

## THE EUROPEAN ACADEMY OF VEDIC SCIENCES

The European Academy of Vedic Sciences connects the research and teachings of scientific and educational institutes in more than ten countries not only in Europe but also in other parts of the world. The mission of the EAVS is to integrate ancient spiritual wisdom and modern scientific knowledge for solving the urgent problems of the modern man.

In the year 1996 Marcus Schmieke, the president of the EAVS, started to realize this vision by founding the Vedic Academy in south Germany at the Weissenstein castle which in the following ten years inspired similar academies in different European countries like England, Hungary and Croatia. After partnering in early 2004 with the renowned Florida Vedic College the idea of an international Vedic university arose which combines the potential of all the national Vedic academies.

As the result of this integration the European Academy of Vedic Sciences is now aiming towards setting the international standard for top level education in Vedic sciences and arts. EAVS developed its own virtual online campus where it offers presently ten courses in Vedic Architecture (Vasati), Astrology, Ayurveda and Sanskrit. These courses can be recognized by the Florida Vedic College, which can award the Bachelor, Masters and Doctoral titles to our students. These non-traditional American academic titles are not comparable with European academic degrees but show the students' academic excellence and qualifications to the public.

The European Academy of Vedic Sciences has its base in Zagreb (Croatia) and is represented by institutes in Germany, England, Italy, Russia, India, Hungary and USA. Its current focus of interest is pointed towards offering spiritual solutions for the urgent material problems of the present world situation for the individual person as well as for the society as a whole. The members of the European Academy of Vedic Sciences are convinced about the value of vedic wisdom and spiritual experience for giving guidance for the progress of science, economy, politics and the life of the modern individual.

On completing a study course, the students are awarded the Certificate of the European Academy of Vedic Sciences certifying the acquired qualification in a specific area.

### DEPARTMENTS

Currently the European Academy of Vedic Studies has the following departments:

1. **Vasati Department** - Vedic Architecture
2. **Ayurveda Department** – Vedic Medicine
3. **Department of Vedic Astrology and Burmese Astrology** (Mahabote)
4. **Sanskrit Department** - Language of the Vedas
5. **Vedanta Department** - Vedic Personality Development
6. **Science Department** - Vedic Physics and Cosmology

## STUDY PROGRAMS

<b>VASATI COURSES</b>	TUITION
• Vasati Basic Course	1 350 €
• Vasati Specialist Course	1 350 €
• Vasati Astrologer Course	1 350 €
• Vasati Master Course	1 870 €
<b>VEDIC ASTROLOGY COURSES</b>	
• Vedic Astrology Basic Course	900 €
• Vedic Astrology Advanced Course	900 €
• MaHaBote- Burmese Astrology (in German)	350 €
<b>AYURVEDA COURSES</b>	
• Ayurveda Basic Course	1 350 €
• Ayurveda Main Course	1 350 €
<b>SANSKRIT COURSE</b>	
• Sanskrit Basic Course	810 €

## TUITIONS AND PAYMENT

The tuition costs can be paid either in full before the enrolment in a course, or in two rates, first before the enrolment, the second before the start of the fourth lesson. The tuition fee must be paid in full prior to taking the final examinations.

For **students taking correspondence courses** we charge additional fee for the shipment of the study material and the printing of the textbooks. This fee depends on the respective country.

Each application must be accompanied by the non-refundable 60€ application fee. Applications received without the fee will not be considered.

### Refund Policy

There is no refund once after the enrolment in the course is done and the student got the access data. This is due to the nature of online study.

## HOW TO APPLY?

You can apply for the courses by filling out and submitting the **Application Form** online. The form can also be found at the end of this document. You can fill it out and fax it to our office in Germany +49 35028 85855 or send it per post to EAVS, Hirschgrund 94, 01814 Schoena, Germany.

We normally process the applications within one week. Applications without the application fees will not be processed.

If application does not have application fees, the application will be held for 15 days, after which it will be discarded.

Please ensure that all information submitted is accurate and complete. Fields with \* are required.

## **EAVS COURSES RECOGNIZED BY FLORIDA VEDIC COLLEGE**

Florida Vedic College (FVC) is a registered college situated in Coral Springs, in Florida, USA. It was founded in 1990 and has since then been teaching various fields of Vedic knowledge on an academic level.

All study courses developed by the European Academy of Vedic Sciences (EAVS) can also be studied in the form of correspondence or online courses at the Florida Vedic College. In spring 2004, director of the EAVS Marcus Schmieke was appointed Chairman of the Departments for Vedic Astrology and Architecture (Vasati) and instructor of the respective courses.

Since Florida Vedic College recognizes all our study courses and course instructors, you can now gain an American academic title after taking a course with the EAVS. After a student has completed a course and passed the exams, he can apply for an accreditation of his achievements and the awarding of a corresponding academic title.

