



Global Energy Parliament Statement on Women's Health

In 2011 the Global Energy Parliament started a research project with the George Washington Medical University and Ananthapuri Hospitals, to investigate the effects of an educational program called "Life for Total Consciousness." Preliminary indications are showing that this program improves cardiological and brain function, as well as problems such as hypertension, diabetes and depression.

Reported psychological benefits include an increased ability to control emotional imbalances, feeling more positive and fulfilled in life, finding greater relaxation, as well as physiological benefits like regulating menstrual cycles and improving fertility.

The Isa Viswa Prajnana Trust, which organizes the Global Energy Parliament has conducted courses in "Life for Total Consciousness" for the past 12 years to several hundreds of individuals, the majority of whom are women belonging to many different nations, cultures, ages and abilities.

"Life for Total Consciousness" has been called a yoga practice, a meditation technique, a self-improvement tool, a lifestyle, and a health treatment. "Life for Total Consciousness" is a mode of personal empowerment, traveling through the different levels of energy present in the human being. It is also a form of informal education, where the practitioner learns about his or her own system and how to best treat one's self, becoming one's own therapist and doctor.

The Global Energy Parliament wishes to share this technique with the UN Women as a powerful tool for women's empowerment.

Secretary

November 14, 2012