

INDEX

- AA. *See* Alcoholics Anonymous
- abandonment, 15, 32
- borderline personality disorder and, 222
- abuse, 30–31, 33, 240, 241
- as cause of borderline personality disorder, 221
 - vedic science used in recovery from, 242
- ACA. *See* adult children
- acting out, 15, 20–22
- acupuncture, 117
- addiction, 14–30, 36, 38. *See also* adult children;
- alcoholism; codependence; eating disorders; substance abuse
 - adolescence and, 57
 - balancing vata, 121
 - breaking cycle of, 193–96
 - causes of, 19, 67
 - codependence and, 62
 - consciously decreasing, 120
 - cost of, 234
 - definitions, 17–18
 - developmental model of, 60–62
 - diagram of inappropriate sources for fulfillment, 168
 - disease model, 18, 22, 33, 58–62
 - doctors' rate of, 112
 - dual diagnosis, 223
 - family system, 14–17
 - genetic predisposition, 19, 23
 - healing the body, 112–27
 - healing through pulse diagnosis, 134
 - high- and low-functioning addicts, 24
 - levels or categories of, 23–27
 - medical doctors specializing in, 228
 - mental illness and, 223
 - mood-altering, 19, 20, 23–27
 - objects of, 18
 - prescription medication, 19, 89, 176
 - prevalence of, 176
 - recovery case studies, 237–47
 - research on meditation and, 89–92
 - research on, finding latest, 212
 - self-referral diagram, 44
 - society, 14, 176
 - stages, 20–22
 - stigma, 59
 - students', research on reducing, 89–91
 - treating with MVVT, 229
 - Web sites on, 212
- Addictive Organization, The*, 17
- Addictive Personality, The*, 17, 20
- adolescence, 57. *See also* self-identity; students
- adoption, 33, 221
- adult children, 16, 28, 33–36. *See also* family
- attributes, 34
 - codependence and, 62
 - definition, 35
 - healing the body, 146
 - parents' addiction and, 28
 - recovery of (case study), 238–42
 - research on, 93–97
 - self-referral and, 54–56
 - support groups, 210
 - Web site, 210
- Adult Children of Alcoholics*, 34
- Advanced Recovery Tools, 76
- #1 meditation, 77–85
 - #2 lifestyle, 112–27
 - #3 self-pulse diagnosis, 133–42
 - #4 detoxifying (panchakarma), 146–47
 - #5 herbal healing, 148–50
 - #6 sense therapy, 150–52
 - #7 food, 152–55
 - #8 exercise, 156–59
 - #9 yoga, 159–61
 - #10 advanced mental techniques, 161
 - #11 life-patterns (jyotish), 162–65
 - #12 intellect, 165
 - #13 group dynamics of consciousness, 183
 - #14 bliss, 192–97
 - #15 relationships, 197–99
 - resources for learning, 225–35
- affirmations, 54, 199
- aggressive behavior, 92, 107, 117, 123, 221

260 Index

- aging
 - addiction in elderly populations, 176
 - looking younger, 244
 - research on, 103, 105
- agni, 113, 116
 - definition, 128
- agoraphobia, 170, 214, 217
- AI-Anon, 29, 210
- Alateen, 210
- alcohol, 23, 24, 125, 146, 188. *See also* addiction; alcoholism
- Alcoholics Anonymous. *See also* addiction; alcoholism; Twelve Steps
 - case studies, 108, 237–47
 - finding a local group, 210
 - how it started, 29
 - increased effectiveness of, 92
 - meditation research and, 88
 - recommendation to meditate, 78
 - stages and categories of addiction and, 29
 - Web site, 210
- alcoholism. *See also* addiction
 - case studies on recovery from, 237–47
 - definition, clinical, 18
 - delirium, 220
 - dementia, 220
 - dual diagnosis, 223
 - family's role, 14
 - mental health and, 220, 223
 - older populations, 176
 - reduced desire to drink, 100
 - research on recovery from, 89–92
 - stigma, 59
 - treatment programs, 210, 212
 - Web sites on, 210–12
- Alcoholism Treatment Quarterly*, 91
- Alexander, Charles, 103, 108, 231
- allergies, 113, 139, 144
- ama, 113, 120, 147, 149
 - definition, 128
- AMA Physician Select, 228
- American Lung Association 7 Steps to a Smoke Free Life*, 213
- American Psychiatric Association, 218, 221, 224
- American Psychological Association, 224
- American Self-Help Clearinghouse, 211
- American Society of Addiction Medicine (ASAM), 228
- amnesia, 245
- amphetamines, 246
- Amrit Kalash, 149, 240
- anger, 15, 22, 26, 118, 123, 138, 146, 160, 222, 241, 244, 245
- anorexia, 19, 214, 238. *See also* eating disorders
- antidepressants, 148
- antisocial personality disorder, 214, 221, 222
- anxiety, 22, 28, 114, 144, 146, 148, 170, 239
 - calming, 140, 149, 160
 - in case studies, 238, 239, 241
 - disorders, 214, 217
 - prevalence of, 214
 - research on, 92, 95, 101, 104
- Anxiety Disorders Association of America, 218
- approval-seeking behavior, 32, 34, 95
- architecture, 74, 166, 233
- aroma therapy, 150, 152, 240
 - supplies, 229
- arthritis, 113, 144
- asanas, 159–61, 170, 240. *See also* yoga
- assertiveness, 32
- Association for Advancement of Behavior Therapy (AABT), 224
- astrology, vedic, 162–65, 225, 231, 241
- athletics, ayurvedic. *See* exercise
- attention deficit, 144
- Awakening Nature's Intelligence*, 232
- awareness, 42, 62–67, 120, 166, 201. *See also* consciousness; meditation; self-referral
 - meditation increases, 81
- ayurveda, 11, 111–42, 225
 - addiction recovery case studies, 108, 237–47
 - body types, 111–31
 - books on, 230–32
 - checkup, 141, 227
 - cookbooks, 231, 232
 - courses on, 231
 - definition, 75
 - doctor, how to find, 227
 - glossary of terms, 128
 - lifestyle recommendations, 119–27
 - medical centers, 227
 - pregnancy, 232
 - pulse diagnosis. *See* ayurvedic pulse diagnosis
 - senses, healing through, 150–52
 - supplies, 229
 - Web sites on, 227–29
- Ayurvedic Cooking for Westerners*, 231
- ayurvedic pulse diagnosis, 133–42