### **What is the value of an American title in Europe?**

Florida Vedic College awards so-called non-traditional academic titles. They are mainly attained by correspondence courses and are certified by a private accreditation organisation *National Private Schools Accreditation Alliance* (NPSAA).

These are American academic titles and their value is defined by American legislation. *They are not recognized in Germany and must not be displayed as academic qualifications* (for example on a business card). However, in many other countries this is possible. Among those are for example USA, England, Italy, Spain, Croatia and Netherlands. These countries allow the display of academic titles awarded by FVC with reference to the awarding college. Although in Germany it is not allowed to display these titles officially, it is possible to point out the academic certification of the training achievements by FVC in one's CV.

By collaborating with FVC, European Academy of Vedic Sciences sets a global academic standard for Vedic Sciences. The increased reputation and status of our study courses gives the students considerable advantages. This is especially the case when the students use the courses for acquiring and certifying a professional qualification and/or when they want to offer their consultations and services in those countries where the titles may be officially displayed.

## EAVS STUDY PROGRAMS

What follows is an overview over the study programs offered by the EAVS:

- Vasati study program (Page 4)
- Vedic Astrology study program (Page 10)
- Ayurveda study program (Page 13)
- Sanskrit study program (Page 17)

## VASATI STUDY PROGRAM

### LEVEL 1: VASATI BASIC COURSE

The course is based on the three books of Marcus Schmiede on Vasati, namely “*The Yoga of Living*”, “*House and Cosmos*”, and “*Vasati – 108 Steps for Improving Your Housing*”. These three books are part of the course material. You have access to six lessons with practical applications and exercises which impart the following subjects:

- **Lesson 1 · The qualities of the eight directions**
  - The assignation of the elements to the directions and the space of house
  - The impact of the sun on the quality of space
  - Time, space and architecture
  - The Vasati Purusha Mandala as the matrix of construction
- **Lesson 2 · Planetary influences on the house**
  - Sun and moon windows
  - The building site
  - Valuation of roads and accesses
  - The house environment
  - The division of the plot
  - The main entrance
- **Lesson 3 · The interior of the house and its rooms**
  - The assignation of the elements to the Practical applications
- **Lesson 4 · The dynamic of energies on house and plot**
  - The influence of the directions on the individual (astrological synchronisation)
  - Defects in the directions of the house and their correction according to Vasati
- **Lesson 5 · Yantras for correcting Vasati defects**
  - Classification of houses according to their orientation
- **Lesson 6 · The 108 steps program of Vasati for improving the housing**
  - Classification of Vasati defects
  - Coherence of defects and effects
  - Vasati consulting in practice

Each lesson contains a set of written assignments. They will be individually corrected and sent back by your personal tutor. He is also at your disposal for all questions relating to the course. Thus, your **individual care is guaranteed**.

After the six lessons you will be asked to deliver a **project draft** on a practical application of Vasati in your environment, like house analysis or design.

Finally, a written examination will offer you the possibility to acquire a certificate “Vasati Praveshika” (having entered the knowledge of Vasati). This diploma also qualifies you for being trained as a Vasati consultant by the twelve-month “Vasati Main Course”.

## LEVEL 2: VASATI SPECIALIST COURSE

The course is based on the book *The Power of Living Space* written by Marcus Schmieke. The six lessons with practical applications and exercises impart the following subjects:

- **Lesson 1**
  - The Quality of the Directions
  - The Vasatipurusha Mandala
  - Geometric Elements of the Mandalas
  - The 45 Gods of the Vasatipurusha Mandalas
  - The Concept of Vithi
  - Marmas and Mahamarmas
  - Vedic Houses – Planning and Layout
  - About Ekashals and Chatusshalas
  
- **Lesson 2**
  - Vasati - The Metaphysics of Space and Time
  - The Tala-System for Spatial Measurement
  - Rhythm in Architecture; Architecture and Music
  - The Puranas – Its System of Measurement
  - Vasati – Its System of Measurement
  - The Yoni-Principle
  - Ayadsi-Calculation
  - The Astrological Qualities of Measures
  - Qualities of Space in Vasati – The 12 Formulae
  - Doors and Windows in Vasati
  - The Main Entrance to a Plot or Building; The Main Entrance of the House
  - Doors and Windows inside the Rooms
  - Direction and Motion of Energies inside a House
  - Direction for the Opening of Doors
  - Proportions of Doors and Beds
  
- **Lesson 3**
  - The Location and Shape of a Plot and Buildings
  - Obstacles in the Outer Area of a House and Building Site
  - The Roads and the Location of a Plot
  - Vithishulas and Dvara-Vedha
  - Favorable Locations for Businesses
  - Irregular Shapes of Plots
  - Neighbouring Buildings, Garages and Summer Houses
  - Duplex Houses, Row Houses and Multistory Tenement Houses
  - The Selection of a Plot
  - The Quality of Soil in Vasati
  - Buildings on Hills
  - Plants and Trees in Vasati
  - Houses with Different Orientations
  - Special Sources of Error and Qualities of the Individual Directions
  - Houses and Different Road Settings

