin clockwise and a new day can begin.

If you have a garden, run straight into it, of course barefoot. In the snow, it is an absolutely great massage. In the summer, do not miss the bath in the morning dew, and in the pond it is a matter of course. And dance, just melt. Surprise yourself with the news every day. The reward will be not only a good mood, good health, but also new friends. The old may be moving away because they are frightened by your transformation. Dress in color, let the rainbow into your wardrobe. Sing, shout and whisper. Let your sound box sound in all tones. Or practice yoga. Connecting with yourself and the Creator.

**Namasté :-)**

# 6

## Walking Yoga for Senior

Mgr. Daniela Laudani from Italy  
(European Yoga Federation)



The study is the development of the Thesis for the II Master that I prepared during my study at the University of Rome on Mindfulness and Neurosciences. The research focused on Menopause, Andropause and Mindfulness. I developed a program for adults **“My: a proposal to “grow” mindful”** facing the changes of the mature phase of their life. The program was organized in 8 lessons during which they are guided into new habits and activities that will help and support to accept and better live their new body condition. The physical changes has in fact a strong impact on the psychological and social aspects of the adult life. Not considering the fact that some are divorced and feel their bodies no longer able to enter a new relationship. Very often the bodies that became older is viewed as a less attractive and limiting factor for social life. We propose that mindful movements and the link with the yoga practice may operate by encouraging exploration (finding new alternatives) rather than exploitation (applying old, known procedures) and expand the possibility of our mind and Body (connection). The activity we proposed are working on all this different aspect. Once the Covid- 19 situation changed our way of stay together we integrated yoga in the walking. Here are the outcomings

### The importance of movements

We are born as active bodies. The Culture of working in front of a pc has reduced the natural tendency of our bodies that suffer from this noactivity. The more we move the more we learn about our body, us, life. And the more we maintain the body health. The mindfulness of the movement allow to control the effort, to not exceed in the position and to stay focused on breath. The sequencing of yoga asanas is a perfect example of how to start from one simple movement and to develop a sequence that involves all the body. This is what we were doing in the Sala. Covid 19 In Italy (as in other countries of the world) requested a very strict lockdown. The closure of salas had a strong impact on the Yoga community, and the yoga lessons were reduced to an online offer that offered a quick solution to not stop the practice but was a forced isolation for everybody mainly for the seniors. What we noted is that for the younger it was very easy to step into the online mode, while for Senior it was more difficult. Usually seniors live alone, with no children in the family and the grandchildren were not allowed to visit them. In that situation, the fear of loneliness increased. In that environment I decided to develop the structure that I studied for a yoga and Mindful program for post- menopause phase and to adapt it to the new environment that we are experimenting.

The Integral Yoga lessons (that is what I studied with Master Amadio Bianchi) were organized step by step , including meditation and Pranayama as well, and were dedicated to a group of Senior practisoners.

It is worth pointing out the central value of Meditation and Chanting during the practise, leading to a serene acceptance of the Here and Now that is what can help the Society in this global change. “

### Developing a program

The body is a very important part of our being, is the way we have a place in the world. To accept the body is crucial to move it mindful. This is something we try to avoid if we do not like the body we live in., This acceptance is also linked with the social acknowledge of how we look and how we act. Since we are subject to the time changes the only solution we have is to face the following points:

- The face is no longer young and the skin can present wrinkles
- The muscular tone is reduced
- The bones structure is becoming weak and can deform
- The body shape can change, developing some different characteristics we were not used to
- The movements can be less rapid and quick
- Hair color can change

This are factors that we must face with, BUT there are other factor that we do not consider. This points have been codified and underlined by a cultural marketing of Never-ending youth, which is not real and neither possible. In all the tribal cultures the old people have been considered as the repository of history, knowledge, sacrality. In Sardinia, where we live, the old women were the Medicine Mothers, with a central aspect of the Feminine Power to give life and death (the most famous is the Accabadora’s role). The idea in that season was to explore this dimension of a new discovery: if I am getting adult, what can I do to be the better adult in my life?

### Structure and benefits

This is a report of what we did and we are doing in our town with a group of senior (from 55 to 78 years old) that are practicing yoga. As mentioned, we started the Walking Yoga when we were not allowed to meet in close spaces. We live in Cagliari, Sardinia, Italy, where the weather is never under 0 degree, so when it was allowed to enter in the public gardens we launched this program. **Yogatrekking, be togheter, be green, be Yoga, simply be.**



**The Checklist of the practice is the following:**

- Attention and focus
- Breath
- Posture
- Lean
- Body perception: Lower Body and Upper body
- Relaxation



We fixed a meeting place where to come together. It was under a tree. This is called **the Chat tree**. Everybody can come before, sit under the tree and chat. This proposal that may seem obvious was inspired by some new participants. For the previous student it was easy to come and meet the other friend but for the new it was not so easy to start a chat. To a tree designed as a chat tree started new conversation and new friendship. There is only one rule under the chat tree: to talk about nice, happy, positive, hope thoughts and aspects of our lives. Usually what we tend to do, or what are used to do is to talk about what worries us, but the invitation to spread happiness has got beautiful results as well as the invitation to smile, even under the mask.

Once the time arrives under the Chat tree we collect all the participants and we start, as a normal, classic yoga lesson, with Om Chanting and a short focusing practice on the breath. If the weather conditions allow us to stay longer we can longer practice Pranayama, but if it is cold, the next activity is mindful walking.

Walking is an important practice to activate all the body, and to stay integrated in the Nature. In the park this was quite normal. So in a designed path we walk, in silent, according with the breath, to a small area where we practice the standing yoga asanas. The sequencing is a classic yoga sequence, following a flow or a topic, mainly according to Ayurveda, as master Suryananda teaches. (On request I can share the sequence)

Again that section is followed by a walking moment, if the air is too cold and to reach another area of the park where we can lay down and practice the second part of the lesson.

There is an important aspect that the participants are aware of. If you accept to practice WalkingYoga you accept to adapt and to adjust yourself to the day by day changes. This is underlined not only because of course, we need to adjust accordingly to the situation, but also because that is part of the program, acceptance, adjustment, flexibility. To realize that the situation can change, that nothing is always the same, and that your body, as well is subject to this change flow of our Nature.

After the relaxation there is another activity that is proposed. The area of the park where we conclude the lessons is on the top of the hill. To go down the participant has to go until the Chat Tree. This moment is dedicated to an activity that is proposed every day (and that is also changing). It is called **The new**, and its aim is to see something new and to show it to your new friend. For example, the indication can be "Let's turn to your right, this participant is going to walk down the hill with you. Share with him/her the new thing that you have done today. Etc etc. At the beginning they are embarrassed but for the next meeting the participants start preparing new "stuff" to share, that can be a new receipt for the cake, a new scarp, a new habit. And even if they do not do anything else new they start seeing the "old" as new, which is welcomed as well.

Conclusions



The group is growing, We are practicing twice a week in different parks. People are meeting each other also out of this meeting points and proposals. This is a period of fear and tension, to feel free, to stay in the Nature, to breathe pure air is the key to calm and reassure everybody. They confirm that they feel better with their bodies but that this is also improving their wellness and wellbeing. Pleasure, friendship, talking together and sharing common interests: these are the gifts we brought in our houses after every lesson. We are grateful for that, for each smile.



**This picture has been taken during an all day activity that included as well Walking Yoga.**

# 7

## Portrait and Club activities

### OstPost Berlin

OstPost is a book café located in Berlin Friedrichshain and is an establishment of a very special kind – it is specializing on Eastern European culture.

Its founder, Luba Kemenova, comes originally from Vladivostok, Russia, and has been living in Berlin, Germany, for more than 16 years. After some time in Germany she was longing for a home away from home. She was teaching Russian and was learning Slovak and Polish, so she came up with an idea of combining more countries in such a cultural spot.

OstPost unites many different facets – first and foremost it is a café, where you can simply enjoy your afternoon tea and a piece of cake. Secondly it is a fully functioning book store, where one can find a wide range of books in German or the original languages with an Eastern European focus for young and old readers alike. On the shelves we have spotted Bulgarian, Hungarian, Slovak, Romanian, Russian and Ukrainian titles, perhaps there is more to it.

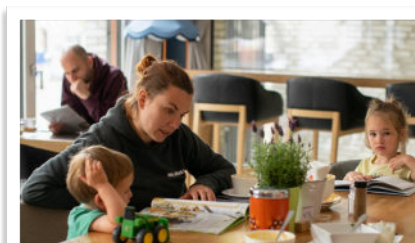


Foto: [Instagram@photo\\_svetsidorina](#)

But more than that we were interested to know about the events that ostPost is hosting, and there are plenty of those! Now of course due to COVID19 restrictions there is a lockdown in Berlin, but soon they will return to their usual schedule.

The main idea behind the events is to unite and help the Eastern European community in Berlin. They host concerts, readings or events dedicated to a specific country, workshops catering specially to children, seniors or women. Some of them deserve special attention:

Open singing sessions for Eastern European folklore gather people from all over Berlin. For two hours all interested can do some warming up following by singing of Polish, Ukrainian and Belarusian songs. It is a long-lasting project that was initiated by ostPost with the help of Ewa Sawicka, a talented blind lady from Poland. ostPost berlin - Portrét

Baby flea-markets – clothes or baby articles markets, where everyone can sell what they do not need anymore. Mostly catering to young mothers, supporting those that have small budgets.

“Deutsch für Ladies” was a weekly free event for ladies only to learn German. It catered to those who have kids at home, have little time to learn and needed a break from the daily routine. Therefore every class was concentrating on different topic and it was easy to follow even if one missed several classes before.

Clothes exchange is another interesting initiative of ostPost. People bring their used clothes that are still in a good condition and exchange them for “new” items from others. This alternative green “shopping” reduced the negative impact of production on the environment and gave new life to many things.

Quite a few low-income-visitors are also frequenting this regular event.

Female Entrepreneur Breakfast, readings, language classes, concerts, workshops for kids and many more happen in this wonderful Eastern European cultural hub in Berlin. Many do cost nothing and aim to support those that have just moved to Berlin or has budget issues. It is perhaps interesting to take ostPost as a case study for good practices.



## Coronavirus and Immunity

President European Yoga Federation Amadio Bianchi  
(Mahamandaeshwar Surjananda Saraswati)

In Italy, the country and the area from which I am writing to you, finally, the situation has improved, few people are still infected with the COVID-19 and the number of daily deaths has fallen very much and even in other regions, it has eliminated. With this good news, it is spontaneous to take a deep breath ... the feeling is to get out of a dream or rather from a nightmare. Many doubts remain because, in reality, I seem to guess that nobody understood anything and many questions remain and perhaps will remain unanswered.

What I feel like saying (it seems to be a certainty) that humanity was taken by surprise at a time when the immune system was malfunctioning or at least inadequate. Given that, this is the only certain data, in my opinion, we must start from some reflections and investigations on why humanity found himself in these conditions: perhaps the lifestyle? Maybe feeding? Drug abuse? The practice of some unhealthy emotions? The improper use of the mental and the senses? Or all these aspects together?

With love and without controversy, nor to generate new currents of a negative thought, we try to examine the human condition just when this pandemic occurred.

Since for many years I have had my life entirely engaged in *yoga* and *Ayurveda*, it is more natural for me to start from some statements that this ancient discipline has supported for millennia (I state that I consider *yoga* and *Ayurveda* closely connected and interdependent between them to the point of making me boldly affirm, on some occasions, that they are the same).

This does not mean that I will honor sacred diversity by trying to examine the problem also from other points of view, both personal and from other sources.

It seems right to me to underline that microcosm and macrocosm, according to a fundamental Vedic principle, are in unitary interrelation dynamics, for an infinite number of reasons and also because of these three principles, which we call *doṣa*, present in both aspects of the event and, consequently, nature exerts, for better or for worse, a vital influence on the human psychosomatic complex. It should also be kept in mind that, even though human, along with the genetic heritage, brings since birth its basic characteristics, these may appear to be modified along the path of life. Different aspects, as I have already pointed out, for example, lifestyle, nutrition, or also, in particular, the content of the mind (*manas*) is capable of inducing changes (*vikṛti*) capable of unbalancing the *doṣa* or giving rise to a pathological condition.

Below I recall, before examining the main object of my article, the most common factors, according to *āyurveda*, which can be responsible for a change and cause of "disease" (*vyādhi*).

- The *prajñā-aparādha*: error of the intellect, also in common sense. I always say, for example, that a smoker makes a serious error of interpretation thinking that smoking calms him when, while taking into account the placebo effect, it is very easy to prove the opposite.
- *L'asātmyendriyārtha saṃyoga* or misuse of the five cognitive senses (*jñānendriya*): ears /hearing (*śrotra*), skin / touch (*tvac*), eyes / sight (*cakṣus*), language / taste (*rasana*), nose / smell (*ghrāṇa*).

More precisely, *asātmyendriyārtha saṃyoga* can be translated as follows: harmful contact of the senses with the object of perception. Through these tools, we perceive the elements (*bhūta*): earth, water, fire, air, and ether. A bad interpretation compromises the appropriate use of nature's products. Think, for example, of how even nutrition would be compromised by an incorrect interpretation of the sense of taste, following, then, a distorted use instead of the "right". As everyone knows, in *āyurveda* it is based on the five flavors (*rasa*) whose decoding is entrusted to the presence of the five elements.