- example of, 138, 239
- learning, 231
- log, 140, 143
- subdoshic, 137–40
- back pain, 104, 144, 239, 241, 244
- Beattie, Melody, 30, 32, 84
- behavior
 - improving relationships, 197–99
 - research on improving, 104
- Being, 33, 41, 42, 72, 83, 203, 204
 - clouded by intellect, 165
 - research on, 107
 - self-actualization and, 35, 46, 102
- beliefs, 205
 - addict's delusional, 20
- Betty Ford Center, 211
- Bhagavad-Gita*, 229
- binge drinking, 241, 245. *See also* alcoholism; addiction
- biomedical disease model, 58
- biopsychosocial disease model, 58
- bipolar mood disorder, 214, 219, 245
 - dual diagnosis, 223
- blackouts, 243, 245, 247
- Bleick, Catherine, 108, 242
- bliss, 25, 33, 42, 48, 67, 82, 121, 227
 - absence of, 23
 - self-esteem and, 199
 - shame and, 200
 - as therapy, 193, 192–201
 - total recovery and, 193
- Blissful Baby, For a*, 232
- body
 - ayurvedic physiology, 112–27
 - research on improving, 104
- body type, 117
 - quiz, 129
- Body, Mind and Sport*, 156, 230
- Book of Ayurveda, The*, 230
- books on
 - alcoholism, 211
 - ayurveda, 232
 - business and consciousness, 232
 - cooking, 231, 232
 - education and consciousness, 233
 - exercise, 230
 - mental health, 215
 - mind and consciousness, 229
 - physiology and ayurveda, 232
 - pregnancy and ayurveda, 232
 - recovery, 211
 - rehabilitation and consciousness, 233
 - vedic science and recovery, 231
 - world peace, 233
- books, ordering through MUM Press, 233
- borderline personality disorder (BPD), 215, 221–23, 225
 - dealing with others with, 222
 - dual diagnosis, 223
 - Web sites on, 223
- bottoming out, 83
- boundaries, 223
- BPD. *See* borderline personality disorder
- Bradshaw on the Family*, 17
- Bradshaw, John, 17, 20, 30, 54, 56, 201
- Brahman consciousness, 205
- brain
 - chemistry. *See* neurochemistry
 - development, 47, 81
 - functioning, 22, 26, 34, 67, 81, 226
 - subdoshas and, 144
- breath suspension, 107
- breathing exercises, 159–61
- Breggin, Peter, 216
- Brown, Melanie, 230
- bubble diagram, 78
- building. *See* architecture
- bulimia, 24. *See also* eating disorders
- Butler, Veronica, 230
- caffeine, 120, 122, 124, 126, 155
- Campbell, Joseph, 196
- caretaker, 15, 16, 30
- case studies, 237–47
- categories of addiction, 23–27
- cellular healing, 146
- Center for Chronic Disorders, 227, 228
- Centers for Disease Control, 213
- children of alcoholics. *See* adult children
- chocolate, why we crave, 155
- Christianity, 231, 247. *See also* religion
- chronic disorders, treating with MVVT, 229
- cigarettes. *See* smoking
- city planning, 167. *See also* architecture
- CLARE, 242, 247
- clergy, 231. *See also* religion
- cocaine, 24, 27, 89, 176, 243, 246
 - dual diagnosis, 223
- Cocaine Anonymous, 243
- codependence, 15, 24, 30–33, 36
 - attributes, 32