- **Lesson 4**
  - The Power of Money and its Dynamics
  - Money and its Spiritual Dimension
  - Spatial Qualities and the Power of Money
  - The Furnishing of an Office According to Vasati
  - The Designing and Furnishing of Business Premises
  - Health Service and Vasati
  - The Furnishing of a Hotel
  - Industry and the Application of Vasati
  - The Location of Production Plants within a City
  - The Spatial Organisation of Production Processes
  - Airports, Bakeries, Computer Industry
  - The Planning of a Business Building
  
- **Lesson 5**
  - Vasati and Astrology
  - Primary Astrological Systems – Their Meaning and Influence in Vasati
  - The Planets
  - Houses of the Moon (Nakshatras)
  - The Tithis (Phases of the Moon)
  - The Signs of the Zodiac; The Houses in a Horoscope
  - The Houses and the Directions
  - The Planets in the Houses
  - The Qualities of the Directions and their Dependence on the Ascendant of Inhabitants
  - Determining the Accurate Time
  - The Position of the Planets in the Birth Horoscope of the House-Owner
  - Rituals and Significant Ceremonies in Vasati
  
- **Lesson 6**
  - Rituals and Design in Vasati
  - Fundamental Principles of City Planning According to Vasati
  - Omens and Portents in Vasati
  - Building a New House: · The Selection of a Building Plot
  - The Planning of a Building
  - Vasati Consultation – An Example
  - Zones of Peace and Zones of Motion
  - Vasati – The Logic of the Designing Process
  - Elements of Design
  - The Rhythm of Buildings
  - Designing a Traditional Vedic House
  - Vasati and Health
  - The Yantra-Mirror for Correction
  - The Meaning of the Axes and Diagonals for your Health
  - Ayurveda and Vasati
  - Different Styles and Constitutions of Houses
  - Herbs and Spices in Vasati

Finally, a written examination will offer you the possibility to acquire a Certificate Vasati Specialist. This Certificate also qualifies you to study the Vasati Astrologer Course. Prerequisite - A certificate of the Vasati Basic Course or a certificate proving previous appropriate education.

### **LEVEL 3: VASATI ASTROLOGER COURSE**

**Format:** Self-paced, facilitated

**Fee:** 1 350€

**Facilitated by:** Marcus Schmieke

- **Introduction: Vasati**
  - Vasati
  - The Vasati Mind Map
  
- **Lesson 1: The energetic level**
  - Va 1: The First Law on the Energetic Level
  - The 12 Basic Principles of Energy Flow – An Improvement
  - The Interpretation of the Energy Flow
  - Va 2: The Second Law on the Energetic Level
  - Va 3: Strong and Weak Areas
  - Va 4: Energy Potential and its Manifestation
  - 5 Exercises
  
- **Lesson 2 : The geometric level**
  - The Elaboration of the Ground Plan on the Geometric Level
  - Ti 1: Proportions in Vasati
  - The Correction of Dissonant Proportions
  - Determining the Vasatipurusha Mandalas
  - The Chakras of the Room
  - Chakra-Color-Therapy
  - The Position of the Main Entrance in Vasati
  - 9 Exercises
  
- **Lesson 3 : The karmic level**
  - The Foundation of Vedic Astrology
  - The Apartment as a Second Horoscope
  - The Foundation of Vedic Astrology – An Introduction
  - Introductory Course in 9 Lessons
  - 9 Assignments
  
- **Lesson 4: Karmic Means of Correction**
  - The five Vedic „Magic Means“
  - Strengthening Functionally Positive Planets
  - Transforming Functionally Negative Planets
  - Colors, Gems, Kavacas, Actively Lived Compassion, Mantras
  - 1 Exercise
  
- **Lesson 5: The Connection between Vasati and Vedic Astrology**
  - Determining the Personal Interactions among the Inhabitants
  - Muhurta: Identifying a Suitable Time
  - The Karmic Connection between the House and its Inhabitants
  - Determining Suitable Means for Correction in Vasati
  - Vasati and Astrology – Consultations go Hand in Hand
  - 8 Exercises

- **Lesson 6: The Nine Levels of Vasati Correction**
  - Renovations and other Structural Alterations
  - Changes in Attitude and Behavior
  - Exchange or Modification of Rooms and their Function
  - The Correction of Fittings and Furnishings of a Room or Building
  - Using the Five Elements Purposefully
  - Correction by Means of Colors
  - Mirrors, Plants, Pictures and other Means for Correction
  - Fine-Structured Tools and Spiritual Tools for Correction
  - Virtual Rectification of your Living Space
  - 1 Exercise
  
