

Raja Rogers Meeting Notes  
March 20, 2007

Raja Rogers	<p>Summary of points regarding vaidya appts: Person fills out a form asking if they have any physical concerns. Give paper to vaidya so he knows their situation, so he doesn't diagnose. They are coming for a traditional Ayurvedic health evaluation and will go over diet, lifestyle which will be appropriate to their particular doshas being in balance or imbalanced. It's just lifestyle and diet recommendation.</p> <p>We don't prescribe. We should have a MAPI catalog there. If they have not such good sleep habits, then they can have Blissful Rest. If the vaidya feels that they need a stronger version of Blissful Rest, then they have a choice. These are the things that are indicated to this particular dosha imbalance according to traditional Ayurvedic knowledge. We always say, "They have a choice." You could say – you could start out with Blissful Rest which is less expensive.</p> <p>If the person is in final stage of a disease, we tell them we are giving health coaching according to traditional Ayurvedic knowledge. Not saying we are going to cure some disease. Because Ayurveda does not really address the disease, it addresses the doshas and the entire physiology. Brings the physiology back into balance. Of course, there is a limit to what we can do with diet, lifestyle and a few of the MAPI herbal formulas. Vaidya should never say he's going to cure this or that and we should never say that because that's making a promise. We don't want to be taken in the wrong way, that this is the miracle cure. We can say that generally speaking when the body is in a more balanced state then it's in a more happy state. If we stay up many hours without sleep, then we don't feel happy or use a similar analogy.</p>
Elaine	We have a form from MAPI that asks for the person's health concerns and info about their eating habits, etc.
Raja Rogers	Good, use that form.
Elaine	On Ama Pachana (to purify ama) handout, it tells people to "Take 6 tablets of V2206 and 4 tablets of a MAPI herb." Then it gives details about what to eat for 7 days, etc. Okay to use? Concern that it may be seen as prescribing.
Raja Rogers	Okay to use that handout. They have a choice to either take it or not take it. Not everyone will receive this form.
Jane	Do I tell the lifestyle recommendations or does the vaidya?
Raja Rogers	You are repeating what vaidya tells you
Jeff Murphy	Mohan Doss arrived tonight. 17 appts in Lexington so far.
Raja Rogers	Good work.
Jeff Murphy	If the person coming is a strong Gov, is it possible to be more specific in his recommendations?
Raja Rogers	He will do what he is comfortable with. We always err in the direction of

	<p>safety. Tell vaidya that these are long time Govs or these are new meditators. He's very sensitive to all this – we don't diagnose or prescribe..</p> <p>One thing we have learned at the Raj – Tell people to prioritize. Some people come back in 6 mos and say, "I couldn't do everything so I didn't do it at all." If they strain, they are more likely to drop everything. Tell them to just do what you can. The top 2-3 things you can work in. After a week, if you can work in 2-3 more things, then do that. Do everything comfortably – the old principle of the comfortable ride.</p> <p>Use the term, "Health Coach" – not "patient educator". Maharishi wants to build some wonderful new spa buildings here in Lancaster. We're changing vaidyas here.</p>
Alicne	There is a section on back of new MAPI catalog that gives details about what MAV does. Do we give the health forms back to the person after he/she sees the vaidya?
Raja Rogers	Yes. Jeff, you should let vaidya Mohandas that we just want to call people "health coach" rather than "patient educator." Send him my best regards.
Jane	I'm uncomfortable with coach. How about educators?
Mary	The word coach is very popular these days.
Raja Rogers	Coach means a lot less than educator.
Mary	It's safer.
Raja Rogers	The main thing is that we don't use the word "patient."
Alcine	We don't discuss anything to anyone else about a patient.
Elaine	Does HIPAA apply to people other than MD's?
Raja Rogers	Bottom line is that we shouldn't be talking to anyone about a patient.
Jane	Could use "vaidya assistant." What do we call the person seeing the vaidya?
Steve	Client.
Elaine	This is used in psychological practices too.
Alcine	HIPAA states that you shouldn't talk to anyone, not even family, about patient.
Steve	Unless patient has it in writing.
Jane	What books on hand? Nancy Lonsdorf's?
Raja Rogers	You mean, to sell? Yes, that's okay. Anyone have herbs?
Jeff Murphy	Yes.
Raja Rogers	Anyone have a catalogue? Should have one on hand. Call MAPI tomorrow to see if they will send you a catalog.
Jeff Murphy	We have been thinking we would like to host a domain-wide WPA and RC over Memorial Day. Can we do this with Inv America going on?
Raja Rogers	Yes, as long as we are not in competition with Dr. Rothenberg or anyone else having it on the same date. Call him and check.
Dori	CIC coming up?
Elaine	June in Boca

Dori	If someone has a choice, can they go to Fairfield for CIC or better in domain?
Raja Rogers	Anywhere they want to go. We open the door to Yogic flyers.
Dori	A lot of Ram Babu's land may not be buildable, but there is a lot that is within 5 min walk that is buildable.
Raja Rogers	Ram Babu is in touch with Eike, etc. to review that property.
Dori	Friend of one of our meditators has over 200 acres of land within a mile of that land and he is considering selling it.
Raja Rogers	Jai Guru Dev