262 Index

- codependence (*cont'd*)
 - behavior in relationships, 197
 - definition, 31
 - healing, 62–67
 - meditation research, 93
 - post-traumatic stress disorder and, 98
 - support groups, 210
 - Web site, 210
- Codependent No More*, 30, 32, 84
- Co-Dependents Anonymous (CoDA), 210
- coffee, craving, 155. *See also* caffeine
- cognition, vedic, 71, 150
- cognitive-behavioral therapist, finding, 224
- Cohen, David, 216
- collective consciousness
 - definition, 180
 - government and, 188
 - research on, 176–80, 183–87
 - theory of, 180–83
- College of Vedic Medicine, 227
- Columbia University, National Center on Addiction, 212
- communication skills, 32, 93–97, 197–99, 244
- community service, 234
- community, role of city planning in, 167
- compulsions, 218. *See also* obsessive-compulsive disorder
- compulsive sex. *See* sex
- consciousness, 42, 72. *See also* awareness; self-referral
 - Brahman, 205
 - collective. *See* collective consciousness
 - cosmic, 204, 206
 - field effect, 181
 - God, 205, 206
 - higher states of, 202–7. *See also* enlightenment
 - transcendental, 204, 206. *See also* self-referral awareness
 - unity, 205, 206
- consciousness-based recovery. *See* total recovery; self-referral
- control, 35, 84, 194
 - addict's illusion of, 20, 24
- cookbooks, 231, 232
- core issues, 199–201
- Corum, Pat, 108
- cosmic consciousness, 204, 206
- counselor, referral to, 210, 224
- courage, 144, 245
- Covey, Stephen, 207
- crack. *See* cocaine
- craving (addiction), 122, 155, 194, 246
- Creating Heaven on Earth*, 183, 233
- crime, 104, 233
 - reducing rate of, 183–87
- Crime Vaccine, The*, 233
- culture, 19, 57, 180, 205
- cyclic mood disorder, 219
- Darth Vader breathing, 157
- daydreaming, 26
- Debtors Anonymous, 210
- deep pulse, 137
- delirium, 220
- delusions, 220
- dementia, 220
- denial, 15, 18, 21, 24, 33, 179, 213
- depression, 28, 118, 128, 146, 222, 239, 241, 243, 245
 - bliss removes, 193, 196
 - breathing and, 160
 - meditation research on, 106
 - mood disorders, 219
 - postpartum, 232
 - post-traumatic stress disorder and, 99
 - prevalence of, 176, 214
 - research on meditation and, 95
 - Web sites on, 219
 - youth and, 57
- devotion, 205, 207
- dhatu, 114, 116, 120
 - definition, 128
- diabetes, 59, 144
- Dialectical Behavior Therapy, 222
- diet. *See* eating
- dieting, 19, 56. *See also* eating disorders
- digestion, 113
- disease model of addiction, 18, 22, 33, 58–62
- disorganized speech, 220
- divorce, 33, 239, 240, 244
- doctors
 - addiction of, 112
 - addiction specialist, how to find, 228
 - ayurvedic, how to find, 227
- dopamine, 23
- dosha, 117, 147. *See also* vata; pitta; kapha;
 - subdoshas
 - definition, 128
 - examples of imbalances, 239
 - quiz for body type, 129