The *kāla-pariṇāma*, the changes originating from the periodicity of time:

- The seasonal succession (*ṛtucaryā*): according to certain gradualness, the succession of seasons also influences all that is living. *Doṣa* are forces present in nature and not part of exclusively human characteristics. The seasons represent a clear example of the relationship between man and nature as they have a strong influence on its constitution. In autumn and a part of winter for example (I refer to the place where I live: northern Italy), when the cold and dry are evident, *Vāta* is very active; in the middle and late winter, with the cold and humid climate, *Kapha* is more resolute; in early spring in cold/dry conditions it is still *Vāta* to make its presence felt; finally, during the summer, especially with the hot/humid climate, *Pitta* rises progressively.
- The daily rotation (*dinacaryā*): during the 24 hours, cyclically, the *doṣa* are more evident, accentuating in succession according to a gradual rhythm: 1) *saṁcaya*, the accumulation phase; 2) *prakopa*, culminating phase; 3) *praśama* attenuation phase. According to the interpretation of some schools, in the following times, from 2 to 6 in the morning *Vāta* prevails, from 6 to 10 *Kapha* from 10 to 14 *pitta*, from 14 to 18 still *vāta*, from 18 to 22 *Kapha*, from 22 at 2 *Pitta*. This determines, in the respective timetable, the aggravation of all the disturbances related to the prevailing *doṣa*. In this way, it can also be understood why a fever usually arises for our children during *pitta* time or why people suffering from severe pain as in the case of a fracture, between 2 and 6 in the morning, experience an increase in suffering.
- The cycle of life: during childhood (*bāla*), which is estimated to range from about zero to eighteen years, especially the *Kapha* assimilation force (for growth purposes) prevails. The typical ailments of this *doṣa* in particular respiratory ailments, such as colds or asthma, are highlighted by affecting children on a large scale who in the most acute phase are forced to often stay home from school. From 18 to 50/55 years old, the so-called *mādyā* phase, *pitta* prevails with all its characteristics. It is the typical phase of the consolidation of intellect and competitiveness. In some cases, skin diseases such as acne, gastrointestinal and vision disorders are highlighted. From 55 years onwards, in the phase called *vrddha*, *vāta* predominates and, consequently, disorders such as insomnia, tremor, constipation and arthritis are spreading more and more.

I spoke to you about these aspects only to review them with you once more but also to seek together the reasons that have reduced man in this inadequate condition against this virus.

The *prajñā-aparādha* or error of the intellect has also been to choose work instead of health as the most important goal of life lately or to have chosen quantity instead of quality. Above all, the latter was one of the main reasons for the general triggering of the state of anxiety and, the quantity born of greed, is certainly not the means that can lead us to peace, to the joy of living and to the *Ojas* where the immune defenses they would find their maximum expression.

The *asātmendriyārtha saṁyoga* or improper use of the five cognitive senses has allowed inappropriate choices especially in the field of food, getting our senses accustomed to no longer recognize what is healthy from what is not healthy, even deceived by the artificial flavors of industrial chemistry, and as it is always said, we become what we eat and man today is the result of these mistakes.

The *kāla-pariṇāma*, the natural modifications originating from the periodicity of time; the weather lately and the seasons seem to have gone mad and our planet shows signs of great destabilization in its natural order; here too it is suspected that often the reckless behavior of man could have generated some abnormal behavior in nature. In short, it is hoped that man should urgently return to respect for nature;

The Coronavirus with its forced pause offered the majority the opportunity to reflect and showed us how during this pause nature returned to smile: the animals have recovered some space, the air has returned to being purer, the pollution decreased. The anxiolytic and frenetic rhythms of pre-coronavirus life slowed down to a halt. The man in this condition had the opportunity to savor a different, better quality of life and I hope that he has learned the lesson that nature wanted to notify him. If you have not done so, unfortunately, you will return to the disappointing normalcy of the first with the same unhealthy concepts of life.

When I hear people or even governments declare that soon we should return to normal and, they use this very word, I don't hide from you that I worry especially if I think that returning to normal would mean returning to the squalor of the previous reckless and unhealthy lifestyle. It would be better to affirm the following and more reassuring phrase: soon we should rise to new life.

Please temporarily remove the word normal or normality from the usual dictionary until we are sure of a different awakening of awareness and sense of responsibility.

I repeat: to return to a normal life if by normal you intend to find yourself in the same previous conditions I am not there ... I would take on the role of a peaceful revolutionary with one goal: health and joie de vivre...

Going back to those conditions would mean not having developed any knowledge of the failure of our previous civilization (I mean pre-coronavirus) which, in our case has deprived us even of the immune defenses even for unsustainable and unhealthy rhythms of life far from the concept of health.

According to some materialists, today, it would seem sufficient to have medical tests in place to be declared healthy ... but this is not enough: how many people have tests in place but are sad, they live in fear, anger, in the deepest sadness, some of them they even attempted suicide...

Now let's consider once more the declaration of health, which every Ayurvedic doctor or operator knows by heart taken from Suśruta saṁithā this point of view well defines the concept of health according to **Ayurveda**:

*sama doṣāḥ samāgniś ca sama dhātu mala kriyāḥ  
prasannātmendriya manāḥ svastha ityabhidhīyate  
(Suśruta saṁithā, 15.38)*

who is stable, whose *doṣa* is balanced, has balanced *Agni*, *dhātu* properly trained, benefits from a correct elimination of the *mala* and bodily processes and has a mind, soul and senses pervaded by bliss, he is considered a healthy person .. I repeat: and he has a mind, soul and senses pervaded by bliss, he is considered a healthy person.

The latter consideration is completely lacking in the modern lifestyle and materialistic medicine, it is instead indispensable for the quality of life.

Today, we have also noticed it on the occasion of the Coronavirus, but even before, man practices unhealthy emotions without realizing how dangerous they are for his health ... indeed they go to constitute the fertile ground for the development of the disease and for consequently the degradation of the immune defenses. They are the fear that as everyone knows is somatized on the kidneys weakening and reducing them to malfunction, the anger that somatizes in the gastro-intestinal system especially in the liver so indispensable for the quality of the blood, finally the sadness that affects the lungs so important for the smooth performance of an action, perhaps the most vital, such as that of breathing.

In conclusion, since coronavirus is still in place in different parts of the world, I repeat some tips that I gave in the first video that I produced and put into circulation as soon as the virus appeared in Italy and that has also been translated into many languages:

**First of all, we must avoid fear and not panic.** In the past there have been other viruses such as Ebola, Sars, Swine Flu, etc., I also remember Asiatic, which was also very lethal.

Because of social media today there is much more diffusion of the news and this causes a general concern. Many messages have also been repeatedly shared on social networks, giving rise to a very damaging suggestion ... and not always bringing about a healthy comparison but often generating division in the conflict of opinion ... important, however, is not to panic and remain united as, as I have said many times here and on other occasions when one is afraid and practicing negative thoughts, the immune system weakens ... the immune system, on the other hand, is very important for fighting any pathology, not only this one.

When negative thoughts and fear are present, not only does the immune system weaken but also digestion ... and when digestion weakens, as Ayurveda says, it starts to produce Ama (toxins) ... as they say in India "**Ama is Mama**" or Ama is the mother of many diseases in the body. So please don't panic and don't be afraid, try taking some good precautions instead.

We know that the coronavirus has not yet been defeated, but, again, if we take some precautions we can benefit and stay stronger and healthier. The first thing to do, perhaps the most important, is always hygiene I stress very importantly... We know that this virus spreads, as has been said many times, through "droplets".

When the "droplets" through a sneeze or a cough are spread on a surface, and then you touch that surface, you come into contact with the viruses. You should, therefore, be aware of the risk that you can run by touching a handle, a switch, etc. and gloves should be used, or at the very least, to avoid using hands, other parts of the body such as a fist, elbow, leg (e.g. to open a door) or some object and you should often wash your hands with soap and water for at least one minute. Better then avoid touching each other above the neck, especially the face but above all do not touch the eyes, nose, and mouth with your hands because these are the doors from which the virus could enter.

Now let's talk about how to keep the immune system high ... this is always very important.

We all know how crucial vitamin C is to boost the immune system. It is also present in a common fruit like lemon, we all have lemons in the house or our gardens. We also recommend drinking only hot water, not cold especially from the refrigerator ... So we use hot water to which you can add lemon juice to be taken two, three 3 times a day. Or better yet, the famous **Amla (Emblica Officinalis)** could be used. In Ayurveda this fruit is used a lot because it is very rich in vitamin C. Amla is also the main component of a jam called Chyawanprash and which is also recommended in this case. Also in āyurveda, there are famous remedies in tablets such as **Neem (Azadirachta indica)**, **Tulasi (Ocimum sanctum)**, **Guduchi (Tinospora cordifolia)**, all useful. The juice of Guduchi (Tinospora cordifolia) and Tulasi is also available and quite good, but also eating oranges, grapefruits and any food rich in vitamin C helps strengthen the immune system.

### Now another very important aspect.

In Ayurveda, a lot of attention is paid to digestive fire, when the digestive fire is strong, it can burn all toxins, and can better fight viruses and bacteria. Digestive fire not only helps digestion but also works in building the immune system. Think, for example, how the body tries to react in these cases: it produces a fever to give rise to a habitat unsuitable for the development of viruses ... This is why our digestive fire must always be sustained. Among the things that can be prepared in the morning, and then consumed during the day by bringing them with you in a thermos, we recommend a decoction consisting of a liter of water, a teaspoon of fennel, a teaspoon of cumin, one of coriander powder and fresh ginger.

Fresh mint is also very good, you can put it in hot water and drink it. Just as they can be drunk in addition to mint tea, ginger tea, or cinnamon. These preparations serve to keep digestive fire high. In āyurveda and yoga, it is argued that the nose and throat should be kept moist especially to prevent Coronavirus because, when the throat is dry, the virus is more easily established and descends towards the lungs causing dry cough and strong breathing problems. Dryness beyond Coronavirus also promotes asthma, allergies, and headaches.

In the presence of these conditions, according to the Ayurveda, a worsening of Kapha, then of Vata is taking place and dryness also subsequently promotes the presence of Pitta which will cause inflammation. All 3 doṣa, therefore, get worse. It follows that it is important to keep the throat moist therefore you have to drink a lot of water (in our case always hot and never from the fridge, in order not to cause dehydration). In āyurveda, there is a practice, called Nasya, through which for example drops of oil are poured into the nose. A couple of times a day two / three drops of sesame oil can be poured into the nostrils with the help of a dropper. This oil, if well conducted, also drops into the throat. Then it is advisable to gargle simply with water and salt which can keep your mouth and throat clean and in the end, you can expel impurities or viruses present in this tract. These are tips that may appear simple yet are effective.

Remember that in addition to the stomach, the intestine must also be clean and function well. Especially in the case of constipation ... Ayurveda recommends taking two lozenges or a teaspoon of Triphala powder in the evening before going to sleep ... this could be done now and then even beyond the Coronavirus to detoxify you.

**In conclusion, I repeat: it is recommended to avoid fear and panic, you simply have to be aware of what is happening and take healthy precautions to stay healthy and above all in the joy of life.**

# 9

## Yoga theory of personality "Matrioška"

PhDr. Anna Galovičová



*"The worst of all deceptions is self-deception, because the one who deceives you is still with you."  
Because I cannot escape from the lies I tell myself.*

Plato

According to the Upanishads, there are 5 levels of human existence. If we are dealing with a disease, we need to apply yoga techniques at every level, only by treating all 5 "body wraps" (Matrioška model), we can heal a person.

The Matryoshka model has several layers, bodies for self-recognition: Photo - drawing of the Matryoshka doll next to each other?

1. gross physical body
2. the astral body is subtle
3. causal body

**1. The physical body** consists of the same building blocks as the universe, of 5 elements (earth, water, air, fire, ether). And it has various stages of existence from birth, adulthood to old age and death.

**2. The astral body** consists of 19 elements.

5 organs of action - (hands, feet, mouth, reproduction, emptying,), 5 organs of cognition (5 senses), 5 Prana (vital energies), ANTARKARANA subtle internal functions - mind, intellect, subconscious, ego. 4 specific functions of the mind

-mind (manas) thinks, thinks, doubts, - e.g. Is it a snake?

-Intelekt (budhi) analyzes, distinguishes the true nature, the real from the unreal

-Subconsciousness (chitta) - in it lies everything that has been experienced by individuals in this and previous lives.

- Ego (ahamkara) - confirms I know. It is the last function of the mind, and identifies with everything that captures the mind. E.g. waves of sadness emerge and the ego states "I'm sad." And when the good news comes, the waves of joy - he says "I'm happy".

**3. The causal body** is the seed. It is called causally because it is the cause of the origin, the seed of both bodies, coarse and fine. Astral and causal bodies are permanent. They leave together, they stick together. The physical body dies, breaking down into elements.

**And these 3 bodies contain 5 Kosh - cases, covers. Matryoshka with 5 dolls inside.**

**1. Annamayakosha** (case made of anna = food). It is a physical body made up of 5 elements, it arises from diet. Physical health, building blocks of the body, have a great influence on physical health. The goal is to keep the body healthy so that it grows in childhood and develops properly. So that children are not malnourished.

**2. Pranamayakosha** (vital sheath). Made up of 5 vital prana, energies. And of the 5 bodies of crime. We also draw vital forces from the air, by breathing. Pranamaja - Breathing yoga exercises revitalize. Stay in the fresh air revitalizes. Without food, a person can last for several weeks, without air, only a moment. The goal is to be vital. Breathe clean air, be in nature.

**3. Manomaya kosha** (mental-emotional case) formed by the mind (manas,) of Chitta - the subconscious, and the 5 organs of cognition - the sense organs. This packaging is greatly influenced by psychohygiene, relaxation exercises, joganidra (yoga sleep). But also meditation music. The goal is stress management, relieve stress, tension, keep a calm mind, control disturbing emotions.

**4. Vijnanamaya Kosha** (intellectual case) formed by a higher intellect - Budhi (the ability to distinguish the real from the illusory) and the ego (ahamkara), which cooperate with the 5 sense organs. It develops through meditation, confession, repentance, psychoanalysis, self-examination. The goal is to overcome self-deception, defense mechanisms and self-projections into others.

**5. Anandamaya kosha** (body, sheath of bliss) experiences the bliss of deep sleep and sarvikalpa samadhi (temporary samadhi). The state of bliss comes through the integration of the personality (all bodies and kosh). The goal is self-realization through self-knowledge. Overcoming the identity crisis. Unity, harmony, well-being. The permanent state of samadhi, enlightenment.



