Harold H. Bloomfield, M.D. Inc.

Psychiatry Psychotherapy Holistic Health
Sex & Marital Counseling
1011 Camino del Mar. Suite 234
Del Mar. Ca. 92014
Telephone: (714) 481-7102

July 18, 1983

To Whom It May Concern:

It is my great pleasure to acknowledge the enormous contribution that Bhagwan Shree Rajneesh has made to my professional work in the fields of medicine, psychiatry and psychology. His clarification of the benefits of meditation in every day life for a healthy body, mind and spirit, the importance of emotional cleansing and working through the mind's excessive repression, distinguishing the signs and symptoms of spiritual crisis and renewal and making peace within oneself, one's family, nation and the world at large.

Bhagwan Shree Rajneesh is certainly a highly renown international expert of singular importance in the field's of psychology, philosophy and religion. His work has contributed to my best-selling books and to the medical and psychiatric work that I do.

I look forward to him remaining in this country so I can continue my professional growth and development with him.

Sincerely yours,

Harold H. Bloomfield, M.D

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HAROLD H. BLOOMFIELD, M.D. is a practicing psychiatrist and Director of Psychiatry, Psychotherapy and Health Training at the North County Holistic Health Center in Del Mar, California. He completed his psychiatric training at the Yale University School of Medicine, is a member of the American Psychiatric Association and is a founding member of the Association for Holistic Health and the American Holistic Medical Association. Dr. Bloomfield is a world-renowned lecturer, seminar leader and bestselling author.

His books include HOW TO SURVIVE THE LOSS OF A LOVE; TM: DISCOVERING INNER ENERGY AND OVERCOMING STRESS; HAPPINESS; THE HOLISTIC WAY TO HEALTH AND HAPPINESS; HOW TO ENJOY THE LOVE OF YOUR LIFE; INNER JOY; and MAKING PEACE WITH YOUR PARENTS.

Some comments about Dr. Bloomfield's books, seminars, lectures and television appearances:

"One of the most exciting shows I have ever done."

-Merv Griffin

"Dr. Bloomfield is one of the nation's most consistent and resourceful bridge-builders between the general community and the medical profession."

-Norman Cousins

"... Inspirationally conceived and lucidly developed."

-H. Buckminster Fuller

"Dr. Bloomfield's work represents the best potential of psychiatry."
-Elisabeth Kubler-Ross, M.D.

"Dr. Harold Bloomfield's program is certainly a wonderful guide to the art of living, an exciting new possibility for millions to achieve greater happiness and a satisfactory lifestyle."

-Hans Selye, M.D., Ph.D.

Director of Pyschiatry, Psychotherapy & Health Training

North County Holistic Health Center

1011 Camino Del Mar, Suite 234

Del Mar, California 92014

Telephone: (619) 481-7102

EDUCATION AND CERTIFICATION

B.S., Biology, Cum Laude, University of Pittsburg, 1965

M.D., Honors in Psychiatry and Public Health Downstate Medical Center, State University of New York, 1969

Internship, Kaiser Foundations Hospital, San Francisco, 1970

Psychiatric Training, Yale University School of Medicine, 1973

California Medical License # G18886, Specialty in Psychiatry, 1973 -

PERSONAL DATA

Residence:

1110 Luneta Drive

Del Mar, California 92014

Social Security Number: 102-34-4077

Born: October 8, 1944

Married: Sirah Vettese, February 7, 1982, one child

PROFESSIONAL MEMBERSHIPS

American Psychiatric Association

San Diego Psychiatric Society

American Holistic Medical Association

Association for Humanistic Psychology

ADDITIONAL RAINING

- Yale University School of Medicine Post-Doctoral Fellow in Social and Community Psychiatry
- National Training Laboratories Workshops in T-groups, organizational behavior, consultation, system change
- Tavistock Institute workshops in group and individual behavior, research on group interaction
- Maharishi European Research University, First American Psychiatrist to be qualified as a teacher of the Transcendental Meditation Program

Human Potential Seminars- EST, Lifespring, and others

LECTURE, SEMINAR, AND CONFERENCE TOPICS

- (1) "Mastering Executive Stress and Developing Optimal Health"
- (2) "Preventing Personal and Professional Burn-Out"
- (3) "Celebrating Your Relationships"
- (4) "How to Survive the Loss of a Love"
- (5) "The Holistic Way to Health & Happiness"
- (6) "Making Peace with Your Parents"
- (7) "Celebrating Life: Health, Love & Joy"