- **Lesson 7 : Correction by means of Yantras**
  - Mandalas and Yantras
  - The 10 Spiritual Planet Yantras and their Use in Vasati
  - The Use of the Vasati Yantras in Practice
  - Cleansing Ceremonies along with Yantras
  - Kinesiological Test for the Examination of a Yantra Placement
  - Vasati Dosha Nivarana Puja (with Additional Video)
  - Just in Case – the Mantra for Protection (Shir Nrisimha Kavaca)
  - 1 Exercise
  
- **Lesson 8: Relationships and Love in Vasati**
  - The Four Aims in Life
  - Spiritual Relationships
  - The Eight Fields of Living of the Kamasutra
  - The Energies from North and East
  - Masculine and Feminine Axes in a House
  - The Center of a House
  - The Main Entrance of a House
  - Sun and Moon Windows
  - The Five Elements in Relationship and Love
  - 1 Exercise
  
- **Lesson 9: Earth and Space energies in Vasati**
  - Subterranean watercourses
  - Rock fragments
  - Rock faults and rifts
  - Earth's rays
  - Electric Interference Fields
  - Recommendations for a Sound and Healthy Sleep
  - Protective Shielding against Earth Rays
  - The Aura
  - Vasati and the Earth's Hartmann Grid in the Layout Planning
  - Considering the Geopathogenic Radiation in a Vasati Consultation
  - Using the "Arm Length Test" for the Examination of your Sleeping Room
  - 2 Exercises
  
- **Lesson 10: An Overall Pattern for a Vasati Consultation**
  - The Vasati Consultation and the 12 Laws of Nature – An Outline
  - The Consultation – An Example
  - The Consultaion – Excel-File
  - 1 Exercise

#### **LEVEL 4: VASATI MASTER COURSE**

PLANNING, DESIGN AND SACRED GEOMETRY IN VASATI

**Format:** Self-paced, facilitated

**Fee:** 1870€

**Facilitated by:** Marcus Schmiede

This course is designed to refine the students' ability to plan a building according to the principles of Vasati and Vasati sacred geometry. Additionally it will show how Vasati can be derived from modern science. This Doctorate course combines the ancient sacred geometry of the south Indian Sthapatis with the most recent discoveries of modern physics.

To summarize, this course presents the original **scientific, mathematical and geometrical foundations of Vasati**, and it substantiates that this knowledge, although not being handed down explicitly, was an essential aspect of Vedic science.

The following topics will be addressed:

- The metaphysical basis of the Vedic cosmogony corresponding to the principles of modern science
- The basics of Global Scaling, the science of gravitational wave resonances
- The *Bhumandala* model of the Vedic universe is structured in a logarithmic hyperbolic fractal way; following the basic structures of Global Scaling.
- The *Vasatipurusha Mandala* as an abstraction of the *Bhumandala* model
- Two kinds of *Vasatipurusha Mandala*, the metaphysical and the physical
- The structure of the physical *Vasatipurusha Mandala* corresponding to that of the matter compression wave of Global Scaling
- The structure of the metaphysical *Vasatipurusha Mandala* corresponding to that of the vacuum compression wave of Global Scaling
- On the basis of the physical *Vasatipurusha Mandala*, the South-Indian Sthapatis were planning in accordance with the cosmic gravitation wave.
- The measure system of Vasati vs. the resonances of the cosmic gravitation wave.
- The modular planning system in resonance with the cosmic gravitation wave, geometrically and numerically
- The resonances of the cosmic gravitation wave determining the structure of towns and landscapes. This knowledge can be used to evaluate the quality of a certain site.

Parallel to his studies the student will choose a specialized topic related to Vasati with his tutor and write a thesis on it. This thesis shall contribute to the current discovery of the ancient science of Vasati by the academic western world. It should be of a publishable quality.

Finally, a written examination will offer you the possibility to acquire the Certificate as Vasati Master. Prerequisite - Certificate as Vasati Astrologer or a certification of previous appropriate education.

# VEDIC ASTROLOGY STUDY PROGRAM

## LEVEL 1: VEDIC ASTROLOGY BASIC COURSE

This course gives you the **fundamental knowledge of astrology**. Learn independently of time and place – with the valuable guidance of a competent teacher.

System's approach is a **simple, yet very precise** system for interpretation of horoscopes and divisional charts. While using only 20% of astrological analysis methods and techniques, it quickly and effectively reveals 80-90% of information contained in the horoscope. Marcus Schmiede has developed a course on Vedic Astrology based on System's Approach, which you can study either **online** or as a **correspondence course**.

Our **Vedic Astrology software Prashna® 2012** gives you important help in your astrological studies.