In order to gain self-realization, liberation - we must stop identifying with cases, packaging. Conversely, begin to identify with the TO that is covered by these packages. And we can clean and heal individual packages with these yoga techniques. Buddhists would put it in words that it is necessary to overcome a self-centered attitude, disturbing emotions, to free oneself from self-deception, to remain in a natural state of mind. Be natural, true.

**Annamaya kosha** - (gross physical body) asanas = exercises, healthy nutrition, relaxation

**Pranamaya kosha** - (energy envelope) - bio-energy field by breathing exercise.

**Manomaya kosha** - (emotional cover) - singing mantras, prayer, selfless service, ceremonies, consultations, sound resonance, visualizations, art therapy

**Vijnanamaya kosha** - (intellectual cover) - study of texts, by proper self-questioning, (Who am I? By self-questioning meditation), group discussions, group therapy help

**Anandamaya kosha** (the casing of bliss) in samadhi, in the ultimate experience. Helps complete mental training.

## Health and disease

The WHO definition (World Health Org.) And the project Health for All up to 2020, in which Indian experts also participated.

Health originally meant WHOLE (the direction of holism derived from it, from the whole). It is a biological whole - an organism with all organs, systems. Sociological - man and society (Project Healthy Family, Healthy School, Healthy City, Healthy State, Healthy World, Healthy Environment, etc.).

THE WHOLE is understood in a broader context - an integrated organic whole, the integration of this whole into a broader context. Once living healthy meant self-realization, self-knowledge, living wisely and well to fulfill the meaning of life. Being a healthy person meant being vital, capable of life, self-realized, mature, able to live the truth and realize one's goals and commitments, useful to people.

And the disease was a weakness e.g. Greek "astheneia" = nervously weak, or "arosthos", one who is not capable, able to do something, "sothein" = to heal, to save a person not only from disease, but also from drowning, the onset of "evil" - today drugs. It was about helping the person as a whole to be okay in all aspects. It's about well-being, inner satisfaction, health.

In Hebrew, "shalom" = all health = inner peace, intact, integrated whole, the right way of life, gaining maturity. No wonder Jews are still greeted by shawls. According to yogis, being healthy means "growing", developing, walking "up", choosing the philosophy of life and protecting life. Do not walk against nature, do not saw the branch on which we are sitting.

There is an inalienable relation of the definition of health to the multilevel existence of man, on the bodily, energetic-informational and mental-spiritual. It is not enough to keep only the physical body in order.

## Sense of integrity

**Aaron Antonovsky (1985)** studied groups of Jews who survived concentration camps. Some returned and had difficulty adapting to the changed situation. And others showed resilience and resilience, able to adapt and overcome difficult conditions. The difference between the two groups was in the mental level. It is not a partial mental ability, but an overall - holistic characteristic of the attitude to life. He called it a sense of integrity, and this helped them survive the hardships in the concentration camp, but also cope with the tasks later. Antonovsky outlined 3 basic aspects of this source of health power:

- **Meaningfulness**
- **Seeing manageability of tasks**
- **Ability to understand what a person is in**



Dynamic psychology of the 20th century as its direction, not only the part devoted to questions of motivation, was built by psychoanalysts, Freud, Jung, Adler, Horney, Fromm, Lewin, who selected formal dynamic concepts from psychoanalysis. His basic idea of the individual in the field of life, however, is non-psychoanalytic.

Ancient yogis, like Kurt Lewin, perceived the individual in the field of life, in the context of the universe. But since they were visionaries, masters, the founders of introspection, meditation as the main method of self-analysis and self-knowledge, they recognized the deeper dimensions of the individual, connected not only with the whole external world, which we perceive, capture, recognize with our senses. They transcended the "static" perception of man-the-universe (the perceptual image of our body from the front, since we cannot see ourselves from behind in a given field of life, around our body, not behind our backs. Although we can imagine what is behind our backs at any time). Like Kurt Lewin, they were able to structure it into different areas, in space and time.

The Rishis, the Indian visionaries, "flew" into space in their visions and meditations, until after the globe, by the way, they discovered zero, a sphere, they knew that the earth was round long before the inquisitors in Europe burned "rich people" they discovered this fact in the Middle Ages, in the times of sailors discovering new continents and lands on a remote part of the Earth.

The Arabic numerals, which we also adopted, were discovered by yogis in India, but spread by the Arabs to Europe during the occupation of North Africa, Spain and Portugal. By structuring the field of life, yogis spread consciousness to areas far behind our backs, in space and time. Why? What driving force made it possible for them? When we imagine and calculate how many years of effort and education an astronaut requires only to penetrate a bit into space on a spaceship, and to know the far side of the Moon, their performance is to penetrate into its essence and know itself, unimaginable.

## To - living current / living forced

Milestones on this path were the construction of astronomical observatories and (Neolithic) temples. What is this all about? Where are we going? What drives us? Nothing more and nothing less than a "living soul" in the macrocosm. No less force than that which "forces" to radiate the rays of the Sun to the Earth, to orbit the Earth around the Sun, to orbit the Moon around the Earth, and so on. Let's call it "living force." And beware, let's not just focus on "static" changes. Then everything would easily slip on us to reduce this microscope, the telescope of the largest dimensions of indescribable manpower.

And just as hate spreads, the corona virus, love can spread. It's a force. The power of love "+", or "+ and - in unity", is greater than one pole of power "-" e.g. fear. This, too, is a healthy human example of Maslow, with spontaneity, vitality, creativity, a rich emotional response, and a strong identity with the current transcendence of oneself. If we want to improve the position of the individual in the life field, it is necessary to add, that many of the discoveries of Kurt Lewin and his collaborators, students, are valid, but at lower "speeds," in a world of plenty.

In gestalt therapy with an emphasis on intense awareness of one's own feelings and behavior at a given moment.

## Copernican turnover

As our thinking, perception, representation, behavior, reaction follows with age, so not only will we sooner or later push a small drop into the infinite ocean, but we can also describe this world and recognize ourselves, the Ocean. By overcoming immaturity and self-centeredness, we see things comprehensively. Inward vision and distraction by surrogate problems.

And such an opposite structuring of the environment "from above" is the famous "Copernican turn", when we are no longer self-centered, but "united with the Whole, and from this" inverted view ", with the eyes" behind " , seeing "beyond the back of the moon," we know ourselves in unity and harmony, fulfilled, self-realized.

It is a dynamic holistic perception of the field of life and of man in it, at a time when the panorama of life is being projected to us, as to some people in a state of clinical death. When do the objects "+" and "-" cease to have valence. When objects are not "outside" us, but in us, it is a reunification. The connection of the drop with the ocean.

This blissful state of miracles and their struggle, of "time and space," works miracles. Not only in the mind, in the state of Anandamaya kosha (the body of bliss) in samadhi, but also in the material world. It is a "living force", an ability to act, a restart. The ability to move events forward, to transform evil into good, deceptive into truth. To confront the situation of life again with confidence and to understand its meaning, e.g. the presence of a COVID-19 pandemic.



# 10

## Ayurveda, Yoga, Homeopathy & Well-being of man

(Webinar 30th January 2021 at 2.00pm Slovak Time)

**It is a great honour to be among illustrious gathering of.**

**I**t is a great honour to be among illustrious gathering of Speakers who are specialists in their fields. As a sadhak (Yog Practitioner) practicing Yog since childhood and understanding the importance of Harmony and synergy between Human and Nature, I am of very strong opinion that well being of Humanity is directly dependent on its understanding of nature and use of nature's elements. And this cannot be achieved with a synthetic life where pollutants, synthetic fertilizers, Plastic polymers and unnatural products (which never dissolves in human body and Nature) are part of our daily intake and consumption and become our life style and way to live it.

Yes we are living in era of grand scientific development, a development which is more of a market and less concerned for humans as such looks more devastating than even devastation. Most of Science and scientific development is being done with a purpose of Market Economy only and with little consideration towards human life as such it has given more harm to humanity than giving a reciprocal gain or benefit.

The modern and present system of cure The Allopathic system and Allopathic research is only one which is being encouraged and taken by the governments world over because The manufacturing lobby of Drugs and Medicines are big corporate houses and industrialists and this lobby supports the different governments financially as such have made all other Traditional systems of Healing and cure look as unscientific and dangerous and not so good for humans under a very well calculated marketing propaganda so as the traditional systems should never develop to extent where these can be a challenge to their economy.

Greed to earn has destroyed the nature, the forests are shrinking and plundering of natural resources is bringing in disasters at regular interval. Human Immune system is weakening continuously because of overdoses of synthetic medicines and net result of this deterioration is wide in front of us in form of Global Corona Pandemic which has, till date, killed millions across the world.

There is nothing to be against modern system of cure and medicine if it cures completely but in actual it's not so as it gives temporary relief and lifelong permanent dependency on its consumption. This is because modern science in spite of having huge excellence in its research, fails in understanding the human body completely because it deals only with Human Body and NOT with Body, Mind, Consciousness, Nature and Surroundings and its relation with Supreme that exists in and out of Human body.

The modern science till date does not have complete knowledge of Human body which ancient Indian science possessed. Thousands of years ago Ayurveda and Yoga already discovered the existence of Tri Sharira (Three Bodies), Pancha Bhoota (Five Elements) and Three intrinsic Tendencies (The Three Doshas), which are associated with overall health of human being. Any disorder in human body indicates imbalance of one or more of the five elements.

Indian Ayurved had elaborate and authenticate **DESCRIPTION OF DIFFERENT TYPES OF Body or Sharira that human body comprises of. Vedanta describes the Doctrine of “Tri Sharira or Three Bodies”** that human being are comprised of. The three bodies are:

**1. Sthool Sharira or Gross Body** is physical body composed of Flesh bones and organs-as Annamayakosh.

**2. Suksham Sharira or Subtle Body** comprises Pranmaya kosha( Vital Breath and Energy) Manomaya kosha (Mind) and VijianmayaKosha (Intellect) and

**3. Karan sharira - Casual Body** as Anandmayakosha (Bliss).

And further that there are Three Intrinsic Tendencies (The Three Doshas) that are intrinsic in every human being called **Vaat, Pitt and Kaph**. These are described as energy to create movement so that fluids and nutrients reach to cells to enable human body to function, to metabolise nutrients in cells and lubricate and maintain the structure of the cells. Vaat or Vata is energy of movement, **Pitt or Pitta** is the energy of digestion or metabolism and Kaph or Kapha is the energy of lubrication and structure. The Three Doshas have subtle positive essences which control the mind and body function.

No any branch of Modern science teaches that the foundation of entire cosmos is laid by the five cardinal elements and as universal law of Life everything on this planet living and non-living including Human body is composed of Five Elements called Panch Mahabhuta or Panch Tatva These are : **Prithvi (Earth), Jal (Water), Agni (Fire) Vayu (Air), and Akaash (Sky or Space)**.

If we relate them to life we can see the essence of five elements in reality as **Body as Earth: Water as Mind: Fire as Intelligence: Air as Awareness: and Sky as Consciousness:**

So when the research of modern day science is still not so advance how it can completely understand the cause and cure of diseases and ailments and net result of this is that till date there is no any foolproof cure to majority of diseases and ailments and consumption of modern medicines has dangerous side effect to organs and systems of human body wherein treatment of one ailment starts another and so on.

Homeopath system of cure is another system of treatment which incorporates into its application the deep relation between man and Nature. Homeopathy is a branch of natural medicines based on the hypothesis of nature, **“Like cures like”**, meaning that a disease can be cured by a substance that can cause similar symptoms in a healthy individual. In homeopathy the constitutional approach Like Ayurved is to study the mental, emotional and physical attributes of the patient to determine the appropriate treatment for any person. In homeopathy there is remedial compatibility between nature and maladies in living beings. Since each person is different, so is their remedy and a well matched remedy can strengthen their vital force and bring them back into balance. Homeopathic remedies are safe, natural, non addictive, with no side effects and are obtained from animate and inanimate genesis of nature like plants, animals and minerals. This is a slow treatments but a sure treatment and is based on long research.

Ayurved and Yog teach and use the basic relation between human and nature and the cosmic energy surrounding us and its effect on human in different situations and times and Homeopathy uses this relation in effect of remedy and cures as such we need extensive and proper research to these systems which can bring the humanity out of misery of present times for a blissful living.

To Conclude I would like to say that definitely our modern Scientific Development understood that the nature has segregated us into ORGANIC AND INORGANIC WORLDS. The organic having life, relating to plant and animal kingdoms and Inorganic as lifeless relating to elements, salts and compounds that belong to the mineral kingdom of nature BUT THIS DEVELOPMENT could never understood clearly the relation between organic and inorganic worlds as such this imbalance is cause of majority of diseases and problems which must be studied effectively and addressed for welfare of Human beings.

ॐ सव भव तुसु खनः । सव स तु नरामयाः । सव भ ा ण प य तु। मा कि चत्दःखु भा भवेत॥ ॐ शांतिः शांतिः शांतिः॥

Om Sarve Bhavantu Sukhinah I Sarve Santu Niraamayaah I Sarve Bhadraanni Pashyantu I Maa Kashcid-Duhkha-Bhaag-Bhavet | Om Shaantih Shaantih Shaantih ||

Om, May All be Happy, May All be Free from Illness, May All See what is Auspicious, May no one Suffer||  
Om Peace, Peace, Peace ||

*“Look deep into nature, and then you will understand everything better.” - Albert Einstein*

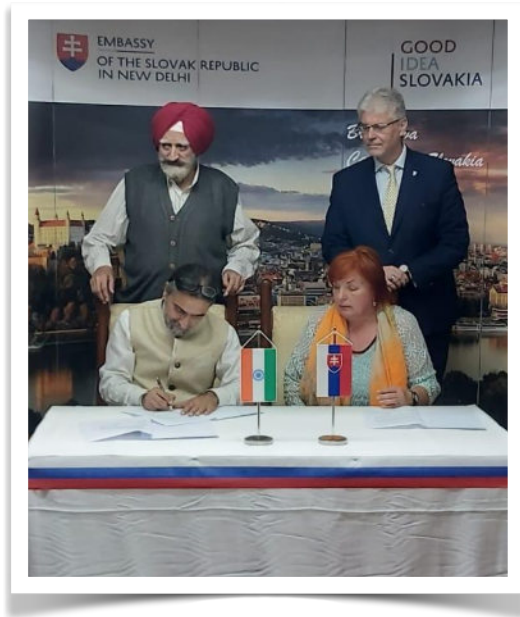
**Jasbir S Nischal**  
**Secretary General**

**India - Slovakia Friendship Association - New Delhi, India**

Thank you also for cooperation and valuable contribution to the person who graduated from many prestigious universities -

**Dr. Kashinath G. Metri, BAMS, MD, PhD**

**Assistant Professor - Central University Rajasthan, Ajmer, India.**



## The full life of "seniors" according to Ayurveda.

**Miroslav Maduda. Founder of the Slovak Ayurveda Association. Founder of the Ayurvedic School.**

**A**yurveda is the oldest medicine in the world, from which other medical systems have gradually evolved. According to tradition, it has a divine origin and is perceived as a "guide to the use of the human body" given by the Creator together with the creation of man. It is also called the science of longevity.