- Douillard, John, 156–59, 230
- drug abuse and addiction. *See* addiction;
substance abuse
- drug dealing, 221, 243
- DSM-IV*, 221
- DTs (delirium tremens), 220, 247
- dual diagnosis, 223
- DUI, 243, 247
- DuPont, Robert, 212
- dysfunction, 14, 30, 33, 54, 64, 98, 142, 150,
152, 191, 214
- dysthymia, 214, 219, 238
- eating
- advice for kaphas, 125
 - advice for pittas, 124
 - advice for vatas, 122
 - healing through, 152–55
 - importance of quality of food, 115, 119
 - overeating, 123, 139
- eating disorders, 19, 24, 27, 57, 144, 152, 214,
222, 238
- Egenes, Linda, 232
- ego, 41
- damage to, 36, 201
 - research on meditation and, 106
- Eight Weeks to Optimal Health*, 227
- elderly's addiction to drugs and alcohol, 176
- Ellis, George, 108
- emotions, 55. *See also* feelings
- borderline personality disorder and, 221
 - distress, 223
 - dysregulation, 222
 - getting in touch with, 241
 - healing, 141
 - instability of, 221
 - need for healing in adult children, 36
 - physical healing and, 146
 - research on, 106
 - subdoshas and, 137
- enabler, 15, 30
- energy, not depleting, 120
- Engel, George, 59
- Enlightened Management*, 232
- enlightened teachers, 206
- enlightenment, 10, 47, 68, 73, 80, 82, 200,
201–8
- definition, 48
- enthusiastic type. *See* vata
- environment. *See also* collective consciousness;
world peace
- interaction with, 39, 45, 151, 168–71
 - research on improving, 104, 177–87
- Eppley, Ken, 101
- Ethiopian famine, 176
- ethnographic understanding of recovery, 107
- exercise, 18, 116, 120, 139, 230, 245.
- See also* yoga
 - ayurvedic, 156–59
 - kapha balancing, 125
 - pitta balancing, 123
 - vata balancing, 122
- Facing Shame*, 200
- family
- adult children engendering, 33
 - codependency engendering, 30–31
 - emotionally invalidating (BPD), 221
 - importance of, 171
 - multigenerational, 167
 - rules (dysfunctional), 30–31, 54
- famine, 176
- fear, 22, 118, 222, 245. *See also* anxiety; phobia
- feelings, 41. *See also* emotions
- finest level of, 50, 56, 121, 198
 - not hurting others, 121
- Ferguson, Tom, 213
- field effects of consciousness, 181
- finest level of feeling. *See* feelings
- fitness. *See* exercise
- Fletcher, Anne, 212
- fluorescent lights, 115
- food. *See also* eating.
- addiction. *See* eating disorders
 - supplements, 148–50
- Forever Healthy*, 232
- Fossum, Merle, 200
- Frawley, David, 152
- free radicals, 115
- rasayanas as scavengers of, 148–50
- Freedom from Disease*, 232
- Gamblers Anonymous, 210
- gambling, 24, 210, 222
- gandharva-veda music, 74, 172
- as therapy, 150–52, 242
 - how to choose, 151
 - where to find, 229
- Gelderloos, Paul, 88
- gems, 164
- generalized anxiety disorder, 214, 217
- genetically modified organisms, 120
- ghee, 120, 229

264 Index

God

clergy's view on recovery and, 231
consciousness, 205, 206
finding, 244
Steve's letter to, 247
thinking about, 205

government, 176
addiction and, 28
powerlessness of, 188

gratitude, 54
grief, 137, 241
grief work, 54–56
Growing up Enlightened, 233
Gulf War, 189
hallucinations, 220
happiness, 26, 48, 95, 106, 114, 121, 192.
 See also bliss; joy
hatha yoga, 120, 160. *See also* yoga
hay fever, 113, 139, 144
Hazelden, 211
headaches, 104, 144, 148, 240
Healing the Child Within, 98, 199
healthcare, reducing costs of, 104
heaven on earth, 201
Heaven's Banquet, 230
herbal treatments, 148–50, 240
herbs, healing with, 150–52
heroin, 24, 89, 90, 243
Higher Power, 60. *See also* spirituality
higher states of consciousness, 82, 202–7.
 See also consciousness; enlightenment
high-functioning addicts, 24
hitting bottom. *See* bottoming out
Homecoming, 17, 56
Hospodar, Miriam, 230
Human Physiology, 232
hypertension, 105, 144, 188
hypervigilance, 33, 218
ignorance, 38, 71, 196, 203, 206
illusion of control. *See* control
incarceration. *See* prison; recidivism
infinite correlation, 72, 235
injury, self-inflicted, 57, 222
inner child, 56
inner fulfillment, 198
insanity
 feelings of, 33
 removing feelings of, 245
Inside Folsom Prison, 233
insomnia, 105, 144, 223, 239, 245, 246

