

Basel, 7.8.83

To whom it may concern,

Let me quickly introduce myself to you. I'm a physician with an own practice in Basel, Switzerland, and member of the Swiss medical society. I'm working as a family doctor trying to apply a holistic medicine since I have encountered many examples how close body and psyche are connected in my daily work.

Holistic medicine involves also the use of meditation and the eastern approach to man. I have tried several techniques of meditation but I always felt there was something missing for todays people. After I had read some books of Bhagwan I realized that there is somebody of great insight who can get the things together ,east and West, psychotherapie and meditation. Half an year later I found myself in Poona to experience this outstanding man .. live. His charisma left a deep impression on me. I took sannyas sommer 1980 . Since then he has been of great influence on my personal and professional life. For my work he showed me first of all the importance of love in therapy. His meditations and groups made me more sensible to the needs and sufferings of my patients. I got to know the role of catarrhsis, this total expression of mainly negative feelings, which makes the person free for positive experiences. I think he is the first religious teacher whose meditations are preceeded by a catarrhsis which is enormously helpfull for western people. My personal experience in meditation helped me a lot applying relaxation-techniques in my work, and Bhagwan's open approaches to tabu-themes like sex and death gave a good background in dealing with strong hidden fears of some of my patients. The experience of awareness and living right in the moment which is a central point in all great religions, is very helpfull ,of course for everybody, but especially for depressive states. Bhagwan's concept of medicine is not curing symptoms but making the person a whole entity again.

With my kindest regards

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