The Astrology Course covers:

Introduction	Introduction to the Basic Principles of Vedic Astrology: Ascendant Functional Nature of the Planets Chart Diagrams
Lesson 1	The three systems of Vedic Astrology: 12 signs, 9 planets and 12 houses
Lesson 2	The qualities of the 3 systems
Lesson 3	Strong and weak planets
Lesson 4	The functional nature of the planets
Lesson 5	Planets and their aspects
Lesson 6	The systematic analysis of a chart
Lesson 7	The divisional charts
Lesson 8	Planetary periods
Lesson 9	Transits
Lesson 10	Vedic Remedies
Lesson 11	Planets in Houses
Lesson 12	Karmic interpretation: Rahu and Ketu

Each lesson contains a set of written assignments. They will be individually corrected and sent back by your personal tutor. He is also at your disposal for all questions relating to the course. Thus, your **individual care is guaranteed**.

Finally, your acquired knowledge and skills will be tested in a written examination. This diploma also qualifies you for being trained as a Vedic Astrologer by the twelve-month "Vedic Astrology Main Course."

## **LEVEL 2: VEDIC ASTROLOGY MAIN COURSE**

**Format:** Self-paced, facilitated, 12 months online or correspondence course

**Facilitated by:** Marcus Schmieke

This course gives you the advanced and applied knowledge of vedic astrology. Learn independently of time and place – with the valuable guidance of a competent teacher. The course is designed for 12 months of studies.

System's approach is a simple, yet very precise system for interpretation of horoscopes and divisional charts. While using only 20% of astrological analysis methods and techniques, it quickly and effectively reveals 80-90% of information contained in the horoscope. Marcus Schmieke has developed a course on Vedic Astrology based on System's Approach, which you can study either online or as a correspondence course.

Our **Vedic Astrology software Prashna® 2012** gives you important help in your astrological studies.

**Vedic Astrology Main Course** covers:

- Lesson 1     Medical astrology
- Lesson 2     Aspects of Personality in the Horoscope
- Lesson 3     Muhurta - Electional Astrology
- Lesson 4     An Advanced Analysis Method (Predictive Astrology)
- Lesson 5     Spirituality in the Horoscope
- Lesson 6     Birth Time Rectification
- Lesson 7     Mundane Astrology
- Lesson 8     Prashna Astrology

Each lesson contains a set of written assignments. They will be individually corrected and sent back by your personal tutor. He is also at your disposal for all questions relating to the course. Thus, your individual care is guaranteed.

Finally, a written examination test your knowledge and skills. All successful students will be awarded a Certificate in the Vedic Astrology.

## MAHABOTE - THE ENLIGHTENED ASTROLOGY OF BURMESE MONKS

Mahabote is an astrological method that has originated in the convents of Burma and is also influenced by Vedic Astrology. It does not use a particular zodiac, but only the planets. It is possible to make the chart solely on the basis of the day of the week and the year in which the person is born.

Among other things, MaHaBote provides:

- an analysis of the **character and the energetic constitution** of a person
- tips on **how to best use the energy of the planets** in one's life
- a description the **annual energetic development** of a person on the basis of annual transits
- answers to your question with the help of a **simple and direct prashna technique**
- **best directions** for different purposes (visit to a doctor, working place, sleeping place etc)
- advice on simple karmic **remedies for the horoscope**

The course covers of the following lectures with examples and exercises:

Lesson 1	Natal Chart & Planetary Placements
Lesson 2	Identifying the Birth Planet (or Chart Lord)
Lesson 3	Identifying Planetary Relationships
Lesson 4	Identifying Planetary Relationships II
Lesson 5	Major & Minor Period Chart & Hostile Major & Minor Combinations
Lesson 6	Timing Planetary Periods & Cycles of Strongest Influence
Lesson 7	Directional Chart
Lesson 8	Transit or Year Chart
Lesson 9	Planetary Relationships: Natal to Natal and Transit to Natal
Lesson 10	Aspects
Lesson 11	Mitigation Information
Lesson 12	Confirmation Chart
Lesson 13	Horary & Electional Chart

With the course comes the **MaHaBote software** for calculating MaHaBote charts, planetary phases and transits. The software also gives interpretation and includes a comfortable function for partnership analysis.

You can study MaHaBote either **online** or with the **homestudy-set**, under the guidance of a mentor. The course is presently available only in German language.

## AYURVEDIC PRACTITIONER STUDY PROGRAM

The European Academy for Vedic Studies offers you the possibility to study Ayurveda either online or via correspondence course, under the guidance of a qualified mentor.

### Knowledge and Skills Conveyed in this Course

The **basic study** should enable you to understand the interaction of the bioenergies Kapha, Pitta and Vata, to recognize the Ayurvedic constitution of a patient, and to offer advice for harmonizing the bioenergies and the constitution. This includes proper health consultation, such as diet, chromatics, favorable time qualities, and advises for life situation (selecting profession, living place and partners).

