To Whom It May Concern:

I studied in the University of Gottingen with Professor Blechchmidt, in the Medical School of Oxford with Sir George Pickering and in the University of Heidelberg with Professor Sehettler.

After my studies I took training for general and internal medicine in Berlin. After that I trained in a variety of psychotherapies, such as Bioenergetics with Alexander Lowen and Stanley Keleman, Hypnotherapy with Richard Shoulders and Unitive Psychology with Jacob Statman.

About 9 years ago I came across Bhagwan Shree Rajneesh's methods of meditation, which proved to give me the deepest and strongest experience of meditation. They gave me inner peace and clarity. After that I began to read books by Bhagwan which impressed me more than any books have done before. His insight into the human mind caused me to look deeply inside myself but also, His words helped me to understand my patients better. I was convinced that this man is a man of wisdom, probably unique in our age. I saw myself strongly confirmed in my wholistic view of medicine.

The therapeutic groups and the meditations in which I took part in Bhagwan's ashram in Poona, India, changed my life deeply. Afterwards I had the opportunity to work medically within communities of Bhagwan's disciples first in Poona and later in England. The most striking phenomena there was that the most typical diseases of modern civilization were practically absent; such as high blood pressure, myocardial infarction, stomach ulcers, migraines, etc. I suggested Bhagwan's meditations to patients in Europe, which helped them for both bodily symptoms as well as their mental state.

Bhagwan's unique approach to meditation is derived from his insight that relaxation and meditation can happen for modern man only after he has been thrown out of his tension.

Within Bhagwan's communities, psychotherapy, which is more and more needed in modern society, has become superfluous.

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This approach to life, which is based on trust, on joy, meditation and awareness, makes them, in my opinion, to be the sanest people in the world.

Sincerely,

Dr. Wolfgang Karpa

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