

Dr. Robert Svoboda's Keynote Address at 2008 Ayurveda Conference in Rishikesh

DR. SVOBODA – KEYNOTE ADDRESS NOTES

Vata is not stable

When in India, learn not to listen

Extraordinary popular delusions and the madness of crowds, Charles McKay

Human's beings taken over by delusions all the time and keep our consciousnesses clear so we are not taken over by delusions

When people get enthusiastic about something their awarenesses get dragged along, economic delusions

Science and the akashic field

Morality in science, scientists focus on knowing things just for the use of knowing them regardless of benefit

Like the corpse we will end up without prana at any moment, no regrets

There is no spirituality if you don't establish a healthy relationship between yourself and the animal, vegetable and mineral kingdom... awareness in the Indian vidya that individual human being is not an individual acting as vessel for universal awareness

The human being meant to express this awareness and consciousness in the external world good report between the external and internal panda brahmanda

The universe will cooperate

Universe not cooperating with us now, ecological awareness of thoughts you put out into the universe is what will come back to you

Modern science believes singularity and from that universe expanded—expansion is matter India—expansion of consciousness

What effect will anything we do have on consciousness dharma is a path worthy to be followed, everybody has their svadharma their own path

Paying attention to become more stimulated not paying attention to how the prana moves in the body

Benares is the most intense place on the planet

I was saved—you never know what could happen

Only when good relationship with 5 elements will prana flow properly

Prana supports life and well being

Getting a hold of shakti is not the problem establishing a relationship with the shakti is the problem

Consciousness to be alert enough to have the viveka to have it functioning as much as possible cell phone is useful and not useful, email, eating

Being able to determine hita hitam sukham know what is useful and not useful to determine what is useful and not useful

What is going to facilitate our life more effectively

Life is a very useful thing gives you the opportunity to connect your awareness with the supreme reality from a stable place

Allows a point of reference, body

Body is that which deteriorates (Sanskrit def) still make use of it while it is deteriorating point of reference that employs the earth element to create stability

No reason not to creat stability within yourself

Disturbance everywhere that is when you feel more stable to generate the earth element

What can we do to make our environment improve

As development approaches and accelerates only a certain amount of land and the development takes over land and more tress are chopped down and removed

Planting trees, get to know tree consciousness

There is an awareness in every living thing

Divorced form the environment divorced from the idea that you and the environment are not different from one another

Direct result of what has to be done to put food into themselves, food is another commodity

Focus when everything is going on, very easy to focus

The ability to use consciousness effectively focus the prana

Encouraging us to be more disconnected to our bodies

Moving away from any rapport between the body and the mind

When doshas (body) are balanced and mind is happy – healthy well established in him or herself

Mind is delusional and body is imbalanced no where near health

Thought pollution that encourages us to move in herd mentality—extraordinary popular delusions. Unuseful direction

More people are not thinking we are influenced, much less awareness of

Ayurveda and yoga are not separate from the reality of all in the world, better balanced and integrated and to expand that into the environment

Ganga is the earthly incarnation of the milky way

The more things you have the less satisfaction, consumerism is a very dangerous mind virus

To take and consume—what effect does this have on a nation

Pursuit of wealth for its own ends is not useful in the long run, it does not follow the dharma

Only way there will be balance in your body is if there is balance with you and the environment

Remain calm...always!

Rasa = juice

When you worship hanuman you worship the prana within and externally

Vignana bhairava, many ways to position consciousness

Books are only useful if they are made use of in some way, simply reading isn't good enough

Find a way from discouraging your mind from becoming obstructed

Tantric worship is about purifying the 5 elements

Ayurveda, we should have a satisfying experience of life only satisfying for us if it is satisfying for others as well

Darshana, not only means sight but philosophy

Believing is seeing...

We must try to do something, the plant kingdom will support us...long ago they had a conference in the forest, what will we do when everyone moves to the cities, last year more than 50% people in the world live in urban environments. Urban environments are not real, exists because there are other places where food is grown

To encourage human beings to appreciate the fact only through the natural environment that we can maintain ourselves

Knowledge is our impression. Construct of our brains that makes us think we are seeing what we are seeing purpose of allowing us to believe there is a continuity in the experience outside us

Calmness in our prana

If you want your awareness to move in the direction of relatively encumbered awareness

Move in the direction of reconnecting with external environment, we are not normal any more, how long will we persist if we keep doing things

God willing there will continue to be researchers and scientists

Change your attention to something else—take awareness away from the pathology the pathology loses its vitality

Stupid to pray for anything in yourself...pray for everyone

Practical to turn your attention away from you, better perspective on others than yourself

Putting the awareness on something better