

the **Source**

THE WEEKLY YES-WE CAN! MAGAZINE



*The Source of action is thought.
The Source of thought is self.*

H. H. Sri Sri Ravi Shankar

vol. 6

Spring Healing

It is a very special spring in Bad Antogast, the European Art of Living Centre. Not only are the green slopes graced with the delicate colours of blooming fruit trees; the smiles of the YES – WE CAN! participants have grown ever bigger and brighter as two months of daily yoga, knowledge and hard work have made them stronger than ever before.

This issue is all about healing. We will share the story of the healing surroundings of Bad Antogast, a place that in the past has been visited by both tsars and seers. The glory days are not only a distant memory, though. Right now, history is being written here, during this very special spring.

The German Art of Living, Der Kunst Des Lebens, will soon celebrate its 20th anniversary. And many YES – WE CAN! participants have just finished their training as Art of Living teachers and are now ready and eager to go out and spread healing and wisdom throughout all of Europe, Russia and Egypt. This newsletter will introduce you to a man with special healing powers, Dr. Eberhard. You can also read about the amazing benefits to be reaped from the ancient knowledge of Ayurveda.

Happy Spring!



Health & Happiness Congress in Baarlo

In a span of just 3 months, a team of 60 volunteers organised a jubilant Health & Happiness Congress in Baarlo, Netherlands where just over 1000 people participated in the presence of Sri Sri Ravishankar.

Prior to the event, nationwide the volunteers committed themselves to practising yoga every morning at the same time irrespective of where they lived and would coordinate with the head of Art of Living in Netherlands: Ewald Poeran and Sri Sri Ravishankar himself.

Extensive Media coverage including Dutch television programs, radio stations, news papers and magazines supported the event. Amol Shende, musician and vocalist from India toured throughout the Netherlands, performing and promoting the Congress. In addition, the bubbling enthusiasm of the YES WE CAN team extended their outreach to a group of teenage mothers who largely attended the event.

Ruud Lubbers former Prime minister of the Netherlands and high commissioner of the UN opened the congress together with Ger Driesen High commissioner from the province of Limburg (southern Netherlands).

There were 820 participants who attended the Health and Happiness congress, 45 children for the Art Excel course, 85 participants for Sahaj Samadhi.



The hall was vibrant with celebration and the people were even graciously led into singing "Jai Jai Shiva Shambo" by Sri Sri... a definite crowd pleaser!



All projects of IAHV were presented by Mireille Heijltjes, teacher of the „Art of Living“ and over 2000 Euros were donated for the “One Euro a day “ program... with an overwhelming contribution from the children on the Art Excel and YES program.



One of the most beautiful surprises came from the Netherlands Postal Service who with the government's permission, released stamps of Sri Sri Ravishankar and the monumental Vishalakshi Mantap meditation hall in Bangalore, India. The first of its kind!

One elderly lady shared that all her life she was reading in books to find the truth but nothing she ever read compared to the experience here.

A young boy with Autism stood up in front of the crowd and shared that he was dragged here by his father but that he was most thankful for this great experience he got.



A youth who attended a YES!+ course in The Netherlands with Ajay was so greatful and happy. He said, I also read a lot of books and am searching, and I am a guy who was really attached to the material world. But now I found a true path to be in such great harmony and it is a big release to feel this way.

During these two days it was amazing to observe the joy in people's expression and feel the abundance of peace in the atmosphere. The event ended with Sri Sri Ravishankar personally blessing everyone... the final touch that healed the hearts and minds of all those who attended.

Ready to give Europe a breath of fresh air

As spring arrived, what blossomed in Bad Antogast was a whole new generation of Art of Living teachers. Never before has the training been conducted in quite this way.