LECTURES, SEMINARS, AND ORGANIZATIONAL CONSULTATIONS IN THE U.S.A., SAMPLING OF MAJOR ONES, 1979-1982

- (1) California Dental Association, Annual Convention, Anaheim, California, 1979
- (2) Youngstown State University, Youngstown, Ohio, 1979
- (3) American Management Association, San Francisco, California, 1979
- (4) St. John's Hospital, Joplin, Missouri, 1980
- (5) Mandala Holistic Health Conference San Diego, California, 1980, 1981, 1982, 1983
- (6) University of California, San Diego, Extension Division, 1980, 1981, 1982
- (7) University of California, Riverside, 1980, 1981
- (8) Coastline Community College, Fountain Valley, California, 1980, 1981, 1982
- (9) Mind Miraculous Symposium, Seattle, Washington, 1981

- (10) Now Corning Corporation, Midlands, Michigan, 1
- (11) American Holistic Medical Association, La Crosse, Wisconsin, 1981
- (12) Church of Religious Science, Annual Conference, Asilomar, California, 1981
- (13) U.S. Army Chaplain's Conference, Ft. Worth, Texas, 1981
- (14) Daytona Beach Community Hospital, Daytona Beach, Florida, 1981
- (15) International New Thought Alliance Annual Conference, San Diego, California, 1982
- (16) American Medical Records Association, Annual Convention, Los Angeles California, 1982
- (17) National Council on Alcoholism, Orange, California, 1982
- (18) St. Joseph's Hospital, Crange, California, 1982
- (19) Body-Mind-Spirit Festival, Los Angeles, California, 1982
- (20) California Health Plan, Inc., San Diego, California, 1982

INTERNATIONAL LECTURES AND SEMINAR TOURS, 1975-1983

- (1) Israel, Switzerland, France, Germany & England Lecture Tour, 1975-1976
- (2) Canadian Lecture Tour, 1975
- (3) Medical Study Tour, Republic of Red China, 1979
- (4) Mexican Health Seminar, 1980
- (5) Hawaii Travel Seminar, 1981, 1982
- (6) Health Seminar Cruise for Education and Health Professionals, Carribean, 1982
- (7) South Africa-Public Dectures, Relationships and Executive Stress Seminars, 1983

BOOKS

- (1) TM: Discovering Inner Energy and Overcoming Stress, Bloomfield, H., Cain M., Jaffe, D. and Kory, R., Delacorte Press, New York, 1975.
- (2) How To Survive the Loss of a Love, Colgrove, M., Bloomfield, H. and Mc Williams, P., Simon and Schuster/Lion Press, New York, 1976.
- (3) Happiness: The TM Program, Psychiatry, and Enlightenment, Bloomfield, H., Kory, R., Simon and Schuster/Dawn Press, New York, 1976.

- (4) The Holistic Way to Health & Happiness: A New Approach to Complete Lifetime Wellness, Bloomfield, H. and Kory, R., Simon and Schuster, New York, 1978.
- (5) How to Enjoy the Love of Your Life, Bloomfield, H., Doubleday, New York, 1979.
- (6) Inner Joy: New Strategies for More Pleasure and Satisfactions
 in Your Life, Blockfield, H. and Kory, R., Wyden Books,
 Harper & Row, New York, 1980.
- (7) Making Peace with Your Parents, Bloomfield, H. with Felder, L., Random House, New York, 1983.

BOOK CHAPTERS AND PROFESSIONAL ARTICLES

- (1) Bloomfield, H.: "Assertive Training in an Out-Patient Group of Chronic Schizophrenics: A Preliminary Report," <u>Behavior Therapy</u>, Vol. 4, No. 2, pp. 277-281, March, 1973.
- (2) Bloomfield, H.: "Assertive Training in an Out-Patient Group of Chronic Schizophrenics", Annual Review of Behavior Therapy, Brunner and Mazel, New York, 1974.
- (3) Bowers, P., Banquer, M., and Bloomfield, H.: "Utilization of Non-Verbal Exercises in the Group Therapy of Out-Patient Chronic Schizophrenics", International Journal of Group Psychotherapy, Vol, XXIV, No. 1, pp 13-24, 1973.
- (4) Bloomfield, H., Cain, M., Jaffe, D., and Rubottom, A.:

 "The Psychophysiology of Transcendental Meditation,"
 in What Is Meditation?, ed. J. White, Doubleday Anchor
 Books, New York, 1974.
- (5) Bloomfield, H.: "The Uses of the Transcendental Meditation Program in Psychiatry", in Scientific Research on the Transcendental Meditation Program: Collected Papers, ed. D.W. Orme-Johnson and J. T. Farrow, MIU Press, New York, 1975.
- (6) Blocmfield, H.: "Applications of the Transcendental Meditation Program to Psychiatry", in <u>Modern Therapies</u>, Ed. B. Rimlard, A. Binder and V. Binder, Prentice-Hall Englewood Cliff, New Jersey, 1976.
- (7) Bloomfield, H.: "The Transcendental Meditation Program and Mental Health", in Psychotherapy-Who Needs It.?, ed. H.L. Collier, O'Sullivan/Woodside and Company, Phoenix, Arizona, 13
- (8) Bloomfield, H.: "The Transcendental Meditation Program in Drug Abuse," in Social Meaning of Drugs, ed.K. Blum, Basic Books, New York, 1977.
- (9) Bloomfield, H.: "The Transcendental Meditation Program:
 Rediscovery of the Body's Hidden Potential," in Rediscovery
 of the Body, ed, C.A. Garfield, and J. Garfield, Dell, New
 York, 1977.