intellect, 41, 83

 gaining enlightenment through, 165

intense type. *See* pitta

International Journal of Addictions, 88, 91

invalidation. *See* emotions; family; self-image

Invincible Leadership, 233

IQ studies, meditation and, 106

irritable bowel syndrome, 218

issues, core, 199–201

Japan, smoking in, 25

jealousy, 137

Jerusalem International Peace Project, 176–80

job, 22, 121, 123, 126, 171, 234

jogging, 158

Journal of Conflict Resolution, 177

Journal of Counseling and Development, 99

Journal of Crime and Justice, 184

Journal of Mind and Behavior, 184

journaling, 54, 57. *See also* log

joy, 47, 85, 192, 241. *See also* bliss; happiness

 jyotish, 162–65, 225, 231, 241

 kapha, 117

 balancing, 124

 definition, 128

 example of imbalance, 239

 pulse, 135

 subdoshas, 144

 karma

 roasting seeds of, 196

 wheel of, 193–96

Karpman Drama Triangle, 32

Keniston-Dubocq, Linda, 108, 238

knower and known, 72

knowledge. *See also* vedic science

 complete, 69–74

 objective, 70

 subjective, 70

Kreger, Randi, 222

Kuhn, Thomas, 10

Lad, Vasant, 75, 152

Lebanon, calming war in, 176–80

leftovers, 115

levels of addiction, 23–27

levels of the mind, 40–41. *See also specific*

levels; need-fulfillment diagrams; self-

 referral

 accessed in meditation (bubble diagram), 79

life patterns, 162

life scripts, 163

LifeRing, 211

- lifestyle
 addiction changes one's, 21
 healthier, 119–27
- Linehan, Marsha, 222, 225
- log, self-pulse, 140, 143
- longevity, research on, 103, 105
- Lonsdorf, Nancy, 230
- Lost in the Shuffle*, 30, 31, 62
- love, 30, 33, 47, 115, 137, 199
- low self-esteem. *See* self-esteem
- low-functioning addicts, 24
- Maharishi Amrit Kalash, 149, 240
- Maharishi Ayurveda. *See also* ayurveda
 books on, 232
 courses on, 231
 definition, 75
 Web sites, 227
- Maharishi Ayurveda Products, 123, 229
- Maharishi Ayurvedic physician
 referral to, 227
 training course, 138
- Maharishi College of Vedic Medicine, 228
- Maharishi Effect, 183
- Maharishi Effect, The*, 233
- Maharishi Gandharva-veda music, 74, 150–52, 172, 242
 how to choose, 151
 where to find, 229
- Maharishi Global Construction, 233
- Maharishi Jyotish, 162–65, 225, 231, 241
- Maharishi Mahesh Yogi
 Age of Enlightenment (quotation), 201
 as source of knowledge, 11, 75
 bliss (quotation), 192
 books by, 229
 founder of Transcendental Meditation, 78
 re-establishing vedic science, 73
 self-referral and TM-Sidhis (quotation), 162
- Maharishi Open University, 138, 231, 232, 234
- Maharishi Speaks to Educators*, 233
- Maharishi Sthapatya Veda, 166, 233
- Maharishi University of Management Press, 233
- Maharishi Vedic Medical Centers, 138, 227
- Maharishi Vedic Medicine. *See* Maharishi Ayurveda
- Maharishi Vedic Schools, 138, 161, 231
 locating an instructor, 226
- Maharishi Vedic Vibration Technology (MVVT), 229
- Maharishi Yagya, 164, 231, 241
- Maharishi Yoga, 74, 159–61, 231, 240
- Maharishi's Vedic Science, 71–74. *See also specific disciplines; vedic science*
 as source of knowledge, 11
 courses on, 231
 definition, 73
 major depressive episode, 219
- MAK. *See* Maharishi Amrit Kalash
- mania, 193, 219
- manic depression. *See* bipolar mood disorder
- marijuana, 90, 244, 246
- marma, 115, 117, 147
 definition, 128
- Maslow, Abraham, 46, 102
- Mason, Marilyn, 200
- massage, 119, 147
 buying oils for, 229
 kapha balancing, 126
 pitta balancing, 124
 vata balancing, 122
- meat, 115
- media, how it distorts our self-image, 57
- medication. *See* psychopharmacological approach
- medicinal plants, 152, 232. *See also* rasayanas
- meditation, 57, 77–85. *See also* Transcendental Meditation
 how to learn, 226
 locating an instructor, 226
 what to look for in, 81
- mental disorders, 33, 34, 210–25. *See also specific disorders; mental health*
 addiction and, 215, 223
 prevalence of, 213
 research showing meditation improves, 87–109
 sources of information on, 215
 stigma, 213
- mental health. *See also* mental disorders
 continuum of, 217
 evaluation, importance of, 28, 223
 professional, referral to, 224
 Web sites, 215
- mental illness. *See* mental disorders; mental health
- meta-studies
 meditation and anxiety, 100
 meditation and self-actualization, 102
- methamphetamine, 24, 176
- Miller, Alice, 54