We began the training with a highly intense and exhaustive Phase 1 program (known as TTC1) only to discover after completing it that we were in fact ready to move to the next phase: TTC2 in only six days! The group was fortunate to be trained by Rajshree Patel. Rajshree is an international trainer in Art of Living Foundation who has been teaching since the conception of Art of Living. She has an enormous depth of wisdom and a sweet sense of humour which kept the participants engaged and energized. She exemplified true leadership recognising all the twelve leadership rules that were published in the last issue of the Source (Vol. 5) and added one more... being simple! Expanding on what tools one needs to lead a successful life, Rajshree pointed out "give to the world - if you don't give out energy, you absorb energy from someone else" and also "when you feel like you want to run away, that's when you really need to stay". On May 7th many new Yes - We Can! Participants graduated as YES! Plus and Part 1 teachers. It feels like we are the pioneers to a whole new generation of wisdom; with enormous energy and an unyielding commitment to invigorate Europe with amazing courses, and the profound breathing techniques! Europe, get ready to take a deep breath!



You can be with us. Support us today. Donate on our website!

www.yeswecan-clp.org/donate



Bad Antogast

the European
Art of Living Centre

From "Spa" to "Academie"

With healing water, green slopes and special mountain air, Bad Antogast provides the best setting for bringing back health and happiness. The story behind the area is fascinating – a tale of sages, tsars and mystery.....

Situated in a remote valley in the heart of the Black Forest in the south of Germany, Bad Antogast is a home away from home. Every year it welcomes thousands of visitors and course participants, usually from over 50 countries and across all continents. It is a welcoming venue for fostering intercultural exchange and harmony in diversity.

Bad Antogast also functions as the headquarters for Sri Sri Ayurveda Europe, an amazing holistic health centre which offers not only a wide array of treatments including Abhyanga, Shirodhara, Marma, Cranio-Sacral therapy, stone therapy, and various types of massage but also provides educational seminars/workshops on numerous aspects of Ayurveda..... From the way things used

to be.....Bad Antogast has always been a place of great healing.

One of the first printed books, dating from 1519 AD from Dr. Laurentius Phries, mentions the healing waters of Bad Antogast. As early as the 17th century, these healing springs led to the establishment of a simple hostel, which later became a well-reputed and famous hotel! Bad Antogast, at an altitude of 500 meters above sea level, was the perfect summer escape for the upper class, who would retreat to the cool mountainous regions of the Black Forest from the heat of the Rhine Valley and benefit from the famous healing water springs!

So Antogast became a 'Bad', which means 'spa'; a highly respected and legally protected title in Germany. The origin of the word 'Antogast' is uncertain, but it is thought that it comes from Vedic times. So it was known, that Bad Antogast actually dated back thousands of years ago to be the home of famous saints and seers.



A surprising sighting!

On Easter Sunday Bad Antogast bore witness to an unusual sight: a flock of 500 sheep passed by on their way to the green pastures of the nearby mountains. It even interrupted a YES – WE CAN! session as some participants rushed outside to take a closer look! The shepherd, a very cordial, tanned man in his sixties, accompanied by his teenage son and two dogs, shared with us that they will spend the next few months on the road, sleeping in the open air with their treasure, the 500 sheep! What they left behind were smiles on our faces, and a less pleasant substance on the road!



Tsar Alexander of Russia was a guest

Around a century ago, Bad Antogast was one of the three most eminent and best-reputed summer resorts in southern Germany. It was visited by a number of noble guests: among them Tsar Alexander of Russia. To accommodate such clientele, quite a large complex of buildings with guest rooms, dining halls, reading rooms and unusually large ballrooms were set up... A perfect fit for the extensive activities of the Art of Living Foundation!

When the German Art of Living organization acquired the complex in 1995, a great deal of reconstruction and renovation work was needed. This work was achieved not by big money, but by big hearts; volunteers from every corner of the world came to restore Bad Antogast to its former beauty, to become a place of meditation and spiritual growth.

Without doubt BA is Beyond Amazement! Combined with the healing water and special mountain air, it provides the best environment for health and happiness!