- (10) Bloomfield, H.: "The Transcendental Meditation Program,
 Psychiatry, and Enlightenment" in Healing: Implications
 for Psychotherapy, ed J. A. Josshage and P. T. Olsen,
 National Institute for the Psychotherapies, Inc., CobbDunlop Publishers, New York, 1978.
- (11) Bloomfield, H." Transcendental Meditation," in Psychotherapy
 Handbook, ed. R. Herink, Jason Aronson, Inc., New York, 1979.
- (12) Bloomfield, H.: "The Transcendental Meditation Program, Spiritual Crisis, and Enlightenment," in Accelerations in Transpersonal Psychotherapy, ed. S. Boorstein and K. R. Speeth, Jason Aronson, Inc., New York, 1979.
- (13) Bloomfield, H.: "Designing Your Own Holistic Health Program", Journal of Holistic Health, Vol. 4, pp. 45-51, 1979.
- (14) Bloomfield, H.: "The Healing Silence: A Key to Positive Wellness,"

 Journal of the American Holistic Medical Association,

 Behavioral Sciences Press, New York, 1980.
- (15) Bloomfield, H.: "Holistic Living: A Strategy for Personal and Professional Excellence," Mind: Evolution or Revolution?

 The Emergence of Holistic Education, pp. 88-94, Mandala Society, San Diego, 1980.
- (16) Bloomfield, H.: "Transcendental as an Adjunct to Therapy", in <u>Transpersonal Psychotherapy</u>, ed. Seymour Boorstein, M.D. Science and Behavior Books, Inc., Palo Alto, California, 1980

AUDIOTAPES AND RECORD

- (1) Audiotape make with Lazarus, A.,: "Training Broad-Spectrum Behavior Therapists, Trainees' Comments on Training"

 Behavioral Science Tape Library, Tape 6, published by Sigma Information, Inc. Fort Lee, New Jersey, 1973.
- (2) Bloomfield, H.: TM Program: Releasing Stress and Finding Happiness, Perceptive Records, SQN Production, Ltd., Fall Riber, Massachusetts, 1975.
- (3) Bloomfield, H., "Transcendental Meditation: An Adjunct to Psychotherapy", Psychiatry, Vol. 5, No. 2, Audio-Digest Foundation, Los Angeles, January, 1976.
- (4) Bloomfield, H., "Holistic Health" Treating the Whole Person", Multi-media Packet (35 mm slides, photos, audiotapes), IBIS Media, Box 308, Pleasantville, New York, 1981.
- (5) Bloomfield, H., "Holistic Medicine", American Holistic Association, Arlington, Virginia, 1980.
- (6) Bloomfield, H., "Inner Joy: Getting More Pleasure Out of Life", Psychology Today Cassette, New York, 1981.
- (7) Bloomfield, H., "How to Cope With Loss", Psychology Today Cassette, New York, 1982.
- (8) Bloomfield, H., "The Transcendental Meditation Program", Bloomfield Productions, Inc., Del Mar, California, 1982.
- (9) Bloomfield, H., "Mastering Stress and Developing Optimal Health", Bloomfield Productions, Inc., Del Mar, California, 19
- (10) Bloomfield, H., "Surviving the Loss of a Love", Bloomfield Productions, Inc., Del Mar, California, 1982.
- (11) Bloomfield, H., "Healing Your Resentments", Making Peace Media Inc. Santa Monica, California, 1983.
- (12) Bloomfield, H., "Forgiving the Important People In Your Life", Maki Peace Media Inc., Santa Monica, California, 1983.
- (13) Bloomfield, H., "Dealing with Anger Constructively", Making Peace Inc., Santa Monica, California, 1983.
- (14) Bloomfield, H., "Overcoming Guilt and Self-Criticism", Making Peace Media, Inc., Santa Monica, California, 1983.
- (15) Bloomfield, H., "Unraveling Your Sexual Messages", Making Peace Inc. Santa Monica, California, 1983.
- (16) Blocmfield, H., "Effective Communication Skills for Couples", Makir Peace Media, Inc., Santa Monica, California, 1983.
- (17) Bloomfield, H., "Becoming Your Own Best Parent", Making Peace Medi. Inc., Santa Monica, California, 1983. .
- (18) Bloomfield, H., "Learning to Love Yourself (and Others) Fully", Ma Peace Media, Inc., Santa Monica, California, 1983.