266 *Index*

- mind. *See also* consciousness; enlightenment; self-referral; awareness
ayurvedic physiology, role in, 116
importance of settling, 235
levels of, 40–41
research on improving, 105
transcending and, 78
mind-body connection, 148
mindfulness, 103. *See also* awareness;
meditation; self-referral
mistake of the intellect, 165
Modern Science and Vedic Science, 183
mood altering and addiction, 19, 20, 23–27
mood disorders, 219
dual diagnosis, 223
Morison, Judith, 230
Morningstar, Amanda, 231
morphine, 246
Mullins, Margaret, 232
multiphased workout, 156–59
music therapy, 74, 150–52, 172, 242
finding tapes and CDs, 229
how to choose, 151
MVVT. *See* Maharishi Vedic Vibration
Technology
Nader, Tony, 232
nadi, 115, 116
definition, 128
Nakken, Craig, 17, 20, 30
naming, 54
Nar-Anon, 210
Narcotics Anonymous (NA), 210, 244
National Alliance for the Mentally Ill (NAMI),
215, 221
National Center on Addiction and Substance
Abuse, 212
National Clearinghouse for Alcohol and Drug
Information, 212
National Council on Alcoholism and Drug
Dependence (NCADD), 211
National Depressive and Manic Depressive
Association, 219
National Institute of Mental Health (NIMH), 215
National Institute on Alcohol Abuse and
Alcoholism (NIAAA), 91, 212
National Institute on Drug Abuse (NIDA), 212
National Institutes of Health (NIH). *See specific
institutes*
naturalness, 84
nature, always evolutionary, 235
nausea, 218
need-fulfillment diagrams, 168–71
needs, meeting directly, 168
nervous system, 115. *See also* physiology;
ayurveda
neurochemistry, 19, 22, 23, 28, 40, 146, 148, 226
neurological impairment, 218
nicotine. *See* smoking
Nicotine Anonymous, 210
non-addictive eating, 152–55
No-Nag, No-Guilt Guide to Quitting Smoking,
213
nutrition, 153
O’Connell, David, 108, 231
Oates, Robert, 183
objective knowledge, 70
object-referral, 31, 33, 49, 83. *See also* self-
referral
codependence and, 62–67
dieting and, 56
obsessions, 218
obsessive-compulsive disorder (OCD), 28, 92,
214, 218, 219, 225
Obsessive-Compulsive Foundation, 219
ojas, 113, 116, 120, 147
definition, 128
one percent effect, 183
Orme-Johnson, David, 183
Overeaters Anonymous, 210
overeating. *See* eating
panchakarma, 146–47, 227, 241
panic attack, 170, 214, 217
paradigm, recovery, 10
paranoia, 22, 220, 222. *See also* fear; anxiety
peace. *See* world peace
peak experience, 26. *See also* bliss; exercise;
zone
perfectionism, 32, 34, 94
personality disorders, 221–23
pesticides, 119
Peterson, Scott, 232
phobia, 214, 217. *See also* fear; anxiety
physical abuse. *See* abuse
physical purification, 146–47
physician, finding addiction specialist, 228
physiology, ayurvedic, 112–27
Pipher, Mary, 57
pitta, 117
balancing, 123
definition, 128

- example of imbalance, 239
- examples of balancing, 138
- pulse, 135
 - subdoshas, 144
- PMS (premenstrual syndrome), 113, 144
- postpartum depression, 232
- post-traumatic stress disorder (PTSD), 109
 - definition, 217
 - prevalence of, 214
 - research on meditation and, 98–100
 - Web sites on, 218
- poverty, 176, 187
- prana, 115, 121
 - definition, 128
 - increasing, 119
- pranayama, 159–61, 170
 - balancing vata, 160
 - definition, 159
 - ujjayi, 157
- pregnancy, ayurveda and, 232
- prescription medication, 148, 239, 243. *See also*
 - psychopharmacological approach
 - abuse of, 19, 176, 244
 - botanical preparations and, 150
 - meditation reduces abuse of, 89
- Press, Maharishi University of Management, 233
- prison, 88, 108, 187, 188. *See also* crime;
 - recidivism
 - antisocial personality disorder and, 221
 - books on meditation and, 233
 - meditation reduces drug use in, 92
 - self-actualization of inmates, 106
- proactive, 207
- process of knowing, 71
- productivity, 104
- psychiatrists and psychologists, finding, 224
- psychopharmacological approach, 148, 170, 216, 225, 239
- psychosis, 214, 220
- psychotherapy, 88, 92, 163, 241, 246, 247
- PTSD. *See* post-traumatic stress disorder
- pulse, 133–42
 - subdoshic, 137–40
 - vata, pitta, and kapha, 135
- pulse diagnosis. *See* ayurvedic pulse diagnosis
- pure knowledge, 72
- quest to be complete, 20
- quitting smoking. *See* smoking
- quiz, body-type, 129
- Raj, The, 227
- raja yoga, 160
- rasayanas, 148–50
 - where to buy, 229
- recidivism, 92, 221. *See also* crime; prison
- recovery. *See also* addiction
 - paradigm, 10
 - total, 67, 204
- recovery tools. *See* Advanced Recovery Tools
- Recovery, Inc, 216, 218
- Reddy, Kumuda, 232
- rejection
 - borderline personality disorder and, 222
 - importance of avoiding, 197–99
- rejuvenation, 119–21
 - panchakarma, 146–47
 - rasayanas, 148–50
- relationships, 93–97, 104, 197–99, 221, 239, 244
- religion, 78, 205, 231, 247. *See also* spirituality
- fanaticism, 31, 33
- research
 - addiction, latest, 212
 - addiction, review of meditation and, 89–92
 - adult children, meditation and, 93–97
 - aging, meditation and, 103
 - anxiety, meditation and, 101
 - codependence, meditation and, 93
 - environment, meditation and, 104, 183–87
 - meditation, general benefits, 107
 - post-traumatic stress disorder, meditation and, 98–100
 - prisoners, meditation and, 92
 - self-actualization, meditation and, 102
 - self-referral awareness, 107
- research universities, why they have failed, 176
- residence courses (TM), 161, 226
- resources
 - advanced recovery tools, 225–35
 - mental health, 213–25
 - recovery from addiction, 209–13
- rest, importance of, 235
- retreats, 161, 226
- Reviving Ophelia*, 57
- Rogers, Jocquelyn, 213
- Rosicrucian meditation, 243
- Rubenstein, Julie, 213
- SAMHSA. *See* Substance Abuse and Mental Health Services Administration
- schizophrenia, 214, 220, 245
- Schwartz, Jeffrey, 225