Bad Antogast Blossoming

Volunteers from Yes – We Can! are working very hard to bring great change to Bad Antogast Academie.... Working diligently to remove any wear and tear and refurbishing with splendorous coats of white paint, the volunteers are illuminating the atmosphere. In addition, with immense precision and patience, the volunteers are using wood shingles for restoration; preserving the authentic characteristics of Southern German home interior design.

Bad Antogast is not only Beyond Amazement, but it is also a Blossoming Abode.

Come and visit us this Spring!



THE GUINNESS WORLD RECORD OF THE BIGGEST GUITAR ORCHESTRA!

Guitar record maker!



As all the Yes - We Can! participants are getting ready for "Music Without Borders" an astonishing musical event in Dortmund on June 27th, where 3000 string instruments will resonate together for world peace; we learned a great lesson from someone who has a lot of experience in setting records: Leszek Cichonski.

On Friday, May 1st Leszek Cichonski and his team, tripled the standing record for the "Largest Guitar Ensemble" with 6,346 guitar players joined together at the "Thanks Jimi Festival" in Poland to play the Jimi Hendrix hit "Hey Joe.". The event took place in the historic center of Wroclaw, Poland (formerly Breslau) - a city which has taken on the title of "Wroclaw Guitar City". Beyond the 6,346 guitar players, there were thousands of spectators and supporters in the Wroclaw city center as well as other guitar players taking part

online and in coordinated events in Sweden, the U.S., Canada and Australia (though those do not count toward the record).

Massimo, an Art of Living teacher from Italy also present at the event, created a vision for the guitarists in emphasizing music as a practice of Yoga making the youth unite and stretch with their guitars! He quotes "play your life as a song.. Bring peace and celebration in this world... This is your mission as a musician! "

"With the power of soul everything is possible", said Jimi Hendrix. Leszek Cichonski, a member of Art of Living, used both soul power and the power of breathing techniques and meditation in his eager quest to bring out the best on May 1st...and he most certainly succeeded! Turning the slogan workers of all countries unite into guitarists of all countries unite



CONCERT
OF 3000
STRING
INSTRUMENTS!!

Music Without Borders

In New Delhi, India 1200 sitar players gathered in an awesome event of Brahm Naad, in December 2008, playing for intercultural peace and understanding.

This year not only will such an event take place in Europe, but it will be even bigger. This time it will be even bigger!! An event for the Guinness Book of Records!

The night will be called Music Without Borders and is a breathtaking concert of 3000 string instruments: guitars, violins, cellos, harps and sitars. They will be performing in front of 9.000 spectators! Beginners and practiced musicians will share the stage with stars under the guidance of renowned German conductor Gotthilf Fischer.

The event will take place on June 27th with musicians, young and old, skilled and beginners, from all cultures and religions. In times of conflict, terrorism, financial crisis, poverty, environmental destruction, music has the power to bring peace and unity...that is our intention!

This event will show that now is the time to take a giant step towards the upliftment of human values. People from all walks of life will play in harmony to the melody of "Amazing Grace". The stage will be graced in knowledge and meditation as His Holiness Sri Sri Ravi Shankar will also be present.

Ever played a guitar
before? Now is the time
to pick up and start.

Please visit the website info@dortmund2009.org You will find all the necessary information to register and begin practicing!

Music Without Borders will take place
in the Westfalenhalle in Dortmund, Saturday, 27 June 2009.
We will see you and your string instrument there - playing for peace!



Ayurveda

The power that every youngster has is even greater than we can imagine. Would you like to discover your abilities, power, emotions and be the ruler? The ancient wisdom of Ayurveda keeps the secret of the relationships, how to look healthy, get good grades, be successful and happy in life.

By synchronizing our system with the whole universe, the potential waiting inside will be ready to reveal itself. Do you want to know how?