Its origin and source can be debated, but the fact is that it is **currently experiencing a great renaissance in the Western world and is enjoying increasing interest from the people. It began to be taught at some European universities, and numerous Ayurvedic clinics and centres are being set up in Europe and the United States.** This happens for several reasons. On the one hand, people need to seek and find a comprehensive system of care for the human body and psyche in health prevention, and on the other hand, in the treatment of diseases with allopathic medicine itself, they look for ways to eliminate side effects of artificial drugs. Ayurveda is also trendy because the trend of sustainable development of society, the reassessment of people's relationship with the environment and the return to nature, and thus to natural healing, has become more and more widespread in Western civilization.

Today's modern allopathic medicine has excellent diagnostic tools, highly developed genetics, surgery and other modern fields, but in the field of health prevention, treatment of chronic diseases, detoxification and rejuvenation, Ayurveda has a clear lead.

The current orientation of Western civilization to continuous development in all areas of life, increasing the efficiency of human activity, technical innovation, increasing consumption and satisfying the material needs of man meant that young people and middle-aged people who, due to their age, had high performance and creative potential, came to the fore. Young people and middle-aged people who have given their energy, their time to corporations, who have mastered modern information technology and the profit and performance-oriented paradigm of the time. Older people were gradually pushed out of economic life, their life and professional experience was not valued according to their true value. **The archetype of the time became a young, predatory, powerful individualist. Finding adequate employment for people aged fifty and over is still a challenge.**

This created a certain frustration and hopelessness in people fifty people and people of retirement age, partly connected with the fear of financial security in retirement age. This concern is caused by the problem of Europe's aging population and the reduction in birth rates associated with young people's modern way of life, in which the child often appears to be a barrier to careers. In addition to this fact, the subsequent creation of social funds is also threatened by the ever-increasing indebtedness of states.

Ayurveda and its starting points highly value, recognize and respect the elderly. They value their life wisdom, experience and insight. They pay special attention to them.

From my point of view, Ayurveda offers today's seniors in the Western world unique solutions to "restart" their lives and restore their zest for life by returning and reminding them of their meaning.

It has several tools for that. The first of these is called **Rasayana chikitsa**. It is one of the eight parts of Ayurvedic medicine that could be translated as **rejuvenation therapy**. It is a serious scientific discipline that is studied at Ayurvedic universities for several years. Ayurvedic rejuvenation therapy is aimed at achieving a long life while maintaining health, good memory, sharpness of the senses, youthful appearance and radiance, physical strength, nobility and generosity.

This therapy uses an Ayurvedic lifestyle that takes into account the individuality of each person, their genetic formula, place of residence, time of year and other factors that affect them. It also includes deep and effective detoxification of metabolic and emotional toxins trapped in individual tissues of the human body. The hitherto unsurpassed Ayurvedic detoxification is called **Pancha karma** and people from all over the world who have health problems visit Ayurvedic clinics in India and Sri Lanka, which are world-famous for their results in the treatment of chronic and civilizational diseases by this method.



The last step in Ayurvedic rejuvenation therapy is the use of rejuvenating herbs along with a deliberate physical movement, preferably through appropriate yoga exercises.

People in the "senior" age often have not only the digestive system clogged with toxins, but the toxins tend to be deeply settled in the connective tissue, bones, blood, and nervous tissue. This negatively affects not only their health but also their mental state. Ayurvedic detoxification of the physical body, especially lipophilic toxins, usually results in significant rejuvenation, greater zest for life, improved digestion, greater appetite for life, creativity, joy, strength, purity, work and sexual performance.

Another Ayurvedic tool for rediscovering the zest for life is the Ayurvedic perception of the stages of human life, combined with the Ayurvedic perception of the meaning of human life.

The four goals of human life are called **dharma, artha, kama and moksha**. There is a lot to talk about of these concepts and each has many levels and meanings, but for the purposes of this article, these concepts can be perceived as follows: **Dharma** is the fulfilment of the duty we have as people in our lives to others - the fulfilment of parental, work, partnership and social obligations. Furthermore, the duty we have towards ourselves - the care of mastering health, the mastery of well-being and the duty we have towards God - to cultivate and maintain our spirituality.

**Artha** means gaining an abundance of material, spiritual, experiential, cultural, spiritual ... simply abundance in all meanings of the word.

**Kama** means fulfilling one's desires, enjoying life, fulfilling sensory pleasures, in a way that is not to the detriment of others.

**Moksha** is a state of liberation that one attains by spiritual effort. Liberation of the creation of desires, wishes and their consequences and the attainment of a state of complete freedom.

We will explain this goal of human life in more detail. The senior age is wonderful in that a person has closed a stage of his life in which he has studied the disciplines he needed for his work. He closed the stage of life in which he devoted himself in the life of a partner to the search for balance and the "demarcation" of partner life, with all the consequences of this search. He closed the stage in which he devoted himself to raising his children and adapting his life and his needs to this upbringing. He closed the stage of life in which he passed on his energy and time in the workplace of the company and in adapting to work duties in order to provide material security for the family.

A wonderful time has come in which the senior is free in a high degree. Working for others, raising children, learning how to live a partner life - this is no longer a priority. Or at least it doesn't have to be. This is where the lives of seniors get to a crossroads. Some are unable to realize the onset of this most beautiful part of their lives and are attached to work and careers even when they do not need it, and their efforts often seem counterproductive.

Others, who have not realized the onset of this most beautiful part of human life, attach themselves to children and, through constant unsolicited "care", make their lives miserable and weaken their development.

Others "catch up" with youth by inadequate behaviour, dressing, activities, or, conversely, resign themselves sitting in the park on a bench, feeding pigeons and looking into space ...

However, **Ayurveda offers to fulfil this most beautiful part of human life** by teaching man to fully develop his spirituality in this part of life. It teaches him to pay attention to himself and to his soul in the sincerest way, without doing so at the expense of performing his other duties. Because he has already fulfilled almost all "secular" duties. Regardless of religion, it teaches one to enjoy this stage of life by discovering the wonderful fruits of the spiritual endeavours of new deep inner insights that bring understanding, forgiveness and stable peace of mind. **It teaches him to find answers to the basic questions of life - who I am, where I came from, what is the meaning of this life.** It teaches him to prepare to accept the necessary cycle of life and to achieve lasting peace in this wonderful stage of human life.

The Ayurvedic image of the "senior" is thus a vital man with a clean body, healthy eating, growing organic food in his garden, with adequate movement, healthy social contacts, fulfilled "worldly" duties, realizing the most beautiful stage of human life filled with spirituality, through which he achieves understanding, forgiveness and indulgent inner peace and joy.

As a practicing Ayurvedic therapist and teacher of Ayurveda, I am very much looking forward to the senior period that knocks on my door, I believe that I will be allowed to survive it joyfully and healthily exactly according to the possibilities Ayurveda offers as I outlined in this article.

And I invite everyone to learn to discover the magic of this phase of human life according to the oldest medicine in the world - according to Ayurveda.

## Homeopathy

Ing. Marta Feketeová

**H**omeopathy as a healing method is classified as **unconventional medicine**. Nevertheless, it ranks **second in the world in terms of its use**. In the **first place is traditional Chinese medicine** and in the **third place is classical medicine**. This shows that homeopathic treatment is popular and widespread in the most developed countries of the world. The success of homeopathic treatment is also evidenced by the fact that **in many countries this treatment is also reimbursed by health insurance companies (e.g., Switzerland)**. On the other hand, homeopathic medicines are very cheap compared to medicines prescribed by traditional doctors. In many countries, there are also homeopathic colleges as well as clinics.

The official origin of homeopathy dates back to 1796, when Samuel Hahnemann (originally from Germany) developed a comprehensive system of homeopathy treatment in his book the Organon of the Healing Art. **Homeopathy spread rapidly during his lifetime because it was very effective in managing large epidemics / cholera, plague, scarlet fever, typhus ... /**. Mortality from these epidemics with conventional treatment was higher than 20%, while in homeopathically treated patients only about 2%.

**Hahnemann** was based on the principle of similar being treated similarly - similia similibus curantur. This means that symptoms that a homeopathic medicine can cause in a healthy person can be cured in a patient. When choosing a homeopathic remedy, it is necessary to take into account not only the physical symptoms but also the physical constitution of the patient, his spiritual and mental character, characteristics, way of life and habits, his personal and civic behavior and behavior at home, age and other factors.

The use of homeopathy is currently growing, and this follows from its principles, **the goal of homeopathy is not to treat the patient but to cure him**. Today, when there are more and more chronic diseases, allergies, cancers and other so-called incurable diseases that classical medicine cannot cure, homeopathy has options to manage and cure these diseases. In addition, the drugs used by homeopathy have no side effects.

**The main source for homeopathic remedies are substances from:**

- mineral realm
- plant realm
- animal realm

The original substance is intricately diluted and potentiated, and the final state of the homeopathic drug contains a minimal amount of the original substance or does not contain them at all but carries only medicinal information.

The specificity of homeopathy lies in the fact that it is not only the physical signs, symptoms of the disease but also the changed mental state of the patient that is important. The only important changes are those that can be observed from the outside, the senses, namely changes in the state of body and soul, signs of illness, symptoms, i.e., deviations from the normal, previous state of a person who is now ill. Each person is unique and individual and perceives reality differently and reacts differently to it. Therefore, a homeopathic remedy reflects this fact. In practice, this manifests itself in the fact that patients with the same physical symptoms can, and usually are, treated with different homeopathic remedies, because their perception of reality will be different. Homeopathy treats the patient as a whole. It has no cure for the disease but for the whole person. According to Hahnemann / creator of homeopathy / the disease is a disruption of the organism's life force and the task of homeopathy is to balance it and the organism is cured.

Nowadays, when the whole world is being destroyed by the current covid epidemic, people are dying, economies are falling, people are losing hope, homeopathy would certainly be able to help more than classical doctors, as in Hahnemann's time. Even later, it demonstrably helped in other epidemics such as Spanish flu.

The great benefit of homeopathy is that it **does not destroy** the environment.

## Intriguing Facts about Homeopathy.

MUDr. Želmíra Baginová

**T**here is an idea from ancient times : God imprinted on each plants signature, which man can distinguish without knowledge of anatomy, pathology or therapy. This idea became main principle "similar influences similar one, what used Hippokrates already and Paracelsus later on behalf of doctrine of signatures. For example: lifeful plants used for healing of liver, because gall bladder has yelow - organge colour. Similary used form, face, colour, smell, appetite, odor. Also the replacement of the plant in the environment is indicator for its healing utilization. Later Samuel Hahnemans formulated on the same principle the science of healing and called it homeopathy. He discovered that the materia, which provoked symptoms at healthy man, it can the same symptoms to heal at ill person. For the healing he used the extract, tincture. But it caused side-effects using plenty materia. And he wanted avoid it. He looked for way to heal ill man without side-effects and injuries. Soon he discovered the dilution and kinetics and during this process materia didn't injure man and the same time the healing effect increased. Thanks to that discovery we can use broad spektrum natural materia and herbs without contradiction, risks, side-effects and drug overdose.



## Mental Hygiene

### Motto:

*"For years now, an epidemic of mental health has engulfed much of the world. The pandemic has already made it worse and will continue to do so. Most psychologists (and certainly all those we talked to) seem to concur with the judgement expressed in May 2020 by one of their peers: The pandemic has had a devastating effect on mental health"*

*Prof. Klaus Schwab, founder and Executive Chairman of the World Economic Forum*

If we want to understand how seniors feel in the 3rd millennium, those who were born in the last century and have survived the change of social order, and have stood firmly on their feet for most of their lives, we need to realize that most of them have worked manually in factories, mines, shops, field, they saw the meaning of their work and its benefit to others. I remember my father working in a factory called Gumonka, and one day disappointedly said that the factory was old, with obsolete machines, the workers having a hard time lifting and dragging heavy reels, but the whit-collars built a new multi-storey building like a palace for themselves.

People have worked since 6 am. The mother, a head of the dairy shop, volunteered to work at 5.30 so that people could buy fresh bread and milk for work. They walked the distances on foot, on bicycles, most of their lives did not know the car, the television, some did not need to visit the capital or neighbouring countries. They were happy where they were born.

And only now, in old age, have the seniors received a mobile phone or a computer as a gift, and children, grandchildren teach them how to turn it on and off, make a phone call, write an SMS, receive and send e-mail. Although they experienced 40 years of a totalitarian regime when they could not say in public what they thought to avoid imprisonment, because there were many State Security members, spies, informers everywhere, hence they managed those difficult times thanks to their vigilance and almost constant concentration in reality.