268 Index

- science. *See also* vedic science
 need to complete, 69–74
 perils of, 70
Science of Being and Art of Living, 229
seizures, 245
Self, 41–44, 48, 62, 72, 83, 166. *See also* self-referral
 definition of, 42
 research on meditation and, 107
self-actualization, 27, 56, 58, 94
 meditation research, 102
 need-fulfillment diagram of, 168
 prisoners, 106
 self-referral and, 46
self-esteem, 32, 34, 92, 94, 106, 144, 199, 238
self-help groups, 210
 finding, 211
self-identity
 adolescence and, 57
 borderline personality disorder and, 222
 codependence and, 62
 enlightened, 196
self-inflicted injury, 57, 222
Selfish Brain, The, 212
self-medicating, 150
self-pulse diagnosis. *See* ayurvedic pulse diagnosis
Self-Recovery, 108, 183, 231, 238, 242
self-referral, 35, 44, 51, 57, 226. *See also* object-referral
 addict and, 44
 adult children and, 54–56
 awareness, 44, 67, 82, 119, 120, 204
 basis of recovery, 67
 codependence and, 62–67
 definition, 38
 inner child and, 56
 performance, 50, 56, 58, 162, 198, 204
 proactive and, 207
 rate of recovery and, 67
 recovery and (case studies), 237–47
 research on, 87–109
senses, healing through, 150–52
serotonin, 23
sesame oil, 122
Seven Habits of Highly Effective People, 207
seven states of consciousness, 203–6. *See also* consciousness; enlightenment
sex
 compulsive, 24, 222
 dysfunction, 144, 218
 excessive, 120, 123
 revitalizing after, 149
Sex and Love Addicts Anonymous, 210
sexual abuse. *See* abuse
shakes, 245, 247
shame, 15, 32, 34, 146, 200
 nonshaming attitude to addiction, 59
Sharma, Hari, 232
shirodhara, 147
shopping, compulsive, 24
shrota, 114, 116, 147
 definition, 128
silence, power of, 26. *See also* awareness; consciousness; self-referral
silent witness, 204. *See also* self-referral awareness
six tastes, 155
skills training, 35, 54
sleep. *See* insomnia
smoking, 19, 24–25, 124, 126, 176
 quitting, 120, 212
 research on meditation and, 89
 Web sites on, 213
sobriety, maintaining, 244. *See also* Alcoholics Anonymous; research; resources
social phobia, 214
societal problems, 176, 187–89, 203
 solution to, 177–87
Somalia, incoherence in, 176
somatization disorder, 214, 218
sound, in vedic science, 150
speech, disorganized, 220
speed, 246
spiritual awakening, 82
spirituality, 59, 170, 231, 240, 247. *See also* religion; self-referral
sponsor, AA, 247
sports. *See* exercise
stable type. *See* kapha
stages of addiction, 20–22
Staggers, Frank, 108
states of consciousness. *See* higher states of consciousness
sthapatya-veda, 166, 233
stigma, 59, 213
Stop Walking on Eggshells, 223
stories. *See* case studies
stress, 22, 26, 35, 97, 245
stretching, 157, 159. *See also* yoga