The **main study** teaches you to recognize disturbances of the bioenergies and resulting diseases, and to recommend treatments according to Ayurvedic medicine. This includes healing herbs, oil cures or massages, the Pancha Karma therapy, and methods for mental and spiritual strengthening and harmonization.

## AYURVEDIC PRACTITIONER COURSES

**LEVEL 1:** Ayurveda Basic Course

**LEVEL 2:** Ayurveda Main Course

Physiotherapists, licensed massage therapists, health consultants, nutritionists, and skin care technicians are trained to execute prescribed Ayurvedic treatments correctly and to offer dietetic consultation successfully. The Ayurveda Practitioner Program, however, does not automatically licence one to practice general medicine — students will have to consider the local regulations. **This program transmits the required knowledge and skills of an Ayurvedic Practitioner, but not the official legitimation to practice Ayurveda as a healthcare professional.**

### LEVEL 1: AYURVEDA - BASIC STUDY COURSE

#### Lesson 1: Elementary Knowledge of Ayurveda

Dealing essentially with the structure of the human body according to Ayurvedic understanding, this lesson presents the three bodies of man: the gross or physical and the two subtle bodies, namely the astral body and the casual body. Stress is put on the physical body.

As an introduction to the other lessons, the following topics are explained:

- the five Mahabhutas, or great creating elements: earth, fire, water, air and space
- the three Doshas, or bioenergies resulting from this: Vata, Pitta and Kapha
- the Gunas, or qualities for evaluating the Mahabhutas and Doshas and their significance for the bodily functions.

#### Lesson 2: Prakriti, or Personality of Man

In Ayurveda, three constitutional types are distinguished: Vata, Pitta and Kapha, as well as mixed types.

In this lesson you will learn to know and evaluate the different qualities of a Vata, Pitta or Kapha type. With this knowledge you will be able to offer consultation in this regard.

This lesson also deals with the mental constitution of man, the three Gunas, or modes of the mind, and their effects on the body.

### **Lesson 3: Ayurvedic Way of Life**

The Ayurvedic way of life serves prevention and health maintenance. Different time qualities are observed. Topics in this lesson are:

- the daily routine, the ideal daily schedule according to one's own time qualities
- proper conduct according to the seasons; influence of seasonal time according to the bioenergies (Doshas)
- the human life phases
- the ideal profession and vocation according to one's constitution
- appropriate leisure activities and suitable compensation means for Kapha, Pitta and Vata types

### **Lesson 4: Hygienic and Body Care**

The topics of this lesson are:

- the function of the skin, skin care and the excretion products of the tissues (Malas)
- Yoga Kriyas, six special cleaning exercises and methods
- Abhyanga, oil massage
- inner hygienic, fasting and purging
- psycho hygienic and mental purity

### **Lesson 5: Yoga, a Practical System for Bodily, Mental and Spiritual Health**

Each person needs his or her own individual spiritual path. Following this premise, four different Yoga paths are presented in theory and practice:

- Karma Yoga, the path of selfless acting
- Jnana Yoga, the path of study and knowledge
- Bhakti Yoga, the path of religious devotion to God
- Ashtanga Yoga, the Yoga in eight steps
- Ashtanga Yoga includes bodily exercise on the third level (Asanas), breathing exercise on the fourth level (Pranayama), and Raja Yoga, mental training, concentration and detachment on the further levels. The effects of the different breathing exercises and Asanas on the body and the constitution is described.

### **Lesson 6: Ayurvedic Dietetics**

A healthy diet according to one's constitution is essential in Ayurveda. First we will deal with:

- the effects of the different basic tastes (Rasas) on the constitution
- the role of the qualities (Gunas) and elements of the food for compensating the different constitutions
- the difference between ordinary food and "living" nutrition: Which kind of foodstuffs are rich in life force (Prana), and which are not? How does food effect the mind?#
- the ideal composition of a meal
- adverse combinations of different food
- the role of the digestive power (Agni) for creating digestive poisons (Ama)
- Dosha teas and spice blends
- food for children and aged persons
- treating of overweight
- a summary of eating culture and Ayurvedic nutrition rules.

## **LEVEL 2: AYURVEDA - THE MAIN STUDY COURSE**

While the basic study is dealing with the essential knowledge of Ayurveda, the lessons of the main study introduce in Ayurvedic diagnosis and therapy.

### **Lesson 1: Anamnesis and Ayurvedic Diagnosis (Pariksha)**

The following topics are presented:

- Comprehensive theory of the development of diseases
- Anamnesis: questioning the patient about personal data, social background and symptoms of disease
- examination and diagnosis of the patient (Pariksha), like diagnosis of pulse, eyes, tongue, skin, excrement, etc.
- pain as diagnostic means
- the straining effect of digestion slag (Ama) and pollution of the Doshas with Ama

### **Lesson 2: Treatment with Herbs and their Administration**

This lesson describes important Ayurvedic herbs, under consideration of native herbs.