Generations of our grandparents and parents learned the Ten Commandments and lived according to them. My father did not lie, did not steal, for me he was a model of a good loving father. He never shouted at us, didn't argue, didn't hit us. It wasn't until later, when he was no longer alive, that I realized that, as a half-orphan without a mother, he was raised by the Salesians. He lived modestly and helped his old neighbors in the house, even though he himself worked hard manually, in the winter he daily carried for them buckets of coal from the cellar; there was no lift in the house. And he walked for almost 40 minutes to work and then again from work. He remained the best father for me and as people in the house, at his workplace and in his family said: "Štefanko is a very good man". The belief that being good and helping others is possible (and one does not have to be a saint or a monk) has accompanied me since birth for decades. Until today.

Later, I had the opportunity to meet several saints of today from different parts of the world. It assured me that there are altruists, compassionate people, and there were plenty of them in my life. What did they have in common? They were truthful, they could empathize with the weak, help them, they lived naturally. They avoided alcohol, dependency on material possessions, outdoor attractions, sensory attractions, life circumstances. Under every regime, in every life situation, they were humble and satisfied.

1. If a person is so **self-centered** that he is out of reality, then he conceives conspiracy delusions that spread in all directions at an unprecedented rate in the era of information and technological communication. Slovaks are among those who believe in conspiracy fantasy the most, they are out of reality. And so here we have meaningless delusions that people believe and add their creations.

2. We each create our own, personal concept about many things and ideas. Because we have the intellectual ability to understand things and events around us and to perceive what is happening to us. The result of this intellectual activity (**conception**) is the **birth of a certain personal concept**. If such a concept is to have any value, it must have some relation to reality. If such a concept is to be used more broadly, more generally than just in personal reflection, it must be expressed in words.

3. The second step on the way to creating a definition and theory is **theorizing**. Theorizing is also a purely subjective and personal intellectual activity. E.g., we specify our own concept of health, change it, check the structure of the whole concept, compare it with alternative (other) concepts and try to increase its comprehensibility.

4. **Defining** is the next step on the path of continuous deliberation. When defining e.g., health, the subjective moment recedes into the background. Defining formulates the most accurate meaning of a term.



**5. Dogma** is a form of definition. A definition becomes a dogma where the utterance is considered immutable - the "last word". If a certain definition becomes a dogma, the conversation ends and, e.g., the definition of health needs to be admitted and adopted. Don't change it. According to the World Health Organization, the definition of health is known and adopted all over the world.

**6. Theory** has a broader scope than the definition. Theories help us understand things.

Not only do they make it possible to better understand reality, but also, thanks to this understanding, to change reality, to meaningfully manage practice. Karl Popper, Michael Polanyi, who are constantly dealing with the philosophy of theory, understand theory as a "map" that helps us orient ourselves in the given field.

**7.** The thought activity of conceptualization, theorizing helps us if we try to gradually reach another milestone on the path of cognition. If we master the definition, and understand e.g., health theory. The tragedy for the **mental-spiritual development** of the individual and of society as a whole is when conspiracies are conceived and spread deliberately in order to manipulate people and prevent them from recognizing the essential from the insubstantial, truth from lies, fabrications. To confuse the minds of judges, prosecutors who want to handle cases fairly.

**8.** Today, 30 years after the fall of the totalitarian regime, when part of the space was taken over by people - sociopaths, without morals, self-centered egoists, whose goal is to catch up with the developed Western world, but mainly materially and for their own financial gain, to dishonestly acquire material goods for their families and their supporters, co-workers. This type of organized crime and major thievery is unparalleled, as it is protected by some politicians, governments, police officers, judges and prosecutors. In addition, it becomes part of the political and psychological struggle.

**9. How will it turn out?** As in ancient times during the construction of the Tower of Babel. Conspirators and manipulators may mystify the crowds, but they cannot control the cosmic forces, which are invisible to the physical eye. It is rather a transitional stage in the development of humanity, even though it has done great damage. Science and scientists are monitoring the devastation of the environment and social environment, looking for solutions. Health psychologists reveal the connection between health and quality of life, well-being. That it is not just about a basic income, enough money for a dignified life. That it's about mental hygiene.

The term hygiene is clear. It is derived from the Greek goddess Hygieia and is closely related to disease prevention. Many people, also seniors, understand **physical hygiene**. **Soul hygiene** is a lesser-known term.

The Czech psychologist **L. Míček** says: *"By mental hygiene we mean a system of scientifically elaborated rules and advice, used to maintain, deepen or regain mental health, mental balance (Míček, 1984).* It is about creating optimal conditions for mental activity, strengthening resistance to various influences that negatively affect our mental life.

In a narrow sense, mental hygiene is understood as the fight against the occurrence of **mental illness, mental health** is understood as suppression of the process of development of psychoses, or seek a suitable way of dealing with psychiatric patients.

In a broad sense, we understand **mental hygiene as taking care of mental activity** so that it works optimally. It is very specific here that we naturally and realistically reflect reality, respond appropriately to all important stimuli, constantly improve ourselves mentally and grow mentally and spiritually. In this sense, there is also the definition of the World Federation for Mental Health, based in Geneva, which is the successor to the International Committee on Mental Hygiene, which was created by the international expansion of the Connecticut Society for Mental Hygiene, founded in 1908.

According to L. Míček, **mental hygiene mainly deals with mentally healthy people**. It is about consolidating mental health. It also deals with people at the frontier of health and disease, which are showing increasingly serious symptoms of mental imbalance. In doing so, it tries to show the way to regain mental health. Mental hygiene shows sick people how it is possible to better resist the disease by maintaining mental hygiene better and with greater success. E.g., COVID-19.

**Mental hygiene differs from psychotherapy** in that it is more about consolidating relatively good mental health in order for a person to develop mentally rather than about eliminating mental disorders, such as in psychotherapy of neuroses.

*Mental hygiene is focused on goals such as self-education, maturing personality and peace of mind. Attention is also paid to issues of social interaction, adjustment of the working environment and lifestyle.*

In the field of mental hygiene, it is also about adapting to the environment, what can be changed. It is about personal management of problems that life poses to a person, e.g., COVID-19 pandemic. Therefore, mental hygiene is interested in self-control - managing oneself in the face of life problems, as well as studying the problems of maladaptation - failure in this struggle. It is also about adjusting the environment in which a person lives.

The American psychologist M. Jahodová drew attention to a number of characteristics of good mental health (well-being) - e.g., adequate perception of reality, good autonomy (as opposed to dependence on other people and their attitudes), the integrity of the personality and its focus, achieving a set goal that gives meaning to life (leading to self-reliance and self-confidence). Good mental health also requires self-acceptance, a positive attitude towards oneself, mental-spiritual growth (e.g., in the concept formulated by Maslow).

According to the Czech psychologist **L. Míček**, **mental education is related to mental health** (1976). **This includes self-knowledge, concentration of attention, self-regulation of thinking, self-regulation of emotions, self-relaxation, active management of situations.**

**One can control one's behavior to some extent by controlling one's thought processes.** It is possible to stop the acting. Think before thinking. One of the reasons that after the greatest stressor - time, the greatest stressor became polluted interpersonal relationships (today perhaps the biggest stressor is corona virus), is related to new technologies, where we can respond immediately without thinking, by phone, sms, email, etc. Let's recall the communication in the form of correspondence in the past centuries: it took a week to find a person who was literate and could write, then another week or two passed until that person wrote the letter and it reached the addressee. And another week passed until the addressee found a literate person willing to read the letter. Two weeks passed before the answer was written and it reached the addressee. And so, the man cooled down, he considered carefully what he would write.

Today we communicate hastily far and wide, without thinking, and we create chaos, we build the Tower of Babel, focused on ourselves. This is also the cause of emotional imbalance and impaired mental health. It is the mental training that we have had the opportunity to try on ourselves for decades, which allows us to learn to control ourselves. Be patient and not rush. Think carefully about the essentials. And leave room for the one "up there".

Psyche is the greatest power. We have no idea what forces are involved. How much money is lost in a quarrel that leads to nothing, like a broken record player.

A concise example of the relationship between our ideas and actions is given by Hardi (1972). He reports on a man who was mistakenly locked in a refrigerated truck where there was no handle inside. This man was soon found dead. When they opened the refrigerator truck, workers found that the refrigerator facility was not working at all. He died because of his terrifying idea - albeit quite false.

Today, **cognitive psychology, linked to thought activity and cognitive-behavioral therapy, which pay special attention to incorrect and false ideas and thoughts, are particularly visible. Recognizing and removing them.**

It is the challenge of the new millennium, as the **14th Dalai Lama of Tibet** formulated in the closing speech of at the Forum 2000 in Prague (after the death of V. Havel), that *just as all states have learned to work on computers, it is necessary to learn from Indians (yogis) mental hygiene, self-regulation of one's own thinking, control of disturbing emotions, self-education.*

In conclusion, it can be said, as the Czech psychologist **J. Křivohlavý** states, that **mental hygiene belongs to the promising tasks of the psychology of health and quality of life.** These include the prevention of defence mechanisms in our activities, training in the recognition of false ideas and wrong thinking in the field of cognitive self-regulation, the education and development of positive emotions and moods, training in preparedness for timely and effective management of toxic emotions. However, mental hygiene presents us with tasks that require us to address not only the psychological aspects of the problems, but to approach them from a broader concept of the whole person, including ethical issues of human existence, quality of life and spiritual direction.



## What is health and well-being?

PhDr. Anna Galovičová

**A**t the beginning, it is good to clarify key concepts related to health. **There are many theories of health** and ideas that apply to this concept. There are people who will never agree with the meaning of concepts because they have a different hierarchy of values according to W.B. Gallie. The original meaning of health is the whole. **Holism** is derived from this. Holistic medicine is unconventional medicine.

In the biological sense of understanding, the whole is the human organism. From a broader point of view, e.g., sociological, the whole is not only an individual person but also a small social group - family, city, state, work team. We observe human health in a healthy family, in a healthy city, in a healthy state.

It is clear that today, during the 2nd wave of the COVID-19 pandemic, we live in a sick state, in sick cities, in sick work teams, in sick families, in a sick society, in a sick world, in an unhealthy environment.

From this point of view, the new paradigm with the **vision of Europe for people, wellbeing and the planet** includes the need to heal the environment in which we live, both society and families, cities, the world. **Before the COVID-19 pandemic, the idea was to cleanse Europe of pollution**, water, air and soil pollution, to address climate change and make a step towards carbon neutrality. By the end of January 2021, countries that produce more than 65% of harmful greenhouse gases and more than 70% of the world economy will have to commit themselves to zero emissions by 2050.

Deteriorating climate indicators show that we are moving in the wrong direction. **The COVID-19 pandemic has shown that it is enough to change lifestyles and emissions are reduced.** However, carbon dioxide levels are reaching record levels and are still rising. Arctic ice levels were lowest in October and horrifying fires, floods, droughts and storms are becoming the new standard.

The biodiversity system is collapsing, deserts are expanding, oceans are warming and filling with plastic waste. Science tells us that if we do not reduce the production of fossil fuels by 6% every year from now until 2030, it will be even worse. Instead, the world is moving destructively - increasing them by 2% a year.

It is the pandemic that gives us the opportunity to tackle the environmental crisis, put the global environment in order, change the concept of economies and rewrite our future. **More than 110 countries, including the EU, have committed themselves to achieving carbon neutrality by 2050.** The new US administration has committed itself to the same. Slovakia has also committed itself to reducing emissions by 45% by 2030. **Economic analysis confirms the correctness of this new path to the recovery of our planet.** The International Labor Organization estimates that, despite job losses, the transition to clean energy will create 18 million new jobs by 2030.

The human factor comes into play for the healing of the planet. The human price of decarbonization must be recognized and workers must be provided with social protection, their qualifications should be changed or upgraded in terms of the transition to renewable energies.

It is time for a paradigm shift. Stop building new coal-fired power plants, stop subsidizing fossil fuels, polluters of the environment and the planet need to be taxed. The recovery plan aims to protect life on the planet to reduce the risk of disasters. A number of UN conferences and other activities in the fields of biodiversity, oceans, transport, energy, cities and food systems are under way.

Our best ally is nature itself. The natural way of life: a simple life and noble altruistic thinking. It helps return to the bosom of nature. To eat a healthy diet from healthy soil without emulsifiers, chemicals and GMOs, to drink clean water, breathe clean air and work in a positive climate and harmonious social environment, without social cancer, without drug addiction, without alcoholism, without gambling, without manipulation, lies and violence against people. It is difficult to expect the recovery of the planet from people who have plundered it for decades for personal gain and continue polluting it because of their snobbery and high comfort. The natives, people with a feeling for animals and the beauty of nature will help more.

However, during the pandemic, the situation worsened with this stressor - pollution of our environment by coronavirus. We can even talk about accumulated chronic stress, when in addition to coronavirus there are other stresses. In particular, the polarization of society and stirring up toxic emotions to make people dissatisfied. How to maintain and regain health?

A person's health is not only his decoration, but a force that allows him to work, to **successfully perform the tasks that he has set out to do**. Implementing one's objectives is an "**achievement**" in English. The opposite situation - being sick, prevents the achievement. Objectives can vary for different people. Health expert David Seedhouse (1995) shows 4 examples of what people of different backgrounds mean by the term:

**Doctor** - absence of disease, injury.

**Sociologist** - a healthy person is able to fulfill all his social roles (he is a good father-mother, husband - wife, lover - mistress, worker, son - daughter, member of non - governmental organization, church, sports team, cultural association, dance group, etc.)

**Humanist** - a healthy person is a person who is able to cope positively with life's tasks.

**Idealist** - a healthy person is fine well physically and mentally, socially and spiritually.

In ancient Greece, to live healthily meant to live wisely and well. In Hebrew, being healthy - "shalom" meant health, but also inner peace - wellbeing. But also maturity, the realization of what one has committed.

In the 20th century health shrinks to physical health (a person's physical condition). The commercial concept of pharmacotherapy is health as a commodity. E.g., price for pulling the tooth, etc.

## Overview of health theories

**Seedhouse (1995) divides health theories into 4 groups:**

1. Theories that consider health as an ideal state of a person who is O.K (wellness)
2. Theories that understand health as "fitness" - normal good functioning.
3. Theories that look at health as a commodity.
4. Theories that understand health as a kind of force.