- students
 being trained for alcoholism, 27
 eating disorders, 27
 meditation reduces drug use of, 89–91
 problems of adolescent girls, 57
- Subby, Robert, 30, 31, 62
- subdoshas, 137–40, 144
- subjective knowledge, 70
- substance abuse. *See also* addiction
 locating support groups and treatment facilities, 210–12
 research on meditation and, 89–92
 students, 57, 89–91
- Substance Abuse and Mental Health Services Administration (SAMHSA), 210, 212, 224
- suicidal tendencies, 22, 28, 33, 57, 219, 222, 241
- sun salutes, 157
- super radiance effect, 184
- superficial pulse, 137
- support groups, finding, 211
- Surgeon General, 213, 223
- Surgeon General's Report on Mental Health*, 214
- sushumna, 116, 120
- taste, 144
 importance of, 154
 kapha balancing, 125
 pitta balancing, 124
 six ayurvedic, 155
 therapy, 150, 152
 vata balancing, 122
- therapist, finding and selecting, 224
- tissue, 114
- TM. *See* Transcendental Meditation
- TM-Sidhi program, 161, 201, 245
 research on social coherence, 176–80, 183–87
- tobacco. *See* smoking
- tools. *See* Advanced Recovery Tools
- total recovery, 10, 42, 67, 204
- touch therapy, 150, 152
- toxic shame, 201. *See also* shame
- toxins, elimination of, 146–47. *See also* ama
 tranquilizers, addiction to, 14, 244
- transactional analysis, 163
- transcendental consciousness, 42, 204, 206. *See also* self-referral awareness
- Transcendental Meditation (TM), 73, 77–85
 AA and, 78, 88, 92, 108, 237–47
 advanced courses, 161
 aging, 103, 105
 anxiety reduction and, 101
 benefits for adult children, 93–97
 benefits for codependents, 93
 case studies, use in recovery, 237–47
 center, locating, 226
 definition, 78
 drug abuse treatment programs, use in, 89–92, 237–47
 ease of learning, 243
 first experiences of, 226
 health benefits, 104
 how it works, 78
 how to learn, 226
 prisoners and. *See* prison; recidivism
 research on, 87–109
 self-actualization, 102
 Web site, 226
 why learn, 82
- transcending, 49, 77–85. *See also* awareness;
 self-referral; Transcendental Meditation
 how to transcend, 78
 research on self-referral levels, 104
- trauma, 84, 98, 146. *See also* abuse; post-traumatic stress disorder
- treatment programs for addiction, 12, 209–13
- Triguna, B. D., 141
- TV, 122, 123, 153, 156, 169
 analogy to mind, 84
- Twelve Steps, 54, 108, 211, 241, 245, 247. *See also* addiction; alcoholism; Alcoholics Anonymous
 case studies, 108, 237–47
 finding groups, 211
 increased effectiveness of, 92, 100
 meditation research and, 88
 programs using, 210
 recommendation to meditate, 78
 who should do, 29
- U.S. Surgeon General, 213, 223
- U.S. Surgeon General's Report on Mental Health*, 216
- UCLA School of Medicine's OCD program, 225
- ujjayi pranayama, 157
- unbounded awareness, 42, 66. *See also* awareness; self-referral awareness
- unconscious mind, 81
- United Nations, 176
- unity consciousness, 205, 206

270 Index

- University of Washington personality disorders research, 222
- VA. *See* Veterans Administration
- vastu, 233
- vata, 117
 - balancing, 121
 - definition, 128
 - example of imbalance, 239
 - pulse, 135
 - subdoshas, 144
- Veda, 74
- vedic architecture, 74, 166, 233
- vedic astrology, 162–65, 225, 231, 241
- Vedic Cuisine*, 232
- Vedic Medical Centers, 227
- vedic science, 11, 71–74. *See also* ayurveda;
Advanced Recovery Tools
 - case study of use in recovery, 238–42
 - cost of, 234
 - courses on, 231
 - definition, 73
 - gandharva-veda, 150–52, 242
 - intellectual approach, 165
 - jiyotish, 162–65, 225, 231, 241
 - meditation, 77–85. *See also* Transcendental Meditation
 - sound, role of, 150
 - sthatyia-veda, 166, 233
 - TM-Sidhi program, 161, 176–80, 183–87, 201, 245
 - yagyas, 164, 231, 241
 - yoga, 74, 120, 125, 159–61, 231, 240
- vegetarian diet, 155
- Veterans Administration, 91, 100
- Vietnam veterans, 98–100
- violence, 30, 104, 187, 221. *See also* abuse
 - social, 176, 182
- visualization, 54, 199
- vitality, 241
 - increasing, 119
- war, 176, 181
 - Gulf, 189
- Web sites
 - addiction medicine, 228
 - addiction research, 211
 - anxiety disorders, 218
 - ayurvedic supplies, 229
 - books on recovery, 211
 - borderline personality disorder (BPD), 223
 - finding mental health professionals, 224
 - Incandescent Press, 226
 - Maharishi Open University, 231
 - Maharishi Vedic Medicine, 227
 - Maharishi Vedic Vibration Technology (MVVT), 229
 - mental health, 215
 - mental health self-evaluation, 216
 - obsessive-compulsive disorder (OCD), 219
 - post-traumatic stress disorder (PTSD), 218
 - self-help groups (addiction), 211
 - self-help groups (mental health), 216
 - smoking cessation, 213
 - Surgeon General, 213, 216
 - Transcendental Meditation, 226
 - Twelve Step groups, 210
 - vedic architecture, 233
 - yagyas, 231
- weight loss, 56, 246
- Weil, Andrew, 227
- Whitfield, Charles, 98, 199
- witnessing, 204. *See also* self-referral awareness
- Woititz, Janet, 34
- Woman's Best Medicine*, 230
- Women for Sobriety, 211
- wonder child, 56
- work. *See* job
- workaholism, 26, 28, 34, 35, 124
- workout, multiphased, 156–59
- World Health Organization, 17, 25, 213
- world peace, 74, 164, 177–87, 201
 - books on, 233
- World Peace Project, 184
- yagyas, 164, 231, 241
- yoga, 74, 120, 125, 159–61, 231, 240. *See also* exercise; Transcendental Meditation; vedic science
- Yoga of Herbs, The*, 152
- Yogic Flying. *See* TM-Sidhi program
- You Can Stop Smoking*, 213
- Your Drug May Be Your Problem*, 216
- Yugoslavia, conflict in, 176
- zone, performing in the, 156–59, 230