- different application methods (ointments, pills, oils, etc.)
- kitchen medicine: spices as healing herbs
- classification of herbs according to organs and functions

### **Lesson 3: Pancha Karma — Part 1**

Pancha Karma is the therapy for decontaminating and regenerating the body. The first part teaches the preparations and draining measures:

- indications for the Pancha Karma therapy
- Purva Karma, preparing treatment, which includes the following aspects: strengthening the digestion (Ama Pachana), and oil treatment (Snehana Karma), divided into internal treatment (Snehapana) and external treatment (Abhyanga), completed with the explanation of different massage techniques
- Svedana-Karma, sweating cure for decontaminating the skin
- Pancha Karma, draining methods: vomiting (Vamana), purgation (Virecana), enema (Vasti), treatment through the nose (Nasya), and phlebotomy (Rakta Moksha)

### **Lesson 4: Pancha Karma — Part 2**

This second part deals with the nurturing and rejuvenating applications:

- Brimhana, reconstructing and nurturing treatments, like oil affusions and massage with rice bags
- Rasayana, strengthening and rejuvenating treatments, like proper food, herbs, minerals, Yoga Asanas etc.
- Vijikarana, strengthening of procreation
- Concluding, a cure and health program for home application and treatment tips for ordinary diseases, applicable by anyone in daily life, are described.

### **Lesson 5: Body Channels (Shrotas) and Vital Points (Marmas)**

This lesson is divided in two parts:

Part A: The Body Channels (Shrotas)

- description of the different kinds of Shrotas: supplying channels, excavating channels and tissue nourishing channels
- diseases of the Shrotas

#### Part B: The Teaching of the Marma Points

- general overview over the science of Marmas
- detailed description of the different Marma points
- allocation of the Marma points to the bioenergies, body channels and energy centers
- Marma therapy: treating the body through the Marma points

### **Lesson 6: Mental Health and Spiritual Development**

This lesson is divided in two parts:

#### Part A: Accompanying and Prophylactic Therapies

- music therapy
- Mantra therapy
- breath and Yoga therapy
- counseling therapy

#### Part B: Mental Health and Spiritual Development

- the power of faith and silence
- Sadhana, spiritual development: a life in union through devotion, prayer, divine service and meditation
- The effects of Sadhana on body, mind and soul
- practical instructions

This main part of the correspondence course is not addressing specifically physicians or healers. Rather, the lessons are composed in such a way as to be understood and applied by anyone. Thus, no medical precognition is required. It will also be indicated which therapies have to be performed by a learned physician, although the knowledge about them may be interesting for all students.

# SANSKRIT STUDY PROGRAM

## SANSKRIT BASIC COURSE

This course is meant for all people who want to acquire **basic knowledge** of the Sanskrit language. **No previous knowledge is required.** The course is purposefully designed on an undergraduate level. That means, by avoiding the complicated linguistic discussions of the graduate courses, we take the essence of the language and present it in an easily understandable way. The **main topics** taught hereby are:

- **reading** and **writing** the Devanagari script
- proper **pronunciation** in terms of sound and rhythm
- dividing continuous Sanskrit texts in their parts (**Sandhi**)
- learning the **basic grammatical constructions**, like
  - declension of nouns and adjectives
  - the elemental verb functions
  - using pronouns and adverbs
  - understanding the structure of Sanskrit sentences
  - understanding the structure and syntax of compound words
  - building and understanding simple sentences
  - learning the etymological meaning of many terms of Vedic knowledge

Stress is given to good understanding of the structure of Sanskrit. For that, numerous **examples and exercises** are given.

The **course material** is centred around the **verses of the Bhagavad-Gita**. Together with an additional twelve-months course the successful student will be able to fully understand all verses of Bhagavad-Gita in all details. Since this course also serves as accompanying study for our Vasati and Ayurveda students, we also will deal with various technical terms of these branches of Vedic knowledge.

As a student of a correspondence/online course, you study **independently of space and time**. You can start at any time, and you are free to set up your own study schedule. The course is set up in **six lessons** which could be completed in one month each, by one hour daily study time. The correspondence course material consists of one folder of approx. 250 pages A4, plus one 3-hour VHS videotape with practical lessons in script and pronunciation. Students studying online have unlimited access to the whole study material, and also get the videotape sent by mail. Each lesson contains numerous exercises (with solutions given in the appendix) and several **homework assignments**. These assignments should be sent to the **study mentor** in monthly terms to be corrected by him. You are also free to contact your mentor with any question concerning your study (or other questions concerning the Sanskrit language).