**The best-known definition of health is that published by the World Health Organization (WHO) in 1946. It says:**

***Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.***

We come to the word **well-being**. It is not only about physical health, but also mental and social. At its core, the vision of the Europe for people, their well-being and the planet shows us the need to prepare such living conditions, a quality of life, that we are healthy not only physically but also mentally and socially (relationships between people).

The WHO definition neglects the spiritual realm of man, i.e. it does not speak of spiritual health. Albert Schweitzer pointed out that according to this WHO definition, Hitler would also be healthy. The spiritual area is as a sphere of personal focus in the field of values, then it is necessary to respect the area of healthy ecological, social, political or religious objectives.

There is a lot that helps our health. **Good health is the result of multifactorial influences. These include biological, psychological, social, economic and many others.** In this publication, we will not be talking about the whole set of influences, but above all about one group of positive psychological factors influencing our health.

The relationships between the psyche and mental health and their impact on physical health are not yet fully understood. Undoubtedly, with the COVID-19 pandemic comes the awareness of the power of the soul. And attention is beginning to be paid to psycho-neuroimmunology in the media, in the workplace, in families, and in public. The experiment, which started a numerous series of experiments, which we classify under the collective name



"psychoneuroimmunology", was carried out by R. Ader and N. Cohen (1975). It has been shown experimentally that the nervous system affects the immune system and the immune system affects the nervous system.

### So we rightly raise these questions:

Which of us will get COVID-19? And why him/her? Who will recover from COVID-19 and why him/her? And who will not recover from COVID-19 and succumb to it? What can we do to prevent COVID-19? Can we use psychological factors to influence our immunity, to better manage the disease?

Factors that increase immunity and reduce stress come to the fore. Restart after the COVID-19 pandemic is linked to stress management. As SITA published on 14.7. 2013: Stress bothers 6 out of 10 Slovaks. Women suffer more than men. In today's extremely challenging life situation, according to media and psychologists of the World Economic Forum, the number of stressful and depressive people has increased, and according to experts, it is important to learn stress management and relaxation techniques, psychohygiene.

It is known that **mental stress has a negative effect on the immunity system**. Since immunity is a system of protection against infectious diseases, but also against malignant tumors, it is thought that (especially long-term) psychological stress may increase individual susceptibility to COVID-19 as well as malignant tumors.

**Stress** is a natural physiological and emotional response of the body to various stressful situations (stressors). Stressful factors in the elderly can be fear of COVID-19, death from the disease, loss or lack of financial resources needed for living, execution, long-term family conflicts, emotional strain and depression from the loss of loved ones, but also the experience of their own health problems and many more. For younger people, in addition to the fear of COVID-19, it is a long-term excessive workload for workers in the 1st line, job loss, bankruptcy, divorce, loss of a partner, children, parents who are among the most vulnerable group.

Under stress, according to experts, the endocrine glands form the so-called stress hormones (adrenaline, norepinephrine, cortisol) and flush them into the bloodstream. Thanks to these hormones, physiological reactions occur, especially an increase in heart rate, an increase in blood pressure, consequently, there is better blood flow to the brain and muscles, as well as flushing out sugar (glucose) stores into the blood. Stress hormones help to create a state for a person to have greater strength and increased readiness to cope with obstacles (so-called fight or flight reaction). Short-term stress has a positive effect and is useful for managing stressful life situations, such as exams with students or public appearances associated with the feeling of tremors, or any other situation where a person is forced to perform and overcome life obstacles. Long-term chronic and excessive stress, which includes fear of a COVID-19 pandemic and lock-down, domestic quarantine, inability to move freely and limited contact with people, endangers health and harms rather than benefits.

Cardiovascular disorders, high blood pressure, heart attacks, brain hemorrhage and stroke are the most common causes of death. Cancer is in the second place. Although the relationship between mental stress and other psychological factors on the development of cancer has been scientifically studied in recent decades, there are still no clear answers to the question of whether stress and depression can increase the risk or even cause cancer.

For example, work has been published that found that the perception of stress could even reduce the risk of hormone-dependent malignancies in women (breast cancer and uterine cancer).

However, several studies suggest the possibility of increasing the risk of malignant tumors due to psychological factors such as stress and depression. A retrospective analysis of the literature shows that stress and negative emotions adversely affect the growth and spread of tumors, less so the emergence of the malignant tumor itself. "Some studies that have analyzed the course of treatment and the clinical development of cancer patients in relation to their mental state have shown that there is a direct relationship between depression, feelings of helplessness and hopelessness, and between the growth and spread of a malignant tumor. Thus, it turns out that in the treatment of cancer, positive thinking and mental balance of the cancer patient can contribute to the favorable development of comprehensive treatment," states MUDr. Peter Minarik in his articles.

Almost six out of ten Slovaks suffer from stress at work and they most often feel it several times a week. Almost half of the respondents experiencing stress at work identified as its trigger mainly interpersonal relationships at all levels of management in the company. Globally polluted interpersonal relationships as the biggest stressor have replaced the existing stressor of time, which has decreased due to its awareness and writing down the dates of only the most important meetings, trips.

The biggest triggers of stress include interpersonal relationships in the workplace, disproportionate workload and insufficient evaluation of work. Slovaks try to alleviate work stress through positive thinking, breaks at work, conversations with colleagues and physical activity.

Today, during the pandemic, the situation is changing. Online communication has replaced verbal communication in the workplace. The home office has its pros and cons. Although communication and time are less stressful, new stress arises associated with children who are small, at home or have distance learning and do not go to school. These factors are disruptive for a parent working in the form of a home office and are classified as long-term stress. In addition, another factor adds - job insecurity, insufficiently defined roles and responsibilities, and insufficient communication within the company. Problems are communicated more easily in personal communication.

**In seniors, stress is experienced for reasons other than work stress. It is a matter of loneliness, helplessness in the event of an attack of disease, as reprofiling and restriction of treatment of other health problems and diseases prevail in medical facilities throughout the year.** We tried to help seniors not to panic and think positively if they get into a stressful situation. The second tool for relieving stress is a break, conversation over a cup of coffee or tea over the phone, and the third shows physical movement in the form of a walk, stretching or a short yoga exercise.

Elderly people often watch TV series, news, as they do not have work responsibilities during the domestic quarantine, and therefore it is necessary, not only for this group that is most at COVID risk, that media is not full of emotions and lies and manipulation of viewers, listeners and instructions from experts and the government should be communicated peacefully. People's attacks and obvious lies cease to interest them, they leave television news prematurely, and then they easily miss important information and explanations.

**According to the approved Resolution 69/131 of the United Nations (UN), which was also signed by Slovakia, every citizen has the right to the highest standard of physical, mental and social health.** In this publication, we want to point out the psychological factors that improve the immune system, and also the psychological factors which worsen the pandemic situation and prevent a restart. Ignorance does not excuse anyone.

In the history of mankind, we have already faced this kind of crisis in the era of the construction of the **Tower of Babel**, when the people built the tallest tower in the sky. Selfishness and self-importance have led to a confusion of languages and chaos. Everyone spoke a different language and people could not understand and cooperate with each other. The Tower of Babel was never completed.

Apparently, it was not about foreign languages as we know them today and the absence of interpreters who help in communication. Since ancient times, people have been able to communicate by gesturing, without words and were able to survive. It is a different chaos of languages, where some unknowingly, others purposefully spread their own concepts, theories, lies for various reasons to keep their position "up", to get "to the top", so they don't fall (into unemployment, misery, poverty, loss of prestige, property or loss of liberty). This is understandable during the crisis of values and the moral crisis in the world that we have been facing for a long time in Europe, in the world. Unfortunately, restarting after the pandemic is not just about vaccinating and isolating those infected.

**According to UN Secretary-General António Guterres, COVID and the climate have brought us to the brink.** We cannot go back to the old way of the standard of inequality and instability, instead we must move towards a safer and more sustainable path. This is a comprehensive and urgent test of politics and morality. Today, politicians and heads of states decide and set the path for decades to come. A pandemic restart and climate action need to be turned into two sides of the same coin.

## Well-being after

Mgr. Peter Gombita



**Question PhDr. A. Galovičová:**

Father Gombita, old paradigm Sustainable Europe changed in new paradigm Europe for People, Well-being and Planet. What means Well-being? Inner satisfaction?

**Answer P.G.:**

When you are angry, evil, stay at home because you will infect others as well. Stay in quarantine as much as you need to cool off. By getting angry at someone, we mainly hurt ourselves. He who is targeted by our anger still does not know about it, so it is useless to be angry. When we are calm, we will do much more.

Freedom means guarding your happiness, your emotions. Those who shout are dissatisfied with themselves, scattered, sad. They look for an escape from their dissatisfaction outside - in quarrels, battles and then they get alcohol, drugs, etc., but this is an artificial, temporary satisfaction. Through physical work and physical movement, such internal turmoil is best released.

**Question A.G.:**

What impact has pandemics COVID-19 on mental health?

**Answer P.G.:**

Mankind has gone so far in the act of evil that a stop sign must have come. If we do not understand that we need to slow down, why we need to slow down, re-evaluate, until then we will have to learn.

We will have to go back and start again, living our lives differently, responsibly, whether we like it or not. It's a school on this planet. And they'll let us down so many times until we understand.

**Question A.G.:**

We will receive tenths billions euros from EU for Plan recovery and project New Generations. How to use it?

**Answer P.G.:**

We are still recalculating the economy. How long can it be stretched? These are just the numbers we're talking about. But everything has its limits. And well-being. We will have to walk on acorns to survive if there is no bread. And the Truth (newspapers) you wipe your ass. Let's learn from post-war times. So little is enough for a person to enjoy and help each other. Village is one family.

If Europe wants a happy Europe, it must build not only the economy, but also the heart and soul of man, his consciousness, his legacy, where he was born, what he lived, because it is transmitted to his blood, the gene of ancestors, we carry within us, in the heart of the whole generation. from Adam and Eve.

You will not satisfy a person with material happiness, no matter how much you will help him to build well-being. When we can share with our own happiness. We are all connected. The connection of the spirit is strong.

## Can the world be improved?

PhDr. Anna Galovičová

### Motto:

*God, give me the serenity to accept what I cannot change and give me the courage to change what I can and should change, and give me the wisdom to know the difference."*

*St. Francis of Assisi*



**W**e have been active since childhood and do various activities. We are on the move like everything around us. A folk wisdom says that love is blind, that lovers do not see faults in their partners because they wear rose-colored glasses. Many of us have learned the hard way of this truth and have paid for it existentially, financially, with the breakdown of a marriage, family, or the loss of a job, the bankruptcy of a company. Therefore, more important than seeing people and situations with rose-colored glasses is to see reality as it is, truthfully. Is it possible? And what does it have to do with positive thinking? Does positive expectation, putting on rose-colored glasses, help to distinguish the unreal from the real? Or is it better to perceive people on the paradigm of the materialistic foundation of the world and the platform of Neo-Darwinism, in which the stronger and the bigger eat the smaller and the weaker? And then be pleasantly surprised by the self-cultivation of the alpha-male or alpha-female in question? Or to contribute with your vigilance to this useful inner transformation for both the individual and society?



**Martin E.P. Seligman PhD., A pioneer of positive psychology**

These are the questions and topics that motivated me to get acquainted personally with the author of positive psychology prof. Seligman and visit his program in Prague in 2011. There is no doubt that this psychologist's good move was to stop focusing only on researching the trauma of the past, digging into subconscious anxiety, insecurity, fear, apprehension of the future, and helping a depressed patient mobilize willpower and begin to gradually change his attitude toward himself, his life, to the surroundings. And eventually **to replace learned helplessness with learned optimism**. We have no doubt that it is possible, and some patients have managed to recover.

But now let's go back to the reality of an ordinary, yet mentally healthy person who refuses to wear rose-colored glasses and see people, the situation around him positively. Is it a mistake? Or, on the contrary, the ability to distinguish reality from unreality?

**What is the reality at the core?** Is it a Buddhist emptiness without positives and negatives? Or are the Indian sciences and Sanatana dharma, the doctrine of the mental foundation of the world, when one interactively transforms the external world (which only from a certain angle perceives as matter other than mental energy) according to positive or negative attitude, expectations, thinking? And here is another question: **what is the world like after thousands of years of human activity?** Does it help a person to develop good within himself, or does it, on the contrary, evoke helplessness learned over time? And what role does man play in this interaction with the world, with society? Human factor?

Is Neo-Darwinism right that man is under the influence of a selfish gene and meme, unable to think positive and act altruistically in favour of society? Only if you manifest yourself altruistically in your own team or family clan, tribes fighting against other teams, groups?

The answers to these questions remind me of the Indian story of the *Master and the disciple*. The clever student wanted to test his master to see if he had higher clairvoyance abilities or opened his inner vision. In order to enjoy the



defeat of his teacher and his victory, he informed his classmates in advance that he would hold a bird in his hand and ask the teacher whether he was already dead or alive. If he says it is alive, he will squeeze and kill it in the palm of his hand. Everyone was curiously waiting for the end of the fight between the disciple and his teacher. But the master foresaw the thought process of his disciple and said:

*"Some karma (= deeds) is not yet bearing fruit, and it is up to us to bear the fruit. It is also in your competence whether the bird will live in your palm or not. "*

Unfortunately, the law of karma was omitted from Christianity in 533 during the reign of Emperor Justinian, for understandable reasons known from historical texts. His wife, a former prostitute, had hundreds of prostitutes in Constantinople murdered, whispering publicly about her past. Believing that she would avoid karmic punishment, she influenced not only her husband, the emperor, but also the pope, to remove the law of karma from the dogmatics. It was enough to curse the late Origen, who completed Christianity in the 2nd century and to burn all his works. It was underestimated that already at that time many thinkers were acquainted with his work and quoted it in their works. Thus, his teachings were partially preserved.