According to Ayurveda (the knowledge of life), we all have unique qualities depending on the five elements which are; earth, water, air, fire and ether (space). Every one of us has a special combination of the five elements within. These elements are the sacred keys for our thinking, feeling and acting.

Depending on our balance of these elements, there are three different body types called "tri-doshas". Doshas have an effects on our thinking, feeling and acting. We can say the tri-doshas can take control of our very being. So why not we take control over our dosha?

Are you a wild horse, without control? Are you easy going and calm? Is it hard for you to focus and concentrate? Or are you intelligent and hard working? Do you tend to put on weight easily? Or you are slim with 0 size clothes?

If it's hard for you to stand still most of the time that means you may have air and ether element dominant in your system which Ayurveda identifies as characteristic of the Vatta body type. If you tend to have intense, sharp emotions then you are likely to have predominantly fire and water elements; Pitta body type. If you tend to be a lazybug and choose to nap instead of study then chances are you have earth and water elements as dominant..the Kapha body type.

Take the lead to a happier and healthier life

Rule your Universe!

The three different doshas are:

VATA: Air and Ether.

PITTA: Fire and Water.

KAPHA: Water and Earth.

To find out more about yourself check the chart below and see where you fit.

VATA	PITA	KAPHA
<i>like the wind</i>	<i>like the fire</i>	<i>like the earth</i>
Like to move and run	Quick in thoughts and action	Stable, static
Hard to focus only on one thing	Many ideas are running through the mind	More grounded
Coldness on the hands	Love to work hard	Slow thinkers
Impatient	Loves challenges	Likely to gain weight
Thin and dry skin	Sharp expression	Need to eat and sleep more
They learn quickly but forget quickly	Feels warm	It's difficult for them to learn but when they learn they don't forget for a long time
Can not sleep easily	Shiny and bright eyes	
	Likely to be a good leader	

So if you are feeling heavy, can't get out of bed, crave for junk food you may want to consider that your dosha is not in tune. If you want to know more about how to get that balance in your life then read more in the next special edition of the Source!

The Dynamic Doctor!

It is easy to spot Dr. Eberhard around the Academie. Usually he walks around with a curious smile, always observant and aware. Many times a line forms in front of him, of young Yes – We Can! participants asking his advice.

It is easy to understand why they come to him ! He is a medical doctor and a senior teacher of many Art of Living courses: Sahaj Samadhi Meditation and the Advanced Course. Having met Sri Sri Ravi Shankar at a young age, his life with Art of Living has taken him around the world and given him many, many stories to tell.

"I came to know Sri Sri Ravi Shankar when he was a young pundit. He wasn't Sri Sri yet!" Eberhard shares with us. "Some of us were older than him, so we just called him 'Ravi'. He was a very kind person with an incredible mind. Just hearing him sing back then, you could feel that he was not like the other pundits. There was something special in him."

Modern day medicine

Though Dr. Eberhard is a doctor trained in classical Western medicine he is on the forefront of a completely new and progressive development within the field of health. It all begins with a machine called the ETA-Scan that scans the body based on the knowledge of quantum mechanics.

"I am a medical, scientific doctor, but I gave up medicine many years ago because, in my belief, it often causes more damage

than it does good. The side effects are so harsh that people do not trust it any more as they did earlier. The medicine is too expensive and it is putting a strain on the environment."

The science behind the ETA-Scan is certainly mind blowing: Every organ and cell in the human body has its own distinct wave frequency or oscillation, which the ETA-Scan measures and stores as a graph.

"With this ETA-Scanner you can scan human tissue, the skin, organs etc. You can even look at it at the chromosome level. What is the energetic situation in this organ and what kind of toxins do they have? What is blocking a person's organ?"

This is beyond normal understanding. It is something between biochemistry and biophysics, that is why I call it quantum physics medicine. Water moves in the body, and water is frequencies. This is why we can work on this unbelievably subtle level, and raise the health and energy of the person."