The Course is conducted either as **classical correspondence course or online**. Since in the beginning, stress is taken to the learning of the Devanagari script, at least the homework of the first two months should be answered in handwritten form - thus, they should be sent by mail. After that, correspondence is also possible by email. For that case, we would send you special fonts with diacritic signs or even a Devanagari font.

## OVERVIEW: SANSKRIT BASIC COURSE:

- **Introduction**
  - 10 Golden Rules For the Successful Course of Your Studies Preface About
  - Sanskrit:
  - How to Learn Sanskrit?
  - The Bhagavad-Gita
  - About This Course
- **Lesson 1**
  - The Alphabet
  - The Basic Signs
  - Writing by Hand
  - Compound Syllables
  - Writing Syllables
  - Writing Sonantic Compounds
  - Ligatures (Conjunct Consonants)
  - Numbers and Special Signs
- **Lesson 2**
  - Sound and Rhythm
  - Importance of Pronunciation
  - Pronouncing the Basic Letters
  - Particular Cases - the "r" Sound
  - The Rules of Rhythm
  - Metrical Foot (pada)
  - Sentence Melody and Articulation
  - Sandhi (Change of Sound)
  - The Meaning of Sandhi
  - The Pausa Rules
  - Sandhi in the Sentence
  - The Word Sandhi
- **Lesson 3**
  - The Sentence in Sanskrit
  - Elements of Sentence
  - The Anvaya
  - Principles of Syntax
  - Declension and Aspects of Declension
  - Gender and Article
  - Number and Case
  - The General Declension Endings
  - Declension on a
  - Applying the Declension Cases
  - Declension on i/u
- **Lesson 4**
  - The Verb
  - System of Roots and Stem Forms
  - Forms of Present Tense
  - Thematic Stems
  - Athematic Stems
  - Important Structure Words
  - Conjunctions and Relative Pronouns
  - Prepositions and Others
  - Further Declensions

- **Lesson 5**
  - Personal, Demonstrative and Relative Pronouns
  - Interrogatives (Question Words)
  - Indefinite Pronouns
  - Pronominal Adjectives
  - Adverbs
  - Forming through Case Forms
  - Forming through Adverb Suffixes
  - Correlations and Correlative Word Pairs
  - The Passive
  - Important Passive Stems
- **Lesson 6**
  - Samasas (Compound Words)
  - Division of the Samasas; Declension of Samasas
  - Numerals: Cardinal Numbers and Ordinal Numbers
  - Important Terms of Vedic Science
  - Vedic Specialist Dictionary
- **Appendix**
  - Solutions of Exercises
  - A Sanskrit Glossary
  - Glossary Sanskrit-English; English-Sanskrit

At the end of the study, you are free to participate at a final exam. With its successful completion, you will be awarded a Certificate in Sanskrit, qualifying you as “Sanskrit-pravesaka” (one who has entered the realm of the Sanskrit language).

## APPLICATION FORM

### Applicant Information:

Last Name\*: \_\_\_\_\_

First Name\*: \_\_\_\_\_

Middle Initial: \_\_\_\_\_

Date of Birth\*: \_\_\_\_\_ (Month/Day/Year)

Address\*: \_\_\_\_\_

Apt#: \_\_\_\_\_

City\*: \_\_\_\_\_

Country\*: \_\_\_\_\_

Zip/Postal Code\* \_\_\_\_\_

Country Code: \_\_\_\_\_

Telephone\*: \_\_\_\_\_

E-mail\*: \_\_\_\_\_

### Check the Study program for which you are applying:

#### Vasati Courses

Vasati Basic Course

Vasati Main Course

Vasati Astrologer Course

Vasati Master Course

#### Vedic Astrology Courses

Vedic Astrology Basic Course

Vedic Astrology Main Course

MaHaBote Burmese Astrology Course (in German)

#### Ayurveda Practitioner Program

Ayurveda Basic Course

Ayurveda Mani Course

#### Sanskrit Course

Sanskrit Basic Course

**Financial Understanding:**

I have carefully read the **Payment Information** in this information folder, and I agree to abide by all the policies set forth therein.

Yes  No

**Application Fee:**

In order to complete your application to EAVS you need to send in your application fee of 60.00€. This can be paid by bank transfer or cheque.

If copying the form to send by mail, Please include your check for €60.00 for the application fee. If you send application by fax, you will need to send credit card, number, date of expiration and billing address along with faxed application.

All applications without application fee will not be reviewed for entrance to our Academy.

By signing this form you authorize EAVS to draft your credit card for the amount shown on this form. You acknowledge that you are the owner or authorized signer on the credit card information. Your order will be processed through electronic credit card deposit.

**I do here certify to the best of my knowledge, all of the above answers and statements in this application are true, and give an accurate and adequate account of my background and beliefs.**

**Please sign here:** \_\_\_\_\_