**Apparently, without the restoration of the law of karma, the efforts of positive psychology will remain halfway.** St. Francis already prayed to God to give him the ability to discern what he can change and not to worry about what cannot be changed. It is also a well-known statement that *your actions become your habits, your habits become your character, and your character becomes your destiny*. It is recommended to do good deeds, cultivate positive qualities, have a strong character and co-create a happy destiny. Although this folk wisdom does not speak of the law of karma, there is great emphasis put on our actions that bear positive or negative fruits, depending on whether they are good or bad. The law of karma is assumed to be valid. And this is followed by another folk wisdom: *"Travel through life with ease. Your requests and expectations are a heavy backpack that slow down your progress. Get rid of them. "*

It proves necessary to acquire a positive approach to life in situations that we can influence, in order to simultaneously master and apply in practice the law of karma, how our actions affect our nature, qualities, abilities, character, destiny. It is necessary to go back in time and repair the damage caused by the suppression of this "higher principle" to the subconscious.

It is apparently beyond the influence and power of psychologists to lift the Pope's curse over Origen. Only Pope Francis can release Origen from the curse.

Even accepting this cosmic law without longitudinal research and interdisciplinary research is beyond the power of psychologists. But I would like to at least draw the attention of colleagues, positive psychologists, to this aspect. And especially the consequences that result from the validity of the law of karma for the further development of positive psychology, which I am talking about in this text.

Much has happened in the world of psychology since the publication of *Abraham H. Maslow's book Toward the Psychology of Being*. **Humanistic psychology has become quite firmly accepted as a viable alternative to objectivist behavioural (mechanistic) psychology and to orthodox Freudism.** It began to be used in education, in industry, in religion, in various organizations and management, in therapy and self-improvement.

As **A. Maslow** states in his book, this **humanistic movement became a revolution in the true sense of the word, in which Galileo, Darwin, Einstein, Freud and Marx did the revolution.**

These are new ways of perceiving and thinking. And I add – also new ways of acting. New ideas about man and society, new concepts of ethics and values, new directions that we can take.

This psychology is not purely descriptive, academic, it encourages action and has its consequences. What consequences are they? Karmic? It helps to shape life not only for the person himself, in his privacy, but also for the life of the same person as a social being and as a member of society. Ultimately, the **"good man"** is the best helper in life.

#### **And we quote Maslow:**

*"If a sick or inappropriate person tries to help us, he will hurt rather than help. I should say that I consider humanistic psychology (third-force psychology) to be transitional, a preparation of an even higher fourth psychology that will be transpersonal, transhuman, and that will focus on the cosmos rather than human needs and interests. It will go beyond humanity, identity, self-actualization and the like."*

*(Maslow H.A.: Towards the Psychology of Being. Persona, Bratislava 2000).*

***It is probably only a matter of time before the cosmos and cosmic laws, the law of action and reaction, or the law of karma begin to be studied.*** Then we find that good deeds create a good person who can help himself and others the most. That self-cultivating people, purposefully overcoming greed, selfishness, acting for the benefit of others, are people who achieve not only self-fulfilment but also a high level of maturity and health. ***"Truth, goodness and beauty correlate in some way, but only in healthy people they correlate highly."***

The hope that has been placed in transpersonal, sometimes called spiritual psychology does not seem very supportive. Not because it separated subjective experiences from deeds, from the law of karma? After all, being spiritual does not mean "bathing" in subjective transcendental experiences of all kinds, beginning with Abraham. But to be such a wise, mature, responsible individual who understands the impact of his thoughts, words, actions on himself, and others. And not because the once leading Christian teacher Origen, who lived in the 2nd century, developed the law of karma in his

works and took over some ideas from the East, in which this law of karma has been in force for millennia of human history to this day. But because this is how it works objectively. That we are doing actions that are under our direction, and that we can influence them in terms of charity. That is why, in the Restart of Seniors project we started inner transformation, be positive and to expect half-full cup. But there are many things, situations, events that we could not avoid and prevent. Although they were evil and harmful.

Assuming the scope of the law of karma is documented, there is a chance that we get to know and cultivate ourselves better. This time not only to look at the world with rose-colored glasses, but to prevent some catastrophic events, self-destruction and harm to others. Simply to humanize ourselves and accelerate mental development, think, reflect on ourselves, control ourselves, satisfy our shortage needs and stop being greedy.

I was 17 when I learned about the law of karma and since then I have been accepting it as a cosmic law in my life for almost 50 years. In this direction, I have educated my children, family, relatives, friends, co-workers, others who have listened to me and have understood and accepted it equally. Today, our international community has millions of members. We are an informal multicultural community of members of different faiths, as well as atheists, from different cultural traditions, from various non-profit organizations, from different parts of the world. After all, just as atheists respect the theory of relativity, or the law of attraction, or the law of action and reaction, many people in the world respect this law of action and reaction in interpersonal relationships, the boomerang effect of our thoughts, words, actions.

**Therefore, Jesus' statement: "*love your neighbour as yourself*."**

I researched it since my university studies in psychology at Charles University, where in 1975 I defended my diploma thesis *Psychological Aspects of Yoga*. For 53 years I have been convinced that the law of action and reaction also applies in the subtle world of thoughts, words, deeds, not only in the gross world.

If we respect it, we are aware of the consequences of our actions, so we avoid doing evil deeds, making insults and hurting people from other origins, nations, continents, cultures, religions. We begin to develop good in ourselves, and in those around us.

The "**selflessness gene**" is as real to us as the Dawkins *selfishness gene*. Spreading good and wise knowledge is as real as spreading Dawkins' selfish memes (information). Gradually, we are beginning to behave prudently in conflict situations, and we are not worried if, from the moment's point of view, they unjustly accuse or denigrate us. Because we strive not to be attached to the fruits of our deeds. This is the law of karma - to be detached, to become a karma yogi. (Mahatma Gandhi was one of the greatest karma yogis).

The goal is to remain steadfast, emotionally balanced, whether they praise or hurt us. Whether they love or persecute us, or imprison us. We become mature, autonomous individuals (karma yogis who do their best without attachment to the fruit of our deeds). This is also about the acquisition of psychohygienic habits, which is the task of today.

**Psychohygiene is part of the project Restart of Seniors after the COVID-19 Pandemic.**

By doing good deeds, we transcend ourselves, so we develop greater empathy, compassion for living creatures. I have been a vegetarian for over 30 years. The vegetarian lifestyle reinforces a non-violent approach to resolving conflicts, not harming other people. It is better to be self-disciplined in other life situations, besides eating. The metabolism changes, the person does not lack meat, loses the appetite for meat products, on the contrary, gradually the stomach does not tolerate meat. This is how it also works for the others with whom we founded the Czechoslovak Union of Vegetarians in September 1989 at the Municipal Cultural Center in Piešťany - at that time my workplace.

The vegetarian lifestyle, self-cultivation and techniques on how to implement it spread as quickly and effectively as selfish *memes*, e.g. the thoughts of the Norwegian assassin Breivik, whom the whole world got to know from evening to morning.

Today, after 53 years, I can't estimate how my activities, behaviour, qualities, character, destiny would have developed if I had not heard of the law of karma at the age of 17 years, the effects of good deeds on our character, abilities, character, life story. But I can say that even in my senior age I am active, satisfied, healthy, with big plans and international projects in my head, which I carry out step by step. No longer as an individual, because self-identity also changes over time, we identify ourselves as Exupéry's "ball of relationships," we instead of me.

I don't think it was and is in my power to paint this fate shortly after birth, coming to Earth. Apparently, it was not in the competence of my parents either, who did not understand my hobbies and interests in yoga and psychology. And probably not even my class teacher PhDr. Eduard Urban, who guided me in this direction to study and practice Schultze's autogenous training and yoga. He even advised me after graduating from college to do yoga and research all my life, which I did. (And it is said that the Indian "guru" programs the subconscious of people ....)

However, I cannot imagine that if we have a proven recipe for accelerating mental development, which has been continuously put into practice for millennia, it has spread throughout the Earth and its individual techniques and parts have been researched and continue to be tested in many scientific institutions, even by the UN declared June 21 as World Yoga Day, why not include yoga training into positive psychology. Will we rediscover America? Or will we, without the law of karma and without getting to know and mastering the whole system of self-regulation and self-discipline, only dream of goodness with rose-colored glasses?

And instead of sweet fruits often consume bitter fruits? After all, why are 99% of people economically and financially controlled by the 1% of the richest? Is it not because the psychological revolution started by A. Maslow and his

collaborators and other humanistic psychologists has not been completed to this day? That without re-acceptance of the law of karma in our region it will not be possible to get people to stop following lower shortage needs, to resisted clientelism, familyhood, to understood the short-term "benefits" of corruption, that *"God's mills grind slowly and surely"*? That without self-discipline and knowledge, without complete maturity, selflessness, empathy, co-responsibility we will not move forward? And that there is a **healthy mind in a healthy body**?

After all, if we do not begin to reward and respect selfless people, bearers of the "gene of selflessness" and pioneers of effective altruism, then society and our lives cannot improve.

This is also about positive psychology, being able to appreciate good ideas, wise words and charity. And as social role models to present good people who are not at all rich and materially successful, rewarded for high profits. After all, good is spiritual wealth and a source of completely different happiness than financial rewards and the pursuit of pleasant sensory feelings from nice clothes or sexy cars.

**Positive psychology can also be found in business.**

### **An example of good practice.**

It is the knowledge that "doing business is giving". The Virgin Group has led significant changes, improved the world and helped people. Its leader set up a foundation so that everyone in the Virgin Group could get involved in helping. "At first I didn't know what it should look like. We talked about it with the managers and looked for ideas. That's when I met Jean Oelwang, a senior worker with a career in telecommunications and non-profit organizations. She drew up a plan that immediately inspired me. It provided a huge opportunity to focus business energy in the Virgin Group on making positive changes. We wanted everyone in the Virgin family to feel part of the community of change and to be aware of what is good for people and the planet in their daily work. In 2004, we launched Virgin Unite at the annual summer corporate party. Over the following weeks, we received good feedback from the thousands of people working for Virgin and the hundreds of first contact organizations we met before launching Unite.

With the help of *Virgin Unite* and our other non-profit projects, we have supported a new wave of start-up entrepreneurs. We have connected them with leading experts from various existing companies who work, live and try to help people and the planet. They are a reflection of pulsating changes in which making a profit is no longer the only driving force for business. "

**The Virgin Unite project is built on "interconnectedness", mutual interaction and feedback.** On the ancient Vedic mantra "Tat twam asi" (IT is you). Figuratively and personally, Raymond Moody explained this to a doctor in Martin. 1990 "According to geneticists, we are not 7 billion people, brothers and sisters on Earth, like 7 billion trees, but **1 tree** with 7 billion branches, we come from one black Eve. When one understands this, one understands more precisely *"an eye for an eye, a tooth for a tooth"* that if he discharges another's eye, he has discharged himself. *If a butterfly (a dragon) takes off in China, it also has an effect in our country in Europe.* It is also easier to understand, *"that without God not a hair of your head will move."* **That's what the cosmic law, the ecosystem, is about. That it is important to do good and maintain a beautiful healthy nature, to beautify the world.**

### **Improving society on this basis is about:**

- A *positive attitude* that the world can be improved.
- The *need to join forces* in the performance of good deeds.
- That poverty in Africa and the death of children from malnutrition affect our lives in Europe, in America. And today we do not need to know what the consequences will be in the future.
- It is about a positive attitude to life - about the *"glass half full"* and the ability to spread this positive attitude to life. About the fact that life attitudes can change, as well as our reactions and views on what is happening, what has happened. About the power of education. At the same time, it predetermines the trend of **content reform of education**.

*Summa summarum:* however, we must realize that this is a modern trend - "we are halfway there". E.g. a company pollutes nature, and then initiates an increase in production for profit to make even more polluting of nature, and then initiates the production and purchase of cleaning technologies, while increasing production to make enough money to buy obsolete technologies from the West .... and there has been a slight improvement in the environment through the introduction of cutting-edge innovative cleaning technologies, of course at a higher price, as well as an increase in production. And over time, these will be sold to Africa, sometimes even by the same company that pollutes the environment in Africa. It is a vicious circle.

### **The psychological revolution and building a self-aware society are about understanding:**

- *the mental foundation of the world*, the power of thought, **inner transformation**, the ability to change attitudes, the innate ability to cultivate and self-control oneself, and the ability to control the "selfish gene", change lifestyle and start adopting a **healthy lifestyle** instead of consumption. It is not about acquiring new knowledge of the *aparavidya*

type (measurable by tests ...), nor about acquiring titles, before name, after name. But about *paravidya* knowledge, higher knowledge. This includes understanding the law of karma, the laws of the universe and nature and to distinguish from statistical truth, agreements between people, which are variously explained, observed, not observed, punished and not punished, as a rule only partially fairly. If human laws (of a lower level than natural and cosmic laws) contradict the "higher principle" (*paravidya* knowledge), then it is necessary not to fulfil them, to ignore them, to criticize them, to change them. It is a mistake to punish people in such cases. And it is also a manifestation of stagnation, the decline of society.

- *"higher principle"* and effective altruism, how to develop moral values, spiritual development of personality. It is not enough to do a good deed here and there (although, "Thank God" for it). The highest knowledge must be understood- the acceleration of mental development, how to reach the paramount state, how to be motivated by self-evolving needs and not just shortage needs.

- *It is about identity as an intuitive (spiritual) being*, about inner transformation, not just diversifying activities by one good deed a day or a week (although, "Thank God" for it). It's about distinguishing what I can change and what I have to endure in peace, even with clenched teeth. It is about overcoming a false identity with the body and a duality with the outside world and other people. About spreading consciousness, self-awareness and transforming the initial "me" into "we".

- It is about new *centres of mental health, "growth" and psycho-social, ethical, spiritual development*, not only about communicating with other people of good will and about joint activities. It's about mental food in schools, from an early age to old age, not only about material well-being, enough food, toys, or material security, about housing, dressing, eating.