There is a certain person that has been with Art of Living since the very beginning. YES – WE CAN! shared a magical evening with the wonderful Dr. Eberhard Baumann, and learned about quantum mechanical medicine and how the European Art of Living center came to be.

Finding Bad Antogast

The Akademie Bad Antogast has been the European centre for Art of Living since 1995. Dr. Eberhard was the driving force behind finding this amazing location and shares one of the main reasons behind choosing this location: the surroundings that overflowed with "prana" – the Sanskrit term for life energy.

"We had been looking for a place for long time. There had been a few other places that Sri Sri was interested in, and many times he wanted to purchase a place. However," Eberhard says with a smile, "I have to say that I was strongly urging Sri Sri not to buy them..."

"Then a friend of mine heard of some place in the Black Forest. I came here and found that the place had a lot of damage: the front wall was so rotten that it hung elegantly into the inner courtyard held by a few ropes only, and the roof was damaged. But I felt it could be managed. The thing that convinced me was the scenery around here. I saw the bright sun shining, the warm blue skies and when I looked at the surroundings, it was like prana was dropping off the leaves!"



"When we informed Sri Sri about the discovery of the new place he came and saw it. He went to each and every room, opened every door and checked every corner. Some of the rooms were very smelly and the condition of the place was worrying. Everybody was saying this is "awful!" and "never buy this place!" However, when the tour was done, Sri Sri turned to me, so the others couldn't see his face and softly he whispered: "Go ahead! Buy it!" Three months later it was ours, fully paid and the contract signed."

And so the BA story continues....

The first

month of the program was a big challenge and a tough lesson for me. As a young boy I was very shy, introvert, not a very open person. I never used to share, but here I have learned the importance of sharing. I was afraid of opening up and becoming vulnerable, but it has been a blessing for me that I got pushed to do this. In fact, all the activities that we've done here so far have had this single purpose, to push me more and more out of my comfort zone, because, as I've experienced this is the only way of growing and becoming stronger.

I've learned one important thing: the willingness to participate in all the activities, even if you feel less comfortable in activities that you never imagined yourself doing. This is so important and such a big lesson for me, because often we underestimate ourselves, we think we can do only certain things, which we have been taught.

Here I have experienced what it is like when someone has faith in me and gives me huge and serious tasks to do, that I never imagined myself doing. Suddenly I feel like I have the wall of China in front of me and I felt so small and that I could not go on. This is how I felt, when we were sent out to different cities in Germany and Europe and to promote YES WE CAN and the Health and Happiness workshop. But here I have learned to focus on just one thing, accept it and participate 100%. I have gained so much power, creativity, lightness, joy, and enthusiasm by learning how to be more attentive.

*Cezar Mibaila
21 years old, Romania*



My mind

has never been so clear and I feel full of energy at the same time. Being in this program has made me come out of my old habits and use my full potential in life. I am finding that I am able to set goals in life and I direct my focus to the bright side of life. It is difficult to put into words the happiness and gratefulness, I experience during this program. During very active and intense practical and theoretical sessions, I learnt how to manage feelings, stress, cravings and thoughts and also how to be comfortable in uncomfortable situations. Above all, I learnt what leadership is and how to implement it into action. Yes - We Can! is a program that will transform not only the individuals, but also the society. It is a program that will not end after a year, but that has only just begun.

*Tonn Vosu
22 years old, Estonia*



In the first

days I learned in order to overcome obstacles I need to make my goal BIG. I suddenly understood that the greater the vision, the more importance I give to it and the more effort I use to achieve it. For me this program is really an experience to see how the impossible becomes possible. In life, I find it hard to maintain a positive mindset when people are doubting you. I used to be a person who became easily overwhelmed by positive or negative emotions instead of keeping a balance in situations. Having regularly started practicing my breathing techniques I really feel the difference in my daily life. I meet challenges much more relaxed, with inner confidence.

*Maria Lorenz
25 years old, Germany*

