

Special well-wishes from Kathryn Rossi, Ph.D.

Greetings to all,

I wish you numinous experiences at the 2016 Brief Psychotherapy Conference in San Diego and hope you are stimulated into new ways of thinking along with new techniques that help bring your practices and personal life to new heights.

For the first time in 26 years I will not be at the December conference and will miss you. An opportunity came for me to travel to India to attend a very special wedding occurring December 7-9 in the most holy city, Varanasi. This gathering will bring many friends and like-minded people together who live and practice the deepest roots of yoga.

Prior to the wedding I will be in Chennai to attend and present at the Theosophical Society's School of Wisdom. *The Neuroscience of Meditation* program has been developed by longtime friends and colleagues Dr. Bhaskar Vyas and Dr. Rajni Vyas. In this program the transforming power of yoga and meditation and their application in life is going to be explored with the help of Vedic texts, exposure to different meditative practices, and the latest medical imaging. This study will provide objective evidence for the neural and biological basis for meditation. It will establish meditation as the ground of creativity, happiness, and health, while the understanding of hypnosis will remove any bias against it. Dr. and Dr. Vyas, in addition to being profound people, are also the biographers for His Holiness, the Dalai Lama.

For several days, I will be in Dharamshala staying at the Chonar House which is operated by the Tibetan Arts Council. All proceeds help Tibetan refugees keep Tibetan arts alive. This hotel is a stone's throw away from the Tsuglagkhang temple where monks begin chanting at 6:30 am. Often there are 1000 voices resonating together with a vibration that seems to penetrate every cell of my body. With grace and good fortune, I will meet with the Lama Samdhong Rinpoche for interesting conversations.

The International Conference on Public Mental Health & Neurosciences in Bangalore, sponsored by the Sarvasumana Association, has invited me to present *The Theory and Practice of Mind/Body Yoga: The 4-Stage Creative Cycle, Gene Expression, Brain Growth & New Consciousness*. They are a wonderful group of young researchers dedicated to advancing the best public mental health possible. Each one of them makes me smile.

With the abundance of these experiences I hope to advance new ways of thinking and teaching about my passion of how to incorporate yoga into psychotherapy. Please wish me luck and I look forward to meeting you next year at the 2017 Evolution of Psychotherapy Conference in Anaheim, California.

Be well,

Kathryn