- Simply put, *it's about changing your mind*, living your life, changing your attitudes, changing your way of life, new psychohygienic habits, better understanding yourself and others. Without it, the world cannot be improved. Although the quality of self-awareness, understanding the law of karma and its application in daily life, a positive attitude to life or a joyful mind cannot be measured or calculated. Only the consequences of this internal transformation, e.g. also in slowing down nature pollution, reducing depression, anxiety, mental illness, psycho-somatic illness, drug addiction, promiscuity, divorce rate, violence, war, etc. can be measured.

How to improve the world was the core of the preparation and organization of the Forum of World Religions 2017 in Bratislava. For 5 years, we have been preparing this international event in cooperation with the World Religious Parliament based in Chicago, where such a positive event was held for the first time in 1893. For various reasons it was not realized. It was before the COVID-19 pandemic, when the old Sustainable Europe paradigm, focused on economic policies and material growth, dominated. And Pope Francis, tolerant, open to all wise ideas and the interfaith, intercultural dialogue, was in office for a short time. At that time, also entrepreneurs and sponsors had different priorities than the mental health of us all. Even **today, during the COVID-19 pandemic, positive psychology is not "in" in our media**. On the contrary, instead of self-change and self-cultivation, opinion-forming people focus on fear of human rights abuses, threats to democracy, e.g. when approving the Constitutional Act on the method of prolonging the state of emergency. They consider negotiating and finding a compromise, maintaining institutes of control, to be the best recipe for a better society. In order for the liberal democracy and the rule of law to survive, it is necessary to pay attention to politicians, and not those under whose leadership this state was tunnelled, but to negotiate with them indefinitely and seek compromises (although they organize a petition for shortening the term office of the government, which cleans the prosecutor's office, courts, police, etc. for greedy reasons, so that "their people" do not remain in custody for long and are not accused, punished).

It must be agreed that, especially in situations where anger, fear, insecurity and frustration are increasingly visible in society, strong and democratic institutions are a much stronger guarantor of freedom than good people in crucial positions of power. Today, however, the situation is such that strong institutions are being built that have clearly spiralled out of control, according to leaked recordings, testimonies of prisoners, which, instead of protecting the law and maintaining justice, brutally abused this institute, which cost Kuciak and his fiancée their life. And there were other planned victims. Not to mention the financial losses for the state, for us. There is something completely different in the game - to help the institutions meet the goal for which they were created, and for which their executives receive decent salaries. And here we need to understand the interconnectedness, mutual interaction and interconnection of both factors - including new and good people elected. One cannot be destroyed to lift another! All the more so, if the mechanistic view is taken into account that the whole is the sum of parts and nothing more. So, the best solution is to just replace one figure, part, for another chess figure. It is best to replace the king directly with another king... This time it's a brutal political struggle, intelligently transformed into a psychological struggle for human rights and democracy, which will not bring Kuciak and Martina back to life. Packed with defence mechanisms and self-projections. This is a major transformation of society after the biggest protests for Decent Slovakia which led to the fall of the Prime Minister and the Minister of the Interior. And the formation of a new government. I have no doubt that many issues need to be discussed, e.g. on Christian democracy and liberal democracy, which is also reflected in health prevention, treatment of diseases, education reform, etc. not only into the political and psychological struggle. And not to impersonate one's post-election disappointments.



## Abstract

### Detached Involvement.

**Dr. Prashant Kakoday**

*Surgeon, 1988 is Founder and Director, Centre for Integral Health (CIH), Cambridge, UK The Centre for Integral Health is a Cambridge based organisation with world-wide commitments to health education and strategy*

Our world we live is unpredictable. All is finite time instant. All is changing. We can imagine our world as square. We all feel ourselves inside. What is inside is temporal and soon or later it kisses the dust. We used to be attached to many people, things. And we suffer change. Our identity with ego guides us blind way. There are lot of egos in the square and these egos grow. They are stronger and they keep us blind. We should identify ourselves as pilgrims, nomads, detached involvement. Arriving here and there and after short time leaving the place, people, things. We need to find self-identity out of square. As the guest on the planet. Detached Involvement. As we keep the distance today during pandemics COVID-19, we should work, communicate, rest and live keeping distance. Such way as tourist, we can enjoy every moment. And be in love, inner satisfied. Life based on ego brings life without love, peace, with suffering, greedy of gain, destroying. When mind is calm, all is easy. We will secure, enriched by energy of health. Attachment plays great role in our health condition, it weakens our immunity. The pandemics pointed to that our immunity is weak. Detached Involvement - new self-identity can be achieved through mental training and inner transformation.



### A word at the conclusion

#### Motto:

*"Health Resort 's offers are for our health less important than the decisions about Lifestyle we make daily."*

**Dean Ornish - American cardiologist**

#### Dear friends and readers,

we are happy to meet more than 200 participants of our pilot **Project Restart of Seniors after Pandemics** since 15th of August - 31st of December 2020 in our **Centre of Mental Health in Jakubovany - Liptov**. We thank you for your interest to become familiar with our good practice how to change bad habits, negative thinking and expectations, lack of physical movement, unhealthy diet, toxic emotions, fears and panic, depressive mood, to live your life on the sidelines in constant fear of failing to please those who forever seem to stand in judgment of you and your life. Together we discovered how important is our detachment and be aware what we really wanted and needed. On behalf of main organisers **Slovak Anti-Poverty Network** and our Partner's Organisations in Slovakia and abroad we thank all experts for their excellent contributions, advices, also during 3 video - Conferences. Especially in the situation we faced during stronger 2nd wave of COVID-19 and limited space to stay and work together. Even in such conditions we found out interest to continue in these kind of activities focused on **Health Prevention and Psychohygiene**. So, all you are welcomed in Jakubovany near High Tatras. In this extremely difficult life's situation during pandemics COVID-19 we suffer more than one year. We recovered the inner power and new source of joy through changing mind pattern. What if you really think and feel things you have never allowed to come out, and certainly never acted on? Instead of fear and panic, attacking the family members, colleagues, government, health minister, others there is time to interiorize and do't be attached. To find your "authentic self", that person you once were before life took its toll. We get only one chance in this world as seniors. Make use of it!

#### More info, documentary films and e-books:

PhDr. Anna Galovičová: Healthy Planet, Europe for People.

Restart of Seniors - collective team of Authors

You can find: [www.sapn.info](http://www.sapn.info)



## ANNA GALOVICOVA

*Chairman of Slovak- Indian Friendship Society,  
Chairman of Slovak Anti-Poverty Network and  
Executive Coordinator  
European Anti-Poverty  
Network in Brussels,  
Coordinator of Project*

### Current Role or Position:

Dr. Anna Galovicova is **Founder and Chairman of Slovak Indian Friendship Society and Coordinator of the Projects**. As **Director of Mental Health Centre** in Liptov-Jakubovany she has been leading **Training for the Psychophysical and Psychospiritual Awareness** and she develops, and quality enhances the **Relaxation and Stress management training methods**, and the team responsible for implementing **Preventive Health Projects and Restart projects during pandemics COVID-19**. Dr. Anna Galovicova is **Yoga Teacher** - She has been running yoga courses in many towns in Czecho-Slovakia last 52 years.

Dr. Anna Galovicova is **Chairman of Slovak Anti-Poverty Network and Executive Coordinator European Anti-Poverty Network** in Brussels.  
She is **Co-Founder and Chairman of Parliament World 's Religions – Slovakia**.

### Trainer Certification:

Universitas Carolina Pragensis, Charles University in Prague – Mgr. Anna Galovicova  
Clinical Psychologist (1975),

The International Institute of Integral Human Sciences, Montreal - Fellow of the College of Human Sciences (1988),

Universitas Carolina Pragensis- Philosophiae Doctoris, Charles University in Prague –  
**PhDr. Anna Galovicova – Doctor of Philosophy.(2009)**

Licensed **Trainer in the Rehabilitation, Yoga and Meditation, India** (1994).

In 1998 **Dr. Anna Galovicova became the member of Slovak Medical Society** .  
Coordinator and Trainer of the Training courses for Effective Communication in an international context, Conflict Management, Intercultural Learning on a cognitive, an emotional and a behavioral level for Personal Growth. (2004)

In 2009 Dr. Anna Galovicova was rewarded by Who is who World society corp. in Encyclopedia of personalities in Slovak Republic.

In 2002 she was declared as Patron of Wooden Greek-Catholic Church St. Paraskieva in Dobroslava with Michal Kovač - President of Slovak Republic.

In 2014 The Parliament of the World's Religions in Chicago, USA certify that Anna Galovicova is recognized by the Parliament as an **Ambassador**

In 2015 she was recognized for her peace activities by Peace Women World Federation and titled as Ambassador.

### Corporate Training Experience:

As a **Trainer for Psychophysical and Psychospiritual Awareness and clinical psychologist** Dr. Galovicova 's experience spans Europe, Asia, North Africa, North America .  
Since **1985 - 2016** Dr.. Galovicova has been guiding Yoga Courses both for physicians, nurses, physiotherapists and patients, she was involved in the successful **research Yoga Application in Treatment of Ankylosa spondylitis**. And she became **Yoga Pioneer in Slovakia**. Together with Doc. MUDr. Jarka Motajova CSc and Indian Yogi Paramhans Swami Maheshwarananda she initiated and implemented the **Program „Innovation of Rehabilitation by Yoga“ in Piešťany Spa**. They put into practice yoga exercising to the Slovak Spas for doctors, physiotherapists.. **Since 1999 – 2004** As the Director of Harmony Clinic in Trenčianske Teplice Spa, Dr.. Galovicova worked directly with clients and patients from the Czech and Slovakia and foreigners. She implemented research about impact of yoga-exercising on Physical, Mental, Social and Spiritual Health there . In Piešťany Green Tree Medical Institution for Children suffered by serious illnesses as scoliosis, juvenile arthritis,



poliomyelitis she implemented impact of yoga exercising on juvenile patients with medical team under the guidance of Olga Boldišová M.D. (2003)

Dr. Galovicova also has strong interest to **bridge East and West, Europe – Asia way of thinking, way of living, mental software**. She is Founder of Slovak – Indian friendship society, the first NGO in Slovakia after Fall down Totalitarian Regime(1990). By her scientific work **Study Application of Yoga in Daily Life for Psychic Development of Human** approved at Charles University in Prague 2009 she contributed to new branch of Psychosomatology discovering and using in (self-) healing process body-mind relation. In 2009 she was rewarded by **Who is who** World society corp. in Encyclopedia of personalities in Slovak republic. **More than 50 years she has been investigating and applying yoga into mental and spiritual development of human.**

In 2010 she achieved Certificate of Participation . Mrs. Dr. Galovicova Anna has participated in Symposium Positive Psychology in Prague, Czech Republic signed by the Founder Prof. Dr. Seligman

Dr. Galovicova joined International Institute of Human Sciences in Montreal Canada, India Heritage Research Foundation based in Rishikesh, where she helped build cooperation in youth sector, especially inclusion of disadvantaged youth and to help grow team of trainers and volunteers. **Since 2004 – 2015** Dr.Galovičova has been **coordinating the European Youth Projects and Training courses focused on Healthy Lifestyles, Psychohygiene, Protection of Life and Nature**, in more than 10 countries to educate Trainers. Slovak- Indian Friendship Society hosted 12 long-term volunteers from Netherlands, Czech R., Germany, Egypt, France, Turkey, Italy, India, Litvania, Finland.

### Experience:

**Since 1985 - 1992**she worked at State institutions Town Cultural Centre ( MsKS Piešťany ) as Pedagogical and Educational Teacher (plus Yoga Teacher), after Fall down Totalitarian Regime as Director of Town Cultural Centre in Piestany. Dr. Galovičova established branch of **“Non-Violence Society”** during Velvet Revolution in Piešťany.

**Since 1978 – 1980** she worked as **clinical psychologist** in Reeducation Centre for asocial youth where she developed applied psychology and mental health prevention especially for asocial youth. After Slovakia became EU member state (2004) Slovak – Indian Friendship Society received accreditation of European Commission for European Voluntary Service in project Protector of Life as Hosting organization and later Sending Organisation , too. More than 50 international projects has been implemented with partner NGO ´s in EU and other countries as Turkey, Egypt, Georgia, and Ms. Galovicova brings new perspective to better use the mental potential and hidden power in human through intercultural learning and braking prejudices, stereotypes, xenophobie, fear from distant cultures and different way of thinking. She published with her team the textbook **Multicultural education - not only for pedagogists( 2009) both Slovak and English Version**. In 2012 she published textbook not only for the teachers **Help and don´t fight!** Based on project for middle schools students and focused on development of personality, overcoming Darwinism.

**2014** Slovak-Indian Friendship Society and The Islandic Sibshops implemented **Project All in the same boat** for the Sibshops, brothers and sisters of handicapped ones and she published textbook All in the same boat (also in English).

In 2017 she published book **Yoga - Yesterday, Today and Tommorrow, based on Thesis, focused on mental and spiritual development through Yoga.**

### Experience

She has worked with client organizations in addressing needs Over the years, she has worked with private companies as Continental Puchov, Slovak Post, Educational and Government Organizations, Schools, Universities, State Spas and Medical Institutes in Czech and Slovakia, Europe, India. She signed Memorandum of Cooperation in the Field of Culture, Education, Health, Social Sphere, Sport and Free-time Activities, Youth with Partner Organisation Indian-Slovak Association in Slovak Embassy in Delhi 2019. Charles University and Yoga Academy, Slovak-Indian Friendship Society cooperate with Ramana ashram in South India and other ashrams in Rishikesh, Jaipur, Jadan, and Tibetan Monasteries in Dharamsala and South India.

During Ms. Galovicova's time a sustained increase of inner harmony and self-discipline. Many clients recognized power of thought and body – mind relation and reached inner transformation with the side effect – physical, mental and social health.

### Language Fluency:

English

### Education:

**Mgr. of Psychology** Charles University, Prague 1975, **PhDr. Doctor of Philosophy** Charles University, 2009