POPULAR MAGAZINE AND BOOK ARTICLES

- (1) Bloomfield, H.: "Transcendental Medicine", Medical Dimensions.
 New York, May, 1975
- (2) Bloomfield, H.: et, al.,: "Are You Ready For Transcendental Meditation", Cosmopolitan, Vol. 179, No. 6, pp. 178-183. December, 1975.
- (3) Bloomfield, H., et, al.,: "TM:Discovering Inner Energy and Overcoming Stress", Mainliner, Vol. 20, No. 1, pp.12-20, January, 1976.
- (4) Bloomfield, H.: "Holistic Health: The New Reality in Health", New Realities, Vol.II, No. 1, pp. 9-15,1978.
- (5) Bloomfield, H.: "Self-Love: Are You Happy with Yourself", New Woman, Vol. IX, No. 3, May-June, pp. 66-68, 1979.
- (6) Bloomfield, H.: "Staying Together: When the Newness Wears Off, Bordedom is Inevitable, Unless..." New Woman Vol. IX, No. 3, pp. 81-86, May-June, 1979.
- (7) Bloomfield, H. and Kory, R.: "How to Come Sexually Alive", Cosmopolitan, May, 1980.
- (8) Bloomfield, H.: "Designing Your Own Holistic Health Program",
 The New Healers: Healing the Whole Person",pp. 18-29,
 And/Or Press, Berkeley, California, 1980
- (9) Bloomfield, H.: Discovering the Spiritual Dimension of Medicine, pp. 131-133, And/Or Press, Berkeley, California, 1980.
- (10) Bloomfield, H. and Kory, R.: "Getting Unstuck", Cosmopolitan, August, 1980.
- (11) Bloomfield, H. and Kory, R.: "Inner Joy, A Social Awakening", Holistic Life Magazine, pp.26-28, Fall, 1980.
- (12) Bloomfield, H. and Kory, R.: "Making Your Anger Work for You", Cosmopolitan, January, 1981.
- (13) Bloomfield, H. and Kory, R.: "A Simple Non-Exercise to Make You More Vibrantly Alive", New Woman Magazine, February, 1981.
- (14) Bloomfield, H. and Kory, R.: "Internal Peace--Antidote to Anhedonia", Los Angeles Times, November 17, 1980.
- (15) Bloomfield, H. and Kory, R.: "Deriving Pleasure from Simple Things," Los Angeles Times, November 18, 1980.
- (16) Bloomfield, H. and Kory, R.: "Loving Others Starts With Self", Los Angeles Times, November 19, 1980.
- (17) Bloomfield, H. and Kory, R.: "Anger: Destructive-- Or Constructive", Los Angeles Times, November 20, 1980.
- (18) Bloomfield, H. and Kory, R.: "Inner Joy", Holistic Life Magazine, Winter/Spring, pp.26-27,43-45, 1981.

U.S.A. NATIONAL MEDIA APPEARANCES

Merv Griffin Show, 1976

Tomorrow Show, 1977

Mike Douglas Show, 1977

Merv Griffin Show, 1977

Dick Cavett Show, 1978

Dinah Shore Show, 1979

Dinah Shore Show, 1979

Mike Douglas Show, 1980

Vidal Sasoon Show-"Your New Day", three times, 1981

Plus hundreds of local television and radio shows in major cities throughout the United States, a sampling of which is as follows:

WUBK TV- The Mid-Morning Show, Detroit

WDIV TV- This Morning, Detroit

KOA TV- TV Noonday, Denver

KWGN TV- Denver Now, Denver

WCVB TV- Good Day, Boston

WEWS TV- Morning Exchange, Cleveland

WEWS TV- Dorothy Fuldheim Reports, Cleveland

KRON TV- Saturday Live, San Francisco

KPIX TV- People Are Talking, San Francisco

KATV TV- AM Northwest, Portland

KOIN TV- News at Noon, Portland

KPFK TV- Dealing, Los Angeles

KNX TV- Steve Edwards Show, Los Angeles

KCSN TV- Mark My Words, Long Beach

KPRC TV- Scene At Five, Houston

KPRC TV- This Day, Houston

KTRK TV- Good Morning Houston

WPIX TV-Joe Franklin Show

KSTP TV-Twin Cities Today, Minneapolis St. Paul

WICG TV-Good Morning, Atlanta, Atlanta

WATL TV-Spotlight, Atlanta

KABC TV-A.M. Los Angeles, Los Angeles

KING TV-Seattle Today, Seattle

KING TV-Seattle Tonight, Seattle

KFMB TV-Sun-Up, San Diego